

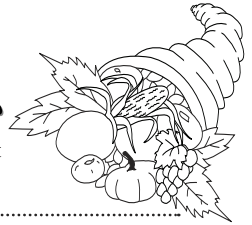
INSIDE THIS ISSUE: I WONDER...

# Cornucopia Chronicles

November 2008 • Vol.12 • No. 11

cornucopia-arts-inc.org • (608) 257-7489 • copia@sbcglobal.net

*A Place to Learn • A Place to Lead • A Place to Believe in Ourselves*



## Director's Corner

Dear Cornucopia members and friends,

It is November and for many this is the month of giving thanks. With all that is going on in this Country right now that is disappointing and frightening, we must still realize that we are so fortunate to live in the United States of America. It was in America that the holiday of Thanksgiving was born when the Native Americans shared their bounty with a group of foreigners new to this land. This is evidence of the basic goodness of man and we should take solace in this.

Focusing on giving thanks for the things we have, the wonder of nature and the kindnesses shared by others can be instrumental in changing our negative thoughts. This allows us to look at the world and its opportunities anew. In fact, a "Giving Thanks Journal" was the beginning of my recovery process. You might try it. In the morning and before you go to bed, write down ten things a day for which you are thankful. You may find yourself looking at things differently.

Now on a different track, allow me to share with you some of the things that are going on at Cornucopia this month. I am busy writing a Business Plan for the future of Cornucopia. Laure



by Kabir

and Bill are helping with the sections on business and program matters. The Plan includes the intentions of seeking additional funding and moving to larger quarters so that we can offer a more comfortable space, additional programming and extended hours. Also, several Cornucopia members are attending the Grass Roots Empowerment Project's Consumer Summit. The Summit is entitled "Breaking New Ground and Moving Forward in Recovery". The Summit should provide valuable information on the Recovery Movement that we can bring back and share

with you. Finally, your Board of Directors is looking at attending a one day seminar on being an effective Board and strategic planning. Deb Gehrke resigned as President and member of the Board at their last meeting. The Board currently has openings and we are looking to add individuals with business experience.

Bill, Laure and I wish you all a Happy Thanksgiving. Be well!

Mary Beth Cassidy

# Cornucopia

## Board of Directors

<b>President</b> Debra Gehrke	<b>Board Members</b> Dylan Abraham
<b>Vice President</b> Steven Thomas	Lynn Brady
<b>Treasurer</b> Adam Malueg	Kevin Fosler
<b>Secretary</b> Sarah Dorsey	Barbara Grimm
	Karen Herro
	Richard Johnson
	Yura Yasui

## Staff Members

**Executive Director**  
Mary Beth Cassidy

**Business Manager**  
William Kuban

**Program Manager**  
Luare Quinart

**Newsletter Editor**  
Joshua Martin

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## Major Funding Provided by:



United Way of Dane County  
(608) 246-4350  
www.unitedwaydanecounty.org



Grassroots Empowerment Project  
1-800-770-0588  
www.grassrootspower.org

This newsletter is published with generous support from:



Summit Credit Union  
(608) 243-5000  
www.summitcreditunion.com

*Cornucopia thanks the following people for their much appreciated year-to-date donations to our organization:*

Bonnie Benson, Thomas Cassidy, Ron Diamond, Klara & David Dorsey, Deb Griffith, Barbara Jacobs, Dave Johnsen, Madison Festivals, Microsoft Community Affairs, Play Time Productions, Bill Pleytes, Lovette Powell, & Wisconsin Association Adult Family Care.

*We also thank the following volunteers:*

Debra Kelly, Jon Szkil, Adam Malueg, & Deb Gehrke  
*Teachers:* Mary Beth Cassidy, Lisa Franken, Deb Griffith, Karen Herro, RN, Carrol Jokinen, Laure Quinart, Courtney Smith, Anna Wheelock, & Allison Wojnar.

### Our Mission Statement:

Cornucopia, Inc. is an arts and wellness activities center run by and for people who have mental health issues. Through peership, we celebrate creativity and diversity. We promote growth and dignity by helping members develop individual strengths and talents which build upon self-directed recovery goals and community life skills.

### Membership:

Cornucopia membership is open to anyone 18 or older (including family, friends, and allies) who is living with mental health concerns. We do not discriminate against anyone based on age, gender, religion/spirituality, race/ethnicity, disabilities, appearance, LGBTH, economic status, co-occurring disorders, or psychiatric diagnosis, including personality disorders. No person needs to disclose their illness in order to join. Membership dues are \$24 per year, renewable each January, and includes the monthly newsletter, classes, computer use daily from 10:00-3:00, and open studio use of most art supplies. Activities held at 306 N. Brooks St. Madison, WI.

## Cornucopia Interest Form

I would like to:

- Become a member of Cornucopia, Inc. for \$24 a year (renewable every January).
- Make a tax-deductible charitable donation to your 501C3 nonprofit organization.
- <\$25 **Friend**     \$25-\$50 **Donor**     \$51-\$100 **Supporter**     >\$100 **Sponsor**
- Volunteer at Cornucopia, Inc. Please contact me about how I can become involved.

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City, State, Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Please detach and mail with check or money order payable to:  
**Cornucopia, Inc., 306 N. Brooks St., Madison, WI 53715-1002**

# Important Dates to Remember: Happenings

## Post-Halloween

### & Dia de los Muertos Party / Fiesta

Sun., Nov. 2, 3:00-6:00  
in Cornucopia

Eat treats, watch a funny scary movie plus "Great Pumpkin", play Spooky Scrabble (get 13 extra points for each word relating to Halloween). Come in costume and have some fun.

## GEP Consumer Conference

Mon. & Tue., Nov. 17 & 18,  
at Chula Vista in WI Dells

Applications and some scholarship money available at Cornucopia.

## Holiday Hours

We will be closed Thanksgiving Day, Nov. 27. Bill will have Cornucopia open from 10-3 on Fri., Nov. 28 – the day after Thanksgiving.

## Holiday Potluck Party

Sat., Dec. 13, 12:00-4:00  
in Cornucopia

Eat, make a multicultural ornament or card, have fun.

## Fundraising

1. We can start selling Bucky Books for \$35 each on Nov. 1st. Pick them up from Bill at Cornucopia.

2. We'll be selling Buddy Squirrel Candy starting some time in November. Great stocking stuffers and small gifts for Hanukkah and Kwanzaa! Call 257-7489 for more info.

3. We need volunteers to help wrap gifts for Cornucopia tips on Mon., Dec. 1st at West Towne Mall.

4. Plus people to help sell concessions at the last two UW Badger Football home games on Sat., Nov. 15 & 22, at Camp Randall. Earn money for Cornucopia plus get a free sandwich.

# Fun & Games

## Exercise Your Creative Instincts

# SCAVENGER HUNT



Can you identify the location pictured above?

Answer: next month

## November Word Search

v e d s r f l j k r q w u a d  
y m e x r p l b k m g e a f k  
e y e k d o b h n h a y t e z  
k d b y z l s o q p i m h i p  
r v k x l f v h p r k a a p i  
u v m s m e x d g z w i n p l  
t s t y m c x y w h c p k f g  
m c n b y l m v t h m o s j r  
m i e a p d n t r y m c g r i  
g r n w e q f u a x l u i e m  
f p f h z b r m u d c n v y z  
t o s l k o s j x o l r i m j  
e c z z d m i l r t t o n s p  
q p u n l c n n e t r c g s z  
f g n i f f u t s p v k s e i

## Word Bank

beans	corn
cornucopia	november
pie	pilgrim
stuffing	thanksgiving
turkey	yams

# Gallery of Works

## November



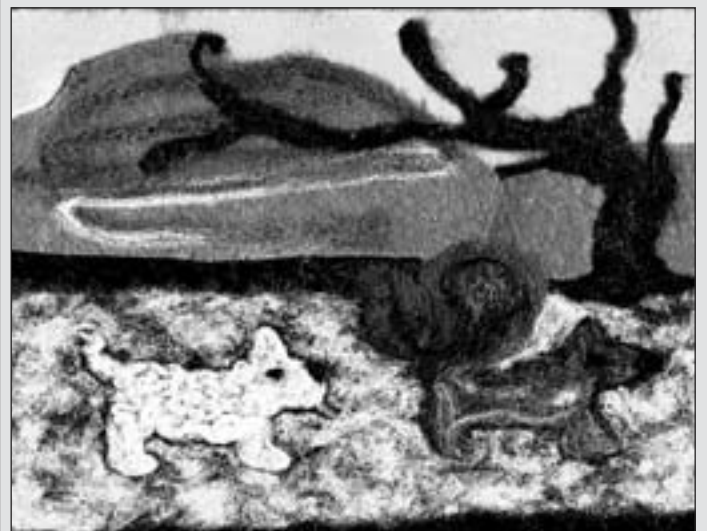
by Laure



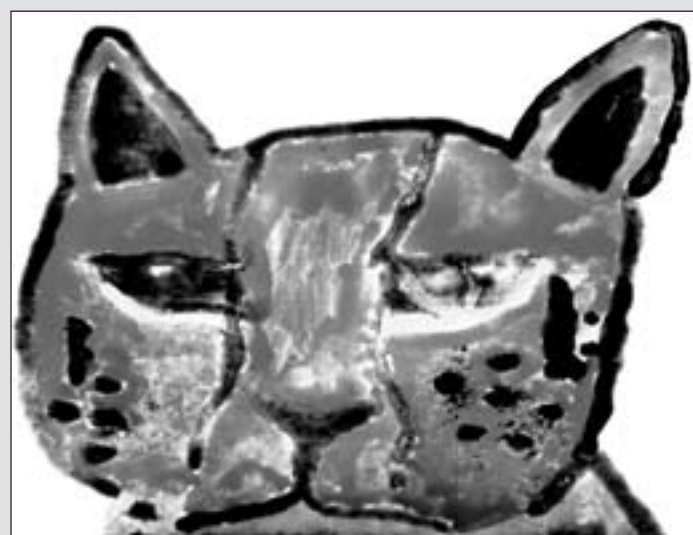
by Kabir



by Laure



by Laure



by Unknown Artist



by Unknown Artist

# Poetry

## The Universal Language

### UNTITLED

I wonder, "Where did my mind go?"  
Why have my ambitions gotten so slow?

- *Matthew Koehler*

### VIDENTITY CRISIS

I have an aunt with high sparkly red eyebrows,  
Her name is VI Krause.  
People are so surprised their own eyebrows go up  
high as hers,  
Which makes Aunt Vi laugh and say "how funny  
ladies", "how funny sirs."  
But of course no one has them as sparkly and red,  
So knowing this gives Aunt Vi quite a big head.  
One day Aunt Vi bought a cat and painted eyebrows  
on it high sparkly and red too,  
And so puzzled is the cat by her changed appearance,  
instead of saying "me-ow" she says "me-who?"

- *Barbara Stangler*

### WONDER

I sit awestruck  
at the thought  
of the rise and fall  
of civilizations  
& how we manage  
to create such complexity  
with our minds.  
I can't understand  
and so I wonder  
(despairingly),  
knowing I will be  
forever lost.

- *Brian Glueck*

### WONDERING ABOUT THE UNIVERSE

Great, unbelievable, yellow maple leaves  
cover completely the sidewalk.  
A hidden journey starts.  
No one knows what lies beneath.  
Like being on a frozen lake.

Standing on your own two feet  
To meet the challenges of the day.  
Rested and ready to go for it.  
No matter the cold or the wind.  
Like a ship in the ocean.

Sometimes you even think about eternity.  
Who will we find on the other side?  
The king of rock and roll, James Brown?  
My best friend from childhood?

A snowflake. A sun rise. A sunset.  
A good hand at cards.  
A cool drink of water.  
A good meal when you're hungry.  
Not too big, not too small, an exact proportion.

- *Robert Williams*

### WONDER, WONDER

WONDER, I,  
Over the passage of  
Night, which of my many vivid  
Dreams will  
End in  
Remembrance upon awakening?

- *Laure Q*

# SOMETIMES I WONDER....

- AND THESE TWO STATEMENTS, WITH TEST, USUALLY COME TO FORE
- WITH MY DOING SOMETHING THAT'S "NOT SO SMART" OR, PROVING THAT "I'M NOT SO STRONG".... BOTH OBSERVATIONS, IN ESSENCE, WRONG!!
- SO I GUESS THAT TAKES ME ALL THE WAY BACK TO BEFORE... BUT MAYBE I'M A LITTLE SMART OR A BIT STRONG...OR I'M JUST IN AND OUT OF THE DOOR
- THERE ARE TIMES I THAT I ALSO RECEIVE... "I THINK YOU ARE VERY INTELLIGENT" AND/OR, "I FIND YOU VERY CREATIVE"
- ON THESE NOTES I WILL STOP WITH THE SELF-DEBATE
- FOR I WOULD BE CRUSHED IF I HEARD, "I FIND YOU VERY CUNNING, WITH A PERSONALITY THAT'S VERY ABRASIVE
- I PUT FORTH EFFORT TO MAINTAIN A PLEASANT PERSONALITY AND A MILD PERSONAL ATMOSPHERE IN WHICH I HOPE IN GENERAL IS EASY TO RELATE
- BUT IN REALITY, IT DOESN'T ALWAYS WORK AND THERE ARE TIMES I'M LEFT WITH TEARS TO HOLD
- I'LL SAY AFTER THAT, THE NEXT TIME I'M WONDERING WHAT OTHER'S MIGHT THINK OF ME- I'LL TAKE A PERSONAL OPINION POLL
- THEN AGAIN,- THAT MAY SEEM TO "GLOAT"
- SO I'LL JUST KEEP IT TO MYSELF AND NOT ROCK THE BOAT

LOVETTE SMITH POWELL  
SEPTEMBER-OCTOBER 2008

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## Mental Health- I Wonder

Many mental health consumers wonder many things about mental health. Having been told they have a mental illness, they wonder why me and how can I possibly deal with this? We wonder if our mental health practitioners really understand and know what they are doing. We wonder what people think of us. Can we ever improve ourselves and have a satisfactory life? But if you take a "second read" at these questions you might find that questions like these really express many of the things that all people wonder about.

Wondering about mental health myself and "what is normal, I conducted a simple internet search called "mental health-I wonder". I couldn't get my arms around all the

information I found there- you can imagine the endless number of items displayed.

My curiosity was peeked when I realized that when I queried mental health, the information that came up had to do with mental illness. I got the standard subjects like stigmatization (to tell or not to tell), genetics (nature or nurture), how environmental factors contribute, brain chemistry, relationship to intelligence and creativity...

As for such things, lets continue to educate ourselves as the scientists continue to unravel the workings of the human brain, understanding that the brain, in all its infinite wonder has the capacity to have chemical

imbalance and faulty wiring just as any other organ in the body. In many cases, the brain responds to protect a person from unbearable life experiences. Some would say such differences just make us who we are.

But back to my initial query- "mental health-I wonder". After reviewing definitions short and long, I came to the conclusion that mental health is about being in control of our lives, feeling secure- with ourselves and other people, being a part of our communities, feeling respected for who we are and what we do. Are mental health consumers really so different than any other folks? Is Recovery possible? As for me the answer to that question is a resounding yes.

# I Wonder- Why Art?

*This essay comes to us from one of the founding members of Cornucopia, Donna Murdoch. It was originally printed in the October, 2000 newsletter. I think it contains such words of wisdom that it is time to share it again.*

Cornucopia's members have been asked, "Why does art help people recover?" As a group we have begun to form an answer to that question.

When you sit down at an empty canvas you bring more order and control to your world by harnessing your ideas and putting them down on paper. Even if you are only drawing a series of circles and filling them in, it is a way to focus and bring your ideas under your control.

Ownership is important. No one else owns that canvas but you. Very often, people make decisions about your life. At Cornucopia, you make the decisions about your own creative process. Recovery is about increasing the places

in life where you have control.

When you begin to take pride in what you are doing, the process of recovery deepens. People's self esteem has been so wounded by the assault of mental illness that it is wonderful to take pride in what you are doing. Sometimes people do extraordinary art, but even if you put three lines together in a way that satisfies you, it may be very important. We love everybody's art at Cornucopia. Many people at Cornucopia have periods of grave illness, and our appreciation of art and our appreciation of art and support for fellow members springs from that deep place. And no one can provide that but people who have been there.

Several people mentioned that art brings color to a drab world. Depression turns the world into a very colorless place and art can often bring color back into your world. I colored in coloring books when I was recovering from clinical depression, and it helped a great deal.

Art often brings internal peace, and helps empty our minds of obsessive thoughts or worries. One of our members who had obsessive thoughts about cutting herself molded a Goddess of Cutting out of clay and rid herself of that obsessive thought, at least temporarily. In a way, it helps all of us who look at it because it is about letting go of obsessive thoughts. Again, it is about control.

When you are well on the road to recovery, art may involve problem solving and critical judgment. Art requires discipline and the continuing need to practice.

Many people with mental illness have a natural aptitude for art and no place to do it. People who are on SSI are unable to afford supplies (which are very expensive) and often live in small places where there is no room to do art.

We welcome you to our space.  
*Donna Murdoch*

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# I Wonder- Is Recovery Possible?

In the past it was thought that once a person was diagnosed with mental illness that was basically the end of their life as they knew it. Individuals were given disabling medications and either institutionalized or told to go home and deal with their symptoms. Some were told they would never work again or would never marry or have children. It was presumed that people with some kinds of mental illness would never be independent.

The good news is that all of these presumptions have been proven to be incorrect and in fact, the trauma caused by the treatment received based on such ideas was found to be a contributing factor to making the illnesses worse. In

the 1990's research began on the workings of the human brain. Such research has continued and expanded to the point that it is now recognized that a mental illness is a problem with the organ called the brain the same as diabetes is a problem with the pancreas. The Substance Abuse and Mental Health Recovery Administration of the United States (SAMSA) has determined that recovery is not only possible but that the focus on recovery is "the single most important goal in the transformation of the Mental Health Delivery System."

SAMSA has identified Ten Fundamental Components of Recovery. Not surprisingly these components are as follows:

1. Self-Direction
2. Individualized Methods
3. Empowerment
4. Holistic
5. Non-Linear
6. Strengths-Based
7. Peer Support
8. Respect
9. Responsibility
10. Hope

We will be including information on some of these principles in future newsletters. We hope this issue on some of the "I Wonders" on mental health have given you some of the last component, Hope. Consumers well along in their recovery process will tell us that with hope anything is possible.

# Wonder

*When I was a little kid, I would wonder ...*

If I would burn in hell for saying damn even if I meant the river kind of dam.

Were linking verbs in language arts named, like Lincoln Logs, after Abraham Lincoln in honor of him being one of the best Presidents ever?

Why black people were called black when they looked more like the crayon color brown and why white people were called white when they looked nothing like the crayon colors white or pink or flesh.

Why boys got the fun toys for Xmas you could do stuff with like legos, tinker toys, chemistry sets, miniature trains, and go-karts. While girls got stupid, boring toys like mean-eyed dolls I'd get in trouble playing beauty parlor with for cutting off all their hair and drawing make-up on their faces with magic marker. Or pulling off one's head, filling its body with water, and squirting somebody while yelling, "Ha, ha! She peed on you!"

If my grandma K would still be my grandma if Dad divorced us or would she be divorced from us, too? (I didn't mean to make her cry when I asked her this.)

Why broken TV glass looked like diamonds but cut like razor blades.

*But I never wondered about ...*

Why TV glass was all over the living room floor (the obvious answer was Dad broke it while we slept, trying to fix it while drunk).

Where Dad was when he didn't come home though I was always happy to see him when he'd come back.

Why Ma would stay home to baby sit the kids of my Dad's girlfriends while he'd take their mother out on a date (both before and after the divorce).

What made Dad think he could fix his broken arm with a gas stove (again,

obvious answer was he'd been drunk and I'd known since age three that drunk people can't be trusted to behave or think reasonably because they don't know what they're doing).

*When I was a teenager, I would wonder ...*

Why I would think people were whispering and making fun of me before I got my period, but not after (this was years before I heard about PMS). Why I couldn't have any privacy. Why I would get yelled at whenever I'd put a lock on the bathroom door so I could pee or take a bath without anybody barging in on me.

Why my best friend's father kept touching and exposing parts of my body he shouldn't have even been thinking about. Especially when no boy would be seen dead talking to me much less dating me because I was considered a 'dog' (both at school and at home).

Why couldn't I escape into that fantasy world Ma claimed I lived in? If I was really crazy like people kept calling me (schizo or schizoid), why couldn't I escape into an imaginary world like Deborah Blau's in *I Never Promised You a Rose Garden*?

What a hallucination looked or sounded like. Was it worth the risk of taking LSD to find out, or would I see demons who'd make me kill myself or other people? This is why I stayed away from alcohol and drugs - not because I was 'good' - but because I knew it would break that thin line between my hopes for a better life someday and "going too far to ever come back".

What it would feel like to cut my wrist. To swallow a whole bottle of sleeping pills. To gracefully swan dive off the fourth floor roof of the high school.

Why teachers never asked me why I always wrote papers about teen suicide, sexual abuse, and bulimia. Either

I really was an invisible nothing or they really didn't care.

*When I was in my twenties and thirties, I would wonder ...*

Why guys would only call me pretty if I had sex with them. Why intercourse always hurt and was never enjoyable like for other, 'real' women.

If I would ever fall in love with a woman who would love me back (I'd accepted my bisexuality when I was fourteen, not seeing any difference in the passionate feelings I got for male teacher crushes versus female teacher infatuations).

After overhearing Ma and my older sister talking about the time Dad tried to kill himself, why I never questioned my erroneous assumption about that day I saw him laying on the gas stove with an ambulance in the yard and Ma crying on a police officer's shoulder. I wouldn't even find out for ten more years, while reading my grandma L's diary, that his arm wasn't even broken that day. It would get broken a month later while in rehab at a VA hospital up north.

Why, throughout college and into the work field, I was always on the outside looking in. What was wrong with me that I never fit in at home or at school or anywhere in the so-called "real" world? Was I really crazy like people kept calling me even in support groups. Was it all just a game I played as a teenager to be "special" that later backfired like getting told as a kid, "Keep making that face and it'll freeze that way forever!"

If I would ever be mature enough, normal enough, to work professionally using my bachelor's and/or master's degrees instead of just gratefully accepting whatever minimum wage job I could find (without benefits) that would cover rent, utilities, and food - ie., basic survival needs.

*As a single mother, I would wonder ...*

If my daughter would have the same social problems fitting in and making friends at school that I had experienced. It broke my heart when I saw kids and teachers cruelly teasing and rejecting her the same way they had me. I felt I had cursed her with my loser-genes even though she, unlike me, was very pretty and talented and smart.

If my daughter would have a better chance at growing up to be 'normal' if I got her away from my craziness, especially as I became sicker and began to abuse and neglect her. I knew the only way to break the chain of abuse was to get her away from me and into a safe place where she could learn healthy coping behaviors.

And after I let her go, I let go. I let break that thin line between hope and death.

But God said, "Nope. You don't get to decide when its time to check out. That's my job and I still need you here on earth."

I truly believe it was no coincidence that a day after I had swallowed over 100 different antipsychotic pill samples, a social worker only by chance paid an unscheduled visit to my home. I truly believe he was intuitively led to find me and call 911, to get me to an emergency room where doctors discovered that my kidneys had shut down with urinary toxins backing up into my heart. I am alive today because of God and because that social worker listened to his nagging feeling to go check on me.

And I am so glad because my life, my mental health, has become so much better as I travel along my recovery roads, overcoming one obstacle after another. Deciding for myself what works and doesn't work, what to try and either learn from my mistakes or try something different as I work on meeting my recovery goals. Towards living what makes up a meaningful, fulfilling life for me.

*Now I'm in my forties and I won-*

*der ...*

If my daughter will ever forgive me for sending her away into a system that kept us apart for ten years without the family counseling I kept trying to get for us. A system that shifted her around to nine different foster homes, adding to her abandonment issues. A system that wouldn't let me tell her until she was eighteen and on her own, that I hadn't sent her away because she was a bad kid (like she believed for over ten years) but because even though I cared about her, I couldn't take care of her. That I needed to get her safely away from me because I had been the one behaving badly, not her.

How Ma managed to raise seven kids on her own when I couldn't even raise one. And, while holding her hand as she lay in a coma dying of cancer, if she heard me say, "I love you. I'm sorry for all the mean things I said as a teenager and for all the worry my craziness has caused you since then. I haven't blamed you in years for the way you raised us but am instead proud of you for keeping all us kids together, fed and clothed and provided for the best you could in a strange town away from your family and friends. And I thank you for caring about us not with empty words like Dad but by the truth of your actions."

What risks to take next in becoming a healthier, wholer me. Do I have the courage to practice behaving assert-

ively like I've practiced overcoming different phobias? (Learning to swim at age 43, aquaphobia, and to light a fire so I can grill out, pyrophobia.) To relax and trust my family of friends instead of constantly second guessing ulterior motives? To replace my negative thoughts and memories with positive encouragements to bolster me during times of doubt?

Do I dare make my dream of dreams come true - to use my time and talents towards becoming a published novelist and artist - instead of wasting time merely focusing on meeting survival needs?

So many dreams I never thought possible have and continue to come true as I work on them. Developing better coping and communication skills through classes and practical application. What it feels like to be both welcomed and understood in my circle of peers at places like Cornucopia and GEP. To finally be on the inside without losing my sense of self or beliefs.

I wonder if I've reached my limit or if more I can't even imagine yet can be realized. Then I pull my "before" picture out of my wallet - a picture taken ten years ago when I hit rock bottom and almost lost everything. I look at that person I used to be, think about how far I've come, and know I can go further. Just like Deborah Blau said at the end of that book, "Full weight."

- Lori Kinnard



**Lori teaching the Creative Writing Class**

## Arts & Crafts

On Your Own Open Studio  
Mondays, Wednesdays, Fridays  
10:30-12:00

## Jewelry Making

Crafts Class  
Mondays w/ Deb G. & Courtney S.  
1:00-2:30

## Watercolor

Painting Class  
Mondays w/ Lisa F.  
3:00-5:00

## Red Clay

Open Studio  
Mondays, Wednesdays, Fridays  
10:30-12:00

## Life Skills

Wellness Class  
Tuesdays w/ UW OT Students  
1:00-2:00  
11/4-medicine effects on weight  
11/11-nutrition  
11/18-healthy holiday eating  
11/25-cooking group  
12/2-holiday budgeting  
12/9-affordable gifts

## Leather

Crafts Class  
make belts, wallets, moccasins, & other items  
Wednesdays w/ Deb G.  
1:00-2:30

## Creative Writing

Wednesdays  
3:00-4:00

## Quilting Class

learn how to machine sew a lap quilt,  
potholder, or holiday ornament  
Wednesdays w/ Kathleen I.  
4:30-5:30

## Wellness Workshop

Peer Support  
Wednesdays w/ Karen H., RN  
5:00-7:00  
11/5-chronic pain management  
11/12-holiday blues  
11/19-mind-body connection  
11/26-no class, close at 3:00pm  
12/3-non-drug approaches to tx  
12/10-stigma & stigma busters

## Spanish Conversation

learn to speak Spanish in a fun & friendly class  
Wednesdays w/ Allison W.  
7:30-8:30

## Rag Picking 101:

A Cheapskate's Intro to the Wide World of  
Fabric & Fiber  
Thursdays w/ Carol J.  
10:00-12:00

## Landscapes Acrylics & Oil

Painting Class  
Fridays w/ Courtney S.  
1:00-3:00



# Cornucopia Activities Calendar

## November 2008

Sunday <i>Closed</i>	Monday 10:00-3:30	Tuesday 10:00-3:00	Wednesday 10:00-8:00	Thursday 10:00-7:00	Friday 10:00-3:00	Saturday <i>Closed</i>
<p><b>Post-Halloween &amp; Dia De Los Muertos</b></p> <p><b>Sunday Nov. 2 PARTY</b></p> <p>Eat tasty treats with cider Play Spellbound Scrabble (13 extra points for words relating to Halloween) Watch "The Great Pumpkin" &amp; a funny/scary movie</p> <p>Cornucopia's Main Room</p> <p>come in costume IF YOU DARE!</p> <p>3:00 until 6:00 or so</p>						<p><b>1</b></p> <p><b>November Board Meeting:</b></p> <p>•Monday November 24• 5:00-7:00</p> <p>Cornucopia Main Room</p> <p>Meeting is open to the public &amp; to our members &amp; volunteers</p>
<p><b>2</b></p> <p>Post-Halloween &amp; Dia De Los Muertos <b>PARTY</b></p> <p>3:00-6:00 or so</p> <p>Cornucopia's Main Room</p>	<p><b>3</b></p> <p><b>Arts &amp; Crafts</b> 10:30-12:00</p> <p><b>Jewelry Making</b> 1:00-2:30</p> <p><b>Watercolor Painting</b> 3:00-5:00</p>	<p><b>4</b></p> <p><b>Red Clay Open Studio</b> 10:30-12:00</p> <p><b>Life Skills Wellness Class</b> Medicine Effects on Weight 1:00-2:00</p>	<p><b>5</b></p> <p><b>Arts &amp; Crafts</b> 10:30-12:00</p> <p><b>Leather Crafts</b> 1:00-2:30</p> <p><b>Creative Writing</b> 3:00-4:00</p> <p><b>Quilting Class</b> 4:30-5:30</p> <p><b>Wellness Workshop</b> Chronic Pain Management 5:00-7:00</p> <p><b>Spanish Conversation</b> 7:30-8:30</p>	<p><b>6</b></p> <p><b>Rag Picking 101:</b></p> <p>A Cheapskate's Intro to the Wide World of Fiber &amp; Fabric 10:00-12:00</p>	<p><b>7</b></p> <p><b>Arts &amp; Crafts</b> 10:30-12:00</p> <p><b>Landscapes Acrylics &amp; Oil</b> 1:00-3:00</p>	<p><b>8</b></p>
<p><b>9</b></p>	<p><b>10</b></p> <p><b>Arts &amp; Crafts</b> 10:30-12:00</p> <p><b>Jewelry Making</b> 1:00-2:30</p> <p><b>Watercolor Painting</b> 3:00-5:00</p>	<p><b>11</b></p> <p><b>Red Clay Open Studio</b> 10:30-12:00</p> <p><b>Life Skills Wellness Class</b> Nutrition 1:00-2:00</p>	<p><b>12</b></p> <p><b>Arts &amp; Crafts</b> 10:30-12:00</p> <p><b>Leather Crafts</b> 1:00-2:30</p> <p><b>Creative Writing</b> 3:00-4:00</p> <p><b>Quilting Class</b> 4:30-5:30</p> <p><b>Wellness Workshop</b> Holiday Blues 5:00-7:00</p> <p><b>Spanish Conversation</b> 7:30-8:30</p>	<p><b>13</b></p> <p><b>Rag Picking 101:</b></p> <p>A Cheapskate's Intro to the Wide World of Fiber &amp; Fabric 10:00-12:00</p>	<p><b>14</b></p> <p><b>Arts &amp; Crafts</b> 10:30-12:00</p> <p><b>Landscapes Acrylics &amp; Oil</b> 1:00-3:00</p>	<p><b>15</b></p>
<p><b>16</b></p>	<p><b>17</b></p> <p><b>Arts &amp; Crafts</b> 10:30-12:00</p> <p><b>Jewelry Making</b> 1:00-2:30</p> <p><b>Watercolor Painting</b> 3:00-5:00</p>	<p><b>18</b></p> <p><b>Red Clay Open Studio</b> 10:30-12:00</p> <p><b>Life Skills Wellness Class</b> Healthy Holiday Eating 1:00-2:00</p>	<p><b>19</b></p> <p><b>Arts &amp; Crafts</b> 10:30-12:00</p> <p><b>Leather Crafts</b> 1:00-2:30</p> <p><b>Creative Writing</b> 3:00-4:00</p> <p><b>Quilting Class</b> 4:30-5:30</p> <p><b>Wellness Workshop</b> Mind-Body Connection 5:00-7:00</p> <p><b>Spanish Conversation</b> 7:30-8:30</p>	<p><b>20</b></p> <p><b>Rag Picking 101:</b></p> <p>A Cheapskate's Intro to the Wide World of Fiber &amp; Fabric 10:00-12:00</p>	<p><b>21</b></p> <p><b>Arts &amp; Crafts</b> 10:30-12:00</p> <p><b>Landscapes Acrylics &amp; Oil</b> 1:00-3:00</p>	<p><b>22</b></p>
<p><b>23</b></p>	<p><b>24</b></p> <p><b>Arts &amp; Crafts</b> 10:30-12:00</p> <p><b>Jewelry Making</b> 1:00-2:30</p> <p><b>Watercolor Painting</b> 3:00-5:00</p>	<p><b>25</b></p> <p><b>Red Clay Open Studio</b> 10:30-12:00</p> <p><b>Life Skills Wellness Class</b> Cooking Group 1:00-2:00</p>	<p><b>26</b></p> <p><b>Arts &amp; Crafts</b> 10:30-12:00</p> <p><b>Leather Crafts</b> 1:00-2:30</p> <p><b>Creative Writing</b> Closed at 3:00</p> <p><b>Quilting Class</b> Closed at 3:00</p> <p><b>Wellness Workshop</b> Closed at 3:00</p> <p><b>Spanish Conversation</b> Closed at 3:00</p>	<p><b>27</b></p> <p><b>Closed For Thanksgiving</b></p>	<p><b>28</b></p> <p><b>Arts &amp; Crafts</b> 10:30-12:00</p> <p><b>Landscapes Acrylics &amp; Oil</b> 1:00-3:00</p>	<p><b>29</b></p>
<p><b>30</b></p>						

Events on this calendar may change. If you have not been to a particular group recently, call to confirm time & date. 11

# Cornucopia Chronicles



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