

CORNUCOPIA CHRONICLES



Recovery encompasses an individual's whole life, including mind, body, spirit and community.
A Place to Learn . A Place to Lead . A Place to Believe in Ourselves

Fairy Kisses - Believe or Not?

by Rebecca

Is there truly a God - a Spirit -
a "one" that guides and supports us?
We have not ever seen - with our eyes -
but may feel the "One" within us.
A soul - a Spirit - a Guide -
whatever applies to each of us, if it does.
They say there was a Last Unicorn.
Just because we have never seen one,
it may not be true there ever was one,
As also true for Fairies.
Because we may not have seen something,
Does not make it any less real.



"Fairy" created by Ida W.

Alterege

by Christa Kongsli

The span of my stretch astounds you.
My command, it's but a whisper.
I move in blue hues, a ripple of
the element you deny.
I am your darkened mirror.
I am the blink of your eye.
I am the second glance and
the question mark that follows fact.
Drop an image, my breath will distort it.
Make a vow, I devise a new volition.
Arc after arc my motion reels.
We are companions, you and I,
silhouettes of the same form.
I am the original; you, a polished replica
with the surface smoothed and safe.
Your survival is my supreme design.

The Other Side of the Lake

by Joseph Phillipps

I am sitting on a bench by the lake. I've sat on this shore many times. I have always liked water. It brings me solitude, and it makes me think. Almost twenty years ago, I sat on the shore of the other side of this lake almost daily, or at least those days I was allowed to.

The other side of this shore was my home for six months. You see, a mental health facility is there. It also could have been called an institution. To me, it had many other names, like asylum, the prison, or the hellhole. When I sat on that shore of the lake, all I could think about is how my life was not getting better and the future was going to be worse. I could only daydream about the past that I had lost, when I was happy or "normal." That life was lost. I had an illness which imprisoned me. I felt as if I had been cursed. The future did not seem to be worth enduring. My life had become nothing more than the illness I had. I would be locked away and given pills. Strangers who basically did not listen to me or did not care would control my life. I would endure the voices no one else could hear and remain mired in my own emotions. The lake could be my salvation if I could just get the guts to allow myself to swim to the other shore. I could then escape into the city and live there. But the swim would be too far, and the water would be too cold. Besides, caretakers at the facility would not allow it. I was their patient and prisoner. If I did swim to the other shore, what would I do anyway? I had been told so long I was nuts; I couldn't trust my abilities or even myself. The facility was giving me treatment that was giving me no relief. I often felt the facility was taking my mind, soul, and heart. The water of the lake was at peace. If I could just drown in its waters, my misery would end.

That was what I thought about on the shore of this lake twenty years ago.

I am sitting on the other side now. I like my life. I fought through many battles to regain control. I had to fight to get to this shore of the lake. I had to learn to trust myself again. I had to develop my trust in those who were there to help me. I had to admit and accept I had a mental health problem, and I had to deal with it. I had to regain the courage to make my own decisions and take responsibility to where these decisions would lead me. I learned to cope with my illness. I learned that my illness was not the definition of my existence I also learned that simply because I had a mental illness did not mean I could not attain my dreams, enjoy happiness, or enjoy peace.

It took about twenty years to make it to this shore. This lake still brings me solitude. It still brings me peace. I am still, physically, the same person who sat on the other shore of this lake, but I don't want to drown in its waters. I just want to enjoy its beauty, like most of the people in the community do as well.

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Thank You Volunteers:

Ben Hellwig, Courtney E, Cullen Hahn, Diane Virnig, Jim Klint, Lori Kinnard, Mark Young, Matthew Strickland, Steve Christian, Theo Brach, Tyrone Martin, and everyone else who helps keep Cornucopia clean and operating...

Including Our Teachers:

Alice Pauser, Andrew King, Calvin McFarlane, Connie Clemons, Heather Gerbyshak, Judy Majeski, Karen Herro RN, Katie Pityer, Kelly Thompson, Kevin Kelly, Kristen Muir, Liz Campbell, Mike Lincicum, Rebecca Schroeder, plus UW & MATC OT students.

Thank You Donors Including Bucky Book Buyers:

Benita Walker, Carol Christianson, Dagmar Krause, Dave Johnsen, Frank Ryan, James and Susan Connors, Jan Greenberg, Kelly Darby, Kevin Fosler, Mary Beth Cassidy, Sarah Dorsey, Thomas Thommesen, and Tracy Byers.

Welcome New Members:

Diane Virnig,
Heather Gerbyshak,
Jean Batterman, and
John Draves.

Major Funding Provided By:

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

State of WI Mental Health Block Grant
Technical Assistance provided by
Grassroots Empowerment Project
www.grassrootspower.org

This newsletter is published with
generous support from:
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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 for use in building upon self-directed recovery goals and community / life skills.

Administrative Staff:

Executive Director

Mary Beth Cassidy

Bookkeeper

Kurt Haney

Program Manager

Marni Roiniotis

- Cornucopia membership is open to any adult 18 or older living with a mental illness (including family, friends, and allies) .
- Cornucopia does not discriminate against anyone based on age, gender, race/ethnicity, appearance, religion/spirituality, LGBT, socioeconomic status, physical or developmental disabilities, co-occurring disorders, or psychiatric diagnosis. No member needs to disclose their illness in order to join.
- Cornucopia has **NO WAITING LIST**—members can join the same day they come for a tour. Membership dues are \$36 a year starting January 1, 2011 (payable in installments).
- Membership is renewable each January and includes this newsletter, classes, computer use daily from 10:00-3:00, and open studio use of most supplies. Activities are held at 1917 Winnebago St., Madison, WI 53703.

Cornucopia Interest Form

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____ Email: _____

New member or Renewing member (**\$36 a year starting January 1, 2011**)


Volunteer my time and talents at Cornucopia. Contact me about how I can become involved.

Donate tax-deductible financial assistance to Cornucopia's 501c3 nonprofit organization so we can continue providing programs to meet the needs of adults who have a mental illness.

\$10-25 \$26-50 \$51-100 \$101-200 \$200+ Other \$ _____

For funding stats only: Gender: M / F Disability: Y / N Age: _____ Ethnicity: White / Black / Asian / Latino / Native American / Other

Cornucopia December 2010 Activities Calendar

<i>Sunday</i> <i>closed</i>	<i>Monday</i> <i>10:00-3:00</i>	<i>Tuesday</i> <i>10:00-3:00</i>	<i>Wednesday</i> <i>10:00-3:00</i>	<i>Thursday</i> <i>10:00-3:00</i>	<i>Friday</i> <i>10:00-3:00</i>	<i>Saturday</i> <i>varies</i>
			1 12:00-1:00 Meditation 1:00-2:00 Leather 2:15-3:15 Macrame	2 10:30-12:30 Drawing 1:00-2:00 Fun w/ Food	3 10:15-12:00 Acrylic Painting 1:30-2:30 Ceramics 3:00-4:30 NAMI Connections Support Group	4 Happy Hannukah play the dreidel game
5 St. Nick put out your wooden shoes	6 11:00-12:15 Jewelry 1:00-2:45 Leather	7 10:15-11:15 Watercolor 11:30-12:30 Scrapbooking 2:30-3:30 Guided Journaling 3:30-4:30 Bonsai Tree Art	8 12:00-1:00 Meditation 2:15-3:15 Macrame Close at 3:00 No Wellness	9 10:30-12:30 Drawing 1:00-2:00 Card Making 5:00-7:00 "Holiday Stress"	10 10:15-12:00 Acrylic Painting 1:30-2:30 Ceramics 3:00-4:30 NAMI Connections Support Group	11 2:00-4:00 T-Shirt Workshop 5:00-6:00 Schizophrenics Anonymous
12 St. Lucia light your candles	13 11:00-12:15 Jewelry 1:00-2:45 Leather	14 10:15-11:15 Watercolor 11:30-12:30 Scrapbooking 2:30-3:30 Guided Journaling	15 12:00-1:00 Meditation 2:15-3:15 Macrame Close at 4:30 No Wellness	16 10:30-12:30 Drawing 1:00-2:00 Fun w/ Food	17 10:15-12:00 Acrylic Painting 1:30-2:30 Ceramics 3:00-4:30 NAMI Connections Support Group	18 Festivus for the rest of us
19 Good Yule celebrate the days getting longer	20 11:00-12:15 Jewelry 1:00-2:45 Leather	21 10:15-11:15 Watercolor 11:30-12:30 Scrapbooking 2:30-3:30 Guided Journaling	22 12:00-1:00 Meditation 2:15-3:15 Macrame 5:00-7:00 Wellness	23 10:30-12:30 Drawing 1:00-2:00 Card Making	24 Xmas Eve Open 10:00-1:00 Holiday Party with gift bags, games, & treats	25 Feliz Navidad enjoy your presents
26 Boxing Day & Kwaan- za honor our cultural customs	27 11:00-12:15 Jewelry 1:00-2:45 Leather	28 10:15-11:15 Watercolor 11:30-12:30 Scrapbooking 2:30-3:30 Guided Journaling	29 12:00-1:00 Meditation 2:15-3:15 Macrame 5:00-7:00 Wellness	30 10:30-12:30 Drawing 1:00-2:00 Fun w/ Food	31 New Year's Eve Call 249-7477 to see if we're open or closed	Happy New Year remember, each day's a new beginning

Please call Marni at 249-7477 to verify class dates and times as schedule changes do occur.

CORNUCOPIA CHRONICLES

1917 Winnebago Street
Madison, WI 53704-5314



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Cornucopia Dec. 2010 Newsletter



Important Dates & Changes:

Tue., Dec. 7th - Bonsai Tree Art 3:30-4:30

Wed., Dec. 8th and 15th - NO Wellness Workshop.

Thu., Dec. 9th - Holiday Coping Strategies
5:00-7:00 pm. Snacks provided.

Sat., Dec. 11th - T-Shirt Design 2:00-4:00

Wed., Dec. 15th - Board & staff training 5:00-7:00

Fri., Dec. 24th - Holiday Party
10:00-1:00 pm. Grab bag gifts and treats!

Fri., Dec. 31st - Call to see if we're open.

** Dues increase to \$36 for 2011 membership.**