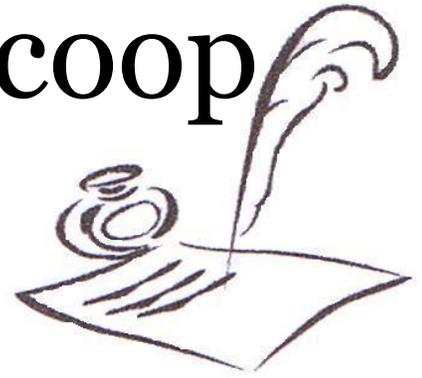


The Sensitive Scoop

Consumer Newsletter

For *any* Woman living with Mental Illness



Issue 62, March April 2010

Editor: Jo-Ann Paley

The Sensitive Scoop is now available on the MSS Website at www.mss.mb.ca



In late January, Viola MacKay (pictured to the left), shared with the MSS Women's Group about her five-months mission trip to Nairobi, Kenya last year. The women thoroughly enjoyed hearing about her experience there, as she showed pictures and described her role teaching Grade 3 students in the Kibera slum of Nairobi. "It was great to present to the group; they had such an interest in the country, culture and the work I was doing with the kids," Viola commented.

Clean Green This Spring

This article was written by Jennifer Preyss from Cox News Service.

Spring has officially sprung, and in households across the country, the annual rite of spring-cleaning is about to begin.

If the idea of environmentally harmful cleaners and toxic fumes doesn't quite inspire a Mr. Clean attitude, perhaps green cleaning alternatives will. Everyday home items such as baking soda, lemon juice, borax, vinegar and salt are non-toxic, yet powerful substitutes for many store-bought household cleaners. Salt, for example, when mixed with vinegar and water, will easily clean kitchen counters and other surfaces without harming the environment. Salt grains act as an abrasive, much the same way Comet Disinfectant Powder removes dirt and bacteria from hard surfaces. Using salt in conjunction with vinegar and baking soda will scrub away grime, while deodorizing and disinfecting.

Borax is another multi-use non-toxic compound. Used in the home since the 1950's to soften water during laundry cycles, borax can also be used as an all-purpose cleanser and disinfectant. It serves as an ant repellent as well. Mix 30 ml baking soda, 60 ml borax and 60 ml vinegar in 2 litres of water for an eco-friendly household cleaner. Scrub the mixture on kitchen counters, stove tops, microwaves and linoleum floors for a deep, green clean.

Bathrooms are challenging to keep sparkling clean and bacteria-free. But harmful bleaches and chemicals are entirely unnecessary when baking soda and vinegar can be used to scrub grime away and disinfect just as well. Baking soda has long been used for deodorizing and cleaning surfaces throughout the home and can be used in laundry cycles to freshen and disinfect clothes. To effectively clean and deodorize bathroom tubs and tile, pour vinegar over bathroom surfaces; then sprinkle baking soda on top. Gently scour with a sponge until clean. For a fresh-smelling toilet, pour 240 ml of vinegar and 60 ml of baking soda into the basin and let stand for a few minutes before scrubbing with a brush.

PCE Coffee House

The PCE Coffee house was a dream of Ian McFadyen, and with the help of the Partnership for Consumer Empowerment Program, of the Canadian Mental Health Association, Manitoba Division, FACES hosted two very successful events.

The hope was to create an opportunity for all people that come to FACES to share their gifts and talents at an open microphone night. We welcomed all styles of creative expressions, and what we got took our breath away. We knew we had gifted people here at FACES!

The PCE Coffee house ran twice: October 8th 2009 and December 11th 2009, from 6:00 pm to 9:00 pm. The first coffee house had 40 people attend, and 15 performers. The second coffee house had 55 people attend, and 18 people performed.

Both nights were buzzing with conversations on the breaks, good food, and great performances. Those that were brave enough to come on stage and open their hearts, sharing their songs, poetry, jokes, personal stories, and readings, were not the only ones who made the evenings such a success. Many generous people volunteered their time to help us prepare, maintain, and clean up.

Some said that what they valued most was the safe, encouraging and accepting environment. I send out a BIG THANK-YOU to all that attended. It took all of us to create an environment where our abilities could be celebrated, and where we felt safe enough to get up on stage and share...that says a lot!

Here's to many more opportunities to share our abilities!

By Melissa Paley, Partnership for Consumer Empowerment (PCE) Program Coordinator

Ambrosia (Fruit Salad)

1 cup miniature white marshmallows
1 cup sweetened shredded coconut (white)
1 cup sour cream
1 cup broken orange segments
1 cup pineapple tidbits

Mix the first 3 ingredients together in a large bowl, using a spatula. Fold in the fruit. Refrigerate. Double recipe for a potluck dinner.
Source: Crystal Michaluk

Crystal, a member of the MSS Women's Peer Support Group, made this fruit salad for our Holiday Party Potluck on December 17, 2009. She had many requests for the recipe. So this is for you, the ladies who tasted it. Crystal also came up with the idea of putting together a recipe book for a future fundraiser. Members of the Women's Group could bring in their favorite recipes and we could put them all together to form a recipe book.

Awesome idea Crystal! Let us know what you think of this idea!

The Honourable Jennifer Howard
Minister responsible for the Status of Women

Invites you to join her at a celebration of

**International
Women's Day**

Monday, March 8, 2010
11:45 a.m. – 1:00 p.m.

**In the Rotunda at the
Manitoba Legislative Building**

Please RSVP by March 5, 2010

**RSVP: Manitoba Status of Women
945-6281 or toll-free 1-800-263-0234**

UPCOMING MSS EVENT

14TH Annual Iris Gala Evening

Saturday, May 8, 2010

The Gates on Roblin

Dance the Night Away to the Ron Paley Band

For information, contact the MSS office at 786-1616

or email: info@mss.mb.ca

Women's Program Schedule

March April 2010

Meetings are held on Thursday afternoon from 1:30 PM to 3:00 PM at 4 Fort Street (FACES) although sometimes we go on outings. Any women living with a mental illness are welcome to attend. Occasionally we are out of the office for an activity so please call to confirm your attendance at 786-1616.

March

March 4th **Writer's Group – at MSS (4 Fort Street)** – If you have some poems or stories you would like to share with the group please bring them along to get positive feedback. We will then do some short writing exercises.

March 11th **Arts and Crafts** - Make something nice to take home

March 18th **Preparation for Footsteps Fundraiser – 1:30 PM to 5:00 PM**
FOOTSTEPS V – Potluck Fundraiser – Multi Purpose Room at FACES
5:00 PM – 7:00 PM, March 18, 2010
RSVP: Karen at 786-1616 on or before March 15th to confirm your attendance.

March 25th **Movie Day**



April

April 1st **Writer's Group**

April 8th **Sharing and Planning for all day outing**

April 15th **Bowling – Enjoy a non-competitive game. We play 2 games comparing our own scores.**

April 22nd **Earth Day Celebration**

April 29th **All Day outing – 9:00 AM to 3:30 PM, Call 786-1616 by April 22nd to confirm attendance.**



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