

# THE SENSITIVE SCOOP

## Consumer Newsletter



For *any* Woman living with Mental Illness

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*The Sensitive Scoop is now available on the MSS website at [www.mss.mb.ca](http://www.mss.mb.ca)*

## Thank You

*Earlier this spring the Manitoba Schizophrenia Society Women's Program held a fundraiser dinner for the next edition of Footsteps, 2008. We would like to thank the following businesses and individuals for their kind contributions in helping to make the evening a success.*

Mom's Perogy Factory  
The Second Cup – Trisha Charles

832 Sinclair Street, Winnipeg  
Edmonton and Graham, Winnipeg

Sheila Levine; Alice Kaplan; Jo-Ann Paley; Marlene Vieno for donations of prizes; and other members of the MSS Women's Program, Nancy P., Tricia O., Ruth M., Melissa - CMHA MB staff member, and the MSS office staff – Pat, Viola, and Jane, for their help with the event. You're Terrific!!!!



## About Spirit's Call Choir

By Jo-Ann Paley

I was invited to attend a "Spirit's Call Choir" Benefit Concert for "Hands of Hope" on May 10, 2008. It impressed and inspired me so much that I had to share it with you readers out there.

If you want to join the choir, they are a very welcoming and inclusive group! This is what you need to know about it to help you make that important decision. The information below was written by the choir's Program Director **Margaret Tobin** for the May 10<sup>th</sup> concert program. People who attended that night went home with a bulletin full of beautiful information and a song in their hearts.

### **Spirit's Call Choir supports:**

**Personal harmony** – singing to bring balance and joy to our inner being

**Choral harmony** – singing to create beautiful sound in our vocal community

**Global harmony** – singing to support transformation, justice and peace in our world

This is Spirit's Call Choir's 2<sup>nd</sup> annual benefit concert for Hands of Hope. We are delighted to be singing on this Mother's Day weekend to support those most in need in Winnipeg through this wonderful organization and to celebrate mothers everywhere. The choir also sings for various other community and global causes and has performed at two national conferences held in Winnipeg.

Spirit's Call's non-audition community choir continues to evolve as more new members join and gifted directors contribute their unique musical gifts. **Jeremy Vallance** took over as musical director in the spring of 2006. Under Jeremy's enthusiastic leadership, the choir has been growing and thriving and has become what you are experiencing today. Previous musical directors **Michael Kurek**, **Alex Kirov** and **Lyle Eide** also made significant contributions to the choir's development.

On June 18, 2005, Spirit's Call Choir launched its long-awaited first CD "**Spirit's Call Choir – Together in Harmony**" in Winnipeg with 2 live performances at The Forks. The CD is available in Winnipeg from **Tache Therapeutic Centre Therapeutique** at 190 Tache. Call (204) 231-4959 for hours. We anticipate the release of Spirit's Call Choir's 2<sup>nd</sup> CD later this year.

Spirit's Call Choir began in an "Explorations of the Self" workshop with **Margaret Tobin** and **Dorothy Becker** in November 2000 at St. Norbert Arts Centre when people who had been told they could NOT sing found their voices and decided to form a choir. Our belief is that singing is the birthright of everyone. From the original 9 members, Spirit's Call Choir has grown to 160 voices and includes novice to accomplished singers and musicians. The choir offers a supportive environment for remembering, reclaiming and celebrating the spirit and voice of one and all and welcomes all who want to find their voice and "Sing for Joy!"

Spirit's Call Choir welcomes new members for the fall season – starting Sunday September 7, 2008. Those who love to sing and those who always thought they couldn't are equally welcome!

Spirit's Call Choir is a Winnipeg offering of **Spirit's Call™**, founded in 1996 by **Merv Campone** and **Dorothy Becker** to contribute to the transformation of consciousness and support personal and universal harmony and balance through the integration of healing, learning and the arts. Spirit's Call is based in Vancouver and Winnipeg.

The "**Spirit's Call Collection**" includes the book "**Spirit's Call – When the Spirit Touches the Soul**", and the relaxation CD "**Spirit's Call – A Companion for Healing**" and an original art card. These are on display in the foyer and available for purchase through the Spirit's Call web site at [www.spiritscall.com](http://www.spiritscall.com).

#### **Spirit's Call Choir – Other Global Harmony Initiatives:**

Spirit's Call Choir has performed 5 annual benefit concerts for NEST (North End Sponsorship Team) to support refugees settling in Winnipeg and a Peace Choirs benefit concert in conjunction with the Dalai Lama's visit to Canada in 2004 – for Miriam Centre – to support women and children who experienced poverty and violence. Spirit's Call Choir also has sung for Sisters in Spirit, to raise awareness about missing and murdered Aboriginal women in Canada and for the greening of North Point Douglas.

From its Global Harmony Development Fund, the choir has contributed financially to Simunye, a Winnipeg linked organization in South Africa that supports those affected by HIV, to the Winnipeg based OSU Children's Library Fund that promotes literacy in the poorest areas of Ghana, to Tsunami relief and to Acorn Gardens, a rural Manitoba project for adults and children who have experienced trauma and war.

For further information, you can contact the Choir's Program Director Margaret Tobin at (204) 488-0078 and email her at [tobin@cc.umanitoba.ca](mailto:tobin@cc.umanitoba.ca). Or you can contact **Dawn Lazar** at (204) 488-0495 or [dlazar@mts.net](mailto:dlazar@mts.net). To check their website go to [www.spiritscall.com](http://www.spiritscall.com) (click on choir.)

#### **Spirit's Call Choir welcomes new members for the fall season: Sunday September 7, 2008**

2pm – Orientation for new members

2:30 to 4:30pm – full choir (weekly – Sunday afternoons)

Unitarian Church, 603 Wellington Crescent

(at Maryland/Academy – looks like a house!)

The standard membership is \$50.00 per season

(2 seasons – September to December and January to May.)

Whatever people can pay is fine – the fee is never a barrier to participation

For more information about membership call Dawn Lazar at (204) 488-0495.





## **Baking Soda: Over 500 Fabulous, Fun & Frugal Uses You've Probably Never Thought Of**

Have you ever wondered what baking soda is or where it comes from? Vicki Lansky has written a book, with the same title as this article, and in the introduction she writes: "Everyone, it seems, is interested in ways baking soda can be used. As a contributing editor to *Family Circle Magazine* writing about household hints I was sent lots of great uses for baking soda by readers.

I have not tested each and every idea here. What I have done is collect what has worked for someone-sometime- and in all probability will work for you. But use common sense. Conditions and situations are unique to each of us. I can not guarantee each and every usage listed. I did want to share all the wonderful ones I know about and let you be the judge of what is useful to you."

**What Is Baking Soda?** On page 1, answers to this mysterious question are probed. "Baking soda is actually sodium bicarbonate (also known as bicarbonate of soda). It is found naturally in mineral deposits, lake sediments and groundwater. It is even found in our oceans where its bicarbonate chemistry seemingly works to stabilize the carbon dioxide content of the earth's atmosphere. Virtually all baking soda in North America today comes from the mined mineral, trona, which can be found in large amounts in one place-Green River, Wyoming. (Other large deposits of trona can be found in Kenya, Egypt, Venezuela and the deserts of Central Asia.) This massive deposit was discovered in the 1930's on federal lands. Trona is actually half sodium bicarbonate and half its chemical cousin, sodium carbonate, some of which ends up as the more familiar *washing soda*. Trona is deep mined as opposed to an open-pit procedure. The ore is brought to the surface, crushed, washed and heated to make sodium carbonate. When this is dissolved in water and carbon dioxide is bubbled through the solution, sodium bicarbonate crystals form and fall out of the solution. These crystals then go through a washing and drying process before the product is packaged and distributed."

Going on, Vicki explains something probably none of us ever knew. "Baking soda is manufactured in one other factory – a natural factory: **the human body**. Here it maintains the correct acidity level (or pH) of the bloodstream. It is found in our saliva, where it neutralizes the plaque acids in our mouth to prevent teeth from dissolving. The same body production of sodium bicarbonate neutralizes stomach acids to help prevent ulcers. It helps people to breathe by carrying carbon dioxide from bodily tissue to the lungs, where it is exhaled. Amazing!"

**How—and Why---Does It Work?** Vicki continues with "Baking soda has a few fundamental qualities which overlap:

1. It has a soft crystalline molecular structure.
2. It has the ability to neutralize acidity.
3. It is a leavening agent.
4. It is able to absorb many odors."

**Abrasive Ability** (p. 2). Baking soda's first attribute makes it mildly abrasive, which is why it's known for its gentle yet effective cleaning ability. It is soluble in water, which allows the crystals to 'round off' and dissolve before they can scratch or damage a surface.

**Home Remedies** (chapter 8, page 70) – Here are some tips that will help with summer problems.

1. Cope with sunburn discomfort by mixing ¼ cup of baking soda with ½ cup of cornstarch in a tub of tepid water and soak as long and as often as you can manage.
2. Soothe itching caused by dry skin or psoriasis by using a weak solution of baking soda—1/3 cup to 1 gallon water. Apply to the area with a washcloth.
3. Treat burns by quickly applying cold cloths dipped in ice water with baking soda added until the burn has no heat. The burn is less likely to blister with this treatment. (Some hospital emergency rooms are said to do this.)

**Outdoor Folks** (chapter 15, page 102). **Backpackers and Outdoor Campers**

Use baking soda while backpacking: as a tooth cleanser, a deodorant, a salt substitute, an odor eater for hiking boots, a salve for sunburns or campfire burns, an extinguisher to put out campfires, a relief to soothe bug bites, and for washing camp laundry.

**A Guide For Green Thumbs** (chapter 13, pages 95 & 96). **Make-Your-Own Safe, Organic Pesticides**

1. Combine: 1 teaspoon baking soda, and 1/3 cup cooking oil

From this mixture, measure 2 teaspoons to combine with 1 cup water and fill plant sprayer. This spray is said to kill aphids, spider mites and white flies, and to be benign to beneficial insects.

2. Combine 2 tablespoons baking soda with 1 gallon water. Spray on garden plants.
3. For another spray formula option, combine: ½ cup baking soda with a few drops liquid detergent and 1 quart water. Spray occasionally on plants in the early evening to rid them of unwanted pests.”

**BAKING SODA**

**Over 500 Fabulous, Fun & Frugal Uses You’ve Probably Never Thought Of  
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By Vicki Lansky  
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Jo-Ann Paley

***Women’s Program Schedule***

**July August 2008**

*Meetings are held on Thursday afternoon from 1:30 PM to 3:00 PM at 4 Fort Street (FACES) although sometimes we go on outing. 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.*

**July**

- July 3**                      **Movie – at MSS**
- July 10**                   **Arts and Crafts – Make something nice to take home.**
- July 17**                   **MSS PICNIC (at Bonny Castle Park across the street from MSS from 11:30 PM to 1:30 PM.) This picnic is for MSS volunteers, Consumers and family members who attend MSS Groups. Please register at 786-1616. There will be no regular Women’s Program meeting for this week only.**
- July 24**                   **Writer’s Group – This gives you a chance to share your poetry or stories with other group members and get positive feedback.**
- July 31**                   **Sharing and Planning – This is your opportunity to give ideas for Fall programming.**

**August**

- August 7**                   **Writer’s Group**
- August 14**               **Cooking at MSS – Enjoy a Ty cooking demonstration and tasty samples.**
- August 21**               **Walk to The Forks – For those people not up to walking we will meet at the Plaza Canopy at The Forks at approximately 1:45 PM.**
- August 28**               **Arts & Crafts – Speaker and presenter – Jane, from Wow Faktr, will be demonstrating how to make jewelry with beads and semi precious stones that have a therapeutic effect. Cost of \$4.00 per person to cover cost of supplies.**



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