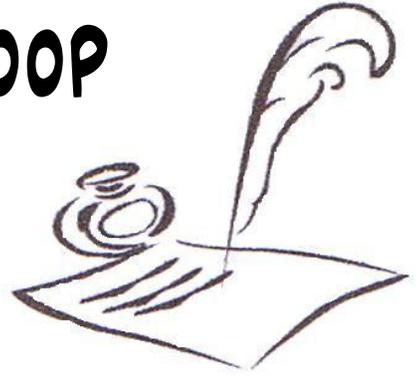


# THE SENSITIVE SCOOP

## Consumer Newsletter



For *any* Woman living with Mental Illness

Issue 50, March & April 2008

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

Editorial Message

By Jo-Ann Paley

### **Celebrating the 50<sup>th</sup> Issue of *The Sensitive Scoop*!**

If we were able to foresee our future we might be able to anticipate ahead of time many other helpful ways to make decisions regarding advocating for mental illness for ourselves.

Open Minds Quarterly is a magazine that is written by people who have a mental illness through their submissions to this magazine; and who entertain thoughts of easing themselves into recovery from many different mental illnesses in ways such as brainstorming. This method works as people deliberate on thoughts that may help their personal recovery process and thus they may come into a new helpful self-awareness.

Sometimes running away from problems means running to something else. By reading stories of many different people in this magazine, we can vicariously live a similar life, through their stories, in a way that many of us may never be able to on our own. In essence we try to create a similar self-satisfaction in our own achievements by reading about and understanding the accomplishments of others.

To the writers: In the hopes of helping others in their own recovery processes, through this magazine, Open Minds Quarterly, we as readers live our lives through others who pour their hearts and souls into this publication of self advocacy.

In a recent magazine, Open Minds Quarterly made a number of announcements I will share with you our readers. To begin telling you what is available to assist you in your search for your recovery process, Open Minds Quarterly is published by mental health consumers at: The Writer's Circle – A Project of Northern Initiative for Social Action (NISA), at 680 Kirkwood Dr., Bldg. 1, Sudbury, ON, P3E 1X3, Canada. The telephone # is 705-675-9193, ext. 8286. The E-mail address is [openminds@nisa.on.ca](mailto:openminds@nisa.on.ca). The Editor/Publisher is Dinah Laprairie.

The next two paragraphs are direct quotations from Ms. Laprairie. “NISA’s 6<sup>th</sup> Annual BrainStorm Poetry Contest for mental health consumers opened on Monday Jan. 8, 2008, and runs till 4 pm Friday March 28 – that’s when your entry must be here at NISA in order to be judged. The entry fee is \$10.00 for up to three poems, and the proceeds from the contest support the prizes of \$250, \$150 and \$75 for the top three poems, with the remainder towards the publication costs of Open Minds Quarterly. The entry form is available for download from NISA’s website.”

“Open Minds seeks Open Letters’. Got something on your mind or something to get off your chest? Here’s a challenge for you. In late 2006, Open Minds Quarterly introduced a new department called ‘Open Letters: Where you can speak your mind’. Because it is a new section, we are looking for more submissions of open letters. We need our writers to take up the challenge and submit open letters for review. Featured on the back page of the magazine, these letters are addressed to an individual or to a group of individuals, but the intention is for the letters to be read by the general public. Generally, open letters are letters of protest. Here at

Open Minds we're looking for letters relating to the experience of mental illness – they may indeed be protest letters, but they may also be thank-you letters, apology letters or letters of explanation. Ready? Here are your guidelines:

1. Choose a topic you feel strongly about
2. Keep your letter to a maximum of 550 words
3. Write it in the second-person ('you')
4. Begin the letter with 'An Open Letter to.....'

Still wondering if you can do it? There are great examples online. Browse through the letters on McSweeney's website at <http://www.mcsweeney.net/links/openletters/> or visit the website of the now dormant magazine Open Letters at <http://www.openletters.net/>."

NISA is proud to announce the publication of "An Adventure in Chapbook Publishing: make a name for yourself in poetry." For questions or to view a table of contents, you can contact Dinah Laprairie at 705-675-9193, ext. 8286.

You can subscribe to this magazine Open Minds Quarterly by phoning the number above or come to the Mental Health Education Resource Centre (MHERC) at 4 Fort Street, in Winnipeg, where our office is located, and read it on site in this library.

I (Jo-Ann) found a book review on OMQ on the Internet by Donna Everhart. I like what she says. "Open Minds offers a selection of poetry, informative and reflective essays, fiction, and book reviews, all of them first person accounts of experiences and knowledge in dealing with conditions, mental health practitioners, services, treatments, discrimination and even, yes, success." D. Everhart

So you understand, how writing can have a positive influence on you, this is how I (Jo-Ann) am moved by thoughts published in one of our recent newsletters, by Kelvin Adair Free. This isn't a direct quotation. It is how I vaguely remember the consistency of how his thought went. "Thoughts have no physical shape, content or substance. Yet, they are powerful and influential even so."



### **Rainstorms**

Have you noticed how  
beautiful the world becomes  
after a rainstorm?  
The sun, extra yellow and sweet  
melts over the grass and trees,  
which seems brighter, and glistens.  
There's a different energy as  
if spiritual waters have  
cleansed the Earth and  
cleansed our eyes so we  
can actually see the  
soft pastel rainbow  
that in truth  
never disappears.  
I love the rapture,  
the tranquility of the pounding rain.

- Debora Haliburton

**The China Project: Building Human Capacity: Social work with Rural Women in China**  
(Maureen Flaherty, MSW RSW)

Mental health is an uncomfortable topic for discussion in many parts of the world – including Canada. In the last decade, however, we have realized that mental health cannot be separated from the total health of individuals and communities. Mental health is integrated with basic needs such as food, clothing and shelter, safety/security, a sense of belonging, and a sense of self worth.

With this in mind, a project funded by the Canadian International Development Agency (CIDA) was developed and is in progress connecting Manitoba with China. Two faculty members from the University of Manitoba (U of M), Faculty of Social Work have partnered with women from China Women’s University (CWU) in Beijing and the All China Women’s Federation (WF) in China to help rural women in three regions of China to enhance their own lives and, through them, the lives of their families. The three regions in which the project is being developed are Shandong, Sichuan and Inner Mongolia. In China today the highest numbers of people in poverty live in rural areas where there is less access to education and to paid work. Families then choose to send the male members to school and away to work, leaving the women behind on the farms trying to support the family and keep it together. These hardworking women are often not involved in village politics or activities.

The work of the project is as follows. First, WF cadres or workers set up information sessions in the larger regional centres to highlight the reality of gender inequality and its impact on the lives of women and communities. Next, with the support and approval of the Chinese government, University of Manitoba (U of M) social work instructors worked with CWU instructors to develop training for community workers in the areas of family violence, community involvement and women’s participation in these areas. As hundreds of higher level community workers have been trained and are using social work values and methods in their own community work, these same women are in the process of teaching cadres in the more remote areas of their regions to do the same kinds of work with women and their families. The project has brought three women from Beijing’s Chinese Women’s University to do their Masters in Social Work degrees. The women have completed their practical work in rural China and are now working again at CWU. Other Chinese scholars and government representatives have visited Canada for varying lengths of time to exchange social and educational information with the purpose of enriching social work practice in both countries and particularly practice that will help empower the rural women of China.

The Project, Empowering Rural Women in China continues officially for another two years after which less formal collaboration will carry forward the work.

If the reader would like to learn more about this work, please check out the following links to both the U of M China Project website and the CWU China Project site:

[http://umanitoba.ca/faculties/social\\_work/documents/ChinaProject.pdf](http://umanitoba.ca/faculties/social_work/documents/ChinaProject.pdf)

The Manitoba Schizophrenia Society presents...

**12<sup>th</sup> Annual 2008 Iris Gala Fundraiser**

An Evening in the “Iris Garden”

**Saturday, April 12, 2008**

The Fairmont Winnipeg Hotel

**Featuring the presentation of the 2008 MSS Recognition Awards**

Tickets: \$140. each ~ \$1,020. for a table of 8

For more information please call 786-1616

## Women's Program Schedule

March & April 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 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 6<sup>th</sup>

**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 13<sup>th</sup>

**Arts and Crafts and Planning for Retreat and summer**

March 20<sup>th</sup>

**Speaker** – Rudy Ambtman – Interim CEO of Canadian Mental Health Association, Manitoba Division – speaking on “Living in the Here and Now”

March 27<sup>th</sup>

**Fundraiser for the book, Footsteps III – Good food – Silent Auction – Entertainment – *Space is limited so please call early to register at 786-1616.* 5:00 pm to 7:00 pm at FACES - Cost - \$10.00 per person. RSVP by March 20<sup>TH</sup>.**

### April

April 3<sup>rd</sup>

**Writer's Group**

April 10<sup>th</sup>

**Movie Day**

April 17<sup>th</sup>

**Retreat at St. Charles Retreat Centre, 323 St. Charles Street**  
*Space is limited so please register early.*

April 24<sup>th</sup>

**Sharing**



Funded by:

A REASON TO HOPE. THE MEANS TO COPE.  
MANITOBA SCHIZOPHRENIA SOCIETY  
SOCIÉTÉ MANITOBAINE DE LA SCHIZOPHRÉNIE  
UNE SOURCE D'ESPOIR, DE SOUTIEN ET D'ENTRAIDE

# **Footsteps III**

**2008**

**Come Travel With us again!!**

**As We Embark On Another Journey!!**



## **Did You Know?**

- ▶ That writing, drawing or doing any form of artistic work can be very therapeutic?
- ▶ That having a mental illness is only a fraction of who we are!!!
- ▶ That being creative sharpens the mind and increases self-esteem and self-awareness!!!

## **Knowing These Facts..**

The *Manitoba Schizophrenia Society's Women's Group* would like to invite you to join them on their journey by taking part in the creation of a book composed of poems, stories, artwork, pictures, brief autobiographies, etc. that can be about any aspect of your life.

We are inviting women with any mental illness in Winnipeg to submit their “**own work**” not previously published / and completed “*Submission Form*” (see reverse) to:

**Manitoba Schizophrenia Society Women's Group (Book Committee)**  
**100-4 Fort St.**

**Winnipeg, Manitoba**

**R3C 1C4**

**or for more information :**

**Contact : Karen**  
Ph: (204)786-1616  
E-mail: [karen@mss.mb.ca](mailto:karen@mss.mb.ca)  
Fax: (204)783-4898

**Deadline for submissions: May 31, 2008**

*Good Luck!!!*

*We Look Forward To Hearing From You!!*



***Remember!!***  
***Your submissions can***  
***be about any aspect of***  
***your life!!***  
***Some ideas:***  
***-relationships***  
***-family/friends***  
***-career***  
***-pets***  
***-illness***  
***-recovery***  
***-seasons, holidays***  
***-children***  
***-special events***  
***-places, hobbies, nature***

## ***SUBMISSION FORM***

This information is required for office staff and only will be used in order to get in contact with you at a later time. This information will by no means be included in the book.

**(Please print)**

Name \_\_\_\_\_

Address \_\_\_\_\_

Postal code \_\_\_\_\_

Phone number \_\_\_\_\_

E-mail address \_\_\_\_\_

**Title of Work(s)** \_\_\_\_\_

You may also choose to use your first name, a pen name or anonymous. If you choose this we will not refer to your proper name at all in the publication.

Preferred Name \_\_\_\_\_

I am interested in giving a short presentation about my submission at time of distribution during Mental Illness Awareness Week in October 2008. (Please check) If you wish to include a brief autobiography to be published at the end of the book, please submit it with your work.

Yes \_\_\_\_\_

No \_\_\_\_\_

If any copyright material has been used in your work you must provide us with proof that you have gained permission to use it in your work. This can be provided by email or letter of permission to be submitted with this form.

Date \_\_\_\_\_

Signed \_\_\_\_\_

I am aware that the book will be given out to all that have submitted their work and other copies will be available for sale at a nominal price.

Date \_\_\_\_\_

Signature \_\_\_\_\_

Guardian/Parent Signature (required if under 18) \_\_\_\_\_

Print Name \_\_\_\_\_

Phone number \_\_\_\_\_