

THE SENSITIVE SCOOP

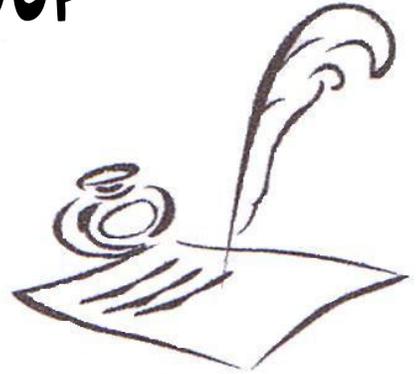
Consumer Newsletter

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

A History of the Iris

Traditionally known as the “flag plant”, the iris was adopted by King Louis VII of France as his emblem for the second crusade. References to the flower also appear throughout mythology. It finally became a modern symbol for those living with mental illness when the National Alliance for the Mentally Ill (NAMI) and the National Alliance for Research on Schizophrenia and Depression (NARSAD) chose the flower following the historic sale of “Les Irises”, a painting by Vincent van Gogh for more than \$50 Million in 1987.

“Les Irises”, was painted in the garden of the asylum at St. Remy, in the south of France, in May 1889 when van Gogh was having his most desperate battle with a mental illness, now believed to have been Schizophrenia.

“Throughout history the iris has long been a symbol of faith, hope and valour,” said Schizophrenia Society of Canada Past President Barbara Bingham. “Our Society’s counterpart in Great Britain and the U.S. also use the iris as their floral emblem. We hope to make the iris known as the ‘flag of Hope’ for people living with this illness.”

Manitoba Schizophrenia Society, Inc.

100 – 4 Fort Street, Winnipeg, MB R3C 1C4

Tel: (204) 786-1616. Fax: (204) 783-4898. Website: www.mss.mb.ca

Mark Your Calendars

13th Annual Iris Gala Evening

May 9, 2009

The Gates on Roblin



For ticket information call 786-1616.

There was an article written in the Free Press approximately 1 to 2 years ago, by writer Reena Nerbas. The title was “The mighty leaf leaves little to be desired.” I thought some of the snippets were of interest to not only me, but perhaps to anyone who reads this newsletter. The part I rescued from the chopping block went like this:

There’s more to leaves than pressing them in a book. From tea leaves to bay leaf to basil, here are 15 suggestions to get the most out of your leaves.

1. An easy secret to cutting fresh basil leaves into fine strips. Starting with the largest leaves, stack one on top of the other. Tightly roll leaves (beginning at the pointed end). Thinly slice rolled leaves crosswise into strips.
2. Make your own air freshener: Mix half-cup crushed bay leaf, one-quarter cup dried sage and one-cup witch hazel. Let sit at room temperature for three days. Strain and transfer remaining liquid to spray bottle.
3. Place bay leaves in kitchen drawers and in flour and sugar sacks to keep crawling insects away.
4. Don’t throw away used green tea leaves; they work well to mask odors in kitty litter. Also, place green tea leaves in an uncovered bowl in the refrigerator to absorb odors; they eat odors for up to three days. Following the fridge, sprinkle the leaves around plants to add nutrients or rub hands with wet green tea leaves as a deodorizer after cutting onions or garlic.
5. If you or someone you love has smelly shoes, help is on the way. Put tea leaves into a pair of stockings and stuff each into a shoe. Let sit for a day or two, the smell disappears.
6. Clean windows, glass and mirrors by collecting tea leaves in a bucket. Cover with rainwater and leave overnight. Strain and use with a squeegee. Dry with three-day-old or older newspaper.
7. Leftover herbs? Put the leaves into a food processor with a small amount of water. Grease an ice cube tray and drop herbs into tray. Freeze. Put herb cubes into freezer bags – one cube equals 2 tbsp. fresh herbs.
8. Garnish food with leaves by placing one large romaine or iceberg leaf underneath sandwiches on platters, devilled eggs or vegetables.
9. Compared to iceberg, romaine lettuce leaves are loaded with vitamins. Romaine has three times as much vitamin C and vitamin A as iceberg.
10. Clean houseplants by wiping the leaves with the soft inside of a banana skin. The banana skin brings up a lovely shine and removes dust while adding a great smell to your home.
11. Don’t own a banana? Use a little milk on a soft cloth to wipe down the leaves of houseplants to keep them shiny.
12. Store coriander leaves in a muslin cloth bag in the refrigerator. They will remain fresh for a longer time.
13. After raking the yard, do not throw away the leaves. Spread them over the garden and wet down. Till in the spring. This adds nutrients for the plants as the leaves decompose.
14. To keep dogs and cats from chewing up leaves and digging in soil, bury cinnamon sticks, orange or lemon peels just beneath the surface.
15. An easier way to get leaves and debris into garbage bags is to make a funnel. Use an old laundry basket that fits inside the garbage bag, cut out the bottom of the laundry basket to make the funnel.

Reena Nerbas is the author of the national best sellers, “Household Solutions 1 with Substitutions”, “Household Solutions 2 with Kitchen Secrets” and the soon to be released book “Household Solutions 3 the Green Edition” available on-line and in stores across Canada. She graduated as a Home Economist from the University of Manitoba and speaks professionally on the subject of fixing life’s messes by using products behind everyone’s cupboard doors. As well as being a columnist, Reena can be heard on radio and TV programs across Canada and the U.S.A. Her article comes out every Sunday in the Sunday Homes Section of the Winnipeg Free Press. The column is called “Solutions.”

Check out my brand new web site! www.householdsolutions.org

Your Invitation to Help Shape the Next Manitoba Women's Health Strategy

The Manitoba government is renewing the Women's Health Strategy by working with the Women's Health Clinic to host a series of consultations across the province. Come share your ideas, network and hear from others.

The purpose of these consultations is to hear the views of Manitobans on women's health matters, to help inform a new Manitoba Women's Health Strategy and provide information to local Regional Health Plans. We want to hear from you about: What do women need to stay healthy? What concerns do you have? What services do you think work for women? What other services are needed? What else needs to be done? And, what's happening for women in your region?

Your participation will make a difference! Attend the consultation scheduled for your area, or check out the Women's Health Clinic website for updated schedules of events across the province at:

www.womenshealthclinic.org Learn there of Facebook, web and print participation opportunities. Many consultations have already taken place. Those left by the time this newsletter goes out are Brandon-Assiniboine on Sat. Feb 28, 2:30-5pm. Victoria Inn, 3550 Victoria Ave. Following the Healthy Women, Healthy Lives Conference. More details and RSVP: 204-571-8398.

Norman-The Pas, Mon. Mar. 2, 7-9pm. Multiple sites with a connection through Telehealth Video Conferencing: The Pas Health Complex, 67 – 1st St. W. (Main site); Flin Flon General Hospital, 3rd Ave. and Church St.; Snow Lake Health Centre, 100 Lakeshore Dr. E. More details and RSVP for all Norman RHA sites: 204-687-1346.

For more information please contact: Zanna Joyce or Paula Keirstead at 204-775-6457, or by email at consultations@mts.net

Caregiver subsidies and assistance with access available, on advance request. Refreshments will be served.

News from Dinah Laprairie, Editor of Open Minds Quarterly & Writer's Circle Online

openminds@nisa.on.ca

It's that time again, when poets pick up their pencils and enter the BrainStorm Poetry Contest for individuals living with mental illness. You can join in, too, by entering your best poetry by March 20, 2009.

The top three poems, judged by a panel of mental health consumers and family members with literary interests, will be awarded prizes of \$250 (first), \$150 (2nd), and \$75 (3rd). They will be published in Open Minds Quarterly, a literary journal dedicated to publishing the writing of individuals living with mental illness.

Rules and entry forms are available at: www.nisa.on.ca, or by calling 1-705-675-9193, ext. 8286

What do you really want to say?

Open Minds Quarterly seeks submissions of open letters for its back page feature. Your letters should be directed to someone or something, about something you desperately feel you need to address and relating to mental illness. Although you are writing to someone or something in particular, your letter should be aware of the wider audience. Open letters can be letters of gratitude, letters of explanation, letters of frustration, etc. Recently, we've published "An Open Letter To My Little Sister", "An Open Letter to My Shrink Who Cured His Depression Through Surgery", "An Open Letter to My Friends on Facebook", and an open letter to the "Members of the Mental Health Fraternity". Who do you want to write to?

Submit your letter to openminds@nisa.on.ca. In the subject line of your email, please write "Submission – Open Letter". Word limit: 550 words. Letters will go through the regular review process.

Women's Program Schedule

March April 2009

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

March

- March 5th** **Writer's Group** - Participants are invited to bring poetry or short stories they have written to receive positive feedback from other group members.
- March 12th** **Arts & Crafts**
- March 19th** **Planning** – We will be planning for the Retreat and for the next two months programming.
- March 26th** **Set-up for Pot Luck Fundraiser for *FOOTSTEPS IV* - Pot Luck Dinner at 5:00 PM**

OOPPS!! In the last issue of The Sensitive Scoop we omitted saying that our speaker, Ann McConkey, is a Registered Dietician and that she works at the Women's Health Clinic rather than the Women's Resource Centre.

April

- April 2nd** **Writer's Group**
- April 9th** **Movie Day here at FACES**
- April 16th** **Sharing** – A chance to discuss issues in a safe place where confidentiality is respected.
- April 23rd** **All Day Retreat at St. Charles Retreat Centre, 322 St. Charles St. (Please register early for the Retreat Day, as space is limited.)**
- April 30th** **Walking inside the Mall or out in the park if it's nice out.**



Funded by:

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

Footsteps IV

2009

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
Fax: (204)783-4898

Deadline for submissions: August 31, 2009

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 2009. (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 _____