



**PACE**

**People Advocating For Change Through Empowerment Inc.**

- Peer Support
- Referrals
- Education
- Advocacy
- Socialization
- Committees
- Computer/Internet
- Laundry
- Employment Supports
- Workshops

# PACE THUNDER STRUCK

July 2011  
Newsletter

[www.pace-tbay.net/](http://www.pace-tbay.net/)

PACE 217 ALGOMA STREET SOUTH THUNDER BAY ON P7B 3C3

PHONE: (807) 343-4760 MEMBERS (807) 345-1476 FAX (807) 344-8147

P.A.C.E. OFFICES: GERALDTON, MANITOUWADGE, SCHREIBER & MARATHON



## P.A.C.E

### Annual General Meeting

**DATE:** *Wednesday, July 20<sup>th</sup>, 2011*

**TIME:** **Doors Open 3:30 pm**

Meeting 4:00 – 5:30 pm

Dinner 5:30 – 6:30 pm

**PLACE:** **Prince Arthur Hotel**

*17 N. Cumberland Street*

**Lived Experience Presentations**

**\*Karaoke** to follow at P.A.C.E.

after Dinner\*

**Dry Event**  
**&**  
**Smoke Free**

#### Limit of 30 people

Must be approved by  
selection committee

#### DINNER

*Roasted Chicken Pieces*

*BBQ Pork Ribs*

*Cabbage Rolls*

*Perogies*

*Penne with Sausage & Peppers*

*Fried Rice*

*Whipped Potatoes*

*Gravy*

*Mixed Vegetables*

*Tossed & Potato Salads*

*Baked Rolls with Butter*

*Desserts*

#### *PACE Contacts*

Board of Directors 343-4760

(Ext. 221)

Executive Director:

Michelle Martin 343-4760(Ext. 222)

peoplechange@shaw.ca

Education Worker-Newsletter Editor:

Michael Owens 343-4760(Ext 224)

pace.education@shaw.ca

Systemic Advocate:

Annie Jollymore 343-4760(Ext 225)

paceadvocacy@shaw.ca

Membership Worker:

Diana Miller 343-4760 (Ext 223)

pace.support@shaw.ca

Administrative Assistant

Donna Aleman 343-4760(Ext. 221)

pace.admin@shaw.ca

EXECUTIVE DIRECTOR	2
BOARD CHAIR	2
SYSTEMIC ADVOCACY	3
SYSTEMIC ADVOCACY (CONT')	4
EDUCATION WORKER	4
EDUCATION WORKER	5
MEMBERSHIP WORKER	5
STAFF PROFILE	6
P.A.C.E. - MANITOUWADGE	7
P.A.C.E. - MARATHON	8
P.A.C.E. - SCHREIBER	8
COMMITTEES	11
CELEBRATING SUCCESS	12

***EXECUTIVE DIRECTOR - MICHELLE MARTIN*****A Tribute to Ron Ross**

Ron worked & helped develop all the services with the HAGI Community Services, until he retired due to health in 1987, but has continued endless hours of volunteer service to the Boards at the HAGI. Ron has also volunteered in developing PUSH-NW to advocate inclusion of people with disabilities in our community. Ron was loved and respected by many friends and community leaders. His kindness always brought endless friendships into his life, and he valued them all.

Ron was so easy to love, and he always brightened a room when he came into it. He brought leadership and vision to everything he did. The world has lost a man who was full of life, and was never afraid to use his heart. He volunteered endless hours with humility and passion.

PACE had attended various sessions where Ron was present and it is true that he had a glint in his eye and did light up the room with his presence. He was so dedicated and had so much passion.

The loss of Ron clearly indicates how very important our life is and it can be taken away very unexpectedly. With this in mind I clearly see this as an occasion to recognize not only Ron's dedication but to thank the exceptionally large number of members who volunteer a great part of their time to ensure we are as good as it gets. The Board of Directors dedicates countless volunteer hours to help PACE fulfill its contractual obligations and address the needs of the membership. The Members are willing to come to the plate and help out with workshops, presentations, social events, and meetings. The Staff are dedicated to PACE and their jobs. They are willing to take extra strides to achieve the best results possible. They interact with members at PACE and proudly represent PACE in the Community. The consumer/survivors at PACE are willing to share their Lived Experiences and offer great Peer Support. The Membership is willing to attend and participate at meetings so that their voice can be heard and represented at PACE, in the community, through our funder and at a regional level. They are willing to sit on community committees to ensure that the voice of the consumer/survivor is always considered when making decisions that affect them. We are a team.

*Michelle Martin*  
*Executive Director*

***BOARD CHAIR - ANNE CATAFORD***

Hi, I am Anne Cataford, the Chair for the P.A.C.E. Board of Directors. As Board Chair, I would like to let you know that I take this role very seriously. I look forward to any challenges that come my way. I am willing to learn new things and keep an open mind.

Recently I have attended the Suicide Prevention Training put on by the Thunder Bay District Health Unit. I would like to thank Peer Council for giving P.A.C.E. Board of Directors the opportunity to attend this informative workshop. I participate on a regular basis in different events that happen at P.A.C.E. The Executive Director, Board of Directors, and I had an opportunity through the Northwest LHIN to attend a Governance to Governance workshop that brought us together with other community partners to determine what we can do to move forward in partnership and collaboration. Also we had a Board Hash which is a meeting where all Board Members meet and review policies and procedures in order to make sure everything is up to date, we had good feedback from a director that could help us run the Board and PACE more smoothly.

I am a good listener and am willing to help anyone to the best of my ability. I look forward to our next Annual General Meeting on July 20, 2011. I will be putting my name forward as the Chair as I have a true commitment to P.A.C.E.

Anne Cataford

## **SYSTEMIC ADVOCACY WORKER—ANNIE JOLLYMORE CONT'D ON PG 4**

### **Breakfast at the Hoito**

On May 27<sup>th</sup> longtime disability advocate and activist Ron Ross (64) passed away. I met Ron about 8 years ago, and grew to know and love him as a leader who had already spent years working to create a barrier-free community for the people of Thunder Bay. As a youth, Ron had an accident that left him unable to walk. In the 1950-60s, schools didn't have elevators, and he hated having to be carried up and down the stairs. Ron could have become stuck in resentment and bitterness, but it wasn't in his nature. He dreamed of independence and set about making that dream come true for himself and along the way he helped many others achieve the same. From vehicles adapted for drivers with disabilities, motorized wheelchairs, accessible hospital rooms and public buildings, Ron was a visionary and an engineer.

Ron was a gifted advocate, but anyone can find a way to make a difference in their own, and other people's lives. The first step is to stand up for yourself and for a cause. *Identify your passion.* Whether it is parking spaces for disabled drivers, preserving the environment, adult literacy or keeping drugs out of kids' hands - it has to be personal. That's the *self* part of being a *self*-advocate. It has to be a cause that matters to you because there will be times when you're seen as a trouble-maker or when your efforts seem to fall absolutely flat. You need a solid vision of what the community will look like when you are done.

## SYSTEMIC ADVOCACY WORKER—ANNIE JOLLYMORE

You need to identify people or organizations that can help you. It's hard to get started and people tend to think, "*No one will listen to me. I don't even know where to begin.*" Start at the beginning: with the people who like you and want to help you. As you continue in your work as a self-advocate, you will discover more and more of these people and/or they will find you.

Break your work down into steps. Ask experienced advocates and volunteers, "*Can you tell me the steps you would use to get something like this done? What would you do first? What would you do next?*" "*Who else would you recommend I talk with to get advice?*"

Don't expect to memorize all the advice others give you, or all the names and phone numbers of the people they recommend. Take notes! Then contact people. Request a meeting and ask the same questions, as well as new ones you've thought of.

Educate yourself. There are many websites about advocacy and many more for general information. Advocacy is a process of influencing a world where change constantly occurs and learning is an essential, ongoing part of it. It's a lot of work, but nothing worth achieving is easy or free.

The final payoff may not seem majestic to everyone, but like beauty, the value of a reward is in the eye of the beholder. Ron Ross was active, nearly to the day he died, in projects to open up services that most of us take for granted to people whose disabilities limit or prevent access. Ron worked with the Finlandia Club on retrofitting the restaurant for an elevator and one of his last rewards was to actually sit down to *Breakfast at the Hoito*.

*Annie Jollymore / Systemic Advocacy Worker*

## EDUCATION WORKER—MICHAEL OWENS CONT'D ON PG 5

### Social Networking vs. Mental Health and Addiction

Anything and everything that we make a part of our daily lives affects our mental health in one way or another. Be it the foods we choose to eat, the exercise we choose to get or not get and how we spend our spare time. We are living in an age where any and all types of information is only a click of the mouse away, so it's understandable that many of us enjoy using the computer but why do we use it? What are we up to while we are online and how much of our lives do we give up to this machine? It seems the most popular use for the internet is participating in social networking sites. According to Facebook's own statistics people will spend at least an average of one hour a day on their social networking site, however, many people spend much more time than that making posts, commenting on friend's status', playing games, chatting and much more. Social networking sites can have both positive and negative impacts depending on a variety of factors. The positives are easily recognizable such as the ability to connect with people even when you're in an isolated situation or staying in touch with friends and family even when they are far away but the negatives can be much harder to recognize. Two of the largest issues associated with networking sites are bullying and depression. The bullying most often tends to happen to younger people still attending school and this can come with disastrous effects and even result in suicide. With more and more people spending time on computers we are having less face to face relationships and in turn that results in isolation which in turn can bring with it depression and anxiety. People quickly become addicted to checking their friend's status' and must know what everyone is up to minute by minute, checking their emails, finding new friends amongst a number of other things they can get involved with in these networking sites. Facebook users have found they are consistently taking time out of their day to change their status or comment on friends. Many people admit to having skipped school or work just to stay on their Facebook account, some say they have failed classes or lost jobs due to these sites. Social networking sites are the causes of at least 1 in 5 divorces and are responsible for a way higher percentage of unmarried partnerships ending and many friendships have also been destroyed for various reasons.

I have read many articles and many stories in my attempt to deliver a fair and neutral sided article on social networking sites and definitely believe they serve many positive benefits, however as always too much of anything is never a good thing and society as a whole is becoming more dependent on these sites as everyday in Facebook alone about 700,000 people join and it already has around 400 million daily users. The key here is enjoy these sites but watch the amount of time you are spending on them and always be aware of your mental health and recognize if it is becoming or has already become an addiction as there is plenty of help and services offered as with any other addiction.

*Michael Owens/ Education Worker*

## ***MEMBERSHIP WORKER- - DIANA MILLER***

### **To forgive is to set a prisoner free and discover that the prisoner was you**

Forgiveness is a decision to let go of resentment and thoughts of revenge. The act that hurt or offended you may always remain a part of your life, but forgiveness can lessen its grip on you and help you focus on other, positive parts of your life. Forgiveness is an act of caring for yourself. When you've been hurt by someone, it can take an almost superhuman effort to move forward. But I've learned that if I dwell on that past event, I'm surrendering and giving over my energy, serenity and peace of mind. That's not a wise thing to do! Nearly everyone has been hurt by the actions or words of another. Perhaps your mother criticized your parenting skills or your partner had an affair. These wounds can leave you with lasting feelings of anger, bitterness and even vengeance — but if you don't practice forgiveness, you may be the one who pays most dearly. By embracing forgiveness, you embrace peace, hope, gratitude and joy. Forgiveness doesn't mean that you deny the other person's responsibility for hurting you, and it doesn't minimize or justify the wrong. You can forgive the person without excusing the act. Forgiveness brings a kind of peace that helps you go on with life. It is important to recognize that your distress is coming from the hurt feelings, thoughts and physical upset you are suffering now, not what offended you or hurt you five minutes ago or five years ago. Research has shown that people who are deeply and unjustly hurt by others can heal emotionally and physically by forgiving their offender. When you're hurt by someone you love and trust, you may become angry, sad or confused. If you dwell on hurtful events or situations, grudges filled with resentment, vengeance and hostility may take root. If you allow negative feelings to crowd out positive feelings, you may find yourself swallowed up by your own bitterness or sense of injustice. The hurts won't heal until you forgive! Recovery from wrongdoing that produces genuine forgiveness takes time. For some, it may take years. Don't rush it. Constantly reliving your wounded feelings gives the person who caused you pain power over you. Instead of mentally replaying your hurt, it helps to focus your energy on the healing, not the hurt! If you're unforgiving, you may pay the price repeatedly by bringing anger and bitterness into every relationship and new experience. Your life may become so wrapped up in the wrong that you can't enjoy the present. You may become depressed or anxious. You may feel that your life lacks meaning or purpose, or that you're at odds with your spiritual beliefs. You may lose valuable and enriching connectedness with others. Living in resentment takes so much effort. It creates a tremendous void in and around us. All the toxic feelings of hatred and resentment stay bottled up inside and eventually seep into all the areas of our life with the result that we become bitter, angry, unhappy and frustrated. And so, living from forgiveness becomes a necessity. Not that this is easy; it isn't. But we cannot keep ourselves in the flow of good if we hold another in unforgiveness. HEALTHY love relationships are not possible without forgiveness! You cannot have a loving and rewarding relationship with anyone else, much less yourself, if you continue to hold on to things that happened in the past. Regardless of the situation, making peace with past love partners, your parents, children, your boss or anyone who you think may have "done you wrong" is the only way to improve your chances of a "healthy" relationship with yourself or anyone else for that matter! It is not possible to truly be present and available to a new relationship until you heal the hurt and upsets of the past. Forgiveness breaks the cycle of hatred, resentment, anger and pain that is often passed on to those around you. Forgiveness helps you make peace with your past and yourself .

**Diana Miller-Harquail/ Membership Worker**

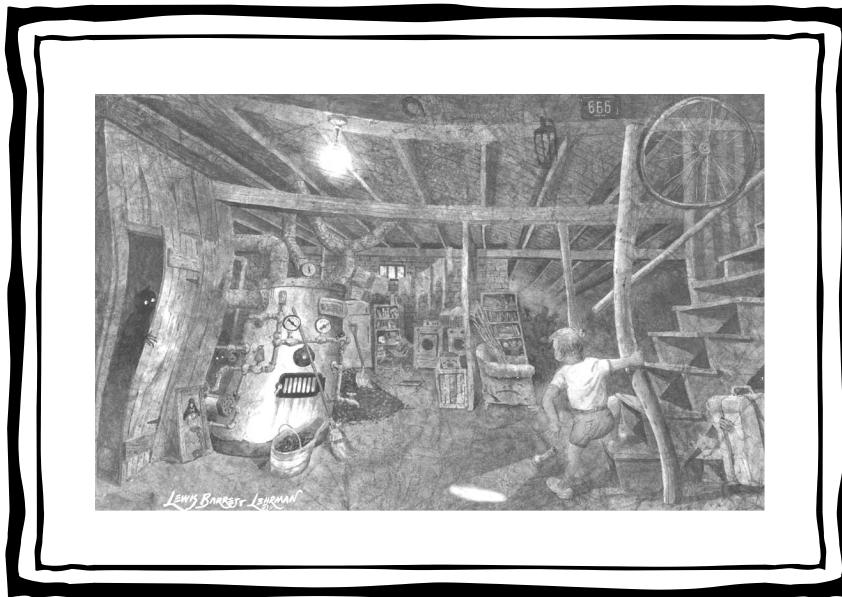


## *Things That Go Bump In The Basement*

PACE's Systemic Advocacy Worker Annie Jollymore has always loved ghost stories and all things super natural, and while she does a lot of creative writing, she also worried "too much about believable and spooky story lines to try writing one." However all that changed this Spring when Lew Lehrman, *Painter of Dark*™, artist and author of *The Halloweenist*, an online magazine devoted to 'Keeping the spirit of Halloween undead all year long', ran a short, short story contest. Readers were invited to submit an original story with a maximum of 1000 words, set against a "visual backdrop" of one of his Haunted Studio Gallery paintings.

"I chose Lehrman's *Things That Go Bump In The Basement* painting, and saw an almost supernatural union of events from my own past come together to create a story about a grieving daughter, a creepy old basement with a mysterious room, and the boy from the "Haunted EBay Painting" (a "real" modern urban legend)". Annie received an email from the *Painter of Dark* in June letting her know that amongst all the submissions he received her story was selected as 1 of the '5 best and spookiest', and would be published in a upcoming edition of *The Halloweenist*.

Annie put a lot of time, thought and revision into this thousand word story and although she is very proud of her story, everyone at PACE is also very proud of her. We are all really excited to see the final copy posted on *The Halloweenist* website.



### **Future Thunderstruck Newsletter Submissions**

All members interested in submitting stories on how a pet has contributed to improving your mental health please speak with Michael.

**Diana and Helen in mid construction of some really wicked bird houses.**

**Congratulations everyone who participated. You all did such a great job.**



**The final product, We are going to have some of the coolest birds in Thunder Bay with their new homes.**



***P.A.C.E. MANITOUWADGE—LORI OLIVERIA  
COMMUNITY OUTREACH WORKER 807-826-4442***

**Weekly and Monthly Activities & Support Groups During the Summer**

**Mondays to Fridays** join us @ 12:30 for Healthy Lifestyle Lunch Club were we bring our own healthy lunch and exchange different recipes and ideas of healthy living.

**Tuesday and Thursdays 9 AM – 11 AM** Coffee Club, Info & Support

***Please call for an appointment for one on one support***

**Mondays, Wednesdays and Fridays**

Come and join us at the track for Walk & Talk 10:30- 11:45 AM bring a friend and go your own pace.

**Monday Afternoons 1 PM** Crafts & Gardening

**Tuesday Afternoons 1 PM** Women's Pamper Yourself, Movie & Munchies, Bingo & Lunch

**Wednesday Afternoons 1 PM** Game day (Hand & Foot & Phase 10)

**Thursday Afternoons 1 PM** Self-help group 1 PM, Bocce Ball

**Friday Afternoons 1 PM** Game day (Hand & Foot & Phase 10)

***P.A.C.E. MARATHON- CYNTHIA CLARKE  
COMMUNITY OUTREACH WORKER 807-229-0357***

**Support and Activities offered through Summer Months**

**Mondays –PHAD- Physical Health Activity Day: 10:00—12:00**

**Walking, Hiking, Bocce Ball, Tennis, Tours and Sightseeing.**

**Tuesdays – Group Education Day. 1:30 pm**

**Wednesdays –Coffee/Walk, meet at A&W. 9:30—11:30**

**Thursday – Games Day at the office 2- 4pm.**

**Friday – Peer Drop in 9-11:30am – 1-4pm.**



***P.A.C.E. SCHREIBER— LUANNA CARDIFF  
COMMUNITY OUTREACH WORKER 807-824-1362***

**PACE Summer In Schreiber Schedule**

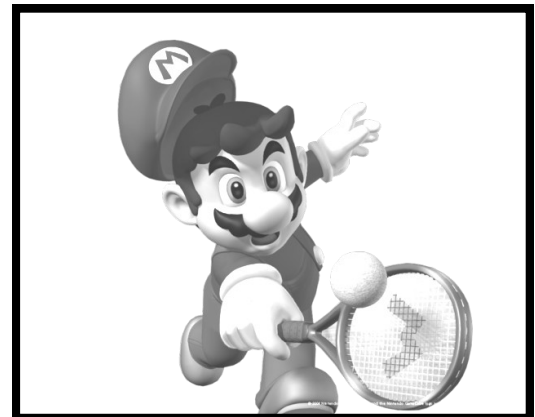
**Monday – Walk & Talk am/Drop in Afternoons**

**Tuesday – Crafts & Bag Lunch**

**Wednesday – Coffee & Chat (Members choice of discussion)**

**Thursday - Peer Day**

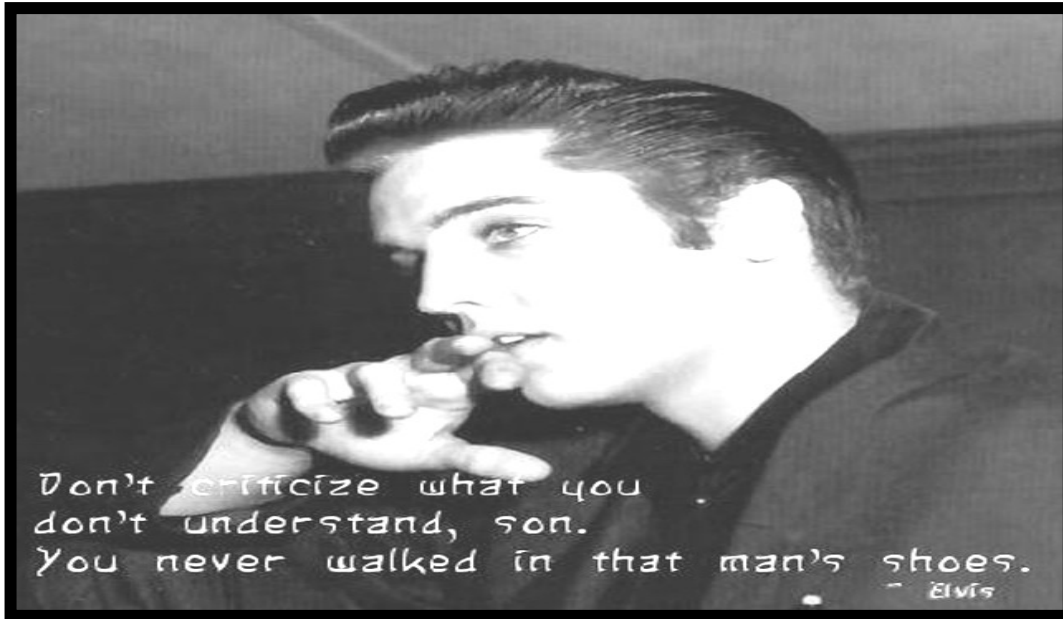
**Fridays – Wii Game Day**



Membership luncheon held on the last Friday of each month.


Member’s birthday club is the first Friday of each month.

For the summer months we will be gardening once a week, Day yet to be determined.



### PACE Events Calendar

July. 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 Pace Yourself!				1 <b>Canada Day</b> <b>PACE Closed</b>	2
3	4 <b>Canasta</b> <b>1:00p.m.</b>	5 <b>3:00 p.m.</b> <b>Birthday Cake &amp;</b> <b>Cribbage</b>	6 <b>10:30a.m.</b> <b>Topic of the</b> <b>Week</b>	7	8 <b>Diabetes Health</b> <b>Thunder Bay</b> <b>10:00-12:00</b>  <b>2:00 p.m. Movie</b> <b>Afternoon</b>	9
10	11 <b>Canasta</b> <b>1:00p.m.</b>	12 <b>3:00 p.m.</b> <b>Bingo</b>	13 <b>1:00p.m. WII</b>	14	15 <b>2:00 p.m.</b> <b>Movie Afternoon</b>	16
17	18 <b>Canasta</b> <b>1:00p.m.</b>	19 <b>1:00-2:00p.m.</b> <b>Budgeting</b> <b>Workshop</b>  <b>3:00 p.m.</b> <b>Rumoli</b>	20 <b>AGM</b> <b>Wed, July 20</b> <b>3:30 p.m.</b> <b>Prince Arthur</b> <b>Hotel</b>	21	22 <b>2:00 p.m. Movie</b> <b>Afternoon</b>	23
24/31	25 <b>Canasta</b> <b>1:00p.m.</b>	26 <b>3:00 p.m.</b> <b>Yahtzee</b>	27 <b>10:30 a.m.</b> <b>Topic of the</b> <b>Week</b>  <b>1:00p.m. WII</b>	28	29 <b>2:00 p.m.</b> <b>Movie</b> <b>Afternoon</b>	30

August 2011						
Sun-day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>Civic Holiday</b> <b>PACE CLOSED</b>	2 3:00 p.m. <b>Birthday Cake &amp; Cribbage</b>	3 10:30 a.m. <b>Topic of the Week</b>	4	5 2:00 p.m. <b>Movie Afternoon</b>	6
7	8 <b>Canasta 1:00</b>	9 11:00a.m. <b>Conservatory</b> 3:00 p.m. <b>Bingo</b>	10 10:30 a.m. <b>Topic of the Week</b> 1:00p.m. <i>WII</i>	11	12 2:00 p.m. <b>Movie Afternoon</b>	13
14	15 <b>Canasta 1:00</b>	16 3:00 p.m. <b>Rumoli</b>	17 10:30 a.m. <b>Topic of the Week</b>	18	19 2:00 p.m. <b>Movie Afternoon</b>	20
21	22 <b>Canasta 1:00</b>	23 3:00 p.m. <b>Yahtzee</b>	24 10:30 a.m. <b>Topic of the Week</b> 1:00p.m. <i>WII</i>	25	26 2:00 p.m. <b>Movie Afternoon</b>	27
28	29	30 3:00p.m. <b>Games</b>	31 10:30 a.m. <b>Topic of the Week</b>			

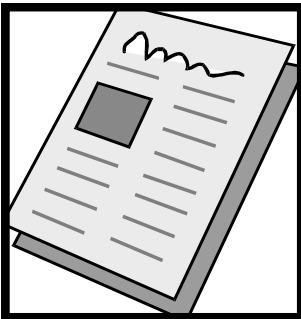
September 2011						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 2:00 p.m. <b>Movie Afternoon</b>	3
4	5 <b>Labor Day</b> <b>PACE Closed</b>	6 3:00 p.m. <b>Birthday Cake &amp; Cribbage</b>	7 <b>Topic of the Week</b> 1:00p.m. <i>WII</i>	8	9 2:00 p.m. <b>Movie Afternoon</b>	10
11	12 12:00 p.m. <b>Newsletter Committee Mtg</b> 1:00 p.m. <b>Canasta</b>	13 1:00p.m. <b>ACT. Mtg</b> 3:00p.m. <b>Bingo</b>	14 10:30 a.m. <b>Peer Support Mtg./Breakfast</b>	15	16 2:00 p.m. <b>Movie Afternoon</b>	17
18	19 12:00 p.m. <b>Newsletter Committee Meeting</b> 1:00 p.m. <b>Canasta</b>	20 3:00 p.m. <b>Rumoli</b>	21 2:00 p.m. <b>General Membership Meeting</b>	22	23 2:00 p.m. <b>Movie Afternoon</b>	24
25	26 12:00p.m. <b>Newsletter Committee Mtg</b> 1:00 p.m. <b>Canasta</b>	27 3:00 p.m. <b>Yahtzee</b>	28 10:30 a.m. <b>Topic of the Week</b>	29	30 2:00 p.m. <b>Movie Afternoon</b>	

## join us!

To join PACE's Newsletter Committee, you have to be a PACE member in good standing, have the will to pitch in when it comes to nail crunching time, proof read the newsletter for mistakes, give input on submissions, and the structure of the newsletter, and be a team player.



Newsletter

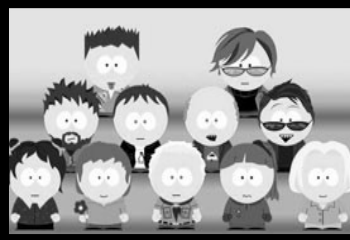


The PACE Thunderstruck Newsletter is a quarterly publication that Members, Board Members, and Staff can contribute to.

Newsletters go out:

**January, April, July, October**

Please pick up your copy today.



We want and need your input!

## Committee Corner

### Education Committee:

We are looking for PACE members to help on this committee. It is our goal to tear down the stigma and labeling attached to mental illness. This is an opportunity to express your opinions and ideas in regards to education in the community as well as internally here at PACE This is a time to have a voice, and help us to identify educational needs for the membership of PACE and ways we can also reach the community.



### Advocating Change Together

"Working together to solve problems and working toward change to prevent problems".

Join ACT the second Tuesday of each month at 1 p.m. and learn skills to make a difference in your life.



### Committee Meetings

Will Not Be Held

During The Summer Months

### Peer Support Committee

The Peer Support Committee is a committee made up of PACE members.

We meet the Second Wednesday of each month at 10:30 a.m.

#### **Focus:**

- together, members support each other
- increases knowledge and skills of members
- promotes socialization
- developments acquaintances and friendships

### Peer Support Guide Committee

PACE Staff, Board Members, Consumers and Peer Council have formed a committee to design a guide to Peer Support. We are incredibly excited with this project and hope to share it with community partners. It is our intention that other agencies become more aware of what Peer Support is how our guide can benefit them.

# Celebrating Success



*Dave K and Anne C  
Playing Rumoli*



*Renato P and Adrian B  
Practicing Their Computer  
Skills*



*Frank S and Tim R are all about  
Membership Participation*

Thank you to all who attend and participate in P.A.C.E. Committees. Your support is greatly appreciated.



**PACE**  
217 Algoma St. S  
Thunder Bay, ON  
P7B 3C3

## Editorial Policy

Thunder Struck is a quarterly publication of People Advocating for Change Through Empowerment Inc. We welcome all submissions that relate to the PACE Mission Statement. **Note:** The opinions expressed are those of respective authors and not necessarily those of the Committee. The Editor reserves the right to edit articles by content, length and style.

## Thunder Struck

All submissions to be sent to:

C/O  
NEWSLETTER EDITOR  
PEOPLE  
ADVOCATING FOR CHANGE  
THROUGH  
EMPOWERMENT  
217 ALGOMA ST S.  
THUNDER BAY, ONTARIO  
P7B 3C3  
Michael Owens  
Phone: 807-343-4760  
Fax: 807-344-8147  
E-mail: [pace.education@shaw.ca](mailto:pace.education@shaw.ca)