



PACE

People Advocating For Change Through Empowerment Inc.

January 2011
Newsletter

Peer Support
Referrals
Education
Advocacy
Socialization
Committees

Computer/
Internet

Laundry

Employment Sup-
ports

Workshops

PACE

THUNDER STRUCK

www.pace-tbay.net/

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



Happy Holidays From Everyone At PACE



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EXECUTIVE DIRECTOR - MICHELLE MARTIN**Happy Valentine's Day**

Our Outreach Worker (Cindy) in Marathon shared with me the words of Lewis F. Presnall who I feel really captures the definition of Love.

Love involves a willingness to suffer and to be inconvenienced.

The act of loving another broadens our understanding of the human condition and often pinches our egos. Indeed, one of the greatest gifts, though not necessarily cherished, which is granted through loving another, is that we gain humility and thus healthier, smaller egos.

How often do we say the words, "I love you," and yet resent being detained by our loved ones? How frequently do we expect to get our own way when resolving a conflict? Is the silent treatment a manipulative ploy we commonly rely on when problem solving with a spouse or lover?

Love wears many faces and it means not always getting our own way, or never doubting the other's sincerity. We aren't guaranteed happiness forever after, even when we know we're loved. But what giving and receiving love does promise us is growth, periods of peacefulness, some poignantly painful times, and many chances to demonstrate that another's well being is a priority, which in turn assures us of our own well being.

Michelle Martin

FROM THE BOARD CHAIR—JOE JAPS

CONT'D ON PG 3

The Board of Directors elected Dave Stewart for the position of Vice Chair of the PACE Board of Directors. Dave brings with him an impressive long standing history with PACE as he has been a member in good standing for many years. He has clearly shown his dedication to PACE as a Consumer/Survivor member. He is here most days and participates in most of the events at PACE; especially workshops, committee meetings, Peer Support Committee meetings, and the monthly General Membership meetings

Dave has been on the Executive Committee and the Governance Committee for years and has shown his true dedication. Dave has a teaching background and a natural talent in the areas of parliamentary procedure, policies, and shifting trends.

FROM THE BOARD CHAIR—JOE JAPS

Dave is always willing to teach/help others to understand the technical jargon and translate it to a level where all can understand the intent. When you combine Dave's dedication, education, skill base, and willingness to be a team player it soon becomes clear that he is an excellent choice. Also, In appreciation, thank you for your dedication on the board: Elizabeth Belluz, Alan Franklin, Brian McInnes, Bradley Berry and Gail Huston. Thanks to our dedicated staff and especially the leadership of Michelle Martin.

A Note To The Members Of PACE

Hello fellow Consumer, Survivors and Members of PACE. I'm Dave Stewart, a long time member of PACE (Since'94) and now your new Board Vice Chair.

You all probably know by now our beloved James H. (PACE's long time Vice Chair and Movie-Night Guy) has moved on to new experiences. As a result the PACE Board had to make some changes at our November 25th 2010 meeting. And, they are; 1— We accept, with best wishes, James's move; 2—Helen H, was selected to fill this vacancy and become Board Secretary; 3—Anne C, will become our Treasurer; me (the old guy) I'll take on the Board Vice Chair Position.

As a result, now we have a complete well functioning Board-team; and, are now looking forward to providing you the Members and PACE Inc. with our very best.

So, on behalf of the Board and to all you Members,

Thanks, Your new Vice Chair

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

Someone to Believe in Me Annie Jollymore

People who have recovered from mental illness often say they were greatly helped by someone who believed in them. Sometimes it's a doctor or therapist who is sympathetic and motivates us to keep on fighting; to not give up. Close, trusting relationships with a peer or service provider, may enable us to feel safe with strong and difficult emotions. The guiding principle of empowering relationships is simple; just accept us as people equal to anyone else and we will present more and more of ourselves to you.

At the peak of my own depression, I longed for a doctor or counselor who was willing to accept me for who I was at that moment in time. Someone who, in turn, would be human and unafraid of being a "real person" with me as I searched for my own lost self. Although I never asked, perhaps I should have made a request at the start of therapy: "Could you please be a real person with me?"

Whether it's for our children, a partner, pet or a person in need of help, there is a magical empowerment that blossoms in us when we support others. As mental health consumers move forward on their recovery journey, we often want to "give back" to our supporters and/or to our community. Working as a health service provider, as several PACE staff do, bestows meaning and purpose in life. Helping others makes life worth living.

ANNIE JOLLYMORE REPORT CONT'D FROM PG. 3

Carl Rogers, (On Becoming a Person, 1961) wrote, "The safety of being liked and prized as a person seems a highly important element in a helping relationship." By accepting the full potential within others, we recognize the person they can become, and by accepting the person in his process of becoming, we confirm and make real his potential.

Medical students have long been taught to medicate, not talk with mental health patients. They were told that people with mental illness have a brain disease and you cannot talk to a disease. Our lived experiences speak otherwise. We are not our illness; we are people with challenges that can be overcome. Our lives show that people with mental illness can heal and grow, and healing is facilitated when we find someone who believes in us.

Our needs are human needs, the most basic of which is to enter into trusting, loving, and caring relationships. These relationships need to be nurtured and cultivated to guide recovery. But there is an irony in mental health recovery; we must acknowledge our own powerlessness in order to become empowered and able to help other people. The truest gift is to validate the depth and reality of human experience. It is better to light a guiding candle than to curse the dark.

Annie Jollymore

Borrowed and adapted from: http://www.power2u.org/articles/recovery/someone_who.html

EDUCATION WORKER—MICHAEL OWENS

Another year has come and gone and with so much going on here at PACE in the last 12 months, time has just flown by. As I look back on all the excellent events, workshops and overall just good times we've had together I can't help but smile. We are headed into 2011; by the way shouldn't we have flying cars by now? Anyway I'm excited for everything we have to look forward to in the future. As the New Year approaches remember it's a time for new beginnings and you have a new decade laid out in front of you. Make some resolutions and stick to them, we are all capable of incredible things. PACE is about Change, Advocating for yourself and Empowerment, this next piece of writing really strikes a chord with me. It seems to embody what PACE is about and the strength that is in every one of our members. I want to wish everyone involved in making PACE such an awesome environment to be in from our Excellent Members, Superb Board, Marvelous E.D. Michelle and all my Wonderful Co Workers a Merry Christmas and Happy New Year.

Now is the time for me to rise to my feet and wipe these tears from my eyes, I've got to take my life back, now is my chance to make it right. I've got to have my voice be heard and bring meaning to this life.

Cause I trusted for nothing and I've been led astray, I've been tried and tested, but I won't accept defeat. Now I've done things I regret and it's time to reverse the rolls, I just want to make good on all the promises I have made. Now is the time for me to rise to my feet and wipe these tears from my eyes, Through the worst we prevail, So our voices will be heard.

Borrowed and adapted from: "I Will Be Heard". Written by Jamey Jasta

Michael Owens

MEMBERSHIP WORKER- - DIANA MILLER

Happy New Year!

Welcome to a New Year full of new possibilities! The next 12 months are sure to bring new challenges and exciting opportunities.

Thank you to all PACE members for making 2010 such a successful year. I'm happy to see so many members participating in weekly PACE events such as games, topic of the week, Wii, Friday afternoon movies, Peer Support Committee Meetings and Breakfast, Education and Advocacy meetings, crafts and workshops.

In 2010 we welcomed many new members and sadly said good bye to a few who moved away. Thank you to all the members who volunteer their time and energy on PACE boards and committees, your generosity is greatly appreciated and the heart of PACE!

As we start a New Year, we may be facing new beginnings and changes, often changes whether good or bad, bring stress. Being self-aware, knowing our triggers and having good self care habits can help when battling the stress monster! Accepting those things we cannot change can be the most challenging aspect of coping with stress.

Focus on positives, this is one of the hardest things to do when coping with stress and at times can seem impossible. Dwelling on the negatives often adds to our stress and takes away our motivation to make things better. Focus on strengths rather than weakness – remember no one is perfect. Look for challenges in the situation by asking “what can I learn from this?” Or “how can I grow as a person?” remind yourself you are doing the best you can given the circumstances. Seek out support. Seeking social support from other people is helpful – you can always drop in to PACE for Peer Support. Think of PACE as your mental health team; offering Peer Support, Education and Advocacy in a friendly social setting. To learn more information and tips on battling stress be sure to come to my workshop “Get the stress monster” coming this January.

Diana Miller – Harquail



Greetings from a new face at P.A.C.E.

I thought I would take this opportunity to formally introduce myself. My name is Steven Gothard and I will be working as the Membership Worker here at P.A.C.E. Mondays and Fridays. It is a real pleasure to have this opportunity to work with and for the members of P.A.C.E. in this capacity. I have admired the work P.A.C.E has done for years now and it's great to be part of the team. Since I have been here everyone has been very welcoming and supportive as I learn to understand my role within this great agency. In keeping with the tradition of my work partner Diana, the door to this office is most often open and I would encourage anyone to drop by and share some time and of course there is always a little candy to be had. I look forward to meeting any persons that I have yet to meet and encourage members of P.A.C.E. to continue to spread the word of the good work we are doing here and look forward to signing up any new members that come through our doors.

“A small group of thoughtful people could change the world. Indeed, it's the only thing that ever has” Margaret Mead

Steven Gothard

New Year's Resolutions

Beginning Today...

Beginning today, I will no longer worry about yesterday. It is in the past and the past will never change. Only I can change by choosing to do so.

Beginning today, I will no longer worry about tomorrow. Tomorrow will always be there, waiting for me to make the most of it. But I cannot make the most of tomorrow without first making the most of today.

Beginning today, I will look in the mirror and I will see a person worthy of my respect and admiration. This person looking back at me is someone I enjoy spending time with and someone I would like to get to know better.

Beginning today, I will cherish each moment of my life. I value this gift bestowed upon me in this world and I will unselfishly share this gift with others. I will use this gift to enhance the lives of others.

Beginning today, I will take a moment to step off the beaten path and to revel in the mysteries I encounter. I will face challenges with courage and determination. I will overcome what barriers there may be which hinder my quest for growth and self-improvement.

Beginning today, I will take life one day at a time, one step at a time. Discouragement will not be allowed to taint my positive self-image, my desire to succeed or my capacity to love.

Beginning today, I will renew my faith in human kindness. Regardless of what has gone before, I believe there is hope for a brighter and better future.

Beginning today, I will open my mind and my heart. I will welcome new experiences - I will meet new people. I will not expect perfection from myself nor anyone else; perfection does not exist in an imperfect world. But I will applaud the attempt to overcome human foibles.

Beginning today, I am responsible for my own happiness and I will do things that make me happy... admire the beautiful wonders of nature, listen to my favorite music, pet a kitten or a puppy, soak in a bubble bath. Pleasure can be found in the most simple of gestures.

Beginning today, I will learn something new; I will try something different; I will savor all the various flavors life has to offer. I will change what I can and the rest I will let go. I will strive to become the best me I can possibly be.

Beginning today -- and every day for the rest of my life

(taken from "The Voice of Hope" newsletter)

Halloween At P.A.C.E



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

Weekly Activities & Support Groups

Monday to Friday Mornings 9 am – 12 pm Coffee Club, Info & Support.

- Monday's** 1 pm Craft day
- Tuesday's** 1 pm consists of Members Meeting/Lunch & Learn /Drop-in
- Wednesday's** 1 pm Game day
- Thursday's** 1 pm Consists of Movie & Munchies/ Pamper yourself/ Self-help Group.
- Friday's** 1 pm Game day

Special Upcoming Events:

Come and enjoy a healthy and hot Community Dinner January 20th, February 17th and March 17th at the Golden age club 5 PM Everyone is welcomed.

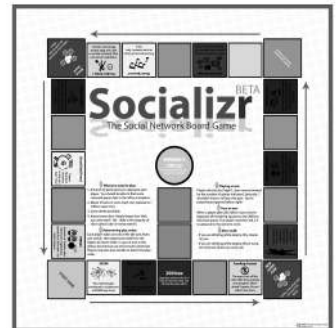
Movie days will be January 27th, February 24 and March 24th all starting @ 1 PM

- Learning to Handle and Feel Comfortable With Intense Emotions January 11th @ 1 PM
- Laughter is the Best Medicine February 22th @ 1 PM
- Tips and Techniques for Getting Anger under Control March 22th @ 1 PM

P.A.C.E. GERALDTON - SHELLEY CORMIER
COMMUNITY OUTREACH WORKER **807-854-2649**

On Going Support Groups:

- Mon Crafts @ 11am
- Mon & Wed Coffee Chat meets @ 9 am
- Tuesday: Reflections Group 10 am
- Wednesday: Healthier you meet at 10 am / Games afternoon 1:00 pm
- Thursday: Coffee Chat meets @ 9 am
- Friday DROP IN all day



Call your local P.A.C.E. office for up and coming Workshops in the new Year

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

Weekly events are as follows:

Mondays – 1-3pm, Audio Book Club
 Tuesdays – 1-3pm, Bowling
 Wednesdays – Fun day at the office, games, cards, Pictionary, etc.
 Thursdays – 9-11am Coffee/chat A W or Rumours.
 Fridays – 9-11am – 1-4pm Drop-In

More highlights from the office:

Nancy Ryan was the big winner of our Pedometer Challenge; she increased her steps by approximately 8000 steps daily. Congratulations Nancy!!!

We have a Social Service Worker student coming to us in January, (welcoming Robert Dye to the PACE Marathon office).

Our festive dinner will be on the 22nd of December. Invitations are going out to the members.

In January I will be starting up an Elder Abuse Awareness committee here in Marathon.

P.A.C.E. SCHREIBER— LUANNA CARDIFF

WHAT'S HAPPENING...

Mondays – Drop In /Crafts
 Wellness group on Tuesday's
 Wednesday's – Activity Day
 Peer Group on Thursday's
 Fridays – Drop-in/Exercise Day

Membership luncheon held on the last Friday of every month.

Events for the New Year:

15 week program attacking anxiety, stress and depression

Presentation on diabetes and mental health

Happy Holidays to all and all the best in the upcoming year!

How to handle post Christmas blues: By Verjh

The Christmas season is filled with activity. The days and weeks following Christmas can be depressing. The pace of life slows down, for some, winter gray becomes not only the color of the sky but the color of their mood, and for some a sense of loneliness settles in once the holiday festivities are over. There are ways to avoid post Christmas blues, beginning with a plan of prevention.

When the holiday season comes to an end so do the parties and family gatherings. The absence of a full social calendar can cause one to feel lonely. Prior to Christmas or shortly thereafter, make plans to spend an evening out with friends once a week throughout the year. Look for winter activities that you can attend that will provide you with an opportunity to mingle and meet new friends.

During the Christmas season family members often travel to a certain location in order to celebrate the season with family that they seldom have the opportunity to visit with. Once everyone returns to their home, a sense of sadness may occur among siblings, parents, and children who would like to maintain a closer connection with each other. While everyone is together for Christmas, devise a plan for remaining more connected through phone calls, e-mails, photos, or snail mail. If at all possible, arrange a summer reunion.

All of those holiday decorations will have to be taken down. Somehow that isn't as enjoyable as the process of decorating. Usually, some rearranging must be done in order to make room for the Christmas tree and other holiday decorations. When taking them down, praise yourself for storing them in an organized manner. Before putting your house back in the order it was prior to Christmas, consider rearranging your furniture and changing your decor items to start the new year with a different look.

Even though you might not want to admit it, you may feel disappointed if you do not receive a gift you really wanted. Lots of things go on sale after Christmas. If possible, buy yourself the gift you wanted. If the item is no longer available or if it is too expensive for you to purchase, buy yourself a different gift. It's better to do something nice for yourself than to harbor anger or sadness over a gift you didn't get.

Winter doesn't mean you have to confine yourself totally to the indoors. Try taking a walk each day. Exercise indoors if the weather is too bad to be outside. Open your blinds or curtains to allow as much light inside as possible. Put some colorful plants in your home. Keep a positive frame of mind and look for the beauty in winter.

PACE Events Calendar

Jan. 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<i>Pace Yourself!</i> <i>Is our new Slogan</i>				1
2	3 PACE Closed	4 3:00 p.m. Birthday Cake & Cribbage	5 10:30 a.m. Topic of the Week	6 1:00 p.m. Governance Mtg.	7 2:00 p.m. Movie Afternoon <i>Canasta 1:00</i>	8
9	10	11 1:00 p.m. ACT MTG. 3:00 p.m. Bingo	12 10:30 a.m. Peer Support Mtg. 1:00p.m. WII	13 1:00 p.m. Executive Mtg.	14 2:00 p.m. Movie Afternoon <i>Canasta 1:00</i>	15
16	17 11:00 a.m. Education Committee Meeting	18 1:00 p.m. ACT MTG. 3:00 p.m. Rumoli	19 1:00p.m. General Membership Meeting	20 2nd Strategic Board Planning 10:00-4:00	21 2:00 p.m. Movie Afternoon <i>Canasta 1:00</i>	22
23	24 FASD Workshop 1:00 pm	25 3:00 p.m. Yahtzee	26 10:30 a.m. Topic of the Week 1:00p.m. WII	27 1:00 p.m. Board Mtg. 2:00 p. m. Crafts	28 2:00 p.m. Movie Afternoon <i>Canasta 1:00</i>	29
30	31					

Feb. 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 3:00 p.m. Birthday Cake & Cribbage	2 10:30 a.m. Topic of the Week	3 1:00 p.m. Governance Mtg.	4 2:00 p.m. Movie Afternoon Canasta 1:00	5
6	7	8 1:00p.m. ACT MTG. 3:00 p.m. Bingo	9 10:30 a.m. Peer Support Mtg. 1:00p.m. <i>WII</i>	10 1:00 p.m. Executive Mtg. 2:00p.m. Membership Crafts	11 2:00 p.m. Movie Afternoon Canasta 1:00	12
13	14 11:00a.m. Education Committee Meeting	15 3:00 p.m. Rumoli	16 1-3 General Membership Meeting	17 1:00 p.m. Board Hash Mtg.	18 2:00 p.m. Movie Afternoon Canasta 1:00	19
20	21 Family Day Closed	22 3:00 p.m. Yahtzee	23 10:30 a.m. Topic of the Week 1:00p.m. <i>WII</i>	24 1:00 p.m. Board Mtg.	25 2:00 p.m. Movie Afternoon Canasta 1:00	26
27	28					

Mar. 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 3:00 p.m. Birthday Cake & Cribbage	2 10:30 a.m. Topic of the Week	3 1:00 p.m. Governance Mtg.	4 2:00 p.m. Movie Afternoon Canasta 1:00	5
6	7 1:00 p.m. Newsletter Committee Meeting	8 100p.m. ACT MTG. 3:00p.m. Bingo	9 10:30 a.m. Peer Support Mtg. 1:00p.m. <i>WII</i>	10 1:00 p.m. Executive Mtg.	11 2:00 p.m. Movie Afternoon Canasta 1:00	12
13	14 1:00a.m. Newsletter Committee Meeting	15 3:00 p.m. Rumoli	16 1:00p.m. General Membership Meeting	17 1:00 p.m. Board Hash Mtg.	18 2:00 p.m. Movie Afternoon Canasta 1:00	19
20	21	22 3:00 p.m. Yahtzee	23 10:30 a.m. Topic of the Week 1:00p.m. <i>Wii</i>	24 1:00 p.m. Board Mtg.	25 2:00 p.m. Movie Afternoon Canasta 1:00	26
27	28	29 3:00p.m. Games	30 10:30 a.m. Topic of the Week	31		

join us!

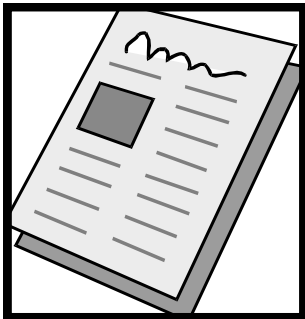
To join PACE's Newsletter Committee, you have to be a PACE member in good standing, have the will to pitch in when it comes to nail crunching time, proof read the newsletter for mistakes, give input on submissions, and the structure of the newsletter, and be a team player.

Mar. 7, 2011

Mar. 14, 2011



Newsletter

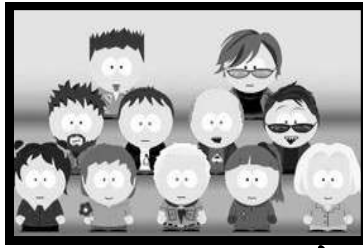


The PACE Thunderstruck Newsletter is a quarterly publication that members, Board members, and staff can contribute to.

Newsletters go out:

January, April, July, October

Please pick up your copy today



We want and

Committee Corner

need your input!

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.

Jan. 17, 2011

Feb. 14, 2011



Advocating Change Together

"Working together to solve problems and working toward change to prevent problems". Join ACT the second Tuesday of each month at 11 a.m. and learn skills to make a difference in your life.

Jan. 11, 2011

Jan. 18, 2011

Feb. 8, 2011

Mar. 8, 2011



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.

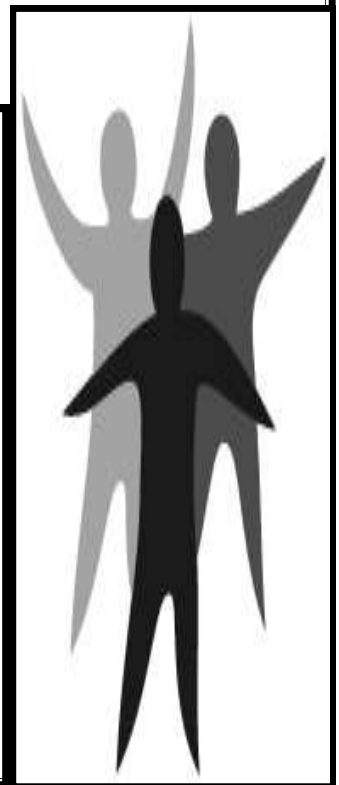
Focus:

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

Jan. 12, 2011

Feb. 9, 2011

Mar. 16, 2011



Celebrating Success



CAN -HELP CONFERENCE



Thunder Struck

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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.