



PACE

People Advocating For Change Through Empowerment Inc.

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

PACE THUNDER STRUCK

July 2009 Edition
Newsletter

www.pace-tbay.net/

PACE 217 ALGOMA STREET SOUTH THUNDER BAY ON P7B 3C3

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MISN OFFICES: GERALDTON, MANITOUWADGE, SCHREIBER & MARATHON

PACE

Annual General Meeting

DATE: Saturday, July 18th, 2009
TIME: Meeting 3:30 – 5:30 pm
Dinner 5:30 – 7:00 pm
PLACE: Italian Cultural Centre
132 Algoma Street S.
Karaoke to follow at P.A.C.E. after Dinner

**SMOKE FREE
AND
DRY EVENT**

**MEETING IS FREE
TO ATTEND**

**WIN a Door Prize
FOR ATTENDING
THE MEETING!!**

DINNER TICKETS: \$3.00 for
members \$25.00 for non-members

**Presentation by Susan Mar-
shall LHIN Lead**

DINNER

Chicken Parmesan
Roasted Pork Loin
Honey Garlic Ribs
Meatballs
Penne Rigate in Tomato Sauce
Roasted Potatoes
Green/Yellow Beans with Baby Carrots
Garden & Pasta Salads
Dinner Rolls
Pastries
Tea & Coffee

PACE Contacts

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Please Purchase Tickets starting June 25, 2009 by coming to P.A.C.E. for
Ticket Payment & Pickup – See Donna

“Only 25 Tickets Available – Purchase Early!!!”

EXECUTIVE DIRECTOR - MICHELLE MARTIN

On May 27, 2009 eight members and three staff went to Geraldton, Ontario for the presentation of "Out of the Dark". Words can't express how proud I am of each and everyone who took part in this amazing presentation. I could not believe it when 300 students crowded the gym for this event. The evening performance was smaller but I truly believe that we assisted in both groups talking about Mental Health and what they can do to remove the stigma and stop bullying. Thank you to Shelley Cormier, the Greenstone

Anti-Violence Coordinating Committee and the Ministry of Northern Development and Mines.

Although summer is generally a slower time at PACE we will continue with several events as shown in the calendars of this newsletter. Our largest summer event is our Annual General Membership Meeting being held July 18, 2009 starting at 3:30 at the Italian Cultural Centre as advertised. We have an opportunity to hear a presentation from Susan Marshall on the role of a LHIN (Local

Health Integration Network) Lead". We look forward to seeing you all at this important meeting.

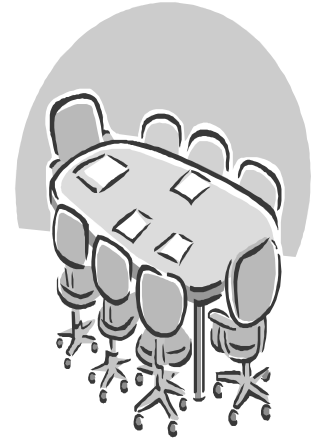
Our Can -Help Consumer/ Survivor Conference will be held on September 18, 19, and 20, 2009 in Dryden this year. This is a very popular events so please check regularly for posted information at PACE.

The 10th Annual PSR (Psychosocial Rehabilitation) Conference is here in Thunder Bay on September 23, 24, and 25.

Thank you to the Board, staff, and members who together

make PACE such a great place to come to.

Michelle Martin



From The Board Chair - Joe Japs

**W e l c o m e t o
o u r e d i t i o n
o f t h e P A C E
n e w s l e t t e r .
M O H L T C
M i n i s t r y o f
H e a l t h a n d
L o n g T e r m
C a r e .**

**L H I N (L o c a l
H e a l t h I n t e -
g r a t i o n N e t -
w o r k)**

* Ministry submission requirements are met by due dates. Great job, by Michelle Martin, Executive Director, and Donna Aleman, Administrative Assistant for meeting submission requirements.

* WERS(Web enabled reporting system) REPORTING:

April 1/08 to March 31/09 Year End Audit – Trial Balance submission.

Congratulations to Donna Aleman, Administrative Assistant, for receiving, again, a Happy Face for submission.

* Financial-2008-2009 (Quarter 4) Year End & Annual Reconciliation Report.

Financial Year End Report, for review, for approval by Board June 11/09.

Susan Marshall, NWLHIN Lead, Can-Help, will make

a presentation to our members and new board, at our AGM in July/09. An opportunity for learning and to establish a deeper relationship between our organization.

Personnel: We have a full slate of dedicated staff.

Finances-on target, surplus due back to LHIN.

Fitzpatrick & Partners, presentation indicated a "Clean Audit" in their report for July 18/09 AGM approval. "Records are in Good Shape".

Program and Services-on

target. Refer to reports.

Other highlights are covered under reports.

In appreciation, thank you Members, Board of Directors, PACE/MISN Staff for your dedication. You are appreciated.

Joe Japs, Board Chair



MEMBERSHIP WORKER –JAYLENE LEDOUX

Hello all! Summer is slowly but surely making its appearance, which will allow PACE members to get involved in some outdoor activities. I am thinking that one Friday, a month we could get out and enjoy the weather and get some physical activity by going for a walk to (and through) Marina Park. Eventually making our way to McDonald's on Cumberland where we could treat ourselves to an ice cream. Also Gleaning will soon be on its way, starting probably in late July. The pickup spot this year is The Norwest Woman's Center (184 Camelot Street, beside the bus stop by the waterfront). There is a signup sheet in front of Donna's office, if you are interested please sign up and leave a contact number if possible. Gleaning is a last minute thing; we will be informed as to when we go 2 days prior. If you require any extra information on this please see me.

We will continue with our regular weekly routine consisting of games afternoons on Tuesdays at 3:00 p.m., Topic of the Week on Wednesdays at 10:30 a.m., and Movie Night Fridays at 7:00 p.m.

The Peer Support Committee meetings are usually

held on the third Wednesday of each month at 10:30 a.m. with breakfast to follow. Another monthly event that has been taking place and usually supports a good turnout and is a lot of fun is the crafts workshops held usually on a Friday afternoon. If anyone has some good crafty ideas please visit me. For July, I am thinking that we could hold another jewelry/necklace making workshop and for August, we could make dream catchers, as these 2 craft workshops seemed to be the favorites.

I'd like to thank all of the membership for their involvement with the happenings at PACE! Please remember that PACE is a membership driven organization and the members are the focus and the center of PACE. I would like to extend a special thanks to all the members involved with the Black Light Theater performance that recently took place in Geraldton, Ontario. What a great job!! I am so happy that you all had the opportunity to be reminded on how great it feels to come together and achieve that sense **of empowerment as a group as well as individually, BRAVO!!**

Last but not least, I'd like to thank the membership for making me feel valued and appreciated as PACE's Membership Worker. It is always a pleasure to come to PACE knowing that I have such a wonderful group of people to work, laugh, and play with. I value each and every one of you!

Jaylene Ledoux

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

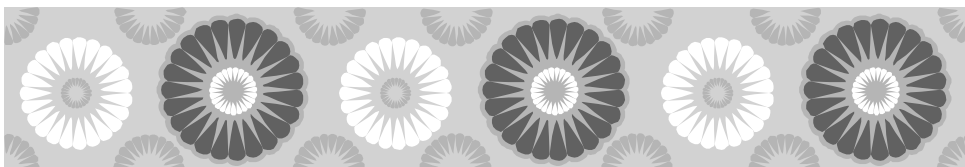
What Does Advocating for Change through Empowerment Mean?

The word "empower" has been around for some time. In literal terms, empower means to give legal or moral authority to someone. Empowerment involves a larger process of setting human potential free and enhancing people's ability to grow.

In this process, individuals gain information and resources, process them and expand their knowledge. They may also facilitate empowerment in others, helping their peers to recognize and use their personal resources to the best of their ability.

This is what PACE can do. PACE was founded by a handful of consumer/survivor advocates who had experienced serious human rights violations in the mental health system yet still found the power to speak out and unite for a greater good.

PACE was the first Consumer Survivor Initiative in Ontario specifically directed to provide systemic advocacy, education, and peer support in a non-clinical atmosphere. It was, and still is, an organization run by consumer/survivors for consumer/survivors that believes in the right to personal autonomy, self-determination; respect and dignity of the person, and that C/S are empowered by providing leadership in all areas that affect their lives. Members have a communal, combined authority to decide PACE's future through membership meetings.



ANNIE JOLLYMORE REPORT CONT'D FROM PG. 3

INDIVIDUALS GAIN POWER THROUGH GROUP EFFORTS. THE COLLECTIVE VOICE INCREASES THE “POWER IN NUMBERS” EFFECT. WORKING TOGETHER MEANS GAINING A WIDE RANGE OF INTERPRETATIONS, EXPERIENCES, AND EXPERTISE; IT BUILDS CREDIBILITY AND POOLS RESOURCES TO MAKE A GREATER IMPACT.

Collaboration is an effective way to address urgent situations, host events, enhance communication, gain support from other sectors, revitalize your energies, influence policy makers, and unify communities around rights issues.

PACE advocates to the larger mental health community and the government to ensure the needs of C/S are met. We help members speak up for themselves and encourage the sharing of life experiences that help advance legal/human rights and combat the ever-present stigma.

The central issues C/S face are discrimination, helplessness, and isolation. We need to overcome discrimination to gain access to the arenas of policy formation. We need to overcome our powerlessness to consistently participate in crafting fair policies. We need to keep up our courage, and overcome the isolation and conflicts between ourselves and other disadvantaged groups in society, so we can trust each other and work together.

We need to break the image that people with psychiatric disabilities cannot work together or meaningfully contribute to society. But obstacles to collaboration exist, including how to come together while respecting diversity

Diversity doesn't need to be a source of division if we have a strategy that makes sense to everyone. Listen to others--debate and discuss until you find common ground. If common ground is not possible, agree on how to resolve conflicts. Be inclusive and participatory: Active participation grows when you feel “ownership” in a group effort.

Martin Luther King, Jr. once said, “Whatever affects one directly, affects all indirectly.” I would like to add to that: “Alone we can do so little; together we can do so much”.

Annie Jollymore

EDUCATION WORKER-EVELYNE LEBLANC

The past three months have been extremely busy here at PACE. The membership has had many educational opportunities such as: ACCT Team presentation, Neil Nelson, Tax wise, and few more.

Mental Health Week May 4-10, 2009, saw PACE shine once again as we were successful in organizing two workshops for the community during that week. A BIG Thanks to Maggie Holbik and Sally Ledger for donating their time and efforts to educate the community.

PACE-Out of the Dark Black Light Theatre group also had a wonderful opportunity to perform in Geraldton in May to an audience of over 250 ppl. This was made a huge success thanks to members, staff and volunteers.

I am anxiously awaiting the arm weather and perhaps enjoy some outdoor workshops with the members. There is a wonderful community garden project across the street that would be a nice space to spend a few hours getting to know the vegetables and fruits and how to make your own garden.

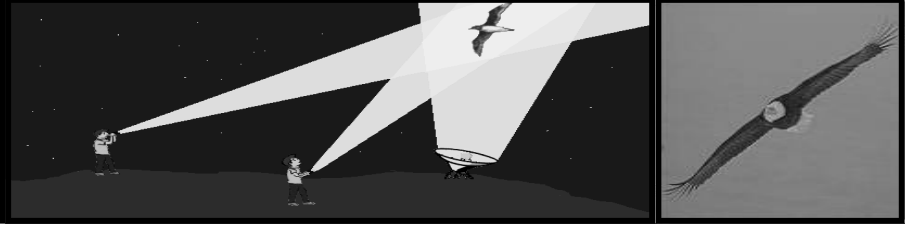
Jaylene, Michelle and myself attended the OPDI AGM/Peer Support Conference in Toronto in June. This was a wonderful opportunity to provide input into the peer support toolkit and meet other CSI peer support providers. I will also be attending the National PSR Conference in Thunder Bay in Sept. as I am on the planning committee for this conference.

Wishing everyone a happy, healthy summer season!

Evelyne LeBlanc

*Membership
Spotlight*

“Spread your wings and fly”



A World Of Feelings!

Everyone has them and needs to know how to self-control,
Managing your anger for instance is quite an important goal,
Only you have the power to change and improve yourself,
The fact that I've tried is better than "putting it on the shelf",
It's a process for some and it can take time,
Otherwise you're fooling everyone into thinking that you're fine,
Never allow it to the point where you're just "wearing them on your sleeve",
So much to gain and everything to lose if your plan is just to mope and grieve!

Marc Mullo

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Ships
 by Gail H.
There are BIG ships
 And
There are small ships
The BIGGEST ships are all our
FRIENDSHIPS!



System Advocacy Advisory Committee (SAAC)

There will be no SAAC meetings in July or August. SAAC will meet again on Tuesday September 8th at 11 a.m. to further explore recovery through creativity. The "I Have a Dream" group, while small and time-limited, was a success and participants would like to start a similar project in September that includes more camera work and education on how pictures can express ideas. Please come out on September 8th with ideas and suggestions, or come see Annie anytime during the summer.

And watch for more details to be posted in-house.

PACE Yourself!

Salmonella Case Increase Continues; Public Advised to Make Food Safety a Priority During BBQ Season



June 3, 2009 - With the Health Unit continuing to see an increased number of Salmonella cases in Thunder Bay and District, it is advising the public to make food safety a priority this barbecue season.

A total of 30 cases of Salmonella were reported to the Health Unit in the months of March through May. The increase in illness is a result of infection by different types of Salmonella bacteria, indicating more than one source of contamination is responsible.

Safe food handling practices – preparing, cooking, serving and storing of food – can reduce the risk of food borne illnesses like Salmonella. Safe food handling is especially important this season since food borne illnesses are commonly associated with barbecuing.

The public is encouraged to follow these safe food handling tips which highlight the need to clean, separate, chill and cook:

1. **Clean** up by washing hands and surfaces (e.g. counters, cutting boards) often.
2. **Wash** fruits and vegetables thoroughly.
3. **Separate** food to avoid cross-contamination, especially raw poultry (e.g. don't let raw chicken come into contact with other foods).
4. **Chill** foods by storing in the fridge.
5. **Cook** food to the proper internal temperature (maintain for at least 15 seconds). Use a digital thermometer.
 - Whole Poultry - 82 °C or 180 °F
 - Individual Poultry Pieces – 74 °C or 165 °F
 - Mixtures containing poultry, eggs – 74 °C or 165 °F
 - Eggs – 63 °C or 145 °F

It is also important for the caregivers of those with possible Salmonella illness to take action to prevent the transmission from person-to-person, including frequent hand washing.

Salmonella are a group of bacteria that usually live in the intestines of animals and birds, and are usually transmitted to people through food contaminated with animal feces. The most common causes of Salmonella poisoning are insufficiently cooked meat and eggs, contaminated hands and surfaces, and contaminated fruits, nuts, and vegetables.

The symptoms of Salmonella illness usually appear 12 to 72 hours after eating contaminated food and include nausea, vomiting, diarrhea, abdominal cramps and fever. Infants, the elderly and people who are immunocompromised are at a higher risk. Those who are experiencing symptoms should see their health care provider right away. To speak with a Public Health Inspector, please call 625-8318 or 1-888-294-6630, ext. 8318.

MISN MANITOUWADGE—LORI OLIVERIA
COMMUNITY OUTREACH WORKER ***807-826-4442***

Monday—Friday

Coffee and Chat Monday to Friday @
9:00am

Craft Day on Mondays @ 1:00pm

Self Help Group on Mondays @
11:00am

Games on Wednesdays @ 1:00pm



Summertime is a time to enjoy the great outdoors ! We are still looking for summer time ideas for activities. Please drop into the office and share them with the Outreach Worker.

Have a safe & Happy summer!

I would like to welcome Keri Schinkel to the MISN Office She is here doing her Fieldwork Placement service hours for the Developmental Service Program.

MISN MARATHON- SHELLEY HEAVENS
COMMUNITY OUTREACH WORKER ***807-229-0357***

MONDAYS - "Time To Spare" Bowling

1:00pm @ The Marathon Bowling Lanes

\$3.50 per game

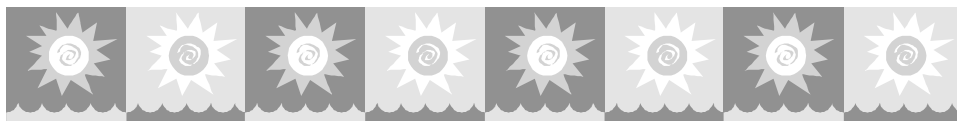
Everyone Welcome

DROP-IN – DAILY

See calendar of events for times. (Times may vary based on scheduled activities.)



I have been having a blast in my position as Outreach Worker in the Community of Marathon the last 4 months and look forward to the rest of my stay. Now that summer has finally arrived our weekly bowling groups will switch to bocce ball in the park. I had never played bocce ball before but the members were happy to show me how by beating the pants off me over and over again. I have planned weekly walks and peer support every Wednesday and when I'm not in the community my office is always open for drop in peer support. I enjoy having my door always open because it's always fun to see who's going to poke their head in and tell me they were just out and about and thought they would come and say hello. When I accepted the position of Outreach Worker here in Marathon I had no idea what was in store but this has been such a wonderful experience. I really would like to thank all the members for welcoming me and making me feel so comfortable and at home, also a big thank you to Shelley Heavens for always being there to guide me and offer advice.



MISN GERALDTON - SHELLEY CORMIER
COMMUNITY OUTREACH WORKER **807-854-2649**

Monday & Wednesdays— Coffee & chat group @ 10:30am
Tuesdays—Depression Support Group @ 1:pm
Wednesdays—Healthier you group @ 11am & Games @ 1:00pm
** First Wednesday of the month come to MISN for Birthday cake

Topic of the month
With breakfast
Thursday at 10:30am

Nature Hikes --- Mondays and Wednesday Morning at 10am , Meet at the trail, bring lots of water and sunscreen.
Beach days. July 15 & 29 ----Aug 10 & 31
Plan to be outside in the early morning or late afternoon.

Stay in the shade and out of the hot sun between 11 a.m. and 4 p.m.

If you are in the sun between 11 a.m. and 4 p.m., wear long pants, long sleeves and a hat with a wide brim to protect your skin from sunburn.

Wear sunglasses that provide **UVA** and **UVB** protection.

Use a sunscreen lotion or cream that is **SPF 15** or more. **SPF** means Sun Protection Factor.

Use a sunscreen that says "broad-spectrum" on the label. It will screen out most of the **UVA** and **UVB** rays.

Put sunscreen on your skin 20 minutes before you go out and reapply 20 minutes after being out in the sun to ensure even application of the product and better protection's forget your lips, ears and nose. These parts of your body burn easily.



MISN SCHREIBER—CYNTHIA CLARKE
COMMUNITY OUTREACH WORKER **807-824-1362**

We have a membership luncheon last Wednesday of the month. Barbecue's during the summer months.

On July 22nd, I will be participating in the Pays Plat Health Fair 2009. There will be information booths, prizes, lunch, games and prizes. This is a public event and this year's theme is Protecting Yourself and Emergency Awareness.

We'll be having a day at the beach during the month of July as well.

Weekly activity at the MISN office: Mondays—Coffee and Chat @ 10am –12pm

Weekly activity at the MISN office: Monday, Wednesday, and Friday: Walk/talk 10am-11am, Drop-In - 1pm- 3:30 pm.

Tuesday 10:30 am – 12:00 pm – Walk to Wellness group

Wednesday and Fridays—Drop in 9-3pm

Thursday 10am- 12 pm – group activities such as crafts, cards, movies etc.

We have a membership luncheon the last Wednesday of every month.



PACE Calendar for July 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
	<p><i>Pace Yourself!</i> Is our new Slogan!</p>		<p>CLOSED FOR CANADA DAY</p>		7:00 p.m. Movie Night	
5	6	7	8	9	10	11
	2 pm News-letter committee mtg.	3:00 p.m. Cribbage Tournament/ Birthday Cake	10:30 a.m. Topic of the Week	1:00 p.m. Executive committee	7PM Movie Night	
12	13	14	15	16	17	18
		3:00 p.m. Bingo	10:30 a.m. Peer support breakfast 12:30pm GAPPS Presentation		7:00 p.m. Movie Night	<p>ANNUAL GENERAL MEETING 3:30pm Italian Cultural Centre</p>
19	20	21	22	23	24	25
		3:00 p.m. Rumoli	10:30 a.m. Topic of the week		7:00 p.m. Movie Night	
26	27	28	29	30		
		3:00 p.m. Yahtzee	10:30 a.m. Topic of the Week			

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
August 2009						
2	3	4	5	6	7	8
	CLOSED CIVIC HOLIDAY	3:00 p.m. Cribbage/Birthday cake	10:30 a.m. Topic of the Week		7:00 p.m. Movie Night	
9	10	11	12	13	14	15
		3:00 p.m. Bingo	10:30 a.m. Topic of the Week	1:00 p.m. Executive Committee	7:00 p.m. Movie Night	
16	17	18	19	20	21	22
		3:00 p.m. Rumoli	10:30 a.m. Peer Support/Breakfast		7:00 p.m. Movie Night	1:00 p.m. General Membership Monthly Meeting
23/30	24/31	25	25	27	28	29
		3:00 p.m. Yahtzee	10:30 a.m. Topic of the Week		7:00 p.m. Movie Night	

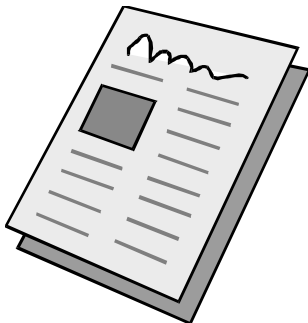
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
September 2009		3:00 p.m. Cribbage/Birthday cake	10:30 a.m. Topic of the Week	1:00pm Governance mtg.	7:00 p.m. Movie Night	
6	7	8	9	10	11	12
	CLOSED STAT HOLIDAY	11:00am SAAC mtg. 3:00 p.m. Bingo	10:30 a.m. Topic of the Week	1:00 p.m. Executive Meeting	7:00 p.m. Movie Night	
13	14	15	16	17	18	19
	11:00am Educational Workshop 2 pm Newsletter Mtg.	3:00 p.m. Rumoli	10:30 a.m. Peer Support/Breakfast	1:00pm Board Hash	7:00 p.m. Movie Night	1:00pm General Monthly Membership Mtg.
20	21	22	23	24	25	26
	11:00 a.m. Education Committee	3:00pm Yahtzee	10:30 a.m. Topic of the Week	1:00pm Board Mtg.	7:00 p.m. Movie Night	
27	28	29	30			
		3:00 p.m. Games				

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.

UPCOMING MEETINGS:

July 6/09 @ 2pm
Sept.14/09 @2pm
Sept.28/09 @2pm

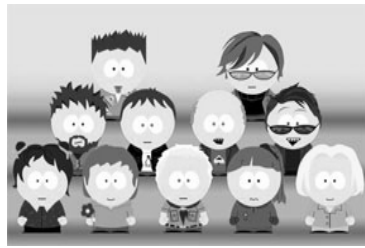


The PACE Thunderstruck Newsletter is a quarterly publication that members, Board members, and staff can contribute to.

Newsletter 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.

UPCOMING MEETINGS:

Sept.21/09 @ 11:00am

The System Advocacy Advisory Committee

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

UPCOMING MEETING::

Sept.8/09 @ 11:00am



Peer Support Committee

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

We meet the third 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

UPCOMING MEETING DATES:

July 15/09 @10:30am
Aug.19/09 @ 10:30am
Sept.16/09 @10:30am



Celebrating Success

P.A.C.E.

**Volunteer of
the Month!**

April 2009- Frank M

May 2009- Terry L



*You are awesome!
Thanks for your dedication
and help!*

Way to Go!

Thank you to the Greenstone Anti Violence Coordinating Committee for the opportunity to perform the PACE- Out Of the Dark Black Light Theatre played in Geraldton May 27/09.

PACE would like to recognize the following members and staff for volunteering their time and talents to make this event come to reality.

- * Beth
- * Esther
- * Terry
- * Dave K
- * Dave S
- * Alen F
- * Anne C
- * James H
- * Frank M
- * Calvin
- * Jaylene
- * Michelle
- * Evelyne



Thank you to anyone we've missed and know that your work was appreciated!

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.

The volunteer of the month is an opportunity for members to nominate and recognize other members for their dedication and help in the daily activities here at PACE. The volunteer nomination forms are located at PACE in the members computer area. There are many members that help to make events successful and daily help out with different tasks. This is your opportunity to recognize those people! Take some time to notice the members that are jumping in to help out.

Thunder Struck

All submissions to be sent to:

C/O
NEWSLETTER EDITOR
PEOPLE
ADVOCATING FOR CHANGE
THROUGH
EMPOWERMENT
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