



**A REASON TO HOPE. THE MEANS TO COPE.
THE SCHIZOPHRENIA SOCIETY OF ONTARIO.**

GUELPH & AREA CHAPTER NEWSLETTER JANUARY 2007

The Guelph SSO is a volunteer family support, education and advocacy organization serving Guelph and surrounding areas. The chapter meets 3rd Tuesday each month September through May (except December), Evergreen Seniors Centre 683 Woolwich Street Guelph—7:30 p.m. Everyone is welcome. You don't have to be a member.

ssoguelph@netscape.ca www.schizophrenia.on.ca www.schizophrenia.ca

Chair: Pat Vanderkooy—519-821-4992 pvanderkooy@sympatico.ca Secretary: Cheryl McLean 519-822-2862

Next Meeting: Tuesday, January 16 at 7:30 p.m. This will be an opportunity to view some interesting videos followed by discussion. Circle your calendars!

ANNOUNCEMENTS

Dunara-Support Group 519-836-2332
329 Gordon St, Guelph Wednesdays at 1:30 p.m.
Music Group Fridays at 1:30 p.m.

Dr. Litt's Support Group 519-821-2060
CMHC 147 Delhi Street, Guelph Tuesdays at 1:30 p.m.
In conjunction with this group – **Social Connections** offers social activities-824-1010 ext 2275

CARE Recovery Group FREE funded by the Guelph Chapter SSO
Guelph Community Health Centre -176 Woolwich St. N. -Thursdays at 7pm/Woolwich Room
Action Based Counseling Tim Tentcher 993-4609

Spark of Brilliance Events www.guelpharts.ca/sparkofbrilliance (519) 766-4450 X 237
Give Voice: 683 Woolwich St. 7pm Jan. 11, 18, 25
A Community Coming Together-Mosaic Art Piece-80 Waterloo Ave. Jan. 9, 16, 23, 30.

CREATIVE BRILLIANCE ORANGEVILLE 5 Faulkner Street, Orangeville

ANNUAL GENERAL MEETING MINUTES November 21, 2006

2006-2007 Management Committee

Chair:	Pat Vanderkooy (until August 2007)
Vice-Chair:	
Treasurer:	Audrey Wilson
Secretary:	Cheryl McLean
Welcome Committee & Major Events:	Judith McKenzie
Publicity, Welcome Committee:	Sonja Flaxman
Room Set up and Clearance:	Chris Farfaras
Major Events, Special Projects:	Chris Pearson
Librarian:	Femmy VanderVelde
Refreshments:	Sharon McCartney, Anna Farfaras

Those from the Management Committee in attendance were introduced and by a show of hands the Committee was approved for 2006-2007.

Gratitude was expressed to those leaving the Committee for their hard work and dedication. Elvin McNally was thanked for the many years he served as treasurer. We truly appreciate the many years of dedication he gave to the Guelph Chapter of the SSO. Elvin's positive attitude and excellent sense of humor endlessly enriched our meetings. We would also like to thank the McNally's for hosting many of our committee meeting and for providing us with refreshments. We appreciate Elvin's willingness to provide assistance to Audrey who will be taking on the role of Treasurer.

Three members from our Social Committee have retired from this job, Donnie McNally, Ruth Raby and Pat Mahoney. We would like them to know how much we have appreciated them for providing us with wonderful snacks and beverages.

After losing so many volunteers from the Social Committee we held small group discussions to decide if we wanted to continue to provide refreshments. It was decided to do so, but to simplify the task by serving a cold beverage only. If you wish coffee, BYO. It was also agreed upon not to have a donation dish so as not to discourage anyone without loose change from participating. Sharon McCartney agreed to serve on the Social Committee with Anna Farfaras, (as able).

Also in our small group discussions we talked about which efforts we would like to support in our Chapter and did some visioning. These are some of our conclusions:

****Our meetings should provide support for each other.**

****We would like to continue to support our fundraisers** The Walk of Hope and the Golf Tournament. Both of these are well attended and give our group exposure as well as raising funds.

****Education** is important, so our meetings will continue to include speakers and films.

****Social Activities**—many would like to consider expanding our activities to include some social activities for consumers.

Pat reported that we no longer have a Regional Coordinator for Guelph and Waterloo. The Waterloo Chapter is not currently active. We are a region without a coordinator and only one active chapter in it. She also informed us that our chapter may be included in the Hamilton Niagara region.

With regard to finances, we are now under the umbrella of SSO head office and we are required to present them with a budget and recommendations for the coming year. Programs included in the budget prepared by the Management Committee last spring include; CARE, Rollercoaster to Recovery (second edition), and Homewood gift packages including vouchers.

It was recommended that we request SSO to give a financial report for our receipts and expenditures for our Chapter.

One of our families brought a newsletter "New & Views" from Ireland to add to our library. Their daughter lives in Ireland and the newsletter is a collection of stories, poems and activities written by those attending a self-help group. Even though they are miles away, the family was very instrumental in the development of the newsletter and has graciously offered to have us lend it out from our library. We are happy to hear of this successful project and thanks for sharing it with us.

WE WOULD LIKE TO EXTEND A WELCOME TO THOSE FROM WATERLOO REGION WHO HAVE CONTACTED US REQUESTING NEWSLETTERS. WE EXTEND A WARM INVITATION TO YOU TO ATTEND AND PARTICIPATE IN ANY OF OUR MEETINGS AND ACTIVITIES AS YOU ARE ABLE.