

JAK's Place – 820 Egg Harbor Road, Sturgeon Bay Phone: (920) 818-0525 E-mail: jaksplace@att.net
A resource center for anyone affected by mental illness, encouraging a caring atmosphere focused on the hopes, needs, goals and gifts of all who come through our door.

What's Happening:

Garden of Hope 2011

Have you noticed the activity in front of and behind JAK's Place? Or smelled the blooming tulips and daffodils? We will soon have peonies, lilies of the valley and whatever else reseeds itself. Our garden crew has started planting the 9 raised beds with a variety of veggies, herbs, and flowers.

Our newest staff members for the growing season are Troy Alexander, Laurie Sheets, Alison Ernst and Wayne Rathe. Together, these Dirt Warriors, several volunteers, staff members and advisor Laura Haglund will share the planting, maintenance, and harvesting the fruits of their labor. They are busy learning to recognize and distinguish the difference between the edible weeds and the ones we need to uproot. Some of our perennial herbs, green onions and rhubarb can already be harvested.

At the May board meeting a motion was made to designate the money raised by Donny's Glidden Lodge Fun Run, \$468. to the garden project. There has also been an anonymous donation of \$500. to this project as well. This should be a sufficient budget for the season, but we may need to raise additional funding to replace the temperamental lawnmower.

Rhubarb Crunch Recipe

- 1 ½ C. flour
- 8 Tbsp. powdered sugar
- ¾ C margarine
- 3 eggs
- 2 ¼ C sugar
- 1/3 C plus 1 Tbsp. flour
- 1 tsp. baking powder
- Dash of salt
- 3 C rhubarb cut in small chunks

Mix flour, powdered sugar and butter, pat into 9x13 pan and bake 20 minutes at 350 degrees.
 Beat eggs. Add sugar, flour, salt and baking powder. Add rhubarb and mix thoroughly. Pour over crust. Bake additional 35 minutes. Serve with ice cream or whipped cream.

June Birthdays:

Heather L.
 Cindy S.
 Jerry T.

Thanks to...



- The volunteers who have signed up for the first Brat Fry Weekend at Welsing's Food Land in Valmy on May 28, 29, & 30. This has been a good fund raising project for the last two years and we appreciate the opportunity to participate again during 4 holiday weekends this season.
- The staff and volunteers who raised money for JAK's Place with their Fun/Walk Run on May 7th sponsored by Donny's Glidden Lodge. This will be an annual event each year to benefit a local non profit agency.
- Our Tuesday night dinner volunteers during May; Dolly & Howard Lindsay, Katy Swender, Jill Kolodziej, Gina Cross and Mary Ann Jandrin.
- Margie Rock for her assistance on Games Days and providing nutritious snacks!
- Donny's Glidden Lodge
- Anonymous
- Dave & Katy Swender
- Paul & Annette Tess
- David & Connie Burke
- Natalie & Jonathan Jarosh
- Dennis & Heidi Kepchar
- Mr & Mrs Jerome Buechner
- Candace Worrick, for the container for cigarette debris

NAMI Picnic at Otumba Park, Monday July 11th, 5pm gathering and dinner. We are also looking at having a fireworks event. More info in the next newsletter!

Congratulations to Judy & Gaylord Gartman on the birth of their grandson Samuel David Lien on May 20th, and to the proud parents, Bob & Heather Lien.

VALMY BRAT DAYS SCHEDULE

July 2-3-4 — September 3-4-5 — October 8-9-10

JAK's Place
820 Egg Harbor Road
Sturgeon Bay, WI 54235

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NAMI Conference reports—final

Hi, NAMI people; I'm Seth's dad and Jonah's baptismal sponsor. This year's NAMI Convention in Milwaukee was my second, and I enjoyed it.

One session was on CIT (Crisis Intervention Team), a program for preparing law enforcement to better deal with people with mental illnesses. In brief, this training helps them to 'keep the peace,' to have a better awareness of the special needs of people with mental illness, and gives them the permission and the tools for care-giving which can be much more effective than 'law-enforcement' alone. I immediately promised myself to talk to the people I know in law enforcement; I've already visited with a friend who administers the county jail here in West Bend, and will look for opportunities to inquire of police departments in this area. All of us who are friends of JAK's Place should know if this service is available where we live and encourage it in any way we can.

Another workshop was on Suicide Prevention and 'QPR' (Question, Persuade, Remember) I was not surprised to hear that suicide in this country has some of its roots in our American passion for

individualism. Logically then, an important tool for combating suicide is community building. This is something we can all work at, building networks of friends and families and learning how to spot suicide indicators and offer support to fragile persons.

A session that was particularly enjoyable for me was that on Art Therapy. We learned of the power of creative work to bring order, meaning, and joy into lives suffering from the chaos of mental disease. As a pastor, I remember the biblical story of creation 'out of nothing/chaos', and God's decision to enlist humans as co-creators. As one who spent much of my life as a music-maker—and who has had some pretty chaotic and stressful times, I know personally the power of art to help find order and bring peace in the midst of bewildering times.

The NAMI convention was a good experience for me; I heartily encourage all of you to consider being a part of it in years to come, especially if you've never done so

Rev. Bill Wiederanders.

3935 Highway D, West Bend, WI 53095

Meetings and Events

NAMI general meeting — May 13, 7:15 pm

NAMI — Open Support Group:

2nd & 4th Mondays, May 13 & 27, 6pm
at JAK's. Anyone is welcome to come.

Faith in Recovery — Fridays, 1:00-2:00

Please check our monthly calendar and website
for other activities.

JAK's Place schedule at a glance:

Monday: 1—5

Wednesday - Thursday -

Tuesday: 1—7

Friday - 1—5

Art group Tuesdays, 2:30-4:00

Tuesday Dinner is at 5:00. PLEASE SIGN UP
AHEAD so that we can plan how much to cook.

Game Days — every 2nd and 4th Wednesday, 1-2:30