

### What's Happening...

**Margaret Lockwood's art classes** have been a great success. On the day of the Presidential Inauguration, the jolly crew of sketchers burst out in song while making unique compositions with a patriotic theme. Join the fun on Tuesdays at 2:30.

**Jenny Spude** of U.W. Extension will be back with words and actions of wisdom about how to use knives. What size and type is best for what, how to hold things and cut safely, and how to take care of knives – very important things that many people don't learn at home. Jenny will take charge in the kitchen on **Feb. 12** for our Thursday dinner.

### Thanks to...

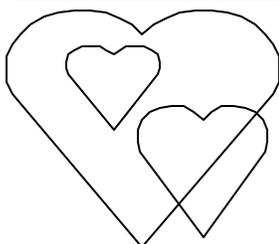
- John Fredrickson, plumbing wizard
- Bay View Lutheran Church Women
- Calvary Methodist Church
- Anne & Fred Lubber Foundation
- ...and all of the wonderful individuals who give money, time, and materials to keep JAK's Place going.



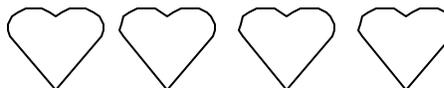
**Visit us on the Web**—[www.jaks-place.com](http://www.jaks-place.com)  
News updates, printable calendar, and more.

Any comments and suggestions are appreciated. We want our website to be useful to our members and to anyone who visits it.

### Coming Events and Activities:



**The Third Annual Love Festival Concert** to benefit JAK's Place will be held at Bay View Lutheran Church, Sunday Feb. 22, at 2pm. No admission charge, but Free Will Offerings will be gratefully accepted. We have some awesome door prizes!



Our entertainment lineup is equally awesome:

**Hobson's Choice – City Rhythm Show Choir – The Bone Boys**

**Donnie Ray – Elizabeth Spaude – Robert Nickel**

Something for everyone, and of course our traditional Sweetheart Sing-along for those who have a song in their hearts.

A slideshow featuring JAK's Place activities and events is planned.



### February Birthdays

Gina C.—one of our most active and regular volunteers  
Lucy C.  
Michael F.  
Julia L.  
Heather W.



### NAMI Family-to-Family Education Program

FREE 12-WEEK COURSE offers education and support for families and friends of people with mental illness. The course teaches knowledge and skills that the family members need to cope more effectively.

*Many describe the impact of this program as life changing.*

Classes start March 3, 2009 at JAK's Place

For Reservations and Info call Nancy Barley 839-9521 or Roy Jilburg 743-3168

## JAK's People...



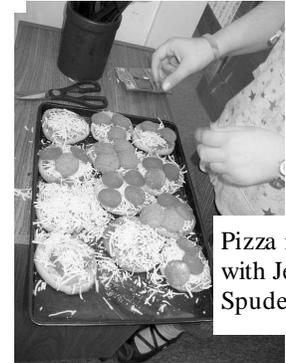
Margaret inspires the artists



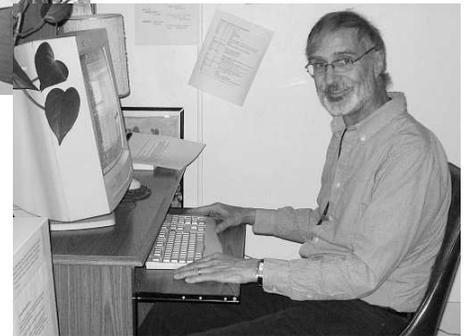
Judy sparkles with enthusiasm at the CSP Holiday Party



Dolly, hard at work at the Gingerbread Town construction site



Pizza making with Jenny Spude- YUM!



NAMI-DC Treasurer David Swender crunching numbers with a smile at JAK's

### Members, staff, and volunteers make JAK's Place work.

At JAK's, at related events, or quietly at home, everyone has a unique talent to contribute.

We are here for those who need a place to go, someone to talk to, help in finding community resources to see them through troubled times.

Part of our mission is breaking the barriers of stigma, opening minds that deny the reality of mental illness or make it something to be ashamed of. Broken arms or legs get sympathy and immediate treatment. Broken minds need help to mend too.

JAK's Place is a project of NAMI of Door County. We are funded entirely by donations and grants – no “gubmint handouts”. Our finances are a day-to-day affair that depend on the generosity of individuals, businesses, and charitable foundations.

#### Meetings and Events

**NAMI** — at Hope Church—Monday Feb. 9—**Open Support Group** at 6:00, **General Meeting** at 7:15. Feb. 23—Support Group only, at 6:00

**Survivors of Suicide** support group for families of suicides/attempts—Tuesday Feb. 24, 6:30, at JAK's Place

**The Third Annual Love Festival Concert** will be held on Sunday, February 22 at Bay View Lutheran Church, 2:00pm. Don't you dare miss it! More on page 1 of this insert...

*Have you renewed your NAMI membership?*

#### JAK's Place schedule at a glance:

**Monday-Tuesday-Wednesday:** 1:00 to 5:00

**Thursday:** 2:00 to 8:00 (closed Feb. 19)

**Friday:** 2:00 to 6:00 (to 8:00 on Drum day)

Closed Saturdays and Sundays

**Tuesdays,** Art Group with Margaret Lockwood — 2:30 to 4:00

**Thursdays—Dinner** is at 6:00. Prep starts at 4:00 if you want to help with the cooking. **No dinner Feb. 19**

**Drum Circle** Friday, Feb. 20, 6:00 (open 2-8)

**Faith in Recovery**—Fridays 1-2:30

More news and any schedule changes at

[www.jaks-place.com](http://www.jaks-place.com)