

# On Our Own

of Frederick County, Inc.

May 2012

217 North Market St.  
Post Office Box 3744  
Frederick, MD 21705-3744  
Phone/Fax 301-620-0555  
onourownfrederick@gmail.com

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*Our Mission ... is to promote recovery, wellness and peer support in an environment of understanding, advocacy and education to past or present recipients of mental health services.*  
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## OOO's Little Garden of Eden

Debra Hurley, Farm Garden Manager

We are excited to be getting off to a great start again. The tool shed and port-a-potty are on site, the tools, planting materials and seeds are in place, and we are geared up and are rolling! We have some new volunteers for the Farm Garden this growing season and are always looking for more. This year our garden is going to be a source for fundraising, and we will still be donating to the soup kitchens and food banks in Frederick. So, help spread the word -- better yet, get involved -- there is plenty to do!



If you can't work, then come, sit back, and enjoy the fresh country air while seeing our progress and watching the food grow.

Harvest time will be in late June-thru-October, and when the time comes, we will advertise the opening of our Produce Stand at the garden site at the end of Bowman Farm Road --- (directions below). We will also be selling produce at the Middletown Farmers Market on Thursdays and the Frederick County Fair Ground's Farmers Market on Saturdays.

We will need extra volunteers with transportation, to work the Market Stands, so please put the word out.

We want to particularly thank last year's garden workers from On Our Own for helping with the early stages of the planting process -- Mike K, Bob, Jennifer A, Arthur L, John S, Sharon G, and others inside and outside the OOO family. All that hard work -- and then some --- produced very successful experiences and a great garden.



The Society of the Daughters of the American Revolution, one of the country's oldest non-profit organizations, awarded me 1st place in National Recognition for community service of the year and also second place in the State of Maryland, which came with a \$500 award that will go to this year's Farm Garden Project.

If anyone is interested in getting involved this year please contact me, Debra Hurley, at (240) 625-0739, debhurley@hotmail.com

Directions to our Little Garden of Eden -----

*East Patrick Street, (follow MVA signs), take a left on Bowman Farm Road and go straight through all the way to the dead end at the cul-de-sac. Follow Garden signs from there.*

# A Code We Can Live By

**Learning and Growing** in and from relationship with each other, whoever we are -- regardless of experience, position or role responsibilities

**Caring for Relationship** in ways that nurture our capacity to stay connected, negotiate, and benefit from differing needs, viewpoints and our priorities

**Hope-Based Relationships** that believe in ourselves, each other, our possibilities we can create together for the lives we want to have

## WELLNESS PRIMER

**ACTIVITIES & OUTREACH** - Have a voice. Plan events, outings and fun activities -- *make things happen!*

**ADDICTIONS/RECOVERY Group** -- Topics to fit need

**APPRECIATION COOKOUT** -- To show how much we appreciate each other and all those that contribute

**BIRTHDAY CELEBRATION** -- for all our May "babies"

**BROWN BAG FRIDAYS** -- Meet with influential community members, share ideas, and have your voice heard

**COFFEE HOUSE** -- Fun every Friday evening

**DBSA - Depression Bipolar Support Alliance** -- People speak freely with confidentiality and without fear of judgments

**FREE SPIRIT** -- A spiritually based listening circle for all faiths and all walks of life

**HEALING ARTS** -- Creative, nurturing activities to heal the heart and soul through creativity

**JOURNALING** -- Explore the pleasures of expressing yourself through writing -- email Mike at [frzkafka@gmail.com](mailto:frzkafka@gmail.com)

**INTENTIONAL PEER SUPPORT/LISTENING CIRCLE** - Deepen relationships, raise concerns, celebrate milestones, share hopes and dreams, and give and receive support

**MEMBER MEETING** -- Working together to shape the Center

**OPEN SOCIAL** -- Good company, coffee, light fare, board games, cards, music, computers, the internet, etc.

**RECOVERY FRIENDLY MOVIES** -- Tired of reality? Try a cinema vacation OOO-style -- *(May include mature themes, but not violence, sex or profanity for their own sake)*

**SELF ESTEEM** -- A group that explores liking yourself

**STOP SMOKING** -- Strategies to stop and stay on course

**WOMENS/MENS SPACES** -- Venus-Mars times -- free of the battle of the sexes

**WRAP (Wellness Recovery Action Planning)** Change your life! Learn to act for your recovery rather than react to your symptoms. Classes run 8-10 weeks -- **Call 301-620-0555**

**NOTE:** a new class starts May 1<sup>st</sup> -- *but will accept other eager participants after that date -- JUST ASK..*

**WRAP GRADS** -

*(For those who have already gone through training)*

**Discovering and Nurturing Connection** with ourselves, each other, our community and the world at large

**Mutuality and Shared Responsibility** for envisioning and creating relationships, communities and a world that works for all of us

**Moving Toward** in vision and action, the lives, relationships, communities and world we believe in and want to live in

*On Our Own of Frederick ~ May 2012*

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**Mental Health Wellness & Recovery**  
*'The Power of Peer'*

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> 1:30 to 3 WRAP 3:30 to 4:30 Co-Supervision *Center closed except for these groups.	<b>2</b> 1:30 to 5 Open Social 2:30 to 4:30 Addictions/ Recovery Group 4-5 journaling	<b>3</b> 1:30 to 5 Open Social 1:45 to 2:45 WRAP Grads 3 to 3:45 Stop Smoking Group 7-8	<b>4</b> 1:30 to 5 Open Social 2:00 to 3:00 Self-Esteem Group	<b>5</b> 1:30 to 5 Open Social – Movies available upon request
<b>6</b> 1:30 to 5:00 Open Social 2:30 to 4:30 Free Spirit	<b>7</b> 1:30 to 3:30 Healing Arts 4:00 to 5:00 Member Meeting	<b>8</b> 1:30 to 3 WRAP 3:30 to 4:30 Co-Supervision *Center closed except for these groups.	<b>9</b> 1:30 to 5 Open Social 2:30 to 4:30 Addictions/ Recovery Group 4-5 journaling	<b>10</b> 1:30 to 5 Open Social 1:45 to 2:45 WRAP Grads 3 to 3:45 Stop Smoking Group	<b>11</b> 1:30 to 5 Open Social 2:00 to 3:00 Self-Esteem Group	<b>12</b> 1:30 to 5 Open Social – Movies available upon request
<b>13</b> 1:30 to 5:00 Open Social 2:30 to 4:30 Free Spirit	<b>14</b> 1:30 to 3:30 Healing Arts 4:00 to 5:00 Activities/Outreach	<b>15</b> 1:30 to 3 WRAP 3:30 to 4:30 Co-Supervision *Center closed except for these groups.	<b>16</b> 1:30 to 5 Open Social 2:30 to 4:30 Addictions/ Recovery Group 4-5 journaling	<b>17</b> 1:30 to 5  Mars v Venus Men meet at the center Women meet at Starbucks	<b>18</b> <b>Noon – 1:30</b> <b>Brown Bag Lunch</b> 1:30 to 5 Open Social 2:00 to 3:00 Self-Esteem Group	<b>19</b> NAMI Walk Meet at OOO at 8:30 AM
<b>20</b> 1:30 to 5:00 Open Social 2:30 to 4:30 Free Spirit	<b>21</b> 1:30 to 3:30 Healing Arts 4:00 to 5:00 Birthday Celebration for all those born in May	<b>22</b> 1:30 to 3 WRAP 3:30 to 4:30 Co-Supervision *Center closed except for these groups.	<b>23</b> 1:30 to 5 Open Social 2:30 to 4:30 Addictions/ Recovery Group 4-5 journaling	<b>24</b> 1:30 to 5 Open Social 1:45 to 2:45 WRAP Grads 3 to 3:45 Stop Smoking Group	<b>25</b> 1:30 to 5 Open Social 2:00 to 3:00 Self-Esteem Group	<b>26</b> Appreciation Cookout in honor of our members who have all given so much to On Our Own
<b>27</b> 1:30 to 5:00 Open Social 2:30 to 4:30 Free Spirit	<b>28</b> 1:30 to 3:30 Healing Arts 4:00 to 5:00 Activities/Outreach	<b>29</b> 1:30 to 3 WRAP 3:30 to 4:30 Co-Supervision *Center closed except for these groups.	<b>30</b> 1:30 to 5 Open Social 2:30 to 4:30 Addictions/ Recovery Group 4-5 journaling	<b>31</b> 1:30 to 5 Open Social 1:45 to 2:45 WRAP Grads 3 to 3:45 Stop Smoking Group	<b>Special Events:</b> The film <i>Insatiable Moon</i> (see the back page) – May 10 <sup>th</sup> <b>Board of Directors Meeting</b> -- May 16 <sup>th</sup> at 6 PM <b>NAMI Walk at Baltimore's Inner Harbor</b> – May 19 <sup>th</sup> meet at Center at 8:30 AM (sign up by May 12 <sup>th</sup> )	

An **Orientation** is required for **full** member privileges, including access to phones, computers and other resources. Orientations are available on a drop-in basis during most Center hours –  
*They are not time consuming or onerous – just a way for you to get to know us -- and we you*

**Attendance at groups is welcome with or without an orientation.**

**On Our Own's Board of Directors:** Brenda Bell, Stuart Berdy, Kevin Coyle, David Fulton, Sharon Grail, Linda Hardman, Debra Hurley, Craig Tyler

**Our Own's Staff:** Charisa Billigmeier, Mary Buckley, Barry Churchill, Alan Feinberg, Sharon Grail, Michael Groves, Lorrie Jenkins, Kathy Lowery, and Bonnie Smith --- Sarah Knutson and Debbie Andersen are special advisors

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## On Our Own

**Presents an important film in celebration of  
Mental Health Awareness Month**

*What if the voice you hear in your head is God? –  
A little movie about big stuff*

**Thursday, May 10, 5:30 – 7:45 PM**

**C. Burr Artz Library Community Room**

110 East Patrick Street  
Frederick, MD, 21701  
(301) 600-1630

*This film is intended for a mature audience*



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## **Nominating Committee Report**

*At our April 11, 2012 Board of Directors meeting a Nominating Committee was selected composed of qualified Board Members, (not running), and Staff -- Dave Fulton, Debra Hurley, and Barry Churchill. They consulted the bylaws, contacted people who had demonstrated interest - who submitted statements, and selected the slate a month before our Annual Meeting in June. There are currently three sitting board members who want to be affirmed by the members. At that June meeting the Nominating Committee Chairperson will present this slate, and there can also be no more than three nominations from the floor. Those floor nominees must be present, be a member in good standing, and agree to the nomination. Secret ballots will be distributed to all attending members in good standing, and the ballots will be tabulated by the Nominating Committee. The new Board will assume office on July 1 and the President, Vice-President, Secretary and Treasurer will be selected by the Board at their first meeting.*

## **Slate of New Nominees**

**Sarah Knutson** is a current member and volunteer, and a former employee and executive director. She has a long term interest in peer support and mental health grounded in lived experience, including struggles, challenges and small victories with same. She would like to continue to support the organization to combat stigma and discrimination against persons with mental health challenges, and to build a wellness and recovery community that supports members in developing our strengths, talents, interests and capacities for a full, meaningful life as each person defines that, and offers a real alternative to mental health treatment as usual for those who would like such alternatives to exist.

**Jeffrey Miller** has had an ongoing and positive experience with On Our Own and has found it to be life changing for him. He has discovered that it is not just another "self help" organization. OOO-FC, most importantly, touches each individual who attends, but also gives direction and opportunities to the larger community. He has almost two decades of recovery experience, and five years as a volunteer with the Special Olympics. He is an extremely talented artist-craftsman who is currently working on establishing a livelihood that should inspire many of our friends. As a board member Jeffrey commits to wholehearted support and effort.

**Cathleen Peters** came to us fairly recently through our Depression and Bi-Polar Support Alliance group and has become increasingly involved in our daily activities. She is an articulate and results-driven decorated US military veteran with a demonstrated track record of leading high level human resources planning and program management during her eleven years of service in the Air Force. She is currently pursuing a degree at Frederick Community College after raising two boys. She is particularly interested in helping with organizational development and fund raising.

## **Current Sitting Board Members Who wanted to be Reaffirmed**

**Brenda Bell** is currently our Treasurer and has previously been our President. Her full time job at Ft. Detrick and her almost full time job with the Religious Coalition have left less time for her on our board. However, her passion for service with OOO and the high regard so many in the community hold her, makes it highly desirable for her to continue to work with us.

**Linda Hardman** is the Director of CALM Mediation Center which is a non-profit organization offering free conflict resolution to all Frederick County residents. She has vast experience and knowledge of non-profits, government, yoga, poetry and how people can cut through conflict and actually get along together.

**Craig Tyler** is currently our Acting President. He has spent over 30 years in the private sector in public relations, advertising, and marketing primarily for the electronics industry, as well as in operational systems and process analyses for biotech manufacturing companies. Becoming a first-time grandfather in 2010 helped him realize it was time to give back to the community. Craig is also on the Board of the County's Department of Social Services and is on the County's Affordable Housing Council. He has also pulled up his sleeves and spent a number of hours working with us on systemizing our operations to be more efficient and effective.

***Newsletter Insert***