

G.O.C. GAZETTE

The NEWSPAPER FOR THE
GANINESVILLE OPPORTUNITY CENTER

Spaghetti Dinner

Three O' clock at St. Augustine...members of GOC were setting up for the spaghetti fundraiser dinner putting salt and pepper shakers, bowls of parmesan cheese, bowls of pads of butter,



flowers, and rolling forks, spoons, knives, and napkins to be put on the tables. Four O'clock at St. Augustine...GOC members continue to cook, and prepare. 4:59...the tables were set and ready, the spaghetti, meat-

balls and sauce were ready, the salad, the drinks, and desert was ready. GOC was ready.

From Five O'clock to seven, people were served and enjoyed a spaghetti dinner. After the event, everything was cleaned and put away

out in the hall where the people ate their dinner, and back in the kitchen where the food was prepared. The GOC staff helped with the whole event ,too, so with everyone working together it was a success!

Downtown Festival and Art Show

The 27th Downtown Festival and Art Show is November 8th through November 9th from 10:00 am to 5:00 pm. It will be located from the Hippodrom State Theater to City Hall. More than 100,000 people will show up to this festival and art show. The different varieties of art include oil painting sculptures, jewelry, watercolors, photography, and ceramics.

Live music on the list is jazz, pop, folk, country, and soul. Other performing art to look forward to will be international and modern dance. For children, there will be an

“Imagination Station” where there will be sidewalk chalk murals, mask making, and book-making. At the “Imagination Station”, there will also be music and puppet shows. As far a culinary arts go, there will be food

from all over the world including gyros, jambalaya, fish and chips, and barbecue ribs. Are you looking for parking? Two blocks west of Main Street is the City parking garage. It costs five dollars for one day's use, and is open twenty four hours a day.



Poster image for 2008

A CLUBHOUSE WITH TEMPORARY WALLS...*what we are doing while working on a home..*

- Publish a newsletter
- Outreach to other potential members.
- Speak to community leaders and programs about the clubhouse.
- Visit other clubhouses to get ideas and inspiration.
- Have meetings to educate ourselves about clubhouse, support each other and help develop the club.
- Setup a support system for each other.
- Help with fundraising
- Socialize
- Attend conferences and workshops



Gainesville Opportunity Center, Inc.



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Inspirational Quotes

Fall seven times, stand up eight.
- Japanese proverb

CUT THE DISTANCE IN HALF
WALK TOGETHER

-Michael W. Pfau

You can never be happy at the expense of the happiness of others.
- Chinese Proverb

Member Highlight!



Catherine was born in New York state and grew up in Orlando, Florida, and Illinois (near Chicago). She has been all over America and Asia. Her favorite place that she has visited was

Italy.

Catherine's hobbies include reading and painting. Her interests are religion, culture, philosophy, and civilizations. Her favorite food is lobster. Her favorite TV show is CSI and her favorite movie is Dr. Zabago. Catherine's favorite song and musical artist is anything by Miles Davis. Her favorite book is Cleopatra (a book about Cleopatra's life and Egyptian civilization).

NOVEMBER 2008						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	GOC Board Meeting 6:00pm 3 Club Open 9 am to 12 pm Lunch \$1.50	4 Office Hours and Community Meetings, No Day Program Hours, yet	5 Club Open 9 am to 5 pm Lunch \$1.50	6 Office Hours and Community Meetings, No Day Program Hours, yet	7 Club Open 9 am to 5 pm Lunch \$1.50	8
9	10 Club Open 9 am to 5 pm Lunch \$1.50	11 Office Hours and Community Meetings, No Day Program Hours, yet	12 Club Open 9 am to 5 pm Lunch \$1.50	13 Office Hours and Community Meetings, No Day Program Hours, yet	14 Club Open 9 am to 5 pm Lunch \$1.50	15
16	17 Club Open 9 am to 5 pm Lunch \$1.50	18 Office Hours and Community Meetings, No Day Program Hours, yet	19 Club Open 9 am to 5 pm Lunch \$1.50	20 Office Hours and Community Meetings, No Day Program Hours, yet	21 Club Open 9 am to 5 pm Lunch \$1.50	22
23	24 Club Open 9 am to 5 pm Lunch \$1.50	25 Office Hours and Community Meetings, No Day Program Hours, yet	26 Club Open 9 am to 5 pm Lunch \$1.50	27 Thanksgiving 	28 Clubhouse Closed	29
30						

Moroccan Vegetables and Tofu with Couscous

I got this recipe from my mom and she walked me through this really easy dish. It's easy to make and really good for you at the same time. Also note you can substitute ground beef if you don't like tofu.

I hope you enjoy.

Ingredients:

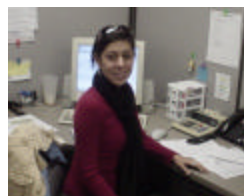
1-3 Tbsp. light olive oil
 2 large onions, diced
 1 lb. carrots, chopped
 2 medium turnips, diced
 1 can (15 oz.) crushed tomatoes
 2 cups water or vegetable broth
 4 stalks kale or 2 cups cabbage, chopped
 2 medium zucchini, chopped
 2 lbs. firm tofu diced or ground beef
 2 cups garbanzo beans, cooked
 1 Tbsp turmeric optional
 pinch of saffron
 salt and pepper to taste
 and a box of couscous

Sautee onions, carrots and turnips in olive oil until soft. Then add tomatoes and water and stir. Then add kale, zucchini, tofu, and garbanzo beans and cook on low till vegetables are soft.

Submitted by Alexis Henderson

Staff Highlight!

Sasha Lopez was born in Hialeah, a suburb of Miami. She grew up in Miami (Kendal, another suburb of Miami) and in Tulsa, Oklahoma.



When asked what it was that appealed to her when she decided that she might want to work here at GOC, she said, "Mental illness is something that people don't talk about." She also told me that her niece has a mental illness.

She has been to 18 states in the U.S.A., and has been to Colombia, Honduras, Mexico, and the Bahamas.

Sasha has two sisters (Alba the oldest, Mercy the youngest, and one brother, Andrew). Sasha is attending UF as a Public Relations major.

Her favorite color is blue and her hobbies are singing, dancing, and most of all, to cook.

How "The Game" saved rap music

Rap came out in the late seventies, with legends such as RDMC, Grand Master Flash, Sugar Hill Gang, Fatback Gang, and Kurtis Blow. LL Cool J and the Beastie boys established themselves in the '80s along with many others like Doug E Fresh and Public Enemy, Kool Moe Dee, etc.

In the late '80s rap had a revolutionary group. A revolutionary sound, and a revolutionary culture. It was labeled "Gangsta Rap". The Band that started it all was NWA. Their first album "Straight Outta Compton," changed hip hop completely. Ice Cube, Easy-E, Dr.Dre, MC Ren, and Jerry Yella were the members. The band broke up in the early '90's, and the members pursued solo careers.

The '90s brought in many more gansta rap pioneers like Tupac and The Notorious BIG. Even though Biggie maintained that he had no beef with Pac, the whole East coast vs. Westcoast wars being led by Tupac and Biggie were the pinnacle of rap music. The Notorious BIG, was in many peoples opinion (mine included) the best rapper ever.

The main record lables that were feuding were Death Row Records on the west and Bad Boy records on the east. Other big rappers that started out about mid nineties were: Nas, J-Z, Snoop, Nelly, Wu-Tang Clan, etc. That was the twilight era.

Then there were newer rappers that might not have been as good as some previous rappers, like Big Pun, Master P, Missy Elliot, Eminem, etc. But the music was still good. Then came the millennium and a decline of quality rap. Although Nas and J-Z were still hot, they were pretty much the ones keeping hip hop alive. 2002-2004 wasn't very good rap and rap was on a decline. But it wasn't dead yet. 50 cent and The Game had some good hits in 2005.

In 2007, hip hop was declared dead. Late summer 2008 "The Game" resuscitated hip hop with the hit "My Life". So that's how hip hop was saved.

-Mike Lehman



- Meaningful opportunities in Gainesville community
- Important work
- Restorative environment emphasizing abilities and talents
- Help with education & college degree programs
- Access to services, supports, housing
- Friendship

The Gainesville place where people whose lives have been drastically disrupted by a mental illness come to rebuild their lives.

www.GoClubhouse.org

A World of Growing Opportunities



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Phone: 352-224-5523
 Fax: 352-224-5555
 E-mail: mail@goclubhouse.org
 Mailing address:
 7257 NW 4th Blvd., #318
 Gainesville, FL 32607-1600

We're on the Web at:
www.GoClubhouse.org

Standard # 6:
 "Members have a right to immediate re-entry into the clubhouse community after any length of absence, unless their return poses a threat to the clubhouse community."

Clubhouse Standard of the Month

Gainesville Opportunity Center, Inc.



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7257 NW 4th Blvd., #318
 Gainesville, Florida 32607

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