



North
Shore
Schizophrenia
Society

The Notepad

The NSSS Newsletter

**ATTENTION MEMBERS: THIS IS YOUR OFFICIAL
NOTICE OF THE ANNUAL GENERAL MEETING OF
THE NORTH SHORE SCHIZOPHRENIA SOCIETY**

NSSS Annual General Meeting

Date: Wednesday, June 10, 2009

**Location: Lions Gate Hospital
Auditorium
13th Street entrance**

Time: 7:30 p.m. . . . sharp

Family Support Centre North Shore Schizophrenia Society

205 - 1865 Marine Drive, West Vancouver, BC, V7V 1J7
Open 9 a.m. to 5 p.m. Monday to Friday, or by appointment.

Tel/Fax 604-926-0856

www.northshoreschizophrenia.org
email: info@northshoreschizophrenia.org

The North Shore Schizophrenia Society is a
CRA Registered Charity: BN 89422 6935 RR0001

*Your generosity is appreciated.
Receipts will be issued for income tax purposes.*

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Our first fundraiser luncheon brought together new faces and old friends. See page 3.

Support Groups

Come share your questions, concerns, and experiences with members of the North Shore Schizophrenia Society. Support Group meetings are held each month at the Family Support Centre and in Squamish, for family members and close friends of those afflicted with any serious mental illness.

Please call 604-926-0856 for more information, upcoming dates, or to register.

Anxiety disorders explained

Intense or excessive fear, avoidance tactics, and distress that interferes with life functioning mark anxiety disorder and bring it into “clinical range,” psychologist Dr. Andrew Miki explained at NSSS's latest Public Education Evening, April 29, at Lions Gate Hospital.

The lecture was standing room only, perhaps not surprising given anxiety disorders' relatively high prevalence.

The different disorders (specific phobias, social anxiety disorder, generalized anxiety, OCD, and so on) were described, followed by an exploration of causes. Dr. Miki then went on to discuss treatment, both cognitive behaviour therapy and drug therapy. Each is effective in its own way, but the most effective are the two together, he said.

An anxiety disorder on its own can be a major barrier in people's lives. For those already struggling with a serious mental illness, it can be an even bigger problem.

**I would like to help the
NORTH SHORE
SCHIZOPHRENIA SOCIETY
205 - 1865 Marine Drive
West Vancouver, BC V7V 1J7**

- with a donation to help keep the Family Support Centre operating
 Cheque enclosed
- I prefer to donate by monthly direct deposit
\$20 __ \$30 __ \$50 __ Other __
- by making a contribution to the NSSS endowment fund, a gift that goes on forever
- by making a bequest to the North Shore Schizophrenia Society in my will;
 I would like some suggestions for appropriate wording

Name: _____

Address: _____

Postal Code: _____ Tel: _____

Email: _____

Annual General Meeting

The North Shore Schizophrenia Society will be holding its Annual General Meeting on Wednesday, June 10, in the auditorium at Lions Gate Hospital. The meeting will start at 7:30 p.m.

Please make every effort to attend. The AGM is a vital component in the organization of the Society, and is a necessary part of our efforts to help families of the seriously mentally ill, educate the public about mental illness, and work for improvements in the system of care.

The president will report on the Society's activities during the busy past year, the audited financial statements will be presented for approval by the membership and there will be an election of several new directors to the board.

An extra item on this year's agenda will be a special resolution proposing several small amendments to the constitution. Members, please see the coloured insert for details.

President Marguerite Hardin and vice-president Judy Towill will be stepping down at the end of the meeting. Each has served three consecutive two-year terms, the most permitted at a stretch under the NSSS by-laws. Member-at-large Mason Harris will also be leaving the board after four years of service.

With all these departures beginning to feel like an “end of an era” situation, refreshments will be offered for the social part of the evening and an appropriate celebration will no doubt ensue. We hope you will join us.

Please remember, that **to vote at the AGM, your dues must be paid no later than June 3** and you must be present at the meeting. Proxy voting is not permitted under NSSS by-laws.

In Memoriam: Rudy Deering

Our condolences to former-president Joan Deering and family on the recent loss of husband and father Rudy. He was a faithful supporter of Joan in her work for the society. He will be remembered fondly as the original Santa Claus at our annual Christmas banquet.

Fundraiser Luncheon a Great Success!

The first ever NSSS Circle of Strength Fundraiser Luncheon, May 2 at the North Vancouver Holiday Inn, was a great success, both in raising new funds for the Family Support Centre and introducing a large crowd of guests to the Centre's work and future plans.



The 135 people attending, most of them new to NSSS's work, were absorbed by a program that included a video about family members'

experiences and the help they received from the Centre and founder Marguerite Hardin, and a moving first-person account by Sandra Ballentyne, whose son suffers from schizophrenia. They also heard of NSSS plans to strengthen outreach and advocacy work and undertake other badly needed initiatives, for which extra resources are needed.

Movie and television actor Christopher Heyerdahl, currently starring in the sci-fi series Sanctuary, was master of ceremonies. Presenting sponsor North Shore Credit Union was represented by Parkgate Branch manager Andrea Conn, who opened the event.

NSSS has grown over the past few years, with an ever-increasing number of people receiving help from the Centre. Support has come from a dedicated and generous membership and a variety of other sources, but there has remained a considerable gap between what needs to be done and what resources are



Sandra Ballentyne

available. Circle of Strength 2009, which raised \$18,000 for immediate use and \$38,000 over the whole pledge period, fills a major gap in NSSS's funding strategy.

Kudos to all the table captains and other volunteers who worked on the event. Thanks, also, to presenting sponsor North Shore Credit Union, NSSS staff Cheryl Olney and Susanna Junnikkala, member Margitta Schulz of Margitta's Flowers who donated the table centerpieces, and Kanata Tech Inc., who loaned us a laptop for the day at no

charge. And a special tip of the hat to R. J. Sauer of Brüdder Productions and his partner Sarah Dickinson who gave generously of their time, *pro bono*, to make the gripping and memorable video that is still being talked about weeks later.

We're already looking forward to the next Circle of Strength, May 2010.



Helping Families for 25 Years

Circle of Strength was more than a simple fundraiser. It was also a celebration in honour of Marguerite Hardin's 25 years of service to families of the mentally ill. No

one has more knowledge and experience than Marguerite, who has dedicated herself to making the journey less confusing, difficult and lonely for families dealing with their loved ones' illnesses. If you missed



Marguerite Hardin
circa 1984

Circle of Strength and would like to make a donation to honour Marguerite's quarter century with NSSS, please call the Family Support Centre at 604-926-0856 and we will send you a pledge card.

The North Shore Schizophrenia Society gratefully acknowledges the support of the Province of British Columbia, Vancouver Coastal Health, City of North Vancouver, District of North Vancouver, District of West Vancouver, Lynn Valley Lions Club, Soroptimist International of North and West Vancouver, West Vancouver Community Foundation, Royal Canadian Legion, North Shore Credit Union, Habañero Consulting Group, Citizens Bank, Starbucks Make Your Mark Volunteer Program, and our many other generous donors.

Help us raise awareness of serious mental illness

Every time we raise our NSSS banner and wear our t-shirts out in public, we help raise awareness and confront people's fears about serious mental illness. You can help this important activity by joining us at one or more of our summer Awareness events. RSVP by calling 604-926-0856 or email us at info@northshoreschizophrenia.org, and don't forget to give us your t-shirt size (S, M, L or XL).

North Shore Mitsubishi is providing us with a bright yellow 2010 Eclipse Spyder this year for both the West Vancouver Community Day parade and North Shore Canada Day parade.

Saturday, June 6, 10 a.m. West Vancouver Community Day Parade



A twist to this year's parade: the route has been reversed. We will start at Ambleside Park and march up Marine Drive to the new Community Centre at 22nd Street. The route takes us right past the Family Support Centre.

Sunday, June 28, 10 a.m. Walk the World for Schizophrenia



Don't miss Walk the World for Schizophrenia, our very own awareness event, now in its 18th year! Meet at John Lawson Park, then walk to Dundarave Pier and back along the West Vancouver Memorial Sea Walk.

Wednesday, July 1, 10 a.m. North Shore Canada Day Parade



It may be Canada's birthday, but this party is all about the North Shore. The parade starts on Grand Blvd (after the usual pancake breakfast) and ends at Mahon park, a few blocks west of Lonsdale.

West Vancouver Community Foundation

On May 5, NSSS, along with other non-profit organizations serving West Vancouver, was presented with a grant by West Vancouver Community Foundation chair Helen Vane and West Vancouver mayor Pamela Goldsmith-Jones.



The grant provides funding for our Family-to-Family education course, still running full classes twice a year - often with a waiting list - after ten years of offering the program.

A total of \$40,250 in grants were awarded by the Foundation to serve the community of West Vancouver.

The Family Support Centre Here to Help All Summer

The next Notepad newsletter will be published in September, but that doesn't mean we won't be around in the summer months.

The Family Support Centre will be closed on Canada Day, July 1 (look for our entry in the North Shore Canada Day parade), BC Day, Monday August 3 and Labour Day, Monday, September 7. Aside from those holidays, the FSC will be open Monday to Friday, 9 a.m. to 5 p.m. as usual.

We occasionally get called away from the office in an emergency, so it is always a good idea to call the Centre at 604-926-0856 before dropping by. You can also email us with any questions you have at info@northshoreschizophrenia.org.