

# FALL 2011 ISSUE OPPORTUNITY KNOCKS



**Happening here page!** 

## **2011 Bridge Builder Breakfast**

Bridgehaven's annual **Bridge Builder Breakfast** will be held on **Wednesday, November 30 at 8:00 a.m. at the Mellwood Arts Center**. This event is a fundraiser for Bridgehaven but there is no charge for the breakfast and whether to make a donation and the amount is a personal decision. If you would like to make a reservation please contact our Development Director, Donna Schuster at [dschuster@bridgehaven.org](mailto:dschuster@bridgehaven.org).



### *Recent Events:*

## **BRIDGEHAVEN HAD A BOOTH AT THE *ST JAMES ART SHOW!***

**We were privileged to join premier independent Artists in the celebration of arts and crafts in one the country's largest Victorian neighborhoods.**

**Weekend of Sept 30<sup>th</sup> to October 2<sup>nd</sup>**



**Wellspring, Bridgehaven, Seven Counties Services, Inc.  
Art Show & Sale**

**The Speed Art Museum**

**An exciting event that featured original art by all program participants and focused on recovery & hope.**

**Friday October 7th**



The upcoming Art Show in Butch's Place Café will feature the photographic talents of Glen.

The Café strives to feature a Bridgehaven Artist each month. If you are interested in exhibiting your art please contact Jim W. or Sherry B.

ST. JAMES COURT ART SHOW' IN  
HISTORIC OLD LOUISVILLE

SEPTEMBER 30TH - OCTOBER 2ND

*Meet me at the fountain*



'I went with the Friday group. It was my first time going to the fair. I thought it was amazing - all the different art, sculptures, and paintings! I got my picture taken next to the Bridgehaven booth. I also bought two handmade bracelets at a booth supporting Autism.' - Sarah

'It was a pleasure to go to the St. James Art Fair on such a lovely day. It was a pleasure to see such fantastic art, especially the Bridgehaven collection, and to see so many people interested in our art. It was such a wonderful experience, I was disappointed to leave!' - Ellen

'I went to the St. James Art Show on Saturday. I thought it was nice. There was a lot of variety there. It was very welcoming and very relaxing. I met the art therapy students there, and they were very friendly and having a good time. It was a good time all around!' - Gretchen



'I worked Sunday from 1:30 to 5:30. We sold one piece on Sunday. I was amazed we had a booth there, being so hard to get in.' - Barbara

'It's a privilege to have a piece in the St. James Art Fair. It's a thrill to see my work since it is one of the best art shows. I had one piece sell at the Bridgehaven booth. I was honored and privileged to have my work among professional artists' work. I always wanted to be a part of it.' - Lon

'I thought that the St. James Art Fair was really nice. I thought that the Bridgehaven booth looked great: I went Friday and Saturday.' - Peggy

# FULL CIRCLE



The Fall 2011 "Full Circle" page is dedicated to the memory of Jonah our smallest pet therapist.

*Jonah*

1998-2011



*It brings me much sorrow to share this news of Jonah's passing. I take comfort in the fact that Jonah had a very rich life, and that he loved touching the hearts of so many people. I know he touched many of you and that you will miss him as well.*

Angela R.

With eye upraised his master's look to scan,  
The joy, the solace, and the aid of man:  
The rich man's guardian and the poor man's friend,  
The only creature faithful to the end.

George Crabbe

## The Artist as a Self-Destructive Machine

This is supposed to be an artist bio, full of my accomplishments and inspirations. I want to talk about an issue I have dealt with since adolescence, and, thankfully, for the last thirty years have dealt with successfully. To be frank, blunt and to the point, it is about self-mutilation.

This issue needs to be discussed openly, without the hush-hush that often accompanies it. For me, the years I spent cutting and burning myself were agony. To add to the problem, mental health professionals wrongly expressed anger and disgust with my actions.

People who hurt themselves, at least I can speak for myself, do it because the internal pain and anguish has to come out somehow. It is a "mini suicide." It expresses the desire to die and the drive to live.

Here is where I can relate it to art. Much pain comes from conflict and pain. Or, beauty. My art has vivid color and is bold. That is the way I choose now to live my life. If I hurt, I paint. If I am full of joy, I paint. I don't need self-destructive behavior, but should it get to that point, I get help.

I hated myself so much that I wanted to say, "You hate me? Let me show you how much I hate myself!" If you are reading this, and you engage in self-destructive behavior, like cutting and burning, find a therapist WHO LIKES YOU. This is essential, because there is a lot in there that needs to come out and you need someone you can trust. God bless you. Come out of the closet. To hell with those who bring you shame! If art is your passion, paint it out and display it. Or write a poem about it. Blunt. Bold. Educate the educators! Tell what is in your heart of hearts, that secret stuff, like the need for approval. Screech! Do what you must to express yourself.

That is what my art is about: **EXPRESSION**

WRITTEN BY LYNN NACKSON

## A Sonnet of Fall

Fall is in the air  
Fun is everywhere  
The Autumn leaves fall  
Winter at its beckoning call

## Cherokee Once Proud

Cherokee Nation once  
was many.  
Forest of  
beauty disintegrated with  
no pity.

Douglas R.

More Of a Mother Than My Very Own  
Eileen B.

She was more of a mother  
than my very own  
she taught me enough  
that now I've flown

But I haven't forgotten  
For all the love and care  
And all that she did  
share

Love & Gratitude  
subsides within  
How to show it  
What can I send