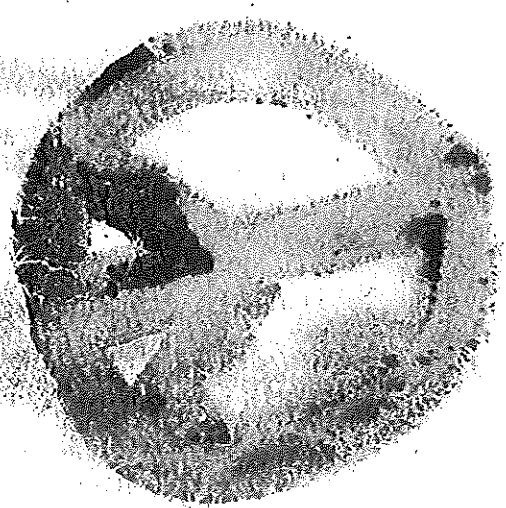


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**WINTER ISSUE 2011 OPPORTUNITY  
KNOCKS**

***MESSAGE FROM THE EDITOR:***

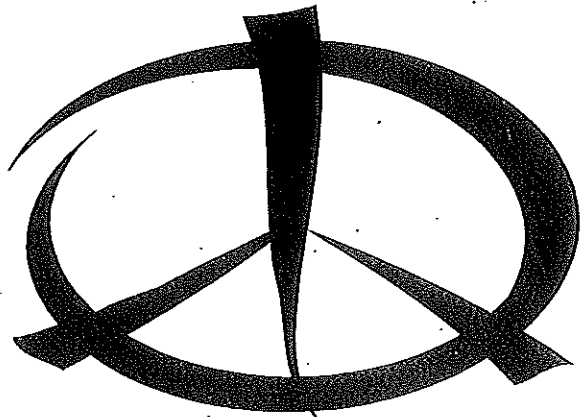
**PURPOSE:** The purpose of the newspaper is to encourage expression, support individual development, promote understanding and enrich the experience of the Members. The newspaper strives to present a broad spectrum of ideas, research, issues, art, creativity, and fun.

**MISSION STATEMENT:** The newspaper is dedicated to the belief that the process involved in the creation of stories and poems, the research of topics that interest the members and/or the making of art are both healing and life enhancing.

**SUGGESTED CATEGORIES:** Stories, Articles, Poetry or any subjects that have meaning to your life such as health topics, cooking tips and recipes, your viewpoints on events, opinions regarding current affairs, responses to issues and comments are welcomed.

**SUBMISSION GUIDELINES:** How to submit something. Place your handwritten or typed submission in the box on Sherry's door. All submissions will be considered for publication.

The Winter 2011 Issue is dedicated  
to Peace and Healing.



**EDITOR:** Sherry Beliles ATR, LPCA  
**CO-EDITORS:** Sam Levering & Glen Stinson

**NEXT PUBLICATION:** The next publication of the Bridgehaven Newspaper will be the **SPRING 2011 Issue**. All items for consideration must be submitted by Friday, March 25, 2011.

**ABOUT THE COVER:** The Winter 2011 cover is a water color painting on paper, by Caren F., a member of Opportunity House. Are you interested in having your art on the next cover? Please make your submissions to Sherry.

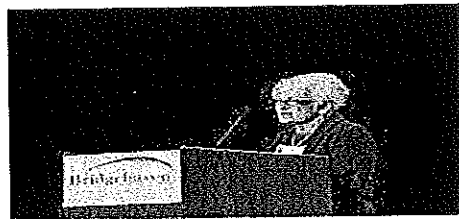


Happening here page! 🙌🙌🙌🙌🙌🙌🙌🙌🙌🙌🙌🙌

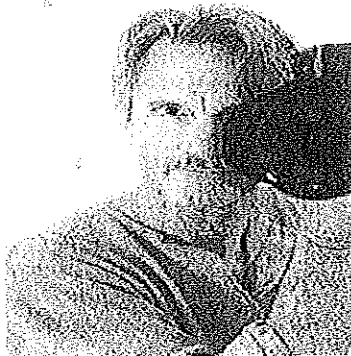
## 2010 Bridgehaven Bridge Builder Breakfast

### "Shining A Light On Recovery"

Thanks to the 400 guests who attended this year's breakfast and helped to make it a success. Our Bridgetime Players provided holiday entertainment and many of our members shared their recovery stories. They spoke of their challenges and how Bridgehaven has helped them achieve their recovery goals. If you were unable to attend it's never too late to donate please contact Donna Schuster (502) 585-9469.



## 2011 Art as a Part of Healing








Sunday, **March 6, 2011** is the annual Art is a Part of Healing event celebrating the artistic creation of each member. The event highlights work done with a different guest artist each year. This year's guest artist is John Nation, photographer for Louisville Magazine for 35 years. John will work teaching the members for several weeks in preparation for the show. John has a BA from the University of Louisville in drawing and painting and a degree in photography from the U.S. Naval School of Photography. John has had shows at local galleries including Gallery Hertz and the Kentucky Derby Museum. In addition to Louisville Magazine, his photos have also appeared in several regional and national publications.

# FULL CIRCLE

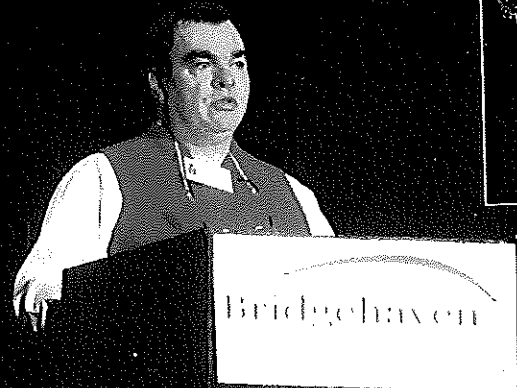
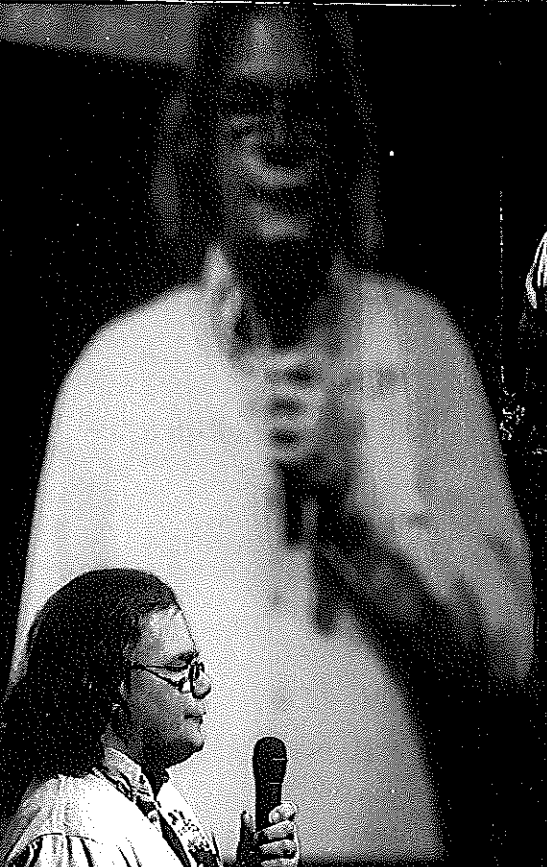


The "Full Circle" page of Winter 2011 Issue Opportunity Knocks recognizes the achievements of the Members of OH la la Café and welcomes Bridgehaven's newest staff, Expressive Therapist Rachel W.

*In recognition of the lovely attitudes and hard work of the members in the OH la la Café who sold enough hot  chocolate and coffee along with candy,  muffins, rolls, donuts, chips,  cookies, popcorn and various other items to raise funds to purchase the Wii System  (that all members of Bridgehaven have had the opportunity to enjoy) have now raised the funds to purchase a DVD player and 50" flat screen TV  for Opportunity House.*

*Full Circle wants to specially recognize members who worked in the café to make this possible: first, Brandy C. without whom the café would not have gotten it's start, we recognize her management skills and great good cheer; Butch Q. who until recently worked very hard to raise funds and was a constant source of marketing ideas for the cafe; and Pam S. who has recently taken up the mantle of leadership in the café and exhibits incredible kindness to all she serves. There are many more individuals who work in the café (too many to mention) who have contributed and are responsible for the tremendous success of the cafe. We honor you all. A very special thanks to all who have supported the café by shopping in the little store from time to time!*





**INTERVIEW OF NEW STAFF MEMBER**

**NAME:** Rachael

**AGE:** 28

**ORIGINALLY FROM:**  
Dayton Ohio

**Single/Married/Divorced?**  
In a relationship.

**Where did you receive your degree?**  
BFA from OHIO University 2005; Med (Expressive Therapy) from UofL 2010.

**Have you done this kind of job before?**  
Yes, Art Therapy Center in Asheville, NC.

**What brought you to Bridgehaven?**  
My education and experience with Expressive Therapy and the Members.

**Who were your primary influences?**  
My parents, brothers & sisters and my mentors.

**What quote kept you going/preserving through graduate school?**  
“Trust the Process” a professor at the University of Louisville.

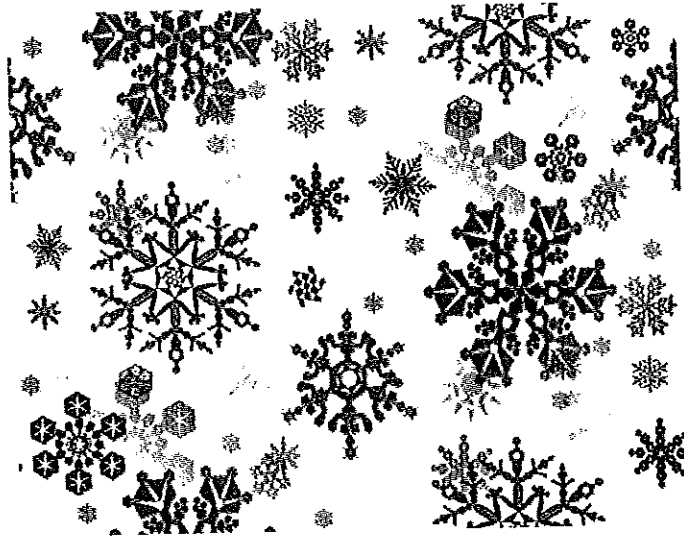
**Artistic Influences?**  
Georgia O’Keefe, Freda Khalo, Imogene Cunningham, my Art Professors at Ohio University.

**Psychology School of Thought?**  
Human Development, Karl Jung and Murray Bowlen.

**What do you hope to bring to Bridgehaven?**  
I hope to bring encouragement and support for all the members here at Bridgehaven. Also I bring my artistic knowledge to share with all those who wish to explore their own artistic side.



Interview by CARRIE F.



## Snow

May 22, 2010

About my love for snow.

I love snow. It is pretty as it falls from the sky and no two snow flakes are alike. I like it as I was a child to make tunnels in it and forts and have snow ball fights. I used to ride my snowmobile and race my brothers. I really enjoyed the school days off and was always out in the snow.

Now I am not to fond of it because I have to drive on it on the icy roads. I was raised in Michigan so the snow is not that bad here where I live now. It was neat growing up in Michigan because we would get large snow drifts and would have a lot of fun when school was off for snow days and more time to play in it.

Written by, Sunshine (Charmella N)  
typed up by, Samantha L



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## Life Stands

1-4-11

Life is a journey that only goes around one time  
look at all angles and try to find.

The answer is friendship  
that moments of yesterday try to take away.

You'll have dreams of tomorrow  
be careful with every second that you borrow.

Just stand strong for a new day has a change  
it could be a better future to hold at hand

but don't forget a loyal friend.

Now everyday starts out as one  
give yourself a reason to see the morning sun.

So accept your heart and soul  
for if you're lucky love will grow.

Always express your problems good or bad  
and you can grow into a better tomorrow  
that will never make you sad.

Written By Paul W  
Typed By Samantha L

## Hello and Goodbye

Hello and Goodbye  
for memories gone by.  
So long with the day.  
I won't cry.  
I will not hold any grief.  
I'll see the time as it goes.  
But will it hold with the future?  
How longly and deeply?

Shadows fade.  
Painted skies tremble from joy.  
Will they follow the journey?  
Like a flower they come and go after growing.  
Raindrops don't cover my smile  
when the rainbow exists on cloudy days.  
Sweet melodies from the rainstorm begin to disappear  
far away,  
away from me.

What promises shall I hold back?  
What secrets should I tell from reality?  
I'll just withdraw from my mistakes,  
but I'll leave it in the past and draw near.  
How will I go on again from time to time?  
Dark clouds will dissipate from my dreams,  
As the moon shines on the landscape  
it will conceal the light  
and the music that dances in the rain.  
It captures painted wings,  
childlike empress.  
Crystal embraces cloud my view, but not this time.  
Come and see the sunburst light figure  
go with understanding my choices of light.  
Sit in the shade so you can free yourself,  
like angels.  
Be free of the clear light that shines on you and  
with pitiless self-love.

So don't say goodbye.  
And I'll say hello again.  
I won't go back.  
I won't turn back.  
So it's goodbye.

Written by Stacey B  
version 2.0 by Glen S.



Voyage

Surfing/ an oceanic/  
landscape/ infinitely netting/  
gales of/ be//  
Coming.

Druid alters/ crumble/ on palisades/  
gothic-death & spiritual-scream/ create  
coastal line//  
breaks.

Copper residue/  
pulsates blood vessels/ on  
full-mastered sails//  
Avast.

Aging moons/ shadows/  
on lost ruins. Halos/ shining/  
hover above//  
Corpses/

Written by, John K  
Typed by, Samantha L



## AN APATHETIC VIEW

No degree

No Job for Dad

No house of my own

Not a grownup a child instead

No 120 lb beauty

No marriage

No kids

No difference; Happiness doesn't/will not last

No beautiful room

No beautiful form

Underneath the bar, not above it

No clean slate; just regrets

My future is a joke but I'm not laughing

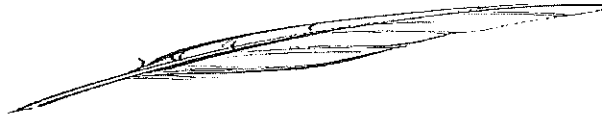
It was not supposed to be this way; why didn't I change things when I had the chance?

Fed up, stepped on, left out.

No one's proud, some legacy.

Written by Nicole W.

1-20-2011



### FINDING A FEATHER OF HOPE

They say birds of a feather flock together  
I stand alone not knowing where to roam, but you gave me your shelter  
when the wind wisped about and turned things around  
I stood trying to find peace with my inner soul, serenity trying to keep me tucked under  
but when I looked the other way, pieces of me came flowing in the breeze  
an ornament you wore to spread all your inner beauty  
It came back to me, a feather of hope  
where your partner once groomed you and kept you pampered.  
Finding the feather of hope, as a memory of how you've wished to adorn me with your warmth  
is now tucked beside me but its memory remains in me  
know I know that not only birds of a feather flock together,  
but a feather of your dear one has held all the love  
that he still has yet to bring  
my soul finding peace in longing  
the memory of his youth abiding to my time  
finding a feather of hope  
which love lingered in the lost places of my mind, never to turn away  
your timelessness and never to die.  
Cherishing every moment coming back to Life  
From one that rested in the grace of the wind forever with everything.

Written by Sonya R.

11-23-2010