

# Summer Awareness Events



**West Vancouver Community Day Parade**

Our brand new banner was unfurled for the first time at the West Vancouver Community Day Parade. Thanks to Mike, who drove his 1949 Austin decorated in NSSS colours, and to Bob and Michael, who proudly and tirelessly carried our banner.



**Walk the World for Schizophrenia**

A lovely day greeted over 70 participants and volunteers at our 17th annual Walk. Cpl. Fred Harding from the WVPD opened the Walk with words of encouragement and the West Vancouver Adult Pops Band played lively music to put a spring into our steps.



**North Vancouver Canada Day Parade**

Thousands lined the streets of North Vancouver on Canada Day, cheering and waving. We were able to hand out hundreds of information sheets about schizophrenia while marching in the sunshine in front of the magnificent 1958 Cadillac, driven by one of our members.

## Attention Santa: new location for NSSS Christmas Banquet

The church where we have celebrated Christmas with family and friends for many years is no longer renting out their space, so we have had to pull up stakes and find other digs. It was a challenge to find a location that is large enough, has dishes and reasonable rates, but we love a challenge!

The 2008 North Shore Schizophrenia Society Christmas Banquet will be Saturday, December 6 at St. David's United Church, located at 1525 Taylor Way (at the entrance to Highway 1). Doors open at 5:30 p.m. and dinner will be served at 6:00.

As always, Santa will be joining the fun with gifts and merriment for all (we sent him a change of address form so he wouldn't get lost). And the evening wouldn't be complete without the West Vancouver Adult Pops Band, who will perform a variety of holiday favourites, and a special guest performer to entertain after dinner.

If you are planning to attend, please call the Family Support Centre at 604-926-0856 to reserve your seat. We look forward to seeing both new and familiar faces at this festive celebration!

## Do You Have the Time?

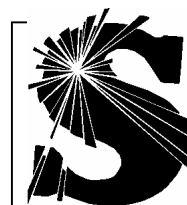
The people who volunteer their time and energy make everything we do possible. As we move into the busy fall season, volunteers are needed to plan and coordinate events such as the Christmas banquet, Public Education Evenings at Lions Gate Hospital, and our Mental Illness Awareness Week display at the West Vancouver Memorial Library on October 11.

No experience is necessary, just enthusiasm and some of your time. There are many ways to help out: planning is done by the Events Team, which always has room for one more; other volunteers are needed to put up signs, drive people to and from events, purchase and wrap gifts, set up, tear down and serve dinner.

The telephone tree needs a few more callers to keep members who don't have email up to date on events, support group meetings, and other important information.

And if you haven't been receiving email from us, we probably don't have your address!

If you can help, or want to update your contact information, please give us a call at the Family Support Centre at 604-926-0856 or email us at [info@northshoreschizophrenia.org](mailto:info@northshoreschizophrenia.org).



North Shore Schizophrenia Society

# The Notepad

The NSSS Newsletter

### PUBLIC EDUCATION EVENING

## Schizophrenia: Well Beyond the First Episode

*Linking First Episodes to Chronic Schizophrenia*

Speaker:

**Dr. Bill Honer**

*Jack Bell Chair in Schizophrenia Research*

**Date: Wednesday, September 24, 2008**

**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](http://www.northshoreschizophrenia.org)  
email: [info@northshoreschizophrenia.org](mailto:info@northshoreschizophrenia.org)

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

*Your generosity is appreciated.*

### Inside

- Tips on Giving..... 2
- In Memoriam..... 2
- Defending the Mental Health Act.... 3
- MIAW 2008..... 3
- It Was a Busy Summer!..... 4
- Moving Christmas ..... 4
- Do You Have the Time?..... 4



What are you doing October 11? Join us at the West Vancouver Library and help us raise awareness about mental illness. 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.

## Tips on Giving

*Attaching a codicil to your will*

If you've made provision in your will for a contribution to the Society and our work, please take the time to change the wording to recognize our new name, in order to avoid confusion. You can do this quite easily yourself with a "codicil" – an addendum to your existing will – without any legal costs.

Just phone the office and we'll send you the required codicil for your use. All that you'll have to do is fill in the blanks, get two people to witness your signature and attach the codicil to your will.

Please call Cheryl at 604-926-0856 or email her at [cheryl@northshoreschizophrenia.org](mailto:cheryl@northshoreschizophrenia.org) for a copy of the form. It's best to do so as you read this so as not to forget. If it's after hours and you're phoning, leave Cheryl a message and she will get back to you.

Many thanks for your attention to this.

**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  
*o 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;  
*o I would like some suggestions for appropriate wording*

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Postal Code: \_\_\_\_\_ Tel: \_\_\_\_\_

Email: \_\_\_\_\_

## In Memoriam

Patricia Henman

Long-time North Shore member Pat Henman passed away May 13 in Abbotsford, aged 87. Pat and her husband Cyril were active in our group for more than a decade, and Cyril continued to help us with event poster designs for several years after they moved to Clearbrook in the early '90s.

Pat was an inspiration to younger family members coming to terms with their relatives' illness. "At the first meeting of the North Shore group I attended, there was a pleasant older woman across the circle from me in the Care and Share session," recounts one member. "I was still in a kind of shock, having recently been told that my son was suffering from schizophrenia, after years of turmoil and anguish when we were unable to get appropriate help for him. When Pat started talking in a calm voice about her *two* severely ill children I was just amazed. It took me a while to get to the point where I thought, 'Well, if she can do that, maybe some day I'll be able to manage it, too.'"

Condolences to Paul, Patrick and family.

## Evelyn McRae (nee Catto)

Evelyn was a constant, loving supporter of her daughter Marguerite Hardin's work with the North Shore Schizophrenia Society. When her first grandson was diagnosed with schizophrenia at a young age, she did everything she could to help him. When he was very ill and at Riverview for a long period, she faithfully went out to visit, the only one in the family he would allow for a time. When he arrived on her doorstep soaked to the skin at 3 a.m., having been given a pass, but not able to manage, she took him in.

Evelyn's father, a cousin and one of her brothers also suffered from schizophrenia. When she passed away July 8, aged 94 years, the family requested that donations in her memory be sent to the North Shore Schizophrenia Society.

## B.C. Committal Provisions Defended at CPA Conference

B.C.'s Mental Health Act, with its sensible and practical committal provisions, best serves the mentally ill, according to North Shore Schizophrenia Society spokesperson Herschel Hardin. He was speaking to a session of psychiatrists and other mental health workers at the annual conference of the Canadian Psychiatric Association, held this year in Vancouver, September 4-7.

The B.C. Act allows for involuntary committal of someone who is seriously mentally ill to prevent "substantial mental or physical deterioration." The NSSS fought successfully for this new wording in the legislation ("Bill 22," the enabling amendment was called). Not to treat people who are ravaged by schizophrenia and bipolar disorder and who, because of their acute illness, don't understand what is happening to them, is simply barbaric, in the Society's view.

Herschel's remarks were in response to the lead speaker of the session, Alister Browne, Ethics Theme Director in the University of British Columbia Faculty of Medicine and a member of the board of the B.C. Civil Liberties Association, who was trying to argue that the committal provision in the B.C. Act was too broad. It turned out, though, that Browne had a limited understanding of how destructive severe mental illness is and how the B.C. legislation responded to need.

Herschel himself is a lifelong civil libertarian. He was on the Board of the B.C. Civil Liberties Association for several years in the 1960s, shortly after the association was created, and has continued as a member. He is also a long-time member, and former activist, of Amnesty International.

*The North Shore Schizophrenia Society gratefully acknowledges the support of the Province of British Columbia, Vancouver Coastal Health Authority, City and District of North Vancouver, District of West Vancouver, the West Vancouver Community Foundation, Lynn Valley Lions, Fraternal Order of Eagles Aerie 2638, and our many other generous donors.*

In the early 1990s, troubled by the misuse of civil liberties doctrine to block treatment of the mentally ill, he wrote a bellwether article on the issue, *Uncivil Liberties*, first published in the Vancouver Sun and later reproduced elsewhere in Canada, in the United States and Australia.

He pointed out that far from respecting civil liberties, legal obstacles to treatment where required limit or destroy the liberty of the person. People in the grip of psychosis are prisoners of their illness. They can't exercise any meaningful liberty. Treatment frees them from this prison – "frees them from the Bastille of their psychoses," as the article put it – and returns to them their dignity, their free will and the meaningful exercise of their liberties.

His remarks in the same vein to the crowd at the CPA session were met with a round of appreciative applause.

The full text of *Uncivil Liberties* is available on our website at [www.northshoreschizophrenia.org/Uncivil\\_Liberties.htm](http://www.northshoreschizophrenia.org/Uncivil_Liberties.htm)

## Mental Illness Awareness Week

Join us at the West Vancouver Memorial Library Saturday, October 11 to help raise awareness about serious mental illness and the work of the Family Support Centre. We will be at the library throughout the day sharing information about serious mental illness and the programs and services available.

October 5-11, 2008 is national Mental Illness Awareness Week, but around the Family Support Centre, every day is a day to share information about serious mental illness.

The North Shore Schizophrenia Society is an incorporated society and registered charity, BN 89422 6935 RR0001. Tax receipts will be issued for all donations. To help the NSSS, send contributions to: 205-1865 Marine Dr., West Vancouver B.C. V7V 1J7 For more information on programs and services, see our website: [www.northshoreschizophrenia.org](http://www.northshoreschizophrenia.org) or call the Family Support Centre at 604-926-0856.