

I'm Positively Me!

Positively Me!



LIVE

**A Coalition of**

**Mental Health Advocacy Groups**

**Presents**

The Most Uplifting, Empowering Concert of the Year

May 29, 2007, 7 p.m.

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to Our Sponsors  
For Making This Possible!*

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# **MAY IS MENTAL HEALTH AWARENESS MONTH**

Welcome to Mental Health Month 2007! The theme for this year's observance is **MIND Your Health**. For more than fifty years, our country has celebrated May as Mental Health Month to raise awareness about mental illnesses and the importance of mental wellness for all.

This year, we want even more people to know that caring for their minds, as well as their bodies, is good for overall health and key to their successes at home, at work and at school. Let's send our message louder than ever—everywhere we live, work, learn and play.

Good mental health is fundamental to overall health and is essential to personal well-being and the ability to lead a healthy, balanced, and productive life. Mental health problems can impair a person's thinking, feelings, and behavior and can be serious and disabling. According to the U.S. Surgeon General's report on mental health, more than half of all Americans with a severe mental illness fail to seek treatment. Many people do not receive treatment for mental health problems due to a lack of awareness of the problem, fear of stigma, or lack of access to appropriate services. Yet, overall quality of life is greatly improved when a person with a mental health problem gets an early diagnosis and receives appropriate treatment.

**RECOVERY  
IS  
POSSIBLE**

The groups organizing this concert know that Recovery is Possible. It is our mission to have everyone lead full productive lives, free from stigma and discrimination. If you want more information, please visit the tables outside the theater. We would be glad to answer any questions.

# The Program

**Sam Williams Jr. serving as Master of Ceremonies**

**Doug Fesler**

**Celebrate Life** *Music by Doug Fesler, Lyrics by Janet Paleo*

**King of the Castle** *Music & Lyrics by Doug Fesler*

**Krista Nabors**

**Never Be Alone** *Music & Lyrics by Krista Nabors*

**Mary Ryan**

**When the Red, Red Robin Comes Bob Bob Bobbing Along**

*Music & Lyrics by Harry M Woods (1929)*

**Rudolf Harst**

**A Collection of Songs** *Music and Lyrics by Rudolf Harst*

## **Intermission**

Please take this time to refresh yourself, shop at the outside tables and pick up information on mental illness. Be back in 20. You won't want to miss what is coming up next.

**Trance**

**Rules of the Game** *Music & Lyrics by Trance Thomas*

**Deryl Dodd**

**I Can Do This** *Music & Lyrics by Deryl Dodd*

**Marjorie Dodd Anderson**

**Take a Hand** *Music & Lyrics by Marjorie Dodd Anderson*

**Positively Me!** *Music by Marjorie Dodd Anderson, Lyrics by Janet Paleo*

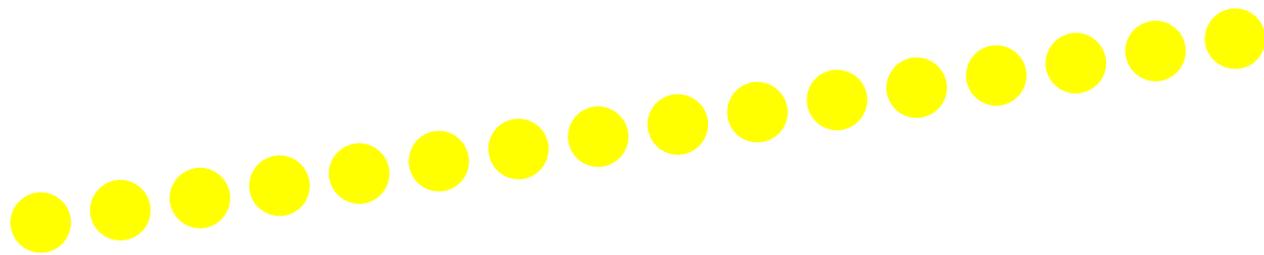
**Mystic Sister**

**Broken Wings** *Music & Lyrics by Courtney Bradley*

**Fly** *Music & Lyrics by Courtney & Cheri*

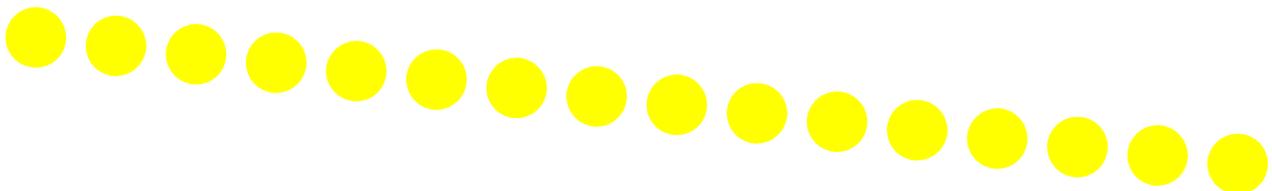
**Life is a Circle** *Music & Lyrics by Courtney & Cheri*

**Glory Bound** *Music & Lyrics by Courtney & Cheri*



## The Coalition

This group of Mental Health Advocacy Groups have come together for the very important task of creating this CD to empower people. Each of the groups have a differing view of how they serve the community, but each are tireless in their efforts. In a day when money resources are tight, it is easy for similar organizations to fight for their share. However, this weakens our voice as advocates. In San Antonio, coming together to join our groups, our voices in celebration of May Mental Health Month, shows that our passion and our mission are strong. Please take a minute and look at what the various groups offer to our community. Thank you for being here!



# PROSUMERS

Everyone is welcome  
to attend meetings

No membership fees

Includes monthly newsletter

Volunteer opportunities  
highlighted

Are you ready  
to enter recovery?  
Join US!

## Empowerment Meetings

The monthly meeting has two parts. The first is having lunch together. This is where people connect with other people. We share stories, resources, and phone numbers. This is where we become friends.

The second part of the meeting is where we become empowered to take steps to making our world better. Some of the topics that we have covered include:

- \* How to buy your own home
- \* Singing positive "I" Statements with the Positively Me! CD
- \* How to delay with change
- \* Finding fun again
- \* What makes people happy?

Most meetings involve interaction and participatory learning. We always have lots of fun.

## Newsletters

The Prosumer news keeps you up to date on issues that can affect your life. Inside every issue is a monthly calendar with events that you might be interested in, such as support group meetings, community events, and Prosumer activities. Every issue is a positive reminder that "Recovery is Possible."



A Prosumer is someone  
who gives back to the  
community and is proactive  
in their recovery!

Join us Today!

Call us at:

210-653-5267

FAX us at

210-653-7372

Write us at:

PO Box 120394

San Antonio, TX 78212

Email us at :

jpaleo@satx.rr.com or

ahgray@satx.rr.com

## History

As a person who was diagnosed with a severe and persistent mental illness, I found myself hopeless and felt helpless to change my life. I was fortunate to find people and opportunities that started me on the road to recovery. As I began getting better and got involved in life, I found that there was a consumer movement that was international in scope. I began to grow and applied for committees and board positions. As my passion took me all over the world, I found people in recovery had a reoccurring theme. Most of them had volunteering as an avenue to help them in their recovery process. As this was also part of my story, I created a group that incorporated volunteering along with empowerment and encouragement to help people find their path of recovery. I know this program has been successful because many of our members have gotten jobs or gone back to school. I now co-own my own business where I do disability education and make training videos while chronicling the consumer movement. I have found that life is all about choices. The Prosumer group helps you to identify the positive choices in your life. You can choose recovery and life. You can start today! Join Us

## Prosumers:

- \* Meet monthly for an empowerment group
- \* Support others
- \* Volunteer
- \* Advocate
- \* Often find work or go back to school
- \* Encourage others
- \* Empower others
- \* Turn their Disability into a positive!

**Recovery is Possible!**

# Alliance for Mental Health Consumers Rights

**The Alliance for Mental Health Consumers' Rights** provides peer-to-peer support, advocacy, and education to consumers of mental health services in a social setting. We also educate the public through special events, meetings, and the media to reduce ignorance about mental illness and gain parity in access and treatment in health care with those with physical disabilities.

## **Description:**

The Alliance for Mental Health Consumers' Rights is composed of over 200 mental health consumers. We believe the best way to help ourselves is to help others. Having gained office space at 5802 S. Presa, in San Antonio, we will expand our efforts to assist consumers in their recovery and employment. Together, we can join our voices to be heard by our government to make positive changes for persons with mental illness.



## **History:**

The Alliance for Mental Health Consumers' Rights was formed as a 501(c)(3) nonprofit corporation in 2002 by consumers of mental health services who were concerned by the cuts in mental health services in Texas and Bexar County. Our early meetings in homes, restaurants, and a downtown church has enabled us to expand to over 200 members. The Alliance recently moved to the Center for Health Care Services Family Services Center at 5802 S. Presa in San Antonio, where we currently provide several hobby and support groups Monday through Thursday from 10:00 a.m. to 3:00 p.m. We hope to expand services as more consumers and volunteers offer facilitation and clerical skills.

## **Contact people:**

**Terry Bates,**  
Executive Director,  
**Camille Willard-Vega,**  
Office Manager

Office Number  
**210) 436-8018 ext. 307**

**FAX (210) 820-3064**

5802 S. Presa  
San Antonio, TX 78223

# Depression and Bipolar Support Alliance of San Antonio

The Depression and Bipolar Support Alliance San Antonio is a group of patients, family members and friends that meet together to share experiences and learn more about living with bipolar illness, depression, and schizoaffective disorder.

On Monday nights we meet at the Methodist Specialty and Transplant Hospital, 8026 Floyd Curl Drive, in Classroom One from 7-9 p.m. and on Thursday nights we meet at the Catholic Church of the Holy Spirit, 785 W. Ramsey (410 W to Blanco Road outside the Loop; at the Ramsey intersection turn right and enter the parking garage which is at the third driveway on the right).

Newcomers are welcome at every meeting; there is no preregistration or fees. Optional annual dues are \$15 for one person and \$25 for two people. Newcomers are

## For More Information

Contact:

**Kathy Franklin**  
**DBSA San Antonio**  
**(210) 945-0689**

provided with a printed packet with educational materials and are given an opportunity to ask questions of an orientation provider.

We have a small library at the Monday night location. Our goal is to have an outside speaker at least once a month. Weekly handouts with material from the newspaper and internet are great springboards for general discussion.

The primary activity of every meeting is to work together in facilitated small groups. The facilitators make sure that everyone has a chance to speak. If you don't want to speak, just say, "Pass". Our groups are composed of patients, family members, and friends. We have found that this is a great way to see how illness affects all relationships.

Please consider coming to a meeting sometime soon.

## Creed

### *Depression and Bipolar Support Alliance San Antonio*

**I understand that my condition or that of someone dear to me, is due to a chemical imbalance, not a character flaw. I did nothing to contract the disorder, but it is in my power to help myself and others. To do so, I belong to this fellowship.**

**Get well, stay well, pass it on!**

--Trafford Allpass

# Our Sponsors



## Center for Health Care Services

### Our Mission:

*The Center for Health Care Services ensures residents of Bexar County with mental illness, mental retardation and substance abuse problems receive necessary quality services commensurate to our community standards.*

Telephone: 210-731-1300

FAX: 210-731-1315

Postal address: 3031 IH 10 West 78201

San Antonio, TX 78201

[www.chcsbc.org](http://www.chcsbc.org)

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# Our Sponsors



**PRO International**  
P.O. Box 120394  
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[www.TheProInternational.com](http://www.TheProInternational.com)

(210) 653-5267 (voice)

(210) 653-7372 (fax)

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# Our Sponsors



## Community Unitarian Universalist Church

4818 E Beverly Mae Dr  
San Antonio, TX 78229  
(210)614-2014

[www.cuucsa.org](http://www.cuucsa.org)

Community Unitarian Universalist Church or CUUC is nestled in a place that seems forgotten by time. Deer and peacocks are frequently seen wandering down the streets. With live oaks, beautiful landscape and a meditation garden out back, CUUC is a place where you can relax and get a moment's respite. Worship Services begins at 10:30 on Sundays and among other church events are Women's Support Group, Men's Group, Remarkable Film Series, and the UU Housing Assistance Corporation. CUUC is a small church with a big heart. They open their church to other groups that meet there such as Northwest Toastmasters, Nonviolent Communication Study and Practice Group, Theosophical Society, Socrates Cafe--Brown Bag and others. For more information check out the website or call the number above.

## A Small Church with a Big Heart!

# About Our Performers



## Mystic Sister

Mystic Sister is a unique songwriting duo that blends heartfelt lyrics with strong female harmonies, a passion for music and life thus creating a folky, funky Americana sound. Courtney Bradley and Cheri Gillham have been performing around the Hill Country for 3 years since they met at Wavelengths Hair Studio in Boerne, TX where Cheri practiced Massage Therapy and Courtney still practices Cosmetology. They wrote their first song together, 'Life is a Circle' at a Celebration Circle Spiritual retreat and haven't stopped writing since.



Courtney wrote her first song, 'Broken Wings' at the age of 12 where she then traveled to sing it at Unity Church Y.O.U retreats. Moved by Spirit working through her, she says she had nothing to do with the writing of that song, that she was merely the tool used to put it on paper. She has explored a bit with violin, piano and guitar but not gotten nearly the satisfaction she gets from singing. Courtney's passion is to share her voice and her words to touch the hearts of others.

Cheri began playing guitar at the age of 8 when her brother gave her his guitar for safe keeping before he left to fight in the Vietnam War. Music was inspirational and pivotal throughout her childhood and was her most cherished best friend. Searching for an expressive outlet she wrote her first song in the sixth grade. Today on stage, Cheri plays with such an energy you can't help but feel magic in it.

Courtney and Cheri are currently performing as a duo at churches and spiritual gatherings as well as gigging with a full band at restaurants, bars and festivals making sure that they are tapping into every little corner of the Circle of Life!

## Doug Fesler

Mr. Fesler is well known in Country and Western, and Folk musing stages throughout the Hill Country. He has played in Hill Country bars and restaurants and various other live music venues for the past 35 years. He graces his audiences with a fine sprinkling of humor, tragedy, and wisdom, leaving all who come with something to feel good about and something to think about. Although he performs in a solo act these days, he has played with Fast Buck, Loaded and Rolling, The Wonder Licks, and Midnight Rose.

His musical journey began at age 4 when he knew he loved to sing and he was given a ukulele. Although the ukulele went by the way side fairly early, he developed an ear for music. At 20 he received his first guitar and soon was performing in front of audiences. He is a huge Bob Dylan fan and he learned to sing and play by listening to his hero over and over again.





# Deryl Dodd



The title of Deryl Dodd's latest release, *Full Circle*, is definitely one chosen with some thought. For Dodd, this album not only represents a return to his Texas roots, family and faith, but is a project produced by the same person that Deryl made his first move to Nashville with, Brett Beavers. Now, with someone in his corner that truly knows him and where he's coming from, Deryl is happy to be making his music his way.

Growing up in Texas, Dodd was schooled in the rough-hewn honkytonks and dancehalls that are as much a part of Lone Star life as the church and the farm. "My buddies and I used to go hear Gary Stewart or Haggard or Willie, whoever was coming through", he says. "If I'd grown up going to coffee houses, maybe the music would be different, but as it was, I came up with music you could dance to."

But for Deryl, living in Nashville was a far cry from what he expected. People gave lip service to his honky-tonk roots, but in the end, it was like trying to fit a true-country peg into a hole more interested in radio play and record sales than art. Of course there were exceptions. Many Nashville artists and industry leaders recognized Deryl's talent as not only a singer but as a songwriter. "A lot of good things happened to me in Nashville", he says. "I toured as a guitar player and back-up singer with Martina McBride. I opened shows for Garth Brooks, Tim McGraw and Brooks & Dunn, and I worked with legends like John Hiatt, Kevin Welch and Rodney Foster. People in Nashville picked up on my passion and I was glad to be there."

During the mid-90s, Dodd signed a publishing deal with BMG Music. Among the many songs he wrote for others, his *That's Just Me and Shell Have You Back* landed on two of Tim McGraw's best-selling records: *All I Want* and *Place In the Sun*. Eventually, he joined Tracy Lawrence's band and immersed himself in Nashville's studios, recording with McBride, Lawrence and Foster, among others. Deryl signed with Columbia Records, and his debut, *One Ride In Vegas*, birthed the hit single *That's How I Got To Memphis*. A self-titled follow-up album, released in 1998 which featured the hit single *A Bitter End*, secured Deryl's place in the country music world. Radio was behind him, and as he played for larger and larger crowds, he appeared to be on the brink of stardom.

Around that time, Deryl began having some troubling physical symptoms. Given that he'd been putting everything into his career for over ten years, the fact that he was fatigued seemed reasonable. But fatigue and stress didn't explain the fact that Deryl was having trouble lifting his arms to comb his hair or, worse, to play his guitar. He was diagnosed with viral encephalitis, a debilitating brain disorder. For the next six months, career or no, Deryl was on twenty-four hour bed rest. It took another year and a half of physical therapy before he was ready to perform again, but by then, things were different.

"That illness came about from me being out of balance", says Deryl. "I came from a spiritual background and I had gotten away from it, and I was losing my strength physically and spiritually. It upset me to think that to be an artist, I had to do things in a certain way that didn't agree with me. The veil was lifted, and I knew I had to get back home."

At first, the move was just organizational. Much to his record labels dismay, Deryl insisted that his third, comeback album be released on the Lucky Dog imprint. Though still part of the Columbia/Sony family, Lucky Dog was a boutique label dedicated to Texas-oriented acts such as Charlie Robison and Jack Ingram. Though the album, *Pearl Snaps*, produced two number one singles on the Texas music chart, it seemed that a split from Columbia (and Nashville) was inevitable.

"That record I made for Lucky Dog got played in Texas a whole lot, so it made sense to move to Texas and establish things back there", says Deryl. "Luckily the guys in my band, The Homesick Cowboys, had been waiting for me to recover and moved down with me, so we started playing live again."

Before long, Deryl and the band were asked to make a record for the Live at Billy Bobs series, an acclaimed collection that includes the best of Texas's best musicians. The single from that record, appropriately titled *Things Are Fixin To Get Real Good*, was a Lone Star smash that remained in the Texas Charts top three for over twenty weeks. The full-length studio record that followed, *Stronger Proof*, was picked up by Deryl's current label home, Dualtone Records. Things were picking up again for Deryl Dodd, but he still had one lesson left to learn. "The illness took away some of my ability to play guitar, which is ironic because that was my mainstay", he says. But in a strange way that was a lesson. You're not your guitar playing; you're not your songwriting. You're Deryl, and it's about what's in your heart. I realized that I had to let my heart be what people see, and quit trying to make it about all this other stuff. I had to let things go."

So when it came time for Deryl's second Dualtone release the record that would become *Full Circle* oddly went to childhood friend, Brett Beavers. Beavers has made a name for himself by producing Dierks Bentley, one of roots music's great success stories. Deryl trusted Beavers as a producer, not just to accurately record his sound but, also, to create a commercially viable record that remained true to Deryl's newfound sense of peace. It was a real breakthrough when I realized that I could call Brett Beavers and say, "You know me. I want you to produce this record. I want you to help me make a record that's going to be heard within the business framework but that's still going to sound like me. This time I'm going to listen, take my hands off the wheel and let people do their jobs."

If one song sounds the theme of *Full Circle*, however, it's the rousing two-beat *Song of the Family*. Deryl was raised in a musical home (a 1966 home recording of the Dodd Family follows *Song of the Family*), and the song appropriately completes the album. "They could really play", Deryl says of his family. "It was more than just strumming, and I heard the difference. Those songs live in me, and that's what I want to hear. My mom and dad sang well together, but they had harmony in their lives as well. When I hear my parents, it inspires me and I want to be that for people, too."

# Rudolf Harst



## ***Celebration Circle Spiritual Director*** Rudolf

Harst spent many years training for his current position as Spiritual Director of the Celebration Circle without having a clue that that was what he was doing. Ever since elementary school, he has been actively engaged in public speaking and singing, seeking to understand human nature, and trying to be of service to others.

An Indonesian-Dutch native of Holland, Rudolf's family immigrated to the small, South Texas town of New Braunfels when he was five years old. In the process of learning English as a second language he became an avid reader and developed a life-long love affair with the process of juggling words and meanings for the sheer fun of it. He sang his first solo in the church choir before he was six, and performed the lead role in a community theater production of Amahl and the Night Visitors at age eleven. But the performing bug really bit him (along with countless others) the night the Beatles first performed on the Ed Sullivan show.

Rudolf was a good student and attended Trinity University on a full academic scholarship, graduating with a B.A. in psychology. But within months after fulfilling his scholastic obligation, he moved to London, signed a publishing contract with Horizons Unlimited, and embarked on a career as a writer, musician and performance artist. In addition to performing thousands of concerts in festivals, theaters, schools, churches, and hospitals, he has numerous recording credits, including seven albums of Contemporary Acoustic music, several soundtracks, singles and jingles -- as well as his most recent CD/cassette, NOW & THEN, available on the Dancing Man Music label.

Along the way, he's managed to combine his interest in transpersonal psychology with extensive training in theater, education, movement, spirituality and group process to create a national reputation as an inspirational speaker, consultant, and workshop leader. His teaching encourages people to open their hearts and minds to new possibilities. Since 1992, he and his wife, Zet Baer, have served as directors and co-ministers of the Celebration Circle of San Antonio, a non-profit, interfaith organization committed to exploring and expanding the confluence of contemporary art and spirituality.

Perhaps most important of all, he's learning to relax, reflect and enjoy life fully -- and encourages others to do the same wherever he goes.



*Rudolf*



## **Home Comforts**

A small non-profit which works to help people with mental illness who are moving into independent housing with household furniture and cleaning supplies.

To use these services, have your case manager call **210-222-8736** for more information, or e-mail [bexarhomecomforts@satx.rr.com](mailto:bexarhomecomforts@satx.rr.com).

Brochures and applications for assistance are available on request at the same contact number.

# Marjorie Dodd Anderson



Born into a talented family, Marjorie did not pick up the guitar herself until she was in her 30's. Upon receiving her first instrument in 2000 as a Christmas gift from her parents, the floodgates were opened and she experienced an outpouring of creative energy. Within six months, she had written nineteen songs, six within the first thirty days.

Marjorie's journey through an intensely religious childhood, deep religious ambivalence and exploration of a variety of spiritual (and non-spiritual) traditions, has led her to subscribe to the directive to love oneself. She believes that if we could all just do that simple thing, we couldn't help but to love and be good to one another. At this time, Marjorie's spiritual home is Celebration Circle held here at Jump Start Theatre.

Songwriting has proven to be a tremendously cathartic process for Marjorie and most of her songs are intensely personal, dealing with the subject matter of her life: motherhood, marriage and spirituality. She jokes that if she ever produced a CD, its title would be "Musings of a Philosophical Housewife." Marjorie is also a student of visual arts. She is very grateful for the support provided by her husband of thirteen years, Bill, which has allowed her to at times lose herself in her spiritual seeking. She has two wise and beautiful children, William and Katherine, whom she considers among her greatest teachers in this life.

# Krista Nabors



My name is Krista Nabors and I'm a college student who loves people and seeing them be happy. To summarize my story, I underwent gastric bypass surgery at age 16 and have lost 200 lbs! Through the experience, I realized that I let my physical appearance affect the strength I had inside.

I have learned that I can do anything, but only with God carrying me through! With what I've learned, I want to touch the lives of people who struggle with self esteem issues.

I feel that it is my duty as well as my calling to reach many audiences, especially young women, so that I can possibly share my exceptional story with them. This may help them find the story within their own life so that the cycle of healing can continue.

I want to speak to girls, with my words and my music, who feel like they can never meet the world's standard, which is how I felt before my dramatic transformation.

But the physical transformation is not what changed my life! I learned a more important lesson: I was just as beautiful then as I am now! Beauty is not seen with the eye, but with the heart! I wouldn't change a single event of my life, but I have learned that happiness did not come from my weight loss, but rather from the journey of finding myself that will always continue.





# Trance

Trance was musically inclined at the tender age of two when he used to run, sing and dance to videos on TV. Trance began rapping at the age of five. He recorded backing vocal tracks to a tribute song to the Spurs entitled "We Got It" at the age of six! At the age of seven, he was featured on a father & son track entitled "Strife", on an additional track entitled "I Feel Like A Cartoon!" and on "Walking With A Giant" which was a song dedicated to Mr. David Robinson! These recordings would represent the first appearance of Trance in a compilation CD which included various San Antonio artist. Trance has also recorded background vocals for several artist; he wanted to sharpen his skills in order to represent the view of positive and intelligent youth. "Anyone can curse. It's the rapper that can tell you off without cursing that is truly talented!"



Trance will always insist that he is a poet who just happens to be good at rapping. He has been given "props" for his delivery and speed in the recording booth by notables like the recording engineer for such artists as Frankie J and Baby Bash! He can lay down a complete commercial ready track in one hour. Not all rappers can do that. Trance has performed at many venues containing crowds anywhere from 5 to 1500 people! With numerous recordings under his belt, Trance is constantly focused on trying to uplift youth by letting them know that anyone can make their dreams come true if they just work hard enough. Trance prides himself in always delivering a message through HipHop and always letting it be known that a young man can be smart, well spoken and undeniably talented. "I know many kids may not have the opportunity that I have or the supportive parents that I have, but there are many organizations and programs that are available to help us to be the best that we can be."



***If you feel strongly about something, just fight for it!"***

# Mary Ryan

My name is Mary Ryan. I currently serve as the President for The Alliance for Mental Health Consumers Rights in San Antonio, Texas. As a member of NAMI for over 10 years, I am one of their presenters of the *In Our Own Voice* presentations. Currently, I facilitate several support groups in San Antonio, at the Viceroy Apartments, a NAMI property and at CHCS Family and Consumer Resources Unit. This includes a Wellness and Recovery group, a Positive Thoughts group, a Poetry Writers Roundtable group and Dual Recovery Anonymous group.



My memberships of organizations include NAMI, The Alliance for Mental Health Consumers Rights, Prosumers and Texas Mental Health Consumers. I am also a writer, an artist and love to sing. The articles I write are about mental health. Many of my paintings are donated to use as awards or for silent auctions and fundraisers.

As an advocate for people with mental illness and in this capacity, I have spoken at St. Mary's University, University of Incarnate Word, the Hogg Foundation, the Texas State Legislature, Telecare, CHCS, NAMI Texas and NAMI San Antonio. Other organizations that I have spoke at include the local police and sheriffs departments, the Prosumers, the Witte Museum, the Jail Diversion Board, as well as many other public speaking engagements.

The Hogg Foundation invited me to be on the Leadership Board of Speakers concerning Seclusion and Restraint. At a Telecare Convention I presented a four hour presentation called "Let's Do Art". I was a member of the South St. Mary's Street Gallery for over eight years before the gallery closed. Among other things that occupy my time are the Community South Mental Health Consumers Rights Fashion Show and the Prosumers Art Fair.



# Our Sponsors

## NAMI San Antonio

**National Alliance for the Mentally Ill**

NAMI San Antonio is a nonprofit organization affiliated with NAMI Texas; whose goal is to improve the lives of individuals with mental illness through support, education and advocacy.

### **NAMI San Antonio**

General meeting

6:30 p.m. second Tuesdays

Christ Episcopal Church

510 Belknap

210-734-3349

[www.namitexas.org](http://www.namitexas.org)

NAMI San Antonio has a variety of education and support programs directed to mental health consumers, family members, friends, professionals, other stake holders, and the community at large to address the mental health needs of San Antonions. NAMI San Antonio works to inform the public about mental illness by distributing information through every means of communication. Interviews are produced on television, stories are featured in newspapers, brochures are produced and distributed, referrals are provided and newsletters and other publications are utilized. If you have a loved one that has been diagnosed, talk to us. We have been there. We can help.

*We know that there are many places to shop, but we ask you to consider using our sponsors who believe in the same things you do. They are awesome people.*

# Our Sponsors



**Rudy Lozano**

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Fax: 940-767-0466  
[jerry.parker@thewoodgroup.us](mailto:jerry.parker@thewoodgroup.us)



**Margie Coronado, Realtor**

**RE/MAX, Fidelity Realty**

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As an educator, I received invaluable knowledge educating our youth. As a REALTOR® I learned that real estate is similar to teaching. It involves educating buyers and sellers to make wise decisions. RE/MAX has given me the knowledge and training to serve your needs. Please call me or e-mail me to receive free copies of:

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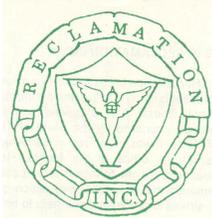


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**A National Alliance of Former Mental  
Patients Working to Help Reclaim  
the Human Dignity Destroyed by the  
Stigma of Mental Illness**

# Theme Song

## Positively Me!

Lyrics by Janet Paleo  
Music by Marjorie Dodd Anderson

Before I knew what I could do  
I was so scared of all that life showed me  
I believed when they said I was broken  
Positively shut down in this life God gave to me.



Chorus  
Now I believe in me  
I believe in my abilities  
I am in charge of my destiny  
I am positive about me  
I'm Positively ME!



I used to do what others said  
I'd bow my head, not say a word  
I'd shy from anger, run from hurt  
Positively lost in this life God gave to me.

### (Bridge)

I spent so many nights wondering why I breathe  
I thought life was better in make believe  
I'd bite my tongue and turn away  
Positively hopeless in this life God gave to me.

Chorus 2x

# Our Sponsors

Elizabeth Frisch from  
Culture Technologies, Inc.  
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Stephanie E. Ecke, LPC, LCDC  
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## Whole Being Wellness Center

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Recognizing that a human being is more than a body, but is a whole being comprised of mind, body and spirit, the Whole Being Wellness Center provides health care for those who are seekers of wellness. Making use of integrative, evidence-based methodologies of health care in a collaborative environment, the Whole Being Wellness Center provides a place for peace, healing, harmony and growth

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Suzanne H. Butler

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We know that there are many places to shop, but we ask you to consider using our sponsors who believe in the same things you do. They are awesome people.

# The Story of the Concert

In the world of mental health, professionals tell you to say positive affirmations whenever you are feeling disempowered in any area of life. Although it works really great saying those things, I found that I was embarrassed to stand in front of a mirror talking to myself. I realized that by singing the positive affirmations, I got the same result. Years later, for a Prosumer meeting, I put together a CD of songs containing positive "I" statements. Since I didn't have the permission of the songwriters or singers, I made all the copies free of charge for the Prosumers. WOW!! What a response! Prosumers reported back after singing with the CD, saying they were able to stay in the room with their brother without yelling, ride the bus without anxiety, make it through the night without thinking of suicide. In other words, people were Empowered! I know that when I am feeling disempowered, I am singing to that CD right away. We have had many requests for this tool from all over the world. Finally, with this concert, we will be able to share this tool with everyone. By singing with the CD, you will find yourself empowered to face the world again. Your self-esteem will rise and you will notice that you feel happier.

When the Red, Red Robin Comes Bob, Bob Bobbin' Along

When the red, red robin comes bob, bob  
bobbin' along, along,



There'll be no more sobbing when he  
starts throbbing

His own sweet song.

Wake up, wake up, you sleepy head,

Get up, get up, get out of bed,

Cheer up, cheer up the sun is red,

Live, love, laugh and be happy.



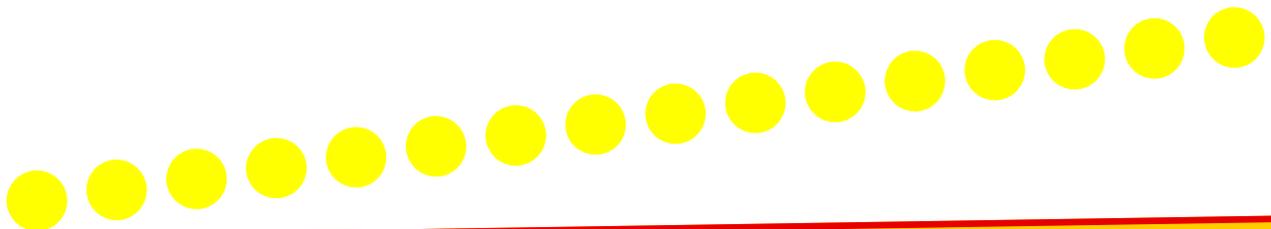
What if I've been blue,

Now I'm walking through fields of flowers,

Rain may glisten, but I still listen for hours and hours.

I'm just a kid again, doing what I did again, singing a song,

When the red, red robin comes bob, bob bobbin' along.



# The Concert that Empowers People

Positively Me!  
Live in Concert

Look for Positively Me! Live in 2008. If you want to be a part of this tradition, sign on early for next year's concert. Be a part of something that impacts and empowers the world. Be around lots of really great people who love to have lots of fun and laughs. People who are committed to changing the world into a better place for all. If this sounds like something you would like to be a part of, call Janet Paleo at 210-353-5267 and tell her to count you in! You will feel wonderful that you did.

## SPECIAL THANKS TO THE PEOPLE WORKING AT TODAY'S CONCERT

JAMES SAUNDERS—SOUND

BILLY—SOUND

EDDIE WISE—SOUND

CARL RUSH—PERCUSSION

SAM WILLIAMS JR. — MASTER OF CEREMONIES

NICK HOLSTEIN—STAGE MANAGER

TERRI MABRITO—HOUSE MANAGER

MARGIE CORONADO -USHER

MARIE VILLARREAL—USHER

YVETTE RECTOR—USHER

## MEMBERS OF THE PROGRAM COMMITTEE

## PROGRAM COMMITTEE

*Janet Paleo*

*Terry Bates*

*Kathy Franklin*

*Janie Swartzell*

*Debbie Neisler*

*Martha Ortegon*

*Mary Ryan*

*Mary Guitron*

*Michelle Mata*

*Camille Willard*

*Anna H Gray*

*Frances Machado*

*Juany Lopez*

*Frances Hernandez*

A Super Thank You to Everyone that gave advice, helped answer a question, or generally contributed to make this concert so successful. Each of you are part of this unique experience that will empower people around the world. This community effort shows what can be accomplished with just a dream and a vision. Thank You, so much for making it a reality.

*Never doubt that a small group of thoughtful, committed citizens can change the world.*

*Indeed, it is the only thing that ever has.—Margaret Mead*