

November 2014 Newsletter



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Passageway

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Hours: Monday and Wednesday 8:00 a.m. – 6:00 p.m.

Tuesday and Thursday 8:00 a.m. – 4:30 p.m.

Friday 8:00 a.m. – 4:00 p.m.

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Employment Newsletter	(On Hiatus for Now...)

Inside the November Newsletter

- John Knudsen returns with more original Star Wars-based fan fiction, and Bryce Hook also has new chapters of original stories.
- To tickle your funny bone, Mark Baxter has gathered up some amusing excerpts from news stories.
- Robert White shares some thoughts and observations on politicians whose support of people with mental illness is missing.
- Creative people sharing more creative writing include Julie Bird, who shares two poems, and Cille Grunzweig, who cleverly writes about a journey to the scary world of Wal-Mart.
- November and Thanksgiving are on Kim Holmes' mind, and she shares her thoughts on being thankful.
- Staff member Gary Acklin and member Tracy Lampley collaborate to talk about daily and monthly newsletters in the clubhouse, and how lots of teamwork and creativity lead to the end product you are reading now.
- Meet new Passageway member Jamie Branson through comments by her and staff member Gary Acklin.
- As always, we share our monthly Social Activities Calendar and our Menu for November.

Social Activity Highlights This Month

Out of Club:

- Thurs., Nov. 6 - Iowa Wild Daytime Hockey Game
- Tues., Nov. 11 - See Movies Out
- Tues., Nov. 18 - Go Bowling
- Sat., Nov. 22, - Indoor Farmers' Market
- Tues., Nov. 25 - Annual Passageway Thanksgiving Meal

In Club "Late Night" Highlights

- Mon., Nov. 3 - Watch Movies In
- Wed., Nov. 6 - Reike Session w/ Millie J-C
- Mon., Nov. 10 - Play Bingo
- Wed., Nov. 12 - Play Cards (Hearts)
- Mon., Nov. 17 - Play Cribbage
- Wed., Nov. 19 - Play Board Games
- Mon., Nov. 24 - Cooking: Food Prep
- Wed., Nov. 26 - Wii Bowling
- Every Fri., 9:30 - 10:00 - Coffee & Conversation
- Every Mon. 3:30-4:30 PM- Writing Workshop

Thanksgiving Contributors to the November Newsletter



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Jeffrey Taggart

Robert White

Rhonda Woodley

November

Anniversaries

(Years as Passageway
member in
parentheses.)

Don Hruby (24)

Carol Cowen (23)

Robin Larson (22)

Jeff Marvin (21)

Ralph Hogan (21)

Crystal Knight (18)

Barb Allyn (17)

Sue Dwyer (17)

Paul St. John (17)

Laura Pierce (16)

Rebecca White (16)

Anthony McCullough
(15)

Joyce Reis (15)

Joe Kline (15)

Tasha Rhoades (15)

Dan Balzer (14)

Bill Chapman (14)

Mark Glaser (14)

Rodney Schrier (14)

Sheila Monroe (12)

Doris Mahers (10)

Kathleen Neeson (10)

Gene Bookout (10)

William Green (10)

Erica Nichols (9)

Chris Simpson (9)

Mae Burkett-Blackwell
(8)

William (Bill) Butler
(8)

John (Jack) Cooper (8)

Diane Davis (8)

Stanley Hines, Jr. (8)

Randy McClain (8)

Stephanie Winter (7)

Debbie Reynolds (6)

Regina Morris (5)

Randy Carter (5)

Paul Guillory (5)

Tony Padgett (5)

Joseph McBride (4)

Harry Oppenheim (4)

Christine Smart (4)

Brian Toom (3)

Jerald "Scott" Adams
(2)

Charlene Field (2)

Julie Long (2)

November Birthdays

Stacey Barnard

Susan Barth

Peggy Braunschweig

Ron Brentnall

Marsha Burgess

Jared Collins

Mary Cowles-

Bennethum

Derek Cozad

Cheryl Cramer

James Dacken

Courtney Davis

Madelyn Davis

Vickie Davis

Patrick Dilworth

Vincent Douglas

Andy Eastman

Sterling English

Jim Fazio

Gema Grant

George Greene

Rosie Harvey

Kevin Haviland

Claudia James

Cynthia Janes

Janel Kordick

Julie Long

David McConaughy

Rose Neighbors

Diana Neubauer

Carrie Osborne

David Rothfus

Dorothea Scott

Kelly Scott

Anne Marie Shafar

Bonita Sheets

Chris Simpson

John Stanger

Jerry Stanley

Xayaphheth

Thongsakounh

Cynthia Vale

Brenda Vaughn

Gano Whetstone

Amy White

Joann White

Michelle Williams

Larry Winters

Rhonda Woodley

Marian Woods

Jim Avery

Teresa Book

Tammie Butterfield

Tammy Fisher

Paul Forbes

Patricia Gorman

Paul Guillory

Kay Hanig-Muelhaupt

Ed Hansen

Alicia Hymel

Gary Karaidos

Kurley Kitchen

Shirley Long

Betty May

Kelly Meany

Amy Moraine

Marsha Myers

Debra Neaves

Ralph Reynolds

Patti Ross

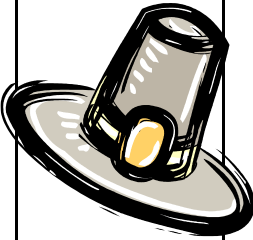
Beverly Toole





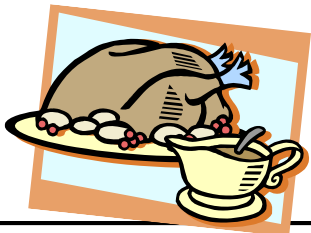
November 2014 Social Activity Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Passageway holds in club "late night" social activities Monday and Wednesday evenings, typically from 4 to 5 p.m. Those activities are free. They are listed on the calendar in <i>Bold & Italics</i> . Dinner is served on Monday and Wednesday, typically at 5 p.m. for \$1.00. Out of club activities are typically each week on Tuesday afternoon/evening, and are listed in <i>Bold & Italics</i> . (When scheduled on a different day, the calendar will note that on the Tuesday of that week.) Cost, if any, and times, are listed with the event. Each month's activities and menu are planned on the first Wednesday of the month, based mostly on member suggestions.					
3 Writing Workshop 3:30-4:30 PM <i>Late Night: Watch Movies In</i>	4 No Out of Club Activity today due to Hockey Game on Thursday. <div style="border: 1px solid black; padding: 5px; background-color: #e0f0ff;"> Iowa Wild Hockey Game on Thursday, 10/6 Be here by 9 am, game starts at 10:30 at Wells Fargo Arena. \$5. Bring \$\$ for snacks, souvenirs. \$2 sack lunches available from Passageway. </div>	5 Planning Mtg. for December—1 PM <i>Late Night: Reiki (Energy Healing)</i>	6 Iowa Wild Hockey Game Be here by 9 am, game starts at 10:30 at Wells Fargo Arena. \$5. Bring \$\$ for snacks, souvenirs.	7 Coffee & Conversation 9:30–10 am Employment Mtg. 1:15 pm	8 Closed
10 Writing Workshop 3:30-4:30 PM <i>Late Night: Play Bingo</i>	11 See Movies Out Be here by 2:45. Bring \$3.50 plus \$2 for popcorn and \$2 drinks (small sizes) or extra \$ for regular-sized snacks.	12 House Mtg. 1 PM <i>Late Night: Play Cards (Hearts)</i>		14 Coffee & Conversation 9:30–10 am Employment Mtg. 1:15 pm	15 Closed
17 Writing Workshop 3:30-4:30 PM <i>Late Night: Play Cribbage</i>	18 Go Bowling \$1.25 per game, shoes FREE. Bring extra \$\$\$ for snacks or games, be here by 2:30 pm.	19 House Mtg. 1 PM <i>Late Night: Play Board Games</i>	20 Board Meeting 5:15 PM	21 Coffee & Conversation 9:30–10 am <i>(Celebrate Nov. B-Days & Anniversaries)</i> Employment Mtg. 1:15 pm	22 Indoor Farmers Market Be here by 9 a.m. Bring \$\$ for any purchases
24 Writing Workshop 3:30-4:30 PM <i>Late Night: Cooking: Food Prep</i>	25 Passageway's Annual Thanksgiving Dinner Served from noon until 2 p.m. \$3 per person, up to 3 guests per member welcome!	26 House Mtg. 1 pm No Late Night CLOSE AT 2:00 pm <i>(Change from original calendar!)</i>	27 THANKSGIVING DAY Passageway Closed	28 SOCIAL DAY—No Work-Ordered Day Tasks Play cards, board games, Wii, etc. Afternoon: Watch Thanksgiving Movie In	29 Closed



November 2014 Food and Nutrition Page



November Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Open-Faced Hot Beef Sandwiches	4 Homemade Pizza	5 Baked Potato Bar	6 Grilled Cheese Sandwiches with Tomato Soup	7 Chef's Choice
10 International day: Swedish Meatballs	11 Brats	12 Quesadillas	13 Baked Chicken	14 Baked Fish
17 Salad Bar	18 Goulash	19 Breakfast Bar with Pancakes	20 Cheese Burgers with Fries	21 Chef's Choice
24 Chili	25 Annual Thanksgiving Dinner	26 Turkey Leftovers	27 Thanksgiving Day PASSAGEWAY CLOSED	28 Soup & Sandwiches

Passageway Food Facts:

- ☉ Lunch served Monday — Friday at noon, \$1.50
- ☉ Dinner served during our Monday and Wednesday "Late Night" evenings at about 5:00 p.m., \$1.00
- ☉ Snack Bar is open whenever we are not serving meal, provided that we have a member volunteer to run it.
- ☉ Members may purchase **pre-paid \$5.00 / \$10.00 meal cards** to be used for meals and snacks. The cards can either be kept on file at **Passageway** or carried by the member.

Passageway Monthly Food and Nutrition Tip:

Set yourself up for success

www.helpguide.org

Healthy eating tip 5: Eat more healthy carbs and whole grains

Healthy carbs (sometimes known as good carbs) include whole grains, beans, fruits, and vegetables. Healthy carbs are digested slowly, helping you feel full longer and keeping blood sugar and insulin levels stable.



Unhealthy carbs (or bad carbs) are foods such as white flour, refined sugar, and white rice that have been stripped of all bran, fiber, and nutrients. Unhealthy carbs digest quickly and cause spikes in blood sugar levels and energy.

Passageway Recipe of the Month:

Stewed Collard Greens

Ingredients and supplies:

- 4 slices of chopped bacon
- 1 diced onion
- 2 teaspoons of Cajun seasoning
- 2 bunches of chopped collard greens
- 4 cups of chicken broth
- 4 cups of water

Directions:

Cook 4 slices chopped bacon in a large pot until crisp; drain on paper towels. Add 1 diced onion and 2 teaspoons Cajun seasoning to the pot with the drippings; cook, stirring, 5 minutes. Stir in 2 bunches chopped collard greens in batches. Add 4 cups each chicken broth and water and bring to a boil. Reduce the heat and simmer until the greens are tender, about 2 hours. Stir in the bacon. Add cider vinegar, hot sauce, salt and pepper to taste.



The
BUS STOP
Adventures
in Transit
NOVEMBER
EDITION
by
Bill Partridge





Continued next month...

**Introducing New Member
Jamie Branson
by Jamie Branson and
Gary Acklin**

Jamie says, "I was referred by my Psychiatrist. I was encouraged to visit and try Passageway. So I came over and did a tour. It seemed like a place that I would like so I applied for membership. I needed to socialize more. Since I have been at Passageway, I have met many nice people who are friendly."

It was nice of Jamie to write what her impression of attending Passageway for the first time was. Jamie has actively engage in the Clubhouse milieu and has volunteered to do many different work ordered day tasks.

The staff and members welcome Jamie with open arms. We hope your experiences at Passageway will lead to future endeavors and thank you for the assistance that you have given already.

Welcome Jamie B!

*Place for Catching Turtles
by Julie Bird*

*I wished that I could have stayed
with you,
Rolling over one-another,
Caught in one another.
Tasting the salt of your
shoulder.
Taking the hollow gourd of a
turtle,*

*I could have dipped into you.
Bringing up as much as you
would have allowed.*

*Pouring over your back,
Rolling over,
Caught up in one another.*

**Mental Illness Agenda
M.I.A.
by Robert White**

Missing in action is generally a military designation for someone who is unaccounted for. While Obamacare has been a blessing, of sorts, for the Medicaid funding component there are 535 "public servants" for whom it is all too easy to simply do nothing than to do something.

Leaders lead. Leaders take on the difficult issues. Mental wellness might be more attainable if only we elect those who might be predisposed to do something. The candidates I have made it a point to listen to lead by being silent. This only serves to reinforce the stigma. It is almost as if they believe that mental illness correlates with stupidity. I may not be the most incandescent of bulbs, but I seek out answers and go to the polls, or better yet, vote early.

I was blessed to be afforded the opportunity to do some door knocking / canvassing. The blessing became something else – DEPRESSING as all too many respondents seemed intent on expressing degrees of

disappointment, if not disenfranchisement with the whole process.

In a democracy, the idea is for us to participate. We care enough to express opinions. We care enough to complain. Why not care enough to do something about it?

The other incentive is that if you vote early they stop calling and stop knocking. If only they would pull some of the ads in lieu of something informative and some idea of how they might actually craft a bill that would become law.

Before we get the type of government we need, want, and deserve we must first do our part by participating. If memory serves, people in Iraq, would stand in line for up to 8 or 9 hours to vote in hopes (unfortunately hopes that have since been dashed) of something better.



Please exercise your right to vote. The act itself will make you feel better.

**Live From Wal-Mart
by Cille Grunzweig**

They say
You haven't lived
until you spend a Sunday afternoon at
Wal-Mart,
Well, today I have lived
Worship over, shoppers sporting
Saris, short shorts, Turbans, colorful
African printed skirts, torn t-shirts
Black, brown, white, freckled and tan
faces

Tattoos and tousled hair
Descend at
Wal-Mart
Though I try to avoid this chain
My daughter and I succumb

Carts backing in and out the aisle
Other carts squeeze through
backed up like the 5 o'clock rush hour
children running in circles
Bosnian and Vietnamese voices carry
Babies cry
toddlers shout
They want to go home
So do I

We locate Sports
Go six rows back, turn right
Grabbing for the last hammock on the
shelf
A professional shopper nabs it first
My daughter laments

Searching the sea of heads and
hypnotized eyes
Checking their lists
I spot Wal-Mart's version of the
Pillow top mattress cover \$29.97 or
\$55.95

3 minutes ago the
associate said
there was 1
Queen left
Gone when we arrive

Nerves rattled,
patience stretched thin
The crowd pushes their
carts piled high
With toys, food, fairy dresses, plants,
black plungers
(a steal at \$ 4.97 price decline)

35 minutes of speed shopping, a
flowered fabric shower curtain,
clear plastic liner with magnets, kitty
litter pan with a cover, 2 pillows,
and assorted sundries

I'm at my limit
Financially
Physically
Emotionally

We seek a short checkout line with a
fast cashier
7's light is on. The cashier wears the
blue employee t-shirt with a
Name tag, Yolanda
We wait in line behind 2 others

Babies wailing
Cash registers beeping
Loud noises
I'm not handling this well

It's our turn
Yolanda holds up a purple blouse
Can't find the price or bar code
Do you remember how much this is?
Yolanda inquires
My daughter replies \$9.97. The other
style was \$12.00
Yolanda looks around then punches
in \$ 9.97

We might as well go in the Self-
check- out lane
I decline
I don't want an associate peering over
me while
He pretends not to watch me scanning
I'm a shopper and I'm not trained for
checkout
My lucky discount total for today is
\$57.75

Jammed parking lot awaits us
Searching for our Honda in lane #9
Safely in my car

A Red Chevy truck and a
generic silver van
fight for my spot
They block us in

Give me some room I shout
As I back out!

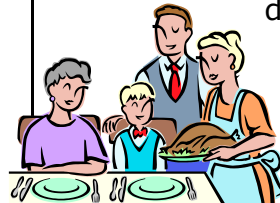
I always say I'll never come back
But you'll probably see me again
this fall
But never on a Sunday

Thanksgiving by Kim Holmes

November is a month to give
thanks to people who you
love, and it's also a month of
caring for people who are
homeless or even who don't
have family or friends to
celebrate Thanksgiving with.
There are people who are
not really thankful for what
they have and what they
don't have. People should be
thankful for everything,
that's what Thanksgiving is

all about in the month of
November.

It is also a month of having
a Thanksgiving parade for
people to watch and have
fun with. My favorite thing to



do is watch the
Charlie
Brown's
Thanksgiving
Special on
television.

So give thanks to everyone
who you know and love.

HAPPY THANKSGIVING
EVERYONE!!!

STAR WARS: Beyond Salvation by John Christen Knudsen, Junior

It was the golden
days of the Empire. A
young Mon Calamari named
Dax had already felt the
full extent of its wrath.
His only love was murdered
before him. He moved to
Coruscant out of anger but
fell into a rut. In the
night, you could find him
leaving a bar, cloaked. As
he walked passed someone,
he spoke.

"Hey, watch where
you're going!" a man told
him.

Drunk, the alien had
to reply, "Sorry, sir."

The alien voice of
the Mon Calamari alerted
the man, "What did you
say?"

He stopped in his
tracks momentarily, then
he began to run. An
onlooker was already on
the comlink to the
authorities. Rounding a
corner, the alien realized



running was futile. He saw a manhole and dove in.

When the authorities got to that corner, there was no way they were going to follow him. One looked to the other and said, "He got away."

The other responded, "But not for long. We are the Empire."

Dax had become a fugitive.

It was the next day, and Dax still did not feel safe leaving the sewer. Above, children were at play. He could see them. One of them seemed to be called Ziggy. He had a small, flying pet with him.

"Hey!" Ziggy told his friend. "Watch what I can do!"

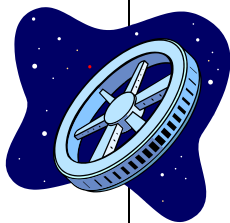
He picked up a rock and threw it to prove his pet, a Gungan mothbat, would follow it. It fell into the sewer. That's when the boy saw the Mon Calamari. At first, he was scared. The Mon Calamari started to move away.

"Come on, Ziggy," the boy's friend said.

The fearless child journeyed into the sewer to retrieve the small stone and his pet. That pet was attracted to the rock. The Mon Calamari only stopped to hand the boy his stone. Curious, the boy returned to the surface to play. This made the alien smile. Later that night, he would sleep with one eye open, blaster in hand. He would go to sleep hungry.

The next morning, the boy, Ziggy, was staring him in the face as he woke up. This startled the Mon Calamari. Dax inquired, "Ziggy, is it?"

The boy responded, "Yeah. You're a Mon Calamari."



I looked it up on my datapad. What is your name?"

Dax had to make a choice - either be rude and slowly go mad or use his peaceful ways to make a friend in a hopeless situation. He chose the latter, "You honor me with your knowledge. And my name is Dax."

There was a brief pause, then the boy said something no one could expect, "Okay, let's go fight the Empire."

What? the Mon Calamari was thinking. Then he stated, "I don't understand."

The boy realized his confusion and replied, "Oh, you want me to explain. Everyone knows the Empire is evil. The problem is nobody cares."

The Mon Calamari got even more confused. He looked at him funny.

"Look," the child replied, "if anyone asks, you're my slave."

Ziggy took him by the alien hand and led him out of the sewer. Dax would look at the sun in a new light. The Gungan mothbat sat on his shoulder. It made him smile. If he could inspire a child, maybe the Empire was not beyond salvation.

The End

Funny Excerpts Collated by Mark Baxter

Dumb On the Job

Presenting...The Great Narcissus! Joanna

Kirchmeier arrived at her London home only to find her husband, Helmut, in front of a mirror "just staring at himself, his pupils tiny." Helmut, a newly trained hypnotist, had accidentally

hypnotized himself while rehearsing a new act and been standing like that for five hours.



No Shirt/No Hands/No Service A

Florida bank refused to let a man born without arms cash his wife's check, even though he provided two forms of identification. The reason given: He couldn't provide a thumbprint.

Scalpel...Forceps...Pink Slip...

When a Madison, Wisconsin, hospital decided to lay off 90 employees, executives there wanted to get it over with quickly. She was dismissed during surgery.

Dumb Lawsuits

And here's the Kicker On her way home from having dinner and drinks, Melanie Shaker of Chicago got angry with her husband and tried to kick him. Instead, she crashed through the window of a beauty salon, suffering several deep cuts. So naturally she sued the salon. Part of her argument: The store's plate glass window, which fronts a sidewalk "frequently traveled by intoxicated pedestrians" should have been stronger.



And to Prove the Point An Australian man was ordered to pony up \$500 in court costs after he lost his lawsuit against his ex-wife. He'd taken her to court hoping the judge

would order her to remove this bumper sticker from her car: "Men are idiots. I divorced the king!"

Victory Is Not in the Bag

After arresting Craig Clark Show on charges of drunken driving, Idaho state troopers opened a medicine bag he had with him. Show considered suing the state police and county sheriff's office, claiming that a medicine woman had blessed the bag, and by opening it, cops destroyed its mystical powers--but in the end, he thought better of it.

Hold the Cactus! A Miami diner ordered the grilled artichoke special from the restaurant's menu and ended up in the hospital with stomach pains. He's now suing the restaurant, Houston's, for not warning him that he shouldn't eat the artichoke's tough, pointy leaves.

**The Boy Who Sang
by Bryce Hook**

Chapter 7

Now the great battle has started. This is a battle between the evil King Sunman. This guy is so evil that his sole is black like coal.

The two kings start putting their armies together. Brave men and women came together to fight as one. They are now all ready to fight and out of nowhere they see the evil king coming and he

has a lot of horses and cannons and lots of fire power. The brave leader boy holds up his sword and yells in a loud voice, "Charge!" Will our brave hero finish this king and win the battle?

Chapter 8

We last left our hero at the biggest battle in the history of battles. Yes, our champ is in a bad spot right now, so what does he do? He pulls out his horn and starts playing a tune. Not just any tune; a magical tune that puts people to sleep - when they smell it, they pass out.



A few hours pass and the whole army was dead. Then the king came riding his horse and he came alongside our hero and he pulled out his sword and said, "I knight thee Sir John the Great." So our great hero puts his sword away gets on his horse and heads home.

**Snowbirds
by Julie Bird**

I love winter and white bellied snow birds,
Snow bird that peck at seeds on the ground.
I love highways and roads;
that need to be found.
Running my hands over nature's roads;
Spider's webs, and twisting streams.

I love to be alone,
And letting the world swallow me,
Rising over the moon,
Casting light on an October.

**The Daily and Monthly Newsletters
by Gary Acklin and Tracy Lampley**

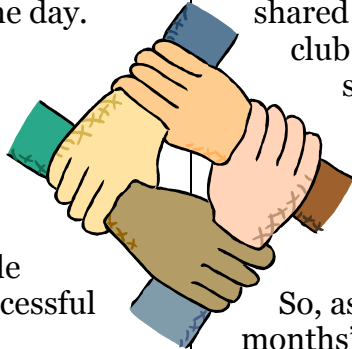
Why is the Clubhouse Newsletter so important and why do we encourage members to participate in the process? Historically, as presented in an article that I (Gary) have often revisited and read more than once ("The Fountain House Model of Psychiatric Rehabilitation" by John H. Beard, Rudyard N. Propst, Thomas J. Malamud, published in the Psychosocial Rehabilitation Journal, Volume V, Number I: January 1982), I think sharing with the members is why the daily and monthly newsletter is very important. I will share a little about what I gain from this article and then a share a little about Passageway and our Newsletters.

The Clubhouse Newsletter is a way of alerting members about the upcoming activities available within the Passageway Clubhouse Community.

Passageway has two separate newsletters that it produces. One, the daily, is not actually done on a daily basis, but is completed if the members in the morning unit meeting wish to highlight



an event and or have something special to share during the day. If there is interest in doing a daily, then the members will sign up for different tasks to complete the newsletter for the day. Members are actively encouraged and prompted to participate in the daily's production, thereby taking a little ownership of its successful completion.



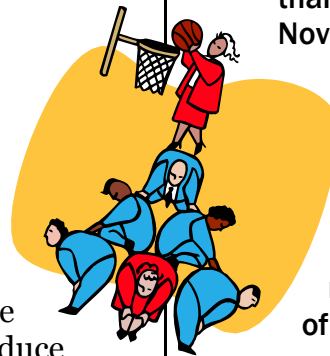
As pointed out in the article noted above, a clubhouse newsletter was originally established as a way for staff and members to cooperatively work together. "The newsletter contributes to bringing the membership together, it provides a variety of work activities in the prevocational day program, and it also serves as a very powerful communication tool."

The Passageway monthly newsletter provides the opportunity for members to have the freedom to say what they wish about Passageway activities. Historically, I wish to point out, the newsletter as an informational tool was to allow members to have freedom to say what they wish about the programs of Passageway (Fountain House). It gave opportunity for members and staff to share experiences in the house, both successes and failures, sharing examples of their experiences in articles that they are free to publish. A great point I learned was that

participation in producing and writing for the newsletter allows one to experience a sense of participation and contribution. It allows Member and Staff to gain shared responsibility for the club and enhances a shared accomplishment in the clubhouse that they bring to life and help to flourish.

So, as you read this month's Passageway Newsletter, realize that it has taken a lot of cooperative work between members and staff to produce it and to make it a success. It will provide a member or other interested individual whom may receive it an idea about the normal daily routines and opportunities that exist in actively participating in the Passageway clubhouse. Hopefully it will allow those who read it a sense of the shared responsibility it takes to produce the newsletter.

Reading the newsletter is a helpful tool to schedule activities for any member. Above all, I hope those who take the time to read it admire and appreciate the active members who take the time to make and produce it. The Passageway Monthly Newsletter which you receive each month is a collaboration of celebration of the vitality of our clubhouse and a testimony to the healing, supportive and rehabilitative abilities of the members in



support of each other. For that alone I have a sense of pride in its production. I thank all of you who participate each month to make it a reality.

New Photo Contest Coming for November!

As our friend, volunteer Rob Shaffner published in the October Newsletter, there will be another photo contest at Passageway starting November 1st. It will last until November 30th. The contest will be in the conference room with similar rules as the last photo contest held at Passageway.

While some details are still being finalized, Rob has shared some hints:

- The photos we need to identify may be of familiar (or not so familiar) sites around Des Moines.
- The prizes will include some cash portion and some free meal cards for Passageway. In the spirit of thanks and giving for November, winners will keep the cash portion, but will be asked to give their meal ticket winnings to another Passageway member or members of their choice.

The contest should be lots of fun and will be a great way to put your analytical skills to work. We hope you come in to Passageway and have fun guessing the pictures and aim to win some awesome prizes!



305 15th Street
Des Moines, IA 50309

NOVEMBER 2014



The turkey is right around the corner. Don't forget to join us for our annual Thanksgiving Dinner.

Has your contact information changed? If so, you can call us (515-243-6929), e-mail us (info@passagewayiowa.org), or send us this form.

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Cell Phone: _____

E-mail Address: _____