

Volume 1, Number 1 *Nemasket Works!*



Welcome to NEMASKET WORKS! our premier edition. Folks at Nemasket realized how involved people are in work and community endeavors. Our newsletter will keep people up to date with friends and also be a great way to share stores. We hope to bring you a monthly issue with many different topics and items of interest. Soon we will provide you with improved graphics and include photos. We are doing the best we can with the equipment, time, skills and finances available to us. NEMASKET WORKS! is always open to ideas, articles and suggestions from anyone. We thank the Nemasket community for making this avenue of information possible.

What's in a Name?

A river meanders through the community in which I live. The river is called The Nemasket. Defined by those who named it, the Wampanoag Native American tribe, it means "the fishing place." For centuries, the Nemasket offered people the opportunity to receive nourishment and renewal. I like this river, I walk there often, roaming along its banks. It was along one of these strolls shared with my friend Eileen Whiteside that the thought came to create an organization that like the river could offer support to our whole community. Eileen and I talked and talked of the idea. We shared our notions with others and created a dream. We wanted to create a place that expressed our ideology and our dreams of a fuller future for all it touched. Mostly we wanted to create an

organization that dared express its heart and fit into the fabric of a community. We wanted the Nemasket Group to be open to loving and being loved, to weep if needed, and to permit the seeking of joy. To us as trained professionals these notions frightened us because all that we have been taught told us that these ideas were unprofessional, that we could not dare let our colleagues find out and least of all our funding sources know. The more we shared the clearer and more definite the vision became. Both of us had worked for years in organizations that were good, yet were not satisfying for us as people. Our feeling was, if we were not satisfied, than good chances the people we serve were not also.

We went ahead with our ideas. With much help

from family and friends we created an organization. We then needed a community and a good opportunity to develop and grow in. As these things so often happen, the opportunity presented itself soon after we incorporated. The Nemasket Group is now part of a very giving and supportive community. The Greater New Bedford area is our home. We owe it much and hope to return to it some of what it has given to us. We feel excited about the services we offer now and hopeful of our future. Even though we dare not talk much about those early thoughts and feeling shared those days along the river, our hope is that what we do with the Nemasket Group will continually express them.

-Louis Nisenbaum

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What's Don Doing?

In a book titled "Let's Get Together" Judith Snow suggests that, "The only disability is having no relationships." Perhaps this is the best way for me to describe my role at the Nemasket Group.

People need relationships. Regardless of labels or disability, part of the human condition is that we have a need to associate with other human beings. Unfortunately, because of labels, stereotypes, and prejudice some people have not had the opportunity or have not been empowered to develop friendships with others. Friendships different than those with a counselor, a job coach, a service coordinator, personal care attendants, etc. Those people are usually paid to be involved with another person. And relationships beyond family who often have very close and supportive relationships with one another. The dynamics controlling those relationships are much different than the reasons bringing friends together: simply because friends enjoy being in each others company. There is something wonderful about being with a person because

he or she enjoys your company.

The development of friendships is what I am working towards at Nemasket. I see a great value in facilitating relationships between people who otherwise wouldn't have the opportunity to meet and become friends. Not only can it fill a basic human need, but it also might be something that continues to exist long after the Human Service System has run out of money or no longer exists.

It is somehow upsetting to me that a person must be employed to assist others in generating friendships because they can't happen more naturally for some people. But at the same time, I am hopeful that these efforts at establishing and maintaining friendships are moving the slow wheels of social change. I have discovered that several programs exist where people who have disabilities are being challenged to associate with others in friendship. The idea is catching on.

So what have I learned so far?...I have learned that all friendships take a long time to establish. That one cannot always look

for "measurable" results in this type of work. That I need to focus on people's strengths and interests in order to match those with the common interests of someone else. It seems to be that "commonalities" are the way that most friendships begin. Furthermore, by focusing on a person's deficits, they are denied opportunity and it tends to discourage rather than encourage.

What I have done in the last few months is not nearly as important as what I am trying to accomplish for the future. It is a slow process of growth and learning. Hopefully the wider community will begin to understand that we all have similar essential needs; friendships included. Also understanding that you do not have to be a "professional" to be a friend to a person who is the victim of a label.

-Donald Fredette

Community Entry Project

The summer months have provided many of us with the

chance to get away, to visit with family or just to relax...Ray St. O. spent time with his sister, Leona from California in June...Louise St. D. is going to visit friends in Springfield in September...John C. spent two days on the Cape recently....Doris C. plans to visit her mother in Connecticut in late September....Karmen's dad will be coming from Malta to stay with her in August...Mikki visited family in Ireland during June...and Eddie is planning a short trip to Maine soon...It's been a busy summer that's given all of us a chance to connect with family and old and new friends.

Maggie B. takes a weekly painting class and is eager to experiment with a new medium. Right now she's thinking of weaving. Maggie's work was most recently shown at the 7 NEMASKET FRIENDS exhibit in February.

Heather L. has been gone for almost two years now since she moved to New York. We still miss her but Anna O. keeps us posted. Anna and Heather maintain a regular exchange of letters. Heather still loves New York.

All three staff members attended the A.C.E. conference in May. There was a good exchange of

ideas from all over New England.

The project welcomes seven new participants: Eugene B., Edmund B., Richard M., Mark C., Connie B., Ruby M., and Richard P.

Karmen S. has been working hard in getting the "Spiritual Access" project launched. Modeled on "Spiritual Connections" in Fall River, "Spiritual Access", working with clergy and religious community members in Greater New Bedford will be facilitating involvement in church and spiritual pursuits for people.

Congratulations Janice and Mikki on completing your Master's Degrees. Good Luck!

NEMASKET GRADUATES

As we complete our 15 week training project which started in May of this year under the instruction of Neessah D. with the assistance of Charles A., Louise B., and Emily M., our course, (assisting people with disabilities) has been an experience of self awareness and has successfully given us new direction. We are richer. Rich with knowledge. Knowledge that has taught us about ourselves. Our

assertive sides, our fears and anxieties. Knowledge that has empowered us to use our energies for useful, meaningful, and creative endeavors. Our spirits have been activated to lift us out of the old and into the new. Our knowledge has been broadened to see things from a different perspective, not to mention the positive impact it has had on our personal lives. People with disabilities are not just a certain kind. They too, like the rest of God's people have a purpose in life. Their purpose is not just to be a statistic for over-crowded institutions, but for a life that is plentiful with opportunities and self fulfillment, to have a fair chance and their own choice for accomplishment. We are all special, in our own way; we are all unique, we all hold within us our gifts and capacities. We must intermingle and become parts of the same community. We have grown and brought forth the gifts that will allow us to assist those who have not been taught. We must teach them to be all that they are. We will utilize our abilities to surface the abilities of those we work with. With dignity, we will continue to be beneficial to those we support. We will use our

own strengths to help end the segregation of “us and them.”

This is our Special Olympics

The Human Service System has taken a step forward. They now have 14 new, competent, energetic and caring people who will set forth to unite communities with those that have been missed. We are Marilyn A., Toni A., Donna B., Barry B., Preciosa C., Anisia C., Mary D., Lori M., Mary Jane P., Karen B., Suzanne S., Kelly S., and Patricia T. “Thank You Nemasket”

ONE DAY TRIP TO NEW YORK CITY!!!

SAQTURDAY, OCTOBER 12, 1991 (COLUMBUS DAY WEEKEND) ROUND TRIP \$26.00 BUS LEAVES NEW BEDFORD 6:00 A.M. ARRIVES AT ROCKEFELLER CENTER 11:00 A.M.

LEAVES NEW YORK AT 7:00 P.M. FROM ST. PATRICK’S CATHEDRAL. SEE EVIE B. OR JEAN E. FOR FURTHER INFORMATION. PLEASE GIVE DEPOSIT ASAP. DEADLINE IS SEPT. 30., IF YOU NEED SUPPORT PLEASE BRING SOMEONE TO ASSIST YOU. COME AND HAVE FUN.

The Nemasket Gallery is pleased to announce the opening of its fall season on Friday evening, September 13, 1991 with PLACE, PURPOSE, a solo exhibition of sculpture by Ron R., which will run through October 31st. Peggi M., Director of the Gallery notes, “Mr. R. is the first artist in the six year history of the Gallery to be invited back for a second solo exhibition.

“ASSEMBLAGES in September 1987 used the high, open space of the Nemasket Gallery to create a unified and unforgettable environment that defined what we hope to achieve as a Gallery. Anyone who saw that exhibition has not forgotten it.”

“Ron R.’s work since that time has become widely known and critically respected outside Southeastern Massachusetts. Last summer through the Commonwealth’s Art-In-The-Parks Program, he was included in a three person exhibition at Halibut Point State Park in Rockport and in the Fall of 1990, Mr. R. was one of 43 artists from a group of over 1,000 chosen for the Fuller Museum’s Sixth Annual Triennial.”

Ms. M. went on to say, “Since 1987, Ron R. has begun to work seriously with granite and his new body of

work is revelatory. The Nemasket Gallery is committed to bringing sculpture to Southeastern Massachusetts on a regular basis and it seemed natural to invite him back to show his new work. We are fortunate to have the support of both the Fairhaven and New Bedford Arts Lottery Councils which makes this Fall season possible for us.”

The public is cordially invited to the opening of Ron R. PLACE, PURPOSE on Friday evening, September 13, 1991 from 6:00-8:00 P.M. Refreshments will be served. There is no charge for admission or parking at the Nemasket Gallery, which is located at 56 Bridge Street, Fairhaven, Massachusetts. PLACE, PURPOSE runs through October 31st during regular Gallery house, Monday – Friday, 9:00 A.M. – 4:00 P.M. or by special appointment. The Nemasket Gallery is grateful for the support of the Massachusetts Cultural Council through the Fairhaven and New Bedford Arts Lottery Councils which has made this exhibition possible. For more information, please call the Gallery at 508-999-4436.

FOR THE RECORD....IF YOU DID NOT KNOW....CONGRATULATIONS TO....

NAME	YEARS OF COMPLETED SERVICE	PLACE OF PAID EMPLOYMENT
Kim S.	6 Years	McDonald's
Mary Ann T.	6 Years	Fairhaven Savings Bank
Duane S.	4 Years	Gaspar's Sausage Company
George H.	4 Years	Gaspar's Sausage Company
Wayne G.	4 Years	Polaroid Corporation
Carlos P.	4 Years	Day's Inn
Ric L.	3 Years	AT & T
Tracy L.	3 Years	Friendly's Restaurant
Lloyd D.	3 Years	Tabor Academy
Breda H.	3 Years	Old Ruggles Inn
Diane Z.	3 Years	Wendy's Restaurant
Willy N.	2 Years	The Wamsutta Club
Daniel B.	2 Years	Forestview Nursing Home
Ed K.	2 Years	Silvestri's Pizza
Miriam C.	2 Years	Purity
Benvinda S.	2 Years	C.M.H.S.
Bill St. D.	2 Years	A & A Redemption
Michael M.	2 Years	Fairhaven True Value Hardware Store
Jason E.	2 Years	Fairhaven Chowder House
David G.	2 Years	Barberos Italian Restaurant
John M.P.	1 Year	Fairhaven Police Department
Ken P.	1 Year	Ann & Hope
Paul L.	1 Year	City of New Bedford
Wendy L.	1 Year	McDonald's
Corrine H.	1 Year	Purity
Matt B.	1 Year	Cape News
Kathy B.	1 Year	Ronnie's Manufacturing
Cheryl R.	1 Year	Danny's Place
Mary S.	1 Year	Sippican Nursing Home
Ken R.	1 Year	Crosby & Baker



Evie's Seafood Casserole

2 lbs. Scrod
 1 Box of stuffing mix (your choice)
 1 Can Cream of Shrimp
 1 Can Cream of Celery Soup
 Ritz Crackers
 Butter or Margarine

Spray casserole dish or small roasting pan with nonstick cooking spray. Rinse fish and pat with towel to remove excess water. Place one layer of fish and one half of stuffing mix. Add remainder of fish and stuffing mix. Then mix 1 can of Cream of Shrimp soup together with 1 can of Cream of Celery soup and spread on top of casserole evenly. Sprinkle crushed Ritz crackers on top. Place slices of butter on top. Bake uncovered at 350 degrees for one hour.

TAKE ME OUT TO THE BALLGAME.....

The Nemasket Group's softball team is off to a relatively good start. Although we have a record of 1 and 2, our game is improving rapidly. For instance, Ross is no longer looking for a cricket ball, Charlie has mended the hole in his glove, Rayleen is raking the lumps of grass in front of her before the game, Don is remembering to close his glove after he catches the ball, Willy is worrying about his "errors" instead of everyone else's, A.D. and Mark are now using bats instead of 2 x 4's, George took the oil off the palm of his glove, Ann wears her lucky shirt, Lorraine is remembering to chase the ball if it goes by her and Lou is wearing rocket-boosting running shoes.

We are doing our best and certainly having a lot of fun doing it. Come join us for the fun and, hopefully, the joy of victory.

MAKING COMMUNITY WORK

A group of individuals who are connected to Nemasket have dedicated time and energy to providing services to the community without the benefit of pay. Thank you for giving of yourself. Ramona F. is enjoying her volunteer position at the Dartmouth Council on Aging. Keep up the good work Ramona. Steve D. continues to "Save the Planet" by making recycling in the Town of Fairhaven a success through his work at the Recycling Center. Chris B. also helped with recycling. Another notable volunteer is Jeff O. His work at St. Luke's Hospital in the laundry department is a tremendous asset to the hospital. Matt L. continues to keep the Nemasket building looking clean and is always willing to give someone a helping hand. Thanks Matt!

POTPOURRI

Upcoming Fundraiser: Nemasket Gallery is planning a one day Holiday Fair to be held on Saturday, November 16, 1991 from 9 A.M. to 4 P.M. in the gallery. Artists, craftspersons and select businesses are invited to rent a table for the day. A \$15.00 table rental and a gift for the Chinese Auction are requested to raise funds for the non-profit Gallery. Items sought for the fair are toys, dolls, Christmas ornaments, quilts, jewelry, ceramics, floral arrangements/plants, cards, sweaters, scarfs as well as other suggestions.

Tables are limited!! For questions answered and registration forms, please call Peggi M. at 508-999-4436, Monday – Friday, 8:30 A.M. – 4:30. (Tours of the gallery are also available.)

Nemasket Group has been on the airwaves. WBSM in New Bedford presented the Nemasket Group on the air. Thanks Dave K. for your support of what we do!

Travel Updates: Ray C. has been heard from in Abaco, Bahamas. He says that he is working six days a week doing carpentry. (Do I believe him??) He'd love to hear from his friends and if anyone would like to write to him, please see Janice N.