

# The ROCKWOOD Miller

## Rockwood author determined to reduce *The Wait* for mental health treatment

By Kate Hendry

In 2012, Rockwood resident Kellie Joyce participated in the Mental Health Commission of Canada's Knowledge Exchange Centre inaugural SPARK Training Institute. When asked to create a project to "promote change and help stop the shame and stigma surrounding mental health", Joyce decided to write a memoir chronicling her experiences with mental illness and the struggle to receive medical treatment. Two years in the making, *The Wait* is now available.

A gut-wrenching story starting with the sexual abuse she endured as a child at the hands of her father, this is a gripping book, easily read in one day if not for the emotion-

ally challenging subject. Titled after the agonizingly long, and sometimes fatal wait Canadians with mental illness face for medical treatment, Joyce nevertheless inspires her readers with determination and optimism for a brighter future.

The determination that saw Joyce through a trial against her father, life with a new family, and becoming the support person for a family member with bipolar saw her through the publishing process as well. "The publishing part was a lot harder than the writing part. At first

I was going to go with a traditional publisher, but there are a lot of submissions and query letters and I hated that process. I got sick of waiting again, to have someone say it's good enough to publish, so I said 'okay, I'm going to do it myself'", explained Joyce.



Joyce's description of figuring out how to self-publish a book could equally be used to describe the process to receive mental health treatment. "If I didn't get all the help I had I would never have been able to do it. I researched it all.

That was the worst part, it was really time consuming, and there were a lot of details. There was a lot of red tape to go through. And then the cost, I tried to do it so I didn't have any costs because, I didn't have any money".

Joyce, who emphasizes the 'joy' of her last name, made her way through the publishing red tape, and has been thrilled with support she has received from the Rockwood community.

*The Wait* is available for purchase in at The Roxy and Country Reflections, and in Rockwood at River's Edge Gift Shop, Rockwood Pharmacy, Whistle Stop, and Foodland. "Almost everywhere in Rockwood sells it", she says. "My community has really supported me."

The Dr. John Dougan Centre of Acton has chosen Joyce to speak at a free event they are hosting next Thursday, October 9 at the historic Acton Town Hall, as part of Mental Illness Awareness Week. Following Joyce's talk, there will be a question and answer period, refreshments, the opportunity to purchase *The Wait* and a book signing. Doors open at 7 p.m.

## Rockwood Fall Food Drive events a huge success

Last weekend, the Rockwood Foodland, RBC and Guelph Eramosa Fire Fighters teamed up to coordinate three food drive events to help fill our food bank shelves. The events were a huge success collecting a total of 957.6lbs of food – the equivalent of \$2,394 of food – plus raised an additional \$490.26 in donations.

### Events held included:

Friday: Firefighters were at RBC promoting the food drive from 11am-2pm

Saturday: RBC and Firefighters (with truck) were at Foodland for BBQ and food collection 11am-2pm

Sunday: Stuff the Truck (fire truck). The firefighters drove through the south end of Rockwood in the fire truck with the

horn sounding to alert people for food collection.

EWCS would like to thank everyone who was involved in these events over the weekend. The response from our community to help fill our food bank shelves is a testament to how everyone, working together, can support our neighbours who need us the most and has been quite overwhelming!

The weather was perfect for the events held in Rockwood over the weekend. We are beyond words with how these events all came together in such a short period of time. We are so fortunate to have such a caring community family. We couldn't do what we do without the help and support from our amazing community.



**ROCKWOOD FC**

## Rep Soccer Tryouts

Indoors at the  
**ROYAL DISTRIBUTING ATHLETIC PERFORMANCE CENTER,**  
*in Marden: 7384 Wellington Road 30, Guelph/Eramosa*

**Sat Oct 4<sup>th</sup> & Sun Oct 5<sup>th</sup>**

**Boys Teams**

**U9B (2006)** Saturday Oct. 4, 4pm-5pm Indoor Field  
 Sunday Oct. 5, 4pm-5pm Rockmosa Mini Soccer Fields

**U10B (2005)** Saturday Oct. 4, 4pm-5pm Indoor Field  
 Sunday Oct. 5, 4pm-5pm Rockmosa Mini Soccer Fields

**U12B (2003)** Saturday Oct. 4/Sunday Oct. 5, 11am Indoor Field

**U18B** Saturday Oct 4, Indoor Field/Sunday Oct 5, 9am Outdoor Field

**Girls Teams**

**U9G (2006)** Saturday Oct. 4, 8am Indoor Field

**U10G (2005)** Saturday Oct. 4/Sunday Oct. 5, 9:30am-11am Indoor Field

**U11G (2004)** Thursday Sept. 25, 7-8pm Indoor Field

**U12G (2003)** Saturday Oct. 4/Sunday Oct. 5, 8am-9:30am Indoor Field  
 Monday Oct 6, 5:30pm-7pm Rockmosa Soccer Fields

**U15G** Saturday Oct. 4/Sunday Oct. 5, 11am-12pm Indoor Field

**U18G** Saturday Oct. 4, Indoor Field/Sunday Oct. 5, 10am Outdoor Field

Please note that there will be a **\$10 fee for each participant.**  
 Thank you for supporting local soccer!  
 More details available on the club website at [rockwoodfc.com](http://rockwoodfc.com)

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