



Thunderbird Clubhouse News

November 2007

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Ground Breaking! December 4th at 4:00pm

We want to invite you to the event we have been anticipating for six years...the ground breaking for our new Thunderbird Clubhouse facility! It may be a bit nippy outside but we are making all the arrangements we can to keep ourselves warm for this big event. We will have a tent, chairs and warm things to drink so please join us.

The event will be at our new location on Triad Village Drive, directly east of BankFirst on 12th Ave. SE.

If you have questions or want further information call Thunderbird Clubhouse at 321-7331 or Pam at 620-3726.

Please join us!

Panera Bread Event/Fundraiser: December 6th from 5:00-9:00pm

Clip this out of our newsletter, come to Panera Bread that night and tell the cashier that you are there to support Thunderbird Clubhouse. If we have a minimum of 50 people that do this, we will receive 10% of the pre-tax sales that night. **Thanks for your help!**

Thunderbird Clubhouse Artist Collective Update

A fine group of Thunderbird Artists met Tuesday, October 9th, at the Clubhouse. We are working on designing our Website that we feel is appropriate to our goal of providing a positive 'venue' for our positive expression. We discussed the design of several Websites, and we made much progress in developing a design that is 'personal' for us. We feel we can be, and are, artists that can be seen literally around the world. This is a very positive area for Clubhouse. People around the world can see that we have talents that are beyond words, and can only be expressed artistically.

We realize that all forms of Art are like Water, and to see and feel the coolness is an experience that we want, and need, to share.

~ Rod

Thunderbird Clubhouse Mission Statement

To build a community that offers respect and opportunities to adults living with and recovering from mental illness, enabling members to achieve their social, financial, vocational, and independent-living goals.

November's List of Events and Socials

Thursday, 1st: Philosophy Meeting 2pm

Saturday, 3rd: Walmart, p/u 8-9

Wednesday, 7th: Program Meeting 10:15
Celebration Dinner @ Golden Corral

Thursday, 8th: Philosophy Meeting 2pm

Friday, 9th: TJ Maxx/Kohls, p/u 9-10

Wednesday, 14th: Program meeting 10:15
Board Meeting 5:30

Thursday, 15th: Philosophy Meeting 2pm

Saturday, 17th: Baking Holiday Cookies @ Clubhouse, p/u 9-10

Wednesday, 21st: Program meeting 10:15

Thursday, 22nd: Thanksgiving Potluck Dinner 9-1, p/u 8-9

Friday, 23rd: Thanksgiving leftovers Clubhouse open 9-1, p/u 9-10

Wednesday, 28th: Program meeting 10:15

Thursday, 29th: Philosophy Meeting 2pm
Employment Breakfast 8:30 am @ Clubhouse



Welcome New Members

Welcome Alejos and Shelly, our newest members to the clubhouse. Alejos has already written about his first day at the clubhouse in this month's issue of the newsletter. Shelly Saunders has already settled nicely in the kitchen unit. *Welcome everyone!*

Hello everybody, my name is Alejos Garza Jr. and today is my first day here at THUNDERBIRD CLUBHOUSE in Norman. I am enjoying it pretty good so far so good! Especially meeting new people and enjoying the good food! I am happy to see my good friend Sam here from Stages who showed us around this THUNDERBIRD CLUBHOUSE! I hope that by me coming here I can broaden my horizons as a writer. I center mostly on writing poetry. If it is any good I sometimes send it to the news media to the country where I am famous as a writer of poetry of world affairs. My last poem was: Stars and Stripes forever; as we embark on this endeavor to rid the world of terror now and forever! Thank you!

Alejos Jr.

Doing the College Thing!

I've been taking online courses for Informational Technology (IT) at the University of Phoenix. So far so good! I have made 100% on every assignment in both of my classes. This is a 20 month course of accelerated classes and then I will have earned my Associates. I am very excited about this! I have finally found my "groove". Thank you Thunderbird Clubhouse for this boost of confidence!

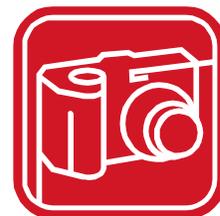
Tera C.



Picture Day with Jenna McIntosh

We would like to give a special thank you to Jenna McIntosh. On a Thursday and Friday in October, Jenna took the members photographs. The pictures turned out awesome, and she was putting us in poses that were remarkable and unique. We are going to give some of the pictures to our families. Christi Wilson and Beth Guild two of my friends also took pictures and theirs turned out wonderful along with other members.

Thank You,
Denise Moore



November Birthdays

- Chris Crooks 11/01
- Tonya Richmond 11/01
- Chuck Van Horn 11/05
- Dean Brodsky 11/06
- Pam Clark 11/08
- Jamie Dennis 11/08
- Charlene Edmonds 11/12
- DeAnna Murray 11/13
- Linda Kerr 11/20
- Lori Hill 11/24
- Amber Johnson 11/26
- Cindy Helton 11/28



Health & Wellness

This is the time of the year to start getting out your sweaters and caps. It is a good time to think of others, if you have extra outer wear or new socks or gloves now is a good time to give to others in need. The Health Department will be giving Flu shots this month, also check with your health care provider for more times available.

Safety News

It is the time of year that people will begin to start using their heaters to keep warm, make sure that your filters have been changed and that your heaters are in good condition. Never put items close to your heater that could catch on fire. It is always a good idea to plan a way of escape in advance in case of fire and to keep documents such as birth certificates, and other important documents in a lock box that is easily accessible. It is a good idea to keep your keys and wallet or purse in a spot you can access quickly in case of emergency. Have a nice month and stay safe.

**A Big Thank You
to
Panera Bread**

The Clubhouse would like to give a big Thank you to Panera Bread for all of the wonderful donations. They have been greatly appreciated.

Kitchen News...

Welcome Jerome, Jennifer, Alejas and Shelly to the Clubhouse. We are glad to have you with us. Our Halloween party is coming up quick, it s from 5p.m.to 7p.m. Oct. 31. We will be having snacks and a costume judging contest. We had 38 people attend the celebration dinner. Thanks to all who were there, and see you next month.

Snack Bar Update

As the seasons change from fall to winter so do the snack bar items. We have our nachos back, hot chocolate, pizza rolls, and hot pockets. So please come help support your social account by purchasing items from the snack bar. Our Christmas Party is fast approaching so will need all the sales we can get.



Thank you Larry Jewel I

We appreciate all the cookbooks you bring to the clubhouse. They give us great ideas of meals we can make for the members and staff and for fundraising. Thanks again.

Clubhouse Member Needs

- Vacuum cleaner
- Television set

Late Birthday Party...

I am going to go to Texas for a late birthday party at my sister's house so I can get a lot of gifts. I might get to go back to the dance club where I had a lot of fun and got to dance with a lot of pretty girls. I will be back on Sunday night. I will miss you all.

Harold D.



Days

Monday walks around the block
 Looking for its Tuesday
 Wednesday seeks out Thursday
 Several other days follow after one another
 Happy days sometimes come
 Others, not so happy
 Weather comes most every day
 Days and weeks and months and years
 Fly by so fast or just barely creep along
 Depending how you see them
 Two days ago yesterday wasn't even here
 Today only comes this once
 Tomorrow comes again
 Days are cut in half by nights
 Then again at noontime
 With the sun straight overhead
 Twenty four seven we have some kind of day

David Terry

I have an illness,
 But it doesn't stop me from writing.
 I have an illness,
 But it doesn't stop me from lighting
 Up a flame inside me
 To speak out of how I
 Want to be set free
 Of what people think of me
 I have to try not to let it
 Even bother me
 When people call me crazy
 But I have to press on
 I have to stop being lazy
 I have to keep my cool and
 Act like Don Juan.
 I have to fight my battle
 I have to go up stream
 So the harder I have to paddle
 A lot of people know what I mean!
 I have to keep my boldness
 Because yes I have a mental illness!!!

By Alejos Garza Jr.

Oh! Please, I'm hiding!

There is a right place and a right time for every-
 thing under the sun or stars. I know cause I have
 done many of them and got all kinds of results
 from those actions. My response to the results
 were really weird hence paranoid schizophrenia.
 I have been trying to correct my results from my
 actions for the last umpteen years and the profits
 have really been profitable since I made Thunder-
 bird Clubhouse a part of my life. Last week I was
 in Milwaukee, Wisconsin. Our clubhouse has a
 lot of things in common with the other ICCD
 clubhouses and we like to share the knowledge
 we have with each other. We gathered there at
 the Hilton in Milwaukee.

Mike C.

November 2007

DEAD LIKE ME: A SERIES ALIVE**by Marcus (the movie man) Lamb**

Death is only an adventure in reality for Georgia Lass (Ellen Muth) in the now extinct television series, "Dead Like Me." In the series Georgia is an eighteen year old young lady, fresh out of dropping out of college, who is unceremoniously killed when a toilet seat falls from a Soviet space station onto her head.

This standard death process stops suddenly when Georgia, now a spirit, meets Rube (Mandy Patinkin) and his band of assistants who snatch souls of the dead and lead them toward the portal to the next life. Fittingly, Georgia is enlisted as a member of Rube's group. She is un-dead, but she lives like a regular human; however, she cannot die.

So, she reluctantly becomes a "grim reaper." As a "grim reaper," Georgia must touch the person who is about to die moments before death; thereby, removing the soul, so the victim doesn't experience the intense pain often associated with death.

Georgia must be trained to do this because this maneuver can be difficult—finding the person assigned to die, can be hard and timing can be critical, so Georgia is accompanied by a fellow reaper to make sure that things go according to plan.

Lastly, the human element comes into play. Georgia must learn to take the souls of people for which she has a natural affection. At this she fails more than once, and she suffers rebuke at the hands of Rube. Finally, she learns to take whatever soul she is assigned. Perhaps she becomes hardened—maybe not, but she learns the rules.

The remainder of the television series deals with other possible complications. Georgia eats. She is the undead-almost human, so she needs a place to live, etc., so she takes a job in the real world which opens the door to an entirely new complex of encounters.

In all these encounters, though she is a part of the un-dead, Georgia tackles each challenge with a positive initiative. As a "grim reaper"/every day person, she's intelligent, resourceful, and she cares.

Though the series is no longer on Show Time, the show can be viewed on DVD. It's a good show. Give it a try.

My name is Jim Hyde and I have been a member of the Clubhouse for over ten years. I attended infrequently but I have come back and am attending three or four times a week. I am a writer. I belong to the Dorsal Fin Society writer's critique group. We meet once a month to critique each other's manuscripts and we can submit up to fifty pages at a time. My favorite genre to write in is Horror. I have started a new story and I have almost fifty pages of it done for next month's meeting. I hope to be a published novelist one day. I have been trying to write at least five days a week. I also write short stories, but I like writing novels better. My writer's group is helping me to improve my writing and get it ready for publication. I like coming to Clubhouse and doing work which helps me feel productive and gets me out so I don't isolate in my apartment. Halloween is my favorite holiday and I am looking forward to the party at Clubhouse tomorrow. I am going to rent some horror movies to watch on Halloween. I have a mask I am going to wear which is a cadaver. I am looking forward to the new Clubhouse. I am glad the Clubhouse is here for me to attend. Thank you.

November 2007

Strategic Planning 2007: Summary of Goals

For those who thought they could foresee what would happen at our Strategic Planning meeting on Saturday, Oct 17 they could not have possibly imagined what happened there. It was a huge success!

I hope I not only speak for the members, staff, and board of directors that were there at the meeting, but for ALL of our community and the clubhouse community to see same thing: IT STARTS WITH US. We have a lot of goals for our clubhouse, but the main goal (I think because it rings true for me) is to SAVE lives. The clubhouse is definitely a recovery, rehabilitation, work-oriented EVERYTHING. Because that is what clubhouse is to most of us, our EVERYTHING.

We eat, breathe, and DREAM clubhouse! You see, that is what it started out as: a dream. Even though we looked at the big picture, we have obviously made some BIG strides! And it became more than a dream, it became a REALITY. Some of us don't know reality sometimes! We for sure know it now! Because our clubhouse IS reality. It started out as a dream and moved into much bigger things. Bigger than we could have ever imagined! We now have a active membership base of approximately 163 members.

There are those of us who want to see the big picture and those of us who are focused on the little steps to make the "big picture" a reality. We must stay focused on what we want to accomplish and take those steps to make our "dream" clubhouse a true dream!

I took some pictures of the members that were at the meeting on Saturday. I am so thrilled every time I look at those pictures! Because you know what I see?! OUR FUTURE. Without us, those before us, and those after us, we would not be in existence. And maybe those after us will look back and remember the historical date we found out we raised the money for our new clubhouse, the historical ground breaking, and then the historical event of our "grand opening".

Wow, do you see it?! Many more lives that need to be changed. Many more lives that need to be saved! Many more people out their in our community that need the structure our clubhouse provides. MANY MANY MANY MORE.

We will not let our mental illness hold us back! We will DO this. Our future will make the clubhouse future a reality for our whole community.

~ Tera C.

KIRKOS

Ring Group Sculpture Exhibition



Spirit of the Times

"It is the spirit of the times that determines artistic expression, which in turn, reflects the spirit of the times."

Piet Mondrian

Karin Fain is involved in the VSA arts of Oklahoma exhibit through The John F. Kennedy Center for the Performing Arts. The exhibit will showcase her abstract sculpture "Rose", dedicated to her mother.

The exhibit will start December 1, 2007 and run through March 15, 2008. The exhibit will be at the Quartz Mountain Lodge, Arts and Conference Center, 22469 Lodge Road, Lone Wolf, OK.

The opening reception is Saturday, December 1, 2007, 3:00-5:00pm.

Thunderbird Clubhouse
PO Box 1666
Norman, OK 73070

Non-Profit
U.S. Postage Paid
Norman, Okla.

Thunderbird Clubhouse is proud to be United Way of Norman member agency.

CONTRIBUTIONS

Thunderbird Clubhouse gratefully accepts financial and in-kind donations. All donations are tax-deductible. Financial donations can be 'ear-marked' to benefit one of the following:

- * General Operational
- * Capital Campaign
- * Social and Recreational Account
- * Dental and Eyeglass Account for Members

To make a donation or request more information, detach this form and send it to:

Thunderbird Clubhouse, P.O. Box 1666, Norman, OK 73070

www.thunderbirdclubhouse.org

I would like to make a donation

I would like to request more information

I would like to volunteer my time

Name: _____

Address: _____

Phone: _____
