



Thunderbird Clubhouse News

January 2008 Newsletter

531 E. Main Street, Norman, OK 73071

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www.thunderbirdclubhouse.org

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Our Annual Christmas Party...

Annual holiday party....a place -- a social -- for Thunderbird Clubhouse: came around again and was a delicious mix of food, music, dancing, and interaction of contributors and family and friends; a tradition held by the Clubhouse annually. This year was special--showing growth with the new Clubhouse arriving next year. It was held at the Trails Country Club a place of luxury—thank you to the Trails from Clubhouse members, staff, Board and contributors.

The buffet line stayed long -- the main course was ham, roast, and turkey. The feast was toasted by Marcus Lamb in gratitude and energy for the upcoming year with enthusiasm toward our expansion.

We danced to music from all generations x-y-z from James Brown to Michael Jackson's Thriller. Somewhere on the music buffet--the most danced to tune was the cult classic, Time Warp, from the Rocky Horror Picture Show--all ages ranging from the teens to fifties showing their dance experience.

In this celebration people from all walks of life--mixing with delight and enthusiasm....and here comes Steve Owens (gratefully) our biggest contributor, was greeted by a member jokingly saying, "I heard you played a little football", he returned the greeting with a firework of light exploding from the

ring finger and voice with thunderous personal victory, "I am a Heisman trophy winner at O.U."

The bartenders at the trails were welcoming and it must have been a prerequisite to have a warm friendly smile to be a bartender at the Trails. Any beverage could be ordered, virgin of course. The bartenders tip jars stayed full anyway and we all stayed tipsy too. (For most of us in the mental health community, our medications say do not mix with alcohol; others we just don't mix with alcohol.) There were drivers also and we thank them for their time and making it possible for a lot of people without transportation.

The party gave us a place to do our dancing; a place to enjoy being with others; dancing a buffet of friends and fellowship.

Special thanks go out to Adrian for being the jazzy D.J. and mixing music and light shows with all varieties of taste.

Thanks to Republic Bank for the delicious cake. Thank you for all the time and support to the board members. Thanks to our donors for helping Thunderbird to make this possible. A special thanks to friends and family and employers that showed up to support the event!

- Damien

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.

January's List of Events and Socials



Tuesday, 1st: New Years Day Lunch, p/u 9-10

Wednesday, 2nd: Program meeting 10:15
Celebration Dinner @ Golden Corral 4:30

Thursday, 3rd: Philosophy Meeting 2:00

Saturday, 5th: Wal-Mart, p/u 8-9

Tuesday, 8th: Artists Collective Meeting, 3:00

Wednesday, 9th: Program meeting 10:15
Board Meeting 5:30

Thursday, 10th: Philosophy Meeting 2:00

Saturday, 12th: Hobby Lobby/Hastings, p/u 9-10

Wednesday 16th: Program meeting 10:15

Thursday 17th: Philosophy Meeting 2:00

Saturday 19th: Movie & Lunch @ TBCH, p/u 9-10

Wednesday 23rd: Program meeting 10:15

Thursday 24th: Philosophy Meeting 2:00

Saturday 26th: Games & Lunch @ TBCH, p/u 9-10

January Birthdays

Jeffery Vaugh	2 nd
Michael Binder	5 th
Mike Cordial	5 th
Argentina Juarez	9 th
Greg Allen	12 th
Michael Middleton	12 th
Elizabeth Guild	17 th
Paul Garver	19 th
Larry Henley	23 rd
Greg LeCrone	23 rd
Charles Dennis	24 th
Barbara Anderson	24 th
Bill Durbin	25 th
Kathi Koonce	27 th
Brian Drake	27 th
Angela Walters	28 th
Kristy Stovall	30 th
Aurora Casillo	30 th
Herman Brisco	31 st

SOFTBALL

By Marcus Oliver Lamb

A softball game begins. All players are set at their positions. The first batter steps into the batter's box. The pitch is thrown. The batter hits a hard ground ball to the pitcher. The pitcher fields the ball. The batter starts to first base—running swiftly.

The pitcher rises to throw the ball to first base. He draws his arm back to throw, but he discovers that his arm will not draw back correctly. He has limited range of motion. Still, he strains to draw back his arm.

He releases the ball with all his strength. The ball flies softly as the runner heads to first. The ball arrives slightly behind the base and bounces. The first baseman steps off the base to gather the ball. The runner nears the base, and the first baseman steps on the base too late to force the runner out. The runner reaches the base safely.

Following that play, the first baseman turns to throw the ball back to the pitcher to resume play, but the first baseman also has limited range of motion in his throwing arm. He throws the ball awry. Instead of going to the pitcher, the ball heads towards the second baseman and rolls to a stop. The second baseman picks up the ball and tries to throw it to the pitcher, but she misses—sending the ball into left field, and so it goes.

Eventually, the ball, after being miss-thrown around the infield and outfield, returns to the pitcher; whereby, he picks the ball up off the ground and faces the next batter.

Essentially, for the fielding team, the simple task of playing softball is extremely difficult. The fielding team can play, but it takes great effort just to make one play.

Such is the case with mental illness. We know how to play the game or life, but our disability sometimes doesn't allow us to play efficiently or effortlessly. We are often hampered by slight encumbrances and awkward behaviors. We try, but little things make it hard for us to succeed easily; however, with effort, we can play. It just takes time and patience.

The Butterfly



Life is like a Butterfly, So me oh my don't you cry

Just spread you're wings, And begin to Fly

Just like a songbird sings, Just go ahead and try

To live your life like a Butterfly, Just full of hope and promise.

With Love, Alejos Garza Jr.

Thunderbird Clubhouse
PO Box 1666
Norman, OK 73070

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Thunderbird Clubhouse is proud to be a 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: _____

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