

1251 Triad Village Drive, OK 73071

405-321-7331

www.thunderbirdclubhouse.org

info@thunderbirdclubhouse.org

### Board of Directors

#### 2009-2010

Joyce Green– President  
 Blake Virgin-V.P  
 Philip Holden-Moses– Sec.  
 Andy Sherrer– Treasurer  
 Michael Cordial  
 Suzanne Dunn  
 Sharon Farris  
 Kris Glenn  
 David Guest  
 Mike Isaac  
 Charlotte Kendrick  
 Rick Medcalf  
 Steve Owens  
 Christi Wilson

### Our Annual Christmas Party

**While the crowd began to gather, so did the line for the Italian food bar. The fettuccine alfredo, lasagna, and salads were excellent. Everyone filled their plates with food and sat down.**

**Then Santa came in. What a glorious sight! Guests were able to sit on his lap and have their pictures taken. Later on, disc jockey Adrian played some party music CDs while almost everyone danced until The Trails closed down. Lisa set a photo booth and printed out pics of party-goers.**

**Several people were there who had been invited from within the community, as well as lots of Thunderbird Clubhouse colleagues. A great time was had by all.**



Art, pictured above, is one of our new members at the Clubhouse. Santa had a fun time, as he is not used to sitting on other peoples' laps!



Pictured is "Orange Flowers" by Mike Cordial. Just one of the many works sold by our artists at the event.

### The Artists Collective Showing at the Clubhouse

**The artists of our Thunderbird Clubhouse Artists Collective had an art showing at the Clubhouse on December 4th. It was just like Christmas, with eggnog, wassail in our cups, and sugar and gingerbread cookies to eat. Jason Green, one of our members, provided melodic Christmas music on the piano while everyone ate and enjoyed the works of art. We also had artists who read their poetry, rapped, and even played the drums. Thank you to all the supporters who helped make this event special. The success could be seen on our faces and in our wallets. Several people purchased our art, which made our event victorious!**

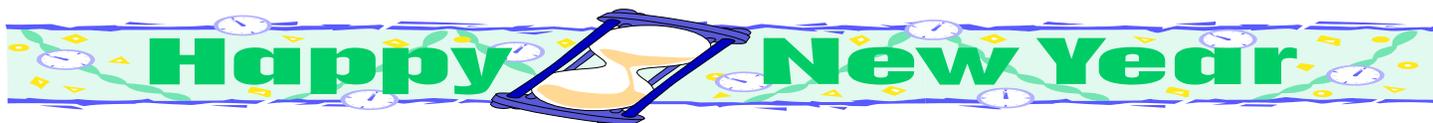
**-Mike Cordial**

#### 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.

### A New Year, A New Unit

This will be the first New Year's Day in the new Clubhouse. Many people will be making a list of their resolutions. In the spirit of our dynamic tradition to change operations for the better, some of the Clubhouse colleagues will be meeting to form a new unit separate from the Kitchen and Clerical Unit divisions. It will be called the Employment and Education Unit. The purpose of this unit will be to expand our employment and education opportunities. Our goal will be to help further the educational goals of members and to try to make sure that anyone who wants a job can get one. We will need help with this new unit, so any suggestions will be welcome.



### News from our Members Who Work in the Community

#### Chris's Job Report

Chris Crooks (pictured right) works at Cate Cafeteria at the University of Oklahoma. Chris boasts that he works hard at cleaning the lobby. He says, "I like my job really well. I am getting to meet a lot of interesting people." Chris has been employed by the University of Oklahoma for some time now, so he must be a good employee. Keep it up Chris!



#### Josh's Job Report

Josh, pictured below, works one of our Transitional Employment positions at Couch Cafeteria at OU. He has been there for about one month and is doing a

What I like about my job is my boss, Chef Billy. He is really nice and understands his co-workers like me. I like the food down at the job, and it's free for me. What I do is work on the food lines and clean the tables in the cafeteria. There are about five different food lines, but I work on the salad bar the most. I am off for Christmas Break until January 13th, when school is back in session at OU. I'm thankful for the break, but I miss the hard work and the paychecks!

-Joshua Davis



#### First Paychecks!

Andrew Ross and Joshua Davis are so excited to receive their first paychecks from the University of Oklahoma!

Great job guys!



#### Transitional Employment Job Opening

We have a Transitional Employment position open at Homeland grocery store after the first of the year. The position title is courtesy clerk, which entails bagging groceries, collecting shopping carts, and being an overall friendly asset to the store. If you are interested in this opportunity to represent Thunderbird Clubhouse while making money, please contact Liz at the Clubhouse.



## Horticulture News

Thunderbird Clubhouse was happy to welcome Master Gardener Diane Vanlandingham to help Clubhouse members to keep plants that have been donated or received from people for the opening of the clubhouse, during the move, and the holidays.



Pam Kitterman, pictured above, has been enjoying the horticulture classes and is the Clubhouse's biggest plant enthusiast! We appreciate her dedication to keeping the plants healthy.

The plants have opened up a new task in the Clubhouse. The new plants are showing signs from the shock of moving. Some plants are over-watered, under-watered, and facing the wrong direction for a light source. Some of the plants have been broken in the move and need to be repaired.

Also, a helper is needed to do parts of the job when it does not get done by one person.

The Clubhouse has several different kinds of plants. The plants have to be treated according to the shock of being moved from one room to another, one building to another, and change of temperature.

Therefore, plant necessities are being purchased to keep our plants alive and well. We need bigger pots, fertilizer and bloom enhancer. More supplies are needed to get the plants through the winter. When spring arrives, there will be even more plant supplies available. Plants such as bulbs, pansies, seeds and morning glories will be available as well. Diane explained about how to winterize plants and plant for the spring.



### Blizzard Disaster

Hal Bassett and Chris Hodge help us all stay safer by shoveling the recent snow and ice. Everyone survived the late December blizzard that proved an obstacle for the Clubhouse Christmas Eve and Christmas plans.

Welcome to the Board of Directors, Mike and David

We have two new board members, Mike Cordial and David Guest. We found them both to be very qualified. They are two members who are old timers, that have a lot of experience at speaking, writing grant proposals, and have both been to International Clubhouse Seminars. Mike went to the 14th International Clubhouse Seminar and David went to the 15th International Clubhouse Seminar.

All the applications were great and it was a hard decision to make, but David and Mike are great people for the job! We took our decision before the Board and it was unanimous.

Welcome to the Board, Mike and David!



## Jason's School Experience

School is going good. I wish I had done this sooner. The first 9 weeks, I established an A- in the CADD Program at Moore-Norman Technology Center. If you're wondering what CADD stands for, it stands for Computer Aided Drafting and Design. What was interesting was what the teacher told me one day. I was drawing a print on the computer. He told me I was incorporating every process I have knowledge of in that one drawing. He also told me that my print wasn't bad, but that I needed to know my limits of the drawings I draw and the processes that they involve to get them right and done quickly. In the long run, all is well in school, and I appreciate all that Clubhouse is doing to help my education needs.

Jason Barnes

**You go Jason, we are behind you 100%!**

## Teaching is Rewarding!

I enjoyed teaching the beginning computer class at our Clubhouse on Wed. October 28. Three members attended. Greg Oliver and I taught them how to log in, use the mouse, use the Internet, and I taught them how to set up Yahoo email. It is rewarding for me to share my computer skills with others. My computer skills have been improving since being in graduate school from 1995-1998 at the University of Minnesota. I like to see members learn something new. We will teach another class soon. I'm thinking about teaching a creative writing class this winter.

Jane A.



## We've Been Going to the YMCA

The Clubhouse has been going to the YMCA two days a week for an hour at a time. We have walked miles around the track, used the weight machines, treadmills, elliptical machines, and the bicycles. Some of us have used the pool to swim laps. Exercising promotes health and wellness, which we are focusing on more and more at the Clubhouse. I enjoy the YMCA because I am looking to lose weight and become healthier.



Leanne Brackett

## Art Market Report

November was my first time to have an art booth on my own. I sold 4 prints which were \$10.00 each, plus I was raising funds for Little River Zoo to help them out. I raised \$22.00 for Little River Zoo. Little River Zoo told me that they really appreciated what I did for them.

Jan Travis



## Herman Brisco Says.....



I myself have drifted from place to place, have been homeless, jobless, penniless, and blowing as dust from place to place. I've had some bad times, but, in reflection, mostly good times. I have moved in the spirit of God always and where ever I was sent, God had a mission for me . The greatest one I can account for is at a truck stop where I lived off the compassion of others. One night about 3am, I was sitting at a table when a driver came up and asked if I minded if he sat down. Of course I said, "be my guest." We talked for four hours about everything known to us and God. After the talk, he said, "I was sitting in my truck with a 44 magnum to my head, with the trigger half pulled and looked out my windshield to see the world one last time. I saw you sitting at this table with your hat on, and figured I might just need to talk with you." I was wearing a hat that said "Navy Seals" and wearing black camouflage "BDUs". He told me that he was a major in the Marine Corps and did not want to return to combat. He thanked me and offered me \$5, as he did not have much cash. I refused it, but he insisted and said I saved his life, and he would go and he would be back. So I received his kind offer with great joy, knowing I too had a purpose, and now, new hope and direction with my life. So enjoy all of life's experiences, good and bad, as it makes us who we are. It strengthens us so that we may help ourselves and others.

By Herman Brisco

### Kitchen Unit

The Kitchen Unit has been busy getting ready for the holidays. They have decorated for Christmas and are baking Christmas cookies. They have also baked some loaves of bread for the Board members' baskets.



The Kitchen Unit is also going to have a nutritionist come back and help them figure out the calories and fat in our meals.

The Kitchen Unit has been busy with activity!

### The Clerical Unit

The Clerical Unit has been busy with a lot of things this month. We have been making invitations for the Artists Collective and Christmas parties. The clerical unit has also been busy with data entry and attendance. We always have a deadline, and we always meet it! There is always a lot of work (and fun) done in the clerical unit.



The Clerical Unit

# THE MOON

**By the light of the moon I try to see  
All of the things in my room because  
It is dark in there my room is dark**

**By the light of the moon I sit on the porch  
Trying to see all of the critters of course  
It is dark outside by the light of the moon**

**By the light of the moon I sit on the bay  
Fishing out of the lake where the fish are  
It is dark outside and I see the stars**

**By the light of the moon .....**



**By Christi Wilson**

### LOST FOOT PRINTS IN THE SAND BY HAL BASSETT JR.

SERENA DEOBRAH ANNA BALLERINA. WHERE ARE YOU ?

MY SWAT TEAM LEFT YOU ON THE BEACH WHERE GOD WALKED WITH YOU.

ALTHOUGH I AM NOW RETIRED I'M NOT EXPIRED BUT I'D GLADLY DANCE WITH YOU.

HB SWAT NO LONGER IF EVER EXISTED IN YOUR MIND ONLY.

NOW AL IS AL AND RAY IS WENDY AND MY SANDY FEET WILL WALK OVER OUR TEARS THAT ARE CRIES FOR MY SPIDER BABE BALLERINA WAYS.....

RESPECTFULLY YOURS.



### Housing Program at the Clubhouse

The Housing Committee has been working very hard these past few months. We have been using our new "Emergency Shelter Grant" money to help members and non-members, alike prevent utility cut offs, evictions, and homelessness. We are also learning how to use our "Shelter Plus Care" money. We have used one of our two vouchers to help a colleague find permanent housing for the next year. Please bear with us as the Housing Committee learns about all of the different funding sources and the process that goes along with them. If you have any questions, please see a Housing Committee colleague and we will try to answer them.



## Upcoming Social Events

January 1: New Years Day Lunch at the Clubhouse; pick-up 8-9am

January 2: Wal-Mart; pick-up 8-9am

January 6: Golden Corral Celebration Dinner

January 9: Arts and Crafts at the Clubhouse; pick-up 9-10am

January 15: Friday night OU Hockey Game; pick-up 6-7 pm

January 20: Board meeting 5:30 at the Clubhouse

January 23: Baking Day at Clubhouse; pick-up 8-9 am

January 30: Jacobson House; pick-up 1-2pm



Thunderbird Clubhouse  
PO Box 1666  
Norman, OK 73070

Non-Profit Permit #55  
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](http://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: \_\_\_\_\_