



Thunderbird Clubhouse News

JULY 2010

1251 Triad Village Drive, Norman, OK 73071

405-321-7331

www.thunderbirdclubhouse.org

info@thunderbirdclubhouse.org

Board of Directors 2010-2011

Joyce Green– President
Kris Glenn-Vice Pres.
Suzanne Dunn– Sec.
Charlotte Kendrick–
Treas.
Elizabeth Base
Ryan Clark
Mike Cordial
David Guest
Philip Holden-Moses
Mike Isaac
Rick Medcalf
Steve Owens
Blake Virgin
Kathryn Walker
Christi Wilson

Bank Drafts! Coming soon!

We will soon be able to accept donations through bank draft..
If you would like more information contact
Pam at 620-3726
Or
psanford56@yahoo.com

Thunderbird Clubhouse Annual Golf Tournament

Join us for the Thunderbird Clubhouse Annual Golf Tournament on September 27, 2010. We will have a great day of golf at the Trails Golf Club in Norman, OK . The event will include a 4-person scramble, lunch, and an awards reception with Steve Owens following the tournament. Register now and remember to invite your friends to play. Just click on "Tell a Friend" and you can send them a link to sign up automatically. Thank you for your support of Thunderbird Clubhouse. **REGISTER for a Team and SIGN UP to be a sponsor at: www.tbirdgolf.com**

Happy Anniversary Clubhouse!!!

It will be exactly one year September 1, 2010 since we moved into the Clubhouse on Triad Village Drive. On that day, we moved our first boxes in and began to set up our space. We have really enjoyed our four bathrooms! The hugeness of it all was almost overwhelming but we soon made this new building our home! We would like to thank each and every one of our readers for their continued support. Without you, this dream would not be possible. This is a happy anniversary for all of us!

Le Tour De Vin — Thank you Rotary!

A big THANK YOU to the three Norman Rotary Clubs for selecting Thunderbird Clubhouse as the beneficiary of Le Tour De Vin this year. It was an amazing event, and it was evident that the three clubs and their consultant, Laurie Wynn, put in extensive time and energy to make it successful. The three clubs, Cross Timbers Rotary, Norman Rotary and Sooner Rotary, are comprised of Norman citizens that are actively engaged in their community and support many non-profits through participation on board, fundraising and volunteer efforts. LTDV was a 2 night event: the first night was in the gardens at Barry Switzer's house and the second was at the OU Stadium club. Both nights were well attended and lots of fun. Thank you again to the Rotary Clubs!



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.

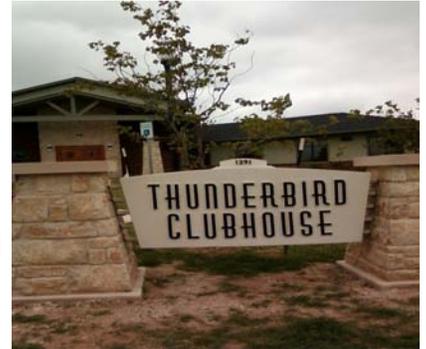
Sign, Sign, Everywhere a Sign

In our world today it seems that everyone has the use for signs. A couple of reasons signs are used are for directions and to place people in the exact location they are looking for.

People's lives are affected by signs. They warn us of dangers, laws and rules. They may even let us know of opportunities that might have been lost if signs were not there and seen. The individual that might see our brand new Thunderbird Clubhouse sign might have their life changed and have opportunities brought to them this way.

The thing about signs is that they are there for everyone to be a guide post along the journey of life. When a person follows the correct signs they will find that journey is their friend.

The sign out front of our building projects a bold statement that says "listen to me" as you walk or drive by.



WELCOME TO THE BOARD!!!

Officers for the Board of Directors began (or continued) their tenure on July 1, 2010. They are as follows: Joyce Green, President, Kris Glenn, Vice President, Charlotte Kendrick, Treasurer, Suzanne Dunn, Secretary. In addition to our officers, the following individuals serve on the board: Elizabeth Base, Ryan Clark, Mike Cordial, David Guest, Mike Isaac, Rick Medcalf, Steve Owens, Blake Virgin, Kathryn Walker, and Christi Wilson. Our board is very active in fundraising and the oversight of our Clubhouse. We appreciate each of them!



Follow the Red Brick Road

We now have 90 pavers on our walkway outside The Clubhouse! We hope to eventually fill it up.

This is something we started when the Clubhouse opened one year ago. Some of the pavers remind us of people who have passed on and are a part of the history of the Clubhouse. When we walk past the pavers, we are reminded of the people who have played a role in our building, both past and present. What a wonderful sight as we walk along the path to the front door every time we enter!



Reminiscing

You know how you sit around with your friends and reminisce about the good ol' days? Well that's what we were doing one evening when we remembered our friend Debbie Barrone.

Debbie passed away this last year and we couldn't help but remember some things about her. Some will make you laugh and some will make you smile. She was rough and tough on the outside, and so tender-hearted on the inside.



Debbie was an active member of the Thunderbird Artist Collective. You will find some of her art displayed on the walls of the Clubhouse. Debbie was also an avid player of Bingo, and won almost every time! She had the time & patience to help get our Eufaula house ready. Her heart was here with us at the Clubhouse. She overcame so many obstacles and was able to move out of state to be near her family. We missed her very much when she moved away.

The last we heard, she was content and happy with where she was in her life. We miss Debbie on a daily basis and we wish she could have seen our new building. She would have loved it.

Remembering Our Members

Charlene Edmonds



Charlene was a genuine lady. She always enjoyed reading a book while working in the bank at the old Clubhouse. She had a serious look about her most times but, boy howdy, when she smiled, she lit up a room. She would never take a ride home, but instead walked home like the "Energizer Bunny" to McKenzie Gardens. Charlene was a regular at the old Clubhouse and attended at least 3-4 times a week. She was a quiet person and good friends with Everett.

It was always a pleasure to have Charlene around. She never complained and was always content to do what others wanted. We will miss her here at the Clubhouse.

The Man and His Art

We recently lost another colleague of the Clubhouse and Artist Collective. David Terry was another person who will be missed at the Clubhouse. He was a great artist and was very talented. He was always thinking of others and showing his compassion at all times. David had never been to the new Clubhouse, but he would have loved it. With all of the works of art on the walls, this would have been his gallery of dreams. He was one-of-a-kind and will be



thought of as a person that put a little bit of sunshine into this organization.

Our Weekly Edition

There is much excitement at the Clubhouse because of our newest project. As of June 28, 2010, we have started our weekly newsletter called the Thunderbird Thunderbolt. What makes this newsletter so exciting is that members and staff alike are submitting all sorts of interesting articles. We have our updates, comics, announcements, member features and we even have a place called our classified section. Members can place ads for free items, for sale items or whatever they need to make notice of what they choose. The idea of the newsletter came to us via David Guest and Linn Kruckeberg after their trip to Fountain House in New York. Their enthusiasm for the newsletter soon spread to Gadel who then helped to encourage involvement in the Clubhouse by showing members and staff what types of items could be placed in the newsletter. As the work progressed throughout the week with laying the foundations of the newsletter, we soon began to see the results of what a weekly newsletter would look like. Once members saw the first edition, they began getting more excited. "This is our voice where we can be heard without any discrimination," said Gadel Middleton. What makes our newsletter so unique is that it is about our members and their individual ideas and talents.



Live Art: Clubhouse Rock

Saturday, July 10th was the night of Clubhouse Rock. Thunderbird Clubhouse was the site of the event.

Three bands, The Wash, Three People, and The Crowd, were at the event. The atmosphere was electrically charged for the show. The three bands rocked the House as the name of the event implies. Visual art was displayed and poetry was presented to the audience. Appetizers were served along with punch. The crowd was expected but much larger than anticipated, and all participants and audience members had a good time. The event was a success! We had never had an event like this before and did not know what to expect. There was a lot of hard work put into this show and the idea was one of our own, Darin Vincent's. He got together with the Artist Collective and planned this with them. The rest was a success!



Great Guy, Great Job!



Chris Crooks is currently employed as one of our IE positions. An IE is an independent employment position. The position is garnered independently by the colleague but he/she still receives support and advocacy from the Clubhouse. Chris has one of those positions at Cate Cafeteria. He says it is a fun job, and he meets a lot of people there. He has worked that job for three years now with an excellent work record and he says, "The managers love me". Chris worked as a Transitional Employee for awhile at Couch Cafeteria, also on the OU campus. When finished with that position, he re-applied for the position at Cate and was offered the position that he is currently in now. We are very proud of him and all of our members who have obtained employment.



How Thunderbird Has Helped Me

I would like to tell you a little bit about myself and how the Thunderbird Clubhouse has helped me. My name is Christi Wilson. I am 46 years of age and was diagnosed with bi-polar, at the ripe old age of 38. This has been somewhat of a treacherous journey for myself, family, and whatever friends have stuck beside me. After having hospitalized my family and I were told about Thunderbird and the amazing things that can happen. Whoever told us that was right! All of this hap-

pened after going to OU and obtaining my BA in Political Science.

After having been here for almost 7 years I am almost back to my old self again! Thunderbird Clubhouse is simply amazing; members here do not do any kind of regular group therapy. Instead of group therapy, the Clubhouse focuses on the individual abilities of every colleague at that particular time. Thunderbird Clubhouse is a place where people work. Work gives everyone a sense of purpose and a place to belong. That is what Thunderbird is for me.

MY THUNDERBIRD CLUBHOUSE EXPERIENCE



Gadel Middleton

Signs point us in the right direction and without signs in our lives, we would be aimless rudderless ships drifting along in life without purpose. For many of us members we found a rudder here at the Thunderbird Clubhouse. As a result of the rudder that we have allowed to be attached to us, we have found joy in our lives. Coming to the Clubhouse meant that my once aimless life soon found a better way of life that gave me, not only joy, but a reason to get out of bed each day. All of the creativity that was laying dormant inside of me found a home here at the Clubhouse. It is like a breath of fresh air coming here.

I was in one of the deepest depression I had experienced in a long time when a prayer to God for His help came that pointed me in the right direction. I was lonely and hurting emotionally and all I wanted to do was die and prayed to God to take me in my sleep. Then one day as I was riding on the Norman Cart Access bus and the driver stopped in front of the Clubhouse to pick up a Clubhouse member. I do not remember who the lady was that boarded the bus that day, but I owe her many thanks for riding that day. I asked her how old one had to be to attend the place. She told me it was not about age but it was about having a diagnosis of mental illness. That lady, that day, was a sign from God that pointed me in a good and right direction for my life. Thank you, Thunderbird Clubhouse Staff and board members for making all this possible for all of us with mental illness and being a sign of good things to come. You are the greatest!!!

A BIG THANK YOU TO OUR MOWERS!

This summer one the treasurer of our Board of Directors, Charlotte Kendrick, has enlisted four of her family members to mow and edge our Clubhouse lawn! We so appreciate their sweat and the tender loving care they show our lawn. They are happy to know they will soon get help because our CDBG grant was approved through the City of Norman so we will be purchasing our own lawn equipment. We appreciate Charlotte and her crew getting us through this first summer!



JULY 2010



CAMPING AT SULPHUR

June 25, 2010 we went camping up to Sulphur, Oklahoma and came back with a whole bunch of great memories. We ate haystacks on Friday night, made a campfire where a shirt actually had to be used to help start our fire and then made s'mores by the campfire. We all sat around and talked and laughed a lot. Pam decided to sleep out on the ground in her sleeping bag and so then found herself entertained by a cute chubby raccoon. When we got to camp we got really busy putting up our tents only to find out from the camp host that we had them in the place where the water moccasins like to hibernate. So we moved them and then began our night of fun. The next morning, Christi Wilson and Pam Sanford cooked our breakfast of eggs, bacon, cereal, fruit and real coffee. We found life without a microwave a sheer delight. On our next campout, we hope to see the rest of the members there. It was a lot of fun!



Goodbye to JESSICA

Jessica Crowder had her last day at Clubhouse July 10th. She first served in the Clerical Unit when she started in August 2009. Taking charge of our Artist Collective, she made things really happen for us. Eventually she went over to the Culinary Unit where she cooked, served and helped to prepare menus for the Clubhouse. We will really miss her but wish her all the best in her new position at the Central Oklahoma Community Health Center. Thank you, Jessica for all you have given to us here at the Clubhouse!

Lunch With Your Doctor



All doctors are invited to the Clubhouse on Friday July 30th, at 11:30 to attend a PR luncheon to become more familiar with Thunderbird Clubhouse.

To all of you members: Please invite your doctors!

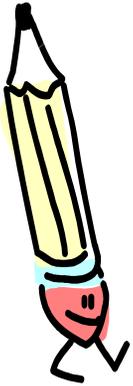
We will be having a baked potato bar.



RSVP to: 321-7331 please.

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Clerical Unit Update



The Clerical Unit is in full gear this quarter. In addition to the daily and quarterly newsletters, we are having fun creating & producing the weekly newsletter, the Thunderbird Thunderbolt! Within the newsletter are sections featuring colleagues' articles, movies & restaurant reviews, a sports page, jokes & riddles, & much more! July is also a big month for the Clerical Unit because we are being trained how to utilize the new billing system that our contract with DMHSAS mandates. It's tedious work, but we are up to the challenge!

Employment and Education Unit Update

The EEU has been extremely busy this summer. Our focus has been on job development. We have started a T.E. Advisory Board Committee with the sole purpose of creating more transitional employment jobs for the Clubhouse members. We have most recently contacted Walgreens, Hastings, and the YMCA with positive responses. We are thankful to have Rick Miller from Hobby Lobby, Chris Walker from UCO and Teressa Turner from the University of Oklahoma who are on the new Advisory Board. We thank the community of Norman for the jobs they have given Clubhouse members over the years and look forward to working with new employers in the future. If you have any employment ideas for Clubhouse members or if you are an employer and want to partner with Thunderbird Clubhouse, please contact the Employment and Education Unit at 405-321-7331 or call



Culinary Unit Update



The Kitchen Unit has changed its name to the Culinary Unit. This goes along with some changes we are making. For some months now, we have been cooking healthier food for our guests, members, and staff.

The cost for a meal is still only one dollar for a nutritious meal.

We also have a nutritionist coming in house twice a month from the OSU extension to help us with choose healthier menu items and provide information and tips on healthier food preparation. The Culinary Unit provides the nutritional value for calorie counters. We are very proud of

the effort and the reception that we have received from the Clubhouse. The snack bar is also on-board with more choices and have kept chocolate bars in there for the die hard chocoholics! Seriously though, we have fruit and vegetables for a healthier choice and they are selling. We are also encouraging our members to buy water by charging only 25 cents for it at the snack bar to keep people hydrated. It is good for you!

Thunderbird Clubhouse
PO Box 1666
Norman, OK 73070

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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. Box1666, 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: _____