

June's List of Events and Socials

Wednesday, 4th:	Program meeting 10:15 Celebration Dinner @ Golden Corral 4:30
Thursday, 5th:	Philosophy Meeting 2:00
Saturday, 7th:	Wal-Mart Shopping, p/u 9-10
Tuesday, 10th:	Board Meeting 5:30
Wednesday, 11th:	Leave for Camping Trip at Lake Murray, Return on Friday 13th
Thursday, 12th	Clubhouse closed
Friday, 13th	Clubhouse open 8-1
Saturday, 14th:	No Social
Wednesday, 18th:	Program meeting 10:15
Thursday, 19th:	Philosophy Meeting 2:00
Saturday, 21st:	Dollar Movies p/u 11-12
Wednesday, 25th:	Program meeting 10:15
Thursday, 26th:	Employment Breakfast 8:30 Philosophy Meeting 2:00
Saturday, 28th:	Card Making p/u 9-10 Lunch \$1.00

June Birthdays

Ruth Baum	6/02
Daniel Stritt	6/02
Jeremy Kier	6/05
Alan Smith	6/07
Andy Stephenson	6/07
Anastasia Espinosa	6/08
Shemica Lenoir	6/09
Denise Moore	6/10
Tera Cordes	6/13
Greg Hitchcock	6/16
Kevin Daugherty	6/16
Jason Green	6/17
Kenny Etefia	6/21
Richard Burgeson	6/22
Susan Ward	6/22
Bruce Walker	6/22
Debbie Barrone	6/24
Amanda Seymour	6/24
Sonya McCoy	6/27
Ashley Barnett	6/28
Jane Anderson	6/28



NAMI Walk



A group of us went south of Bricktown for the great NAMI walk on the 17th of May. There was a great turnout, people and dogs alike arrived to take the jaunt. We got to see kayaker's and rowing teams on the river. Are they getting ready for the Olympic trials? There was a breeze coming off the water and our trail had some twist and turns, the great part was seeing street signs on the overpasses, even one was on the same level as we were. We really had a great time and got some exercise as well. Afterwards, there were chairs for a massage and pizza and ice cream. WOW!

~ Mary Hines

ON MY OWN

There are so many different things to do.
 There are so many different stories to tell.
 There are so many different things from which to choose.
 There are so many different kinds of hell.
 There are so many things that make you blue.
 It is so very hard to pick the true.
 I've had work to do,
 A Job to survey,
 Once too much time,
 That I wasted away.
 But now I've grown much wiser,
 I try to distribute my time.
 All I have, to be good and kind.
 All I can, to better my mind.
 All I can do, to help humanity.
 Sometimes It's all I can do to keep my sanity.
 But there are a lot of rocks in the road.
 A million possibilities to unfold,
 And my balance so very hard to hold,
 Trying to go by what I've been told.
 Sometimes it being of no use,
 I find— I'm on my own.

By CHUCK W. VAN HORN

My Good Friend Nemo

I love my fish, Nemo. He was my best friend during my recovery. He listened to my long winded story of my crisis and while I read out loud from library books explaining mental illness, it's symptoms, and recovery. And for that I feed him the dried larva he likes and take him on outings with me. He has a travel container which fits in my truck's cup holder and he likes the vibration-it's like ripples in a puddle. I often take him to out for ice cream and movies at Starplex. I took him with me on my trip to Dallas to see my mom. He went to the mall where he helped me pick out lipstick at the cosmetics counter at JC Penny's. He went bowling and out to eat at Chili's. My mom calls him her grandfish. Ashley, a clubhouse member, calls him my samari fighting fish because he will ram the side of his bowl or throw rocks when he is angry. He also plays tricks to get attention. He plays dead, literally flipping on his side and floating on top of the water like a dead fish. The first time I saw this I cried, "Oh no! Nemo!", and he flipped right-side up and swam around his bowl like he was happy to see me

By Shemica Lenoir

Thunderbird Clubhouse
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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

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www.thunderbirdclubhouse.org

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