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2011-2012

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Fishing Tournament 2012 a Success!



Despite a stormy start, we had several teams register for our 2nd Annual Fishing Tournament at Calypso Cove on June 2nd. It turned out to be a beautiful day and a great day for fishing. Our first place team was Jeff Ridgeway and Joseph Crews who caught several 5 lb. bass. Second place was awarded to Matt Groves and Cory Miller. Coming in third was Terry and Ginger Rice.

After the weigh-in at 1:00, we had boiled crawfish, shrimp, and veggies prepared by Chad Achord, owner of Raising Cane's. Chad is the "real deal" from Louisiana and prepared the food with Cajun spices; he also had to give us lessons on how to eat crawfish—you have to put in a lot of work for your reward! We served about 50 people and everyone got their fill!

Around 2:00 the band, the Two Dollar Bill Trio, kicked off and played until 4:00. What a great group of guys! They are ready to come back next year.

**Check out
 our pics on
 Facebook!**

We want to thank our sponsors: **Riverwind Casino, Marc Heitz Chevrolet, Republic Bank, Base Communications, Calypso Cove, Raising Cane's, Blue Heron, Tyler Outdoor Communications, KREF,** And a **HUGE** thank you to our graphic artist **Laura Stone** and all her help on the logo and printed materials.

Thank you to everyone who came out and supported the Clubhouse!



Clubhouse & The Process of Recovery By Christi Wilson

Advocacy and the Clubhouse is a very important topic. First of all, some people associate Clubhouses with mental illness before they give it thought as to what they do for people. As soon as they find out a person goes to a Clubhouse, they often times are close minded to the fact that Clubhouses are a place for recovery. There are also those folks who do understand what the Clubhouse has to offer to the person with a chronic mental illness. The stigma associated with this disease is crippling. Advocacy is needed in the broader community, teaching or educating about the recovery process of mental illness and how Clubhouse benefits those that take advantage of their services.

When a person is diagnosed with a mental illness, they often times find themselves losing the support of loved ones (i.e. friends and family). When this happens, it multiplies the effects of their illness and often-times becomes unmanageable, even with medication and therapy. When a person joins the Clubhouse, relationships are fostered giving light to friendships that the person might not have otherwise made. In return, this makes way for another support network for the members of the Clubhouse. Clubhouse helps in the recovery of an individual by the quality of work always needing to be done. It is voluntary in nature. When you do volunteer work you feel good about yourself. This builds self-worth. The work also builds self-confidence. You also do things that you feel good about doing for the Clubhouse and are able to get gratification out of a job well done. Being able to take advantage of certain services of the Clubhouse to gain your independence such as housing or employment is another way that Clubhouse aids in a person's recovery.

Clubhouses have been part of recovery for the last 64 years. Only positive things have come from their work based therapy. To become a colleague you only need to have a severe mental illness. In society today this disease is still not as socially acceptable as we would hope, but is becoming so. With Clubhouses, leading a "normal" life is now possible. Mainstreaming into society is an everyday occurrence for members while employment and education opportunities are a part of a lot of members lives now. With Clubhouse, all things in recovery are possible!



Clubhouse Housing Program Updates

Thunderbird Clubhouse Housing helps both people with housing or who need housing. Thunderbird Clubhouse recognizes and works to make it possible to live independently and helps its members establish decent and affordable housing through grants and other resources. They make sure the places of housing will be a safe place to live and are around public transportation (Cart bus system) if needed. If members have special needs that need to be accommodated, Thunderbird Clubhouse makes sure they are taken care of, and does so in so many ways. I am currently being helped and am grateful for their effort and support in addressing my housing needs. I know the Clubhouse will help others with their needs as well, and other members will experience a transition into communities. I'd have to say they do such a good job for members to provide their housing needs in any way they can. It is a wonderful, great program. AWESOME!!!!



-Mark Walker

Memorial Day Cookout

The day started out with Gary doing the grilling. He cooked burgers and hot dogs and did an excellent job. Then the members started arriving and there were a lot of them. The dining room was overflowing with people and there were others spilling out to the gazebo and the front of the Clubhouse. We started serving about 11:30. We did a new technique by calling up each individual table, one at a time, and asking them what they wanted. They had a choice between hamburgers and hot dogs and they could have chili on any of it. The reason this technique worked so well was that the

whole table got their food at the same time and everyone ate and shared a meal at the same time. After that there was cake and ice cream. We had a great time!



Getting Teed Off

It's that time of year again. The Annual Thunderbird Golf Tournament will be September 24th, 2012 at the Trails Golf Course. All proceeds will benefit Thunderbird Clubhouse which supports the

recovery process of adults living with mental illness. For more information, please call Pam at 405-620-3726.

Or go to our website at:
[www. thunderbirdclubhouse.org](http://www.thunderbirdclubhouse.org)



NAMI Walk 2012

Clubhouse was pleased to participate in the NAMI Walk on Saturday, May 19th. We had approximately 15 from Clubhouse walking. There was a TOTAL of close to 2,000 at the walk. The walk was a little over 3 miles and we all made it. Not a single person gave up and turned around early!

Before the walk began, there were free snacks and drinks. We did a warm-up stretch with a group that was also participating called "Jazzercise". That was my favorite part of the whole day. After the walk there was pizza. It was REALLY windy that day and some of the pizza boxes were blown around.

A big THANKS to Lisa and Pam for our t-shirts. We liked our t-shirts and called ourselves "The Thunderbolts". We think this is a name we'll use from now on when describing us as a team.

I had a lot of fun. Socials are a very important part of the functions here at the Clubhouse. During a Saturday social, we get to hang out with each other doing more than just Clubhouse work. We get to be together as friends. This helps us get to know each other better.

I don't usually do Saturday socials, but I had a lot of fun at this walk and was very happy to hang out with my friends.

~Tera



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**

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

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