

### Board of Directors

Jana Atkins– Pres.  
 Andy Sherrer– V.P.  
 Philip Holden-Moses– Sec.  
 Jean McNeely– Treas.  
 Debbie Ailshire  
 Roger Awtrey  
 Cory Dickinson  
 Joyce Green  
 Mike Isaac  
 John McGraw  
 Rick Medcalf  
 David Moxley  
 Natalie Tindall  
 Blake Virgin  
 Christi Wilson

**Artists Collective Event**  
 Monday, March 10th, 6:00-8:00pm  
 At Sarkeys Foundation  
 530 East Main, Norman  
 (more information on page 4)

**We need your garage sale items!**  
 Our sale is April 17 and 18 so we need your donations as soon as possible! The proceeds will pay for our camping trip in June to Lake Murray!  
 Call us at the Clubhouse 321-7331  
 or Pam 620-3726



### Update on Dental & Eyeglass Loan Fund

**Thank you** to the Norman Community Foundation for the grant for our dental and eyeglass loan fund. A big thank you to Christi Wilson and Linn Krukeberg who worked hard on our application. The funds actually came from the Max Wietzenhoffer Fund through the Norman Community Foundation.

We appreciate their support!



Welcome Natalie Tindall to our Board of Directors

We want to welcome our newest Board member. Natalie is a faculty member at the University of Oklahoma and teaches public relations. She holds a Ph.D. in Communication. Her students are designing a website for our Artists Collective. We appreciate the link she is providing to this re-

#### 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.



**We would like to wish all of you a very Happy Birthday!**

**March Birthdays**

Marcus Lamb	3/1
Josephine Ray	3/2
Damien Muncie	3/3
Angelina Vick	3/3
Susie Hosack	3/4
Ray Morrison	3/4
Cory Dickinson	3/6
Karen Dolan	3/7
Sydney Ealum	3/8
Kathy Houston	3/15
Edward Maillard	3/15
Tracy Weiss	3/15
Yvonne Regalla	3/16
Jim Hyde	3/18
Connie Orrostieta	3/19
Kenneth Franklin	3/21
Christine Dean	3/21
Jeannie Baker	3/23
Cameron Grisham	3/23
Shantel Peters	3/24
William Scott	3/26
Chris Wright	3/26
Jennifer Ewing	3/28
Alejos Garza	3/28
Matthew Muir	3/30
Dianne Matlock	3/30

**Clerical Unit BUSY...**

The clerical unit is busy preparing for several upcoming events. First is the garage sale, then the campout and finally the pet show. More information on the events will come in future newsletters. We are busy learning the new computer system. We welcome any new members that would like to come be a part of the clerical unit.



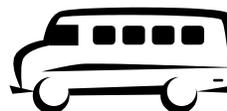
**Kitchen Unit  
Grateful**



We would like to thank Panera Bread again for their generous donations every Monday. We get all sorts of delicious breads and pastries and are enjoyed by all!

Also, a big THANK YOU to Pam's father, Bob, for the delicious Krispy Kreme donuts he often

**Transportation News:**



Starting April 1, 2008, on a trial basis only, Thunderbird Clubhouse will temporarily change our transportation policy. If you normally use transportation to and/or from home, then you need to make contact with clubhouse to hear about the possible changes in the policy. Our goal is to offer transportation to members unable to use the local bus transit system. We will be discussing this further at our Philosophy meetings on Thursdays at 2pm. Come and share your opinion, or ideas about how to meet our

## Member Education News....

I am Shemica, and a member of thunderbird clubhouse. I decided to go back to college to complete my degree after dropping out due to mental illness. I wanted desperately to go back to school for a long time and it took some time and effort but, now I'm a student at Oklahoma City Community college. I am enrolled in English 1301, College Algebra, and financial accounting. I hope to transfer to a 4-year college after I graduate from OCCC.

### Thunderbird Artist Collective Website Scheduled to Launch Mid-March

The artists have been very busy working with a group of OU Marketing students to get the collective's website up and running. When finished, the website will allow everyone to view and buy art, music, poetry and other writings. Each artist will have their own feature page with information on their various art forms, and a little about their inspiration and their pieces.

The collective is also making preparations for the Norman Mayfair Art Show in May and a 2 month long exhibit at Winan's beginning in July and running through August.

### Norman Regional Hospital TE Update...

January 23 was my 6 month to be working at NRH. I really do like working there, its not a bad nor hard job. What I think is that if you want to work & your willing to work, then you really need to give a try at it and not give up because there's always something at a job you don't like, but you can get through a rough time. Just find someone to talk to about things instead of giving up. My job coach has helped me at so much in my time. I appreciate her so much for doing so. I am no quitter and neither is anybody else. You can only do your best at everything you do. I love everyone at TBCH, this is my CH and I'm proud of It. ~ Jeannie B.

### Way To Go Rosemarie!!!

"Rosemarie is a hard worker, has a great attitude and the sky's the limit for her here," her supervisor Sam, (OU Couch Cafeteria) told Liz, Clubhouse staff member.



### Tax Rebate Questions?

Beginning in May, the IRS will be sending out tax rebate checks for those who qualify. For more information and to see if you qualify, you can call the IRS at 1-800-829-1040 or at [www.irs.gov](http://www.irs.gov). Forms are available online and at your local library.



## Hooray!!

Thanks to all the people that helped with putting together the grant proposals for Norman Community Foundation. We ended up receiving \$750 from the Max Weizenhoffer Fund for Social Services for funds for our vision and dental loan program! We wish all our members happy hygiene!



## To Thunderbird Clubhouse members and staff:

It is an honor to be able to write this note. I've been coming to Thunderbird clubhouse for about 9 months now and I've learned a lot about myself and what I'm capable of doing. I have a master's in social work and at Clubhouse I get to utilize my training for the good of the clubhouse as a whole. Before moving to Norman and coming to clubhouse, I was in and out of the hospital so much that adult protective services put me in a group home. They gave up on me. The Clubhouse believes in me and inspires me to do the work needed to stay mentally healthy, and keep my depression at bay. The Clubhouse members and staff challenge me everyday to be productive and to not isolate, which is what I've done in the past. I love coming to the Clubhouse where I belong to a group of people working towards the same goal: To be as healthy as possible and cared for by others striving to be healthy.

**Dana Bonnin**

## The Thread That Binds Us

If we would unravel and start losing the inner heart which holds us together, we would not be able to recreate the lives we have unfolding in front of each of us. Staff mean as much to me to have a reason to come to the clubhouse as me, myself and I coming here for me. The members make a web of weaving in my life which makes me comfortable with myself compared to how bent I would be

Without them. I have joy, freedom, peace, and many other blessings because I come to the clubhouse. These feelings are openly displayed by all members and staff I hope. I have found purpose and meaning in my life and watched as

others grew into new accomplishments in their lif. Thank you for these 5 1/2 years of happiness even though its seems like it just started.

**Michael Cordial**



## Happy, Thankful and Excited

We appreciate Norman's CART bus system. The drivers are always nice and helpful to us. They are doing a really good job. We are looking forward to shorter bus routes and being able to ride the bus on Sundays. This will really help people get to Church on time.

I am also happy about being a part of the Artist Collective here at Clubhouse. I love to do my artwork and show it to everyone.

We are also really looking forward to moving into our new building!

**Harold Davis**



## WORK ORDERED DAY

### Standard #18

**“The clubhouse is organized into one or more work units, each of which has sufficient staff, members and meaningful work to sustain a full and engaging Work Ordered day. Unit meetings are held to foster relationships as well as to organize and plan the work of the day.”**

It is important to run smoothly and have enough staff to keep the members motivated and engaged in the work that needs to be done and to give the members the feelings of ownership in the clubhouse. Unless there is a feeling of ownership, then coming to the clubhouse has no real meaning.

- The clerical unit is doing a good job of generating work to keep them busy but are doing very poorly on cleaning and to me keeping the clubhouse clean and looking nice is important, especially when people drop in. We never know when that will happen so it is important to keep the clubhouse clean and looking nice.
- The kitchen unit can do a better job of keeping their part of the clubhouse clean. Yes we sweep and mop the floor everyday, but there are things around there that needs to be cleaned and if it is cleaned daily then we can be proud of our clubhouse.
- We will be moving into our new clubhouse one of these days . Are we going to be proud of it, or are we going to ignore it and let it become just a place where we hang out!

Vera Masters

### THREE DAYS OF THE CONDOR By Marcus (the movie man) Lamb

Robert Redford is running for his life, and he doesn't know where he is going. You see—Redford's character, Turner, has just found his entire cast of co-workers murdered when he returns from lunch. His life is upside down, and he realizes he may be hunted.

He finds a pay phone a couple of blocks away and calls CIA headquarters there in New York City. He finds that no one knows about the hit yet, and that he is to maintain a low profile, not to go home, and to contact the "agency" later that day.

Turner works for the CIA. He is a "reader," an information specialist. He reads everything, looking for government plots, schemes, and covert activity. Turner's job is key.

Turner calls the CIA later that day. A meeting is scheduled. Turner will meet with a chief officer and a close friend in a back alleyway then Turner will be brought in safely. The meeting occurs; however, when Turner approaches his fellow CIA guys, the chief officer pulls a gun with a silencer and starts shooting at Turner. Turner returns fire and hits the chief officer in the leg. The officer goes down, but as he starts to fall, he faces Turner's friend and shoots him in the neck—killing him.

Turner leaves the scene in a run. The rest of the film is a remarkable discovery of why these events occurred. Essentially, Turner uncovered a plot within the CIA involving oil and the world market. In order to stop this plot from being uncovered the guilty faction in the CIA decided to kill Turner and his fellow workers when Turner sent a memo uncovering the plot.

Incredibly, Turner survives and uncovers the plot revealing the corruption in the CIA. Turner gives his story to the press. But in the end, in a conversation with Higgins, Cliff Robertson, Turner must face the question, "Will they print it?"

The film is great. It plays real. You think you are Turner. When he runs, you increase your breathing. In the moments of intensity, you almost perspire. It's well worth the watch.

### BIG "Q'S" MUSIC REVIEWS

Artist: Taylor Swift

Song: "Teardrops on My Guitar"

Label: Big Machine

Current Bill Board Rating: 13

Upon first listening to this song, I was impressed by the initial production quality of the piece, but was immediately accosted by a most irritating production mistake I heard upon listening. Being a rather slow song, I think the banjo I heard was not needed. While an interesting tone to use, the song itself seems a bit slow for that use.

The lyrics of the song were well written and well thought out, but didn't fit the music. As a producer myself, I believe the lyric should match the music in its "voice". This means the music should tell the same story as the lyrics. "Teardrops" doesn't quite do this.

My Rating: 6 out of 10

Thunderbird Clubhouse  
PO Box 1666  
Norman, OK 73070

Non-Profit  
U.S. Postage Paid  
Norman, Okla.

Thunderbird Clubhouse is proud to be United Way of Norman member agency.

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## 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: \_\_\_\_\_

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