

Board of Directors

2010-2011

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Successful 3rd Annual Golf Tournament

The 3rd Annual Thunderbird Golf Tournament was a huge success! Between the 31 teams of four, the silent auction, raffle, mulligans and everyone's generosity, \$17,000 was raised! KREF broadcast from the Trails which was great fun. We are hopeful that listeners learned about the Clubhouse and our great services. Steve Owens was the "host" for our event again this year and he made everyone feel welcome. Bill Tucker, Joe Lester and Charles Thompson sponsored the food from Ray's Bar-B-Que and it was delicious. We had numerous event and hole sponsors there. Local businesses donated items for the raffle and for the longest drive contest. Thank you to the Norman community for continuing to support us!

Calling All Members!!!

We are swamped here at Clubhouse! We have several events coming up: United Way Impact Council is coming here for a meeting; 3 visitors from Fountain House are coming for a visit; Halloween, Thanksgiving and Christmas are coming! We need your help! If you would like to get involved come in — we are expecting you! ~Pam



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



Sheltered Memories

An Art Show

by the
 Thunderbird Artists Collective
 Saturday, October 23
 Admission \$5 donation
 Location: Unitarian Community Church

halloween party!!!

Party at The Clubhouse!

October 30th
 6pm-9pm
 Costume Contest
 Games
 Dancing



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.

United States Clubhouse Coalition Meeting

David Guest and Pam Sanford traveled to St. Louis for 3 days in September for the 2nd meeting of the United States Clubhouse Coalition meeting. High on the agenda was the discussion regarding Medicaid reimbursement for Clubhouse services. Many states bill Medicaid for what is called "psychosocial rehabilitation". The challenge is that the Medicaid definition of this service is not congruent with Clubhouse practice and philosophy. Often, Clubhouses are asked to "pay back" money they receive from Medicaid because the services are not seen as appropriate by Medicaid regulations. This dynamic has damaged many Clubhouses and closed others. We also talked extensively about the Clubhouse model becoming an evidenced based practice as defined by SAMHSA. If or when this occurs, it could assist Clubhouses to become eligible for other types of funding.

In addition to the above topics, we talked about how Clubhouses can network, advocate and develop a single voice. This will enable us to have more power in the world of funding decisions. It is crucial that Clubhouses are "at the table" in every way possible so that our voices are heard! To accomplish this, you will be seeing Thunderbird Clubhouse represented at many more community events including Crop Walk. This will make sure people know we exist and that we offer an important service!

Finally, both David and Pam will be serving on sub-committees of the USCC organizing committee. David will be serving as co-chair of the Research committee and Pam will be serving on the Federal funding committee. We will keep you posted on upcoming developments.



FEATURED MEMBER

Hello my name is Daphne. I will soon be 57 years old. I have lived in Norman, Ok most of my adult life. I was very active in my children's sports, church, family activities; you name it. I was the outgoing one, and usually talked too much (understatement). I never dreamed circumstances in my life would allow me to have a nervous break down and fall out of touch with reality, if you will. Once I was labeled "mentally ill", I thought life as I had known it would never exist again. I withdrew inward and avoided any social contacts with my past. I was moving forward in a positive sense, but still more isolated than not. An old friend, Vicki F, invited me to the Clubhouse Annual Dinner. I quickly said yes, and I'm thankful to God for that. As of May 19, 2010 I felt my life had been given back to me.



I was a dental assistant for 9 years, and an associate RN for 15 years. The work atmosphere at the Clubhouse is unlimited. I've become somewhat of a floater with work duties and I love it. I truly love the members and staff that have become a big important part of my life. Thank you Steve and Barbara Owens ... Blake is seen and remembered everyday.

Mary's Flower

Mary was at Sonic one day when she saw a branch of roses hanging through a fence. She decided to run home, get her camera and take a picture of this beautiful bunch of flowers. She had it developed and liked it. She happened to pick up a weekly Tecumseh newspaper at a local convenience store. As she read it, she noticed an article about an event she had heard about before called Frontier Days. Frontier Days is an annual event and is held in Tecumseh. Mary entered her photo in Frontier Days and she won 1st place in the scenic category. The funny thing is she didn't find out that she had won until she read it in the newspaper the following week! She went on to the Pottawatomie County Fair and won 2nd place with the photo. She says that all the photos that won 1st place were 8x10 and hers was not. Next year she plans to enter an 8x10. We think you did an excellent job Mary!



Mary's Prize Winning Picture!

Interview with Mary Hines

Going To The Web

Thunderbird Clubhouse has decided to offer an archive which features newsletters on our website: <http://www.thunderbirdclubhouse.org>. You may view any newsletter dating back to 2007 and as late as the current copy. There is a wealth of information in these archives if you wish to go back in time with us. Any of you who have not been with us as long as 2007 to the present may be interested in some of these facts and fun filled information. This is one way that you can follow along as we made our trip to our DREAM Clubhouse. You ALL helped with that dream. Whether you are a colleague, a donor, a friend or a sponsor of the Clubhouse, you helped in some way. We initially built our website to show off "our" Clubhouse. However, we would not have this Clubhouse if it was not for people like yourself. We are maintaining it for you as well. By visiting this site, you may not only enjoy the archives but also get informed of up and coming events.



While we're at it, let's discuss the possibilities of going paperless at home. Have you ever wanted to get rid of one more piece of mail? Well now you can with one email to thunderbirdeditor@yahoo.com. Just let us know that you want to go paperless along with the email you want your newsletter to go to each time.

Is paper a hassle? Do you want to go paperless?

View your newsletter as an email from now on!

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A Review of: STANDARD 13

13. The Clubhouse is located in its own physical space. It is separate from any mental health center or institutional settings, and is impermeable to other programs. The Clubhouse is designed to facilitate the work-ordered day and at the same time be attractive, adequate in size, and convey a sense of respect and dignity.



How true is this standard for our Clubhouse! This last month, we celebrated our 1-year anniversary in our new building. One year in our DREAM Clubhouse.

While I could go on and on about how much pride we have in ourselves, let's take a moment and talk about our *physical* Clubhouse. We have always been proud of our Clubhouse no matter what building we occupied. We always showed off our work, units, and space. We have given hundreds of tours and one thing always remained the same – we were proud of who we are and what we have accomplished.

So many people have donated so much money to give us a building of which we are proud. Not just when giving a tour, but just when we're walking up the sidewalk to go in the front door. These donors had an attractive building in their minds' eye to suit attractive people. They thought we were important enough to donate money to give us just a little more of which to be proud. They thought our work was real and that the life changes were real.

I thought the new building would be too big. I thought we would be separated from the other units and hardly see each other. I thought I would miss the tiny space and bumping shoulders to move around. Although I do miss bumping shoulders, I love the space. We have made good use of it.

Amazing things are happening in this new building. We have the confidence that we learned from our humble beginnings, and we can proudly say that we are one of the FEW Clubhouses in the WORLD that has our own building PAID for with no rent. Great strides for a great building and great people. These standards made it necessary for us to be treated with the respect and dignity society would not have given us 50 years ago.

We got the funding, we got the support, we are attractive and adequate in size. We are HUGE! Our foundation for this new building is our members and staff, Board of Directors, donors in the community and a lot of pretty black marble and awesome lighting. -By Tera Riley

Report from the EEU

The Employment & Education Unit is currently working on a proposal to outline the purpose and duties of the Business Advisory Council (BAC). We will be mailing this to the current members of the BAC for their input early October. The Clubhouse is critiquing it now. We hope to finalize the BAC purpose and duties document in the October BAC meeting. We have also acquired a new staff in the EEU named Gary Kruk, pictured right. Gary is a Longhorn coming to us from Houston, Tx. While he claims to be a Baylor Bear, we have to wonder where his loyalty lies. We welcome him to the Sooner State with open arms anyway. After all, that's just the kind of folks we are UP here. He is a great addition to our Clubhouse.



OU Victory!



We will be celebrating the win over the Texas Longhorns all year long in Oklahoma. As Steve Owens is a big part of us, of course, we are primarily Sooners here at the Clubhouse. We do have one or two diehard Texas fans among us who happen to be very good sports, however. All of us try to be the same around them.

We can't stand it anymore, and this writer has to say once and for all BOOMER SOONER and GO OU!!!

Homelessness Among Americans



After having studied a few articles and having been around those who have been homeless at one time or another I felt compelled to write about this subject. What better time than now? November is National Homelessness Awareness Month after all. The week of the 14th through the 20th is Hunger and Homeless Awareness Week.

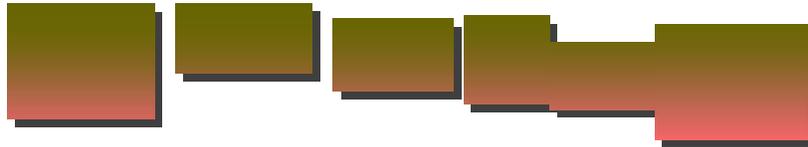
You probably already know that a great deal of homeless people have substance abuse problems, are veterans, are unemployed, and are mentally ill. I would like to let you know how this affects you. *Everybody* has somebody in their lives that is in one of these categories, I don't care who you are. Did I mention that this also includes children? Yes, this is becoming more prevalent in our own country, the good old U.S. of A.

If you are a parent, sibling, child or neighbor you probably know one of these people I am talking about like an unemployed person due to the layoffs. How about that guy down the street that has three kids that lost his job and is homeless with his whole family? Then there are those who have substance abuse problems that lead to homelessness because of tough love or just plain intolerance from society. Still, there are the mentally ill that can't afford to live on nothing until they can receive their social security benefits. There are those who cannot afford their medicine without an income. See how all of this works? There are some of you that know people that have been homeless and don't even know it. It is taboo and shameful to talk about. It isn't accepted in society. If you want to help someone, remember them all year long. Not just one day a year. Some opportunities to do this might be: find a local church and find out how to help someone or a family, give to a non-profit such as United Way, Food and Shelter for Friends and yes, Thunderbird Clubhouse. Give to people in need, remember them before they are homeless. Do this and THEY won't become HOMELESS; help fight homelessness. -Christi Wilson

mental illness awareness



In 1990, the U.S. Congress established the first week of October as Mental Illness Awareness Week (MIAW) in recognition of NAMI's efforts to raise mental illness awareness. Since 1990, mental health advocates across the country have joined together during the first full week of October to celebrate. This year's MIAW coincides with election season. The National Day of Prayer for Mental Illness Recovery and Understanding is Tuesday, Oct. 5, 2010. By taking part in these organized efforts you too can help in the fight against the stigma that faces children, adults and even students who think they are well established in their lives. NAMI believes that such events can be beneficial to every one involved. Just think if one in every 5 people is affected by mental illness you could be too. This means if you aren't mentally ill someone in your life or someone that you have come into contact with on a daily basis is. You may say I don't know anyone that's mentally ill. However, it is not socially acceptable to talk about mental illness, so most people don't. That mother you know down the street, the lawyer you use, or your very own therapist may be. So remember to take part in Mental Awareness Week this year. The life you may change could be your own.



In The City

By Thomas Palmer 03-29-2010

As a lot of you know the last 10 years of my life have been a wild ride. Part of that time I was homeless by my own choice. I wrote this poem I would like to dedicate to the Homeless.



Leaning against the cold stone wall
 Feeling kinda low, about 3 feet tall
 Don't know where I'm going or where I've been
 Don't even know about my next of kin
 Life is unfair should I be bitter?
 You know me I'm not a thinker, I'm a sitter
 So don't tell me about your uptown blues
 Only thing that worries me is the holes in my shoes
 So when you walk by I don't need your pity
 I'm just another soul who's lost in the city

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The Artist Collective has many different forms of art as many of you may know. Due to a grant the Collective received, they now have the funds to purchase many different forms of art materials for these artists. They may now go on socials and conferences. They can also pay for trips and fees with the money as well. How neat is that?! They have had a showing at the Pink Elephant here in Norman, Ok and plan to go to a conference in October as well.



NEWSLETTER SURVEY

We write this newsletter for you, our readers. We would like to know how you feel about it.

Do you find it:

- * Informative?
- * Arranged nicely?
- * Has variety?
- * Too lengthy?
- * Interesting?

Please let us know at: thunderbirdeditor@yahoo.com

Your opinion is important!

October Socials and Events

These are the socials for October. No social postcards will be sent out this month so be sure to keep this last page for your use throughout the next month. Thank you.

10/2 Sooner Mall p/u 9-10

10/6 Celebration Dinner 4:30 pm

10/9 Art Market and Free Market p/u 8-9



10/15 Friday Social - Haunted House Leave TBCH at 6:00 pm

10/20 Board Meeting @ 5:30 pm

10/23 Yoga @ Clubhouse p/u 9-10

10/23 Sheltered Minds Art Showing @ Unitarian Church

10/30 Halloween Party p/u 5-6



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. 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: _____

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