



# Thunderbird Clubhouse

## September 2008 Newsletter

531 E. Main Street, Norman, OK 73071

405-321-7331

www.thunderbirdclubhouse.org

info@thunderbirdclubhouse.org

### Thank You Senator Nichols and Coach's

#### Board of Directors

##### 2008-2009

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

It started many years ago at a corner restaurant. Owned by 3 business men, a lot of memorabilia, and several excellent recipes, this was only the beginning of the story to come. This restaurant was named Coach's and became patronized by a variety of people. As the patrons grew in numbers, the parking lots over flowed and you had to wait in line! In fact, Thunderbird Clubhouse became a regular there. Steve Owens has had fundraisers there in the past for Thunderbird Clubhouse and we have had occasion to celebrate different events at Coach's. Coach's has not only been the site of events but they have also sponsored the food for some of these occasions. We would like to give Coach's a BIG Thunderbird Clubhouse THANK YOU !!! Thank you for everything you do for us and the way we are treated while we are there, it does mean the world to us! Christi

Coach's was the setting for a small gathering of Clubhouse members , Staff and a variety of other people. To thank the Senator for his interest in the Clubhouse. Pam Sanford and Christi Wilson were on hand to present a Clubhouse picture to Oklahoma State Senator Nichols .

#### Our First Art Market

The day was warm and dry with a small wind blowing. Thunderbird Artist Collective was positioned in the middle of about twenty booths close to the Norman train depot. Mostly all the artists had had breakfast at Ozzie's that morning. I was a late arrival but was greeted with much enthusiasm. All our hopes and feelings were moving in anticipation of having our art sell. Even though at the end of our six hours of the event, only a few sales were made. We all felt we had participated in a worthy event. With another Arts Market next month, I hope we bring in more sales and move more fine art to our patrons.

Michael Cordial

#### Attention Newsletter Readers

Please bear with us while the Jury is out on deciding if the Newsletter will be bi-monthly, weekly, in color print etc. Just wait a while and the Jury will be back in.

If you have questions about a social in October please call us.

#### 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.

## September's List of Events and Socials

<b>Monday, 1st</b>	<b>Labor Day Cookout! p/u 9-10am</b>
Tuesday, 2nd	Employment/Education Meeting @ 2:00pm
Wednesday, 3rd	Program meeting @ 10:15am Celebration Dinner @ The Clubhouse...Bring your favorite dish! PLEASE SIGN UP AT THE CLUBHOUSE OR CALL US!
Thursday, 4th	Philosophy Meeting @ 2:00pm Topic: Consensus (#36)
<b>Saturday, 6th</b>	<b>Breakfast at Ozzie's; Art Market p/u 7-8am</b>
Monday, 8th	Housing Meeting @ 2:00pm
Tuesday, 9th	Employment/Education Meeting @ 2:00pm
Wednesday, 10th	Program meeting @ 10:15am <b>Board Meeting @ 5:30pm</b>
Thursday, 11th	Philosophy Meeting @ 2:00pm Topic: Socials (#31)
<b>Saturday, 13th</b>	<b>Walmart p/u 8-9am</b>
Monday, 15th	Housing Meeting @ 2:00pm
Tuesday, 16th	Employment/Education @ 2:00pm
Wednesday, 17th	Program meeting @ 10:15am
Thursday, 18th	Philosophy meeting @ 2:00pm Topic: Transportation (@26) <b>State Fair; Leave Clubhouse @ 3:00pm</b>
<b>Saturday, 20th</b>	<b>No Social</b>
Monday, 22nd	Housing Meeting @ 2:00pm
Tuesday 23rd	Employment/Education @ 2:00pm
Wednesday, 24th	Program meeting @ 10:15am
Thursday, 25th	Philosophy meeting @ 2:00pm Topic: Engagement/Participation (#9)
<b>Saturday, 27th</b>	<b>Bingo and Lunch p/u 9-10am</b>
Monday, 29th	Housing Meeting @ 2:00pm
Tuesday, 30th	Employment/Education @ 2:00pm



### **New Social Work Intern**

Hi, my name is Amber Bushman. I am a senior at East Central University, majoring in social work. I am really excited to be doing my internship here at Thunderbird Clubhouse.

I live in Norman with my daughter. I love to volunteer at places and meet new people. I also love to read and write.

I'm looking forward to meeting everyone and getting to know people!

That was from Amber; now let me tell you about her. She is the sweetest person you will ever meet, although she isn't a Sooner Steve! You will have to win her over just like you did the rest of us. No really, Amber is a nice addition to the Clubhouse and we look forward to working with her! Amber & Christi

### **Another Social Work Intern**

On Tuesday, August 27th, Aleece Mann began her practicum with us. She is an O.U. Social Work intern.

Welcome Aleece!

### **Reducing Stigma**

According to the National Institutes for Mental Health, An estimated 26.2 percent of Americans ages 18 and older — about one in four adults — suffer from a diagnosable mental disorder in a given year. As much as Americans would like to ignore this fact, this is a rather large segment of society. As a result, incredible stigma accompanies classification as mentally ill. Many Americans think of those with mental disorders as crazy or stupid. Fortunately this stigma is not congruent with the facts. Most of the people diagnosed with mental illness can conduct their lives as productive citizens of society. Many are skilled artists and artisans. Some have multiple degrees from distinguished universities. Some great names in art, science, literature, and politics were mentally disabled. One should look at the value that each individual possesses before applying stigmas and stereotypes to those who are not properly understood.

Quinton Ellis

### **Making a Trail to the Trails**

Well we are going to go back to the Trails this year! We already have a D.J.! We are looking forward to this years Christmas party with much anticipation of everyone having a grand time with the D.J. We are hoping everyone will be dancing the night away, and if you're not dancing we sure hope you will be havin' a good time listening to the music and enjoying everyone's Company. So whether your dancing or listening just come on out have some fun waiting for Santa to arrive on Christmas day. So cut a trail to the Trails and have yourself a merry little Christmas!

Herman & Christi

## Arkansas Vs. Colorado

By Amber J.-I.

*On a cold day in February, I went on a strange journey. When I arrived at the bus depot in Arkansas, it was already snowing. I had to wait for 5-6 hours on a cold bench after an officer asked if I'd seen a criminal in that area. A long time later, with many failed attempts to call Diana's number; a newspaper carrier stopped in front of the building to drop off papers. It was 5:00 a.m. by now. The snow and cold had numbed me from the inside out. Fortunately, this news-paper driver, was nice. I got a ride to Fayetteville's gas station, a taxi-cab to Diana's apartment, and a cup of hot chocolate from the guy who worked at the counter. Finally 6:30 a.m. saw me at Diana's place. After paying the cab driver, we put my luggage away and I was shown the inside of the apartment. Then I passed out on the couch with a black and white cat on my stomach. His name was Strelak, and he was as ornery. I met a lot of interesting people in Siloam Springs, Arkansas. My days were spent job hunting, and hanging out with Pan— who was about my age and Diana's brother. He was an interesting character to say the least. Anyway, when things went wrong because everyone started losing their jobs, I went ahead and found somewhere else to stay; I just wasn't ready to come back yet. Though I probably should have rather than moving to Canon City, Colorado. I had a few friends I stayed with there, but there was so much drama and roommate— fighting that I got pulled into the middle of it a lot. Finally, after unsuccessful attempts at trying to find a job out of the country, I decided I had to come back here to Norman no matter what. My parents were actually happy that I was even bothering to stick around in that place to deal with so much stress— rather than run from it. Dad bought the bus ticket to get me home, and I've been back here ever since. So now I'm applying at the Police Department, and just trying to find a steady job. I hope things work out better this time. I left out a lot of details on my traveling experience, simply because I don't think I could fit all of it on one page to begin with. But anyway, that's my adventure and I don't want to move again.*

## My Life with Tardive Dyskeinesia /Dystonia

When I learned that I had T.D. disorder a couple years ago, it was kind of rough at first. I had to stop and rethink my life. Coping with living every day, the best I can. I went to speech therapy and physical therapy for awhile. I also got help from the mental health program at COCMHC, my faith in God, and a lot of prayer from me and my friends (Thanks to all of them), Thunderbird Clubhouse, Transition House, and Little River Zoo. My belief in "The Serenity Prayer" about changes and coping with my disability, helped. If I get too stressed I have to take time to recover; I have to deal with a lot of physical pain, but I cope. I'm very grateful for all the support that I have.



## Starting Over

By Dana Bonnin

*Oh, I can't begin to tell you how many times in my life I have started over; too many to count. I have never felt like I had roots anywhere, no place to actually call home. My children and I joke about how many times we have moved, but in truth, all we've ever wanted was some stability and security. Being a single parent of two children has been a challenge, one I wouldn't trade for all the money or power in the world. I'll be the first to admit that I'm not perfect and I've made my share of mistakes. I hope my children take this away from their childhood. "Parenting is an on-the-job training position that never ends. You never master the art of parenthood; you only get better with time. You make mistakes, learn from them, and hopefully won't repeat them. Talk to your kids early on, give them choices when possible, love them, give them the safety net they need to make their mistakes, and be ready to let them go when it is time. Be ready to share the happy occasions, sad occasions and all the others in between. Encourage your children to do what ever they want to and be the best at it. Never give up on your children! Teach them tolerance and understanding for all the different walks of life."*

### LAUNDRY

By Marcus Lamb

Come to me.  
Live with me.  
Kiss me each day.  
Love me at night.

Call to me when I work.  
Make me a sandwich  
And do my laundry  
When it smells.

I like you.  
I love you even  
When you're away  
From me.

### BLESS HER

By Marcus Lamb

Bless her.  
Let her walk in the light.  
Let her day be better than  
mine.  
Let her breath be divine.  
Let her sip the best of wine.  
Most of all, let her be mine.

Visit Marcus' blog at

<http://>

[wordfull.blogspot.com](http://wordfull.blogspot.com)

### LOOK

By Marcus Lamb

Look and see—  
You and me—together as one—  
Bright and shining—our eyes dancing  
Together a waltz or a love jig of  
joy—

Happy just to be near one another  
within  
Each other's smile.

Joined at the heart, singing one  
song—

The song of love's sweet joy.

## September Birthdays

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 David Taul	2	3	4	5 Noel Boelte Lisa Dome	6 Dana Bonnin Gary David Belshe
7	8	9 Rick Bolding	10 Lindberg Carey	11 Cynthia O'day	12 Wayne Hines	13
14 Ted Rentie Harold Davis	15 Sherry Davenport William Tyrrell	16 Jacob Peterson Eric Larson	17	18 Linden Blake	19 Phillip Halstead	20
21	22 Norman Audette Keith Williams	23	24 Richard Edgar	25	26	27 Rebecca Fryer Jan Travis
28	29 Mary Hines Vera Master	30				

***Lets Meet The Editor***

*His name is Herman Brisco. He is our editor of our newspaper , we thought it was time. Herman is a Navy veteran, from Roswell, N.Mexico. Born on Walker A.F.B..in January, 1957. Raised in Texas, New Mexico , California, and Michigan. Joining the Navy while he was 17. Herman went to jet engine A school in Memphis , Millington , TN. Naval Air Station. Volunteering for helicopter duty he wound up in HM- 12 NAS Norfolk , VA. HM-12 was a mine sweeping outfit that swept the harbor during Vietnam for the peace treaty . He later moved to Oklahoma to be near his passing mother whom he loved very much . That is how he got here to us at Thunderbird Herman has much to offer in the way of an editor and is very much respected by his peers here . We want to wish him continued success as the editor in chief.*

*Christi*



## Who Are Your Heroes?

Have you ever been asked who your hero was? Well, I have. I have more than one hero. To quote one of my favorite songs, I'm sure you've heard. "Did you ever know that you're my hero? And everything I would like to be. I can fly higher than an eagle, because you are the wind beneath my wings."

I have exactly 11 heroes for different reasons. My first two heroes would have to be my parents. My parents have always been there for me, from the time I was born like most parents are. However, unlike most parents theirs would be one of education the whole time I was around the house and thereafter.

They would learn I had epilepsy that was almost impossible to control. They would learn I had Dyslexia which caused learning disabilities. My parents would not give up instead they would educate themselves on these matters. They would also, become some of the forerunners on learning disabilities classes in the Norman, Oklahoma area. This wouldn't be the end of crisis for them though.

My parents would later discover, after a seventeen year marriage. That I was hearing voices and seeing long gone relatives. Nobody knew what was going on! In the middle of all of this I would get a divorce. My parents would once again educate themselves, this time on the art of divorce. They met this challenge too with success.

They found out through trial and tribulation that I was Bi-Polar. Now they educated themselves again..... But it didn't stop there they joined a Reach Group for friends and loved ones of people with mental illness. It didn't stop there ..... My parents joined NAMI Oklahoma, and my Dad joined the Board. They were nominated as humanitarians of the year, one year. I am proud of my parents. They have never given up on themselves or me!

Now for different reasons I have nine other heroes : My aunt Gene for spending the summers with me and teaching me how to cross stitch and knit. My aunt Shirley for always being there when I needed her and never taking the time to complain about anything but always doing for others. My cousin James who never had anything but a kind word to say about anybody, and was a Godly person. He also volunteered for the Wilburton Fire Dept. and when he was younger and wasn't married with a child took calls for people stranded on the roads. My cousin Lisa Smith for letting me bend her ear and giving me advice from time to time. To Pam Sanford for being everything to everyone all of the time! Finally, to Steve Owens for being my mentor and again being that someone that is always there and being everything to everybody all of the time.

Thunderbird Clubhouse  
PO Box 1666  
Norman, OK 73070

Non-Profit Permit #55  
U.S. Postage Paid  
Norman, Okla.  
Permit #55

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](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: \_\_\_\_\_

---