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Check Presentation and New Building Construction News...

We are pleased to invite you to a **check presentation with Steve Owens on September 20th at 11:00am**. Please come and celebrate with us and then join us for pizza. This event will be at our current Clubhouse facility.

Steve's presentation will be the "warm-up" for the groundbreaking which will be in the next month or so after that. The good news is that we have a final plat that is filed with the City of Norman. (Thank you Joyce Green!) The next step is to complete the architectural drawings (Thanks to Dave Boeck and Sam Callahan!) and file these drawings in order to secure a building permit. We are so eager to start our construction but there are certain tasks that must be completed before we can begin. We will have help from George Droeshner and Ken Jernigan on engineering tasks. Bill Tucker, our project manager, will oversee the construction.....thank you Bill!

It is important that each of you understand that **YOU** are a part of this big event. Whether you are a member that has not attended in a while, or someone that has given a clothing donation, or someone that has attended one of our events....you are a part of this! Please know this and attend the check presentation AND our groundbreaking!



Potato Bar
to Benefit United Way
Sept. 13th
5-6:30pm
\$5 at Clubhouse

Welcome New Board Members!

We are pleased to welcome **Cory Dickinson** and **Christi Wilson** to our Board of Directors as of August 15, 2007. Cory is a member of the Clubhouse and also works at Second Chance. He is a member of the Development Committee and enjoys fundraising! Christi is also a Clubhouse member and serves on the Governance Committee. Christi also enjoys fundraising and is our in-house travel agent!

Thank you to Cory and Christi, and ALL of our Board members, for your service to Thunderbird Clubhouse!

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/Socials

Monday, 3rd: Labor Day Cookout @ Clubhouse, p/u 9-10

Wednesday, 5th Program Meeting 10:15
Celebration Dinner @ Golden Corral

Thursday, 6th: Philosophy Meeting 2pm

Saturday, 8th Lunch @ Clubhouse (\$1) p/u 11:30-12

Wednesday, 12th: Program meeting 10:15
Board Meeting 5:30

Thursday, 13th: Philosophy Meeting 2pm
Potato Bar to benefit United Way 5:00-6:30

Saturday, 15th: Hollywood Spotlight Movies (free) p/u 11-12

Wednesday, 19th: Program meeting 10:15

Thursday, 20th: Check Presentation with Steve Owens 11:00
Philosophy Meeting 2pm
State Fair, leave Clubhouse @ 4pm

Saturday, 22nd: Clubhouse open from 9am to 1pm, p/u 8-9

Wednesday, 26th: Program meeting 10:15

Thursday, 27th: Philosophy Meeting 2pm
Employment Breakfast 8:30 am @ Clubhouse

Saturday, 29th: Potluck @ Clubhouse (free) p/u 8-9



Welcome

The Clerical Unit is happy to welcome new members Debbie Burdick and Bridgette Smith to Clubhouse.

Two Years Later...

My name is Amber, and I am a member of Thunderbird Clubhouse since 2004. I have been gone for 2 years completing my Business Technology Trade at Guthrie Job Corps, then living in my own apartment in Oklahoma City for at least 4 months. I had specifically told the counselors at Job Corps that I would rather live in Norman where I had more support and help than anywhere else. So instead they stuck me in the most isolated part of the city because I was hired at the Tax Commission for data entry for three months. I didn't like living in the city much; and ended up losing the apartment when my time for working as a temp at the Tax Commission ended. I stayed with friends in Arizona for 7 months, then got so homesick and had so many ulcers, that I had to come back. Now I'm here to stay permanently and enroll in school.

Dear Thunderbird Clubhouse readers:

My name is Kim Hyden. I would like to share with you my experience with coming back to Thunderbird Clubhouse after quite a long time of refusing to come here, because I didn't want to work. But now that I'm back I'm finding out more and more, there is so much more to Thunderbird Clubhouse than what I had originally thought. Working is an option, but you can better yourself if you choose by choosing a unit to work in and taking part in that unit. They have different programs to offer and the staff is wonderful. By no means do they degrade the members or separate staff and members from special treatment. We share our unit duties all alike. Staff is very gracious and thoughtful in helping us learn and become more independent and more productive citizens in the community. It is also a place we can express our thoughts on the community and to show the community we can and are able to function as well as anyone else. Come see us and see if you have a change of heart and mind as well. **Thank You.**

Sincerely,
Kim Hyden

September Birthdays

David Taul	9/1	Wayne Hines	9/12	Norman Audette	9/22
Noel Boelte	9/5	Harold Davis	9/14	Ann Painter	9/22
Lisa Dome	9/5	Ted Rentie	9/14	Keith Williams	9/22
Gary Belshe	9/6	Sherry Davenport	9/15	Richard Edgar	9/24
Dana Bonnin	9/6	William Tyrill	9/15	Rebecca Fryar	9/27
Rick Bolding	9/9	Eric Larson	9/16	Jan Travis	9/27
Lindberg Carey	9/10	Linden Blake	9/18	Mary Hines	9/29
Cynthia O'Day	9/11	Phillip Halstead	9/19	Vera Masters	9/29

Kitchen and Snack Bar Report

The kitchen unit is happy to have John back from three week training at Fountain House in New York City . We've certainly missed him. The unit is working hard to develop an inventory process to better utilize our food. The snack bar is doing great, and we are planning our Christmas party. The snack bar will be closed from 11:30 to 12:30 only. Thanks to our great Clubhouse for supporting our kitchen and snack bar. Don't forget to join us daily for great meals at a great price!

FREE Computer Classes

Over the last couple of months I've taken some free computer classes at the Norman Public Library. I learned how to use Microsoft Word and the Windows XP operating system. The best part was learning shortcuts that make the computer easier to use. The teachers were very nice and were open to answering any question I had. You have to make sure and sign up on the first day of the month because classes fill up quickly. You can sign up at the library in person or call. They have a selection of other classes as well, such as how to use the Internet, set up email, and how to use Microsoft Excel and PowerPoint.
Jane A.



No Smoking= Better Health and More Money

I have quit smoking, a habit that is hard to quit. I am writing this article to let you know what you can do with the extra money you will have if you quit. I have been able to lay carpet in my apartment and help my mom pay her way down to help me move. I also was able to pay a friend to help with the move. My mom and my sister cleaned my empty apartment that I rented from Thunderbird Clubhouse and I helped clean the apartment too; cleaning the refrigerator and the dishwasher. I have had \$1100.00 dollars worth of dental work done. I can pay it out in payments, and the payments are the money that I would have used to buy cigarettes with. I pay \$125.00 a month to the dentist. I am thankful to my dentist Mitzi Roberts and my will power to quit smoking so that I could afford to move and live in a secure environment.

Karen Hines

Dinner or Dementia ?

Food as thought keeps us alive and healthy. Thoughts which are good are derived from taking care of ourselves physically, as well as mentally. Where do we get the things we want most and how do we know if the notion of something we want is good for us? A spiritual leader for me told me "the truth is God's word." I also know that by living in my head and by living by my terms I am dumbfounded by the truth. In a way I don't know the truth of myself. If I let God in though he can lead me through my ignorance. I do know and seem to always forget the line from a very respected book "The Truth Will Set You Free." Seek the things you want or you will never find them.

Mike C.

WHY by Herman Brisco

Why do we all talk of peace and sell guns to murder people with? I have asked myself this ever since I was a small child and grew up one day while playing and hearing my mother grieving of the announcement of President Kennedy's death.

Ever since that day, I haven't cared to play the way a child of God might play. It all started that day.

When I dream, and I do, I see us all at peace with others and concerned about other people's needs, but we must be at peace within ourselves first.

Some men spend their life in search of fortune and fame struggling and grasping at any thing that they might gain. But comes a day they regret and realize that it was all in vain. I feel that I am the only one who is sane for I am not going to waste my life in vain.

Go ahead—go to work to produce a gun, so that it might be sold to another to be used to kill someone. If that is what you do choose, then my friend, in the end, you are bound to lose. Our nation spends little time discussing the aspect of peace with many a nation. Then, turns around and spends more time trying to sell them war materials. I ask, "Is this the right thing to do?" I get a reply, "Shut up. No one's asking you." Who am I? Just a man trying to bring world peace the best I can. "How?" You may ask. Well, to you I say this is God's task but not the gods these nations are now under. For if it was, that would be an awful blunder for the way things are going, the only thing money can do is drive us under. So set a goal to save your soul and be yourself within. Don't get lost amongst the cost to where you cannot find a friend as this is where world peace begins.

American Indian Mandala

Circle of Peace by Jan Travis

Circle of peace is what we wish—Tranquility

Circle of life goes on from Earth

Circle of inner peace is within

We find one within us.

Earth should not be taken for granted for the

Beauty of life and nature is also the

Mandala of peace and living.

The great Spirit has made for Earth, peace, and life.

It is within us, and only some are aware of it.

It's the land, in the oceans, and in the skies.



I Borrowed My Face

I borrowed my face, it was in the mirror

It was facing me, I knew it well

But did I know me

Who was that in there facing

Was it me or someone I didn't know

I just borrowed a face

It was me inside, that I know

I know me thus this way

That's my face in the mirror

But when I look deep in my eyes

I'm in there behind the reflection

My face faces me that way

Where would I go to avoid me

Not to my face, for it faces me

Inside facing from inside

Where I really am

Just borrowing a face

THE CITY THAT NEVER SLEEPS.....

Hello there, this is John from the Kitchen Unit and I would like to tell you a little about some of my time spent at Three Week Colleague Training at the historic Fountain House in NYC. Although I was lucky enough to attend a Mets game and eat at the famous Monks's from Seinfeld (actually called Tom's Diner), I was there to work and learn new things.

The basis of Clubhouse training is to learn more about the philosophy of Clubhouse to help follow the model created by Fountain House and standards regulated by the International Center for Clubhouse Development (ICCD). I was fortunate to have been trained where it all began.

During the training the colleagues were assigned a work unit and mine was Education. While working in the unit I learned a few ideas to bring back and start using immediately here at Thunderbird.

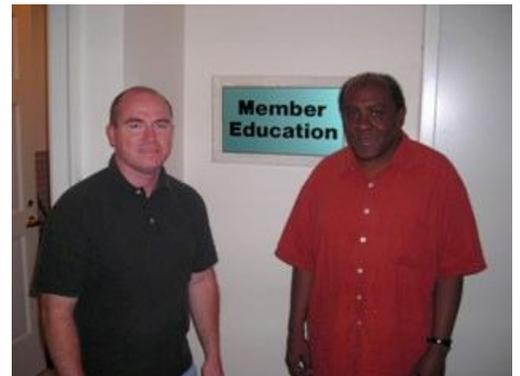
We also had nightly discussions which focused on the standards and Clubhouse philosophy. These were normally high spirited where everyone could give their own interpretation of a standard or topic which kept the "Think Tank" going. I learned very much from these discussions

Our last and most important part of training was coming up with action plans. These are instruments to help identify problems and solutions to different functions of the house. These are crucial to keep the Clubhouse evolving and meeting up with the standards set forth by the ICCD.

In the end, after all the work, the lights and sounds of New York City and the great people I was honored to meet, it was time to come home. What a remarkable experience I had and I'll always remember the 20 days spent in the "**City That Never Sleeps.**"



Front of historic Fountain House
In New York.



John & Landy, a member in the Education Unit at Fountain House.



Rosemarie Herriman, Thunderbird Clubhouse member, is shown at the guest house patio.

“MUSIC AND LYRICS”

by Marcus the Movie Man Lamb

“Music and Lyrics” is a pleasurable escape into the land of pop music where the has- been becomes a new item. The story centers around Alex Fletcher (Hugh Grant) who enjoyed a booming music career in the eighties with numerous pop hits.

In the present world, however, Alex spends his time playing malls and birthday parties. Suddenly, his world changes when he gets an opportunity to write a hit song for Cora, a young and ever present teen pop phenomenon. Alex has just two days to write the song, or someone else gets the opportunity. Alex takes the opportunity.

In the process of writing the song, Sophie Fisher (Drew Barrymore) comes along as a lyricist and helps Alex write a song that Cora likes. As a result Alex gets the opportunity to travel and perform with Cora on her next big tour if he can come up with another song that Cora likes as well.

Once again, Alex only has a short time in which to compose this new song. The only catch is that Sophie, now Alex’s girl friend, doesn’t like the way Cora performed the first song that she and Alex wrote, so she leaves Alex to write the song by himself then, later, she completes the lyrics to the new song, and, the next morning, faxes the music and lyrics to Cora.

That morning, Alex is stumped. He hasn’t been able to find lyrics for the new song by himself, so he goes to give what he has to Cora. To his elation; however, he finds that Sophie has completed the song and faxed it to Cora. Cora saves his new career.

The rest of the story deals with the romantic relationship between Alex and Sophie—how they deal with their budding expectations they have put on one another.

Overall “Music and Lyrics” is a good movie. The characters play well and realistically, and the music is really nice. Pick it up at your video shop.

Comanche Warrior White Blooded Kind

Blue Eyed Comanche You Say That You’re Mine
But you Belong to The Wind To The Air You Belong To The Wind
To The Air.

Comanche Warrior White Blooded Kind
Blued Eyed Comanche You Say That You’re Mine
But You Belong Astride A Saddle In The Sun You Belong Astride
A Saddle In The Sun.

Comanche Warrior White Blooded Kind Blue Eyed Comanche You Say
That You’re Mine



By Karen Hines

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.

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
- * Endowment
- * 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

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