

# Thunderbird Clubhouse April 2007 Newsletter

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## Thank You Walton Family Foundation

The Walton Family Foundation has donated \$5,000 to our Capital Campaign. They have been very generous over the last few years and have supported our efforts to raise money for our new Clubhouse facility.  
Thank You!

## Norman Community Foundation

A heartfelt thank you to the Norman Community Foundation for the grant of \$600 to support our housing program. We appreciate this grant very much as it assists with some emergency needs with regard to housing.



Thank you NCF!



## 5th Annual Thunderbird Clubhouse “Petacular”

June 23rd,  
9-12 at

The Cleveland County  
Fairgrounds.

Put it on your calendar now!  
Questions?  
Call Pam at 620-3726

## Ed Harris Film “Copying Beethoven” at Sooner Theatre

The Sooner Theatre acted as hosts for a fundraising event that benefited us, Women’s Resource Center, Sooner Theatre and Cimarron Opera Company. Our portion of the proceeds was \$630. We appreciate Ed Harris, Paul Harris, Tom McAuliffe and the Sooner Theatre for making this happen! We appreciate it Ed!

## Thank you McKinney Partnership!

We appreciate the guys from MP—John Bartlett, Nathan Coffey, Bryan Rainbow, Toni Bragg—helping us with a design for the rehab of our house on Eufaula. They have completed a preliminary design and are moving ahead to do construction plans. Thank you for volunteering your time to help 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.

## April's List of Events and Socials

### *April Showers*



- Wednesday, 4th: Program meeting 10:15  
Celebration Dinner; meet at Clubhouse @ 4pm
- Thursday, 5th: Philosophy meeting 2:00
- Friday, 6th: Wal-Mart; meet at Clubhouse at 4pm.
- Saturday, 7th: Garage Sale Preparations @ Clubhouse and Pizza,  
p/u 8:00 am
- Wednesday, 11th: Program meeting 10:15  
Board Meeting 5:30

### *Brings May Flowers*



- Thursday, 12th: Philosophy meeting 2:00
- Saturday, 14th: Garage Sale @ Clubhouse
- Wednesday, 18th: Program meeting 10:15
- Thursday 19th: Philosophy meeting 2:00
- Saturday, 21st: 89'ers Day Festival @ Andrews Park p/u 9:00 a.m.
- Wednesday, 25th: Program meeting 10:15
- Thursday, 26th: Employment Breakfast @ Clubhouse 8:30 am
- Saturday 28th: Picnic @ Lake Thunderbird p/u 7a.m.

## April Birthdays

Alex H.	4/1	Cliff R.	4/19
Rick B.	4/3	Steven D.	4/20
Craig H.	4/4	Brenda R.	4/20
Michael T.	4/4	Shauntay M.	4/22
Karen H.	4/9	Ray G.	4/23
Charles M.	4/10	Rex M.	4/28
Hung N.	4/18	Jason B.	4/30



**Show me the money!**  
Some of our members at their jobs...



Go Sooners!! From top left is Kelley B., Kenny E., Jeannie B., Marion J., and Mary H., all work at OU's Couch Cafeteria.

Below are Dean B. and Cory D. who both work at Second Chance Animal Sanctuary. In the middle is one of our job coaches Liz S.



Above is Tim G. at Hancock Fabrics



Left is Charles D. and right is Pam C. They both work at Norman Regional Hospital.



**Kitchen Unit News**

Hey everyone! It's spring break and here's what's going on in the kitchen unit. This month the kitchen unit will be serving up cobblers and cheesecake which Jason has offered to help prepare.



Also the kitchen unit has settled on one lunch hour only 12:30-1:00. Sorry for any inconvenience.

As for the snack bar, we'll be selling sandwiches daily so "Check us out." We also have available low cal cookies, fresh fruit, popcorn, and hot chocolate. Sunflower seeds are on sale for 10 cents. Capri drinks are only 25 cents each, so come on everyone and buy up because Six-Flags is just around the corner.

The raffle tickets are still coming along but there are still plenty to sell. As for the garage sale, we are accumulating quite a heap of stuff. MORE PLEASE! We'll find room for storing it all.

That's it for now, Folks. We appreciate all the support and hard work that's been involved so far on our journey to Six-Flags.

See you next month,  
Kelley B.

**Walking Update...**

With Spring and warmer temperatures, we have decided to change our walking time from 2pm to 11am everyday.

We have been walking and at the same time it has been creating more energy to get through the rest of the work ordered day.

It's also helped improve our health, and has given us faith that maybe we can actually start losing some weight. In addition, we have been creating healthier lunches. We hope we can continue the walks and trying to eat healthier meals. We will let you know.

Denise Moore & Leeann Brackett

**Clerical Report**



We have been busy in the clerical unit; Trying to tie up the loose ends for the "Petacular" Pet Show.

We have also been busy getting our statistics and demographics for the fiscal year 2005-2006 ready. It was also quite an undertaking, but well worth it!

Christi W.



Harold D. was the happy winner of "Guess how many Rieces Pieces are in the jar" contest. Each guess cost 25 cents and the proceeds went toward our Six Flags trip this May.



### *All About Being In Serendipity*

I would have to say the folks that just moved in this last fall down the way in a salon called "Serendipity" have to be some of the nicest I have met.

You go in there and no matter what they charge you, you are treated with respect, and like a model. They really care about your hair and take great pride in making sure you look your best!

Christi W.



### The Angry Trees



During the Wednesday program meeting I was watching the entry way of the Clubhouse. To me it looked like it was snowing in March. But I betcha the redbud trees were losing their buds. They were saying, "Hey! Give me back my clothes; I'm naked here," shaking their branches at the sky.



Jason B.



### The Freezer Was Full!

John opened the freezer door one late afternoon, and from a not properly closed Ziploc bag, out poured chili into the freezer, on his hands, khaki pants, and shoes! He said something under his breath that I won't repeat! Then asked if I wanted to help clean it up. I watched in shock and horror as the reddish-brown chunky liquid ran down the front of the freezer and onto the floor. Then Pam, Akufor, Stacy, and Kelley B. came running back in disbelief, asking "John, what are you up to now?" Later he commented, "it looked like a scene from the movie Amityville Horror. My closet has room for one more pair of pants now!"

Jane A.

### Reading Books

Books fill in me over all  
 And in part they come alone just bits, and  
 pieces fill me well  
 A line, a paragraph, a phrase  
 Glanced from page out of open box  
 Can carry me for years  
 Weave in web through out  
 My sort in many things  
 Sometimes hand can wave  
 As if across some pages  
 And the jist, perhaps mechanics  
 Of the verbiage  
 Or Matrimony of a plot  
 Seem absorbed as if fully  
 And I'd just touched some pages  
 Such a book completes then  
 Others take days and days of study.

David T.

### Amazing Grace by Marcus (the movie man) Lamb

Change can often lead to good things. In "Amazing Grace" William Wilburforce changes his life when he, as a Christian member of the English Parliament, meets a former slave who suffered the voyage from Africa to America in the eighteenth century.

When Wilburforce hears of the horrors of the slave's treatment, he begins a campaign to abolish slavery and the slave trade in England and on English slave ships.

To do this, Wilburforce enlists the help of several influential friends including Lord Fox, senior member of the House of Lords, and former slave ship captain turned minister, John Newton. Wilburforce campaigns for abolition with Christian support—often taking Christians aboard empty slave ships to show the harsh conditions of slavery.

It takes several years of work and many years of voting, but finally Wilburforce achieves his goal. Slavery is defeated in England. Change can be a good thing.



### A Night At The Sooner Theatre

The Thunderbird Clubhouse spent Thursday evening at the Sooner Theatre. We watched the play –You're A Good Man Charlie Brown.

The play was excellent! Complete with the players including Lucy, Sally, Linus, Schroeder, Charlie Brown, and don't forget Snoopy. It seemed like everyone had a wonderful evening. I know I did.

Thank you to Liz for sharing her evening with us. We would also like to thank The Sooner Theatre for their continued generosity and support of Thunderbird Clubhouse.

Thank You,  
 Rosemarie & Darrell

### A Day at the Capitol

"Thank you for bringing me here." I said as we first visited Kathleen Wilcoxson, State Senator, a majority whip with a new office, yea!

Then we visited Senator John Sparks though he was hungry he still was very understanding and listened to our needs as we voiced them.

Then we went to Chris Steele's office a Representative in the House of Representatives. He was on the house floor so we missed him.

We did start a meeting on recovery for mental health and substance abuse services, "100 ideas for the next 100 years." We left some ideas for them to use and also left for home.

By Mike C.

### Happy Feet by Steven S.

I enjoyed Happy Feet so much, I went to see it twice. Happy Feet is an ecologically, phenomenal movie!

The penguin I will call Happy Feet came out of his shell dancing. Later in the movie, the large community of penguins work together to free their leader from a coke ring that got stuck around his neck in dirty ocean water.

Happy Feet has a great moral, and only proves the positive power of United Nations work toward a cleaner environment on planet earth.

# April 2007

	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>Tuna Casserole</i>	3 <i>Chicken Strips</i>	4 <i>Veggie Lasagna</i>	5 <i>Meatloaf</i>	6 <i>Baked Potato Bar</i>	7
8	9 <i>Chicken Alfredo</i>	10 <i>Egg Rolls</i>	11 <i>Corn Dogs</i>	12 <i>Hamburgers</i>	13 <i>Spaghetti</i>	14
15	16 <i>Tacos</i>	17 <i>Pot Pies</i>	18 <i>Frito Chili Pie</i>	19 <i>Baked Chicken</i>	20 <i>Stir Fry</i>	21
22	23 <i>Nachos</i>	24 <i>Chicken Noodle Soup &amp; Sandwiches</i>	25 <i>Chili Dogs</i>	26 <i>Goulash</i>	27 <i>BBQ Beef</i>	28
29	30 <i>Egg Salad Sandwiches</i>					

Thunderbird Clubhouse  
P.O. Box 1666  
Norman, OK 73070

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Thunderbird Clubhouse is proud to be United Way of Norman member

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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

I would like to make a donation

I would like to request more information

I would like to volunteer my time

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_