

Thunderbird Clubhouse News

February 2007

~Six Flags Trip~



Clubhouse is planning to go to Six Flags this May. The trip will be Friday, May 18th through Sunday, May 20th. Members who are interested in going on the trip need to come to the Clubhouse to sign-up. There is a \$5.00 non-refundable deposit due at the time of signing. Members are responsible for the \$5.00 deposit and money for food for the weekend trip. There is limited space available, so please come and sign up!

We will be having a garage sale at Clubhouse on Saturday, April 14th as a fundraiser for the trip. These funds will be used to help cover the lodging and entrance fee. Please check your closets and garages for anything not being used. We could use any of your unwanted, *in good shape*, donations. We will be able to pick items up. These will be tax

deductible donations by the way! So be sure to ask for your receipt.

Thank you in advance for all of your help in this garage sale and please stop by!

Christi W.

Thank You to Ed Harris and the Sooner Theatre

On Saturday, January 20th the Sooner Theatre hosted the showing of Ed Harris' new film: Copying Beethoven. There were two shows: one at 2:00 and one at 7:00. It was Ed Harris' wish that the proceeds from the event benefit four agencies: Sooner Theatre, Cimarron Circuit Opera Company, Women's Resource Center and Thunderbird Clubhouse. We appreciate Sooner Theatre putting this event together so quickly. Thank you to Ed Harris for his continued support of Clubhouse and our community agencies!

5th Annual Thunderbird Clubhouse "Petacular" June 23rd at The Cleveland County Fairgrounds



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.

February's List of Events/Socials

- Saturday, 3rd:** Wal-Mart shopping; p/u 8-9
- Wednesday, 7th:** Program meeting 10:15
Celebration Dinner @ Golden Corral
- Saturday, 10th:** Thrift Store shopping; p/u 9-10
- Wednesday, 14th:** Program meeting 10:15
Board Meeting 5:30
- Saturday, 17th:** Trivia Tournament and sandwiches
@ Clubhouse; p/u 9-10
- Wednesday, 21st:** Program meeting 10:15
Housing meeting 3:00
- Saturday, 24th:** Games &/or Movies @ Clubhouse; p/u 9-10
- Wednesday, 28th:** Program meeting 10:15



MY SPECIAL ANGEL

I'm thinking of someone special
 To me, she lives in a castle
 When I see her face, she's my Angel
 From up and down to every angle
 She's by my side day and night
 She is my guiding light
 She is my shining star
 From near to far
 I love this person with
 all my heart
 Even together or apart.



Jeannie B.

February Birthdays

Jason B.	2/01	Cliff F.	2/18
Robert F.	2/02	Ricky A.	2/19
Patsy J.	2/04	David B.	2/21
Faith S.	2/05	Dixie H.	2/24
Dave M.	2/06	Larry J.	2/26
Ann A.	2/08	Larry B.	2/27
David A.	2/14	Sherry B.	2/28
C.J. S.	2/14	Barbara D.	2/29
Edie O.	2/16		

ORIENTATION



The new year has just begun and orientation is going great. We welcome six new members to Thunderbird Clubhouse; Tim, Stephen, Kevin, Jeannie, George and William. The new members are happy to be here. Tim says it's a great opportunity for him. Kevin feels good just being here. We look forward to getting to know all of our new members!

If you know of someone that can benefit from Thunderbird Clubhouse, please let them know or come by and take a tour. We would love to see new people at the clubhouse. That is a part of being a member of clubhouse it is a wonderful place to come and the more members we have the more fun we have. Part of being part of clubhouse is the camaraderie and the closeness of the members in their relationships. Going on socials and trips together. What else can be said?

Christi W.

EMPLOYMENT UPDATES/NEWS



Employment Statistics July 2005 through June 2006

There were 16 different members involved in Transitional Employment placement.

Total number of days worked= 1,230

Total number of hours worked= 4,599

Total number of dollars made= \$27,798.84

We are proud of our members that worked all of these days, hours, and made all of this money this past year. We hope that we can surpass the above this next year!

Christi W.

Amanda's New Job

I am very excited to say I am working again. It is a Transitional Employment job at Shaboo's Flowers and Gifts. I am a receptionist /sales person. I answer the phones, and take orders over the phone and the computer. I also ring up sales. During slow times I organize, dust and clean. I really like the people I work with and my boss. I love the job. I was nervous to get back to work part-time, but I think I am doing a good job. With Valentine's coming up we will be very busy.

Amanda S.



Clerical Unit Report

We are very happy to welcome new member Jeannie to the unit. She says she is excited to be here. She has been a great asset!

Also, we would like to thank Greg O. for really helping out with the bank's Excel program.



Kitchen Unit Report

We are pleased to have three new members in the kitchen unit; Kevin, William and Stephen. They have been a great addition.

Health and Wellness Update

We received pedometers from Norman Regional Hospital and have been walking for about 3 months. Our group of walkers is increasing. Way to go guys! Please come join us everyday at 2 pm.



Snack Bar Report



The snack bar is offering some healthy choices along with our old stand by's. We have trail mix, bagels, fruit, popcorn, TV dinners and much more. Thanks for supporting the Clubhouse.

Thunderbird Artists Collective

We are very excited about a new endeavor here at Clubhouse. David Moxley, professor at the School of Social Work, approached us about putting together a collective of Thunderbird Clubhouse artists. The goals of the project would include:

- Educating the community about what Thunderbird Artists have to offer
- Enabling the artists to get exposure and experience with showing their art
- Through a forum setting, artists will educate the community about the role their art plays in their recovery

We eventually hope to develop a "traveling exhibition", a website and a catalogue of artists' work. We submitted a grant proposal to Norman Arts Council and plan to write more to fund this project. Thanks to David Moxley for his hard work!

Safety Committee

It's time to check the batteries in your smoke alarms again.
Please be careful on the ice and snow this winter.

Member's Stories and Poems

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
 I 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

David T.

Looking for help

"I feel I have a new start on life!" I have heard this so many times and said the same thing as many times as I have heard the statement made. I am so happy to feel safe enough now to believe in this statement. I believe my knowledge of how much freedom I have, if I just follow a few rules, the ones everybody else has to live by, gives me. I found that doing what others tell me to do works, and that looking inside to the things that worked before my problems started still work. That new start on life will need help so listen to others, their story is important and listen to that voice that knows what to do. I have heard, "if you do not know what to do, do not do anything." I would follow that by "Ask for direction."

Michael Cordial

Martin Luther King Jr.'s Birthday

We had fun on Martin Luther King Jr. birthday. We played games and I won a t shirt. We had free coffee and ate pizza and the company was great.



Harold D.

FOSTER MOM

Since the 22nd of December, I have shared my apartment with a foster cat named Muffin. Domino, my cat, has been missing since the 10th of December and I needed help getting through the holidays. So with the help of Second Chance I am learning more about the Manx breed along with learning more about myself.

The last few nights she slept on the bed with me and purrs, she puts her head against my face. The first few days she stayed under the bed and from there has become more comfortable with her surroundings and me.

The goal is for her is to find a loving home; she is a sweet and beautiful cat. I have documented her progress and she is a pure joy!

UPDATE! Domino has been found! He has been home since 12-29-06. Thank you for your prayers and thoughts.

Mary H.

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

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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. 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: _____