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2012-2013

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Food for Thought

Learning Institute, Inc.

The purpose of Food for Thought Learning Institute, Inc. is to **teach vulnerable members of Oklahoma City Metro Area basic food preparation, to help them overcome the cycle of hunger and poverty in**

Oklahoma by teaching:

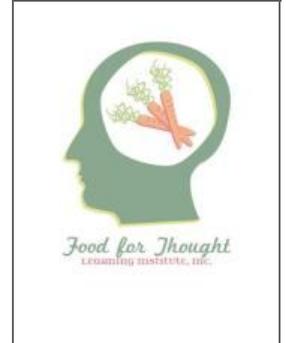
- **Basic Kitchen Safety**
- **Preparing Delicious Food**
- **Nutritional Knowledge**
- **Smart Shopping Techniques**

The ultimate goal is “the expansion of this program to encompass poverty stricken areas throughout the U.S. to end hunger, ultimately rendering programs like this obsolete.”

The Director, Matt Joplin, and Associate Director, Karen Sonntag, of Food for Thought visited Thunderbird Clubhouse June 5th. We wanted to look into the possibilities of how Clubhouse and Food for Thought could work together. One activity is to go to a food pantry in Norman and gather some items together and come back to the Clubhouse and prepare a meal. Another would be to use items from the Clubhouse pantry and prepare a meal. The idea we decided upon is to try a Late-Night Wednesday social to cook a meal for all in attendance using Clubhouse foods. The emphasis will be to socialize and reinforce the ideas bulleted above.

This collaboration of Food for Thought with Thunderbird Clubhouse will support the Health and Wellness program of the Clubhouse. The hope is that members will gain more information about eating healthy at reasonable costs and have fun learning. We want to start July, 2012.

by Chris Jones and Gary Kruk



Mr. Green Jeans Visits

We have started a garden including: beets, spinach, radishes, lettuce, onions, peppers, tomatoes, parsley, as well as grapes and herbs such as rosemary and sweet basil here at the Clubhouse. So far everything is on time and coming up green!

Thunderbird Clubhouse Mission Statement:

Creating a new future for adults recovering from mental illness through the positive power of meaningful work, community, choice, and hope.

Clubhouse Employment News!

Thunderbird Clubhouse is proud to announce that we will soon have an addition to our Clubhouse family. We have hired Tracy Curtis who will start July 16th as our new vocational development staff. She comes to us with lots of experience and community contacts. We are thrilled to have her on board as we continue developing jobs in the community for our members.

In other employment news, Everette McIntosh was recently promoted to the head of transportation at Aging Services. He applied for a position as a driver and held that job for awhile when he was offered full-time hours with benefits, which was a huge step. Then recently, he was promoted to head of transportation! We couldn't be prouder of him.



Everette has always been a hard worker. He maintains one of our Supported Employment positions. Everette has been a long standing colleague of the Clubhouse and we are all so happy for him!

Additionally, we are also excited for another one of our members, Andrew Ross. Andrew can be seen (left) with his new employee card from International House of Pancakes. He was hired as a bus boy and dishwasher, and he reports that he loves his job very much. Although Andrew found this job independently from Clubhouse, he still enjoys the extra support found at Clubhouse. Andrew, we are proud of you and will be here for you! Keep up the good work.

SUSAN

She liked me, maybe was interested
in
Me—then I, with the aide of
A friend and some friends,
Finally noticed her.

Eyes of pale blue—clear as the sky
And a mind that could reach forever.
She was beautiful.



She let me like her for—about
One month, then she quit liking me,
When she heard some salacious
Details about me.

She also, I think, noticed some other
Guys....

I lost her, but I don't think I did it...
My past caught me—

And wouldn't let me go.

- Marcus Lamb



Transportation in the afternoon will be provided for our members during this year's heat of the summer!

This will take place at 4pm everyday as it used to. We will not be providing transportation to the Clubhouse in the mornings. The Clubhouse is glad to offer this service to all members. However, everyone is still encouraged to try to find alternate transportation if possible.

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. Box 1666, 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: _____

Phone: _____