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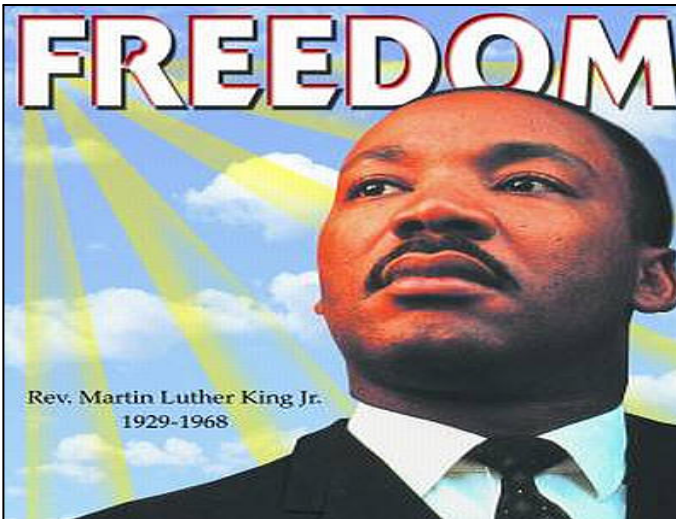
Volume 23, Issue 2
February 2008

The Threshold Times

Threshold Clubhouse- Durham, NC

"All the News We See Fit To Print"

Threshold Remembers Dr. Martin Luther King Jr.



He was an American Hero. He had a dream of bringing all the races together again towards the Constitution and Bill of Rights. He gathered and marched on Selma and throughout the South. He spoke with John Kennedy and Robert Kennedy. He was jailed and subject to racist attacks in Mississippi. My father was there in 1968 in Washington, DC. Martin Luther King Jr. was my hero and a fine gentleman.

By Joe Thompson

Martin Luther King Jr. was one of the greatest men of the twentieth century who believed in equality, and all men should be created equal. As Abraham Lincoln spoke in his great speech and died for what he believed in. No matter what color, creed, or religion. We all should be free men and women. Let freedom sing her song of joy in the earth, let love and compassion spread her laughter with mirth, from days of old our children's birth. I salute you Martin Luther King Jr. You died a faithful martyr for what you knew was right and just.

By Jacob Gallimore

January is a month for Black History. Usually in January Martin Luther King Jr.'s Birthday is being celebrated. He often spoke about the world and society and how people are being treated. He also spoke about white and black people and how they were being treated. Years ago black people were separated from white people in schools. Martin Luther King Jr. was the person that started to change them from being separated. And everybody joined together.

By Janika Boone

Now, I say to you today my friends, even though we face the difficulties of today and tomorrow, I still have a dream. It is a dream deeply rooted in the American dream. I have a dream that one day this nation will rise up and live out the true meaning of its creed:- "We hold these truths to be self-evident, that all men are created equal."

**Martin Luther King Jr.
Speech at Civil Rights March on Washington
August 28, 1963**

Helping Adults in Durham with Severe Mental Illness Re-Integrate Into the Community

www.thresholdclubhouse.org

Why Not Make 2008 the Year of Work?

By Phil Wintermute

What are your New Year's Resolutions? Want to lose weight? Quit smoking? Floss twice a day? Those are all good things, of course, and I wish you the best of luck with them or whatever you may want to accomplish in this New Year. What does it mean to *you* to start a new year? Is it significant, or is it just another day on the calendar? All depends on how you look at it, but I see it this way: it is a great time to take stock of where you are and where you would like to be, and what you are doing to get yourself there. From my perspective, it is a great time to consider work as a goal for the coming year.

At our Employment Dinners we talk often about the rewards of working - things that include a paycheck, but obviously go far beyond it. What would it do for you to have a job this year? Can you imagine that? How would you feel to be trusted to work for good money? How would your friends and family feel about that? This is the time to start planning for good things to start happening in your life, and working just could be what you are looking for to get things rolling.

If you are already working, you know what I am talking about. I am counting on you to help spread the word. Join us for the Employment Dinners and share your feelings with the rest of us. What you do is important to the entire clubhouse!

The TE program is there for you to use and gain whatever benefits you can. Check with us daily for updates on opportunities with our employer partners: Ninth Street Bakery, Target, T.J. Maxx, Marshalls, Timmons Fabrications, Perkins Library, the Washington Duke Inn, and the Angus Barn.

Anyone who would like to join Threshold in providing these wonderful job opportunities for our members should call and ask to speak to me at (919) 682-4124. Thank you and have a great 2008!

Janelle Hampden

Interviewed by Annie Knapp

What do you expect the members of the clubhouse to teach you?

I look forward to the members teaching me how the clubhouse is run on a daily basis. We all are here to work together to run our clubhouse.

What is your expectation for the clubhouse? What do you want to see for the clubhouse in it's future?

I would like to see the members use the skills they have developed at Threshold in the community and daily life.

Do you intend to stay for this accomplishment?

Yes, I intend on working here at Threshold and assisting the members in meeting their goals.

Describe your goals in working with people who have Severe and Persistent Mental Illness?

My goal in working with people with Severe and Persistent Mental Illnesses is to help them develop confidence within themselves and their capabilities. People with a mental illness can be all that they want to be and accomplish their hearts desires just as well as anyone else. They just have to believe.

The Times of My Life

I love to come to Threshold to answer phones, clean the bathrooms, and mop the halls. I love talking to Ashley and the staff members. I love helping fold the newsletters. I love to go backward and forward to the doctors to see how my health is progressing and percolating. I have friends here and I like the food, the breakfast and the lunch. It's really a groovy place to come to. If I didn't come to Threshold I would be at home sleeping, or eating and drinking soda. Threshold is a place to come when you don't have anywhere to go. I've been coming to Threshold ever since 2001. I plan on coming forever. Threshold is my home away from home.

By Dirk Gunn

Mark Your Calendar, Dust off your Tennis Shoes!

March 16 – Durham CROP Walk.

Funds from the CROP walk help support our Meals Access program, through which we keep the noon meal price at \$1.00. Join nearly 4,000 walkers in helping to feed the hungry.

March 29 – Great Human Race, Durham

Threshold members and staff and friends from the community will trek through downtown Durham to raise money for Threshold. Want to walk? Want to sponsor a walker? Contact Ashley Emery, a.emery@thresholdclubhouse.org.

May 17 – Statewide NAMI walk, Dorothea Dix Hospital grounds, Raleigh

NAMI-NC has moved this walk from the hinterlands outside of Winston-Salem to a much more central location in order to have a huge turnout. Come join the crowds. This one is only 2.2 miles! Check out naminc.org for more details.

Roving Reporter: Do you have a special talent?

By Laura Eldridge

Ashley E: I'm great at throwing and catching things.

Annie K: I can talk backwards!

Janelle H: I can dance.

Ricky J: My special talent is making people laugh, telling jokes, and talking silly.

Dirk G: Dancing, swimming in my swimming pool, and spending time with kids.

Sherwin F: I love to write. I express myself better on paper than I do verbally.

Orlando E: Art, hairstyle, mechanic, and cook.

Ali S: I have a good recall of numbers, kind of like a walking phone book.

Laura E: I'm a people person and I love to laugh.

Marya M: I can always pick out the alto lines in a hymn book.

Phil W: I can fit my entire foot in my mouth and I do it regularly!

To Threshold People

Do you all know how wonderful it is to be here at Threshold and feel good that everyone welcomes you with open arms and open hearts and welcomes you back as if you've never gone away? Do you know how good it feels to be at home and be welcomed by everyone? Threshold is like my third home in this world. It's good to be at home and be always welcomed no matter when you come and where you go- here you are always welcome. It feels good to be at home. Thank you very much for everyone always welcoming me with open arms like they haven't seen me in a million years. It feels good to be home and it feels wonderful to be always welcomed by open arms. When someone goes on a longer strip that's when that person realizes how wonderful is it to be welcomed in a warm homie place- no matter where you go or where you are coming from.

By Betty Kaldor

Next month we will be distributing our Advocacy Newsletter! Articles will contain Member Recovery stories and Employment Achievement stories, along with a description of what Threshold does for our mentally ill members. You may learn a lot about us and our services. I hope you will take the time to read all about us and maybe visit our clubhouse to learn more.

- From the Editor of the Advocacy Newsletter, Annie Knapp

The Shimmer of Green and Black

What is written on the back of a notebook or knapsack

A gentle Hello, for one special little boy in green and black.

He lies happily in his lapping sack

Ready to go out and eat an orange or an apple an appetizing snack

He gently puts his skates away in a cascade shoe rack

He now knows his mother loved him more than a cracker jack

He honestly got a skate wheel of green and black

He said thank you to his mother and made her day
Always, always say the green and black represented simplicity

The shimmer was the smile on the little boys face.

By Shirley Mulchi

DUKE VS. NCCU

Thursday night I went to the Duke vs. NCCU game. Duke beat NCCU to the heartbeat. One group got to sit at front row seats. It was an exciting game! It was fun to listen to all our Duke fans cheer out of the seats. It is so much more fun to see the game in person. Basketball is my favorite sport to watch and it is exciting to cheer for an excellent team at the top of the play list.

By Annie Knapp

On Martin Luther King's

On Martin Luther Kings birthday I spent the whole day with my aunt and uncle. We had dinner together, and talked a lot. The menu for dinner was green beans and corn, chicken, cream potatoes, and banana pudding for dessert. Everything was so peaceful and quiet. I don't think I have ever had a more better time. My sister was so full from the dinner she went to sleep. It was just a wonderful time for me. I really enjoyed the whole time.

By Vivian Perry

All You Can Eat!

Last Thursday Threshold went to CiCi's pizza restaurant. We usually go every year every two months because it is much cheaper than other restaurants. Threshold members paid only \$3.50 to eat. We gave the money to Ashley. CiCi's is located in Chapel Hill Boulevard behind Bojangles restaurant and near TJ Maxx store. We stood in line, got our plates and glasses, and ate a lot of pizza. They had all kinds of pizza and salad bar. My favorite type of pizza is chicken and mushroom and pepperoni and sausage and pineapple and ham and tossed salad and dessert pizza. You can go back as many times as you want and all you can drink after everybody got full. Alan Jackson, the new driver, took people home.

By Juan Holmes

An Experience with Studying

I like mathematics and we focused on arithmetic and algebra mainly during Math and Reading classes held every Wednesday at 1:00. Arithmetic and algebra could lead to differential and integral calculus eventually and non linear equations. I like the teacher, Susan Springer, because she seems to be knowledgeable about such subjects. I like to study non linear curves which approaches limits as a function. I would also like to see how well I read. I find I read very well but I can't see very well. I'd like to read stories about people finding careers and stories experiences involving people. I will report more thoroughly as I attend more classes because two classes are not enough to make an extremely thorough report. I recommend the class to other people that want to learn math and reading.

By Thomas Barnes

Math and Reading Class is held every Wednesday at 1:00 here at Threshold. Our teachers are Susan Springer and Reggie Hodges from the Durham Literacy Council.

February 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Happy B'Day Sandy L.!	2 Hours 11:30-4:30 Movies at Blue Ridge
3 Open 10-3 Arts & Crafts	4 Happy B'Day Albert P.!	5 Computer Class 2:00	6 Happy B'Day Sandra W.! Math/ Reading Class 1:00	7 Clubhouse Culture 1:30 Bowling	8 Happy B'Day James W.!	9 Happy B'Day Wallace W.! Hours 10-3 Primate Center
10 Open 10-3 Arts & Crafts	11 Happy B'Day Damen H.! Employment Dinner	12 Happy B'Day Elliott B.! Computer Class 2:00	13 Math/ Reading Class 1:00	14 Clubhouse Culture 1:30 Valentines Party	15	16 Hours 10-3 Native American PowWow
17 Happy B'Day Katherine C.! Open 10-3 Arts & Crafts	18	19 Computer Class 2:00	20 Math/ Reading Class 1:00	21 Clubhouse Culture 1:30 Trip to Club Nova	22	23 Happy B'Day Bruce C.! Hours 10-3 Imax
24 Open 10-3 Arts & Crafts	25 HappyB'Day Lynne C. & Hank W.! Employment Dinner	26 Computer Class 2:00	27 Math/ Reading Class 1:00	28 Clubhouse Culture 1:30 Mall	29	

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REMEMBER: YOU ARE
ALWAYS NEEDED,
WANTED, AND
EXPECTED AT THE
CLUBHOUSE!!

