

**Inside
This
Issue**

**Valentine's
Party
Page 2**

**Page 3:
Education**

**CIT
Page 4**

Volume 23, Issue 3
March 2008

The Threshold Times

Threshold Clubhouse- Durham, NC

"All the News We See Fit To Print"

Courage to Reveal, Courage to Heal: Threshold's Wall of Hope

Threshold has launched a mural project to celebrate the courage and tenacity of individuals who live with mental illness. In December Durham artist Andria Linn (check out her work at andrialinn.com, or stop by the mayor's office, where her Jazz series is currently on display) brainstormed with Threshold members about what it means to live with mental illness and what role Threshold plays in their lives. She has come up with a beautiful image that incorporates symbols of hope and support and reflects the diversity of our community. In May the mural will be installed on the south side of the Ninth St. Bakery, an ideal location, given that Threshold has had a transitional employment placement at the bakery for more than 20 years.

We need your help to make this event a huge success! On May 17th we'll host a reception and silent auction at Parker and Otis to kick off the festivities. The fabulous Lise Uyanik will be singing jazz standards with her quartet, and we'll have plenty of food and beautiful and fun auction items to make for a festive evening. Best of all, Linn will offer for silent auction two 30" x 40" canvas paintings of the mural. Here's your chance to bid on a piece of Durham's evolving history.

The following day, Sunday May 18th, join us to help complete the mural. To underscore the idea that we are all walking together on this path of life, we invite you to put your footprint on the connective ribbon that Linn has incorporated into the mural design. The TROSA band will play. The Scrap Exchange will have an art-making booth. Several artists will be selling their work and donating a portion of the proceeds to Threshold. We'll also invite the community to paint on some mural panels that will end up back on the wall at Threshold.

Donna Campbell and Georgann Eubanks of Minnow Media have been working for some time on a documentary about adults living with mental illness. Campbell filmed the brainstorming session at Threshold in December, and will be filming the event on May 18th as well. She'll include images from our mural project in 'Outside the Lines', produced in collaboration with UNC-TV, and set to air on PBS in 2008.

We see this as a watershed event for Durham; a chance to bring much-needed publicity and support to Threshold. To join the growing sponsor list, or to volunteer, please contact Marya McNeish at m.mcneish@thresholdclubhouse.org, or 682.4124. Thank you!

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

www.thresholdclubhouse.org

News and Events

Attention Crop Walkers!

Every year I walk in the Crop Walk in the spring. The CROP Hunger Walk is an annual event which combines fun and fundraising to raise money for hungry people throughout the world. It will take place his year on Sunday, March 16, 2008 at 2:30pm at Duke Chapel. We will walk 4.8 miles past West Campus to East Campus and then into the neighborhood and back. There will be food to munch on to keep us walking! Be there and support the hungry! I will be there to support Durham! Hope to see you there!

-Annie Knapp

Dates to Remember:

CROP Walk - March 16, Durham, Duke Chapel
Great Human Race - March 29

Smile

A man searching for the meaning of life climbed to the top of Mt. Sinai and shouted to the heavens, "God, what is a million years to you.?"

"A minute," came the frankly unexpected reply.

Awed and excited, the man asked, "And what is a million dollars?"

"A penny."

Wow, the man thought, "Could you give me a penny, then?"

"Sure...in a minute."

-Submitted by Richard Hudson

Threshold's Night

Yo! Laura here. Threshold just had its annual Valentine's party which was a huge success. There was yummy finger food, lots of great music, and dancing. We missed Misty, our old staff member. She sure loved to cut a rug! And oh what a blast we had!

We Need Your Help!

Hi, this is Laura again. This time I'm writing because I am on the Durham Center's Human Rights Committee, in which works to ensure that consumers rights are protected. The Durham Center is looking for a consumer with Substance Abuse issues to be a part of our Committee. If you are interested you can contact me at Threshold. The number is 682-4124.

Thank You!

-Laura Eldridge

TCF Challenges Fundholders to Support Threshold!

Several Threshold supporters committed a collective \$10,000 and challenged other fundholders at the Triangle Community Foundation to join them in supporting Threshold. We send big thanks to Margaret and Tom Keller, Bob Healy and Kay Edgar, Dot Borden, Steve Schewel and Lao Rubert. If you have a fund at the Triangle Community Foundation and wish to support Threshold through this challenge, please contact Lori O'Keefe at TCF, 474-8370, or lori@trianglecf.org. The challenge will run until March 15th.

Valentine's Party at Threshold

The Valentine's party was a lot of fun. We started about 4:30 pm on Thursday. We played music on some CDs on the stereo and everybody got up and danced. The music was very good. We also had a lot of food and punch. We had meatballs, chicken nuggets, pizza rolls, chips with salsa dip, ravioli, baked cookies, and some very good punch. The food was delicious. We danced to some good music then later we cleaned up and Alan the driver took people home after the party.

Education at Threshold

Introducing Susan Springer: The Math/ Reading Teacher

Q. How do you like Threshold?

A. "I have loved working with members. They are really respectful and kind. They are very motivated to learn. I also like working with those who are on different levels of reading comprehension and math skills."

Q. What is your work background?

A. "I was an elementary teacher teaching 4th grade. I taught in Maryland, then I moved here and stopped teaching to take care of my kids."

Q. What do you do when you are not teaching?

A. "I spend a lot of time with my kids and family. I am also President of the Durham Literacy Center. And I love to bake."

Q. What do you do to unwind at the end of the day?

A. "Sometimes I feel like I don't unwind. I like to have a nice meal with my family, and I like to talk to my husband late in the evening."

Interview conducted by Annie Knapp



Computer Class with Kimberly (pictured above) every Tuesday at 2:00pm.

Math and Reading Class

The math class on Wednesday at Threshold is enjoyable. We as a group have a good time. I enjoy being with my Threshold members. Susan is also likeable. She is a good teacher, and a good person to be around.

-Karma Denise Dixon

Class at Threshold

I would like to encourage members of Threshold who haven't attended this class to join us every Wednesday afternoon from 12:30 p.m. to 2:30p.m.

Recently we have been reading and studying poetry from various authors. I especially liked the poet Langston Hughes. His poems tell about the despair, hope, and pride of being an African American.

I would like to quote a short poem that he wrote: (see right) This poem has so much meaning for me. This poem has importance of never giving up hope and holding fast to your dreams.

- Peggy Hillard

Dreams

By Peggy Hilliard

Hold fast to dreams
For if dreams die
Life is a broken-winged bird
That cannot fly.

Hold fast to dreams
For when dreams go
Life is a barren field
Frozen with snow.

Etc., Etc.....

Roving Reporter Asks.....

If you could be invisible for a day what would you do, and why?

-Ashley Emery: "I would like to go to day care and see what my son, Noah, does."

-Annie Knapp: "I would dance like nobody is watching."

-Laura Eldridge: "I would spend my morning on a movie set and my afternoon in a rock 'n roll music studio."

-Katherine Andrews: "Go to Donald Trump and try to make some money."

-Janelle Hampden: "I would go to Africa and help feed the children."

-Lindsay Bohm: "I would stay home and watch the dog so that he doesn't eat the couch like he did last week."

-Thomas Barnes: "I would water plants to make them healthy and grow."

-Jasmine Thomas: "I would go to Florida and go to the beach and get a sunburn."

-Pete Taylor: "I would help the police arrest criminals in order to help society."

-Harold Rone: "I would take all of the money out of the bank and I would go to California and Florida."

-Peggy Hilliard: "I would go to an animal shelter and help them find homes for all of the animals."

Durham County Police Crisis Intervention Training



Karen Curren, two Durham County officers, and Richard Hudson stand together during training (pictured above). Officers have been receiving training on crisis intervention in order to better serve the Durham community and those with mental illness. For more information, see our Special Edition Advocacy Newsletter accompanying this edition.

Threshold members, get ready for camping!

We will be planning a week-end long camping trip this spring to the beach! Specific dates are TBA, but start thinking about participating in this wonderful activity.

Threshold Times editors and contributors:

Thomas Barnes
Lindsay Bohm
Karma Dixon
Laura Eldridge
Ashley Emery
Peggy Hilliard
Annie Knapp
Charles McCuller
Marya McNeish

And many others who assisted in the assembling of this newsletter. Thanks!

As always, we want to continue to show our gratitude to the greatest volunteer Threshold has had the pleasure of working with, Miss Cindee Hand, for her selfless acts of kindness and her hard work every Sunday. Thanks, Cindee!!! We look forward to seeing you every week!

March 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Movies at Blue Ridge Hours 11:30-4:30
2 Happy B'Day David B.! Arts & Crafts Hours 10-3	3 Employment Dinner	4 Computer Class 2:00	5 Math/Reading Class 1:00	6 Clubhouse Culture 1:30 Karaoke	7 Happy B'Day Joe T. & Emily R.!	8 Happy B'Day Princie M.! Tour of Hayti Hours 10-3
9 Arts & Crafts Hours 10-3	10 Closing at 3:30 for Staff Retreat	11 Happy B'Day Leslie H. & John F.! Computer Class 2:00	12 Math/Reading Class 1:00	13 Clubhouse Culture 1:30 Order pizza and watch movies	14	15 Closed for Staff Retreat Happy B'Day Janelle H.!
16 Arts & Crafts Hours 10-3	17 Employment Dinner	18 Computer Class 2:00	19 Math/Reading Class 1:00	20 Clubhouse Culture 1:30 Happy B'Day Kearney A.! Bingo!	21 Happy B'Day Margie B.!	22 Museum of Science in Raleigh Hours 10-3
23 Easter Lunch and Egg Hunt Hours 10-3	24	25 Happy B'Day MaeRetha E.! Computer Class 2:00	26 Happy B'Day Shirley B.! Math/Reading Class 1:00	27 Clubhouse Culture 1:30 Hike and Picnic	28	29 Great Human Race Hours 8-1
30 Arts & Crafts Hours 10-3	31				Happy B'Day Doris E. & Winston B.!	

PO Box 11706
Durham, NC 27703

Non-Profit Org.
US Postage Paid
Durham, NC
Permit No. 13



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

