

The Threshold Times

Threshold Clubhouse- Durham, NC

"All the News We See Fit To Print"

Volunteer Recognition Ceremony: Threshold Recognizes Cindee Hand

Cindee Hand has been a dedicated Volunteer for Threshold for 3 years. She spends every Sunday here at Threshold and dedicated a lot of her time to Threshold and mental health. She is very special to us and what she does for Threshold is invaluable. Cindee received a certificate of appreciation through the Volunteer Recognition Luncheon given by the Durham Volunteer Center.

For the Good Times

I enjoyed the Volunteer lunch at the Marriott on April 25th. A lady sang love songs that sounded pretty good during the lunch. I met my brother in-law there and we talked a little bit and I met his family and wife and their children. That made me very happy to see them because its been such a long long time. I was glad to be at the lunch with Cindee. Cindee comes to Threshold and does arts and crafts on Sundays. I like Cindee because she's nice and she bought me Churches chicken and a soda. Cindee makes me feel good about myself, she says I will always be her friend and she will always be at Threshold to do her job. Cindee got a certificate for being a great volunteer and we clapped and had a good time. We listened to a whole lot of great people talk about volunteers. Thanks Cindee, you're special to Threshold.

By David Earl Elliott



Ashley Emery, Cindee Hand, and David Elliott after the Volunteer Recognition Ceremony

MARK YOUR CALENDAR

Threshold will be hosting our 13th annual Employers Dinner September 15, 2006 at the downtown Marriott. Mark your calendar for an evening of great food and dancing!

Threshold

By Peggy Hilliard

Have you ever been more dead than alive
Just trying to survive
I know that feeling so well.

Have you ever been fearful deep in your soul
Unable to reach the smallest goal
I know that feeling so well.

Have you ever been shy and unable to speak
And friendships unable to seek
I know that feeling so well.

Threshold has changed my life for the better
It helps me in every way
Now I feel grateful to be alive
And attaining goals are more possible for me

Hillside Cinderellas

There were four of these princesses at our disposal but we thought they were great dancers. If you didn't know their style of dance you would think that you were watching ballet, but it wasn't. They were dressed in leotards and long gowns. They danced to two different songs that lasted about 15-20 minutes. We really enjoyed them here at Threshold. Thank you Hillside!

By Orlando Edwards

Threshold Clubhouse would like to offer our condolences to the families of Bob Birney and John Gladen. Bob and John were members of Threshold who recently passed away. They will always be in our hearts.

MOMART

MOMART was the art opening to attend. On Friday, May 5th, 2006 a group called Just A Few Friends sponsored this glorious event, to benefit a local non-profit, in this case being our own Threshold Clubhouse. For me the event was thrilling, both as an artist in this show and as a Threshold member. Artists were able to sell their work and donate a portion of at least 25% to Threshold. Threshold also benefited from the admission to this event. The opening had a beautiful and tasty spread of food catered by Madhatter's and an open bar. My art was in the company of some of the Triangle's best known artists and craftspeople. I sold two framed pieces of my photographic art and 10 of my flower cards. I received some extra dollars after paying for the framing and was able to donate a nice chunk to Threshold, something that I might not otherwise have been able to do. Everything about the Momart event was wonderful and thrilling.

By Karen Curran



Durham NAMI member and MOMart artist Sharon Barnes and friends at MOMart.

Roving Reporter
Asks:



What is the best vacation you have ever been on and why?

- Janika Boone:** Myrtle Beach as my first beach trip. We enjoyed traveling South from New York when we had a car and traveled to visit family.
- Richard Harvey:** Myrtle Beach because I enjoyed the view. I also enjoyed King's Dominion.
- Barbara Graham:** Going to the beach with Threshold.
- Patty Wallace:** Going to the beach one Easter with my mother and brothers.
- Mike Mackey:** When going to meet family as a kid.
- Terry Britt:** Myrtle Beach, South Carolina and Ghost Town, Alabama.
- Dirk Gunn:** The flea market in Raleigh.
- Peggy Hilliard:** Trip to the Mountains in the fall when the leaves are turning.
- Juan Holmes:** Myrtle Beach, South Carolina and Carowinds.
- Orlando Edwards:** Going to New York.

Threshold Wish List

Cash Register for Snack Bar
DVD Player

Large Cork Board for announcements

If you are interested in helping Threshold with these wish list items please contact Marya McNeish at 682-4124 or m.mcneish@thresholdclubhouse.org.

Strawberry Picking

The strawberry picking was a lot of fun. We left to go about 11:30 a.m. We went to Jean's Berry Patch out near Jordan Lake. There was a lot of red ripe strawberries. Some people picked for Threshold, others picked for themselves. It was a lot of people picking in the patch. The strawberries were big and red. After everybody go through they weighted the amount of berries then paid for them. We took them home in trays. We left to come back to Threshold about 1:45 p.m. and waited for our rides.

By Juan Holmes

Making Jam

They went strawberry picking and brought back a bunch of strawberries. I was asked would I like to help make strawberry jam. I said yes! Then they asked me to cut the stems off of the strawberries, and then I mashed them with my hands (with gloves on). They boiled them in sugar and then put them in jars. They gave me a jar to take home, but I haven't used it yet. I have made peach preserves before but not strawberry jam! That's it. Love you and thank you!

By MaeRetha Elliott

Threshold Unveils New Website!

www.thresholdclubhouse.org

Same address, new look, expanded resources and links! We invite you to visit our new site, roam around, and view our video. The new site also allows secure credit card donations online. Check it out! Send comments and candidly constructive criticism to Marya at m.mcneish@thresholdclubhouse.org.

NCCC in Knightdale

The North Carolina Clubhouse Coalition meeting was held on May 11-12. The meeting was hosted by Club Horizon and was held at Knightdale Baptist Church. The clubhouses that were represented included Club Horizon from Knightdale, 6th Avenue West from Hendersonville, and Atlantic House. There were updates from all of the clubhouses to start the meetings. At noon we had lunch at Club Horizon, where we had a great spaghetti lunch. Thursday evening we had dinner with the other clubhouses at McLean's Café in Zebulon. Tours of the clubhouse were also available during lunch time. During the two day meeting we talked about grant opportunities and money for use, theft in the clubhouse, Transitional Employment placements, and drug use in supported living housing. We talked about the possibility of drug testing and insurance for vehicles. The next NCCC meeting will be in September of this year. It will either be held at Atlantic House or 6th Avenue West. We had a great time. I encourage everyone to try and attend to learn about clubhouse happenings.

By Ronald Wilson

A Sweet Lesson in Hu-

Years ago, a 10 year old boy approached the counter of a soda shop and limbed on to a stool. 'What does an ice cream sundae cost?' he asked the waitress. 'Fifty cents,' she answered. The youngster reached deep in his pockets and pulled out an assortment of change, counting it carefully as the waitress grew impatient. She had "bigger" customers to wait on. 'Well, how much would just plain ice cream be?' the boy asked. The waitress responded with noticeable irritation in her voice, "Thirty-five cents." Again, the boy slowly counted his money. "May I have some plain ice cream in a dish then, please?" He gave the waitress the correct amount and she brought him the ice cream. Later, the waitress returned to the clear the boy's dish and when she picked it up, she felt a lump in her throat. There on the counter the boy had left two nickels and five pennies. She realized that he had had enough money for the sundae, but sacrificed it so that he could leave her a tip.

The moral: Before passing judgment, first treat others with courtesy, dignity, and respect.

Adapted from a Lifetime of Success
Bits and Pieces Magazine

The Museum of Life and Science

By Vivian Perry

The study of the earth's rocks and minerals is Geology, also the study of the earth as a whole. They had all sorts of exhibits on science, like the astronauts' uniforms for space travel. They had life devices, explore the concepts of Physics that help people and animals chew, walk, swim, and fly using live animals, mechanical tools, and skeletons.

Take science home with exciting science gifts and museum mementos in the gift shop. They offered a great selection of natural and physical science resources, models, games, and more. These were the indoor exhibits.

The outdoors consisted of a medium size animal yard for animals and a whole house of Butterfly Magic wings. The yard of animals I saw was sheep, goats, rabbits, a pig, and a steer. They also had animal keepers. They had a train where you could ride all around the animals whole yard, to see the animals in their daily routine.

June 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Clubhouse Culture 1:30 Advanced Computer Class 2:15 Club Nova	2	3 Camping at Jordan Lake
4 Camping at Jordan Lake	5 Employment Dinner	6 Basic Computer Class 2:15 Happy B'Day Emily May C.!	7 Math/ Reading Class 1:00 Happy B'Day Andrew C., Tim M.,	8 Clubhouse Culture 1:30 Advanced Computer Class 2:15 Free Concert	9	10 Happy B'Day Judy A.! Movies at Blue Ridge Open 12-5
11 Arts & Crafts Open 10-3	12	13 Basic Computer Class 2:15	14 Math/ Reading Class 1:00	15 Clubhouse Culture 1:30 Advanced Computer Class 2:15 Duke Gardens	16 Happy B'Day Rachel R!	17 Happy B'Day Brenda C.! Hog Day Open 10-3
18 Arts & Crafts Open 10-3	19 Employment Dinner	20 Basic Computer Class 2:15 Happy B'Day Celestine B. & Brenda C.!	21 Math/ Reading Class 1:00 Happy B'Day Sammy B.!	22 Clubhouse Culture 1:30 Advanced Computer Class 2:15 Bingo	23	24 Happy B'Day Phil W.! Primate Center Open 10-3
25 Arts & Crafts Open 10-3	26 Happy B'Day Karma D.!	27 Basic Computer Class 2:15 Happy B'Day Cindy L.!	28 Math/ Reading Class 1:00	29 Clubhouse Culture 1:30 Advanced Computer Class 2:15 Free Concert	30	

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