

INSIDE THIS ISSUE

The Great
Human Race
*We need your
help!*
Page 2

Page 3:
Flying

Valentine's
Day Party
Page 4

Volume 21, Issue 3
March 2006

The Threshold Times

Threshold Clubhouse- Durham, NC

"All the News We See Fit To Print"

Threshold's Renovations Are Finally Finished!!!!

We started over a year ago knowing that Threshold's ancient heating and cooling system was on its last legs. We decided that when we replaced the system, we wanted to make the building more energy efficient at the same time.

Many months and over \$145,000 later, we've accomplished that - and more. Threshold now has a new heating and cooling system with new ductwork throughout the building, a new roof, additional building structural supports, new windows, additional insulation, and finally, a new vestibule with handicap buttons on both doors.

And it worked! When comparing Threshold's natural gas bill for December 2004 to December 2005, we used half as much natural gas.

We have also gained additional clubhouse space. The old furnace room has become our new reception and meeting area. This reception room is where members sign in and out, store their coats, and get their copies of our new daily newsletter.

Threshold would like to thank the Kate B. Reynolds Charitable Trust, the Fox Family Foundation, the Durham Merchants Association, the Suther Fund, the Cannon Foundation, the Stewards Fund,

Mary Duke Biddle, and other individuals donors for their generous support of these renovations.

Susie Deter, Executive Director



Annie Knapp utilizes the new inside handicap vestibule while her hands are full. Many of the members at Threshold struggle trying to open the doors on their own, and this new renovation has made a great difference! Thank you to everyone who has contributed to the safety and well being of those who attend Threshold!

The Great Human Race 2006

It's that time of year again folks! This spring Threshold would like your support as we participate in the Great Human Race. This is a major fundraising event organized by the Volunteer Center of Durham for all area non-profit organizations. This provides Threshold with an excellent opportunity to raise funds for our program as well as to make our presence known throughout the community.

The event will be held on Saturday, March 25, 2006. The opening ceremonies and prize drawings begin at 9:15 a.m., with the Nonprofit Walk beginning at 9:35 a.m. We invite you to join us in the walk, or if you would like you may register for the 5K run. Prizes, T-Shirts, entertainment, and refreshments will be part of the festivities.

Our goal is to raise \$1,000 this year, which will go towards our Social-Recreational programming. We will keep 75% of the money we raise, with the remainder of the money going to the Volunteer Center for hosting the fundraiser. With the money we raised last year, we were able to take the members who participated in the walk to Carowinds for the day. With ticket prices around \$40 per person, our members are unable to afford a trip such as this, nor can Threshold cover this expense without making cuts in other areas.

Please take this opportunity to ask your friends, family, neighbors, and co-workers to sponsor Threshold with a contribution to The Great Human Race. Feel free to raise money without attending the walk or to walk in the 5K without raising money. Either

contribution will be greatly appreciated! Please have your donations turned into Threshold by Friday, March 17, 2006. If you have any questions regarding the race or making your donation please contact Ashley Emery at 682-4124.

Thank you for all that you do for Threshold!



I want to help Threshold meet their goal for the Great Human Race.

Name _____
Address _____
City, State, Zip _____
Gift Amount _____

**Two Ways of Accepting Life
on its Own Terms**

**Accepting Negativity and Trying to Live
with it**

Be good to yourself in the face of confusion.
Confusion is all I know.
I am hopeless. So care about nothing.
Enter the void of nothingness and you will be in
your place.
Loneliness is fun. For how many inhuman people
such as your sorry self get to enjoy the total misery
in the face of inequity.

Positive Thinking

Be true to yourself. Respect others.
Expect nothing in return. David Barnett was
tormented for a long period of time. Every-
body put him aside and down. But he held on.
Until he decided that it was time to just be him-
self. And in the end, rewards came for his en-
durance. He almost gave up, but he did not.
Thank you.

By David Barnett

FLYING

I got up late one morning; I was tired of walking, so I started flying. I went all over Durham and Orange County, Pittsboro, Chapel Hill and Durham city. I looked down on this green spot and saw Mr. Earl Boone playing golf, his buddy shooting for an eagle, and I looked a little closer and it was Mr. Woods the National Champion. I didn't know they knew each other.

I flew a little farther and saw Susie Deter and Phil Wintermute going some where. Then I saw Pascal Rhyne, Thomas Barnes and Richard catching the Data Bus to go to DECI, and I saw Tonia Taylor and Stephen Taylor at DECI.

I looked up and saw the moon, so I flew up to the moon, looked around, then I flew past Saturn and it's beautiful rings, on to Pluto, 3690.5 million miles from the sun. I couldn't understand how it stayed in orbit. I flew out to the stars; there were millions and millions upon millions, the Milky Way. I was looking at one and it just went out. No more light. Then I looked over and I saw a black hole, but I didn't dare go in. Now I was tired of flying so I looked back to earth, it was blue and white, so beautiful. So I flew back to the first heaven.

I stopped at Durham and hovered over 609 Gary Street. I saw Ashley and this new lady, Lindsay Bohm, punching keys on a computer, then I looked next door and saw Misty and Barbara hanging clothes, Fran counting money, Erica was making a list of things to do for Susie. Then I saw Ricky Earl, Elliott Breedlove and Randy Frazier making coffee, eggs, and bacon in the snack bar. Candy was free, no drinks.

Then I saw Howard Yates and Dirk Gunn walking down the hall, on down the hall was Tennille King and Kelven making lunch. Ronald was pouring French and sour cream dressing. Kelven was acting like Richard Pryor, I told him to cut it out, or he would end up in the movies and become a millionaire, then we would lose him at Threshold.

I looked in the great room and saw Larry and Larry, Jessie Wearing, Rodney, Sammy Burton, Mrs. Claren and Kenyatta Chew with his sun glasses, Pete Taylor, Judy was mopping the floor. There were four other people, I could not remember their names, one man had sun glasses on, but was looking over the top of them.

I flew down Main Street, past Data, on West to Southpoint to the movie house. I hovered over the movie and saw "Walk the Line". I like Johnny Cash, he always wears black for the poor people, and the down trodden.

I flew back past DECI and saw Linda Mitchell, Jimmy Veazey, and Tara Smith.

I stopped flying and drank a Pepsi and ate a honey bun, to give me enough energy to fly back home. I laid down to rest this body and I had a sharp pain in my chest. Then I was flying faster than the speed of light, "man was I flying", the astronauts would love this. I stopped as fast as I started. My chest stopped hurting; I saw lions and tigers eating grass. There was light energy everywhere but no sun. I saw mansions all over the place. I saw millions, millions, and millions of people, so many I couldn't count them. They were all happy, no more pain or trouble, no bills to pay. Then I realized I was in the Third Heaven, I had only one regret, I left behind so many loved ones, Tonia Taylor my wife and Stephanie A. Taylor my daughter.

-'Member'

Math & Reading Class

Come join our Math and Reading class each **Wednesday at 1 p.m.** We are reading different types of poetry, one of which is a "sestina". We are also writing our own poems based on the poetry that we have learned.

(Excerpt)

Our house is a home
Joyful with Sunshine
Special kitty we love
Orange and white so beautiful
Such a delight

Evening a delight
Comfortable at home
Butterflies of yarn
By my side Sunshine
Quiet and beautiful
Unspoken words of love

Math activities such as Sudoku Puzzles and Brain Teasers are also class favorites that we have done. We recently watched a video called "TV-411", which introduced a NEW! vocabulary word, ANOMALY-something unusual or different from what you'd expect. This video also taught us the correct procedure to read a utility bill.

"This class has become very important to me, helping to organize my thoughts and share some experiences within my life. We ask that you come join us and you too will better understand the joy that we share together as a class and a family."

By Peggy Hilliard

Joke of the Month:

- Q: Why did the cookie go to the doctor?
- A: Because he felt crumby!!!

Submitted by Harold Rone

Valentine's Day Party/ American Idol?

Last night at the Valentine's Day party, well you might want to call it the American Idol pre-party. We had some country singers, rock n' roll wannabes, and even some off tune musicians. We hit it home with the dancing, while others watched their own entertainment. Our very own David Elliott did his thing (the lip sync man). We had some real singers (not including Larry D.) and we had a microphone cat fight. Whether or not we succeeded in winning a trophy, we had a good time. And that is what Valentine's Day is all about.

By Annie Knapp

MOMart

Mark Your Calendar for May 5th and 6th! And Save Your Art Dollars for the 2006 MOMart Sale to Benefit Threshold!

Threshold is thrilled to announce that we have been chosen as the beneficiary of the 4th annual MOMart sale, hosted by Just a Few Friends, a Durham community spirit organization. Just a Few Friends exists to raise money for local charitable organizations through the support of more than 60 local and regional artists. The two-day event begins with a Friday evening preview party, 7 to 10 p.m. The cost is \$15 at the door. Saturday's all-day open house features arts and crafts such as container gardens, birdhouses, plants, and garden art in addition to jewelry, paintings, photography, sculpture, stained glass, textiles, and pottery. The sale will be held at Broad Street Cafe in Durham. Last year's show raised more than \$10,000! Come join the fun, buy art, and help make this the biggest MOMart event yet!

Social-Rec Activities

We Have Enjoyed:

Bowling



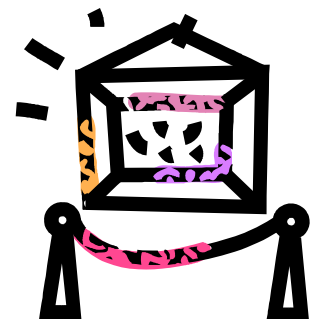
We are going bowling on the 9th of February at the Village Bowling Lanes. We went bowling last month. Bowling is a lot of fun. We had a lot of fun. The members that went last month did ok, as I did ok. I like bowling; it's a lot of fun.
-Member

Others events last month:

Movies at Blue Ridge, Trip to the Flea Market, Native American Pow-Wow, Duke Women's Basketball, Karaoke/Talent Show, and a Hike & Picnic!

Friends of the Museum

The Museum of Natural Sciences has different exhibits to look at. They have film strips, pictures, and other things on exhibit for you to look at. This museum is located in Raleigh, NC. People were there from all over NC. The Raleigh Astronomy Club is the founder of the Astronomy Days at the museum. This club is a non-profit organization, dedicated to the education and the promotion of amateur astronomy. They had the actual telescopes on display that they used to look at stars and study space. They also had a sports filmstrip to talk about how NC was founded.



By Vivian Perry

MARCH 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Happy B'Day Joe T. & Emily R.! Math/Reading Class 1:00	2 Clubhouse Culture 1:30 Advanced Computer Class 2:15 Happy B'Day David B.! Trip to Club Nova	3	4 Open 12-5 Movies at Blue Ridge
5 Open 10-3 Arts & Crafts	6 Happy B'Day Wallace W.! Employment Dinner 4:30	7 Job Club 1:30 Basic Computer Class 2:15	8 Happy B'Day Princie M! Math/Reading Class 1:00	9 Clubhouse Culture 1:30 Advanced Computer Class 2:15 STING Dance Performance	10 Happy B'Day Tony H.!	11 Open 10-3 Bennett Place
12 Open 10-3 Arts & Crafts	13	14 Job Club 1:30 Basic Computer Class 2:15	15 Math/Reading Class 1:00	16 Clubhouse Culture 1:30 Advanced Computer Class 2:15 To Be Announced	17	18 Open 10-3 Duke Gardens
19 Open 10-3 Arts & Crafts	20 Happy B'Day Kearney A! Employment Dinner 4:30	21 Happy B'Day Tim L. & Mark G.! Job Club 1:30 Basic Computer Class 2:15	22 Happy B'Day Margie B.! Math/Reading Class 1:00	23 Clubhouse Culture 1:30 Advanced Computer Class 2:15 Bingo	24	25 Happy B'Day MaeRetha E.! Open 8-1 Great Human Race
26 Happy B'Day Arien S. & Shirley B.! Open 10-3 Arts & Crafts	27 Happy B'Day Bob E.!	28 Job Club 1:30 Basic Computer Class 2:15	29 Happy B'Day Doris E. & Winston B.! Math/Reading Class 1:00	30 Clubhouse Culture 1:30 Advanced Computer Class 2:15 Dinner at CiCi's	31	

PO Box 11706
Durham, NC 27703

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

