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Volume 23, Issue 11

November 2009

The Threshold Times

Threshold Clubhouse- Durham, NC

"All the News We See Fit To Print"

21st Annual Walk for Hope



Walk For Hope 2009

By Annie

Last Sunday I participated in a ten mile walk in which helped to raise funds for research for finding a treatment for the mentally challenged. It was fun! The walk is named the Walk for Hope! They gave out cool door prizes and they had a drawing for more prizes after the walk. The Angus Barn sponsors their services for the ten mile walk. They provide not only their location but their food! They grilled burgers, hot dogs and barbecue for us! Their food is awesome!

I enjoy participating in the walk. In fact, I do it every year! It is so much fun and so rewarding in accomplishing a very long walk like the Walk for Hope! I hope other people will continue to help out next year! The more people the better! Hope to see you there!

Threshold Kicks Off 25th Anniversary Year of Celebration

Hosts 2nd Annual Community Breakfast

Announces \$25,000 Stewards Challenge Grant Campaign

By Marya McNeish

"I have a future." City Councilman Mike Woodard zeroed in on these important words from one of Threshold's longtime members, who wasn't sure she had a future before she found Threshold. Woodard recounted his own experience of knowing someone who was in a desperate situation before she joined Threshold. Over the years he watched as Threshold helped her recover and eventually thrive. Woodard, Threshold board members and staff and members welcomed old and new friends to our community breakfast on October 23. Woodard challenged breakfast attendees to contribute to the Stewards Challenge Grant campaign, to "turn their gold into silver" in honor of Threshold's 25th anniversary.

Joke of the Month

Mike Mackey

Q: What did the pencil say to the paper?

A: I "dot" my eyes on you!

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

www.thresholdclubhouse.org



Willie McNeil Job at Home Goods

Willie's Interview

- A. What inspired you to get a job?
Q. "Threshold inspired me to work again. I don't have any fieldwork for a job. It helped me get back on my feet."
- A. What do you do on the job?
Q. "I do janitorial work like mop floors, bathrooms and great rooms. I straighten chairs and clean out the refrigerator."
- A. How do you like your job? What do you like about it?
Q. "The people I work for help me do my job. I like the people?"
- A. Would you recommend this job to other members?
Q. "I don't know, because they may be looking for more things in a job. I would like to do more myself."



**Congratulation from
Threshold To:
Don & Ashley Kaade on their
wedding
Saturday October 24, 2009**

The Mountain

By Bernard Liles

I came to a mountain, the mountain was the tallest in the world. Nothing can move it. No rushing water or howling winds nor burning sun unite can stand against it or harm. When I saw its might, I was amazed at how the mightiest forces of nature couldn't bring any piece of it down. I shouted "Hey"! By what means do you stand on? O how are the powers of the universe unable to match your fortified strength? You stand tall for your height reaches to the highest level of heavens. Who art thou? O mountain who is too high to climb. Then I went to the base to see what lay there. Nothing that bares answers. So I scale up the mountain to the top to see the truth. That I am the strong tower. I am the one whose peak touches the heavens. I'm the one who is unconquerable. I am the mighty mountain.

Cont. from Page 1. Threshold Kick Off 25th Anniversary.

Board member Tammi Brooks highlighted our progress towards our \$25,000 campaign goal. We were humbled by the outpouring of support at the breakfast, which included two 3-year \$250 pledges and one 3-year \$500 pledge. As this newsletter goes to print we have received more than \$4800 and have commitments for \$4400 more toward the Stewards Challenge Grant. Can you help us reach our goal? Send your gift today, or call Marya at 919.682.4124 to learn about other ways you can get involved. Thanks for your support.

**In Loving memory of
Joseph Thompson jr. (jt)**
March 5, 1951—October 19, 2009

In Memory of Joe Thompson
By Peggy Hilliard



I remember you Joe as a precious soul
Working hard at Threshold was
your main goal

I'll miss your greeting when
I come each day
It won't be the same
Without your helpful way.

**JOE (JT)
A MAN WHO WILL BE
VERY MISSED**

Threshold will miss you. Here are some thoughts about Joe:

He was a husband man (St John 15.) Larry Grant

He was always pleasant Mike Macky,

Nice person to be around Ronnie Dobie,

Work was always important to him and he was a good worker. Ali Swiller

He was dedicated to the clubhouse. Susie Deter

Joe was very nice person. James Cates

He was a very good man, I enjoyed working with him. Doris Evans

He did work know one else want to do, He cared about Threshold. Ralph Burton

I called him, "Joe Neckbone", he was a good friend. Harold Rone

Because of Joe Thompson my life at Threshold was significantly enriched. Karen Curran

I liked Joe's love for learning and his wide variety of interests. Lindsay Grove

I know Joe and I never for him. Victor Yardborough

I will miss him, he was a honestly nice person. Wesley Powell

He was a great member, a good friend and he will be missed. Loretta Maurer

He was a nice person and a determine Christian to help other in society. Johnny Walker

Roving Reporter asks: Which Cartoon Character would you be and why?

By Laura Eldridge

Tony Williams: I would be Fred Flintstone, because he had a pretty wife, Wilma.

David Barnett: Snoopy because he's funny.

Johnnie Walker: Space ghost because I like him a lot.

Thomas Barnes: I'd like to be Goofy because he is always getting into new things.

Joanne Howell: I would be Winnie the Pooh because he's a bear.

Damont McLean: Yogi, because he's up in the air, because the power comes out of the cars.

Patty Wallace: Daffy Duck because I'm Daffy!

Laura Eldridge: Underdog because he can fly.

Shirley Mulchi: Tweety bird because he's funny and he's cute.

Phil Wintermute: Topcat. Anybody that combs their hair with a fish comb is ok with me.

Shannon Clay on receiving her Master's Degree

Sunday October 11, 2009

Point of View

by

David Barnett

In a vision I hoped for a good positive experience of some sort. It was a nice day a scent of gas, blue sky very few cloud slight wind. Privacy is a rear thing but expected. Hopefully wishes that could happen in an hour to come just a pleasant visit from a relative that can't be expected but would be pleasant. As I sit on this porch people come and people go male and female some very young some old some looking content, discontent, happy, sad, blank, worried some polite most not! Interruptions are to be expected you do not own the porch. Many on cell phone preoccupied! Be content in whatever the feedback and be for real and don't stress out over little things. Don't let negative people affect your peace! Don't give reaction. Always try being nice!

Despair will come and go. The inhabitants were usually in their domain! I feel sort of bad left out and misplaced in a way. An experience that does not look to good! Such is life! Many other good things are in the working!

The bad experience is upon me!

I am starting not to dwell in this left out feeling. I do have a lot that I am thankful for! But loneliness and separation are things that I am adjusting to these days. I am now going to my room and forgetting about this feeling of despair.

Threshold Vision: Threshold affirms the dignity and worth of all members by fostering an environment of acceptance, supportive relationships and access to resources. It provides the foundation from which new experiences and attainment of one's full potential can occur. Threshold strives to be an exemplary model for the community while promoting awareness of and appreciation for those among us living with mental illness in Durham County.



November 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Arts & Crafts and a Movie, Budget/ Banking Class Hours 10-3	2	3 Computer Class 2:30	4 Math/ Reading Class 1:00 Health/ Wellness Class 1:30	5 Happy B'Day Eric N.! Clubhouse Culture 1:30 Talent Show with Line Dancing	6	7 Movies at Blue Ridge Hours 11:30-4:30
8 Happy B'Day Katherine A.! Arts & Crafts and a Movie, Budget/ Banking Class Hours 10-3	9 Employment Dinner	10 Computer Class 2:30	11 Happy B'Day David C. & Mike M! Math/Reading Class 1:00 Health/ Wellness Class 1:30	12 Decision Making Meeting 1-2 Pizza and Game Night	13	14 Museum of Life and Science Hours 10-3
15 Arts & Crafts and a Movie, Budget/ Banking Class Hours 10-3	16 Happy B'Day James S.!	17 Happy B'Day Laura E.! Computer Class 2:30	18 Math/ Reading Class 1:00 Health/ Wellness Class 1:30	19 Clubhouse Culture 1:30 Bingo	20 Happy B'Day Thomas B.!	21 Happy B'Day Terry B.! Flea Market Hours 10-3
22 Arts & Crafts and a Movie, Budget/ Banking Class Hours 10-3	23 Happy B'Day Lindsay B.! Employment Dinner	24 Computer Class 2:30	25 Happy B'Day Charles M.! Math/ Reading Class 1:00 Health/ Wellness	26 Thanksgiving Holiday Hours 10-3	27 Happy B'Day Rodney M.! Holiday Hours 10-3	28 Holiday Decorating Hours 10-3
29 Happy B'Day Marya M.! Arts & Crafts and a Movie, Budget/ Banking Class Hours 10-3	30					

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

