

Diamond Head Clubhouse News



Diamond Head
Clubhouse
Volume 22 Issue 2
February 2026

2026 Hawaii State Legislative Session Opening

By: Sky & Katrina

On Wednesday January 21, 2026, the Hawaii House of Representatives and Senate officially returned for the opening of the 22nd year of the 33rd Legislative Session. Lawmakers and community members gathered at the Hawaii State Capitol for an oath ceremony led by House Speaker Nadine Nakamura for the newly elected officers. The rotunda was filled with the cacophony of vibrant chatter with vibrant energy. It was rewarding to witness the gathering of individuals from different demographic backgrounds all under the same roof!

Diamond Head Clubhouse members and staff passed out literature to inform our local Senators and Representatives about the Diamond Head Clubhouse Program, focusing on recovery in regards to mental health. The brochures also described the different facets of our program and how we assist adults with mental illness with their transition back into the community, school, employment, and social rehabilitation.

We also showcased keiki kalo (baby taro) and jade plants (*crassula ovata*), which were planted by our very own members Alikea and Advisory Board President Monica, respectively. We went from office-to-office to visit our Senators and Representatives to welcome them back from session recess and to advocate for mental health and the Diamond Head Clubhouse Program. We also took pictures with them and their staff. Everyone was welcoming and many of them marveled at the Clubhouse Program and the opportunities we offer to individuals with mental illness. Overall, it was an invaluable experience and we are excited to see which bills will be introduced and discussed this session. We look forward to the New Year! Aloha! =)

Table of Contents

2026 Legislative Opening	1
Business Unit Retreat	2
Kitchen Unit Retreat	2
Employment Dinner Recap	3
Poem: From Me To You	3
Valentine's Poems	4
Haiku	4
Business Unit/Kitchen Unit Updates	5
February Birthdays	5
Word Search/Sudoku/ Inspirational Message	6

Clubhouse Guarantees Its Members:

- *The right of place to come to*
- *A right to meaningful relationships*
- *A right to meaningful work*
- *And a place to return to*

Diamond Head Clubhouse News



2026 Business Unit Retreat

By: Karley



On Wednesday January 28, 2026, it was our Business Unit Retreat Day. The whole Business Unit was there in the conference room to discuss the Business Unit and the upcoming year, planning to improve, discussing, and sharing thoughts of the Business Unit and how it is running. Paul, the director of The Diamondhead Clubhouse, officiated the Retreat with Katrina's assistance. Paul asked the members of the Business Unit for their input of how the Business Unit operates and if they offer up any changes to be made. One change was to combine the attendance tasks; daily attendance, check attendance, and zoom attendance, as one task. So that one or two people can cover that task as one single assignment. Another improvement we are building upon is to encourage and integrate two people per task..

During the Retreat, Paul read off goals we hope to accomplish this year. That includes updating our Social Media Account, cleaning out The Diamondhead Clubhouse Van, getting a new computer for our Unit and other things. During the Retreat we had a great spread of food. We had a bunch of snacks ranging from chips and dip, veggies and dip, pistachio cookies, muffins and macaroons. For lunch we had a spread of Chinese Food from Panda Express, Chow Mein, Orange Chicken, and Eggplant Tofu. It was the highlight of the Retreat.

In conclusion, the topic centered on Goal Setting and how you should integrate short term and long-term goals within your mindset as a vision. Within that topic we discussed how important it is to set achievable goals and how it improves our lives to make us better. And that was the end of the Retreat. Can't wait for the next one!

2026 Kitchen Unit Retreat

By: Queenie & Paul

Every year our each Clubhouse unit has a retreat, usually in January. The Kitchen Unit is always alive and busy. The Kitchen Unit is always alive and busy. It's always a good time to socialize as well as openly discuss the various tasks, goals, and changes we will make during this new year. We started out with an ice-breaker that's always fun and helps us all get to know each other a little better. It's usually always an all day event where we discuss the many tasks and projects in the unit, then we try to find areas that we can improve on. This year we've made several adjustments to help the unit run a little smoother. , the daily tasks and chores make it easy for any member to engage in the work and learn something new. As a special treat this year, we ordered Panda's Express for everyone for our lunch. Everybody had a good time, and a lot of work got accomplished. We closed the meeting by reviewing the upcoming changes, then encouraged everyone to try something new this year, or do something that will help you grow or learn something new. Big Mahalo to everyone who attended the retreat, continue to reach a little further and try a little harder, and you will be surprised at what you can accomplish.

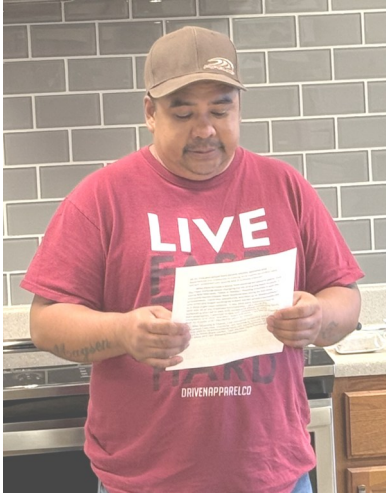
Diamond Head Clubhouse News



Employment Dinner Recap: Dustin's Employment Journey

By: Gwen & Katrina

Last month, Dustin presented at the Employment Dinner. He walked us through his employment history, and emphasized his time working in Alaska. He described his experience as a dock supervisor at Copper River Seafood and how he enjoyed the camaraderie with his fellow coworkers. He mentioned that he lived there for approximately five years, but returned home to Hawaii because his family called his heart home. When asked if he would return to Alaska, he said he would since it was full of wonderful and positive memories.



Dustin described his extensive work history and explained in detail the various jobs he's had throughout his lifetime. Currently, Dustin is working at Times Kahala at the deli counter for a Supported Employment Position. He said he enjoys interacting with the customers and his coworkers. He explained that the most difficult aspect is understanding the customers who do not speak English clearly. However, he is motivated to push through and persevere despite this challenge. He enjoys being self-sufficient and earning his paycheck! Way to go Dustin!

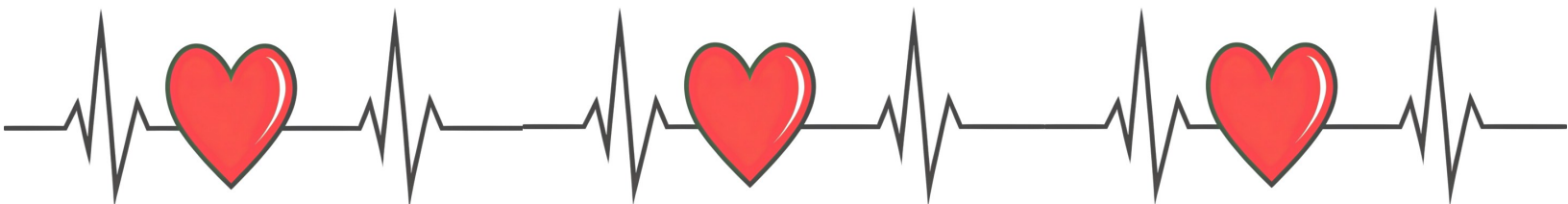
It wouldn't be a dinner without some ono grindz. Jason cooked an awesome beef stew. And for dessert, we had honey toast and ube crumble made by Katrina. And of course—we can't forget the vanilla ice cream! We had such a blast and can't wait for next month's dinner.

From Me To You

By: Queenie



You're my sweetheart
Lemon Drop
Sugar Baby
Lollipop
Happy heart day
From me to you
It's February 2026
And...
I Love You <3



Valentine's Day Poem: Love One Another

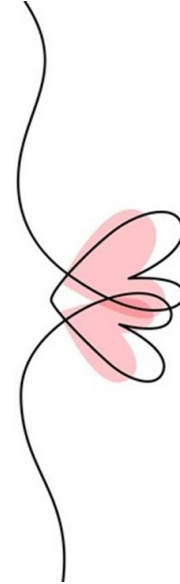
By: Sandra



L - **L**ove be love
O - **O**pen what we say
V - be **V**ery understanding
E - **E**njoy yourself

O - **O**nly you can love one another
N - always be **N**ear someone
E - always **E**very minute be love

A - you are **A**lways **A**round
N - **N**ever give up
O - **O**pen up
T - **T**here is hope
H - be **H**appy
E - **E**verlasting
R - **R**eally love one another



Haiku: In A Manner of Speaking

By: Vernon

None Whatsoever

Performing My Last Duty

Ending (i.e. You Were Here)



Diamond Head Clubhouse News



Kitchen Unit Update

By: Queenie, Sandra & Jason

This month in the Kitchen Unit, we added to our Kitchen Ohana. Welcome to the Unit Christian! He jumped into the unit right away and got to work. Since having our Kitchen Retreat, we have been discussing our unit goals for 2026 and have finalized them. There have been some things we are already working on, such as updating our snack shop tally sheet and are trying to implement some new procedures when we are serving food. We had another great month of delicious meals, which we are also trying to expand to include more variety. Thank you to all of our cooks who helped out this month. Thank you to our cashiers for holding down the snack shop and thank you to all the members who helped to keep our kitchen neat, clean and germ free. That's it from the Kitchen Unit until next month, Alooooooooooha!



Birthdays

LINDSEY

KRISTEN

LEIGH ANNE

CAROL

PAUL

AYOUB

DARRELL

JAY

WATARU

SHARDEH

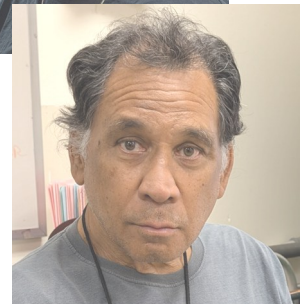
ANGELA

JUDY

Business Unit Update

By: Karley

Aloha, friends of the Diamondhead Clubhouse! We are thankful for every day in the business unit and for all who have been diligently working towards our goals. We are starting our new year strong and continuously working on all our business unit tasks every day! This past month, on the 28th of January, we had the Business Unit Retreat, and it went very well. On top of all the great food we had a great discussion of our new set of goals, along with how to improve our unit with a thorough discussion of how our tasks are done here in the business unit. We would also like to recognize our poster makers for our orientees and welcome our newest members Christian and Clem. We would like you all to give them a warm welcome and be supportive of them as they are new here. The past few weeks have been very busy in the business unit. We continue to do our daily tasks and assignments and are very happy to do so. Our business unit is always full and lively with conversation and busy hands. We have been updating our snack shop tally every other day, our daily attendance, and the Canva project on the internet for our Clubhouse. What we can totally work on is encouraging our members to do tasks like restock supplies, photocopying and morning cleaning among other tasks. Every day is a new day here in the Business Unit and it never dries out. Thank you all for your best every single day, we here at the Diamondhead Clubhouse truly appreciate it.



February Word Search

C H O C O L A T E L
 A A R O M A N C E E T
 N F B U R L A C H P E T
 D F O R T A U R I A R
 Y E W T A M D O A S O
 H C A S H O D O A L S
 E T R I N L E R O E S
 A I R O P I S S Y N S
 T N W K I S S Y N S

AFFECTION

CHIVALRY

DIAMOND

CANDY

ROMANCE

BOW

CHOCOLATE

CUDDLE

ARDOR

ROSES

LETTER

KISS

COURTSHIP

ARROW

PASSION

HEART

LACE



Diamond Head Clubhouse
3627 Kilauea Avenue Rm. #410
Honolulu, HI 96816
808-733-9188

Sudoku

			4		9			
			8			1	2	
				1	6			
						8		
1		2	3			5		
	7	4		9	1			
		8	2		4		5	
	4							
	6					3		

Inspirational Message

“Where there is love there is life.”
- Mahatma Gandhi