

# Diamond Head Clubhouse News



## May Is Mental Health Awareness Month

By: Lindsey, Squirrel & Katrina



In case you didn't know, May is Mental Health Awareness Month and we take this opportunity to not just spread awareness about the importance of mental health, but also to give back to the community who supports us.



Our first activity was a beautiful Clean Earth Day at Kahala Beach, just minutes away from the Diamond Head Clubhouse. The sun was blazing and the water cool blue as if waiting for our clean up crew to arrive. First, we grabbed a picnic table and Paul explained the importance of why we were here: to create a clean environment for beachgoers and the aquatic animals. We divided into two groups and headed in opposite directions with everyone wearing gloves. Lindsey recalled, "I stuck with Mark trekking East and carrying a bag to gather rubbish I could find on the grass, in the foliage, and on the sandy beach. I hope others put on sunscreen because it was hot and I forgot to. But, I must have picked up at least fifty pieces of trash, mostly small plastics and paper products that were scattered down the shoreline. No fish were going to eat plastic and get sick that day, thank goodness." Also exciting news was that Paul's group ran into a healthy turtle on the beach. It was definitely a rewarding trip that sparked the question, "Why do we only do this once a year?"



For our second event, we facilitated a booth at Kapiolani Community College. We used that opportunity to educate students and staff about the importance of mental health through a fun trivia game, and provided them with resources when needed. It was fun meeting new people and we look forward to giving them a tour of our Clubhouse when they stop by for a visit.



Here's what's in store for us for the rest of Mental Health Awareness Month: May 7 Bus Stop Cleanup, where we clean and if needed repaint the neighboring bus stop structures; May 15 Supporter Appreciation Day, which entails going around the building with cookies to show appreciation to the various programs who have supported our fundraisers throughout the years; May 23 T.E. Employer Recognition, where we will recognize an outstanding employer for their efforts in the Transitional Employment Program and for employing a few of our members; May 29 MHA (Mental Health America) Awards Luncheon and then in the evening a Mental Health Dinner held here at the Clubhouse to recognize all our members and staff for all the work they do for our Clubhouse. We look forward to all these activities!



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### **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



## New Internet Installation

By: Megan, Squirrel & Katrina

Last month we got our new internet connection. We are very grateful and excited because it's much faster than what we had before. Our previous internet was very slow and clunky and made it hard to do some of our tasks like checking email, updating the Canva and doing research. It was very frustrating. Previously, we were utilizing the AMHD guest Wi-Fi, which also made our zoom meetings difficult since we would often lose connection and this prevented a handful of our members from attending on a daily basis.

With our new connection, tasks do not take as long. It's like night and day. We don't have to wait forever for things to upload or download, like the Canva and pictures for the newsletter. It's also much faster to do research now with the new internet. It'll be much easier to do future projects with the new connection. In addition, our members are now able to easily access the web to apply for jobs, enroll in school, and engage in personal research. We would like to give a big thank you to everyone in AMHD who made this possible. We are truly grateful for what this new opportunity brings!



## Lei Making Class Fundraiser

By: Katrina & Squirrel

We held our first Lei Making Class Fundraiser on Thursday April 24th and it was a success! Thank you everyone who participated, and especially a big Mahalo to Monica and Lyman for teaching us how to make eyelash yarn leis and ti leaf leis, respectively. We also want to thank our Advisory Board and volunteers for planning the event and making it as seamless as possible. At first, making the eyelash yarn lei seemed daunting, but Monica was patient and thorough in demonstrating each step of the creative process. It was rewarding to see how two separate bundles of yarn came together to create such beautiful masterpieces. The best part was seeing how the color combinations complemented each other in a surprising way.

Squirrel attended the ti leaf class and enjoyed learning how to twist the ti leaves to shape her lei. She stated, "I really enjoyed learning how to make a ti leaf lei and gave it to my niece, who was having a hard time. It was great to see her smile. Thank you, Lyman!"



# Diamond Head Clubhouse News



## Clubhouse Garden Update

By: Eric & Paul

The Diamond Head Clubhouse Garden is a wonderful part of our Clubhouse. The garden provides us with supplemental vegetables and fruit to incorporate into our daily meals. The Garden also takes a lot of work to maintain. We have tried many different ways to keep on top of things in the garden and control the weeds, but it is not easy. Although the garden hasn't been easy to maintain, it has definitely been worth it. The garden teaches team work, and helps each person develop a stronger work ethic. If anyone reading this doubts me, just come and work in the garden for a few days, you'll soon see.

Each staff is responsible to work in the garden and rally members to join in on different days, and each unit has a garden day as well, so that really helps us maintain the garden better than we ever have in the past. Somebody once said, "many hands make light work," when it comes to garden work, nothing could be more true! Team work!

The eggplants and apple bananas have ripened well and should be ready soon. The papaya tree is starting to bear fruit now, and will soon make it's way to our breakfast plates, I can't wait. If any members reading this have suggestions on what you would like us to grow in the garden, please put them in the suggestion box.

We can't talk about the garden without recognizing Monica, our Advisory Board Chair. Monica is here every weekend working in the garden keeping it healthy and flourishing. Thank you Monica!

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## The Clubhouse Pear Tree: A Delicacy From The Garden

By: Jason



Aloha everyone! We hope that everyone has had an awesome April because we certainly have. This Spring, a lot of our focus went into working on our garden and while doing some garden work one day, we noticed something. There was a single small pear growing on our pear tree that we planted about a year or two ago. Although the pear tree didn't get that big, it started to produce fruit. As the months went by, the pear began to grow and our tree began to flower and more baby pears started to form. Some fell off but three or four of them stayed strong and are currently growing. Anyway, our first pear was finally ready to harvest at the end of April and we gave it a try. Here's what we thought:

Jason: MEAN! This thing was MEAN! The best pear I ever had. It was sweet, juicy, and MEAN!

Marie: It was so sweet and refreshing! It was delicious!

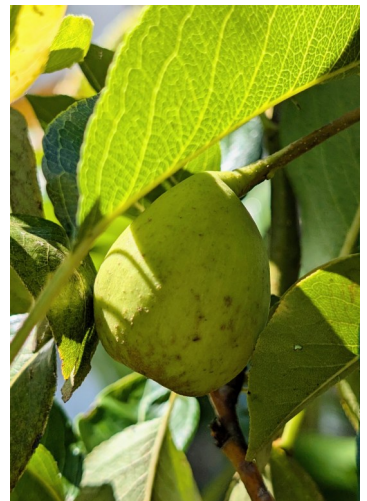
Rylan: It was very tasty, soft, and excellent!

Zach: I thought it was wonderful and refreshing!

Danny: It was great. I think it was good for my diabetes.

Dave: It was excellent!

Garret: It was GOOD!





# Diamond Head Clubhouse News



## Member Highlight: Ame

By: Squirrel

Ame B. was born feet first on January 23, 1979 at 1:15 AM, which makes her 49 years old, as well as an Aquarius on the cusp of Capricorn. She was also raised in Los Angeles and Orange County, California then Darby, Montana before moving to Hawaii in 2010. As far as her education goes, she spent 6 years at Orange Coast College studying Communications and Spanish. She originally attended as a Theatre Arts major but also took Interpersonal Communication with her dad. The professor recommended her for public speaking and from there she went on to the Speech & Debate Team. Her interest in Spanish stemmed from being surrounded by the Spanish speaking community and their culture.

When asked how long she has been in the mental health community, she replied "I started therapy when I was a teenager." She heard about Diamond Head Clubhouse from those around her. She chose to be in the Business Unit and also helps with the Kitchen Unit outreach calls. Her hope for her future: to advocate for people incarcerated or homeless that struggle with alcohol/drug recovery, spiritual sobriety and mental health issues.

Ever since she was a youngster her hobbies have included watching movies, singing, traveling, and working on her spiritual self. Her favorite food types are Mexican, Italian, and Greek. She has a few movie genres that she watches on her tablet: Based on True Stories, Science Fiction (time travel/romance), Romantic Comedies, the End of the World, and Thrillers. She doesn't watch T.V. Her favorite books are: The Secret, The Bible, and The Bridge to Terabithia.

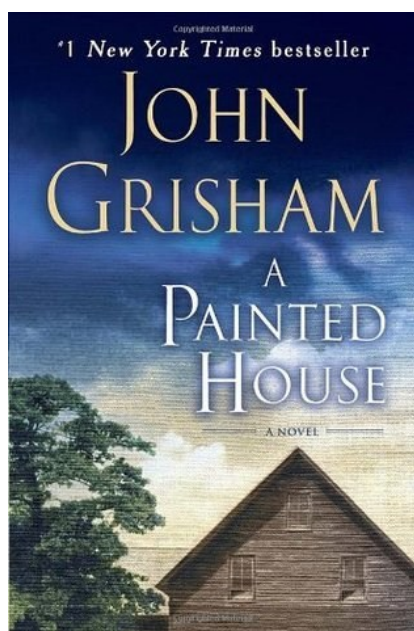
If she had a friend going through a rough time, she would: reach out, pray out loud for them, and take them on a friend date. If she had a million dollars, she would: pay off her family's debt, create her own charity, and travel the world with family and friends. She has been around the island.

When asked what she likes most about herself, her response was: "I relate easily to most people and therefore make friends just as easily. I'm teachable and willing to learn. I'm a grateful believer in Christ. I don't feel like I'm better than anyone else. I don't seek out arguments and love learning about other cultures and their associated languages."



## Book Review: A Painted House

By: Lance



In "A Painted House", John Grisham tells the story of seven-year-old Luke Chandler residing in 1950s Arkansas. The story is told from his first person viewpoint. He buys a Tootsie Roll from "Ma and Pa's" store. The St Louis baseball game gets cancelled on the radio due to rain. His family works on a cotton farm. They hire Mexicans to pick cotton. He helps his mother in her garden. There are fistfights which occur. He writes a long letter to Ricky who is fighting in Korea. Libby has gotten pregnant from Ricky. Tally and Luke take off for her residence, where Libby is giving birth. A storm hits Black Oak. There is a bridge over a river. At a potluck they have fried chicken, biscuits and gravy. Luke goes to the movies with his friend DeWayne. There is a wrestling match at a carnival featuring an Egyptian wrestler.

Trot is painting the window-sized portion of the house. Later in the narrative Luke resumes painting that portion of the house. Hank wants to take on the Egyptian wrestler and go on tour wrestling. Cowboy takes him to the river and stabs him to death. No one hears about it and the town is prone to lots of gossip. The rain gets to the cotton fields and it starts flooding. They're almost through with the back of the house. The Mexicans help Luke paint the house. In the end, his parents and he head up north. He tells Pappy of Hank and Cowboy.

# Diamond Head Clubhouse News



## Kitchen Unit Update

By: Jason

This month in the Kitchen Unit, we finally got our hand washing sink fixed in our kitchen. This makes things a lot easier for us as we don't have to worry about water leaking from it. We also continued to work on our unit goals, first off being safety. We have regular trainings on a safety topic at our unit meetings. Another goal that we have been working on is cleaning and organizing our unit. We continue to clean an area of our kitchen every day and have been deep cleaning and organizing other areas as larger projects. We even got our locker cleaning done. Thank you everyone who helped out and prepped their locker for cleaning! As always, we had a lot of help with our regular kitchen tasks. Thank you all who helped make a full month of delicious meals, helped run our snack shop, do the cleanings, and other kitchen maintenance. Outstanding work everyone! You all know who you are. A big Mahalo to you all! That's it from the Kitchen Unit. Have a wonderful rest of your May everyone!

## Birthdays



ERROL

JOSEPH T.

PAUL K.

PAUL N.

SHU

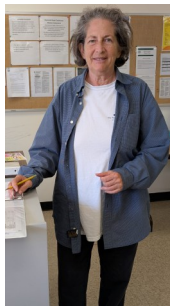
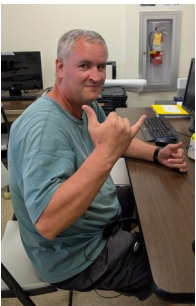
ANGELO

GARRET

## Business Unit Update

By: Katrina

We are excited and grateful for the new internet connection in the Clubhouse. The new internet has made completing Business Unit tasks much easier. We look forward to the exciting and innovative projects to come because of this new opportunity. As usual, our unit has been busy with such work-ordered day tasks as tracking statistics, creating flyers, and handling correspondence. Since the beginning of the year, both the Kitchen and Business Units have been collaborating together during our monthly newsletter planning sessions. It has been a success since members have been able to volunteer and participate in tasks that they have previously shied away from. It has been a rejuvenating experience to discuss and learn new things from each other. We also want to recognize all of our Business Unit members who continue to attend, volunteer for tasks, work in the garden, and call Diamond Head Clubhouse home. With everyone's efforts, we have been successfully completing our 2025 goals that we came up with during our unit retreat earlier this year. Way to go team!





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## Sudoku

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

## May Word Search

V J M N Z G T A L L E G I A N C E V D K  
K O W A K Q W A U J V M F D E Y P B H A  
R Y U V F G M N A R I N E E I S B S R  
L A A Y A R M E D F O R C E S N W K O M  
C R S P D U J I A L U R M T F P E Z A U O  
H O Z P P M C O U F N E R I H R C R M T  
H N A P E R A U F C E R I T X I R I A R  
E L M S L C E J C O U K I C U T V O L I  
R B Z C T O I C A I C K K I C V A Y A T I B  
I Z B O A G Y A I V R V A Y A T I B  
T F F M M I U A L F T T E M I V L I B U  
A S K M C Z R A L F T T E M I V L I B U  
G T N E J V S F R T O I T V C O S E T  
E E U M K V C E O D Y R O Z E Y R M R E  
G A W O T P X G R I C C N E R C I T E  
Q D N R G I A M F V C X F E G N A L Y J  
M F E A B S X V Z I E S S B S N M H  
U A L T D P U T D S Z C D Y O I K H S Z  
H S U E I N D E P E N D E N C E P F I U  
P T A M E M O R I A L Z N R U U H C R P

SPECIAL FORCES	APPRECIATION	INDEPENDENCE
ARMED FORCES	COMMEMORATE	CITIZENSHIP
ALLEGIANCE	INTEGRITY	AIR FORCE
PATRIOTISM	STEADFAST	COAST GUARD
HERITAGE	MEMORIAL	VETERANS
AMERICA	LIBERTY	LOYALTY
SERVICE	MARINE	CIVIC
TRIBUTE	VALOR	ARMY
NAVY		

## Inspirational Message

“If we did the things we are capable of doing, we would literally astound ourselves.” - Thomas Edison