

Diamond Head Clubhouse News



Mental Health Month Panel

By: Alik

In May I was chosen to present a speech to advocate for mental health awareness and share my personal experience with mental health. Speaking in front of people isn't always easy for me, but I believe it's important to talk openly about mental health. Mental health advocacy matters to me because I know how powerful it can be when someone feels seen, heard, and supported. By sharing our stories, we help create understanding and show that recovery is possible. We also remind people that seeking help is a sign of strength, not weakness. The more we share our experiences, the more we help reduce stigma and remind others that their experiences matter.

My mental health journey has had challenges, setbacks, and lessons learned along the way. There were times when I struggled and felt uncertain about my future. I can admit now that in those times I was afraid. What helped me was finding support, connection, and a community that understood what I was going through. One place that has made a meaningful difference in my life is Diamond Head Clubhouse. The Clubhouse gives me a sense of purpose, belonging, and encouragement. I choose to come every day because it helps me stay connected, build relationships, learn new skills, and contribute to something bigger than myself. Being involved in the daily activities gives me a reason to get up in the morning and helps me maintain a positive routine. This gives me the opportunity to prove that I want change in my life. I believe that if you want something bad enough, you find a way to make it happen. For me, recovery is not something I do alone. Having a strong and healthy support system is important for the moments when I feel weak or discouraged. Diamond Head Clubhouse reminds me that I am part of a community and that my contributions matter. The friendships, support, and sense of purpose I find here have helped me build confidence to continue moving forward in my life. I am so thankful for everyone who has helped me get this far in my recovery and I encourage you to keep going! My hope is that by sharing my experiences, someone will feel encouraged to reach out for support, talk about what they're going through, or simply know that they are not alone.

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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



Windward Community College Fair

By: Squirrel

A good time was had by those attending, such as Sky, Adam, Garret, Zach, and of course, Squirrel. I enjoyed being at the donation table, which offered Banana Bread and Butter Mochi for the donation price of \$7.00 each. After a spell, I decided to

venture into the informational booths room and see what organizations were being represented and what was their focus at the fair. There were some that were focused on recovery from various things such as alcohol & drugs, abuse of various types, and of course, mental health. What struck me this time was to learn about the prevalence of human trafficking in Hawaii. It didn't dawn on me that human trafficking found its way to our state. It not only covers sex trafficking but also added forced labor trafficking (such as immigrant trafficking, and their ilk), and of course the awful child trafficking that happens across the trafficking trades. Anyway, I realized that I knew quite a few people that were representatives from various organizations from my exposure to other organizations I'm a member of. We raised quite a bit of money from the donation table and came back with a little bit of banana bread and butter mochi. It was a great fair.



Bus Stop Cleanup

By: Alika

A group of dedicated volunteers came together recently to help improve the appearance and safety of an important community space that many members at the Clubhouse use; The Bus stop. The effort focused on cleaning the area around the bus stop, removing litter and debris, and making the site more inviting for residents and visitors who rely on public transportation. Throughout the project, volunteers worked side by side to collect trash, clear overgrown areas, and refresh the surrounding areas. Their hard work helped restore the bus stop to a cleaner and more welcoming condition, creating a better experience for those who use it each day. What a difference! Public spaces such as bus stops serve many members of the community, as well as our own members. Keeping the bus stop clean contributes to neighborhood pride and a positive environment for everyone. The cleanup also demonstrated the impact that volunteer service can have on improving shared spaces and encouraging community involvement. Thanks to the time, energy, and commitment of all the volunteers of Diamond Head Clubhouse who participated, the bus stop area now looks cleaner and more inviting. Aloha!



Diamond Head Clubhouse News



Mental Health Awards Luncheon

By: Karley

On May 20, 2026, a handful of the clubhouse members along with Paul, the Clubhouse director went to Ala Moana Hotel for the Mental Health Awards Luncheon. There were thirty tables in the room decorated with plates, glasses, forks and spoons and a centerpiece made by the Waipahu Clubhouse. As we sat at our table awaiting the program to start, there were two men playing nice music that made the waiting game feel more authentic. The program started and they called to the stage people that had stories to tell about not only their own mental health but of how they assist and how they want to prevent mental health crises to escalate. The food was delicious. We had started off with a salad with some kind of sesame dressing that tasted really good. Then we had the main course; mochiko chicken, veggies, and rice. For dessert we had a lilikoi poppyseed concoction and that was tasty as well. Cannot forget about the bread though, it was so good we got a second basket. All the clubhouses came and we took pictures with Flora from Waipahu. We are doing the centerpieces next year so keep in mind the ideas you have and bring them to the suggestion box. One thing I must say that I took from the Luncheon was the idea of minimizing the authoritative response when dealing with someone in crisis. I like this idea because when you are dealing with mental health, when you are triggered and the person who is meant to de-escalate the problem heightens your response to a negative reaction, the problem only gets worse. The idea the HPD unit has is a great idea, to not only get a positive reaction but to also reach a level of understanding between the police officer and the person with mental illness. The CIRT Unit of HPD is now training their police officers new ways to approach situations dealing with mental illness. The experience was one to remember and we applaud all who got awarded. Mahalo!

Mental Health Dinner

By: Karley

Every year for the clubhouse Mental Health Dinner, we come together to discuss and review May's Mental Health Month activities. We discussed the following activities: Kahala Beach Cleanup, Kapiolani Community College Mental Health Booth, Windward Community College Fair, Bus Stop Cleanup, Mental Health Month Panel at Central Union Church, and the Mental Health Awards Luncheon at Ala Moana Hotel. We first discussed the beach cleanup and how well we did, or what we could work on. Then we went over the rest of the events that occurred in May, and we decided that we would like more committed participants instead of individuals signing up and not attending. We talked about how next year we are the next clubhouse to do the centerpieces for the Mental Health Awards Luncheon. Overall, our mental health month is our busiest month and we would like to see more people participating and coming through for our events. Aside from the discussion, we also had a wonderful pot roast meal made by Jason. Thank you everyone for all your hard work for Mental Health Month and we look forward to what next year has in store. Aloha!



Diamond Head Clubhouse News



Garden Project: Raised Garden Beds

By: Alik

On Saturday, a group of dedicated volunteers came together to complete an exciting garden improvement project. Construction of three new raised garden beds. The effort was made possible through the teamwork and hard work of several individuals, including Paul, Monica, and Rebecca. Paul took the lead on building the raised bed frames. He picked up the necessary materials from Home Depot, like the lumber and all the fasteners, brackets and paint needed before the project even began. His preparation and craftsmanship helped ensure that the beds were sturdy and ready for use, and that we had the adequate amount of supplies required. Once the frames were completed, Monica and Rebecca worked together to paint the raised beds, giving them a finished look while helping to protect the wood from the elements. Both Monica and Rebecca also repainted the existing raised beds. Their efforts added both beauty and durability to the project. The color that was chosen was “no drama” red. Thanks to the contributions of Paul, Monica, and Rebecca, the garden now has three attractive new raised beds that will support future planting and growing activities. The project was a wonderful example of volunteers working together to improve our shared community space.



Social Rec Activity: Karaoke Night

By: Sky

On Thursday, June 18th, 2026, Diamond Head Clubhouse hosted its monthly Karaoke Night which proved to be a success. Members selected their favorite songs and delivered amazing performances, making it highly entertaining and a positive atmosphere. The evening was filled with laughter and fun, creating a wonderful community feel for everyone in attendance. Members enjoyed delicious pizza and chicken. The food was absolutely “ono”. Special thanks go to staff member Katrina for her dedicated work in the kitchen. Karaoke highlights included Adam and Monalesa kicking off the musical performance with a rendition of “A whole new world” Followed by other members performances. Later in the evening, Paul, who managed the members song requests, joined in on percussion to accompany sky during an elegant performance of a Sade number. The successful evening concluded with a big “MAHALO” to everyone who participated and made it a memorable evening.



Father's Day

By: Sandra



F – F is **F**ather's day
A – Always be **A**round
T – Today is a nice day
H – always be **H**appy
E – always **E**njoy each other
R – **R**emember the good day
S – **S**pecial person
D – always **D**o something good
A – you will **A**lways be loved
Y – very special **Y**ou are



Fourth of July

By: Sandra



F – Fourth of July
O – **O**n a go
U – **U**nderstand
R – **R**each out
T – very **T**houghtful
H – **H**appy
O – **O**ver enjoy
F – **F**ull of happiness
J – **J**oy
U – be **U**seful
L – **L**ive a **L**ittle
Y – **Y**ou are always around



Diamond Head Clubhouse News



Eventual

By: Vernon

Love gives a big break
Words with instance and palter
Seem to be okay.



Redaction And Graph

By: Vernon

Synchronized thinking
Can't begin to imagine
Then, being lost somewhere.



Let It Go: A Chance To Love Myself

By: Vernon



Drifting in and out
Absent but, in corruption
Imagine caring...



Diamond Head Clubhouse News



Kitchen Unit Update

By: Queenie

Aloha! Welcome back to our Kitchen Unit update! So far this past month we had a Kamehameha Day Barbeque. We had hamburgers, hot dogs, potato salad, watermelon, condiments, tomatoes, lettuce, onions, buns and rice. Everyone had a good time and it was delighting. Also, so far Kitchen Unit is doing great on our 2026 goals. We managed to check off three items. First was to modify our snack shop item list. Second was cashier recruitment. And third was to update the Kitchen Unit Clubhouse Standards flip chart. Thank Goodness! Kitchen Crew is doing great and we are looking forward to serving you all. Mahalo!



Birthdays

DANIEL
STEPHEN
DARWYN
SCOTT
SANDRA
TYLER
KAIPO
MICHAEL
REBECCA
BRANDON
ADAM
MARIE
CAROLANNE

Business Unit Update

By: Karley

Aloha Everyone,

This month in the business unit we have been continuing to do our daily tasks and assignments as usual. We'd like to thank all our business unit members for their diligence in doing so. To our receptionists: Monalesa, Rylan, Fredrick, and Stansen mahalo. For always doing our snack shop tally, thank you Squirrel, Ramah, and Alika. We'd like to send our gratitude to our morning and floor cleaners; Johnathan, Shardeh, Richard, Gary and Vernon.

Special thank you to our waterers for our plants out in the courtyard, thank you Richard, Sky, Vernon and Johnathan. Thank yous go out to our Canva Updaters; Shardeh, Squirrel, and Myself along with thank yous to go out to our typers and virus scanners; Frederick, Megan, Shardeh, Squirrel and Mona, and Stansen.

This month we have also been updating our Donation Excel Spreadsheet with donations that has come in. We'd like to thank Q Laser for their generous donation of (2) Gift Certificates for \$250.00 worth of services EACH. We'd also like to send a thank you to Big Island Candies for (1) \$100 Gift Card, to Blue Note for their Complimentary Ticket Voucher for Admission for Two to any show between 8/6/26 through 8/6/27. We also received a donation for certificate for two complimentary tickets to any performance of Les Misérables, Section B seating (valued at \$86) from the Diamond Head Theatre. We'd also like to thank Hawai'i Theatre for their donation as well as Kualoa Ranch, Kalapawai Café & Deli, Times Kahala, and Waikiki Aquarium for their donations. That's all for now!

June Word Search

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

SEA BREEZE	FRAGRANT	OUTDOORS
SUNSHINE	BARBECUE	VACATION
SWIMMING	BONFIRE	FISHING
CAMPING	LEISURE	SURFING
BREEZY	BRIGHT	FATHER
SUMMER	HIKING	SMORES
GOLDEN	PICNIC	WARMTH
BEACH	SUNNY	LUSH

Sudoku

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

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Inspirational Message

“Every step you take, no matter how small, is a victory.” - Anon

“Gratitude unlocks the fullness of life. It turns what we have into enough and more.” - Anon