

Diamond Head Clubhouse News



Diamond Head
Clubhouse
Volume 21 Issue 9
September 2025

Admissions Day BBQ Social Rec Activity

By: Lindsey & Queenie

Hawaii became the 50th state on August 21st, 1959, which granted its new citizens the ability to vote in federal elections and have representation in the U.S. Congress. It was formerly a U.S. Territory that received independent and international recognition as a monarchy kingdom. As early as 1919, statehood bills were widely opposed due to Hawaii's diverse ethnicity and its political dynamics of the elite sugar plantation owners. There was also resistance from other states who saw the Asian population as being controversial due to World War II. Interestingly, a vote on statehood in Hawaii received the highest turnout, producing a 93% approval vote in acceptance of the Admission Act of 1959. There were fewer than 8000 votes rejecting the Act.

Statehood day ultimately helped escalate commercial jet services and an increased tourist boom to Hawaii. It also helped bring unique multicultural identities to America due to the influx of immigrants to the state. Hawaiian culture, especially song and dance, began to flourish and rise in popularity due to the strong history and rich heritage. Overall, this holiday cannot be overlooked because of its special contributions to both the U.S.A. and Hawaii. I'm glad we had the opportunity to celebrate this moment in history by coming together as friends at the Clubhouse.

On Friday August 15 we had a barbecue at Diamond Head Clubhouse to celebrate Admissions Day. Staff and members showed up and helped prepare the food. Members also watched movies while others socialized. Paul barbecued the hamburgers, buns, onions, and hot dogs. We also had potato salad, rice, and watermelon. Toppings included tomatoes, lettuce, onions and cheese. Condiments were available as well. We also had chips, dip, and popcorn. Desserts consisted of custard pie, apple berry pie, and chocolate cake. Don't forget the ice cream.

Everyone seemed to have a good time. I'd like to share what member Frances said about her barbecue experience: Frances said she had fun and Katrina asked her to dance to a song. So Frances danced in front of the members. Frances liked the food and she talked story with other members and staff. Frances listened to music while she ate. As for myself, I had an amazing day. I watched movies and helped take photos for that day. I really enjoyed everyone's company. The food was awesome. I was a satisfied member no doubt. Thank you, Diamond Head Clubhouse.

Table of Contents

Admissions Day BBQ	1
Understanding My Mental Health	2
Art Therapy	3
August Education Dinner	3
Poem: An Accounting of My Thoughts	4
CARF Preparations	4
Kitchen Unit Update	5
Business Unit Update	5
September 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*



Understanding My Mental Health

By: Karley

I am diagnosed with a mental health disorder, and substance abuse problems. I first was diagnosed with post-traumatic stress disorder and was in denial of the truth, but when I went to therapy, I worked out my trauma by talking about present events.

I was recently diagnosed with schizoaffective and bipolar disorders. This means I have stages of mania and depression while hearing voices and having delusions or hallucinations. That's what I understand about my mental illness.

I am now in treatment for mental health and substance abuse, and I am filling my extra time with hours here at the clubhouse. In day treatment at Care Hawaii in Sand Island I am learning more about how to cope with my mental illness and how to deal with anxiety, depression and phobias. I am using deep breathing exercises, listening to music, using grounding exercises and will take a walk when I am feeling triggered to use drugs or if I'm triggered emotionally.

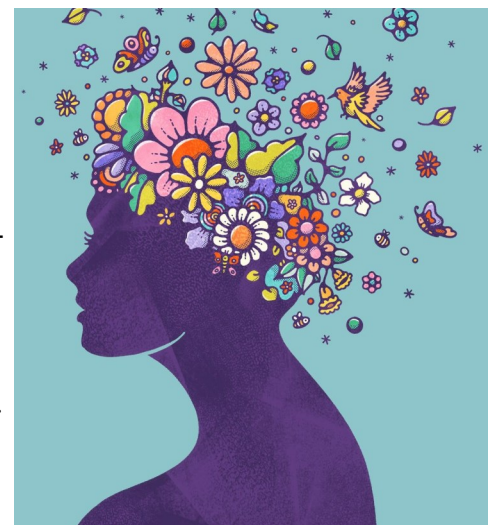
I am appreciative for my treatment team and my sober support system for being with me throughout this whole process that I sometimes take for granted. I realize now that you need to be grateful for everything in your life, even the downfalls, because you can learn from them, grow from them, and you'll eventually be a better version of yourself. I am happy to be here in the Diamond Head Clubhouse as a volunteer and trusting the process to get off conditional release one day. Which means integrating myself back into society with a goal-setting mindset, accomplishing those goals and eventually getting my life back in order through schooling and eventually finding a career.

If you are also battling with mental health issues, I encourage you to seek help through therapy, getting the right medications, peer support, physical exercise, or even gardening. Finding tools to cope with your illness will bring you a long way from what you are going through. I found it helpful using this time in Day Treatment to gain experience that I can grow from and keep with me for a lifetime.

If you are interested in harvesting all your potential, I encourage you to reach out to the right people. At the call center in the Diamond Head Clubhouse there is a binder with all different numbers you can call if you need help.

My treatment team helped me a lot. If you don't know where to find help maybe your treatment team will know. People like your therapist, case worker, probation officer, doctor, or even your housing staff can help. I don't know much, myself, but if you need any questions answered don't be afraid to ask, and I'll do my best to tell you what I know.

May we all gain understanding of our mental illness and have peace of mind.



Diamond Head Clubhouse News



Art Therapy

By: Queenie & David

Art is beautiful, colorful, and delightful. It makes me feel like I'm flying in my mind. I have to be skillful and patient making sure my hands are steady. When deciding what I want to paint, I must choose what colors suits best. Its always a challenge to paint that perfect painting whatever it may be.

Recently David and I have been painting together at the Clubhouse. We both found out we both like art. So one day we decided to paint together. It was really meditative and yes, I was flying in my mind. Art has always been a passion for me. David is a great artist himself too. I enjoy doing art with him.

Art is a wonderful hobby and it is something you can create the way you want it to be. There may be times when someone might ask you to do a certain artwork and that's where it will be more of a challenge. Art is fun, so enjoy!



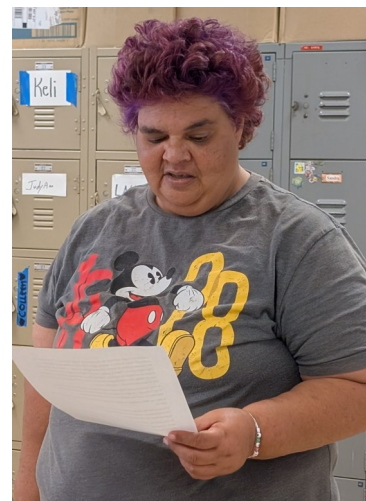
August Education Dinner

By: Frances

I went to high school at Campbell High School. My favorite subject was math. I really didn't know math but I liked it because it was a more challenging class. I went to Special Olympics and I had a peer coach that taught me how to swim and how to sprint. I think that this experience helped me to take on challenges later in life. In English class I read a lot of books which I still do today.

In my senior year I enrolled in a work placement program that helped me get a job at Helemanu restaurant where I helped to set up tables and do janitorial work. Later at Kokuamau I helped make earphones for the airplane pilots. I found those programs to be very helpful to find employment. I worked at Helemanu for four years and Kokuamau for three years.

In the future I would like to continue learning Math, English, and cooking. Jason inspires me to cook more so I will get more involved in cooking the Clubhouse meals.



Diamond Head Clubhouse News



An Accounting of My Thoughts

By: Vernon



Where is today?
When tomorrow is forgotten
How shall we stay?
When we leave quickly?



That which we leave here
Makes life step upon
The hopes and the dreams
Of ever going beyond
Forsaking nothing
But borrowing as it is
What we leave today
Is what we leave tomorrow.



Courage for the world
Time to be seen
Naught the morrow
Cut into the earth
All of my sorrow...All of it cut in
Stay awhile, won't you?
And stay with me through
The expectations I have
Of ever getting through.

Life will get better
Seems like I can't begin to equip
The feeling I have
Being lost in it
Acquittal and resentment
Go hand in hand
I'm guilty of both
Taking things in my own hand.



If I had to do it again
I'd do it for love
For memories and struggle
For character and love.
Before I leave this world
Before making sense of it
May I leave it better
And see things to the end.



From the time that life began
To the time that it ends
May we leave words not left unsaid
To gather them once again.



CARF Preparations

By: Karley & Katrina

This past month, we have been preparing for CARF accreditation, scheduled for September 23rd. The purpose is to reinstate 3 more years of operating as a Clubhouse (psychosocial rehabilitation facility). In order to prepare, we have been organizing and cleaning around the Clubhouse, as well as reviewing questions that the CARF representatives may ask us. Members may be asked about their goal plans, which are constructed with their primary staff, and is continually discussed and worked on throughout the following months. They may also ask us about the Clubhouse International Standards, which we review daily. They may also ask us about our code of ethics, which we post near the front entrance of the Clubhouse.

The CARF representatives may ask us about our safety standards and protocols. Luckily, the staff are fully trained for various natural disasters (i.e. earthquakes, hurricanes, flash floods, tsunamis), emergencies (i.e. fire, workplace violence, agitated behavior, non-violent crisis intervention, bomb or nuclear threats), and other medical protocols (i.e. infection control, CPR/First Aid, handwashing procedures, use of gloves, disposal of sharps/needles and biohazard materials, and transport training).

As members, we must take responsibility in how we participate here at the Clubhouse and the opportunity given by the organization. This accreditation will ensure another 3 years of the Diamond Head Clubhouse, so keep up the good work.

Diamond Head Clubhouse News



Kitchen Unit Update

By: Queenie

Lately in our happy Kitchen Unit. 1, 2, 3, 4 George Foreman. I guess we all love food. Thanks to all staff and members of kitchen unit for all the hard work in making that breakfast and lunch meals possible. But we do have fun besides hard work! I guess everyone loves seeing Mark running in like a Quarter Back football player into the kitchen because he forgot something in the oven! Or Jason trying his best to fry those eggs! You do understand me do you Paul? We're like family and I appreciate my Kitchen unit.

Working in the Kitchen Unit is awesome, and I enjoy working with staff and other members in the kitchen. We have a good day and a good time. Being safe, kind, and getting involved is our goal. We go from prepping meals to doing dishes to having breakfast and lunch served! It's nice to be a part of Kitchen Unit. It also feels rewarding and I go home every day feeling great. Aloohaaaaa!

Birthdays



DEAN

FRED

DAVID

TRICIA

ALEX

WES

Business Unit Update

By: Katrina

This past month has breezed by in the Business Unit. Since the completion of our Summer Fair & Silent Auction in July, we have been focusing on the every day work-ordered day tasks. We also continue to hold orientation once a month and are pleased to welcome both new and returning members to the Clubhouse. One of the new tasks we are prioritizing is updating our non-profit sector's Facebook and Instagram pages. Squirrel, one of our Business Unit members and Advisory Board members, has been actively working on updating our social media platforms, along with Monica, the President of our Advisory Board. Partaking in this new feat allows us to successfully accomplish one of our ongoing monthly goals from our unit retreat earlier in the year.

We are also excited that the Clubhouse van safety check was successful, but we are still working on getting the air conditioner fixed. It's like a sauna in there! We hope to get it fixed so we can enjoy our social rec activities outside of the Clubhouse, the shopping trips, and other errand runs for much needed supplies. On another note, we continue to engage in garden work on a regular basis. It's so rewarding to see the success of our efforts. The roma tomatoes, Japanese eggplants, papayas, kale, guavas, pears, ice cream bananas, bell peppers, and olena have been flourishing! We can't wait to see what else is in store! Until next month, Aloha!





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

Sudoku

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

September Word Search

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

ACCOMPLISHMENT CONTRIBUTION ACHIEVEMENT
 HARDWORKING END OF SUMMER INDUSTRIOUS
 DAILY GRIND SOLIDARITY COMMITMENT
 LABOR DAY DILIGENCE STRENGTH
 DAY OFF PARADES WORKERS
 RECOGNITION CELEBRATE OVERTIME
 TRIBUTE EFFORT WAGE

Inspirational Message

**“Life can break everyone but
 afterward many become strong in
 their broken places.”**
- Ernest Hemingway