

Leka Mokihana

NOVEMBER 2020 FRIENDSHIP HOUSE KAUAI

Thankful for Clubhouse!

“Through more than 300 local Clubhouses in more than 30 countries around the world, Clubhouse International offers people living with mental illness opportunities for friendship, employment, housing, education and access to medical and psychiatric services in a single caring and safe environment – this social and economic inclusion reverses the alarming trends of higher suicide, hospitalization and incarceration rates associated with mental illness.”

~ Clubhouse International



#SideBySide

#SeeThePersonNotTheIllness

#ClubhouseWorks

TABLE OF CONTENTS:

PG 2: Unit Reports

PG 3: New Member

PG 4: Recipe

PG 5: Writer's Corner

PG 6: Writer's Corner

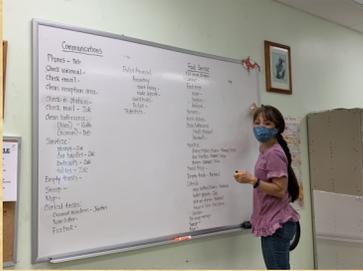
PG 7: Writer's Coner

PG 8: Thanks



Communications Unit Report

Things were humming along in the Communications Unit this month: participating in various zoom meetings; prepping for our upcoming Board of Director's meeting; completing surveys, getting quotes to refurbish our kitchen appliances and lining up guest instructors for the \$25,000 Community Development Block Grant that we were recently awarded; scheduling plumbers, electricians and pest control maintenance; keeping track of daily statistics, attendance and budgeting, and even sorting through some quality donations that we were blessed to receive.



Food Service Unit Report

The kitchen is always the busiest place at the clubhouse: Preston working the counter in the Snack Shop; James, Felina, and Michael whipping up baked goodies for us; Tyrus grilling the ribeyes for our non-traditional Thanksgiving meal!



Garden Crew

The grass just keeps on growing, especially with all the rain lately! It seems that we are mowing every couple of weeks now, which is all the more reason to complete construction on our new tool shed so we can purchase a riding lawnmower with our Kauai United Way grant monies. Everyone will want to sign up for the mowing job task then! Mahalo to Vince's dad, Mr. Noguchi, for coming out to the clubhouse to help us with the finishing touches!



Employment Program

Unfortunately, due to cutbacks because of the COVID-19 pandemic, we just lost our Ka-uai Marriott SE and TE positions, while our Waiohai Beach Club TE landscaping position remains on “hold” status at the moment. However, our St. Michael’s landscaping and chapel cleaning TE’s and our St. Catherine’s recycling TE have continued on without a hitch, as have our members who are working their various essential SE and IE positions in the community. Good job, guys!



New Member Spotlight



Please welcome Gordon Van Derburg to our Clubhouse! Gordon hails from Nanakuli, Oahu and moved to Kauai about a year ago because he has 3 cousins who live here. He lived in Manhattan between 1979-81, as he has family there. He also lived in Alaska in 1997. He met his Hawaiian/Chinese wife there and they have 2 children, a son and a daughter. They got a divorce and he is now single.

Gordon likes to crochet—his grandmother taught him. He enjoys local music, such as Braddah Iz and Willie K. He also enjoys cooking, and plans to get busy in the kitchen and make Chicken Long Rice for us one of these days soon. One of his favorite tasks is cleaning the bathroom—we were so excited to hear this! He has also worked as a roofer for 25 years. This is his first clubhouse experience, and he is looking forward to becoming an active member.

Dedicacion's Fried Chicken Recipe

Rinse, clean, and knead chicken wings, boil to drain off fat, sprinkle with garlic salt and pepper, dredge in flour, deep fry, and enjoy!



The Best Deal on Kauai: \$2.00 Lunches at Friendship House!

When things normalize a bit more in the new year, please come join us for lunch! Left to right: Pork w/mushroom gravy, Spam and Pineapple, Popcorn Chicken, Porkchops, BBQ Chicken.



Our New COVID-19 Normal: Masks, Hand-washing, Distancing, Sanitizing!



Writer's Corner

Excalibur 3000-The Dark Era of the Descendant Destroyer (Pt.3)

By Justin



Meanwhile deep into the dark ruins forest as powerful thunder storms pounds the ruinous castle there lies an ancient dressed up royal casket as the dark descendant destroyer king lies when suddenly a beam of lightning strikes down onto the casket destroying the casket doors opening the casket as a hand rises up and within moments, an “Army General” shows up and witness this momentous moment as he watches as The Dark Descendant Destroyer King rises up and goes, AHHHHH!!! And the powerful thunder storms roars and he goes, I am alive again!!! As he look around he couldn't help but reminisce about the moment that brought him to this very moment which triggered an intense feeling that it was his nephew that ended my reign and my brother who dethrone me out of my castle, stalling me so that little weakling got away with my sword that I created and he goes to the “Army General” what are you doing here? And as the “Army General” was about to answer but was too stiffen from his presence, but he later goes my “Dark Lord” I came in search for you, my “Dark Lord” because you have being awaken again!! What does this mean? “My Dark Lord” and the Dark Descendant Destroyer King goes “YES” indeed and I believe I know who has it! But now I must retake my throne again, only this I am going to take it under my brother's name and retrieve back my sword, from that pathetic nephew who will be punish for his inconsiderate selfish ways, absolutely no one take advantage of me, and if anyone does, they will perish! As they both march their way into the village to his brother's castle the people panic and scatter all over the place creating The Descendant Destroyer King commander in chief to come out and look what the commotion was all about as the sounds that was roaring thru the village he then alerted the Descendant Destroyer King that there's a significant threat that is approaching our front bridge door and as they Descendant Destroyer King arrives at the roof top and he gets a quick glance that made him froze into stiffness as he is aware that is not just a significant threat, it's a threat that nobody was ready for says The Descendant Destroyer Kintg, this is not a hard question but how, NO thing, this is unprecedented turn of events you shouldn't be alive! If YES, YES, YES, and the sad thing is that I'm going to regain my throne and The Descendant Destroyer King goes, WAIT, THRU ME? But you don't have nothing to....? AHHHHHHH!!! And as in an instant guards got struck with a lightning strike and they all turn into a pile of dust!!!! You insidious royal traitor, you will pay for your insignificant actions, and The Dark Descendant Destroyer King goes We're going to see!!!! As The Descendant Destroyer King groans in agony RAHHHHHHH!! And his “General” goes Is it time again? And The Descendant Destroyer King goes absolutely “YES”, only this time it is for good!! And within moments, a strange “Young Boy” quickly spreads the word to the other opposing “Armed Leaders” that anticipating something like this was bound to happen again, only this time we ar going to vanquish him for eternity!! And “The Stranger” goes than that settles it, I'm going to alert the rest of the “Armed Forces Captains” and the “Strange Boy” goes, Who is going to warn the Prince? And the “Stranger” goes YOU ARE! And the Strange Boy goes WHAT!! Is this really happening again?

Stay tuned for the next exciting edition of Justin's novel in the coming months!

Writer's Corner

My Favorite Clubhouse Memory: Camping at Camp Sloggett

By Drew

I remember, I decided to sleep in my own tent, by my lonesome, rather than spend the night with snoring men in the bunkhouse. It was cold, I mean freezing. I was unable to sleep. I went to the main camp house and noticed Charlie Brown sitting next to the franklin stove which was the source of heat for the main house. The house was warm and toasty. I watched Charlie feed the furnace with firewood for a few hours. It became hot in this house to say nothing. Finally, one of the staff members, named Roberta said, "Stop feeding the furnace Charlie". Charlie stopped and retired. I fell asleep. I awoke the next morning and started another day by having breakfast with Friendship members.



Why work?

By Kurt

The work industry has very good reasons to get involved in. It provides good money, self-esteem, new friends, money to spend, gain knowledge on work, keeps you busy (which is a good thing), close relationships, and learning from your mistakes. So if you're willing to do what you gotta do to hold a job, it might be the best call you make in your life. And don't stay idle too long. And make things better when you have a problem at work. The rules of work are a good thing to follow. Taking it one day at a time. The bottom line - work can make your life mo-betta!



Iris

By Bob

Simply a flowering rainbow

Or does the flower know itself

Is it more like a genius alone in space not aware of itself

But still a genius nodding to all in the fields wind

A buddha of existence envied by the Buddha for simply itself

It's joyous smile that gives to all

Unaware of the next instant

Writer's Corner

Debby with a "y"

By Justin

We are just weeks away from saying goodbye and farewell to another colleague, associate, partner, co-worker, friend, and family to a veteran in her own position who has served us and guided us thru thick and thin thru it all. I have to thank her for helping me to transitioning into employment for a couple of months, but it really made me think about a lot of things that I haven't been doing but it all paid off and now I have to say Thank You once again for everything that you do for me and the rest of the Friendship House posse. We are all going to miss your gracious criticism and your warm, gentle, genuinely focus looks that you always give to everyone. I hope that everything works out, and I wish you the best in your future endeavors. You'll do great things in your path of success that you already have! I hope you can come and visit us when you have time but you'll probably have your hands full but that's okay, we can survive because we've been in way tougher days than this pandemic ever had. I cannot believe that it has been this long since I remembered the first time we met, and ever since then, I knew that she was going to be the one that's going to help me accomplish the things that I do till this day and beyond!

Keith's Submission to the Toyohashi Brut Virtual Art Contest



Kurt's Joke of the Month

Why did the turtle cross the street?

To get to the Shell Station.

I Am Thankful For...

Justin: Being around good people at Clubhouse.

Drew: Life! Friends!!!

Zak: Nice weather.

Jerry: Being at Friendship House and meeting people.

Keith T.: Being alive after my ordeal with drugs and alcohol.

Jason: Food, water, and shelter.

Binh: Staff and members working together at Friendship House.

Keoni: Being alive.

Louie: Friendship House.

Jessica: Come to Friendship House and sweep the floor.

Richard: Eat rice. I like rice.

Dedicacion: Cleaning the reception area and the phones.

Kai: God's love.

Sharon: Laughing with friends.

Michael A.: Everyone together.

Charlie: Friendship House being open.

Lori: Family, friends, and for all that we do together for the year.

Tyrus: My Lord Jesus Christ and the Church of Jesus Christ of Latter Day Saints for teaching me the gospel of Jesus Christ.

Sheryl: Friendship House—a drug-free place to go with drug-free people... camaraderie!

Laura: Life, liberty, and the pursuit of happiness. All the wellness we have in the world.

Manuel: All the gifts and for all the help and work we do together here. Everybody backs me up.

Felina: My mom... to be there when she needed me, and taking care of jobs at Friendship House.

Iris: A wonderful family, the blessing of many good friends, and a wonderful clubhouse to belong to.

Kekoa: Still being employed, and being able to be at our clubhouse with members.

Vince: Every day of life!

Terry-Ann: Having our clubhouse open during this time and being able to provide a safe space for our members to come.

Deb: Taking a leap of faith two years ago to enter the wondrous world of Clubhouse! So blessed to have capped off my 32 year State career at Friendship House.

During this season of Thankfulness, we would like to extend our heartfelt gratitude to our island community for the generous donations of goods and monetary gifts... not just during the holidays, but throughout the year. This year, more than ever, we appreciate you!

4-1751 Kuhio Hwy.—Kapa'a, Hawaii 96746—phone: (808)821-4480—email: thefriendlies5@gmail.com

