

Phoenix Newsletter

ISSUE 49
July 2006



A VISIT TO THE OCEAN PARK



On 27th May, we went to Ocean Park, a special program to celebrate the Certification of the clubhouse and to let the members relax after a long period of hardwork.



Although it was drizzling that morning, we were still very excited. All assembled at the clubhouse and after distributing lunch, we boarded the tourist bus. Eva encouraged me to be the “Joker” and cook up some fun along the way. (If I didn’t do a very good job, I hope they’ would forgive me). After Amanda briefed us the schedule of the day, Lam sang some songs to entertain us. At the gate of Ocean Park, we took a group photo before going to see the jellyfish. Various kinds of jellyfish “danced” to the rhythm of the background music under beautiful lighting. It was spectacular! We really enjoyed them. Then we went to the ocean theatre to see the dolphins and sea lions perform.



After lunch, we split up into groups— some of our members went on the rides while some went to the aquarium.



Time passes quickly when one is having fun! After another group photo, we left Ocean Park at 3:45 p. m., but some of us stayed on to see more of the park. On the way home, Hang’s singing received much applause!

We thank Eli Lilly for sponsoring this trip. We all had a wonderful time!

Written by Mandy
Translated by Louis



A Volunteer cut my hair

On the 21st of May we invited our volunteer Didi to come and cut our hair, something that she would do for 3 members every month. This time, I was one of the lucky recipients of this service. I had hoped that she would only cut my bangs short, but she was very friendly and explained to me very professionally how my hair should be cut in order to make me look nice. She inspired confidence in me, so I gave her a free hand. When she was finished, I was so satisfied that I

took a picture with her as a souvenir. I am grateful to her for taking the time to cut our hair.

Written by Catherine
Translated by Michelle

Chinese Rice Dumpling

The Dragon Boat Festival is approaching, and it is time for Chinese rice dumplings again! That morning, members of the Food Services Unit put all the ingredients for Chinese rice dumplings on the table and prepared to wrap them. Mei, Marge, Fan, Ching, my mother and I were all there to wrap the rice dumplings. Mei and my mummy handled two kinds of dumplings. Mei and my mother had slightly different methods. One made bigger and one smaller dumplings. We all tried to learn from both Mei and my mother since they were expert dumpling makers. After two hours of wrapping, we had about 80 rice dumplings. Then we boiled them in the pot. After three hours of cooking, we got some delicious Chinese rice dumplings.

At 3p.m. the kitchen staff shared the rice dumplings with all of us. Some ate the dumplings with sugar while some used soy sauce. There was hot tea to go with them to prevent indigestion. Everyone brought one dumpling home to share with their family.



Dragon Boat Festival commemorates the great Chinese poet Wut Yuan, who threw himself into the river in protest of injustice. It is believed that people threw rice dumplings into the river so the fish would not eat the body of Wut Yuan, and Wut Yuan would be able to eat the dumplings in the river. There are also dragon boat competitions, a tradition that is said to chase away ill health and keep people healthy

Written by Wing Yan
Translated by Louis

Inputting Chinese in the computer—Chang Jie Course

- Date : 5 July, 12 July, 19 July, and 26 July (Wednesdays)
 Time : 11 am to 12 noon
 Location : The Clubhouse Clerical Unit area
 Content : Chang Jie input method, identifying parts of Chinese characters, classroom practice, speed input method.
 Application: Filling the application form at the clubhouse reception or call 2517 8169
 Correspondents: Wing, Ivy, Simon



My Birthday Party

On 6th May 2006 the Clubhouse had a birthday party for those whose birthdays are in May. We had planned to have BBQ at the Aberdeen Reservoir, but as the weather was too warm, Wendy and the members finally went to a restaurant instead. Several members and I went first to the Carnival Restaurant to get seats for the others. There were 13 people in our party. I was very pleased since I have never been with so many members at a meal together before. Wendy took care of every member very well. She really loved all of us. Thanks to Phoenix Clubhouse, although there were ups and downs in our lives

in the Clubhouse, we were able to be active again and to face reality. Phoenix clubhouse helps people with mental illness recover and finally get a job in the society. As I write this, I could not help but shed tears of thankfulness. Actually most people with mental illness could recover quite soon if they receive care and support from their families. Love is so powerful that many difficulties can be overcome. Love is eternal. At the party, I saw all the old members of clubhouse. I was pleased to see that they were doing well. Rowena twisted arms with Hoi Kwong at the table. We all enjoyed the delicious food. The time passed and we parted in high spirits. I hope that the clubhouse would have a birthday party for us again next year!

Written by Lai Ping

Translated by Louis

Come Share our Joy

8th Anniversary/Another 3 years Certification /Volunteer Appreciation Day

Date: 15/07/2006 (Saturday)

Place: Clubhouse

Schedule: 0900a.m. – 1000a.m.

Preparation, set up

1000a.m. – 12 noon.

Karaoke

12 noon. – 0100p.m.

Lunch

0100p.m. – 0200p.m.

Rehearsal

0200p.m. – 0400p.m.

Ceremony:

Retrospect and Looking Forward, Activities of the year, Members' sharing, Appreciating volunteers, Talent's show, Singing Clubhouse anthem, Refreshment

We welcome all the members and their parents to join us.

Contacts: Amanda, Kit Bing

HEALTHY LIFE STYLE DAY CAMP



Date : 02/12/2006 (Saturday)

Time : 9 am - 5 pm

Location : Tai Tong Resort (at Yuen Long)

Activities : Biking, Archery, Roller Skating, Sport Climbling, Physical Fitness, Orienteering, Goal kicking, and Lawn-bowling



Gathering/Dismissal: Clubhouse

Charges: HKD10 (including bus charges, camp fees and lunch)

Quota: 50 (each participant can invite one family member or a friend)

Application: Fill the application form at the clubhouse and pay the fees

Contacts: Anita, Sunny, Wing and Sandy



Department Report

Administration Unit

1. The Clubhouse has already received ICCD's Certification Report; Phoenix Clubhouse has just been successfully certified for another 3 years, which is the longest certification period possible.
2. Eva went to The Kona Paradise Club in Hawaii in June for a certification visit.

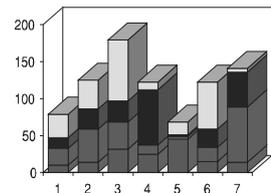
Employment

1. Amy now works in Baker & McKenzie as a Data Processing Operator.
2. Mimi and Eli now work in 'Music and Word' bookshop, a supported employment position.
3. Thomas now works in Jardine OneSolution, a supported employment position.
4. 17 members joined the small Group Placement in Premier Medical Centre

ANNUAL

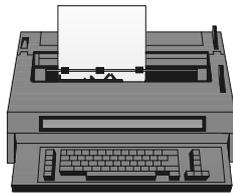


BUDGET



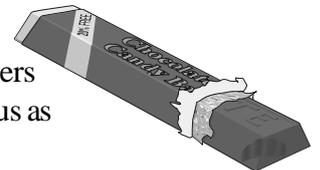
Clerical Unit

1. We thank the certification team for their comments to this department.
2. We now plan to develop Supported Education Service and will increase the number of computer courses, English courses and Mandarin courses during week days. Please pay close attention to course materials.
3. A new Phoenix Clubhouse VCD is finished, Contents include a Putonghua "Introduction to Phoenix Clubhouse" & a Putonghua and English introduction of our "Clubhouse Model Orientation Program". We thank Stella for the English voice-over and those members who helped us with planning and taking photos. Anyone interested, is welcomed to view the VCD.
4. The second "Clubhouse Education Sharing" was held on 29th May 2006. The goals of this sharing are sharing current conditions of schooling, celebrating with members who have just started or finished their studies, and discussing the recent education programs in the community. We all welcome this opportunity of sharing and have decided to implement this in the Employment Lunch held every second Saturday morning of odd-numbered months. Please give us your support.
5. We received 15 applications for Supported Education Funding Scheme. 4 members had already finished the studies and got the fund. Other participants please make good use of this opportunity and finish their studies before the end of November this year. We still have a few places left in this program. Those who are interested please contact the Clerical Unit as soon as possible.



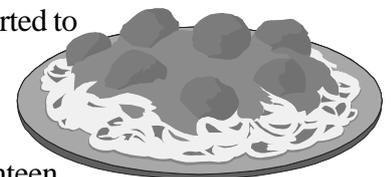
Environmental Protection and Tuck Shop Unit

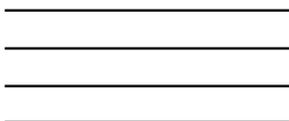
1. Members of this unit are busy organizing the 8th Anniversary Celebration of the clubhouse. We will also celebrate our recent certification and appreciate our volunteers at the same time. Those interested in participating in the talent show please contact us as soon as possible. Those who join our party will be given mobile phone chains as souvenirs.



Food Services Unit

1. According to a survey, rice with curried beef brisket or beef tongue is the favourite dish in the menu provided by the Food Services Unit. Due to the shortage of these 2 kinds of beef at the supplier's, our members voted rice with lemon grass pork chop and egg fried rice as their favourites instead. The Food Services Unit has started to provide these two dishes to our members since the beginning of this month.
2. Sweden Company had already repaired the stoves.
3. Our canteen now has a batch of colourful table cloths.
4. We had already started to collect healthy menus. They are available in the canteen. Please feel free to read them.





Printed Matter

Latest News

1. The clubhouse has been successful in obtaining a 3-year certification issued by ICCD.
2. 8th Anniversary/Another 3-years certification/Appreciation Day for Voluntary Workers will be held on 15 July.
3. Those members who want to join the Healthy Life Style Day Camp can register now. Each member can bring one relative or friend to the camp. Quota is limited. Please register and pay fees as soon as possible.
4. A Chang Jie class will be held every Wednesday of July. There will be 4 classes. Those who are interested please apply as soon as possible.
5. Our clubhouse is conducting a survey on members' opinions of the leisure activities. Those members who have already filled out survey forms can return them by fax or in person.
6. The Supported Education Funding Scheme has only very few vacancies. Those who are interested, please contact Anita or the Clerical Unit as soon as possible.

Special thanks to Miss Stella Poon for proofreading the newsletter.

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