



卓越之訊

PHOENIX NEWSLETTER

www.phoenixclubhouse.org

ISSUE 66
MAY 2009

Easter Barbecue, 2009



This past Easter was a happy day, for on this sunny 11th April, 2009, Phoenix Clubhouse held an Easter barbecue picnic. The weather on that day was very suitable for barbecue. At 9:30 a.m. my sister and I met the others at Station 37A in Aberdeen. Three members of the Clubhouse went to the barbecue area of Aberdeen Park in advance and got three barbecue fireplaces. Others of us went to buy delicious food and some equipment. Then excitedly we went to the “Happy Barbecue Garden”. Very quickly my elder sister got the fire started, which was no easy task! After the others got their fires started, we chatted happily and enjoyed the barbecue. We had a happy time together. I hope that at the same time next year, we can have the same kind of activity on a holiday. I hope that members of the Clubhouse can bring along their family members, just as I did, and have a fun holiday.



Wing



Reports of the Various Units of the Clubhouse

Administration Unit

Administration:

1. “Four-Day Clubhouse Exchange Program” was held from 21st April to 24th April. We welcomed staff members Luo Yuehong and Ou Yonghong from Changsha Heart Wing Clubhouse.
2. Phoenix Clubhouse is proposing a “One Person One US Dollar” donation campaign, in order to support the ICCD to establish clubhouses all around the world, thus to help people with mental illness. Members donate money only if they feel they want to do so. Persons collecting the fund: Wing, Janet & Administration Unit.
3. All staff and members please pay attention to the following: If a member’s working condition has changed, please make sure he/she does tell the Administration Unit.

Research:

1. We are making an effort to collect the survey conducted by the ICCD, for the clubhouse’s registration.

Transitional Employment:

1. Michelle has successfully completed her job. Tin Chi has started to work as a Marketing Assistant at Baker & McKenzie.
2. Hei has started to work as a Scanning and Filing Clerk in Baker & McKenzie.
3. Meidy has started to work as a Database Operator in Baker & McKenzie.
4. Keung has successfully completed his job. Wendy has started to work as a Document Control Clerk.

Clerical Unit

1. Putonghua class was suspended from 27th April to 19th May. The class will be resumed on 21st May. It is held every Tuesday and Thursday, from 11:30am to 12:30pm
2. “Making personal videos” led by a professional photographer was held on 18th April (Sat) and 25th April (Sat). Mr. Sitt, a volunteer, took videos of the self-introduction or singing of many members. Members learnt a lot from this activity.
3. We welcomed a new member-Tony, to join the Clerical unit.



Education:

1. The computer class teaching Chinese input method was held on 26th March. Eight members joined it.
2. The next computer class will be held on 18th June. Interested members are welcomed to suggest the content of the class.
3. The Occupational English Learning Program proposed by the government, has provided a learning platform for self-taught English on the web for the public. Interested members can view the following

Environmental Protection and Tuck Shop Unit:

1. Lily, Phalaenopsis & Walking Iris are blossoming in the balcony. Beautiful pictures of these flowers were taken. Members are welcomed to see those pictures during their leisure time
2. Please remind all staff and members to put on masks and wash hands frequently if they have a cold.
3. A Blood Pressure Measurement Table was put inside the Health Information file.
4. “Wash your hand” reminders were put above the sink.

Food Services Unit

1. We welcome Cheung who joined the Food Services Unit
2. We thank Lung for contributing a cook book to the Food Services Unit.
3. We congratulate Lung and King on becoming the first runner-up in the competition of healthy cooking.
4. We thank teacher Chen Kwong for teaching Putonghua in the Food Services Unit and for making a CD, which members are welcomed to borrow for listening.
5. Attention members: when using the water machine, please take care not to spill water on the floor.
6. Tea on Clubhouse’s balcony on 23/4(Thu): the menu is fresh orange juice, vegetables bacon salad.



Activities Preview

May 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
					Labour Day	The Buddha's Birthday
3	4	5	6	7	8	9
			Ba Duan Jin (5:15-6:20) Eva, Henry, Kwok Ping	Standards Meeting (2:30-3:00) Weekly Meeting (4:15-5:00)	Ba Duan Jin (5:15-6:20) Eva, Henry, Kwok Ping	Employment Lunch: Communication at work & Birthday Party Eva, Enzo, Neil
10	11	12	13	14	15	16
			Ba Duan Jin (5:15-6:20) Eva, Enzo, Wing	Standards Meeting (2:30-3:00) Monthly Meeting (3:30-5:00)	Ba Duan Jin (5:15-6:20) Eva, Enzo Janet	Education Lunch Topic: sharing course information at HKCT Eva, Henry, Janet
17	18	19	20	21	22	23
			Ba Duan Jin (5:15-7:00) Eva, Henry, Lung	Standards Meeting (2:30-3:00) Weekly Meeting (4:15-5:00)		Hiking Marge, Wendy, May
24/31	25	26	27	28	29	30
		Wrapping Rice Dumplings(2:30-5:00) Food Services Unit	Tasting Rice Dumplings (12:30-1:30) Ba Duan Jin (5:15-7:00) Eva, Enzo, Kwok Ping	Tuen Ng Festival		Jardine Mindset sponsoring: BBQ Gathering Tung, Yuen, Lam, Janet

Jun 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
				Standards Meeting (2:30-3:00) Weekly Meeting (4:15-5:00) Table Tennis (5:15-7:00) Henry, Hung		Cooking demonstration by the second runner-up of the Competition of Healthy Chef Amanda, Yuen, Bo King, Lung
7	8	9	10	11	12	13
		Dining Out (5:15-7:00) Enzo, Chi Wai		Standards Meeting (2:30-3:00) Monthly Meeting (3:30-5:00)		Jardine Mindset sponsoring: Wu Kai Sha Gathering Brian, Henry, Milan, Tin Chi
14	15	16	17	18	19	20
			Yoga Class (5:15-7:00) Henry, Rowena	Standards Meeting (2:30-3:00) Weekly Meeting (4:15-5:00)		Healthy Walking, Tea, Birthday Party Marge, Wendy, Lung, Pamela
21	22	23	24	25	26	27
		Clubhouse Certification Standards Meeting(2:30-3:00) Monthly Meeting(3:30-5:00) Cooking demonstration by winner of the Competition of Healthy Chef (5:15-7:00) Enzo, Grace, Po-king	Clubhouse Certification	Clubhouse Certification	Clubhouse Certification Preliminary Findings Meeting (2:30-5:00)	Education Lunch: Stress Management Amanda, Enzo, Meidy
28	29	30				

Printed matter

The Latest News

1. The Health Qi Gong – Ba Duan Jin Class will be held from 5:15pm to 6:20pm on 6, 8, 13, and 15 May and from 5:15-7:00pm on 20 and 27 May in the Clubhouse. All six lessons will be taught by Eva. This class is good for physical health; members are encouraged to participate. Note: members, please put on sportswear. Please contact Eva, Wing, Enzo, Lung, Kwok-Ping, and Henry.
2. The Clubhouse has been invited by Jardine Mindset to participate the BBQ at Siu Lam and Day Camp at Wu Kai Sha on 30 May and 13 June. The activities are free of charge. There are limits on the numbers of participants. Interested members please get registered at the Clubhouse as soon as possible. Don't miss these opportunities!
3. The Food Services Unit is looking for a teacher experienced in wrapping rice dumplings to come to teach the technique of wrapping rice dumplings at 2:00 p.m. on 26th May. Staff, members and their family members are welcomed to volunteer.
4. The dates of the certification of the Clubhouse are from 23rd to 26th June. Members are welcomed to come to the Clubhouse in May and June to participate in the preparation work of the Clubhouse. They can contact the Units that they belong to.



Special thanks to Miss Stella Poon for proofreading the newsletter.

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Opening Hours:

Work-ordered Day
Monday - Friday : 8:30am - 5:15pm
Saturday : 9:00am - 1:00pm
Social Activities
Tuesday or Thursday: 5:15pm - 7:00pm
and some public holidays