

# 卓越之訊



## PHOENIX NEWSLETTER

www.phoenixclubhouse.org

# Clubhouse Certification

23 June 2009 to 26 June 2009 were 4 exciting days for Phoenix Clubhouse. All clubhouse members and staff had spent much time preparing for this four-day Clubhouse Certification. It was my first time to participate in such an event.

Ms. Erica Horn and Mr. Andrew Strachan came on behalf of the ICCD. They attended all meetings, including the daily work of the Units, Transitional Employment Visits (Baker & McKenzie and Jardine Schindler) and they met with Administrative Staff and Friends of PC. Many members assumed the role of interpreter and the visit was successful. It was nerve wrecking but fun! The verbal report took about two and a half hours. The ICCD representatives talked about the strengths and weaknesses of Phoenix Clubhouse. They were fair and kind and were helpful towards our Clubhouse, giving us a tangible goal to strive for.

The meeting ended at five o'clock. All members and staff took a photo with the ICCD representatives. It was indeed an uplifting meeting.



Hsiung



## Jardine Mindset BBQ

It was a sunny and nice day on May 30. We went to the Siu Lam BBQ area and enjoyed a BBQ with the staff of Mindset. It was a bright day. The beach was golden yellow, the sky was blue and the sea was lovely green; all of which helped to elate a person's spirits. We played guessing cards and Bingo and everybody was excited. We came to the seashore and saw a group of people sunbathing. Their nicely tanned skin looked so healthy that I couldn't help but admire them. In the barbecue garden we enjoyed different kinds of nice food, juice and tea while we participated in various healthy activities. On our way back we sang on the bus. Lam knew how to create a good atmosphere; he sang Chinese and English songs, and everybody loved it. We got to sing a lot of songs. This was a happy trip, and it gave me many good memories. Here I thank Mindset who organized this event. I hope that in the future, I can also participate in this kind of activities.

Lam



## Jardine Mindset Wu Kai Sha Activities

Jardine Mindset organized an outing on Saturday, June 30. That day the Clubhouse opened at 8:15am for us to meet up and we went by coach to Wu Kai Sha where the activities took place. The staff members of Jardine Mindset arranged for the twenty-two of us, Phoenix Clubhouse members, to enter the hall.

There were 200 people from Jardine Mindset and other clubhouses. The twenty of us projected different images onto a big colour screen; it was spectacular. After that there were four to five group activities. We all enjoyed them very much. The Volunteers mingled well with us.

We had lunch shortly after 12:00 noon. Afterwards everybody went to the lawn to play group games. Over twenty of us participated in it.

Last of all there was a simple fun game of passing water from person to person, using only our hands and eventually dropping the water into a bucket. Our group won the game and we each got a prize. The weather was hot but everyone participated whole-heartedly in the games.

At the end of the activities all participants received a gift as an encouragement.



Kam-Fai

## Member's Sharing

### Member's Sharing on Phoenix Clubhouse's 10 th Anniversary

Time really flies; Phoenix Clubhouse has already been established for ten years!

The 10th anniversary book “Image & Vision” tells people the major events in Phoenix Clubhouse with pictures and illustrations. It is really worth reading again and again. Each member of Phoenix Clubhouse can own one. Here I wish that Phoenix Clubhouse can try her best to work hard as she strides into her 20th or even 30th year. It is really exciting to know that the clubhouse is moving to new premises in 2010. There will be more space for activities at the new site. I believe that when the new clubhouse is in use, all of us will be very happy. The Heart Wing Clubhouse in Changsha has a meaningful name. Heart wing denotes rehabilitated patients taking on wings that enable them to break loose from the limitations of mental illness. They will soar like eagles in the sky as they regain self esteem and confidence. How poetic!

Sha

### Master Chef Competition Member's Sharing

Hi! Dear All, This is Rowena! The Clubhouse organized a successful "Master Chef Competition" and for the second time, I entered the contest. I partnered with Marge the first time but our “multi-colour chicken breast” dish did not win. This time, I adopted a recipe from some friends in the Catholic Church and entered with my “steamed garlic pompano” and I was happy to be the second runner-up.

Why did I choose "pompano"? I felt that people are not familiar with this species of fish but it can actually be delicious, so I made up my mind to be brave. Many judges in the contest commented on how delicious this fish was. All contestants did their best to create healthy dishes. I hope more members will participate in these competitions in the future.



Steamed egg with chinese mushroom and dried scallop



Steamed garlic pompano

Rowena

## Reports of the Various Units

### Administration Unit

1. In May the Clubhouse organized a “1 U.S. dollar per person” fundraising campaign in support of the ICCD’s founding Clubhouses all over the world to help rehabilitated mental patients. Staff, members and Friends of Phoenix Clubhouse donated HK\$1570 (U.S.\$203), which has been sent to the ICCD.
2. The 15th International Clubhouse Conference will take place in Florida, U.S.A. from 24 October to 29 October. The Committee concerned is currently consulting with members who are interested in participating in the conference.

### Transitional Employment

1. On 2nd April, Kong-Sang started working at Jardine Schindler. His position is training and administrative assistant.
2. Ching started working at Jardin Schindler on 20 May. Her position is that of an administration clerk.
3. On 25 May, Anny started working as an office assistant at the Polytechnic University of Hong Kong.

### Clerical Unit

1. The transformer of the grey laptop computer is not working properly and needs to be sent to the factory for repair.
2. We welcome new members Calvin, Chung and Wah to the Clerical Unit. We hope that they will enjoy life here.
3. We welcome new staff member, Rebecca Lee to the Clerical Unit. We hope that she will enjoy her work.
4. On 2 July, Brian will replace Amanda in the Environmental Protection and Tuck Shop Unit. We hope that all his work will go well.

### Education

1. Clubhouse will start the three-day computer course on the basic application of Microsoft Word. Time: 4:15-5:00p.m.. Please apply for the course if you are interested. Please contact the Clerical Unit if you have any questions.

### Environmental and Tuck shop Unit

1. Cactus is flowering on the balcony, and photos were taken for the members to view.
2. New products out, Raisin Cookies HK\$1.50; Blueberry crisp HK\$2.00; Members are welcomed to try them.
3. Our Unit has purchased a number of new varieties of flowers for the Clubhouse Certification.
4. Basil seeds are obtained from the plants and will be sown in spring or autumn.
5. Thank you Amanda for serving the Clubhouse these past many years. We hope that her new job will go well and that her baby is healthy.

### Food Service Unit

1. Freezer and dishwasher in the kitchen are damaged. We are waiting for quotations from the Electrical and Mechanical Services Department for repair.
2. We are going to buy new aprons. We welcome suggestions on this project.

# Activities Preview

July 2009

Sun	Mon	Tues	Wed	Thur	Fri	Sat
			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
			The Day following the HKSAR Establishment day	Standards Meeting (2:30-3:00) Weekly Meeting (4:15-5:00) Computer Class (5:15-7:00) Henry, Cindy		Employment Lunch: Appropriate Attitude in work place Brian, Enzo, Tong
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
		Table Tennis (5:15-7:00) Enzo, Lam		Standards Meeting (2:30-3:00) Weekly Meeting (4:15-5:00)		Ba Duan Jin (Chinese conditioning exercise), Karaoke, Birthday Party Eva, Eric, Lung
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
				Standards Meeting (2:30-3:00) Monthly Meeting (3:30-5:00) Karaoke, Hula Hoops, Fitness Equipment (5:15-7:00) Henry, Lin		Visit to the Dr. Sun Yet Sen Museum Wendy, Marge, Kong-Sang
	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
		Healthy Cooking (5:15-7:00) Enzo, Neil		Standards Meeting (2:30-3:00) Weekly Meeting (4:15-5:00)		Educational Lunch: A good way to improve one's memory Rebecca, Henry, Lam
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
				Standards meeting (2:30-3:00) Monthly Meeting (4:15-5:00) Badminton (5:15-7:00) Henry, Lam		

## August 2009

Sun	Mon	Tues	Wed	Thur	Fri	Sat
						<b>1</b>
						Audio-Visual Entertainment, Fitness Equipment Brian, Wendy, Lin, Janet
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
			Eastern Asian Game Exercise Demonstration Class (4:45-6:00) Eva, Henry, Lung Karaoke, Fitness Equipment (6:00-7:00) Henry, Lung	Standards Meeting (2:30-3:00) Weekly Meeting (4:15-5:00)		Employment Lunch: Sharing working Experiences Rebecca, Enzo, Neil
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
				Standards Meeting (2:30-3:00) Monthly Meeting (3:30-5:00) Dining Out (5:15-7:00) Henry, Wai		Karaoke, Audio-Visual Entertainment Birthday Party Marge, Yuen, Lam
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
		Meeting HKU Medical Students (5:15-7:00) Eva, Enzo, Mimi, Eric, Lam, Grace, Wing, Ho		Standards Meeting (2:30-3:00) Weekly Meeting (4:15-5:00)		Playing Musical Instruments Contest, Fitness Equipment Eva, Henry, Janet
<b>23/30</b>	<b>24/31</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
			Professional Yoga Class (5:15-7:00) June, Henry, Man-Ling	Standards Meeting (2:30-3:00) Weekly Meeting (4:15-5:00)		Healthy Cooking Brian, Yuen, Kwan

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Printed Matter
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Latest News:

1. **Our new staff** (Rebecca Lee) joined the Clerical Unit while Brian will join the Environmental Protection and Tuck Shop Unit. He is replacing Amanda's job. We wish them all the best.
2. Phoenix Clubhouse members have been actively participating in the series of health-advocating activities in the past two years. We are inviting members to share their experiences in the 6/8/2009 weekly meeting. **Please join us!**
3. **Congratulations** to the clubhouse for completing the Clubhouse Certification. We wish the clubhouse success on this issue and we would like to thank members who supported and assisted in this event.
4. **Thank you, Erica and Andrew** on behalf of ICCD for visiting the Phoenix Clubhouse for the clubhouse certification and for offering valuable advice.
5. **Employer Reception** is scheduled for 19/11 (Thu) in the clubhouse. Members please return to the clubhouse to assist in the preparation.
6. **The Eastern Asian Games Demonstration class** will be held on Aug 5. Time:4:45-6:00pm. Ms. Yu coaches this class. This exercise not only helps physical and mental vitality, it is also easy to learn. Please join this activity.
7. **A four-day clubhouse exchange** is scheduled on September 22-25. Two to three Staff members from Heart Wing clubhouse in Changsha will visit Phoenix Clubhouse. Members please return to the clubhouse and share their various experiences.
8. **Meeting The University of Hong Kong medical students** has been scheduled for the evening of August 17 and will be held at the Faculty of Medicine Phoenix Clubhouse members are encouraged to register for the event: Program details are as follows: play clubhouse VCD; quizzes; Dr. Wong, Dr. Chui and members-sharing, and delicious dinner boxes. Closing date for entries is July 31. Contact persons: Eva, Enzo, Grace, and Wing.
9. An outreach program in collaboration with the HK Park, "**Cantonese cuisine with plants**" is scheduled on September 18 at 10 am. Please support this event!

**Special thanks to Miss Stella Poon for proofreading the newsletter.**

**Phoenix Clubhouse Address:**

4/F David Trench Rehabilitation Centre,  
9B Bonham Road, Hong Kong  
Telephone : (852) 25178127  
Fax : (852) 25178169  
Web page : [www.phoenixclubhouse.org](http://www.phoenixclubhouse.org)  
Email address : [pc@phoenixclubhouse.org](mailto:pc@phoenixclubhouse.org)

**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

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