



G a z e t t e

LET'S PARTY!



THE Gazette

is a monthly publication of



We are a community of peer support for adults with a mental health diagnosis.

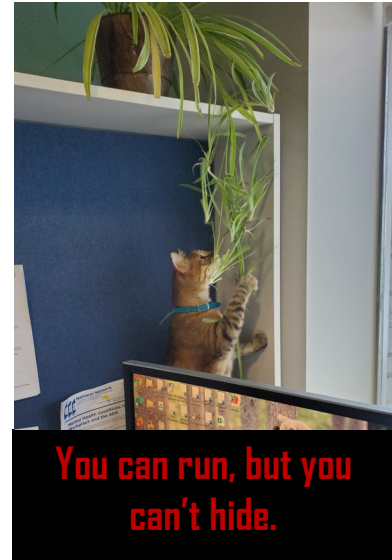
Located At
925 S. Yale Ave.
Tulsa, OK 74112

Contact Us
Phone: (918) 749-2141

Hours of Operation
Monday—Friday:
9 a.m. - 5 p.m.
Tuesday:
9 a.m. - 7 p.m.

clubhousetulsa.org

August 2024
Gazette
Contributors:
Donita, Emmy, Joan,
Karin, Laurie A.,
Michelle, Rikki, Rose



AUGUST BIRTHDAYS

Maria T. (Aug. 4) John C. (Aug. 12)
Becky C. (Aug. 4) Julie S. (Aug. 30)

COVER PHOTO: Clubhouse friends party for the Fourth of July.

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OBSERVANCES

Karins' Korner: Welcome to August

August is...

- National Sandwich Month
- National Breastfeeding Month

Awareness Days of August

- National Black Business Month: August 1st
- World Lung Cancer Day: August 1st
- World Elephant Day: August 12th
- National Nonprofit Day: August 17th
- World Mosquito Day: August 20th
- Women's Equality Day: August 26th
- National Dog Day: August 26th
- National Grief Awareness Day: August 30th

Fun Facts of August:

- August is popularly known as the harvest month.
- The Earl of Sandwich invented the sandwich in 1762 - August is now named National Sandwich Month.
- August is named after Augustus Caesar, the grandnephew of Julius Caesar (Julius Caesar named July after himself !)
- Many countries in Europe see August as a holiday period.
- August is referred to as the dog days of summer.
- August is considered the last month of summer.
- August 26 is the 238th day of the year in the Gregorian calendar; 127 days remain until the end of the year.

National Women's Equality Day By Laurie A.

Each year on August 26th, we celebrate Women's Equality Day to commemorate the adoption of the 19th Amendment to the United States Constitution in 1920, which prohibits states from depriving citizens of the United States of the right to vote based on gender.

Women's Equality Day annual event in the United States is observed on August 26th since its inception in 1971, marking American women's advancements towards equality with men.

The theme for Women's Day 2024 is Inspire Inclusion. It highlights the importance of diversity and fostering inclusion for all genders, especially those from marginalized communities. It's a call to action to break down barriers and celebrate the power of a truly inclusive world.

COLLEAGUE NEWS

New Member: Antwon By Donita

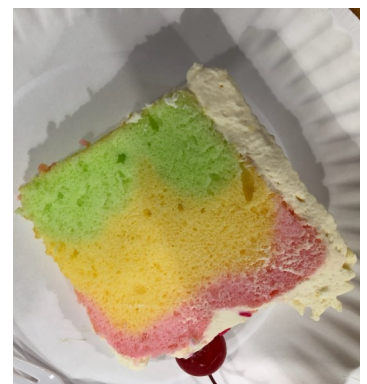
Antwon was born here in Tulsa. He grew up in Vinita, Oklahoma and graduated from Vinita High School. He went to Rogers State University and got a degree in Liberal Arts. He is a Veteran.



He seems to think that the Clubhouse is a good environment. He knows Laurence, another Clubhouse member, and they are good friends. He got a letter from his therapist about joining the Clubhouse. He thinks that the Clubhouse has a lot of friendly people.

He wants to work on the *Gazette* and the *Tapestry*. He is also interested in data entry. He liked organizing files and folders when he worked at RSU student records. In his free time he likes writing and drawing. He likes to read and is part of an indigenous book club. He has created a webtoon series. The first book he wrote is called *Mental Mosaic* and is on Amazon. Like Donita, he loves to exercise.

Joan's Birthday Cake (Photo by Karin)



SOCIALS

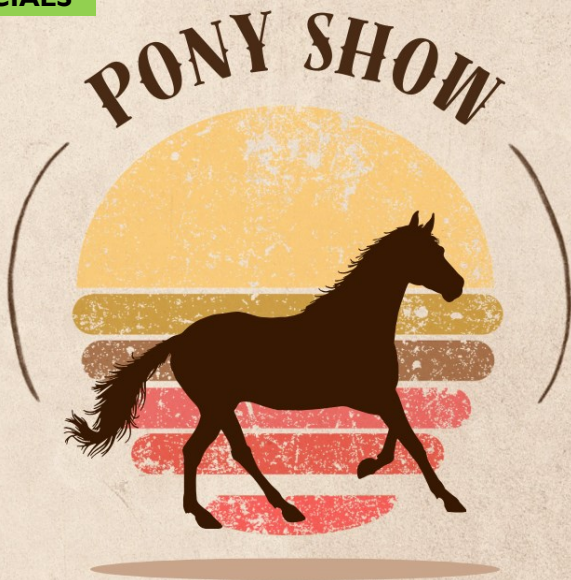
Fourth of July Party

Photos by Rose and Joan



Clockwise from left: Donita, John, Emmy, Andrea, and Liam enjoy a great meal; the dessert spread; Maria in her festive attire; Marque and Donita; Maria's American flag cake; Eileen, Nathaniel, Liam, and Rikki

SOCIALS



BY EMMY



Photo by Daniel Johnson, horseillustrated.com

On July 12, we went to the Pony of the Americas Club Conference at Expo Square in Tulsa. Those in attendance were Joan, Karin, Robyn, Nathaniel, Andrew, Maria, Michelle, Andrea, Liam, Gigi, Chance, and Emmy. We were in air conditioned splendor.

The age categories of the riders were 6-8 years old, 9-12 years old, 13-15 years old, and 16-18 years old. Both girls and boys participated. We watched the barrel racing, which was very exciting. The Pony of the Americas is a crossbreed between Arabian horses and Welsh ponies. The ponies were very beautiful. A lot of them had glitter on their backs. Many of the families stay with their ponies while they are there for two weeks. Two girls were out in the lobby surrounded by their winning ribbons on the floor. They had glitter on their faces. How cute. Joan used to ride horses and really helped us understand things. It was really a great experience.



Photo by Michelle



Photo by Karin

“The Pony of the Americas Club, Inc., was founded in 1954 by a Mason City, Iowa, attorney by the name of Les Boomhower. He saw a need for a “using type” pony for youth. His vision was to create a child’s size mount that was calm, intelligent, versatile, and sturdy enough to last all day. Les thought the Appaloosa type color would make them really stand out, and thus the POA breed was born.”

(From Pony of the Americas Club: poac.org)

CULINARY

Michelle's Fresh Tomato Cream Soup

(Adapted from Williams-Sonoma Kitchen Library Soups, 1993)

Serves 16-20 people

At the height of summertime, this recipe calls for bright red, juicy homegrown tomatoes. Thanks to a generous donation this month, we were able to serve this hearty lunch along with grilled cheese sandwiches. Our director, Rose, broke a decade's long aversion to tomato soup-- and even came back for seconds!

You will need a pot of boiling water and an ice bath for blanching the tomatoes' (this makes them easy to peel.) You also need a blender or food processor for pureeing the hot soup, prior to adding the cream.

Ingredients:

½ cup unsalted butter

1 large red onion, finely chopped

8 pounds ripe tomatoes, peeled and roughly chopped

8 cup chicken stock

1 tsp dried thyme

2 cups cream

Salt and pepper to taste

Fresh basil for garnish (optional)

3 cups breadcrumbs

Directons:

In a large pot, sauté the onion in the butter for 2-3 minutes. Add chopped tomatoes, stock, thyme. Bring to boil, reduce heat, and simmer for 30 minutes.

Stir in breadcrumbs. Then, working in small batches, puree the hot mixture in a blender or food processor, being careful to avoid splatters. Return to pan, stir and add cream, and warm thoroughly over low heat.

Season with salt and pepper. NOTE: if any bitterness is detected, the addition of a small amount of baking soda will neutralize the acid.



Thank you to our friend, Jan Dean, for donating delicious fresh tomatoes and cucumbers!

Clubhouse Tulsa is turning 30 this year!

Come celebrate with us!

Enjoy:

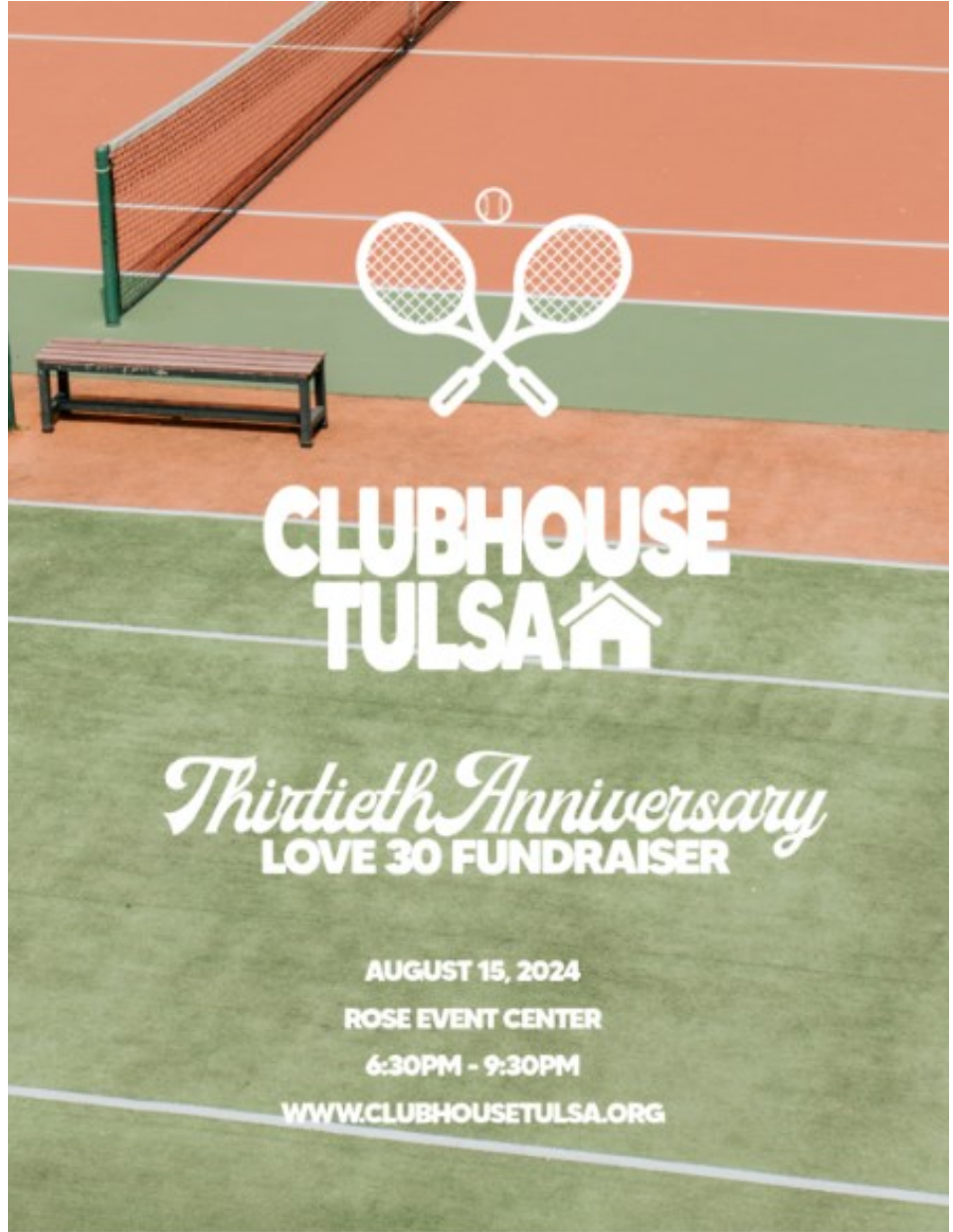
- Food Drinks
- Photo booth Live music
- Silent auction
- And more....

Location:

Rose Event Center
808 S Main St, Broken Arrow, OK 74012

Get Tickets:

\$100 per person
Purchase by visiting www.clubhousetulsa.org
or
Using the QR code below

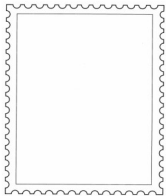


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