

9th Anniversary Celebration cum Volunteer Appreciation Day

June 2, 2007 is a big day for Phoenix Clubhouse! It was our 9th Anniversary Celebration cum Volunteer Appreciation Day. As in previous years, the clubhouse has prepared a lot of interesting activities to mark the occasion.

All members came back to the clubhouse the day before the celebration to prepare for the event. They helped to decorate the clubhouse and set up sound systems. The first activity of the celebration was karaoke singing. Kwok Keung surprised us with a brilliant performance of a classical canto pop song. We all gave him a round of applause.

After karaoke, the 9th Anniversary Celebration began. Our masters of ceremony Teresa and Grace recounted major events and activities in the past year, such as the Clubhouse Orientation Program and yoga classes, etc. Then members shared their experiences. Janet told us how she had benefited from the clubhouse and how she was able to re-integrate into the societal work force.

Next came the volunteer appreciation part where all volunteers to the clubhouse were given certificates in recognition of their kind help. Dr. Michael Wong then entertained us with a beautiful rendition of some canto-pop songs while Mimi and I danced around him to provide an ever-so-pleasant backdrop. Spirits were high! There was, naturally, the Phoenix Song written for us by Professor Ng Man Lun. We all love singing the song very much.

A scrumptious buffet lunch followed the ceremony. On top of the usual dishes, we even had homemade sushi this time!

Kudos to the cooks!

Time flies when one is having a great time! Soon the activities came to an end. We hope we can report on more achievements and have an even better time together when we celebrate our 10th anniversary next year!



Sign Language Class

Have you ever met anyone who cannot speak clearly? Yes, I do! At first I join the sign language class because I am curious about it. But I feel it was useful after joining the class.

Besides I feel the class interesting, I realized the appearance of teaching. If there is a chance, I will spend more time to have deeper understanding on sign language to prepare for future usage.

That's the big advantages of going back to clubhouse. We can spend our leisure time on learning things. It is useful when we are in use. Share with you next time!



Eli

Outdoor Photo-Taking Class

In a raining afternoon, six of us following Anita to go to Hong Kong Park for photo taking class.

Although the weather is not good, it did not affect our mood. We have Teresa and Shiu King as our model. They followed Anita and did a few poses. Although both of them are not real models, they are quite professional. They cooperate well with patience. Besides taking human photos, we also took photos of tortoises, waterfall and pool.

We hope to have another photo-taking class or other classes to teach uploading photos or editing photos so as to advance our technique.



Happy

Updated news

1. In July every Saturday morning the clubhouse will hold 'English Grammar Class' taught by Shirley, assisted by Wilson. Please sign up as soon as possible.
2. The clubhouse will hold Putonghua Month in July, broadcasting Putonghua cassette recorder everyday afternoon. All interested members are welcome to join.
3. Employers' Reception Day will be held on 15th November 2007 (Thursday) in the evening.
4. Four of the clubhouses in Hong Kong will hold a 'Fall Barbecue Picnic' on 27th October 2007 (Saturday). The details will be announced later.
5. The clubhouse is distributing 9th Anniversary memorial pen. All members please go to the Environmental and Tuckshop Unit for the pen.

Sharing session from Janet

Through the transitional employment from the clubhouse, I successfully got a nine-month contract from Morgan Stanley as an Office Assistant. During that time, I thank Eva and Marge for instruction and reminder, to lend me a helping hand when I was in need. All colleagues are nice to me. Sometimes when I was too busy, my boss are so nice that he allowed me to take rest and finish the task tomorrow. I work there without much worries. The 9 month contract enables me to gain precious working experiences and enhance my confidence.



In the meantime, I have joined transitional employment again and work in Paul Hasting Company. My main job is to fill up printing papers, stationaries and distributing documents. Amanda and Wing had taught me some skills before I started working. Now I can work smoothly and have a good relationship with all colleagues and boss.

My family members and friends are happy that I successfully get a job. They also encouraged me to perform well. I am sure I can do the job well!

Janet

Success needs hard work



Two years ago when I was out of the hospital, I solve my housing problem with the help of doctors and social workers. I successfully apply public estate in September 2005. Since then it is already two years, I thanked all of those who had helped me. In October 2005, I became a clerk in The University of Hong Kong with the help of Phoenix Clubhouse. Although the job only lasts for half a year, I feel happy and satisfy. Through this job, I make a few friends and they are very nice to me.

They are friendly in solving my problem. This help me to gain confidence in doing work.

After the contract is reached, I quickly get another full time job in a hospital. Through a few times of interview and body check, I was successfully employed with a \$8000 salary. Thought the job is busy and rough, I was very happy. However, I was unemployed after two months when the colleagues came back.

Afterwards, I found another job in a restaurant performing delivery service in the afternoon. It is already 9 months. Though it is tiring and busy everyday, I was happy about the job.

There is a saying that always keeps in my mind, which is 'Though suffering from illness, we have to overcome the difficulties and be brave. Show our talents to contribute to society, try our best in work. Put aside worries and stay happy.' Hope that all members work happily and stay healthy!

Administrative Unit

1. In October there will be the 14th International Clubhouse Seminar held in U.S. attended by Eva and Wilson. Eva and Wilson have already applied for Visa.
2. International Clubhouse Development Center organized a charity activity; the clubhouse has raised US\$104. Thanks to all who have donated.
3. The 4th Asia Pacific Occupational Therapy Congress will be held at the end of June, Eva, Anita and Amanda will speak for the clubhouse.
4. 2007 World Mental Health Congress will be held on 19-23 August. Eva and Teresa will speak for the clubhouse. There will be participants visiting the clubhouse on 22/8 afternoon.
5. The discussion on translation of Chinese version of the Clubhouse Standards will be held on every Tuesday weekly meetings. We aim at improving the Chinese version of the Standards. All members please be prompt when participating. Other clubhouses are also welcome to join.

Employment

1. Kwok Keung is joining Hong Kong Economic Times as Clerk Assistant.

Clerical unit

1. Wing will withdraw on 25th June. We thank for his hard work in the past few years. Wish him a bright future and a happy life.
2. Queen Mary Hospital Occupational Therapy Department has donated the clubhouse a projector for Standard meeting use.
3. The Clerical Unit's new computer arrived.
4. There are two volunteers Ms. So and Gigi helping out in Clerical Unit from June to August.

Education

1. The combination of 'Education and Employment Lunch' has been cancelled. It will be replaced by 'Education Lunch' once a two month on Saturday morning. 'Employment Lunch' will be held once a month.
2. 'English Grammar Class' will be held on every Saturday morning in July. It will be taught by Shirley and assisted by Wilson.
3. Starting from 1st June 2007, there will be English Listening Exercise everyday 11:30am-12:00noon at Leisure Room. All interested members are welcome to join.
4. English Day will be held on 26th June. All members and staffs are required to use English to communicate. To assist this event, members can ask Clerical Unit for translation.
5. There are two members newly joined Supported Education Subsidy Scheme.
6. Starting from 3rd July, there will be Putonghua Listening Exercise held in Leisure Room at 11:30am- 12:00noon. Besides, there will be Putonghua Day on 31st July. All interested members are welcome to join.

Environmental Protection and Tuck shop Unit

1. The 9th Anniversary Celebration cum Volunteer Appreciation Day is held on 2nd June 2007.
2. In the beginning of May, the tuck shop has extended its opening hour from 8:45am to 11:15am, 12:00noon to 1:30pm, 2:15pm- 4:15pm.
3. Lily in the balcony has blossomed. We have cut them down for decoration.

Food Services Unit

1. Starting from June, the clubhouse will order Economic Times substituting Apple Daily. In July, we will order Sing Dao Daily, without changing the order of Ming Pao Daily. All members please give comments for the two newspapers before we subscribe.
2. The Food Service Unit has finish changing the menu. There will be two new dishes which are rice with eggplant minced meat and steam chicken with mushroom on rice. They will replace old dishes, which are preserved vegetables with meat on rice and soy chicken leg on rice.
3. The refrigerator has changed and in use.

Activities Preview

July 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 The day following the HKSAR establish Day	3 Standard Meeting (2:30-3:00) Weekly Meeting (4:15-5:00)	4	5 Basketball Gabriel, Ho (5:00-7:00)	6	7 English Grammar Class, Birthday Party Shirley, Gabriel, Wilson (10:00-12:00)
8	9	10 Standard Meeting (2:30-3:00) Monthly Meeting (3:30-5:00) Riding Machine, Karaoke Amanda, Ka (5:00-7:00)	11	12	13	14 Employment Lunch Session Appropriate attitude when working Anita, Wendy, Rowena (10:00-12:00) Saturday dishes: Singapore mifan Mui, Long
15	16	17 Standard Meeting (2:30-3:00) Weekly Meeting (4:15-5:00)	18	19 Dinner Gabriel, Cheung (5:00-7:00)	20	21 Sign Language Revision Class Bin (9:30-10:00) English Grammar Class: Shirley, Gabriel, Wilson (10:00-12:00)
22	23	24 Standard Meeting (2:30-3:00) Weekly Meeting (4:15-5:00)	25	26 Badminton Marge, little Helen (5:00-7:00)	27	28 English Grammar Class: Shirley, Anita, Wilson Professional Hair cutting Didi, Bin, Wendy (10:00-12:00)
29	30	31 Standard Meeting (2:30-3:00) Weekly Meeting (4:15-5:00)				

August 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Standard Meeting (2:30-3:00) Weekly Meeting (3:30-5:00)	1	2 Dinner Gabriel, Lam (5:00-7:00)	3	4 English Grammar Class Shirley, Amanda, Wilson (10:00-12:00)
5	6	7 Standard Meeting (2:30-3:00) Monthly Meeting (3:30-5:00)	8 Yoga Class June, Anita, Yuk Lan (5:00-7:00)	9	10	11 English Healthy Cooking Shirley, Wendy, Yuk Lan (10:00-12:00) Birthday Party Mui
12	13	14 Standard Meeting (2:30-3:00) Weekly Meeting (3:30-5:00)	15	16 Table Tennis Gabriel, Gang Sang (5:00-7:00)	17	18 Employment Lunch Session: How to search for job Eva, Marge, Grace (10:00-12:00) Saturday dishes: Roast pork mifan Sui King, Amanda
19	20	21 Standard Meeting (2:30-3:00) Weekly Meeting (3:30-5:00) English and Putonghua Class Mr. & Mrs. Daniel Brindle Wendy, Ocean (5:00-7:00)	22	23	24	25 Sign Language Revision Class Bin (9:30-10:00) Educational Lunch Session: Adult Education Eva, Wendy, Eli (10:00-12:00)
26	27	28 Standard Meeting (2:30-3:00) Weekly Meeting (3:30-5:00)	29	30 Computer Class Gabriel, Gang Sang (5:00-7:00)	31	



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Printed Matter

Phoenix Clubhouse Year Plan 2007-2008

2007	April- June	Weekly Putonghua/ English Day & Listening Practice Health Talk 9 th Anniversary Celebration cum Volunteer Appreciation Day Invitation of family members to clubhouse
	July- September	2007 World Mental Health Congress Booking of sports facilities Healthy Cooking Competition Education Program- Computer Class, English Class
	October- December	Central & Western District Health Festival Healthy Exercise Class/Day International Clubhouse Conference Joint Clubhouse Autumn Barbecue Picnic Employers' Reception
2008	January- March	Clubhouse Orientation Program Education Program- Putonghua Class Members' Appreciation Day

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