



# Gazette



**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  
Email: clubhouse@clubhousetulsa.org

**Hours of Operation**

Monday Thru Friday:  
9 a.m. - 5 p.m.  
Tuesday:  
9 a.m. - 7 p.m.

**July Contributors**  
Andrea B., Antwon, Bill F., Brian, Ellen, Emmy,  
Laurence, Laurie A., Liam, Robyn, Shae,  
Terrance, Tommy,

**Cover design by: Karin, Antwon, Rikki, Robyn**

**Happy Birthday!**

- Mike M. (July 6)
- Andrea M (July 11)
- Amy S (July 21)
- Joan (July 21)
- Jaden M (July 26)



**The Mighty Hunter**

**Staff**

**Rose Weller**  
*Executive Director*

**Rikki Brown**  
*Employment & Education*

**Maggie Munkholm**  
*Administration  
(Behavioral Health  
CM II)*

**Board of Directors**

PRESIDENT  
**Karla Kerby, Ph.D.**  
*Therapy Associates*

VICE PRESIDENT  
**Rita Carbuhn**  
*Tulsa Community College (Ret.)*

TREASURER  
**Paul Hardy**  
*Woodland Tax Services*

SECRETARY  
**Pat Fluegel**  
*Clubhouse Tulsa (Ret.)*

**DIRECTORS**

**John Homer**  
*12 & 12 (Ret.)*

**Bob Sullivan**  
*Professional Risk, an Alera  
Group Agency, LLC*

## CLUBHOUSE NEWS

# Farewell, Joan

In June, we said farewell to Joan. Joan worked for the Clubhouse for over 10 years. She managed the Garden of Hope at our former location on Yorktown, provided support to members while we were housed at our temporary location during the pandemic, and helped the Clubhouse make the transition into our new home. Joan, thank you for your contributions to the Clubhouse. We wish you all the best!

*You are a wonderful and valuable staff member. I appreciate you listening and talking to me about our environment, history, and all kinds of other issues. Most of all I appreciate your tremendous compassion and dedication to the things in which you believe. You live what you believe, and you walk the walk. It has been wonderful knowing you.*

- Bill Fater

*Thank you for the flower runs to Trader Joe's and for being a special staff member that always helped me. I will miss you.*

- Robyn

*I am going to miss you!*

- Emmy

*We are going to be missing you and your wealth of information and contacts; you are an asset and a great friend.*

- Andrea B.

*You have always been a close confidant and a close friend.*

- Laurence F.

*I remember my first time coming to Clubhouse Tulsa, I was scared, and you were the first person I met. You will always be a great part of my Clubhouse experience.*

- Shae

*We will miss all of your great stories!*

- Tommy

*Joan always helped me when I had mental health issues.*

- Terrence

*You never beat around the bush. I liked that!*

- Liam

*It's been wonderful knowing you all of these years, you've been a mentor of joy, thank you for sharing your life.*

- Laurie A

*Thanks for sharing your knowledge and experiences of musical endeavors and of all of the places that you've been.*

- Antwon



**Photo:** Joan and Brian harvesting beans at the Garden of Hope at our former location

## SPECIAL EVENT

# MEMBER ART SHOW

Photos by Laurie A. and Rikki

Our Member Art Show was held on Wednesday, June 25, to benefit the Clubhouse Fun Fund and it was a success. Six member artists showed and sold some very fine work, and all members pitched in to clean and prepare the building and the grounds before the show and after. It was an excellent team effort. Many thanks to all those who helped and participated.

-Bill F.

**Left photo:**

Bill, Emmy,  
and  
Annamarie  
greet guests.



**Right photo:**

Bill's artist  
table



WOW! What a great turnout we had for our first art show event! There were a lot of first-time visitors and some potential new members. Everyone seemed impressed with our talented group of artists and poets. All the artwork was admired, some of it sold, and there were a few commissions made.

This art show was a definite success and hopefully it will become an annual event. Thanks everyone!

-Laurie A.

We have such a great group of artists at the clubhouse. It was wonderful to see the variety of artists.

-Emmy



**Photo:**

Laurie  
A. at her  
artist  
table

SPECIAL EVENT (CONTINUED)



**First photo:**  
Andrea displays her art

**Second photo:** Brian and Ellen at Ellen's craft table.

**Third photo:** Liam with his drawings

**Fourth photo:** Laurence reads his poetry



I got a lot of compliments on my son Liam's artwork, and also on mine. I was able to hand out a lot of business cards and got commission.

-Andrea

It made me happy to be appreciated for my artwork

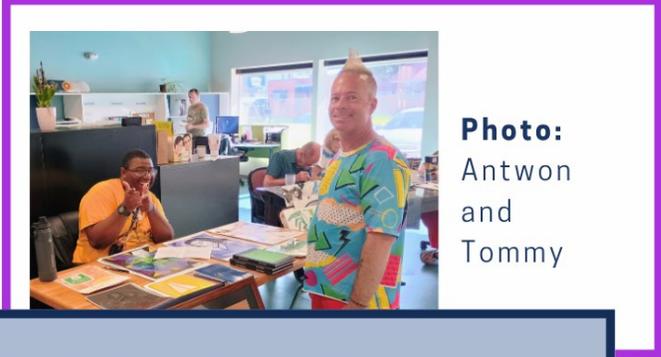
-Liam

It was groovy man! I'm all for the art show next year!

-Brian

It was a fantastic experience, I loved seeing everyone's artwork and listening to the poetry that was read.

-Ellen



**Photo:**  
Antwon and Tommy

**Thank you to those who contributed their artwork and/or poems:** Andrea, Amy, Antwon, Bill F., Brian, Ellen, Liam, Laurence, Laurie A., Laurie S.

**Thanks to those who helped set up:** Annamarie, Emmy, Karin, Rikki, Rose, Tommy

**And thank you to everyone who attended! We had a great time!**



SOCIALS

# OUR VISIT TO PHILBROOK

ARTICLE BY ANDREA. PHOTOS BY ANDREA AND RIKKI

A group from the Clubhouse attended the Philbrook Museum of Art's exhibit featuring Samurai armor from the collection of Ann and Gabriel Barbier-Mueller. The exhibit showcased nearly 80 objects including full suits, helmets, weaponry, and horse armor. It spanned nine centuries of Samurai history. Visitors were invited to try on weighted vests to see what it felt like to walk around in all that armor. The exhibit seemed to be quite popular. We enjoyed the exhibit, as well as the rest of the museum.



Tommy



Ellen, Rikki, Tom, and Tommy



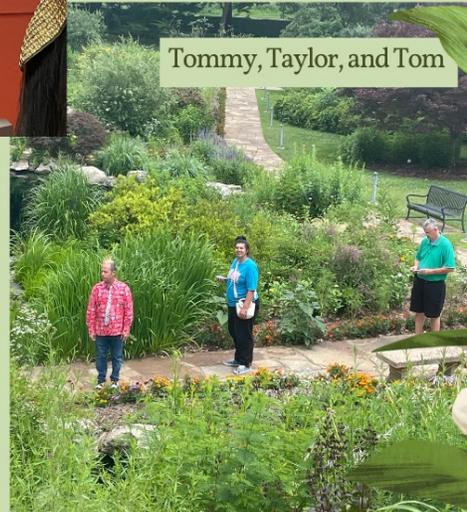
Samurai display



Taylor, Ellen, and Liam



Tom



Tommy, Taylor, and Tom

ADS !

# Donation Wishlist

## Everyday Supplies:

- Napkins
- Tissues
- Dawn dish soap
- Clorox wipes
- Takeout containers

## Food

- Non-perishable food items (ex: canned goods, dried foods, pasta, rice, cereal)
- Frozen and refrigerated meats— all kinds

## Personal care items:

- Shampoo and conditioner
- Men’s and women’s deodorant
- Bar soap
- Toothpaste
- Toothbrushes



## Coffee Chat

**Schedule a learning session at Clubhouse Tulsa!**

The Clubhouse invites local businesses and community members to tour our facility, meet our members, and learn how to make workplaces more disability-friendly. During the session you will:

Learn about mental health in the workplace

Get to know Clubhouse Tulsa and hear our members’ stories

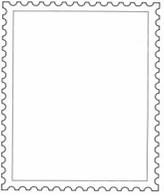
Explore partnership opportunities

Session Duration: 1 hour  
Group size: Up to 7 people

Available Session Times:  
Mon - Fri  
Mornings between 10 and 12  
Afternoons between 3 and 5

Contact us today!  
Phone: 918-813-5019  
Email: [rbrown@clubhousetulsa.org](mailto:rbrown@clubhousetulsa.org)  
Location  
925 S Yale Ave





925 S. Yale Ave.  
Tulsa, OK 74112

