

Blue Ridge Clubhouse Newsletter

AUGUST

2011

Inside this issue:

A Spiritual Connection with Animals 1

Job Search 2

Job Search Cont. 3
Poetry Submission

Interview with a Clubhouse Member 4

Social Calendar 5

Lunch Menu 6

A New Place, a New Beginning 7
A Mother's Love Birthdays

Members of the Month 8

A Spiritual Connection with Animals by Mamie A.

I've always had a special connection with animals. I feel what animals feel. When I was spending time with the family I will be moving in with, they had horses, cats, two dogs, and chickens. What I am about to tell you will be very interesting. There was a cow that wandered into the family's yard, and one of the daughters got on a horse and tried to scare it away so it would go back to its pasture. When she was away, two of the horses missed their friend and I looked in the horses' eyes and I said, "I know, I know you miss your friend" and the horse understood me. I fed them each apples and that seemed to help, but I think what helped the most was that I could communicate with the horses. When the horses' friend came back they were excited, and I told the horses, "See, I told you he would be back!" He was looking in my eyes and I was looking in his eyes. I feel very gifted!

Animals help with depression and other problems that people might have. They reduce your stress levels, provide great companionship, and are great listeners. I am excited to move closer to the animals on the farm so I can use my gift even more.



MAKE LOOKING FOR A JOB YOUR FULL-TIME JOB

By Employment Services

Looking for a job is a challenge — especially right now. You as a job seeker face another challenge which is managing your time wisely and resisting the temptations found at home, such as sleeping, watching television, and waiting for someone else to look for jobs for you, or just slacking off.

Poor time management leads to poor job search results. So to keep your search moving, you need to treat it like a job itself.

Be Your Own Boss

Think you're unemployed? Think again. You've got a full-time job: your job search. You've just become your own boss and your job is to land your next paid position. Looking for work is serious work, so it's important to give it all the attention it deserves.

Things you can do to prepare yourself:

1. Decide what hours you'll devote to your job search and commit to keeping that schedule just as though you are reporting to a real job.
2. Try tailoring your schedule even more. Allot time each day to specific tasks, such as networking, responding to job ads, researching companies and also meeting with your job coach. Doing so will help you avoid distractions and stay on track throughout the day.

Get Organized

An organized job search can be crucial to your success.

1. Start with your office space. Even if you don't have an actual office, designate your work area, complete with computer, phone and filing space if you can. Hopefully every time you sit in your office you'll feel like you're on the job.
2. Create a system to keep track of your leads, which are the job ads to which you've responded and the companies you're interested in. Having this information at your fingertips is especially helpful if you've tailored your resume or cover letter to suit a certain position. When a recruiter calls, you'll know instantly and precisely how to respond.

Set Goals

1. Your ultimate goal is to find the job of your dreams. But until that happens — and to help it happen — set small weekly goals for yourself. Agree to send out a certain number of resumes each week. Promise to make five follow-up phone calls a week. Vow to set up at least one interview — information or otherwise — every week. Whatever your goals are, make sure they're realistic.



You'll be more likely to keep realistic goals. Write them down and keep the list where you can see it. Cross items off as you go for a feeling of instant accomplishment.

2. Always ask for support when and if you need it. Find a friend, your job coach and share your successes at fulfilling your weekly job search goals.

Take a Day Off

1. Take a day off. In fact, take two. You've earned it. And you might not get a chance again once you land your next job.

2. You might consider limiting your job search to four days a week or maybe three. Use the rest of the time to do things you never had time to do.

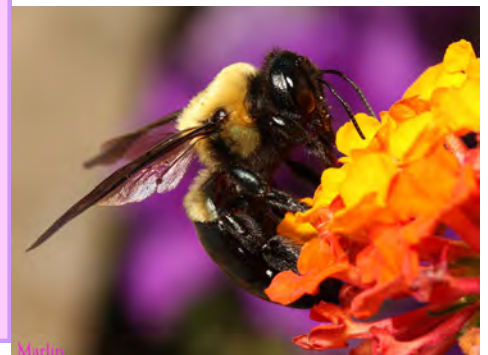
3. Do whatever makes you feel good because a positive outlook will sustain you as you're hard at work looking for work.

William Allingham Poem submitted by Jay S.

O Spirit of the Summertime!
Bring back the roses to the dells;
The swallow from her distant clime,
The honey-bee from drowsy cells.

Bring back the friendship of the sun;
The gilded evenings, calm and late,
When merry children homeward run,
And peeping stars bid lovers wait.

Bring back the singing;
And the scent of meadowlands at dewy prime;
Oh bring again my hearts content,
Thou Spirit of Summertime!



Interview with a Clubhouse Member: David B. By Chris S.

Q. Where were you born and where did you spend your childhood?

A. I was born in Knoxville, Tennessee and raised in Princeton, West Virginia.

Q. What are your hobbies and unique interests?

A. I like sports, especially NASCAR and football. My favorite college football is the Tennessee Vols and my favorite NASCAR driver is #24 Jeff Gordon.

Q. Where do you plan to be in the future?

A. I plan on living in either Virginia, West Virginia, or in Tennessee, hopefully pursuing a career.

Q. What do you hope to see yourself doing 20 years from today?

A. Having a wife, having a family, having a job, and having a college degree.

Q. Just for fun, what is your favorite food?

A. I can't get enough Chinese food!

Q. What is your favorite thing to do around the Clubhouse?

A. Working in the café with my peers.

Q. How old are you?

A. I'm 45, SIKE! I'm actually a 20 year old young man who is learning about himself and the world everyday as I get older and wiser.

Q. What would you like to do to change the world and make an impact in other's lives?

A. I want to hopefully one day start my charity David's Kids that would help kids with cerebral palsy, autism, and babies that were born prematurely as well as their families. It would make the kids happier and help them live with their disease. I want each person to be able to live a happy and normal life, no matter the circumstances.

Come to Men's Group!

Men's Group starts at 10:00am on Mondays in the meeting room. We talk about issues that apply to men in everyday life. In our last meeting we talked about employment, outreach, exercise, and our connection to God. The Men's Group is lead by David B. and Chris S. and will be led by them until a new staff member is ready to take over. It is both a fun experience as well as an informative one, and is a great way to interact with and learn from your fellow Clubhouse members.



August 2011 Social Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Soup Kitchen 10:30 Salvation Army	3 Green Leaf Park 2:30—5:30 Pack Dinner Social	4 Kline's Dairy Bar Ice Cream 1-3pm \$6.00 Staunton	5	6
7	8 Social Wood Grill Buffett 2:30-5:30pm \$15.00	9 Harrisonburg Mall 1-3pm	10 Bingo 3pm	11 Waynesboro Rose's 1-3pm	12 Splash Down Water Park 8-3pm ALL DAY \$20.00	13
14	15 Red Lobster 2:30-5:30pm \$15.00	16 Soup Kitchen 10:30 Salvation Army	17 Gypsy Hill Park 2:30-5:30 Social	18 Dollar General Crozet 1-3pm	19 Fredericksburg Mall 9am-1pm \$10.00 for lunch	20
21	22 Five Guys \$12.00 2:30-5:30pm	23	24 Bingo 3:30pm	25	26	27
28	29	30 Soup Kitchen 10:30 Salvation Army	31			

August 2011 Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 BLT Fries Fruit	2 Fried Chicken Mashed Potatoes Greens	3 Hamburger Baked beans chips	4 Pork chops Scalloped potatoes Greens, Roll Dessert	5 Manwich Chips Fruit	6
7	8 Potato Bar Tossed Salad	9 Steak'em Fries Ice Cream	10 Turkey/Ham Sub Chips Sherbet	11 Meat Loaf Mashed Potatoes Kale Greens Fruit/Cocktail	12 Pizza Day	13
14	15 Chef Salad Cake	16 Peanut Butter and Jelly Oreo Chips	17 Tilapia Fries Cole Slaw Dessert	18 Meat Lasagna Green beans Rolls Brownie	19 Hot Dogs Chips Cookie	20
21	22 Taco Salad Apple Pie	23 Turkey Sub w/ pickle Chips	24 Cheese or Meat Pizza	25 Steak and Gravy Mac and Cheese Cornbread Fruit	26 "Fun Day"	27
28	29 Spaghetti Tossed Salad Brownie	30 Fish Square on Bun Coleslaw Chips	31 "Potluck"			

**A New Place, a New Beginning
by Ashly Z.**

Starting in August, I will be going to Woodrow Wilson for training in food service. I will be gone for six months to a year. There are four different units that I can go into. I'm very, very excited. I can't wait to see all my friends there. The campus is so beautiful. Looking at the scenery going up there is amazing. The mountains are so beautiful. I can't imagine leaving there! I can't wait to go there, and I hope my time comes soon!



A Mother's Love by Charlie P.

Whomever is in need is your friend, your neighbor, and your brother. In my life nobody loved me as much as my mother. I'd like the Vatican to commemorate my mother as a saint! I remember different times when she thought about giving up on us kids (adults now) and how much I advocated for us kids. That was well-placed and I appreciate the care and love they give to me.

New Members!

Vincent W.

Jane M.

Birthdays!

Cordell V.	2	Kinney G.	15	Mary G.	30
Eddie C.	3	Niko V.	15	Guy C.	31
Carolyn B.	6	Michael P.	20		
Fay C.	6	Leon S.	20		
William G.	6	Michael K.	25		
Harold M.	8	Cynthia L.	26		
Wade R.	8	Wakefield B.	27		

TO:

Blue Ridge House
100 Burnet Street
Charlottesville, VA
22902
434-972-1825

Members of the Month

The member of the month for the Kitchen Unit is Harold M. Harold is always overlooked for the hard work he does. Harold is our dishwasher in the kitchen, and he volunteers everyday with a smile to do this nasty job. Thank Harold for a job well done!

We, the Maintenance Unit, choose Steve C. as the member of the month. Steve brings teamwork, support and respect to the Maintenance Unit. He takes on a leadership role when running the unit, and he completes his tasks without being told. The Maintenance Unit thanks Steve for all his hard work!

The Clerical Unit member of the month is Gary E. We have been without a regular staff person in clerical this summer so Gary has assumed leadership in the unit each day. He goes out of his way to assure that the critical tasks are covered. Thanks to his efforts, the phones are answered and visitors are greeted. Gary often extends his shifts and volunteers for extra shifts to assure good coverage. We are grateful for his commitment to the Clerical Unit and the program as a whole! Thank you Gary!

The member of the month of the Café Unit is Steve P. Steve continues to be a driving force in our unit. Steve takes on many responsibilities and follows through without much supervision. In addition to his work in the Café, Steve is kind to his peers and attentive to their needs. Steve brings positive energy to our unit and has creative ideas to make healthy salads.

The Café Unit wishes to thank our friends in the Maintenance Unit for helping us keep our unit clean. Several members of that unit stop by during the day to take our trash as well as to mop our floor. We are grateful for their support. Special recognition to Arnold C., Joe R., Wakefield B., and Hugh.