

Chatters Newsletter

July/August 2010

Mid Winter Fun, Official Clubhouse
Training & A New Look Clubhouse



Contents Page

Page Three	Director's Report
Page Four	Kitchen & Garden Unit
Page Five	Employment & Education Unit
Page Six	Communications Unit
Page Seven	The Renovations: Before and After
Page Eight	A visit from the past: Vanessa & Karam
Page Nine	Movie review & Maraetai report
Page Ten	ICCD Training Trip: Kerry's Perspective
Page Eleven	ICCD Training Trip: Photos
Page Twelve	From Croatia with Love & Diana's Story
Page Thirteen	Living in the Wild Wild West
Page Fourteen	A warmline connection & Brucl the Poet
Page Fifteen	A view from the kitchen
Page Sixteen	Ngaiwi sings & David talks
Page Seventeen	Mid-winter party pics
Page Eighteen	Social Recreation Round-up
Page Nineteen	Social Recreation Round-up cont.

Editor's Note

Thanks, all those that have participated in this *Chatters*. We continue to receive so many excellent articles from our members. With the growth of our membership numbers, increased daily attendance and outings, we will no doubt see many more issues with extended pages.

In this *Chatters* we have articles on the Mid Christmas party — Thank you to all those that assisted, there are too many of you to name. We also feature some great pictures and articles from Kerry & Patrick, who completed their Clubhouse training in Australia.

Special thanks to Annissa and Gary D for their assistance putting together this issue of *Chatters*... Please enjoy.

My training at Steppingstones Clubhouse in Brisbane, Australia has just come to a close and it is hard to think of much else at the moment. For those three weeks it seems that we did little else but eat, sleep and drink Clubhouse. In reality it meant daily reading and study periods, daily discussions on the Clubhouse Standards and getting involved in the unit work of the Clubhouse.

Besides Kerry and myself there were two other people from Fountain House in Norway doing the training. Kerry and I shared accommodation with our colleagues Mia and Stian, a lovely apartment on the banks of the Brisbane River. We had many conversations with Mia and Stian comparing notes about not only the daily life of their clubhouse but also about their lives in Oslo.

Kerry and I will be sharing our experiences and learning with everyone at Crossroads Clubhouse both



Patrick, Kerry & Mia in front of Bridge-water Apartments. Their new home away from home.



Patrick cooks up a storm to feed all the troops in training.

informally and in meetings over the next few weeks. I have to say, though, that it was a truly wonderful experience for me. Members and staff at Steppingstone were incredibly hospitable and made us so welcome... It made us both feel very special.

Now, to our own special Clubhouse and how good it is looking at the moment. Thanks to a \$10,000 grant from Arahura Trust we have been able to do a significant upgrade to the Communication Unit and the back Training Room. As well as the painting and some new carpet, this has included new furniture, notice boards and sundry other equipment. Thanks for everyone's patience

while all this was going on... It created one hell of a disruption but you all kept coming and so we all just carried on as best we could, didn't we. And for those members and friends that haven't seen the new look yet ... come in and take a look and share a cuppa.

Patrick Harris

Kitchen & Garden Unit

It has been an eventful few months in the Food Services Unit, with preparations for Mid Winter Christmas Party, Employment Dinner, Social Rec and the Karaoke night. The Mid Winter Christmas Party was a real highlight. A small but solid team of members helped with shopping, food prep and cooking for the event. There was a great sense of unity in the team. It was satisfying to see members thoroughly enjoying themselves.

Several members who work in the kitchen regularly have been taking the lead in cooking the lunchtime meal, and been doing a fantastic job of it. It has been great to have the input of Lubi, Dave Mc, John M, Glenn & Mark! Dave B has found a real niche in sandwich making. It has been wonderful to have him own this area, allowing the rest of the team to focus on other aspects of meal prep.

One member has taken the initiative to get the morning unit meeting running again despite a history of lack of numbers. This meeting is proving to be really useful. If you would like to be a part of this come join us at 9:50am.

It has been a pleasure to welcome new and newish members Glenn, Sandra, David L, Junior and Yonni to the team, as well as AUT students Lara and Heather. John M has been keeping things looking fresh and exciting with regular revamps to the front and back gardens. Broccoli, cauli, cabbage, beans and banana passion fruit are coming along nicely.

Thanks to the awesome team of members who make this unit run! Also thanks to members who have kindly donated home grown lemons, grapefruit and oranges as well as custard, sandwiches, pies and fresh bread.

Come and see the Food Services Unit if you would like to help out or have any suggestions.



Karaoke Night: John M holds the oven down while Stephen does a dance!

Nadine

Wow! Hasn't the time gone by quickly? We have been so very busy in the Employment & Education Unit for the past two months. We have held a couple of discussions with potential employers for the Transitional Employment Program, however there are no job placements confirmed as yet. A BIG THANKYOU to Anne Lawson and the Quality Inn of Grey Lynn for not only meeting with us but for their kind donations of free magazines and pizza vouchers. Anne has also advised that they could support Clubhouse by providing workplace experience at Quality Inn. They have various arms of their organisation where members could gain some work experience and add to their CV. We will keep trawling potential employers and are looking at booking a meeting with Subway, OCS and possibly Rosebuds. Please let us know if you have any other suggestions that could benefit Clubhouse — We always welcome feedback.

Job Club has wound up for now. We had very good turnouts for these meetings. We thank all of the regular attendees, especially Matt, JD and Patrick, who all shared with us their personal experiences. All of the attendees were able to gain valuable knowledge through their sharing. Please keep an eye out, as Job Club will return.



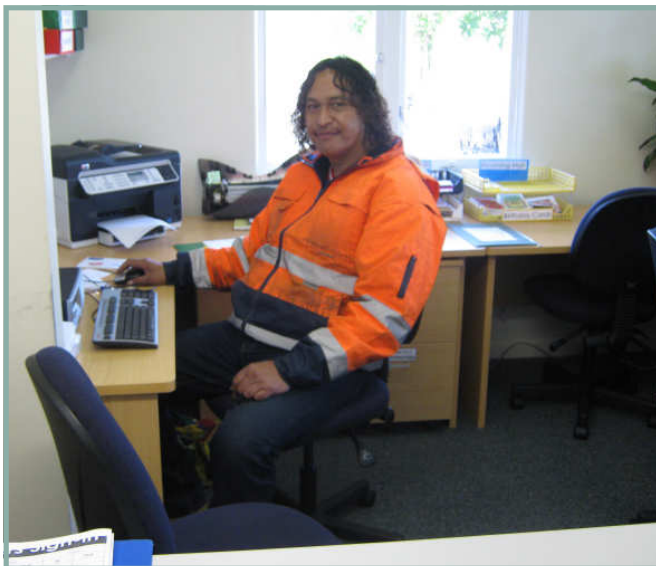
**You can lead an old dog to the future,
but can you make him type?**

We have updated all of the boards in the Employment & Education Unit and now have separate employment and education links boards keeping tabs on opportunities. New housing and job vacancy boards are up in the hall. These are updated on a regular basis, so watch keenly for new postings that might interest you. If you have any queries regarding the boards please see the Employment & Education Unit and we will be more than happy to assist you.

Jade

Renovation has been the name of the game for the Communication Unit recently. For those of you who have been attending Clubhouse regularly over the past month you will have noticed the steady progress we have made sprucing up both the reception area and the back room. They now look great thanks to some fresh paint and new furniture. While the back room used to collect the unwanted furniture from the rest of the Clubhouse, it is now a bright, clean, functioning office and meeting room.

In the next month we will continue to strengthen our links with other community groups. We will be kicking this off with a visit to Lotofale early in September to explain the Clubhouse model and share some stories from Crossroads Clubhouse. We will continue to update the website, and are looking at more ways to make this an interactive experience. Don't forget that the menu is updated weekly via the website, in addition to other events happening in and around the Clubhouse.



Ngaiwi makes the most of the new surrounds

We had extremely strong attendance at the Clubhouse for the month of July. We had a total of **774** members attend which is a record for the last few years. This has been boosted by very well attended dinner events and social recreation trips. Clearly the winter weather has failed to dampen our spirits.

The level of support the Communication Unit and the whole Clubhouse has received over July was fantastic. Thank you to everyone who volunteered their time and skill.

Stephen

The Renovations: Before & After



A grant from the Arahura Trust transformed our tired Reception area and the back room into bright new office spaces. A mix of vividly hued and pastel wall surfaces lend a highly reflective new light atmosphere that enhances the ambience for the benefit of the Work Ordered Day.

Marj and Yonne enjoy the new surroundings in the back room while crunching the numbers from the notice board.



A couple of “Blasts from the Past”

June's Employment Dinner was titled 'Blast from the Past', as two former staff members came in and gave us a presentation — Karam and Vanessa. Remember them back in 2007-08? It was good to see them again. Karam spoke about his job as an employment consultant at Workwise, and Vanessa on our rights in looking for jobs. Vanessa is going to Wellington to live, to join her boyfriend. She has found a position at the Mental Health Commission. About twenty people were at the dinner, all enjoying tasty nachos with salad. After, there was ice cream and fruit salad for dessert. The event this month was on a Tuesday instead of the Thursday, Vanessa's moving day to Wellington. Thank you, Karam and Vanessa for making the wonderful evening, and thanks Jade, John M and Dave Mc for the delicious dinner... All the best.



Vanessa & Karam share some great info at the Employment Dinner

Paul G

Thanks Paul. The Employment Dinner was so much fun. We learnt a lot about rights as a user of the mental health system and about supported employment. The meal was great (if we do say so ourselves) and it was good to see a lot of people came along to enjoy it and listen to what Karam and Vanessa had to say. Thank you to everyone, especially those that helped on the night.

Annissa & Jade

The Insatiable Moon

On Monday the 19th July, Julie, Janelle, Heather and myself went to watch *The Insatiable Moon* at the International Film Festival. It is based on a real story about a boarding house in Ponsonby and was filmed on location, specifically the Three Lamps locale. The film and the novel on which it is based partly concern the boarding house being shut down and purchased by a property developer. The leading character is Arthur, a self-professed second son of God.



I recognized some familiar faces in the film. The portrayal of the mentally ill was respectful, a member of the audience stated.

I thoroughly enjoyed the film and found it as entertaining as *Boy*. Don't worry about missing out if you've missed the Festival. It will be on general release from the 16th of September through Rialto Cinemas.

Chris

Maraetai

A group of us on a Saturday in June went to Maraetai for our monthly social recreation trip. Stephen was on staff escort duty. A van and a station wagon were used to transport us there. When we arrived we discovered that we did not bring the margarine, tomato sauce or mustard needed for the barbeque. However there was a shop there and we bought what we required. Ngaiwi was the only one brave



enough to go for a swim. Later he and Kerry kicked the ball around. Pauline and Matt went to the café there. Merv and I walked along the beach with a few others. We all had a good time. On the way back we saw Christina in Panmure waiting at a bus stop so we picked her up and took her to Grey Lynn where she lives.

Paul G

Hi. It was a great opportunity to visit Stepping Stone Clubhouse in Brisbane. Stepping Stone staff and members were awesome hosts and made us feel very welcome.



So they live in tree houses over here?

The course was very challenging. We lived and breathed Clubhouse, participated in discussions and the Work Ordered Day while working on the Action Plan for our own Crossroads Clubhouse.

We also had a lot of fun and laughs as well. We shared accommodation with Stian and Mia from Fountain House, translated from the Norwegian *Fontenehuset*. Brisbane is a vibrant city. The weather was a fine and sunny 24°, and this in winter?!

For social recreation we visited Caloundra on the Sunshine Coast, also Noosa. Caloundra is not as commercial as the Gold Coast, and Noosa not as big. We went bush walking in subtropical rainforest at Kondalilla Falls. We visited Canefields Clubhouse and learnt about their Transitional Employment placements — Cool. The last day we had time to work in our preferred unit, and said farewell to the many friends at Stepping Stone Clubhouse.

Kerry



Hey, at least our Sky tower is higher.

ICCD Training Trip: Brisbane



To Croatia with Love

My father comes from what is present day Croatia. My mother was born in New Zealand but her parents also come from Croatia. My wife Lubi's (whose real name is Ljubica) parents also. It is like having part of me divided. I'm proud of being a New Zealander, e.g. I support the All Blacks and I love our national anthem, *God Defend*



The amazing Croatian Football Team

New Zealand. But part of me is connected to Croatia. I like the Croatian language and I support Croatian football. I am born here, but like the saying, "If you are born in a stable it doesn't make you a horse."

I found when the civil war was happening it was quite traumatic; it was a brother-versus-brother war.

If I had a choice of which country to live in I would choose New Zealand, because my roots are here. I used to feel too Croatian to be a New Zea-

lander and too New Zealand to be a Croatian. But hey! I am a human being.

Belonging to my church helps because there are lots of New Zealand born Samoans in it and we can identify with one and another.

Dave B

Sisterly Love

How do you feel when you have saved someone's life, maybe a sibling, and it stays with you for all your life?

I remember when I was about 13 years old and my sister was four.



(She's now 39.) We were sleeping in the same room at the time. One night I could hear her crying — not unusual for a four year-old. Something didn't sound right though. She sounded muffled. I got out of bed and discovered she had fallen down the side of the bed, totally engulfed in her blankets. I unraveled her, made up her bed,

and she hopped back in, back to sleep.

If I had not got to her she may have suffocated and not made it to morning.

A Story of Sixties Westies

I started writing this book as a tribute days after my mother (Katy) died in August 2008. In June 2009 my adoptive mother, Helen 'Kula' Fraser, passed and I expanded the book on a theme: 1960s solo mothers against the world and what their kids got up to in the State housing area of Te Atatu Peninsula. Mele Kightley, another prominent matriarch of the Kervil enclave, died March this year and so it goes....

In all immodesty, the book has grown in several directions. On a basic level it tells of us 'nobodies' settling into a new suburb and the Kiwi culture new to many in Kervil Avenue. These lives are at least as valid as — and I find them much more interesting than — the superficial lives of celebrities with their image-creating publicity machines. It tells how people lived in West Auckland then; gives American outsiders' insights into everyday Kiwi things and social history of the era; and encapsulates and records facts about a specific time and place that would otherwise be lost. On a personal level it tells of how a family — my family — reacted when dislocated, uprooted from what we believed was sunshiney bliss in San Diego, and sent back in time to a foreign culture in the then remote South Seas.



Squeamish persons should beware. This genre is creative nonfiction, and honest feelings are expressed honestly regardless of pc. This includes unsavory facts about myself. The approach is anxiety-inducing in these days of tip-toeing through the cowpats. But writers owe readers the unvarnished truth, not gloss. Another cardinal rule of writing is "Don't be boring." If I don't like what's on tv or radio I switch it off. I've walked out of movies after ten minutes because of style or content. In writing, if there's not something to interest me on every page I move on. Warning: The book doesn't have a happy ending. Most of the mental trauma is saved for another book.

It's a self-indulgence writing a book from your own point of view. But how can you write a true book from anyone else's? As writer, formatter, editor, proofreader, cover designer and publisher, I'm wholly responsible. There are 'names' included, hardly any libeled: Tim Shadbolt, Father Felix Donnelly, Oscar Kightley, Bernie & Brooke Fraser, Toa Fraser, Winston Peters, Miss NZ (1960), Dr Pat Hohepa, my uncle in the CIA... **Gary De Forest**

Katy & Kula and the Kervil Kids is 140 pages (= 60,000 words) available for \$29.99 plus post, \$24.99 for Te Atatuites/unwaged, from Best Books. Email your order to: deforest@ihug.co.nz. (Or borrow the Crossroads copy.)

Getting to know our Community

On the evening of the 16th of June 5 representatives of Crossroads Clubhouse visited Warmline Peer Support phone service. After a brief introduction from Stephen, Kerry shared information about the Clubhouse idea and the history of the movement. Chris told of the structure of our Clubhouse and J.D. gave a testimony of his time at Clubhouse. Eugene handed out information on Crossroads, *Chatters*, designer pens, flyers, etc, and asked questions regarding employment and the Warmline phone line.

Warmline is a Freephone Service open 8pm – midnight, 7 days a week, for people who use ADHB Mental Health Services: 0508 Warmline/0508927654. The four Warmline peer support workers shared with us a brief testimony. We finished the meeting with a slice of chocolate cake each.

You'll be mine
 We'll be very fine
 My unfavorable voices have all left
 Because now I am not a bit deaf
 I feel more confident
 I'm just a wonky little man
 And doing what I can
 To stay out of trouble
 And no talking double
 My eyes are clear
 And I have less fear
 I like a bit of fun
 Cos you are my hun
 I'll mix it all around
 To get with your sound
 To be very profound
 We can be two
 And so should we do



**Resident Poet
 Bruce**

Hi Dave, tell us why you wanted to work in the kitchen unit for the Mid Winter Christmas party?

Because I preferred working in the unit, then to socialize.

What did you do in the kitchen to help?

Looked after the roast vegetables by checking it wasn't getting burnt. Helped with the dishes and dishing up the food.

Did you have fun? If so, what did you enjoy the most?

I had fun and I enjoyed handing the plates to the masses

Did you get to eat and enjoy the food that you and the team made? What was your favorite?

Yes I did, I enjoyed the whole meal!!



Ngaiwi cooking up a storm

Who assisted you in the kitchen?

Dave B, Lubi, Kerry, Nadine and Jason. What a great team.

Would you recommend others helping in the kitchen unit? If so, why?

Yes I would, it's enjoyable. I have learnt new recipes and Nadine is a good instructor.



Dave B, Nadine & Kerry go down as the greatest Christmas Kitchen Angels of all time

Let's Sing...Karaoke

Hi Ngaiwi. Why did you decide to come to the Mid Winter Christmas party?

For the karaoke and the kai. We had chicken, fishcake, steaks, bangers, coleslaw and roast veg. Apple crumble and custard for dessert.

Did you have fun?

Yes, I won a coffee for karaoke, and a coffee mug that I donated back to Clubhouse. I had heaps of fun and didn't have to drink to enjoy myself. Karaoke was lots of fun. I got to sing about 10 songs in total and can't wait for the next one to be on.



Ngaiwi sings up a Christmas storm

Tu-tu-ing with Dave

Hi, my name is **David O'Connor**. I listen to the Nutters Club on Radio Live. I usually listen to part or most of it every week. It is broadcast in Auckland on 100.6 FM or 702 AM every Sunday evening 8pm to midnight. The host is the Head Nut, former standup comedian and famous advertising announcer for all those thousands and thousands of advertisements for the Appliance Shed and special deals on massive 50-inch wide-angle TVs at lower-than-ever-before-seen prices, broadcaster Mike King.

The Nutters Club has been broadcasting on Radio Live since June 2009, so it has been going for just over a year now. For the first two hours Mike and David Codyre, a psychiatrist, talk together along with their guest speaker for the week — who always has interesting and enlightening ideas and memoirs on how they see their life and the world around them, past and present. I became a regular caller to the show after telling Mike I felt rejected by the people in Ponsonby and not fully appreciated. They said if I want to be noticed dress up in a pink tu-tu. So I put a pink shirt on and waved to the traffic, which was filmed by Mike and his crew. It can be seen by googling "You Tube and Tu-Tu man Dave" — then searching through You Tube videos of the Nutters Club.

Mid Winter Christmas



Nadine & the Christmas Kitchen Angels Teresa & Kerry sing their little hearts out... Music has never sounded so good.... Doo Wah Doo Wah.



The Christmas Boys: Chris, Kenny & Jason



Stephen cooks up a storm for all the punters.



"Don't worry, be happy!!" because J.D. and Patrick are on the mics



After everyone turned up at the Clubhouse, with John driving the people mover and Nadine the station wagon, we left just after 9.30am. Our reserve

was Kenny, as a couple of people who'd put their names down didn't show. I travelled in the people mover and was regularly moved to chuckles if not outright laughter by the banter between Teresa and John M in the front and J.D. beside me in the back. We occasionally stopped to wait for Nadine's gang as we hit traffic lights at the end of the green phase — when John wasn't doing his loop-de-loops. We arrived at Lloyd Elsmore

Reserve and spent some time touring the crowded carpark; there was an event on in one of the pools. We were rather taken by an orange car with a personalised number plate, "Pumpkin".

Pool admittance was free (Len Brown has said all Auckland pools could be free if he becomes Mayor of the Super City). Still, Ngaiwi, Kenny and Nadine all enjoyed the sauna and spa pool, which cost five dollars. When I decided to have a go in the spa I offered to shout Pesa as well. I was really surprised when my card was declined and had to embarrassedly tell Pesa to take his wristband back to reception. I had checked my bank balances before leaving home and couldn't understand where my money had gone, surmising to John M and Heather that my Eftpos purchase may have ripped me off. (see later).



Mt Wellington turns on the windy weather... just like its namesake windy Wellington. Dave Mc, JD, Ngaiwi, John & Pesa get a new blow wave.

While Heather and John abstained from swimming, Nadine Teresa, Pesa, Kenny, Ngaiwi, J.D. and I all dunked ourselves either in the pool (and Manakau City pools are warmer than Auckland pools) or the spa pool or both. After our swim we reconvened and wandered back to the vehicles, and after a little discussion we thought of a food court for a picnic as the sky was glowering. We ended up under some pines in a shopping centre and after a passing shower, had a carboot picnic. Nadine and the kitchen



Kenny, Ngaiwi, Pesa, Teresa, Dave Mc, John & Heather

helpers, including Ngaiwi and David Bulog, had prepared some lovely filled rolls and we had a large container of cordial as well as some fruit. That alone was worth the two dollar cost of going on a social recreation outing. After lunch we all piled into the vehicles and proceeded to the summit of Mt. Wellington.



JD shows the way home

From the top of the hill carpark J.D. and I sorted out which Hauraki Islands we could see. Then Ngaiwi pointed out a factory in which he'd worked and we admired the development of Rockfields or Storelands or whatever they're calling it. We went for a wander to the summit and watched a shower approach from Auckland City as we climbed, took a few photos on the summit and proceeded around the core above the hollow as a light shower sprinkled us. Nadine kept a good pace in front of me after I'd confessed to a mild phobia of walking down steep hills. On reaching the carpark mildly damp from the shower, we piled into the vehicles and headed back to Clubhouse by different routes.

Up and Coming Events

19th August	Employment Dinner
21st August	Social Recreation
2nd September	RCN Annual Parakai Trip
16th September	Employment Dinner
25th September	Social Recreation



If you would like to know more about Crossroads Clubhouse please don't hesitate to give us a call. We'd be more than happy to give you a tour. Tours times are **Tuesday** and **Thursday** between **11am** and **12pm**.

**393 Great North Road
Grey Lynn**

Ph: 09 376 4267

**www.crossroadsclubhouse.org.nz
adminclubhouse@vodafone.co.nz**

The opinions expressed herein are not necessarily those of the Arahura Trust or Crossroads Clubhouse.