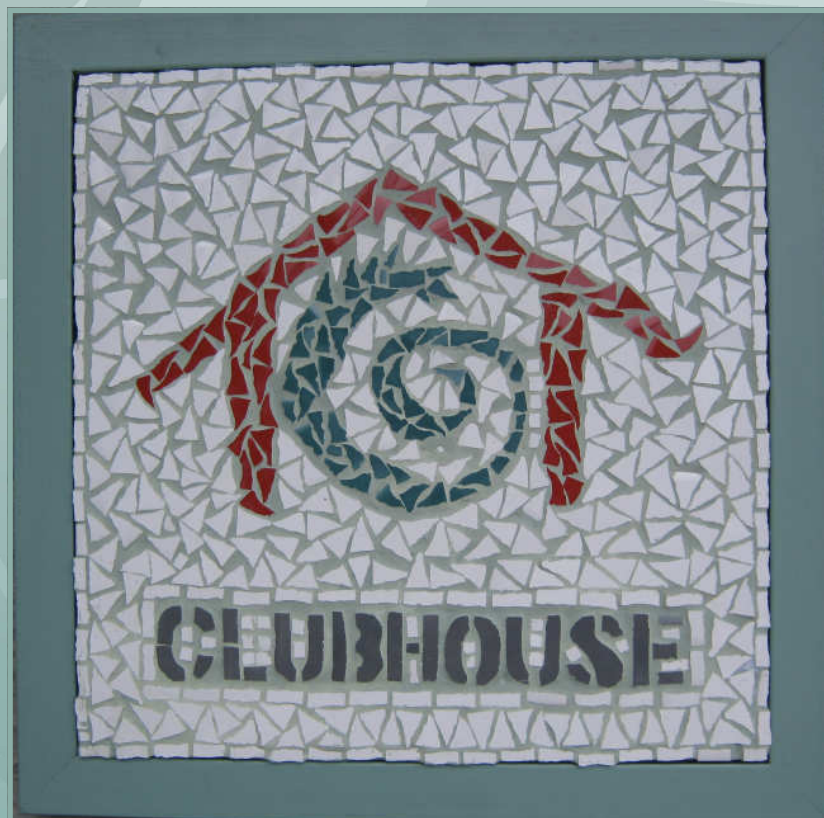


# Chatters Newsletter

January/February  
2011

*A new sign for a new year*



## Contents Page

<b>Page Three</b>	Director's Report
<b>Page Four</b>	Food Services Unit Report
<b>Page Five</b>	E & E Unit Report
<b>Page Six</b>	Communications Unit Report
<b>Page Seven</b>	The new sign
<b>Page Eight</b>	Christmas Stories
<b>Page Nine</b>	Christmas Stories (continued)
<b>Page Ten</b>	Insatiable Hoon
<b>Page Eleven</b>	Insatiable Hoon (continued)
<b>Page Twelve</b>	Eugene's Christmas
<b>Page Thirteen</b>	MHC Forum / Rainforest Express
<b>Page Fourteen</b>	Out to the Krishna Cafe
<b>Page Fifteen</b>	A blessing from Bruce
<b>Page Sixteen</b>	The secret diary of Gaz
<b>Page Seventeen</b>	Mark makes plans for Europe
<b>Page Eighteen</b>	The mystery of Goat Island
<b>Page Nineteen</b>	Malcolm joins the Clubhouse

## Clarifications

In the previous issue of Chatters (November/December) the article entitled "*Sheriff John Brown*" included an incorrect photo. The photo included was of Bruce Lambourne and not Bruce Henson (the author of the article). Hence the article should not be seen as representing the thoughts, ideas or views of Bruce Lambourne. We apologise for this mistake.

I have just heard from Brisbane Australia that the Clubhouse there, Steppingstone, escaped the worst effects of the severe flooding in the region. When you see the affected areas on the news you tend not to take it that seriously but when you know people in a place and given the fact that you have visited recently, it takes on a whole different meaning. I am so pleased for them especially after they spent many thousands of dollars refurbishing their Clubhouse.

Meanwhile on the home front another year has begun and officially we are told we can call it "twenty eleven". This year so far, Clubhouse has been very colourful.... from the blaze of colour of the Petunias in the courtyard to the colourful variety of activities we have been involved in. A Bar-b-que at Goat Island, Employment Dinner at Gopals, the Krishna restaurant, and clubhouse members arriving each day in their colourful summer clothes.

There are more bar-b-ques planned for the summer.....so keep in touch as places are always limited. Thanks to all the members that made the effort to attend the Mental Health Commissions forum very recently. This was a real opportunity to give meaningful feedback to the Minister of Health.

Clubhouse is currently conducting planning meetings for all of the Units of Clubhouse, Communications, Food Services, Employment and Education and Maintenance and Administration. All members are welcome and indeed needed for this process as it will set the direction for Clubhouse over the next year.

We have the Round the Bays event in March with already a dozen members wishing to participate....we will join with another agency (probably Pathways) for après (after) event refreshments and Bar-b-que. Jade has been very busy forming some great links with Employment Support agencies so if you feel you are ready and wanting paid employment come and talk to her in the Employment and Education unit. Have a great Summer everyone and make sure you manage to get down to the beach some time and at the very least, paddle your toes in the briny (sea).



**Patrick: dancing and cleaning**

Patrick Harris

On reflection the last two months seemed very busy indeed. Stand-outs on the F.S.U calendar were the Clubhouse Christmas Party, New Years Eve afternoon tea and the morning tea for blessing the new Clubhouse sign. Thanks to members who contributed to preparing for these significant occasions.

As always, it has been gratifying to work alongside regular and new or newish members. A special welcome to some newer faces in F.S.U- Clare, Malcolm & Amal. Huge thanks to all who have worked in the unit!

Teresa D and Matt C recently wowed us with their talents as Guest Chef. Teresa made Vegetarian Potato Savoury and Salad, (which has been included in the next menu cycle by request!). Matt treated us to his tasty rendition of Chicken Stir Fry with satay sauce. Jade and Stephen's cooking has also been very popular. There is more of it to come as I will swap units with either once a week.



**It's Kerry's Baklava and it's delicious**

Recently Kerry made Baklava slice. The Turkish dessert was foreign to a lot of members but went down very well! A few members have baked scones first thing in the morning. We endeavour to provide fresh scones three mornings a week but need "member power" to make this happen. See F.S.U if you would like to bake or help serve customers while baking is underway. We have enjoyed using an abundance of Clubhouse grown produce ranging from beetroot to passion fruit! Thanks to Patrick and several members who have been working hard in the garden. The view from the kitchen window is lovely.

Come and see F.S.U if you would like to join the team, have any suggestions or are interested in participating in the F.S.U yearly planning meeting on February the 3rd.

Nadine

Firstly let me say a Happy New Year to you all!! 2011 is going to be the E & E unit year. We will be working harder to locate those very important contacts in the wider community in the hopes of this leading to transitional employment positions.

Job club will be making a return to Clubhouse and we are looking at members assisting with this process. If you feel you have information that you'd like to share with other members around employment and would like to assist or participate then let us know, we'd love to have your input. We will also be endeavouring to have quality guest speakers throughout Job club or in general to assist with making employment a great success here at Clubhouse.

We have had Chantelle from Work & Income come in, assisting us with applications for the governmental run *Mainstream program*. We hope to use this as another avenue for members to locate employment. Although it can be a lengthy process it is definitely very rewarding for the potential employee. So far we have had 5 members qualify for the programme and another 10 have been booked in for the next allocated booking slots. We also have Framework and Affinity Services that are on board to assist with this placement process.



**Susana and Annissa: E&Eing**

We still have Chris, a supported employment consultant from Affinity services, on board to meet with members around employment and more details in regards to making an appointment with Chris are available from the E & E Unit whiteboard.

The tutor's board is still waiting for members to utilize. These are great services that are offered by other members. If this assistance is not used we could look at other ways of including tutor skills within Clubhouse. Any suggestions about how we could better utilize this board or tutor skills would be appreciated. WE NEED YOUR HELP.....to locate potential employers or potential friends of Clubhouse that could assist us. If you know of anyone or any leads let us know so that we can make the connection which could assist in potential employment.

Lastly have a very safe summer and remember to keep an eye out for next month's E & E Unit news letter. This will be a bi-monthly information sheet to assist in employment, education or to simply update you on what is available for members wanting employment or further educational assistance.

Jade

Most of us use the beginning of a new year ask ourselves "where am I now?" and "where am I going?". The Clubhouse is no different. The Communications Unit held our annual planning meeting last week with intention of asking these same important questions. It was an extremely productive meeting—fuelled by fantastic shortbread courtesy of Malcolm and the Food Services Unit.

Some of the **key** findings of the planning meeting were:

- To improve our system of outreaching to members. This will be aided by the new database system which will more accurately record when members haven't been attending the Clubhouse.
- To improve our orientation procedure. While most at the meeting agreed that the orientation system works well, it would be beneficial to introduce a feedback form to make sure new members feel safe, welcome and informed.
- Utilizing our new suggestion box to gain more regular feedback from members as to how Clubhouse is working. This information will be fed-back to the House Meetings held on Tuesday afternoons at 2pm.
- Develop training opportunities for members who would like to be tour guides.
- Improve the layout, aesthetics and content of the Clubhouse website. This may require some money from the budget and/or fundraising activities.
- To tweak the daily newsletter to have more focus on events related to the Clubhouse.
- To re-form the Clubhouse presentation team and renew presentations to other community organizations.

The meeting itself was a fantastic opportunity to reflect on what we do. For the most part we all agreed that the unit does a great job for the Clubhouse. As we implement the changes from the meeting we will continue to grow and improve what we do.



**Some of our visitors: Friends from the Orkney Isles**

There you have it. End of the page. Hope to see you soon.  
Stephen

# Kelmen Sees the Clubhouse Greatly

Yesterday the 19<sup>th</sup> of January 2011, Jim, a Maori elder, visited us here at the Clubhouse by sacred Maori protocol.



**Patrick and Jim share their wisdom**

I see the strength of Fatherhood in Jim, and in the other Maori, a lady, in the Lord's words, "the wisdom of Motherhood".

Firstly, we assembled outside the Clubhouse. And he greatly blessed the Clubhouse and its members.



We, the men, stayed as warriors, greatly stayed close to the women protecting them – as we approached the Clubhouse and Jim replaced the old plaque and put in its place the new one.

All of Maoridom, God Bless you all...

Gerard explains: Maori as a protocol bless rooms, buildings, land, even small things that mean a lot to people.



### Clubhouse Christmas Party

On the 23<sup>rd</sup> of December Clubhouse held it's Christmas party. More than fifty people attended. We had healthy nibbles, a barbeque with steaks, burgers and sausages, salads, date loaf and ice-cream. We also received presents. I got a diary, just what I needed.



Ngaiwi plays the BBQ like a fine piano

Due to the large numbers we occupied the back car park. And used a gazebo and Easy-up for cover. The weather was fine , I needed sunblock. We cancelled holding the event at the Western Springs because of the inclement weather in previous days.



The staff and many members worked very hard shopping and preparing food a few days beforehand. I give them my thanks.

Chris

**An experience not to forget**



**While the weather was far from North pole conditions, Santa made his obligatory appearance.**



Hi there. Last Wednesday after Clubhouse's Christmas party I left my place and was going along Flanshaw Rd, Te Atatu. I missed the left turn so was annoyed I'd have to carry on to the roundabout. Right in front of me as I carried on was a little boy no older than 2 standing in the middle of the road. I pulled over and leaped out of the car to grab him. Once he was safely on the footpath a lady rushed out of a house. She said her 3-year old niece had opened the security gate and he wandered outside onto the road. If I had gone down that left-hand road someone else would've seen him or he would've got hit. Just glad I could do a good deed that day.

Diana Paul

### Christmas Eve Karaoke



**Craig entertains the crowd**

As Craig H says, "I like Karaoke so much that I asked for time off work so I could attend, it was well worth it! I enjoyed bringing my friend Michelle. She sang a few songs and had a good time. About 24 people came. I sang Smokey Robinson's version of *Cruising* and *Girls Just Want to Have Fun* by Cindy Lauper. We ate date loaf and iced banana cake. There were a few prizes, I received a coffee card!"

On this occasion food was a mere distraction, with everyone starting at 1pm with a hiss and roar — when we were supposed to be *singing!!!!* And kept going till 4pm... Craig H, as always, was a mainstay of the Clubhouse karaoke. Brother Clive also contributed a favourite or two. One of the more popular singers was Laura, who sang disco classic *I Will Survive* three times, getting better each time, and then took up where Craig left off with *2x Girls Just Wanna Have Fu-un*.



**Teresa, Patrick, Julie and Stephen have a Scrabble battle**

## Insatiable Hoon

Ngaiwi sang his regulars *Moody Blue* and *After the Lovin'*. Stephen H joined in a duet with him on the Stones' *Beast of Burden*. Stuck in the Sixties, Gary D sang *California Girls* helped by Eugene on the harmony, and then Patrick and Kerry sang co-lead with him on the Stones' *Time Is On My Side*. So Mick Jagger was actually singing lyrics... Kerry went on to do a very good job of the Little River Band's *Cool Change* on his own.



**Patrick and Kerry (above) belt one out while Eugene (below) croons with the best of them.**

New member Malcolm T, known to all as Trimz's bass player and in a group of his own, did a professional job full of artistry on *Behind Blue Eyes* from The Who, and *Name* by the Goo-Goo Dolls.

Arahura's esteemed leader David B put his best voice forward with some well practised crooners.



## Eugene's Christmas

Christmas 2010, it is a time that I have always been looking for with my family and friends. It all started weeks before Christmas, whereby I had to plan mystery presents for my family and friends. I bought a box of chocolates that somehow ended up into everyone's stomach. So I began to get something else and get it wrapped quickly. I gave it all to them and they are happy. I went to church on Christmas Eve, singing the carols and observing the presentation at the main lounge. I went to 2 services with Clive and Craig. Hereafter, I had a Christmas lunch at the church. On Boxing Day, I celebrated Christmas dinner with mum and her partner, sister and her husband. I felt so happy when we had the dinner. The day after Boxing Day, I celebrated Christmas with dad and his partner at a Japanese restaurant in Parnell. It was lovely. I am thinking about our next holiday New Year's Day. I guess this year will be a great success for my graphic design degree and to make more friends at the college. I would like to advance my computer skills with high precision imaging in computer generated graphics. I have a substantial amount of happy memories for this Christmas and this moment may keep me well thoroughly, before I finally return to this ordinary world, but this would be another story.



**One of these things is a Christmas tree, the other one is a Eugene**

Eugene

## MHC "Conference"

### Mental Health Commission "Conference"

Wednesday 26<sup>th</sup> January 2011 ten of us from Crossroads attended the invitation of the Mental Health Commission to a "conference" at the Novotel Hotel in Ellerslie.

In reality it was a feedback session to the Mental Health Commission as to what our concerns are. There was plenty of discussion as to the ills of the system, but I wonder as to the efficacy of the commission's voice to the government. I cannot see the government listening to the grass roots, especially those branded with mental health issues.

Teresa

## Rainforest Express

On 3<sup>rd</sup> January two of us went on the Water Care Rainforest Express. We went over bridges and through tunnels with cave wetas and glow worms to Nihotupu Dam in the Waitakere Ranges. Four of us took the hard route up the dam, over 400 steps, some directly up the side of the dam.



If you like views and hearing about Auckland's water supply, not to mention the creatures, I recommend the twilight tour if you want to take some meat and salads along for a barbecue. If you don't have a car I suggest you carpool with a friend to get there. The train runs through the summer months and costs \$45 for adults and is booked by ringing (09) 302 8028. Pay by eftpos at Jacobsen's Depot.



Teresa

## Out to the Krishna Cafe

On Thursday the 20th of January we had the regular Clubhouse dinner out at Gopal's Krishna café on K-road. We walked to the café and back home. In attendance were Jade, Pat, Annissa, Kerry, Marj, Kelman, Paul G, Pesa and I. We had the \$6 combo which was rice, pakora, dahl soup, mild veggie curry plus a dessert and custard which was very yummy. We all commented on how nice and cheap it was. It was a great day for walking; the weather was beautiful.

Glenn P



**The scribe (Jade) and the author (Glenn)**



**Jade, Markory, Kelman, Paul and Pesa enjoy the delicious Krishna food**

Blessings

Gods blessed me  
He's given my body a new recipe  
My accident injuries are still cracking the whip  
But each day something good happens  
And I have a little after little bits of good change  
That stops me going strange  
It makes me into a nicer guy  
And I can really start to fly  
So thanks Mate  
And I really do appreciate that the goodness you do for me  
And my level is now a reality  
To make a good clarity  
Today was a bit from the right eye  
And it came out without a try  
And yesterday was three bits from the other one  
To get my seeing more fun  
I'm not now frustrated  
And you've done this to create my better health  
Thanks Mate, I am on the shelf  
Thanks God Mate, you can create.

By Brucel



\* Xmas lunch — Went to Jessica's with Charles and enjoyed good company and conversation! It felt like being force-fed presented with mains and dessert all on the table at once — a great hostess stressed out. How uncomfortable and potentially dangerous is it to overeat in the heat of the day? Finally, this was one Xmas I resisted pigging out.

\* Xmas evening — Visited a lifelong friend, to find her only son, 31, had suicided two weeks before. Depressed since age 19, he had attempted it once before but promised his mother he wouldn't again without talking to her. This time he was 'successful'. She was still in a deep fog, trying to put the pieces together to something which has no answer. The sense of betrayal, especially, she could hardly bear.

\* On the 27th I did a phone-round for our holiday support group. Only Alan — who had suffered a dog attack — had a legitimate excuse for missing this glittering occasion! And Janelle, who was sleeping — always a good holiday activity. I picked up Ngaiwi and Craig W, and Ngaiwi bailed for the city lights when we found the first café, the Lifewise Hub, K Rd, closed. Craig W and I moved on to Café Liaison in Pompallier Tce. I had met Craig W eight years ago and knew he was a jeweller by trade and family tradition. I had no idea he'd had such a glamorous career on cruise ships crossing the Iron Curtain: Odessa, Yalta, Istanbul... He denied ever being tempted to spill the beans or pass on any state secrets by any Russian temptresses. But he would, wouldn't he... Him and James Bond.

\* New Year's Eve was at Trimz's place. A good celebration was had by all, but for Maggie and Heather who had to leave right after dinner. Malcolm T was there and I learnt a lot from Ben M, a new friend with shared experiences. We saw the Skytower fireworks up close and their images were smart-phoned by Trimz and Ben for posterity. But there was no UFO sighting unlike our previous get-together at Malcolm's place.

\* New Year's Day — back at Jessica's, but still couldn't face the pav.

\* January 2nd we — Ngaiwi, Alan, Kerry, Charles and myself — went to Takapuna Beach to celebrate Ngaiwi's birthday. He is 39 again.

\* January 4th, received an Aqua Laser Steam Mop from the tv and tried it out. OK, but doesn't rip through the toughest grime and grease ever. Made a good start on it before I got down on hands and knees. It was quite satisfying seeing all the filth whisked away by good old elbow grease. This might even turn into a good habit, if not a New Year Reso.

## Mark to go on the Grand Euro Tour

My name is Mark & I regularly attend Crossroads Clubhouse weekly. 2010 has been a great year for me because after some considerable issues around money management I have been debt free for nearly six months! With renewed focus & perspective, I am now able to pay for airfare towards a vacation in England next year during August & September. Lucky, lucky eh, Excuse me if I'm not @ CC during this time.

Mainly, I attribute this change of fortune in my circumstances to God, who has faithfully set people in my path to help me, e.g. staff & friends @ Equip MH services on the North Shore & Windsor Park Baptist Church. Special thanks also to all my friends who have stood by me through some testing times. You guys rock!



In conclusion I shall say this: Don't worry if you have money woes. With the right attitude & determination you'll get there too.

Ta for now,  
Mark

# The Mystery of Goat Island Strikes Again



On Saturday the 15<sup>th</sup> of January about fifteen members and Jade met at Clubhouse around 9-30am for our trip up north to Goat Island. Two vans full and Clive's car went up. I went with Clive and Craig. We all had to stop at the toll ticket station to pay for our trip into the toll tunnel. After about an hour and a half we arrived. We didn't have that long to stay considering the long two-way trip, so we got into barbequing straight away. Everyone had two sausages. It was

great. Ngaiwi again went for a swim. Kerry, John M and I went for a walk along the beach. We all saw the glass bottom boat in use. Goat Island for those who haven't seen it is quite small. The beach facing the island was crowded with people. That is where we were. We all had a great time. We got back to the Clubhouse around 2-45pm. Well worth 2 dollars.



Paul G



## Malcolm Joins Clubhouse

Kia Ora, Hello and Greetings, my name is Malcolm, I was diagnosed with a mental illness in 1995 in which I was admitted to Kingseat Hospital. I am well now and have been since March 2010. I enjoy music, cooking and meeting new and interesting people from all walks of life. I love animals, gardening and reading.

Last year I began hearing from friends about Crossroads Clubhouse and from active and ex-members, and also through pamphlets and other Mental Health Services in Auckland Central, North Island, New Zealand. Later I asked Taylor Centre/ACOS to refer me to Clubhouse formally. I enrolled as a member on the Friday at the end of Term 4 2010.

Since my first visit to Clubhouse I felt really comfortable with the area (Grey Lynn) and the place, and also the wonderful and joyful staff and consumers. I found that staff and consumers are very understanding, caring and thoughtful towards the consumers who attend Clubhouse. The members of Clubhouse are mostly elderly to middle age with a few young people (male/female).

I noticed the consumer's social skills are like those who I've met elsewhere. The member here are honest, tidy appearance and very well behaved etc, but, I found that some shy at first but once communication is established they are very well spoken, thoughtful and kind-hearted members. I hope that attending and being a member of Clubhouse will help me in my journey towards a healthy and joyful life!



**Malcolm makes perfect shortbread**

Thank you, from Malcolm Kapareira Taua 2<sup>nd</sup>

## Upcoming Events

3rd February	FSU Planning Day
10th February	E&E Planning Day
11th February	Founders' Day, Long Bay
24th February	Clubhouse Dinner
26th February	Social Recreation Trip
13th March	Round the Bays



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](http://www.crossroadsclubhouse.org.nz)  
[adminclubhouse@vodafone.co.nz](mailto:adminclubhouse@vodafone.co.nz)**

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