

# Chatters

A publication of Crossroads Clubhouse

May/June 2012



# Editorial

Our cherished traditions of *freedom of speech* by the by, last issue's editorial *angered* some employees of DHBs/mental health. This is surprising given the patent truth of my themes: people in caring occupations *are not* replaceable cogs; vulnerable people *are* hyper-sensitive to change; and ever-changing venue is poor when booking months in advance. I attributed none of these to the new RCN management, obviously, because it didn't start till 10/04/12. See also this magazine's disclaimer.

The distinguishing principle of the international Clubhouse movement is *cooperation*, not command: The Crossroads director is not responsible for what thinking, adult members say.

Pending report from the RCN Reference Group, how should members contribute when we see things begging for comment? Stay silent? Cheer Awesome! in

unison at forums? Isn't such unquestioning conformity *bad citizenship*?

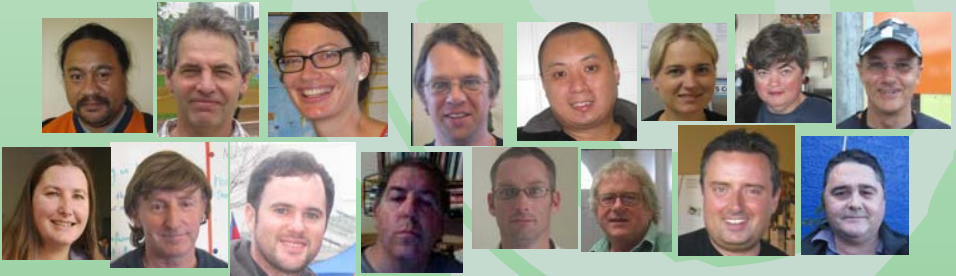
On the fringes of Auckland mental health since 1999, I know very well verbal feedback and questionnaires won't go far past praise while people with streetwise *nous* mutter under their breaths wary of being branded negative (or dropped out alienated long ago). Do you have mates like mine — distressed at being medicated "like guinea pigs" on old regimes; suffering *tardive dyskinesia* and other debilitating side effects; suiciding (a lot of *them* lately); alarmed at rampant drug and alcohol abuse that can destroy lives in an instant. Why are these passed over for the good news machine, *smoking* and *gambling* trotted out by the DHBs but barely related to mental health? — Non issues for people I know, who are on bennies and don't have money to waste.

Anything like *your* social circle?

— G. A. (Gaz) De Forest.

## Contributors

The contributors to and the constructors of this issue of chatters are:



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

# Director's Report

Well .....did we have a garage sale last month....it was amazing.....so much stuff and so many people came through. Sure it was a lot of hard work for everyone but well worth it in the end, I think....on many levels. OK we made some money, more than we expected but we really got to meet a lot of people in the community. This was by either them coming to the garage sale itself or by us going out in to the community to collect the many donations of assorted paraphernalia. We had collected so much stuff after three weeks of pick-ups that we could hardly move in the Clubhouse. Now we are envisioning the 'Sale' as an annual event but next time we will store items off site and may even have the sale off site.

To other matters, it is sad for me to announce the departure of George(ina), from the staff team. She will be leaving us after only a short tenure, however we will still miss her energy and enthusiasm in FSU. On the plus side it'll be good to see Lara back again for a month as she takes a short break from her studies (mid-term).

Over the last few weeks we have had some new members and its been terrific to have their input into the Clubhouse. There's been some great cooking from member guest chef's as well.....like Eugene's Asian Fusion. The baking's been incredible too,

Damon made this amazing triple wicked chocolate cake....it was like a wedding cake without the pillars. It got eaten so quickly the pillars weren't needed.

In closing I would like to re-iterate that views expressed by members in this publication are not necessarily those of Arahura Trust or Crossroads Clubhouse. This statement appears on the back of every copy of Chatters. We forget that consumers actually receiving services from agencies in the community sometimes feel they don't always get a good deal.....what better place for them to make comment and let off some steam.

What that we (this agency) were able to talk freely of inadequacies in the system, contractual obligations and the need to try and maintain a working relationship with other services sometimes leaves us hamstrung.

Patrick



# Newsflash

The Clubhouse **garage sale** late April was a major undertaking and thankfully a huge success! See pg 11 for Tony C's garage sale low down.

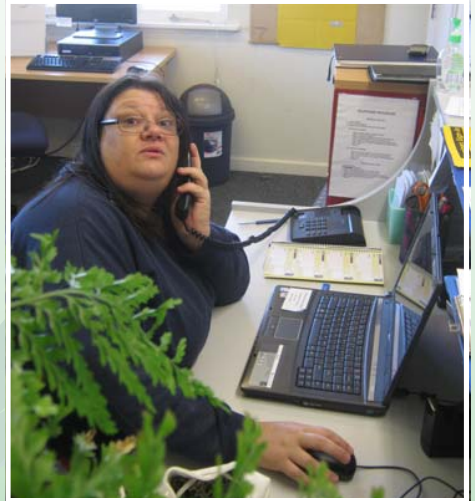
Unfortunately our recent **funding application** with Frozen Funds was unsuccessful. We're hoping for a fruitful outcome with the next application.

As part of our fundraising efforts we are selling **Entertainment Books**. Books cost \$65 and contain \$15,000 worth of local discount vouchers for dining, entertainment, activities and accommodation. Clubhouse receives \$13 for every book sold. Check out the following link for details or to purchase a book

<https://www.entertainmentbook.co.nz/orderbooks/9004x25>



Some members have been busy working on applications for the **Australasian Clubhouse Conference** in Toowoomba. Interested members still have until June 15th to apply.



We are on the hunt for a **new staff member** as George has been offered a job in line with her career goals. She will be greatly missed. Lara will help cover while a new staff member is recruited.

The **Clubhouse Presentation** team recently had the opportunity to speak about Clubhouse at Mind and Body peer support service and also at an N.G.O Networking Forum held at St Luke's Community Mental Health Centre. See the Communications unit if you would like to be a part of the next Clubhouse presentation.

# Newsflash

The Clubhouse **Transition Employment** program is about to be revived! A contract for a

Clubhouse has been involved in the Heart-beat Challenge since 2008, this program requires changes to be made to improve the work environment so it is less stressful and healthier. With the recent completion of our nutrition policy we are set to receive a **Heart-beat Award!** We will celebrate this occasion with a presentation and healthy afternoon tea, following the house meeting June 12th.

**Smokefree Support Group** continues weekly on Wednesday's at 2pm. Come along if you're considering cutting back or becoming smokefree. Peer support and access to smokefree resources are available.

The latest **Social Rec** outing was a day trip to Thames. Two van loads of members attended Stepping Out's Whanau Day. The previous trip was a beach outing to Tawhanui. Check out Merve and Tony C's story's on these events on pages 9 and 14. The next trip is scheduled for Saturday June 16th – a scenic journey including stops at Dairy Flat, River-head Forest, Walkworth and possibly Puhoi, bbq included all for \$2.50! Book in at F.S.U.

Our next **Twilight Dinner** is coming up on June 21<sup>st</sup>, we will dine at Clubhouse with a guest speaker from Wellpark College of Natural Therapies, \$4 to the F.S.U secures your place.



Transitional Employment position is currently in the works. This is a very exciting opportunity for members! Details to follow shortly...





# New Houses, Fresh Starts

**Independent living is an idea that attracts a lot of urbanites these days. It seems the more people we having crushing around us, the more stress created (bad and good) — and the more we prize our personal space. We talk to two Clubhouse members about their flash new pads.**

Two Clubhouse members who have improved their living situations lately are Damon and Kerry. Damon moved down the road from Kingsland to Mt Albert to a flat that is “a lot bigger than the apartment was.” It’s a unit on its own, more spacious, with more “peace and quiet.” He has his bed, a tv, a little stereo — and is well pleased though still without a fridge. Damon spends any extra cash on his car, to get a warrant. He still doesn’t have it, but has “just a few minor things to do on it” before getting mobile again.

Kerry shifted flat from Albany Rd, Herne Bay, to Richmond Rd on the boundary of Ponsonby and Grey Lynn. He is a CORT tenant and had to move as they were selling. He’s glad it turned out for the better: “It’s great accommodation” on the third floor of a high-rise.

It’s handy to Countdown, is close to the bus, and closer to Clubhouse. And it has “a very quiet living environment.” Unlike Damon’s it’s a self-contained flat of modern construction with all with the built-in whiteware: the “mod cons” as they used to be called (modern conveniences). Kerry is happy with the security arrangements too, his beloved bike kept safe under a security camera and locked up in an underground carpark. (For those out of the know, cycling is Kerry’s passion, hobby and necessity, transport costs being what they are: forever on the rise).

# Pumping Iron

*Better known as an artist — be sure you catch her exhibition of mosaics at Toi Ora — Nikki Dixon is pleased with the results of her new regimen put in at the gym.*



## **What got you started?**

The right timing; voices in my head telling me to go to the gym. Decided it was time. I called up Les Mills, and received 1 month subscription free. I go 3 times a week; 2 cardio, and 1 weightlifting in the ladies gym. I am on my third fitness regime. I've been going to gym since just before Christmas.

## **What motivates you to carry on?**

Positive thinking. Motivation to lose weight. I haven't lost any weight yet but I've really toned up and improved my level of fitness. I also quit smoking 7 – 8 years ago.

## **Benefits?**

Having a routine, getting up early in morning. Leaves the rest of the day free to get other things done. I have previously used calendar chosen days. I choose classes the night before. Weightlifting is great, I do a regime. As part of the membership, a free session with a trainer is included, as is updated training programs.

It's good fun, I love it, it makes me feel good, it gets the endorphins going. I have met lots of positive people. The most important thing in the world is love.

## **Advice to others?**

Set your alarm clock and get out of bed. Do one thing a day eg: walk, dishes, washing. Accomplish one thing a day. Keep a diary so you can reflect on your achievements.

## **Cost?**

3 years - \$24 per week  
\$8 per day for buses

# MY LEFT HAND

*Shannon has been quietly getting involved in all facets of Clubhouse life over the last few months. Lets hear a bit more about him...*



A mate first mentioned Crossroads Clubhouse to me, he told me about the computers, about cooking and gardening and that it was a good place to meet new people... And it 'SURE DOES' all those things, really lives up to what I'd heard about it. I enjoy working on computers at the Clubhouse, and the meals are really healthy. When I cook myself it's always fried, like barbeque type and no vegetables. I get paid on Fridays so usually eat here. My favorite food is curried sausages and curried mussels. Coming to the Clubhouse really fills up my day. I like doing typing and I'm still getting to know the new system Win-

dows 7, (I think it is). The trip to Tauwharanui was my first recreational outing... It was really great. I was planning to have a swim but the water was a bit cold.

*Music is my great passion.* I like playing the guitar but haven't got one of my own yet. A friend has got an electric guitar and I use that now and again. I have been going to Toi Ora for about three or four weeks now and that's really good. I have been playing music by ear for years but now I want to be able to write my own music. I was interested in music when I was very young. People around me, mostly family, play music and also listen to music. My favorite kind of music is Blues music. Garry Moore and Roy Buchanan are my main influences. In the future I would like to be part of a band... playing together with others gives me a feeling for that. I sing a little bit too. I am wanting to play by learning how to read but I like watching people play and I learn by doing that and listening too.

One strange thing about me is that everything I do is with my left hand because I'm left handed. But I play the guitar with my right hand. I had a go at drums, but was no good. Something I would like to try is to play keyboard.



# SOCIAL NO WRECK

## Tawharanui, Anchor Bay

Social Rec was grouse for April. The day dawned sunny with a nice warm breeze. It was like family, meeting up with other club members, chattering, sharing a joke. The trip to Tawharanui took 1 hour 20 minutes. We all enjoyed the many sights from the van, kindly lent to us by C.O.R.T.

Some people brought togs and swam in the calm full tide. Many people including families, were enjoying the day on the beach. After a swim and barbeque was had, then it was time to head home. It was great to get away from Auckland so busy, to a tranquil Reserve park.

We all arrived back at Clubhouse tired, but all agreed it was a great time.

Merve



## CHRIS RUSHWORTH'S Birthday Party

It was his 44<sup>th</sup> birthday bash at Valentines, Mt Eden, a celebration to be remembered. Food of all sorts and all varieties were on offer from cooked ham and many other tempting morsels. Puddings ranged from hot delicious steamed pudding, jellies, pavlova and ice cream. Many well-wishers turned up to sing Chris 'Happy Birthday' and cheer. Chris gave a thank you speech and thanked all for coming along. A good time was had. It was like family.

Merve



**Wednesday, 16 May 2012**  
**Crossroads End of April Monster Garage Sale**  
**by Tony Cavanagh**

Hi everybody, hope you are travelling sweetly and that you're all really well. I was gifted with position of sales person in our extravagant furniture and appliance department. Patrick kindly donated the carpark as our elaborate showroom, (totally due to common sense of course), and this provided adequate space to arrange all the goods we had on sale.

There were many folk eager to buy half an hour early, however we decided in fairness to all not to open business until 8am.

Within the first 5 minutes we had successfully sold over \$200 worth of goods and even then there were others waiting in a queue to purchase more. Much gratitude is extended to Clubhouse members and all donors buyers from the general public, whose purchases and un-



wanted goods have helped greatly in aiding us to accumulate the necessary funds needed to make the Australasian Conference in Toowoomba come September.

We did really well and it was great that sales were solid in all our other departments

The following is an acknowledgment of some of the wonderful folk that helped... Kitchen Team... George, Damon, Clive and Craig H, Tony H, and any others who pitched in... thanks for the sausage sizzle, free



tea and coffee and the amazing ....Johnny M, (well fancy finding you

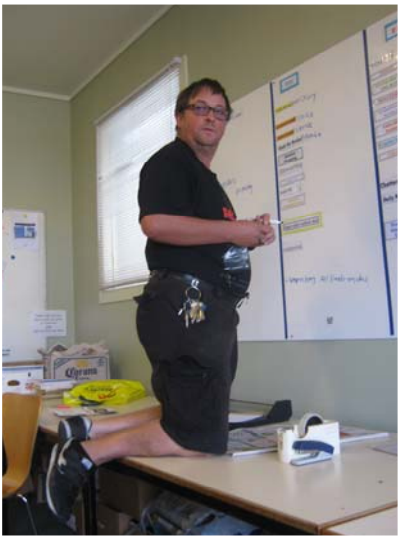
in the odd balls and bits dept!!!) and helpers... awesome John Boy... great effort and that " top hat really suits you"...

Kitchenware & Books Team & Funny Fiddly bits n pieces ....Sir Patrick and his band of merry helpers... Laura & Mum, Chris R & Mum, and assorted others who offered



range of baking available... 10 out their support and book and techni- of 10 for a job well done. Appliance cal exper- Team... Stephen H, Shannon, Rune t i s e . . . and others... for Technical Knowl- thanks all edge... great boys... and we noticed your department was well and m u c h ... truly cleaned out... that's what we you all like to see... rock..!!!!

Miscellaneous Team and odd ball s & White- bits w a r e a n d Team ... Brick a Ra, Alo, Brac P e s a , Kerry , Ngaiwi.



Fashion is timeless, colourful and flamboyant, this is what we found in out clothing department efficiently manned by Nikki D and Nadine. Nikki spent days sorting clothing and accessories and provided exceptional customer service on the day!

# The CORT Dinner

## By Brucel

The CORT annual dinner was a real winner,  
It was the first celebration of the year for  
many a grinner,  
We all danced around,  
And never did we stop,  
For a couple of hours we did trot,



To the band which made us stand,  
And then there was the food,  
Steak and Salad to create the pallet,  
And big muscles for all the dudes,  
There were many old friends from all around,  
The whole of Auckland and many surrounds,  
We talked and talked and rhythms did we stalk,  
Men and woman really having social skills,  
But never breaking any of the rules,  
The music was insane,  
And it really rocked into the brain,  
It all added to the game,  
Many songs to make and we will really belong,  
When I arrived back to my flat,  
I could only remember back all the chats we had,  
The vibes were with our tribes,  
It was really cool when there was not really a fool.

# WILLIAM PETER BRADLEY

(1942–2012)

## A Contradiction in Terms

With William “Peter” Bradley what you saw wasn’t what you got. Few knew how intelligent and passionate he was, including myself. I underestimated him for ten years when he was physically past his prime, apt to certain frailties that could be unbecoming in public. And other “consumers” can be most judgmental of all. The morning before his funeral when I told an associate he had died, she, who had worked with him in a voluntary capacity, began to harp on about the one shortcoming she knew.

I was more than a little ashamed at the revelation of his funeral last Friday, (4th May), as his brother-in-law, a psychiatrist, was brought to tears reading out a long passage William wrote about his life, his doubts about the effectiveness of his whole history of protesting: about the errors in Auckland’s town planning, racial sports tours, the wrongs of society in general. It was a marvel of self-analysis eloquently and stylishly expressed that I never remotely suspected was in him.

Every couple of weeks he phoned me — if I hadn’t visited him at the rest home

— and would just hang silent until I covered the bases bringing up every topic of conversation I could think of that I *thought* we had in common. Now and again he asked me how my books on Sixties Music were going, then tell me something about protest letters he was writing (and usually hadn’t been published). It wasn’t like the old days — I’d done my protest letters in the late Seventies and early Eighties. If I had only known. Rather than that type of consumer who insists on telling you everything they *think* they know, William was the other sort, with a fierce intellect but who hangs back hoping to hear gems of wisdom to add to his, (which was rare).

As not quite a member of William’s generation, I’d forgotten sayings people lived by in the day to ensure they didn’t “sell people short”: “Don’t judge a book by its cover”. Easy to do in a time when the loudest mouths win out. Hardly anyone gives a thought to, never mind treats as an equal: the hangdog guy or girl in the corner who rarely pipes up, hard to hear when they do — and might just hold most of the secrets of the universe in his or her head. Today superficialities rule, and a headful of rare knowledge covered by a bohemian exterior often means a life sentence for someone like William. — G. A. De Forest



# A day with the Whanau

What were the highlights of the day?

*The Clubhouse Community were invited to join Stepping Out for their annual Whanau Day May 25th. Patrick and 16 members attended the festival. Tony C talks us through the day's happenings...*

**How was the journey down?**

It was a good trip. We travelled in two vans. I drove one van both ways. There was plenty of space in our vehicle. The traffic flowed nicely. We took a comfort and refreshments stop at the "Pink Pig" highway cafe. Last time we visited Thames we used the old bridge, this time we tested out the new Kopu Bridge.

**What was happening when you arrived?**

We arrived about 15 minutes into the event. There were stalls with belts, art work, soft toys, homemade marmalade etc. Nikki D brought down her mosaic work and set up a display. There was a guitarist on stage playing the blues and some Jimmy Hendrix numbers, I really enjoyed hearing this music. Six bongo drums were set up in the hall way, anyone could have a go at playing drums with the music. There were fruit platters, homemade punch and tea and coffee on offer. For lunch we had club sandwiches, savoury's, followed by cake, tea and coffee or punch. Joanne the Team leader of Stepping Out asked me to draw the lucky dip raffle. There were two cash prizes for \$100 and \$50, the prize winners were wrapped with the cash, I would be too!

The Stepping Out staff were really nice, it was great to catch up with some of them. It was good to see Patti again.

A lady was called up to get the line dancing going. She invited others up to give it a go. About five people joined her, including Peter C and myself. I found it much more challenging than I expected, it wasn't a beginner's routine, but by the end I was getting the knack of it. Peter C was a natural.

During a break before lunch I walked past the place where my Father used to have the Moanataiari Dairy, there is a block of flats there now and no evidence that there was a dairy there at all. However a historical landsite and successful business that has weathered many decades still remains up and running - The Steel Works and Foundry. A lot of members visited the Thames Township, it was a lovely day, very relaxing.

The trip back was smooth and fast. It was exactly 114 km each way. I delivered the members back to Clubhouse then Nikki with her mosaics to Toi Ora.



# Bus-tripping

**Missing in action for a few weeks, Andy's return prompted many requests for stories and tall tales. With a focus on the adventure of an intercity bus tour, here's the dirt:**

I spent a couple of weeks visiting family in Kapiti, (about 50 kilometres north of Wellington), during late April. During this trip, I travelled by InterCity bus — which takes about 10 hours each way. On the way down, the coach was full from Taupo (it was school-holiday time) and a big Maori guy called Aaron sat next to me. Well, actually... Aaron was so big he practically sat *on* me! He was quite a character — with plats in his hair and special contact lenses that gave him "devil" eyes. Aaron was returning home to Palmerston North from Gisborne, where he had been making his living for a couple of weeks tattooing the locals. He had a digital camera with him and showed me an amazing pictorial collection of his work — everything from Gollum, ("Lord of the Rings"), to family crests were on show. It was very impressive, although I

wasn't tempted to book a tattoo for myself. Aaron also shared many interesting details about life with his partner and three young children, including photos of a Valentine's tepanyaki dinner earlier this year.

Overall, the bus service was pretty good — it basically kept to schedule and the seats were reasonably comfortable. I would definitely recommend the price (\$50 each way) if you're ever looking for a cheap way to travel to Wellington.



# CLUBHOUSE GOURMET TIMES

## Eugene's Asian Fusion

Eugene surprised everyone with his accomplished cooking skills on his first appointment as guest chef in mid-May. Compliments flowed after his specialty, which he calls Eugene's Asian Fusion, a dish combining sliced sausages with scrambled egg, noodles, mushroom sauce and corn cream.

Eugene gained his culinary skills from his parents, particularly his mother, who is a trained chef currently working in a contemporary western hotel. She specializes in Asian and western cuisine and taught Eugene the art of cooking, particularly steamed vegetables, eliminating water and oil in the cooking process to retain full flavor and nutritional value. Small portions is the key, says Eugene, who still has many surprises coming for Clubhouse members with his Asian Fusion recipes.

Annie has been a member of Clubhouse for three years and has been working in the kitchen for the past six months. I like the kitchen, says Annie, better than doing the attendance figures because it's serving and dealing directly with George.

Annie attends most days except Wednesday and helps out with the coffee and tea, especially when George does the shopping. She makes sure that the coffee in the container is the right one for the plunger, not instant, which happens from time to time – also that the sugar is in the right container instead of salt, which also happens from time to time.

It has been a busy few months in the Food Service's Unit. We have had Four Fabulous Guest Chefs. First up was Buddy ,(featured below), he made a great rendition of a Classic English Pub Meal. Steak and Cheese Pie with Mashed Spud & Mushy Peas. Next up was Shannon who made a massive amount of Corn Fritters which were enjoyed by all. Third was Moses who made a delicious Indian Meal: Curry, Rice and Homemade Roti Bread (see pic page 17). Most recently we had Eugene's Asian Fusion ,(as described above). We look forward to trying Laura's Spaghetti Bolognese on June 6th... book in soon as spaces will fill up quick! Another highlight was Damon's Flying Saucer Cake... interesting 😊 design !



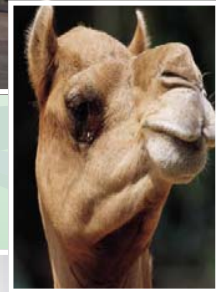


# CLUBHOUSE GOURMET TIMES



# JUNGLE CONNECTION

Urban Jungle our local café where we all get a chance to hang out on Friday afternoons, Clubhouse closes hour early for that event. I think it is a special time of the week which starts with everyone gathering in the hallway and outside ready for a relaxing stroll through the neighbouring streets to arrive at urban jungle where we usually sit outside and share our chit chat with laughter and jokes. Some of us order a drink but there is no pressure to do so and the feeling of support from Urban Jungle seems to be much appreciated by all. It gives us a chance to relax together in the community for an hour or so which I think is pretty awesome. Good on you urban jungle and see you there the next time your feet decide to travel in that direction on a Friday afternoon! And here is a Trivia question to finish off with, (find the answer elsewhere in Chatters!) **How many eyelids does a camel have?** Cheers, and that's all for now folks, Rune.





# THANK YOU!

*to the following businesses and organisations that have supported Clubhouse over the last few months with fundraising. We really appreciate all you have done!!!*

Hell Pizza  
Ponsonby Plant Centre  
The Surrey Hotel  
Savour & Devour  
Gyros Mediterranean Takeaway  
Presentz  
428 Richmond Road  
Unodesign  
Raw Essentials  
Greenstone Factory Shop  
Mixt  
Dalston  
Jaan Turkish Café  
Bouchon French Café  
Vector  
Grey Lynn Tavern  
Vetcare Animal Hospital  
Discount Tyres  
The Shock Shop

Domino's Pizza Grey Lynn  
Civic Video Ponsonby  
Arch Hill Café  
Farmville  
Pt Chevalier Chiropractic  
The Mad Butcher Pt Chevalier  
Bunnings Mt Roskill  
Toi Ora Live Art Trust  
Take It From Us Radio Planet FM  
(104.6FM)  
WINZ (Queen Street)  
Mind & Body  
Regional Consumer Network  
Taylor Centre  
Community of Refuge Trust  
Mental Health Foundation  
Edge Kingsland  
Ponsonby Baptist Church

# A Unique Approach

*Like all our work, this was produced inhouse by members – our approach to recovery: by side at Crossroads.*

We'd love to show you our Clubhouse.  
Please call anytime to arrange a tour time.



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For more about our Clubhouse visit:  
[www.crossroadsclubhouse.org.nz](http://www.crossroadsclubhouse.org.nz)  
For more info on the Clubhouse model  
visit: [www.iccd.org](http://www.iccd.org)

**Answer to quiz question on pg 18:**

Camels have three eyelids per eye. Two of them have lashes and the third is a thin eyelid to protect them from sand blowing in the desert.

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