

Chatters

A publication of Crossroads Clubhouse

November / December 2012



Worth a mental note...

In October my parents invited me to the screening of 'Mental Notes' in Whangarei. I jumped at the opportunity, having heard promising feedback about the film, featured in Changing Minds Mental Health Awareness Week (MHAW) film festival.

'Mental Notes' is a compelling documentary about the history of mental health care in New Zealand when psychiatric hospitals existed all around the country. Five former patients tell their story- each was tragic yet utterly inspiring.

Despite their suffering each person 'came out the other end' and went on to achieve significant things in their life. Several experienced successful relationships and had families of their own, one published a book, another became a professional musician, and a number now work in mental health support or advocacy.

Film maker Jim Marbrook does a superb job of de-stigmatising mental illness by telling the 'fives' stories, in a respectful unassuming manner. I was impressed with this documentary. It seemed to report on history and the featured stories with authenticity, yet an earthy artistic bent. The film reveals a part of history that seems forgotten. It also brings to light the desire of many victims of mistreatment in the 'old mental health system' for a public apology from the government.

The documentary screening was extra special with Jim present to talk about his work and answer questions from an engaging audience. I left the film full of hope for what is possible, extremely proud of a talented kiwi film maker and the five people who overcome so much and had the courage to tell their story.

Nadine

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.

Directors Say

What a terrific year its been.... not quite over yet though. We have our end of the year Xmas 'Bash' at the Pt Chevalier RSA fast coming up. It should be a great day with members starting to prepare for their performances, we've got singers, a magic man, skits and an exciting Kung Fu warm-up routine (to music) and lots more.

Great to have the boys back from Toowoomba and to hear all their stories and some great ideas for the Clubhouse some of which are already happening and others to go through for the new year.

Interviewing again for a new staff members, thanks to Lise for the time she spent with us but sometimes things just don't always work out as you expect.... go well Lise.

There's always things changing around Clubhouse and lately we have been creating a new outside sitting space (Northland St side) for members. The area has been cleared and now we are just awaiting the grass to grow. We have also acquired some nice new Alfresco café style furniture for the courtyard area (off from the dining room). Thursday lunch times are always especially busy times because we normally have a roast on the menu and this brings in larger numbers of members and so that now that summer is here we can accommodate everyone given the additional outside space.

Please Note clubhouse will be open all through the Xmas period except for the Statutory holidays; Xmas day, Boxing day, New Years day and the day after.

Thanks to members and friends of Crossroads Clubhouse for your support over the Year and wishing you all a very Merry Xmas and a Happy New Year. Go Well.....Patrick



Newsflash

Recently we were treated to a talk and slide show from our very own **Australasian Clubhouse Conference** representatives Stephen, Paul G and J. D. See p.10– 13 for tales and pics of Toowoomba.

In November we wrapped our 8-week **Footbeat Challenge**. The Crossroads Rovers took the title fair and square. Merv was the most active footbeater overall, closely trailed by Raymond of the Usain Bolters, Tony C of The Stunningly Beautiful and Handsome Creations and Alan of the Fleet Footed Flyers. Bruce L took the spot prize. Congrats to all place getters! The Rovers received a food hamper for their win. Individual place getters scored Footbeat Military Style hats.

Our Mental Health Awareness Week **Clubhouse Raffle** was a big success! We spent 3 days outside Pak' n 'Save in Mt Albert selling tickets. The winner was a friend of Stephen Hart, Nigel Wright,

(pictured). We raised \$1,214.70 which will go towards expenses of the Clubhouse Camp in February. Acknowledgment to raffle sponsor Jade Thorne, who we missed mentioning in our September – October issue.



Crossroads Summer Camp 2013 is being held at Campbell Park, Mangawhai Heads on the 25th-28th of Feb. The first 20 people have confirmed places. There are still reserve places available if someone pulls out — contact the communications unit for info.

Numeracy and Literacy Group is now a regular and popular item at Crossroads on Thursday after-

Newsflash

noons for one-hour sessions starting at 1.30pm and 2.30pm. Come and use the computer programs to improve your reading and/or arithmetic. Those interested need to book in as places are limited. This is a well supported group with one staff and members on hand to assist students in the class.

Breakfast is now on at Crossroads 9 to 9.30am, \$1.50 to \$2.00 for a range of options: cereal with fruit, toast and spread, coffee, tea or Milo and juice. No need to book, just turn up to FSU (Food Services Unit) Crossroads Clubhouse dining room.

The **Crossroads Christmas Party** is coming up on Friday 21st of Dec! Members and staff will meet for Christmas lunch and have some fun with skits and jokes, singing or whatever you would like to celebrate with your friends. It only comes once a year, folks! Just \$10 to book your place.

Recent **Social Rec and Twilight Dinners** events were well attended and raved about– particularly the Miranda Hot Pools trip and Karaoke Night. Check out **p. 14-15**.

In October the **Presentation Team** (of the Communication Unit) visited the staff of the Mason Clinic in Pt Chevalier and gave them the lowdown on all things Clubhouse. The team will return to Mason to speak to residents attending a recovery support group in early December. New presentation volunteers are welcome.



A Journey to the Light

by Charles Royal Kara

On the 16th of September 2010, when I first came into the care of Arahura Trust (Cullen Ave) I was unwell and couldn't concentrate properly, not knowing that I had been suffering from a mental illness. I used to think that I was being sued by some kind of powerful American empire. I have this mental illness called paranoia schizophrenia and I use to think that people were stalking me and trying to attack me. I knew that I wasn't 100% ok and felt quite unstable at the time, lost and lonely. I didn't know what to expect, and then I met some new friends Robert Pareanga and Lynice. They invited me into my new home at Arahura Residential care where I have been for just over two years. This is a really good thing, because ever since I've enjoyed the resources such as access to the washing machine, dishwasher, dryer, internet, phone, and freeview. Freeview is a good benefit as it has all the channels we like. I have been studying since I've been here. I completed a Certificate in Retail and Business last year which I graduated. This year I successfully completed a Diploma in Business level 5. Next year I am hoping to do a Degree in Business Man-

agement (Applied Communications). So I can go out there and try to achieve some kind of major success.

While I've been residing here at Cullen Ave I had given up the drug substance called marijuana and I have been off it since November 2011. This is a really good achievement because I have now realised that it was one of the main causes of my mental illness that I have been diagnosed with. Ever since I gave up that drug I have been becoming more and more well each day that goes by. My mental illness started to ease off and gradually go away.

A month after moving into Cullen Ave I got a phone call from a girl I use to see in the city and she told me that she was pregnant with my twins. I just stood there silent for a second and thought, *oh my God I'm about to be a father*. It shocked me for a second it was really good news for me I've never been a father so I wouldn't know what it would be like or what to expect. I was like okay I'm going to make sure that my kids are going to be happy and take them all around the world, well that's what I said. So for sure I had twins a boy and a girl they're names are Taigan and Toroatai. The only reason I started to go back to uni and get my degree was because I wanted a better and brighter future for my kids and only want them to be happy.

Sometimes being on the medication can be a real b**** which I do regret but I have to keep striving to take it, because it's only for the better. I am on a medication called

clozapine and it can be dangerous if you don't take it properly, I do realize that now. If I don't take it I get minor tummy aches, migraines and a sore throat. This isn't funny it can be quite a concern as I think I am going to get sick and feel like I'm going to pass out and then might end up back in hospital again.

For the last five months ever since I saw this lovely business woman in town walking past me puffing on a smoke looking professional, I have noticed a change in how I do and see things and how I perceive things to be. I want to be a professional and I want to start doing things professionally. So I grew up and realized that I'm an adult now there's no turning back to the past. Because it doesn't work like that, you got to keep focused on what is in front of you and not what's from behind you, and to accept all the positive things that come into your life. I also noticed a change in this beautiful atmosphere that all everything around me and in me was all at peace with what I call God. This gave me a feeling of happiness. I felt like I was in heaven for a little while with the angels all around me loving me and above all caring for me and I felt like I was with God and that he was teaching me how to love and respect myself and others. I started to have respect for the things that I achieve, have and do in my life. I really do believe that I am getting much better now because of the medication I'm on. I feel that I am calm in myself and with others and am very much at peace. I have

also learnt to be dependent on myself and not on others.

Mental illness is a sickness, and I believe that you should do the very best you can to try and recover from it. I did and so should you and then chances are you will succeed in having a good life.

This is my main highlight of the day which I have carried with me from the time I first came into the care Arahura and I believe that you should take it and listen to the words and see what it does for you, "Love is Peace & Peace is Love". Love is just a game, but peace can live in us for all eternity".



Introducing 'Changing Minds'

Changing Minds was formally known as the Regional Consumer Network. Why was the name changed?

Changing our name was part of a wider re-branding process, which involved creating a new logo and website and name. The idea was to build on the history of the organisation by taking it into slightly new directions, with a fresh look and a catchy name.

In regards to the name in particular, we found that many people were confused by the name "Regional Consumer Network" and assumed that we were about product complaints, as in consumer satisfaction, the phone lines you ring when you buy a faulty product. So it seemed a good idea to switch to something that demonstrated more about what we actually do.

In order to come up with our new name, we brainstormed some ideas and then asked our members to participate in an online survey to choose one of three options. The clear winner was Changing Minds, so that's what it became.

Can you tell us about who is on the staff team and what their roles are?

The staff consist of Tina Helm, Campbell Larsen, and myself (Joey Macdonald- pictured centre).

Tina is our Manager, and Campbell and Joey are both Policy and Projects Advisors.

Tina and Campbell are full-time, and I'm part-time (in for half the week).

So Tina provides the backbone of our organisation, maintaining all the administration and connecting with our voluntary board members for governance. As well as managing the other two staff, she takes on various specific projects, for example, she recently organised our Film Festival for Mental Health Awareness Week in October, and was the main person behind the beautiful images of our Awareness Campaign. She also provided extensive com-



mentary on the draft Mental Health and Addictions Service Plan, trying to ensure that service users have more of a say in the services we receive.

Campbell is our communications guy, who writes most of the material for the newsletters and updates and edits and organises the rest of us who contribute. He is also our go-to technology person, so he sets up equipment whenever we have an event, like our monthly forums or a workshop. Campbell has recently been involved in the consultation process with the Auckland Council and their new community development plan. He has also been providing useful feedback on the Blueprint II docu-

ments, and acting as a conduit to bring feedback from our members into the wider discussion with the Council.

I'm the main organiser of our forums, making sure we have interesting speakers and activities and food and so on. Some of our speakers have been really excellent this year and I'm hoping we can run some free interactive workshops next year with them, which we will keep you in the loop about! I'm also trying to get some funding for a Youth Project, which would be a resource about how to run an effective campaign to raise awareness about things related to mental health and addictions. So young people can more easily create art, writing, and other materials that help open people's minds.

We also like to work as a team, collaborating on whatever projects are immediately relevant, for example the film festival involved us each doing different tasks to prepare and facilitate those events.

One of the roles I had was facilitating the panel discussion after the films "Mental Notes" and "Black and White" screened on Saturday, and that was a highlight for me. The discussion involved our audience members asking various questions about film making, social change, and mental health, and our panel of film makers (and a film archivist) responding to those questions with a wide range of perspectives and opinions. We talked about the controversies of electric shock therapy (ECT), and medication, limitations of the biomedical model, the positive potential of sensory modulation, representations of marginalized communities in film, and how to create media that promotes diversity and social change in relation to mental health.

The experience of facilitating that discussion has led to me hoping that we will facil-

itate other conversations about these topics, so that more people can contribute and be involved. So that's something to plan for next year.

Is your office still open to consumers who would like to drop in casually?

At the moment we're more focused on being in touch with people by phone and online, but we still have people stopping by or coming for meetings at our office. Next year we're hoping to have specific hours for people to drop in. We want to be a centre for information and resources, and we are always happy for people to call and make a time to come visit. The key reason people contact us is so they can find out more about other services that exist in the sector, so we want to be available to answer those queries by email and phone if people aren't dropping in to the office as much. Ring us on 09 623 1762, or email Joey:

joey@changingminds.org.nz, or Campbell: campbell@changingminds.org.nz, or Tina: tina@changingminds.org.nz.

One of your goals is to provide systemic advocacy, can you explain what this means?

To me, systemic advocacy means trying to change the systems that support us, so that they can do a better job overall. And it means considering the wider context that we live in, and the factors about why we might be distressed or unwell. So for example, racism has a huge impact on a lot of people in New Zealand, but we don't often talk about how racism affects our

mental health. Systemic advocacy means having conversations with mental health workers, consumers, clinicians, and anyone else who interacts with mental health services, about things like racism, sexism, disability, and homophobia. It's about trying to make the world less hostile towards difference, on a broad level.

So often it involves contributing to policy documents, making submissions on things like the Council plans. We ask our members for their feedback, for their thoughts on how to improve our lives, and we take that feedback to the relevant organisations or meetings. So we're trying to make sure that the issues we face are being talked about by people who can help us make changes.

I think systemic advocacy also involves building strong relationships between sectors, so for example we are closely linked to youth organisations like Rainbow Youth, because youth mental health is often not supported adequately by public health systems. So by having conversations with young people and with staff at Rainbow Youth, we can work together to try and give that feedback to the people who can change those systems for the better.

The mental health and addictions sector is in some ways quite isolated, and I think there are other fields that are very relevant where we can build strong relationships across organisations. Community development is another area that I think we can work within, with a focus on health and wellbeing as part of community development.

What advice would you give to an individual who requires advocacy?

We would talk to them about whatever the issue was that they wanted advocacy with, and then try to provide them with information and useful contacts. So for example people might want legal help, so we put them in touch with Auckland Disability Law Centre. Or it might be that they could talk to their peer support worker, or their case worker, and we can help them clarify what it is that they want to talk about beforehand. Sometimes we link people up with the Human Rights Commission, and help with a complaint process there. Or sometimes it's about finding out about a particular service, to see if there is a culturally appropriate team or service available, maybe someone wants to access a Muslim mental health service or something like that. We try to connect people with the right place or person or service.

The specifics usually depend on what the situation is, and what kind of support or advocacy the person is looking for.

What does a good result look like to you at the end of the week/month/year?

Well I've only been working here for six months, but I would say that at the end of every week we hope to have had conversations with both consumers and providers, attended meetings to give feedback from our members about things that affect them, done some preparation for whatever event is coming up, written some pieces for the newsletter or for other publication, and liaised with other people working in this sector or other related sectors.

Every month we have our forum and newsletter, so those are the regular monthly

goals, alongside any other projects, like when we did the Film Festival and the Awareness Campaign. We're currently working with people to design our new website, which will be really awesome when it's up and running by the end of the year!

We often attend meetings with other organisations or services to give presentations about our organisation and about how important it is to support tangata whaiora. That's probably about twice a month, on average.

I think that every year we would hope to maintain our core business of providing information face-to-face, online, and by phone, while also running several other awareness raising campaigns or educational events, continuing to build relationships within and beyond this sector, and contributing to community consultation from the council, the government, or other health related services.

We're now in a good place I think and we are at the stage where we are doing some extensive planning for projects next year that are in line with our strategic plan. We know that the year ahead will be an exciting one where much of the gains we made during this year will be strengthened and cemented. We will continue to grow alongside our partners and allies and consumer, service-user, and tangata whaiora communities.

Is there anything else you would like to tell us?

Thanks so much for asking us to contribute to your newsletter! We really appreciate it. I know Campbell came to visit, which is great, and I appreciated the chance to answer your questions by

email.

All the best, thanks again,
Joey.

Glenn's Marae Visit

Kia Ora everyone. I wanted to share with you a beautiful experience I recently had when visiting my family marae.

The name of our marae is Horahora and is situated in the Waikato.

My iwi is Ngati Mahuta.

My recent visit was a wonderful experience and I felt connected with my tupuna (ancestors) as I have a very strong wairua (spirit).

I really enjoyed the warmth and sincerity of all whanau on the marae the day I was there.

Every now and then I have to have some kai moana (seafood) as this is food and nourishment I really enjoy.

I hope I can get the chance in the not too distant future to return to our marae and meet more members of my whanau and also just to take in the peacefulness and aroha of the marae and all my tupuna.

*Arohanui, Glenn
Article by Tony C*

TOOWOOMBA TALES

As the last edition of 'Chatters' went to print our Australasian Clubhouse Conference representatives were just unpacking their bags. Now for their long awaited tales...

Incredibly, it's almost two months since Paul, J.D. and I attended the 10th Australasian Clubhouse Conference in Toowoomba (Queensland, Australia). In the lead up to the conference it seemed we heard *that* word so much – how do we raise enough money to get to *Toowoomba?*, how do we decide who will represent us at *Toowoomba?*, how will we find the time to prepare our speeches for *Toowoomba?*....*Toowoomba, Toowoomba, Toowoomba.....*

I will defer to my conference colleagues Paul and J.D. for some thoughts on the conference itself and instead offer some answers to the question: What did we bring back from the conference? I think most importantly we brought back perspective. At times, being only one of two Clubhouses in New Zealand (and Dunedin seems far away), we lack opportunities to explore some of the challenges that arise from operating under such a unique model of recovery – and more importantly to gain new insights and ide-

as to improve what we do. This is where the conference really excelled – by sharing meals, lodgings, social events and of course workshops we ended up meeting people from a large number of other Clubhouses. Comparison was inevitable: "How many peo-



ple come each day?", "What do you do if no-one cleans the toilet?", "How do you select members for Transitional Employment Positions?", "How did you set up your Facebook page?"

What soon became clear from these comparisons is that our Clubhouse, despite its small size and severe lack

of staff, does a great job at providing opportunities every day for our members to form meaningful relationships, be involved in meaningful work and find their place in the community. This was re-affirmed by our visits to both the Toowoomba and Stepping Stone Clubhouses.

As much as attending the conference was useful in providing perspective on what we do well – it was equally useful (and challenging) in bringing into focus the areas where we have to improve. For our Clubhouse, two areas stand out amongst all others – Transitional Employment and developing an effective advisory board. To be able to offer our members transitional employment and to be supported by an effective advisory board are two, admittedly difficult, goals we *need* to achieve in 2013. These two issues will be challenging but the opportunities they can provide are significant – and are important steps in us becoming a better Clubhouse. **Stephen Hart**

Toowoomba is known as the Garden City. Every year Toowoomba has a spring festival. We just missed it unfortunately. The streets are tree lined and the city has many schools. The reason for this is that Toowoomba services a large rural area and the farmers send their sons and daughters to the boarding schools in the city. The population of Toowoomba is 130,000. It's a nice town to visit but I

wouldn't like to live there permanently. We were fortunate enough to visit two clubhouses while we were overseas. They were the Toowoomba Clubhouse and Stepping Stone in Brisbane. Toowoomba Clubhouse is near the centre of town. It's a unique building- an ex-church hall. There are two sections the first being where the staff and members eat and the second section is where they work. It's open plan. David who visited us from Toowoomba earlier this year showed me and J.D. around. There are newspaper clippings of David meeting Neil Armstrong on the wall. They like us have a garden. Stepping Stone Clubhouse is big. It's a two storey warehouse building. Reception and the café/lunch



room is on the ground floor while work units are on the first floor. It's in an industrial complex-no space for a garden. It too is open plan. I prefer our clubhouse it is more homely and cosy. Now to the conference itself. There was about a couple of hundred people there discussing clubhouse business. We met a wide variety of people one of them very similar to

John M. The presentations were informative, the speakers interesting. There were people from America, Finland and Indonesia as well as people from Australia and New Zealand. The people were friendly and enthusiastic about clubhouse. The food was good. I'm glad I went. **Paul G**



Giddy mates and cobber, strewth what a Trip!

I have been blessed to have had the opportunity to represent Crossroads on the recent 10th Australasian Clubhouse Spring Conference held in Toowoomba Queensland. It was a great opportunity to experience a trip overseas to our cousin clubhouses over the deetch.

The flight to Brisbane took over three hours leaving enough time to catch up on sleep and for Paul to watch an in-flight movie. The heat hit pretty much straight away but was welcome for me as NZ just had a cold patch. Stephen hired us a rental car at the airport and we dropped Gary D off before leaving the city.

Stephen, Paul and I had an enjoyable one and a half hour drive to Toowoomba, which is directly inland

(west) from Brissy. We climbed in elevation to reach the city which has a slightly cooler temperature (24 deg) and a very green 'non city' appeal, contrasting with Brisbane (28 deg).

Each day we had a routine that started with a morning meeting at 8.30am-9.00 (optional), then 9.00am talks or plenary's. For the first one we had two aboriginal men playing the didgeridoo and tapping a stick, then an introduction from the mayor of Toowoomba and local dignitaries. Next were work-

shops where there were options to attend one of four in various locations around the boarding school. I chose to go to different ones from Paul and Stephen, to get extra coverage. Those I went to were, on Money Services, Social Recreation and Fundraising. Paul and I presented on 'Diversity in the Clubhouse', which was right at the end of the conference, and was very well received. We spoke a bit on the Maori History and how the Maori look at health and well-being (The Whare Tapa Wha model).

I must say there were not just Crossroads, Tapestry and Australasian Clubhouses present. Far from it, there were members from U.S.A. (Independence Center and Fountain House) and Jack Yatsko from the International Centre for Clubhouse Development (ICCD).

Two ladies, Cecilia & Johanna of the Helsingin Klubitalo Clubhouse (Finland) and some ladies from the

Indonesian Ministry of Health where there also.

The meals were excellent and the light musical entertainment added to

house with its old terracotta tile roof, and the fact it was a church building. The raised bed garden and mosaic outdoor table added to a nice outdoor feel too!

Stepping Stone on the other hand, had an open plan nature which I don't really like, but I can see works well there. I met a couple whilst helping in their café. The Lady was from Te Atatu! Gary D's stomping ground but did not have time to introduce them as we were learning a lot and soaking up info to bring back home. At the street corner they even had a street sign pointing out the direction of Stepping Stone on it!



I enjoyed the last night Gala Ball that was in keeping with the spring time feeling of 'Flower Power'- 60s/70s theme fancy dress. Nice wigs n Mo's guys!

I would like to thank our hosts from both Stepping Stone and Toowoomba Clubhouses for their fantastic warmth, help, genuine love and compassion

the atmosphere.

During the three days we had the opportunity to exercise (which I love), so I tried yoga and used one of the hire mountain bikes. I was more successful in one, you can guess which!

We got to tour two other clubhouses which I really appreciated. Seeing how the physical layout and operations of other sites work was great. I particularly loved Toowoomba club-

for us 'key wees'. Cheers Guys.

I totally recommend other members of Crossroads to 'go for it!' when the next trip comes up! as said in the Conference "From little things big things grow!" **J.D**

Crossroads Social Happenings

There's no shortage of interest in social activities around Crossroads, here's what we have been up to...

Waiuku Township

This was Teresa's first social rec outing for some years. She wanted to attend and had set it as a goal for the week.

The original plan was to go for a walk in the Waitakere Ranges, but the weather conditions were dreadful so instead we took a road trip to Waiuku, (a small township an hour and a half south west of Auckland). On the way we passed 'Kingseat' an old psychiatric hospital, which is now closed and owned by a private firm. On arrival several people visited Hermann House heritage building, while others kept warm in the van. It was raining and windy, eventually we found a spot in the lea of a hill to enjoy lunch.

Unfortunately the museum we planned to visit was closed. Instead we ventured into town and had a look around the shops. Several displayed antique items for the Auckland heritage festival. It was interesting to see an old gramophone and radio-gram.

Teresa suggested we take a different route back. So we stopped at Glenbrook-

steel mill lookout and beach on the way home. Glenbrook beach was more of a boat ramp. However those that were dressed warmly enjoyed the fresh air. It was a windy trip back in the high roof van, but enjoyable never the less! **By Teresa & Nadine**

Kim's Talk on Food & Mood

I felt some of the things Kim Newton said were useful and I thought of trying some of the natural medicine ideas at sometime in the future. I don't suffer from depression any more but if I did start getting depressed again I would certainly consider using a natural alternative. I would consult my psychiatrist first though because there is a danger that it might clash with conventional medicine. On the whole I found her talk interesting and useful. **By Heather**

I felt Kim was passionate and knowledgeable in her presentation she answered questions very well. What she said was unbiased, she talked from her own experience.

I believe she gave people hope that there was a holistic remedy to their problems.

By Pink

Miranda Hot Pools

November's rec trip was an adventure to the 'Miranda Hot Pools'. With some great team work and planning and Patricks ability to get a good price for our group, two van loads of people set off from Club-



house roughly on time at 9.30am. The weather was forecast to be rather wet but that didn't dampen anyone's spirits.

The journey was fun going in two vehicles with J.D. adding some friendly competition to see who could get there first.

Once we arrived we organized the food, and established where we would make camp, everyone set about making themselves comfortable by exploring what was available on the grounds. They sold food there but predictably it was really expensive being miles away from the nearest supermarket. There were arcade video games for the young at heart and a playground if you had kids. Our setup was well sheltered from the wind which was quite strong all day. That was really the only factor about the weather to consider. The rain which would come and go wasn't a problem once you were in your togs, and it actually added to the atmosphere by making lots of steam rise from the hot water. There is one large pool there for swimming that is about 1.5m deep and allows for doing

lengths or just lounging around the edges and one spa pool for deep relaxation. Both pools I understand are fed directly from natural hot springs in the area. After about an hour in the water and before we turned into shriveled up prunes people were ready for a meal.

There are two large coin operated BBQ's there which we manned to cook the food to feed the 15 people. Everything went down well.

So, all in all, it was a great day. The general buzz is that most people had fun and enjoyed themselves. It was safe and friendly and I'll definitely be putting my hand up for the next one. **By Nick J**

Karaoke and BBQ at Clubhouse

Steve Hart and I jumped on the BBQ and got all the meat cooked pretty quickly. Sausages, steak and chicken liberally dosed in oil. There could have been a bit more meat (people said), but that's all there was. There was also coleslaw, tossed salad and garlic bread. For dessert fruit and ice cream. I thought, "There could have been a bit more ice cream!"

Then of course there was Karaoke. Karaoke is not something I can get my head around for myself, but I accept that others take a risk and give it a go. For some people it is out of their comfort zone. It was good to see some new faces around Clubhouse. David Grierson and Rose were there, I had not met them before. It was a good evening. **By Damon**

War Stories Our Fathers Didn't Tell Us: **Dave Bulog**

Marin Bulog had a hard life, starting with his father's murder. Press-ganged by the Austrian army in WWII, grandpop served as an officer's lackey. Going to a tavern, the officer went inside to have his fill, ordering the young soldier to stay outside and mind his horse. Soon, attacked by a wild mountain man for the horse, the enlisted man did his duty and was killed.

Young Marin was left as the man of the family. His first big decision was to leave their barren holdings in Croatia for Australia and New Zealand. Living on the gumfields between Kerikeri and Kaikohe, it was a lonely life earning just enough for food and to repair tools to dig more gum. His savior came in the form of a Captain Edkins, who had him work as a shepherd on his farm and later stood up for him as an essential worker and brought him back from WWII.

Marin was in the 3rd Div Royal NZ Army, posted to the Solomons, New Caledonia, New Hebrides. On return he met Darinka at a fair. A NZ-born Croat, she married Marin and they later resettled in Henderson. He worked at Moscow Yelas's vineyard, then at Alex Harvey's tin factory: a lucrative job in 1949. The 18 quid a week allowed the

couple to pay off a servicemen's loan for a three-acre plot at 4044 Great Nth Rd, Glen Eden, near Waikumete Cemetery.

Skilled as a gardener, and a hard worker, Marin took on weekend work as a skilled gardener. Switching weekday jobs to the Glen Eden Borough Council, he gave himself a hernia heavy lifting. The Invalid Benefit, though better than today, called on his inner resources again and he took to selling flowers on the roadside along with eggs and poultry (including Muscovy ducks) they raised on their large property, which was then semi-rural. Oh, and chrysanthums for cemetery visits.

He learnt to make wine with his cousin fresh from Yugoslavia: the famous Dali Plonk of legend. It took added brandy to make up the sugar content, so they went into the distillery business as well. This meant Marin & Darinka a.k.a. Rene had a lot of visitors of a Saturday afternoon. Though an invalid, Marin told people it was the happiest time of his life. All that remained was to see their son happily married, which Dave & Lubi accomplished three months before Marin's death.

"As the days grew old and the nights passed into time, And the weeks and years took wing, Gentle boy, tender girl — Their love remained still young, for their hearts were full of spring." ... the song goes.

ALAN on Her Majesty's Service

I joined the Royal Army, enlisting at 18, as one in five men was unemployed in Northern Ireland -- and to get away from "The Troubles".

I passed an intelligence test and a medical; acceptance wasn't automatic. Then I took the oath and got the QUEENS SHILLING (actually 10 pounds). And off to Sutton Coldfield and another selection process. It was decided I was best suited to clerical duties. I had a brother who was in the Queens Royal Irish Hussars and I was granted entry to the same regiment.

I really wanted to just do driving in the army but instead was given a desk job. I was sent to an armoured corps training facility at Catterick. I did eight weeks boot camp (intensive training). They started with 80 people, then they started to leave those that weren't up to it physically or emotionally; some unable to take the discipline. I



trained in clerical and took a sole posting to Paderborn, West Germany, where on a bitterly cold winter's day I recognized a few of my regiment. After a while I got my wish and transferred to a transport division. I was a part of what was called the "British Army of The Rhine". This was the time of the Cold War. We were in effect the front line troops. If the s*** hit the fan we would be the first troops deployed for action against the Russkies or others from behind "The Iron Curtain". Later I transferred again to a different squadron, driving a 10 tonne amphibious vehicle called a "Stalwart".

I spent seven years in the Army. One of the highlights was going to Canada for four months training in their summer. I went to a Calgary Stampede and another time we went down to Montana.

Some things I remember about Germany: a visit to the Belsen Concentration Camp and the eerie stillness as soon as you enter; the Mosaer Dam, involved in the famous RAF "Dambusters" mission as in the movie; Hitler's Bunker -- the troops used it for target practice with their big guns, never doing much damage because it was incredibly thick concrete. There were definitely cultural differences between the Germans and British. The Germans used to eat a lot of horsemeat, which they called curryverst; ate vinegar and fish raw for breakfast; and had beer breaks instead of tea breaks. Towards the end I was asked to re-enlist. By way of a carrot (incentive) I was offered a posting in the Mediterranean paradise of sunny Cyprus. But by then I had had enough of Army life...

JOHN M'S NEW BACHELOR PAD



Hello there! So you've heard about Tony and Damon and Kerry getting into nice digs. Well, me too! The day of the big move my trusty friends helped out with carrying a few dozen box loads of my music sounds (and just the 24 speakers) and other less important luggage. I had them lugging everything. Tony, Ngaiwi, Kerry, Keshla's husband, and Richard & Amy (my workmates from the Mental Health Foundation) all helped. From a cold damp chicken coop in Parnell – home for the past three and a half years – to something a bit more airy

and spacious in Herne Bay. Just the 23 rooms (and counting – it's a bit of a maze) in the wealthiest suburb in New Zealand, with views dwarfing the Skytower, Harbour Bridge, Rangitoto... Need I go on? Okay I will. One spare bedroom I use as a walk-in wardrobe. After a month, I have not used the gas cooker yet, but have used the kitchen sink a couple of times. There is a stainless steel fridge-freezer and something that looks like it might be a two-drawer dishwasher and I might use that once I figure out what each drawer is for.

So after much hard work by them and my grunting helping them along, it's all done. Special thanks to Amy who got her hands dirty and took a few well-spent hours reassembling my computer system. The computer is only part of my work station. The other half of my desk I have to keep clear for CousCous (the cat) to set up his throne beside the bay window so he can preen in the sunshine and survey his kingdom outside. Someone else who keeps me company is the cuckoo, who pops out of a clock every now and again. Tony thought him the right companion for me, but I can't figure why.

Mind you, I had my work cut out too.

It took me a week to find my hair-brush and three and a half to find my dishwashing brush before I realized I could have used the same brush all along! On the other hand, it took a while too to figure out what was my unmanageable hair and what was weeds and fungus growing out of my ears from the Parnell damp. Speaking of weeds, I only used my hand-powered lawn mower twice at the old place. Now I can give the concrete outside a real go.

In return, I've invited them all — and you all — to a bbq (b.y.o. sausage!) which might just turn into a house warming. Do come around, otherwise I feel like I'm rattling around like a loose nut — If the message hasn't sunk in yet, I'd like other nuts to join me. I have been appointed official caretaker (at my leisure) for the whole place and once it's up and running I will be overseer of my invited guests who will eventually occupy the other rooms. I warn you if you do visit not to come without adult supervision, and maybe drop bread crumbs on the way through the rooms so you can find your way out. Otherwise you might be stuck where you are until CousCous and I put you out for the night to tinkle in the garden.

RECOMMENDED READING

from Nikki Dixon

Creative Visualisation by Shakti Gawain

A book about positive thinking and how to use this to accomplish goals. It features an inspiring work book to map your own specific goals. I found this useful having something to write goals in, and have achieved several of mine myself.

Points: 9 out of 10

You Can Heal Your Life by Louise Hay

Soul searching book, positive thinking book about having good mental and spiritual health. It touches your heart.

Points: 8 out of 10

The Cross and the Switchblade by David Wilkerson

Pastor David Wilkerson's true life story. David talks about the power of Jesus inspiring the work he did with youth gangs in New York City. He helped reduce conflict and supported youth to become drug free and live a healthy lifestyle.

Points: 9 out of 10

A Unique Approach

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

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



393 Great North Road
Grey Lynn

Ph: 09 376 4267

admin@crossroadsclubhouse.org.nz



For more about our Clubhouse visit:
www.crossroadsclubhouse.org.nz
For more info on the Clubhouse model
visit: www.iccd.org

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