

# Chatters

A publication of Crossroads Clubhouse

September/October 2013





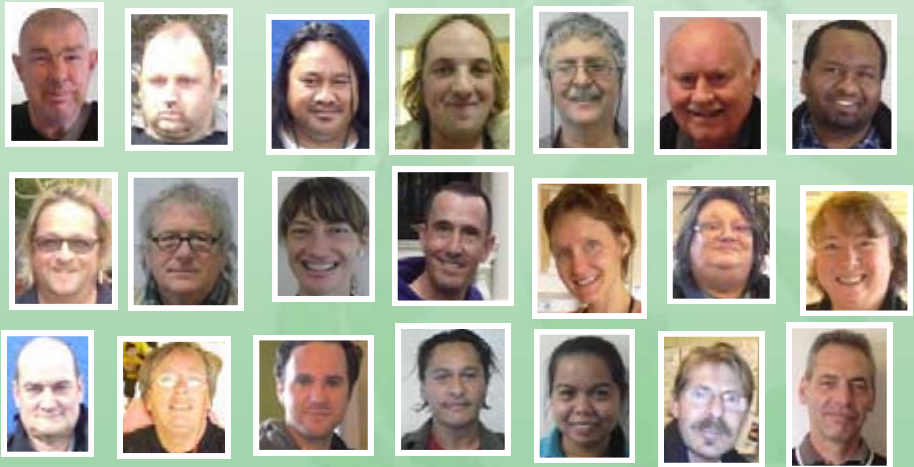
Hi, my is Dawit G. I come to Clubhouse once a week or once a fortnight.

Right now I'm doing an English course at Regent Training Centre, in New Lynn, Auckland. I'm finding this course interesting because I am learning about New Zealand and Australian history.

In my free time I like watching movies and going for a walk to the park, being with friends, listening to music and cooking.

Here is our latest Chatters magazine, enjoy!

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

# FIESTA IN THE PARK: FREE PUBLIC EVENT 12TH OCT 2013

The 3rd Biennial Fiesta in the Park at **Western Park** in **Ponsonby** on the **12<sup>th</sup> of October 2013**. This years theme is **CONNECT**, well-being through connection.

In celebration of Mental Health Awareness events across the globe Fiesta in the Park welcomes **Sola**

**Rosa** to the Fiesta and are joined by old friends **Jan Hellreigel, Emma Paki, Sam RB, The Desotos, Mike Chunn & Play it Strange,** and **Ash Graham**. **Spoken word poetry** by **Literatti**, and **dance by Touch Compass**. Feast on deliciousness from the **Paella Pan, Gourmet Shuttle, Banger Boys** and a little sweet from the **Donut Dudes** to go with your **Coffee Guy** coffee or **Nitro Juice**.

Join in the art and fun activities including yoga, clown performers and social circus for all. The Fiesta celebrates Auckland's rich diversity and culture.

It's a family day out and we can't wait to see you there!

**On:** Saturday 12<sup>th</sup> October. (Rain day: Sunday 13<sup>th</sup>)  
**At:** Western Park. Ponsonby Rd.  
**From:** 12 to 7pm.



# Newsflash

We welcome Emma to our casual **staff team**. Her enthusiasm for Clubhouse and ability to support members is a huge asset to the team. It has been a pleasure to have Lara working in the Food Services Unit during her university holidays. Stephen is doing an excellent job of steering the ship while Patrick is on leave.



After many months of hard slog Stephen and a crew of members have completed the new **Clubhouse website**. It's rather outstanding! Check it out [www.crossroadsclubhouse.org.nz](http://www.crossroadsclubhouse.org.nz)

We have continued to enjoy a strong **student's** presence at Clubhouse. Meselech, Peter, Gavin and Mitchell have all been on placement with us. Gavin has just completed 220hrs at Clubhouse. See his interview with Paul G on p. 7.



A weekly Clubhouse **discussion group** has begun on Monday afternoons. This is a chance for members to bounce around ideas in preparation for Tuesday's weekly House meeting. All members are welcome.

In August our **presentation team** visited WINZ (Work and Income New Zealand) Grey Lynn and Queen St branches to speak to staff about Clubhouse. We have been pleased to receive referrals from both offices since visiting.

**Clubhouse Camp** has been on our mind with several fundraisers under our belt. The Bunning's BBQ was a success, \$550 was raised, we also made over \$200 from the Entertainment book sales. This money will help cover transport and food costs for our 2014 Summer Camp.

# Newsflash

The Clubhouse **Footbeat competition** is in full swing with five teams competing in this walking program. The Urban Hikers are in the lead, with six weeks to go!

Emma and Rachael have put together a fantastic resource called the **skills sharing board**. This replaces the tired old tutor's boards. It is a way for members to offer and source knowledge from one another.

We have started celebrating members **birthdays** on the last Wednesday of each month at with an afternoon tea.

**Mental Health Awareness week** will be celebrated from the 7th– 12th of October. Our front cover design (provided by the Mental Health Foundation) displays the theme of connecting with one another. In celebration of the same event we will look forward to being a part of **Fiesta in the Park** on Saturday 12<sup>th</sup> of October. This is a free event for all the family with live bands, poetry, dance, fun activities, food and information stalls with a focus on community connection and wellbeing.



We will be selling **raffle** tickets at Fiesta in the Park, and also outside Pak n Save the following week. This provides an

opening for us to tell people about what we do while raising funds for Clubhouse.

Bunning's Mt Roskill has kindly donated paint and supplies needed to freshen up our dining room. Our **maintenance** crew have begun the pre for painting in October.

**Badminton** is back by popular demand. This outing will run weekly on Wednesday afternoons. Spaces are limited. Talk to Ngaiwi for further details.

# Never Stop Learning

*Tony's shares with us his experiences and feelings about going to Auckland university.*

My first experience of attending lectures at Auckland University has been an enjoyable and stimulating experience with an incredible amount of variety.

I decided in July of this year that I would take affirmative action and research the best lectures to attend at Auckland University. After browsing the net for a few minutes, I chanced upon the ideal opportunity, a six week lecture series titled "The Charms and Harms of Natural Medicine".

I made my way to the first lecture in my surrogate father's van, with mixed feelings of excitement and anticipation. When I arrived at the campus and started looking around I couldn't help but stare in awe at the beautiful natural surroundings and the elegant campus buildings. The impression I got of the university when I was wandering around

the communal areas was that the vast majority of people were aged in their late teens and early twenties, this made for a colourful and upbeat atmosphere.

The lecture series I attended was held at the Maidment Theatre. This venue is renowned by Aucklanders as being perfectly suited to theatre. I settled into the comfortable chair next to my dad and took in the first part of the lecture, which was an introduction of the Professor, by the University Vice Chancellor. The lecture lasted an hour and what made the lecture all the more tolerable was the professional delivery of the professor married together with state of the art visual aids.



After this first lecture I attended a further four which made me feel ten feet tall because I finished the series with an 83% attendance record. I thoroughly recommend any-

body attending Auckland University because the user friendly nature of the campus makes for an enjoyable experience for all.

**Tony H**

*Check out the following website for details of upcoming free public lectures at Auckland University of Technology <http://www.aut.ac.nz/research/professorial-addresses>*

# Granddad Can't Keep Out of the Surf

*Paul G fishes for facts on Clubhouse member and a recent placement student Gavin*

**Q) Tell us about the course you are doing?**

*A) I am studying at Mind and Body. I am doing a Certificate in Peer Support work.*

**Q) How many hours have you completed on student placement?**

*A) 220 hours. Minimum of 20 hours a week but you've seen me here more often than that - I could have gone home after 20 hours but I stayed here as I have been having too much fun!*

**Q) Tell me about your family.**

*A) I am married with five children and four grandchildren.*

**Q) Where do you live?**

*A) Henderson, West Auckland.*

**Q) How do you get to Clubhouse?**

*A) I drive my car - a Holden Astra Station wagon. It has room for my surfboard.*

**Q) What are your hobbies?**

*A) Surfing, kick-boxing, Tai Chi and acupuncture.*

**Q) Tell me more about surfing.**

*A) I have been surfing since I was eleven. I mostly go to Piha. I also go to Raglan a lot. I have been surfing in Hawaii and Australia. I have been surfing in some dangerous places.*

**Q) What work have you done?**

*A) I have been self-employed for a long time. I had a foreign exchange company.*

**Q) Have you been a consumer?**

*A) Yes, since around 2009. I'm much better than I was.*



**Thanks Gavin.**

# Valiance Voyages

Craig W recalls for us one of his grand adventures. In this gripping installment a tall tale from the high seas.



It was Tuesday 27<sup>th</sup> April 1982 when the yacht Caribou 2 left Admiralty Steps Auckland, bound for Suva, Fiji Islands. After clearing the Great Barrier we embarked on a course due North on a journey into the Pacific Ocean. Ric, the captain, was an ex-school friend of mine and the other

crew member Jed was a school teacher from California who was to prove and invaluable addition.

The basking sharks made us realize just how vulnerable we were on only the thin layer of fiberglass which separated us from the predators of the sea. We were delighted when a school of dolphins played happily in the bow-wave and the sharks took flight.

Ric, Jed and me took 4hr watches although most of the steering was done by "George" a wind vane that took into account the speed and wind direction, which gave us a hull speed of 5-6 knots which was a reasonable speed for a Pacific 38' Sloop.

A vigilant 24hr watch was necessary as our passage was also used by merchant ships and any collision would be a disaster. After four days we noticed a warm change in the weather as we neared

the equator and up to the tropics.

Ric was busy with his brand new Satellite Navigation System, while Jed took three sun-sights a day with his sextant, keeping an eye on the captain's course.

Mt Washington marked the Kandava





Reef which along with an 80km wind and a following sea were dangerous perils.

The following day we had five flying fish land on the boat and they ended up in the pan. Delivery service from King Neptune!

May 3<sup>rd</sup> was a pleasant breezy day so we raised the spinnaker which increased our speed by 1.5 knots. The weather took a turn for the worse as we reached Mt. Washington and the Kandava Reef. Jed's sextant bearings showed that we were nearing the end of Kandava reef. The worrying thought was why can we hear breakers on the reef so clearly? Jed turned around and yelled "hard about starboard now!" A clatter of lines rang through the air as we followed a new course. We had been sailing straight for the reef. Ric had used a way point as the light house

not the tip of the Kandava reef as shown by the charts. Although it was pitch black Jed had been through the harbor before and skillfully led us to the calm water of Suva harbor. The three of us silently acknowledged that if it had not been for Jed we would have ended up shipwrecked on Kandava Reef in total dark-

ness. We arrived safely in the harbor.

After the customs formalities we all went straight to the nearby yacht club for a shower and a great breakfast. Just another sea passage.

More stories of my adventures to come.

## **P Stardancer**

***"I must go down to the sea again  
To the lonely sea and the sky  
And all I ask is a tall ship  
And a star to sail her by..."***

*Sea Fever— By John Manesfield*

# SOCIALISING CLUBHOUSE STYLE

## *Ambury Park & Manurewa Botanical Gardens- August :*

On the 17<sup>th</sup> of August I was lucky enough to find a place for my partner Garth on the trip to Ambury Park near Mangere.

We left at 9.30 and followed Tony C. (driving the Clubhouse van) in the CORT van through Sandringham Rd extension on to the South Western Motorway coming off to find our way to the park. Tony missed the turn to the park and we wound up at the Riding for the Disabled establishment.

I've always wanted to see the Ambury Park R.D.A. The facilities were really great with an indoor arena which we all had a look at. Garth said "look there's another room" and I told him that it was a mirror.



We all back-tracked and found the farm. There were cows, calves, chickens, sheep, lambs, turkeys, goats and a sow with piglets. We had a lot of fun petting or trying to pet the animals and watching the cows being fed.

Then we were off on our travels again to Manurewa Botanic Gardens. There we had barbequed sausages, and a salad made by Tony C. Then we had some time for exploring.

The wind was cold as Garth and I made our way to the African Garden to see the Proteas. While there I spied a Tui in a tree.

As we made our way back, we got as far as Greenlane and the rain poured down. Later I was to discover that it rained in town all day, but in south Auckland it was fine all the time!

## ***Scandrett Park- September:***

We left late for Social Rec because we were listening to the America's Cup on the radio. We won the first race but it was disqualified because it went over time. The second race was cancelled because of bad weather.

We set off on our journey, with lots of yapping along the way and before long arrived at Walkworth. We took a wrong turn and ended up at Sand Spit Park. Which I reckon turned out better for us because there was a coin operated bbq with a shelter. We had no cooking oil so we used the creamy pasta Tony C made to cook the sausages. When we finished cooking we had a hard time cleaning the BBQ until Linda came up with the idea of pouring sand over the bbq and scrapping it with wood, it came up spotless. Ian took a walk along beach while the food cooked.

We stayed there about an hour and cruised up to Scandrett Park up the hill and around the corner, 10-15mins drive. It was a good spot, but windy. There was a homestead there. I walked around and had a look. Linda and Ian did about a 20min hike along the beach. Linda ate some oysters along way.

On the way back I grabbed a lotto ticket from Mahurangi Four Square. The drive home was quiet, everyone seemed pretty tired. When we got back into town. there was a festival on Ponsonby road, with lots of cool bands playing. I spotted my old music teacher from Toi Ora. We got back at about 2:50pm.

## **Ngaiwi**



## *Twilight Dinner – An Evening of Merriment!*

Our Twilight Dinner consisted of ranging karaoke, movies, and eating a white chocolate fountain extravaganza. Songs were sung like Stevie Wonder's 'I just called to say I love you', and that wonderful song that stirs the heart, 'Amazing Grace.' Then it was the 50's classic from Elvis Presley "Crying in the Chapel."

Then to the mouth-watering dinner prepared by Phil our member guest-chef which was absolutely delicious. The movie 'War of the World's' was being shown in the back room but no-one seemed very interested in it. Everyone was keener to be part of the Karaoke experience. Along with cake and ice-cream dessert was Bobbi's fantasmagical chocolate fountain! It was a bit like a fondue experience where you dipped pieces of fruit and wafer biscuits in the hot chocolate and then popped it in your mouth... yummy!

All in all it was a thoroughly enjoyable evening and we would like to do it again.



**Patrick & Claire.**



## Gerard

In memory of Gerard, when we were in our flat, Gerard was our neighbour. He used to have this pot and each time we got meat from the butchers, we would ask Gerard about borrowing his boil up pot to cook in.

When we were at home Gerard liked his bikes and where ever he went, he would always be riding around. He was a very fit person.

His family were very close and I remember his mother and sisters coming around to see him. They were nice people. He was a very kind person.

When we used to go out on our van, there was a particular place Gerard liked to go to, the Mt. Albert Clubhouse and the Grey Lynn Clubhouse.

Shannon T & Lehi

## Julie Eton

I first met Julie at the Connolly Unit of Auckland Hospital in 1999. The Connolly Unit was where people suffering mental illness would stay temporarily until they improved.

Julie and I soon made friends. We would leave the hospital grounds together and go to K-Road.



Julie was always positive with a cheerful disposition. She would also compliment people regularly. These are some of the nice things said of her at the memorial at Clubhouse and of course

they are all true.

Other things I remember about her are as follows: She had a great love for Jesus. She was a strong believer in Christ. She would also come to Clubhouse every Wednesday to do the odd job and socialise. She would often sing to herself and she would wear her hair in a bun. She was also a heavy smoker. Julie was in her fifties when she died. May she rest in peace.

Paul G

# Super sizzling sausages at Bunnings

*Tony C. works up a storm at the event and on paper.*



Well it was a great day and everybody just got on with it and did the job. When we got there my first job was to open the back door of the van and a 24 box of coke cans woke me up fast cause

they landed on my foot. After that I was focused because when my foots really sore I tend to focus.

We finished at 3.30pm and began the clean-up which took half an hour while we finished selling the sausages that we'd already cooked.

It was good to get a decent return for the day after our efforts and thanks to the other members Gary D, Chris R, Dawit and Kerry.

Special thanks to Lara, Nadine, Maricor, Stephen and Patrick for the work they put into organising this fundraiser, the Entertainment Book fundraiser and for all their efforts.

I always feel good after a fundraiser although I really had to motivate myself to get up as working on a Sunday for a catholic boy like me is a sin. You know I think that's the only thing I think I like about being a catholic... no work on Sundays... so forgive me Lord for I have sinned... (along with the other 20 trillion sins I've committed in this life)... and hey... I'm not finished yet... in fact I haven't even started...

Wow... what a die-hard... ok... enough dribble from me... this is Saint Tony signing off and wishing all my beloved brothers and sisters from this little paradise called Clubhouse all the best.

Your humble servant, Sir Coathanger.



Cacophonous, cozy, conversational, co-operative

Ridiculously friendly

Overtly industrious

Succulent meals

Socializing

Raucous

Omnivorous

Awesome, adventure

Dinning room renovations

Seriously fun

Companionship, computers, confidence building

Lovely world that we've got

Unbelievable

Baking muffins, belonging

Homely

Orderly

Urban Hikers

Spirited

Extremely interactive

You're imperfect,  
and you're wired  
for struggle, but  
**YOU ARE WORTHY**  
of *love*  
AND *belonging.*



# A Hunger for Learning

*Chris B and Anne talk Education and what drives them.*

The reason I am studying is because I want a job. I am studying and learning Accounting, Biology, Mathematics, and Economics. I started studying about ten years ago. I am studying more of it at present.

I looked at books at Whitcoulls and that is how I started to study.

I study every day. I do at least thirty minutes of each subject daily. I usually study at home. Because of this I have more knowledge and I enjoy it.

I am keeping a journal of what I study. I write how much I do of each study. That is how I keep it up to date.

**Anne**



I work on financial data entry at the Clubhouse. I input cash receipts from the Food Services Unit into an excel spread sheet.

I do data entry at 10am on Monday's for about half an hour to an hour.

I work in the Employment and Education Unit at Clubhouse.

I was taught data entry by the Clubhouse staff. I enjoy working on the computer and using the excel skills I have learnt.

This is work experience which I can put on my c.v.

**Chris B**



# Acting out with Paul

*Paul D shares his latest pastimes in and out of the theatre.*



I always had a desire to do acting from when I was young but had never had the opportunity.

So it wasn't until my support worker took me along to Toi Ora that I had the chance to actually do it. Though

at first it was a bit scary, the tutors showed me how it was possible to have a lot of fun acting. The people at Toi Ora are very friendly and we get on well. They keep the filming short, so it gives me good experience without being too intense. I've been going for about 4 years and one of the characters I play is Walter — a lot of laughs.

We will be doing another sequel and we learn new skills, including stage, acting and filming. It's great fun doing something on stage. Previously the filming was outside, which is dependent on weather, so this will be different in that we'll be filming inside.

These new opportunities are a fun way to keep me occupied. It presents a new challenge that keeps me enlivened. I enjoy the mental stimulation, including thinking about character and lines during the 20min walk to Toi Ora.

My favourite day is Wednesday. I come to Clubhouse first, where I often meet new people. then I go do my acting.

Paul D

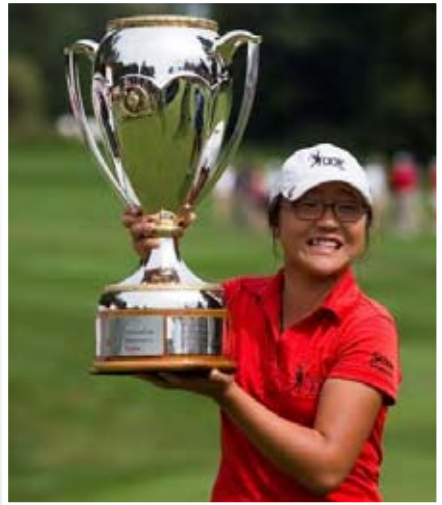
# Shooting for gold

*Our in-house sport guru shares some of his latest insights in the sporting arena...*

I just want to write about two incredible New Zealand sporting women who have made it big in their various sports.



I will talk first of all about Valerie Adams. She is the current world and Olympic champion in shot put. She has just won gold in the World Athletic Championships. This is her fourth consecutive World Cup Gold, a record for a woman. She has two Olympic Gold Medals and she hopes for one more in Rio. On present form she should win more it. She has just won her 41<sup>st</sup> international meet in a row. She has no competition.



The next champion I want to discuss is that young golfer Lydia Ko. She is only sixteen years of age and is already ranked seventh in the world. She has just defended her Canadian Open crown. She is also the New Zealand Open champion. She has won over a million dollars in prize money but as yet not taken a cent because she is still an amateur.

She will turn professional when she is older and then can keep the money she wins. She has a big future in front of her. She does not seem to suffer from nerves and handles pressure well.

Well done ladies. I wish you more success in the future.

**Paul G**

# DEVALUING OURSELVES

Some of my friends around Crossroads with English as a second language are keen to improve their written ability. They need not worry. English is dumbing down to a street *patois*; each generation of teens used to have its own. But 40 being the new 20, half the population today uses this *lingua franca* with its references to pop culture and celebrities which the other half can't comprehend. Formal language has disintegrated to where lawmakers can't phrase proper law anymore. Texting might reduce us to a few symbols like Egyptian hieroglyphics or Mesopotamian cuneiform. I'm betting the three essential adjectives in English will be "awesome" rendered by a tick, "not ok" a cross, and "inappropriate" two crosses. All else will be *superfluous* (What?). We will junk 2,000 years of language development capable of describing the most complex human thought and feeling. So what? you enquire sensitively.

Without beautifully subtle, precise wording that poets once used to describe ideals about the world, I wonder, What is to stop us descending to lower standards of behaviour fitting popular language today? Vocabulary is already contracting at a withering pace. We have seen this with rap music, using as its justification "art reflecting life", everyday crime and abusive language, its stars now role models for two generations. And as the big screen becomes programmed with mechanical action stars, humans shrink in range of expression to the

level of cyborgs. There are isolated people today whose daily company is provided by pets or automatic telephone messages. TV ads can *tell* people to treat the mentally ill nicely. But what wins out is the media *showing* how to deal to them. When people or robocops "go crazy" in movies (breaking a rule, raising their voice or stepping out of the box) they are terminated to keep orderly people safe. Thinkers like Labour leader David Shearer and presidential candidate John Kerry come second to John Key and George W who spout clichés on the tips of their tongues.

Long gone are witty, acerbic Clifton Webb playing dominant gay characters; the delicate beauty and fragile mental state of Gene Tierney or Gail Russell; even old people or street people lacking in metrosexual grooming — You'll remember them from the 10.30pm news (too gruesome for 6 o'clock), the kind that are swept up when the Olympics or World Cup comes to town. So how are current generations to imagine these things outside their experience, let alone understand and accept them? Entertainment stigmatises rather than stresses what we have in common. In the movie where Bruce Willis is psychiatrist of a boy seeing dead people he's not having an episode as people do every day — for entertainment's sake he's *special*, not suffering.

And so, through every means of communication — writing, speaking, books, radio, movies — our breadth of options for experiencing and understanding the world and interpreting and imparting complex, subtle knowledge about it are narrowing fast.

G. A. De Forest

# 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.



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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)

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