

Chatters

A publication of Crossroads Clubhouse

January/ February 2014



Welcome to the first Chatters of 2014

We all survived another silly season so that is a good beginning for 2014. In fact on page 17 Gary D explains the intricacies of avoiding death on the roads and how he survived the holidays. He suggests it's high time for a better public transport system and I for one agree. Glad you didn't get wiped out by bad drivers Gary.

Read about the beginning of Dave and Lubi B's love story at Orama Christian Camp where they first met. They have been happily married for a long time. Quite an achievement. Congratulations to them both.

Catch up with the latest news on the puppies. Thanks for sharing them with us Emma. Check out some bucket lists for 2014, do the puzzle on Page 18 (answers on back page) and maybe try the recipe for Magic Cake on page 12 or Beef Noodle Salad on page 18. They both sound yummy.

There is something in this issue for everyone so happy reading. Wishing everyone the best for a happy healthy 2014.

Pauline A

The contributors to this issue of
Chatters are:



The ideas and opinions expressed in Chatters are not necessarily those of Crossroads Clubhouse Arahura Trust or Auckland District Health Board. We welcome your feedback and are happy to pass this on to the contributors of Chatters.

Members Thoughts about Clubhouse

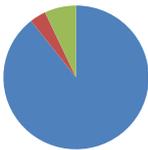
A huge thanks to all the members who took the time to complete our extensive Clubhouse survey.

Responses were thorough and well considered. I personally think these survey results give a fairly accurate picture of how the 'regulars' experience Clubhouse and give some good guidance as to how the Clubhouse experience could be improved. There is some extremely positive feedback in regards to Clubhouse being of assistance to members' recovery, the meals Clubhouse offers, staff-member interactions and Clubhouse as a place people feel safe. Results show that members would like a wider range of satisfying work in-house and further employment oppor-

tunities in the community. Clubhouse is much valued by members' for social interaction and skill learning and is viewed as much more than purely a venue for assisted job searching. Most members appear to feel empowered in terms of adding to the direction and operation of Clubhouse. Respondents would like more opportunity for social activities through the Clubhouse (but not necessarily with the 'outside' community – i.e. in-house.) The comments about the physical space at Clubhouse were mixed – some would clearly prefer a larger venue if this became possible.

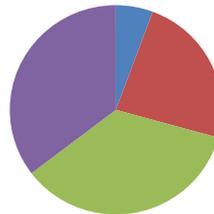
Emma

Has Clubhouse helped with your recovery?



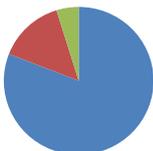
■ Yes
■ No
■ Not Sure

Is the work challenging?



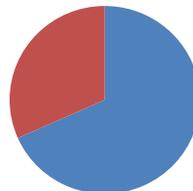
■ Never
■ Sometimes
■ Mostly
■ Always

Do you feel you are part of the decision making process at Clubhouse?



■ Yes
■ Unsure
■ No

Would you like Clubhouse to offer other social activities?



■ Yes
■ No

Christmas Shindig

About 60 members attended the Christmas party including a few parents of members, relieving staff and members we hadn't seen in a while.

The buffet meal was delicious with tasty ham and chicken followed by pudding. Members performed karaoke; we had a quiz, and a special act from Rachael and Linda.

Awards were given out to all staff and members, these included; the Mclver Award for being able to fix just about anything given to Ian, the Energizer Bunny award – for never slowing down (Marjory), Beyond the Call of Duty award (Tony C), Ponderer award for Most Philosophical Thinker (Gabe), Most Thorough Photographer (Pesa), Best Job Seeker (Pauline T), and the One More Thing award for most likely to extend meetings (Matt C.)



Returning North

For years Darrell's name was mentioned around Clubhouse and then he re-appeared. Many of us finally could put a face to the name. Paul G caught up on his story.

I first came to Crossroads Clubhouse from Tapestry Clubhouse, Dunedin early 2002. At the time I was disappointed that Crossroads didn't have a radio show like Tapestry. I had enjoyed doing odd jobs for the show.



I left Crossroads in 2006 after the Clubhouse Conference held in Dunedin. First I went to Wellington. Then I did a dairy farming course in Masterton. Next I moved to Tauranga, where I stayed with my uncle for a year, then got my own flat.

I came back to Crossroads early December 2013. I remember yourself (Paul G), Bruce L, Dave and Lubi, Chris R, Merv, Tony, Heather and Pesa. There is a completely different set of staff at Crossroads now, and many new members. Other than that, it's very similar to how it was when I left.

Looking back over the past six years a highlight for me was passing the farming course and then working in Wellington. Unfortunately this work ended when I was injured. I can no longer do the necessary heavy work required on a farm.

Bus routes have also changed since I last lived in Auckland. I live ten minutes away from Sylvia Park. I catch the bus to the city and on a fine day walk from the bottom of the city to Clubhouse. It's good for my knees. Since I live quite a distance from Clubhouse, I can't make it to Social Recreation on a Saturday. I used to enjoy going to Social Recreation.

Darrell G

Back on the Farm

The last social recreation trip was so successful it was repeated. Linda fills us in...

On this trip eighteen people went to Onewhero which is situated just south of Tuakau and is where Debbie`s Farm is situated, surrounded by an expanse of rolling hills, west of the Waikato river. Debbie is Emma`s Mum and she has owned this farm for twenty - two years.

The farm has a herd of fifty young cows and several chooks. The house is enormous with beautiful

established gardens of many flowers, shrubs and trees. There are also other buildings such as cottages and sheds.

Emma the staff person organized lunch and made the pizza bases on Friday and we all made our own toppings. Debbie had the pizza oven going by the time we arrived at 10.30. Emma and friends built the pizza oven last summer. We all had numerous cups of coffee, tea, orange juice and biscuits. After a look and a lounge around the place we pitched in to prepare the cheese, mushrooms, capsicums, tomatoes etc. We all made our own pizza toppings and as you can imagine some were enormous and twenty plus pizzas took

some time to cook.



There were a young couple from France staying there for three weeks who were doing four hours of hard work a day in return for board and food. (Look up www.wwoof.co.nz if you are interested in travelling NZ in this way).



After lunch some people had a walk around the farm with Debbie, looking at the pond, vegetable gardens, chook compound and the many flower and shrub gardens. Some were given eggs and vegetables to take home. Some people had a sleep on the deck under a large tree and some sat around in groups having a chat.

There is a large salt water swimming pool surrounded by a cottage garden. The water was wonderful to swim in and was so refreshing because it was a hot sunny day. We also shot water balloons from an enormous catapult which was great fun.

Five people had to leave at 2.30 in the small van and the rest of us loved the place so much we reluc-

tantly left at 5pm. We all look forward to another visit there in the future and we are most appreciative of Debbie's generosity.

Linda



Orama Connection

Lubi and I have been married for 36 years. On Friday 10th January we went to Orama Christian Fellowship to a reunion where we first met 38 years ago. Orama is situated on Great Barrier Island.

Orama had a Christian rehabilitation scheme where they helped people from troubled backgrounds. For example people with drug addiction, gangs, mental disorders, alcoholics

e.t.c. The people were my family on and off for 3 years. We worked on the land around the buildings. They loved me, they instructed me and introduced me to Lord Jesus from the Bible who has become my saviour and hero.

Orama is situated in Karaka Bay on the West Coast of Great Barrier Island. It is a valley on a bay surrounded by hills covered with manuka and other native vegetation.



While I was there, I was still lonely and I wanted to marry a Yugoslav girl. Nev Winger knew that and when he counselled Lubi in Auckland, he found out she was Yugoslav. Nev sent her to Orama with me in mind. We liked each other at first sight and grew to love each other. However Orama had strict rules



about fraternization between the boys and girls there. If you liked each other you would only be allowed to speak to each other for 3 minutes a day. But love prevailed, Lubi and I left there and got married. Our next wedding anniversary we will be married 37 years.



I would like to clarify that Lubi and I were both born in New Zealand from Croatian parents New Zealand is our home and I am glad our fathers emigrated to New Zealand. You could say we have Croatian (formerly Yugoslavia) hearts.



Dave B



Opportunity Knocks

In recent years we've been working hard at bringing the Transitional Employment (T.E) program back to our Clubhouse. 'C & C Lawns' is a significant step in this direction. Here's some background on T.E and this exciting new initiative.

What is a T.E position?

A paid part time, entry level job with an employer in the community. This job is held by Clubhouse. Clubhouse staff place a member in the job, for a period of 6-9 months, then the opportunity becomes available to another member. Clubhouse staff learn the role, handle the application process and train members on the job, rather than the employer. They also provide members with ongoing support.

Why is Transitional Employment important for members?

It breaks down barriers members otherwise face, having been out of the workforce for long periods of time. It also gives members the opportunity to gain current work experience, establish current work references and build self-confidence. In this way T.E acts as a stepping stone, supporting members to transition back into, independent employment in the community.



What happened to previous Transitional Employment opportunities at our Clubhouse?

Clubhouse had several administrative and cleaning T.E positions, these dried up over time. In some cases roles grew too complicated or employers took members on permanently.

Introducing C & C Lawns!

In November last year, something very exciting happened... Jade from Community of Refuge Trust (C.O.R.T) approached Stephen about an opportunity for paid work, maintaining C.O.R.T tenant, properties. Seeing the employment potential for members, Stephen backed it 100%. He worked with Jade in developing

a work program called Crossroads Clubhouse & Community of Refuge Trust Lawns (C & C Lawns). This initiative looks a lot like Transitional Employment. There are not one but THREE positions that have been created for members! This is brilliant news for our Clubhouse.

Since December five members have had paid part time work with C & C Lawns. Currently three members (Ngaiwi, Geoff and Claire) are engaged in this work. The team work together maintaining the grounds at 21 properties around Auckland, from Epsom too Otahuhu. They work two days a week, sharing driving, mowing, weedeater operating and manual weeding responsibilities. C & C Lawns is an excellent vehicle for Clubhouse members seeking independent employment.

While C & C Lawns continues to tick over, our next focus is to create two administrative T.E opportunities within the next 12 months.

T.E is an excellent way for an employer to make a big difference in the community with relatively little invested, while getting necessary work done. Another advantage for the employer is that Clubhouse provides 100% coverage on the job, in the case of a member's absence.

Please contact the Clubhouse if you, have any T.E ideas or leads on 376 4267 or admin@crossroadsclubhouse.org.nz

"I got stopped by the police today, they wanted to check my licence. I let them know I left it in my other car. I will carry it now. We did about 49km's today". Geoff

"I am doing the weed eating. It's good cos you get around a bit to different areas. Every property is different, some are small and some are quite a bit bigger. Some times I wonder if I have enough energy. The beginning of the day is good and the job finished is good, so is the end of the day"- Geoff



"I like the exercise. Ngaiwi and Geoff said I am doing a great job. Ngaiwi asked Steve to put me on the job"- Claire

Magic Cake Recipe

This cake has a sponge top and a custard centre.

Ingredients:

- 4 eggs (separate yolks from whites)
- $\frac{3}{4}$ cup sugar
- $\frac{1}{2}$ cup melted butter
- 1 tsp vanilla extract
- $\frac{3}{4}$ cup plain flour, sifted
- 2 cups milk
- 2 tbsps icing sugar



- 1) Preheat oven to 170c (or 150c fan-forced.) Line a 15x25cm baking tin with baking paper. Separate eggs and beat the whites until they form stiff peaks. Set aside.
- 2) In another bowl, beat the egg yolks with sugar until frothy. Then beat in the butter and vanilla extract. Add flour a little at a time until well mixed. With the mixer running add a little milk at a time until combined.
- 3) Gently fold in egg whites until combined and pour into dish.
- 4) Bake for 45-70mins or until a light golden crust is formed. Dust sifted icing sugar over the cake. **Fila**



Molly's
6 Puppies
brought up
at
Clubhouse



Thank you to all the Crossroads members who cared for us from our birth on 29th November 2013 until we found our permanent homes on 12th January 2014.

BUCKET LIST 2014

Have a foreign adventure and vacation where a passport will be required.

learn something new

go on a fall hike and collect leaves

Build a Snowman

look at the stars in the night sky

ONE WORD RESOLUTION

SIMPLIFY

Go away for the weekend to a place we have never been before.

research family tree

swim in the ocean, collect seashells on the beach

write more letters via snail mail

Read a book a month, visit the library

plant a garden

send flowers more often "just because"

Microsoft

2014 Priorities

- Win Lotto! – Heather.
- Go for a walk with Stephen– Prithi.
- Look up gaming sites for game reviews – Reed.
- Fly to Te Horo (Kapiti Coast, Wellington) – Sue and Sue's Mum.
- See Queenstown – Paul G. and Merv.
- Get rid of my anxiety and get my children back – Anon.
- Make some new friends and stop smoking – Gabe.
- Improve my computer skills – Raj.
- Go to the gym more often – James.
- Travel to India – Maricor.

- Be able to have a married life – Eugene.
- To read 'The Battle of Spain.' – Peter G.
- Trip to Waiheke and/or Hawaii – Gary D.
- Have a summer celebration in the bush and make some music. – Emma.
- Be as honest as I can to Teresa at Te Whetu. Keep to Amber's wishes as she has meant such a lot to me. Anon.
- Find my own place – Pam.
- Lose some weight – Laura.
- Go to sea in a beautiful pea green boat with the Owl and the Pussycat. P.
- Get a new car – Claire H
- To be a girl – Rachael
- Finish my degree – Lara
- Do Job courses and do some walks—Paul D

To Be Clear- by Bruce L

Is God there?

There's really a lot to make it clear

'Cause we say many a prayer

And we stop being rare.

It's great to trust and get much stuff to

have fun in the glory-sun.

Good thoughts create good talks

For us to mix and mingle, and tingle.

It's good to be spiritually aware

Because there is nothing to make us lost at much

cost.

Minds have much life and no strife

And men can pray for a sensible wife.

May the Lord be with us

And we're very sorry that Jesus died for us.

We must hope that the Devil is only a bad joke

That we must all try, try and try to get by, by and
by.

So we now become aware and life is very clear.

With church at no lurch to besmirched.

To be like a parrot on its wooden perch,

A parrot that can talk while it does walk

And not even squawk.

We can only be humble before we stumble

And reach out there for God's advice

That will make us clear

And be very aware with lots of care to

share.

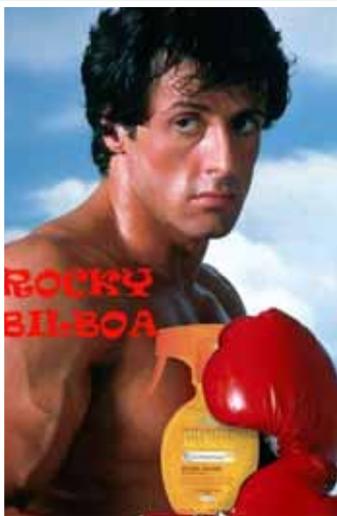


Rocky Balboa Revisited

I am somewhat fascinated by Sylvester Stallone's films. He directed this film and as usual he cast himself as the super duper macho man. He seems to have a fixation with this particular archetype and it would be hard to imagine him playing any other kind of role.

In this movie good ole Rock is just a hard working working-class boy made good and now owns a restaurant where he regales his customers with boxing stories from his glory days.

The simple plot is that the current world boxing champion Mason Dixon is having a lull in his career. He can't find anyone worthy of him to fight and his career is languishing. A commentator from a TV sports programme decides it would be a good idea to do a computerised fight between Rocky and Mason. The commentators talk about who they think would win between the two. The computerised fight is duly organised and Rocky wins after a rocky start. Who would have guessed?



Ole Rock sees this TV programme and it gets him fired up and he decides to go back into the ring to fight with guess who? Mason Dixon. Does he win the real fight? That I can't tell you because the video gets stuck just before the end. But I think we can all reasonably guess. But if he loses at least he can say he gave it a shot and that's the important thing in life to keep on slugging. And if he lost he has the consolation of the new little woman at his side who is a replica of his first wife Adrian.

Just one more comment – Rocky and his mate, an old guy he hangs out with, manage to have some good ole verbal slug outs. I always like these shows of emotion in films when people get hot under the collar and go hammer and tongs and then come to their senses and all is well again. I like that. It's real and it's good to see people can lose it with each other but that the friendship endures. That for me was the high point of the film. Throw a little salt over your shoulder and enjoy the ride. LOL. - Pauline A.

HOW I SURVIVED THE HOLIDAYS

Very well, in one piece thanks. But I'm liking the idea of public transport more and more. In the 1970s Mayor Dove-Meyer "Robbie" Robinson butted up against the Auckland Regional Authority for a light rail transit system. This old, old man from Liverpool was the last Auckland leader to think forward.

NZ's road toll for the year of 2013 was 254. This is the lowest since 1950. But just saying it does not spell out what an outstanding achievement this is. In 1973, 853 people died on NZ roads. Since the 1960s *The Auckland Star* evening newspaper had posted the running total of road deaths in big thick lettering on its front page every day. (Papers campaigned for the community good in those days, rather than being a daily blur for self-appointed celebs.) Eventually, a lot more thought was put into the standards of roading, car safety improved, and that '73 toll remains the highest ever -- trending down ever since. To press the point, there are more than three million vehicles on the roads now, compared with just two hundred thousand in 1950: Today, at traffic lights where 30 vehicles

are waiting, in 1950 there were only two. And there are 4.5 million people driving on or crossing the roads as pedestrians, compared with just 1.9 million in 1950: For every ten pedestrians waiting to cross in 1950 there are 25 now. But still we are told the death rate is not quite as low as Britain, Sweden or Norway. Motorists will be slowed down till the law of diminishing returns kicks in and it's a drain on the economy.

I'm thinking it's time to focus on the tiny fraction of one percent on the road who are out of control, deliberately endangering others. I ran into two of these on the Southern Motorway on my Xmas Eve trip to see the family in the Bay of Plenty. One was in an articulated truck who steamed up fast behind me on a lonely stretch, rode very close to my tail in deliberate provocation – ever see Steven Spielberg's debut *Duel?* – so I had no chance to get his licence number. He came inches from clipping my back bumper at 100kph as he swerved off the motorway. Five minutes later a van accelerated onto the motorway, squeezing between two vehicles that had no manoeuvring room until I shifted without time to check the lane I was forced into. He almost collected the three of us, maybe just to kickstart his day.

I doubt if the 4kph caution over this summer has much bearing on the toll. Governments love to place a blanket moral blame over everyone – much easier than throwing the

weight of the law at the few wanton offenders who ruin it for everyone else. (Remember school when *everyone* was kept in after class if no one owned up?) Those few who set out with an agenda every time they get behind a steering wheel: from zealot road hogs hugging the centre line and holding everyone behind to their 40kph (there used to be a law against this), to those who think they're in a demolition derby.

Let's not strive for imaginary perfection. The road network in New Zealand is as large as that of Britain, which has 14 times as many tax payers to maintain it. It's obvious such a huge system is unaffordable. So where better to put our money? Anti-smoking campaigns are done, having made this habit the preserve of the rich. Alcohol abuse fuels aggression but is a sacred cow today, partly because the tax revenue the government collects from it is huge, and partly because it's "Kiwi culture", and women aspiring to equality in every field even when their capacity for alcohol says otherwise. The government encourages gambling instead of discouraging it, profiting on people's addictions to Lotto and casinos. Strangely, government is heavily invested too in motorists' fuel consumption and the tax paid on it.

The ghost of Mayor Robbie urges us on to public transport. How much further will we fall behind other world cities?

G. A. D.

Beef Noodle Salad

Ingredients

- 2 cakes of dried egg noodles
- 150 grams cold beef slices from delicatessen
- 1 each green, red, yellow capsicum (or 1 cup chopped lettuce)
- Handful of bean sprouts
- 1 carrot cut into strips
- 2 Tablespoons chopped coriander leaves
- 4 Tablespoons sweet chili sauce

Method

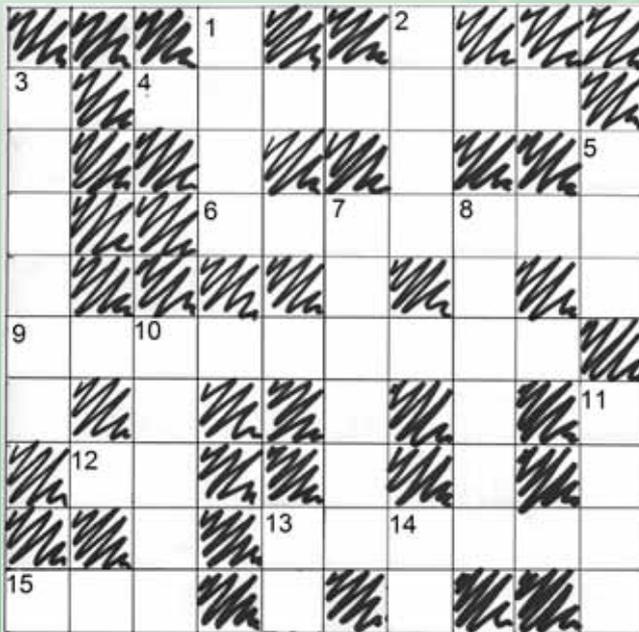
Soak dried egg noodles in boiling water until soft then drain.



Slice beef and capsicum into strips. Snip egg noodles into smaller lengths. Mix egg noodles, beef, capsicum, bean sprouts, carrot, coriander leaves with sweet chili sauce. Put on platter and serve as a quick summer salad.

Pauline T

Crossword by Julian P.



Down

1. Yell
2. Oddly Behaving Star
3. Pillar
5. Cot
7. Canyon
8. Curvy Yellow Fruit
10. Beam
11. Paste
13. Thanks
14. Maori: 'The Sun'

Across

4. Furry Elephant
6. Adorable
9. Manly
12. Chinese: 'Life Force'
13. Bossy Boots
15. Honey Maker 18

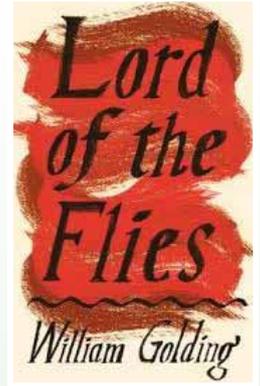
Book Review of 'Lord of the Flies - William Golding'

This is a very theatrical book which starts off with a plane crash. What I remember about this story is that the boys lost their inhibitions and then killed Simon. Ralph was also responsible in Simon's death, but he felt guilty for what he had done.

Ralph told Jack to "Shut up" at one stage. This may have led Jack into becoming darker. This is subliminally portrayed by Lisa Simpson in a Simpsons programme. Jack was like Vegeta off Dragonball Z. He was also like the Steward in Lord of the Rings and one thing they both had in common was that they had hearts like stone and wouldn't bow down to anyone.

This story is a good analogy for Pol Pot's reign of terror and rule of anarchy in Cambodia, where 1.4 million people were killed. You were either with him or against him and that was the case in the twins pledge to Jack.

They say society changes the outcome for things for the better yet when convicts get out of prison 90% of them re-offend. I think when the boys killed Simon 90% of them re-offended except the twins, Piggy and Ralph. - By Reed M.



TAKING FLIGHT

I left for my South Island trip on the 27th of December and came back on the 7th of January.

I went to Queenstown, Milford Sound, Franz Joseph Glacier, Westport, Nelson and Abel Tasman Park.

The best thing about my trip was, flying. It was quite an experience. I have been on a plane a few times.

I don't know what the worst moment was. The beds were hard but better than nothing. I stayed at youth hostels. My fear was losing things or arriving late. But everything went to plan.

I had never been to Westport before, I had to see it for myself. Westport had

old shops and buildings. I got told off for taking a photograph in the swimming pool.

I recommend going to Queenstown. It is a very scenic place on a beautiful day.

There were lots of people there. I would like to go back again. I also want to go back to Nelson and see Farewell Spit.

Raymond (interviewed by Paul G)



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
For more info on the Clubhouse model
visit: www.iccd.org



Crossword Answers:

1.Call 2.Nova 3.Column 4.Mammoth
5.Bed 6.Loveable 7.Valley 8.Banana
9.Masculine 10.Smile 11.Pate 12.Oi
13.Ta 13.Tyrant 14.Ra 15.Bee

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