

# Chatters

A publication of Crossroads Clubhouse

March/April 2014



Hi there, Chatter's Enthusiasts

The weather was nice and sunny last month, and our members have been active and showing initiative.

In our menu of articles we've got so much to talk about, that space has limited me. But I must make mention of Ngaiwi and Merv, doing "Around the Bays". They have done us proud. The Clubhouse Camp at Mangawhai Heads was a highlight also.

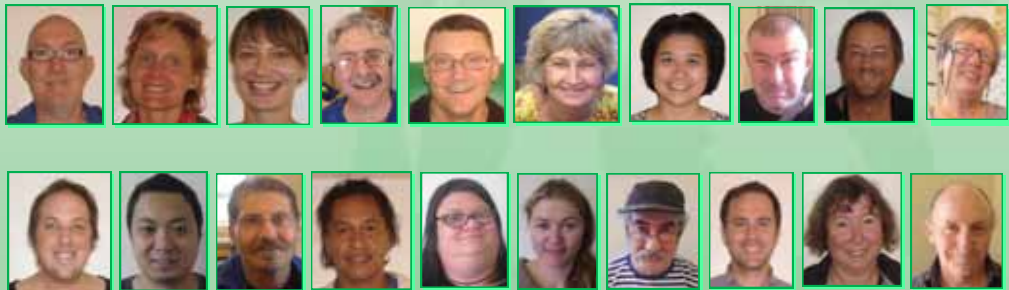
In this edition we have Pesa's story about photography and testimonies of people giving up smoking, well done guys! Emma introduces the "Peer Zone Group". To top it off there's Christine B, Paul G's and Merv's panoramic South Island adventures. We hear about the boys' hair-raising landing at Mangere Airport.

Enjoy Chatter's readers.

Dave B

P.S. With great sadness I would like to mention Diana Golding passing away. She brought colour to Crossroads Clubhouse. May she rest in peace. We have a tribute to her in this edition.

**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.

# Director's Update

It feels like I've been working flat tack since taking on the role of Director very late last year. So much so that I've missed the deadlines for the last issues of Chatters. For this I extend an apology to the Chatters team who do an amazing job and have scrambled to fill the page they so graciously left open for me.

I write this piece in the midst of another busy day at the Clubhouse – they have become the norm. It's always so much fun to be part of the endeavours that happen each day, the lunches being prepared, reports are typed, outreach calls are made, visitors are greeted and shown around, projects are planned and our building and surrounds are cared for.

I am constantly impressed by the way members put themselves forward to try new things and to support each other in the journey. This productivity brings with it new challenges. Most recently, how do we utilize our space to accommodate everyone? At times it feels we fill every space we have. I remind myself, this is a good problem to have. As we share spaces and resources we learn to think about the world differently; we adjust our habits and become more flexible. Of course, the impending Garage Sale fundraiser (see invite on pg 7) has sent our



creative use of space into overdrive.

We spend a fair majority of our time and energy developing and working on the opportunities for members here at Clubhouse. Over the past 6 months we've begun to look more and more at complimentary and transitional opportunities outside of Clubhouse. The

much mentioned C&C Lawns project has provided great employment outcomes for some members – and the confidence they gained through participation in the work at Clubhouse was great preparation for their success in this venture. We hope though that this is just the beginning. We are seeking more employment opportunities but also thinking outside the square; volunteering via time-banking, assisting members in training like the Peer Support Certificate and other community initiatives.

As a small organization we achieve an awful lot and we couldn't do it without the amazing input of Clubhouse members each and every day. Personally, I couldn't be happier to be a part of it all.

**Stephen Hart**

# Newsflash

In February we celebrated **Arahura's Founders Day** with the annual BBQ at Long Bay, (a lovely beach 25mins north east of Auckland city).

We held our third annual **Clubhouse Camp** for four days in February at magnificent Mangawhai Heads, (approximately 1 & ½ hours North East of Auckland city). Check out pg 10 & 11 for stories and photo spread.

Our recent **Twilight Dinner** was held at Ponsonby International Food Court. The experience was highly rated by those that went along; no doubt it will be repeated. We are looking forward to the next dinner which will be an **Easter Feast** at Clubhouse on Thursday 17<sup>th</sup> of April \$4, please book as this is bound to be a popular event.

A team of six did us proud at **Round the Bays** in March. Turn to pg 12 for Ngaiwi and Peter C's account of the event.

Recently the **Presentation team** had an opportunity to talk about Clubhouse at Mason Clinic, Recovery Support Group. The team enjoyed sharing their knowledge of Clubhouse and their own journey of mental wellness. The talk was received with strong interest.



Thanks to **Zoodoo** for generously donating compost for our garden. Zoodoo provides employment opportunities for people who experience mental illness. Visit [www.zoodoo.co.nz](http://www.zoodoo.co.nz) for a no.1 deal on no. 2s'.



# Newsflash

A large Clubhouse contingent attended a **BBQ at Changing Minds** in March. We enjoyed the opportunity to get to know their staff better, and are pleased to hear they will be hosting BBQ's on a fortnightly basis.

Stephen and a crew of members used their talents to build a **shed** to store mowers for the C & C Lawns initiative. A huge amount of muscle power and intellect has gone into this project. Nice work team!



Emma has been running **Peer Zone** at Clubhouse for the last six weeks; this group has been well attended by members. It's a chance to reflect on past life experiences and share strategies for future recovery and thriving. Peer Zone runs at 2pm on Wednesday's, all are welcome.

Clubhouse is filling up with donations from the local community, as we gear up for our annual **Clubhouse Fundraiser Garage Sale**. The sale will be held at Clubhouse on Saturday 12<sup>th</sup> of April from 8am. Come along and grab a bargain.



Our next **social outing** will be a trip to Miranda Hot Pools on the 3<sup>rd</sup> of May. Situated on the Coromandel, the pools are always a favourite with Clubhouse members.





# ABOUT EMMA

## Why do you choose to work in mental health?

My own experiences introduced me to the field of mental health. My first year at university I started in psychology – I couldn't cope with all the statistics-gathering and graphing. I just wanted to hear people's stories. After dropping out I felt I would never be capable of being helpful to anyone else – as I seemed so overwrought and distressed just managing myself! Luckily, over ten years later, I've got braver and have lost the ego I had about doing things perfectly.

## What do you like about working at Clubhouse?

I like the people. I'm very interested in how people see things differently, think and process things differently... all the unique characteristics we have. I'm here to learn.

## What do you find most difficult?

I'm a bit of an introvert by nature. When I get stressed out or tired I recover by spending time alone -usually in the garden or on the farm. When Crossroads gets very busy I feel a bit overwhelmed and get 'talked-out'. Usually a few minutes outside settles me.

## If you could change professions for a week which would you choose?



I'd love to be a documentary maker that travels the world recording how different cultures live and our variety of landscapes and ecosystems.

## What's your biggest disappointment in life?

That older people (particularly my own grandparents) didn't talk to me more about their lives, about what it is to be alive (about how hard it sometimes is!) and what made it feel worth it to them.

## What do you hold most hope for in the future?

I am one of these people who believe we're evolving a 'higher' level of consciousness. Despite all the problems we have I constantly meet people who are more sensitive, more loving and more tolerant. I hope we can move beyond capitalism because I don't think it's a particularly caring way of organizing people, work and resources.

Interviewed by **Pauline A**



# Monster Garage Sale

Saturday 12th April

393 Great North Road  
Grey Lynn

Starting at 8am

- ★ Heaps of bargains
- ★ Free tea & coffee



All proceed of the garage sale will go to Crossroads Clubhouse — a charity working in your community.

*Crossroads Clubhouse operates under the auspice of the Arahura Charitable Trust*

# ***Farewell Diana Golding***

Diana Golding a former Clubhouse member passed away recently. There were many people at her funeral to pay their last respects and say Goodbye.

The first thing Diana told me about herself when I met her was that she had had a daughter who was taken off her when the child was quite young. Over the years I watched as Diana tried to make contact with her daughter who lives in England. This mission was one of the things that dominated Diana's life. She never gave up hope that one day she could at least talk to her daughter Rowena. It was never to be, but she never stopped trying.



Diana in her earlier years had been artistic and she had a diploma in Fine Arts. She loved cats and at one time she had at least four living with her.

What I most admire about Diana was her ability to keep going when she was up against it and quite ill. The number of times I saw her plodding her way up the Great North Rd Hill on her walker when she could barely breathe was phenomenal. And though I think she 'did it' pretty tough she wasn't a complainer.

She was a great believer in Brown Rice. I'm not sure why. But it was one of her mantras.

I think we will all remember Diana's generosity as one of her best features. She was always offering me money which I turned down but the most touching gift she gave me was a gorgeous pair of tiny Indian trousers for my granddaughter when she was born.

I'm sure Diana is in a better place. RIP Diana.

**Pauline A**



# Candid Camera Man

I've been taking photos for years. It's a passion of mine. At high school I studied photography—I wanted to understand photography as an art form. I learnt about pin hole cameras and developed my own film with different chemicals in a darkroom. I'm excited to get my own camera 'super-zoom'.

Lately I have been attending events in Auckland to take photos. At the Pasifika Festival I was blown away by the art work, at 'the longest catwalk in NZ' (during NZ Fashion Week) I was interested in the set-up -the stage and large screen, there were so many people.

I regularly visit Toi Ora's exhibitions and find plenty of material to photograph there.

I was brought up with StreetArt. I used to bop and breakdance in the 1980's; I was known as 'Mr Fly' and then 'Mr Skeamer.'

I often take photos in public places. If I want to take a photo of someone I ask whether I can—that way I can photograph with confidence.

**Pesa**



# Crossroads Camp

*Our third annual camp was held at Mangawhai Heads, located approximately 1 & ½ hours north east of Auckland city, 14 members and 2 staff attended. Here are some highlights from our campers!*



The food was very good – wholesome, nutritious and balanced. The accommodation was fine. My highlight was walking along the beach, it was beautiful. Coming back to Auckland was not so great. We took a trip to the museum but it is still being built, and will open next year. **Robert P**

This was my second Clubhouse camp. We got to the Op-shop again, I bought 6 CDs and a beer mug. The sleeping was up and down – most people snored, I couldn't put up with it, so I moved to the lounge. I enjoyed karaoke, the beach, helping Emma with the chocolate pudding. Kerry and Claire made fantastic pavlovas! Smoked fish pie was alright but I didn't want smoked fish sandwiches as Emma suggested. Linda made us all laugh. Linda and Julian P made really good efforts at fishing. I think the next camp should be at Morris Point, Shakespeare Lodge or Whangaparaoa. **Rachael H**



I went on camp for the first time. I was keen to get out of Auckland. The fellowship was good. I enjoyed learning new cooking skills. I made sultana scones, pavalova and potatoe salad with Linda, Kerry and Nadine. The Op shop and surf beach were highlights. The low point was going to the chocolate factory - there were no samples, no chocolate river or umpalumpas. I would definitely go to the next one! Wherever it is.

**Claire H**

We enjoyed scrummy meals, thanks to top notch team work. The Kitchen facility was excellent- spacious with an abundance fridges and ovens. I loved swimming in the sea. Knitting lessons with Nikki & Emma were good fun. The weather was questionable but the company and variety of inside activities made up for it. Karaoke was a favourite of many. The camp managers were helpful and gracious about Molly's (dog) presence. **Nadine**

# ***Around the Bays with Clubhouse***

We met at Britomart (Auckland City) around 9 am. The race started at 9.30am. It took about 5 minutes to get started because there were a lot of people ahead of us. It was a very hot sunny day.

My time for the race was 77 minutes and 44 seconds. After the race I went for a swim, just to cool off. After that I caught up with the rest of the guys. We walked over to a tent where we had a free beer.

Peter C meet us at the end of the race with hot dogs and fish n chips. I gave some chips to a family sitting nearby, because we had too much food. We then had a free photo shot there. After that we got on the bus back to Britomart. With me were Merv, Clive, Craig, Geoff and Peter C. It was good value, it only cost \$ 9.00 and we all enjoyed ourselves.

**Ngaiwi**

(interviewed by Paul G)

I had a great time with the Clubhouse crew. It was good getting to know Geoff on the walk. We all had a nice time after together and enjoyed the fish n chips.

Merv ran the best time of us all. In fact he finished in the top half of his own age group as well as top half of the entire field. In 1990, Merv was the winner of this event. **Peter C**







My own experiences have led me to believe there is a gap in mental health and addiction services in regards to how people are supported. In many ways it is unrealistic to expect funded services to cater adequately to everyone and I think the way forward is to turn to each other more; to ask and answer our questions, share practical tools, find companionship/support and get the latest, most experiential-based knowledge about recovery. Peerzone is based on the idea that mutual support and learning can make a huge contribution to recovery and can help us grow beyond our distress.

PeerZone consists of workshops for small groups of people with mental distress or addiction led by people with experience of mental distress or addiction. It is a way of facilitating peer conversation through group work.

Emma

*Sometimes the greatest friendships are the ones you never expected to be in. The ones that sweep you off your feet and challenge every view you have.*





# Smoke Free Success Stories

*Recently three Clubhouse members overcame their addiction to nicotine, here's how they did it...*

I quit smoking 8 weeks ago. Purely because of the cost. I was a smoker for 30yrs.

I thought it would be hard. But have managed o.k. I have approached quitting week by week rather than day by day. Other wise it's too easy to relapse, a day is nothing . It's better to aim for a week because the next week it is easier to bear.

Giving up, I was mentally and physically o.k, without patches or gum. The only cravings I got where when I had a cup of tea after dinner. I just gutted it out.

Since quitting I am \$70 – 75 better off per week!

I recommend reading Allen Carr's book on giving up smoking as it is helpful.

**Gavin H**



I have been smoke free for three months. I decided to quit as the cost was unrealistic. I found the cost of living, smoking and supporting kids is too difficult.

“Its good being smokefree, because I can hug my kids and they don't push me away because of the smell of smoke”.

My tip is: Stop smoking right away and get on a fruit diet. Make a fruit salad, keep it in the fridge and when you feel like smoking have some salad. Citrus fruits, golden peaches or pineapple are really good. I also recommend water with lemon juice.

The craving gets less and less. The fruit helps your body ease off nicotine and gives you an energy boost. You feel re-

juvenated like life has come back into you! You can feel your body healing by putting living fruit into your body. Healthy body, healthy mind.

## **Skye**

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I have been smoking for approximately 25 years off and on, as I have quit several times. I used to smoke 8-10 cigarettes per day and tried to limit smoking to weekends as a treat but this would often not work out.

I would spend \$35-\$60 per week on cigarettes. To afford this I didn't pay as many bills as I could have, and was often in debt. Being smokefree means I will now have \$3120 per year to use for more important things.

My main reason for quitting was health. I was short of breath at times and very tired and unmotivated. I would lie in bed trying to sleep and could feel my heart beating much faster than normal, which prevented me from getting to sleep. The heart palpitations were very scary. I felt anxious and frightened that I was going to have a heart attack at some stage, either that night or any day really. The smoking actually increased my anxiety. I

would sometimes feel irritable when I ran out of smokes, and had a sh\*\*\*y liver the next day. In the background I felt guilty for smoking. I realized many years ago I was self-abusing by smoking.

What reinforces my being smoke free is the realization that smoking keeps me in a victim mentality, and if I were to feel tempted I just have to remember that.

I haven't had cravings, it's been so easy. I have stopped for 5 weeks so far. I feel empowered, positive and my conscience feels clear. I am sure I will not smoke again, the thought of it is repulsive. Every day I don't smoke, the positive is reinforced- being a victor and not a victim. **Linda**

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# Two South Island Perspectives

*Paul G and Merv teamed up to travel the magical South Island. Chistine B holidayed with a friend in same destination. Here are the accounts of their adventures...*

We ran into a bit of bother when we (Merv & I) arrived at our hotel in Queenstown. The hotel staff wanted our credit card details in case we damaged our room. Merv and I don't have a credit card, and nothing else would do. Without credit card details, we could not get into the room. We contacted Stephen at Clubhouse and he kindly sent his credit card details down.

Queenstown is a beautiful township situated on the lakeshore and beneath the Remarkable Mountains.

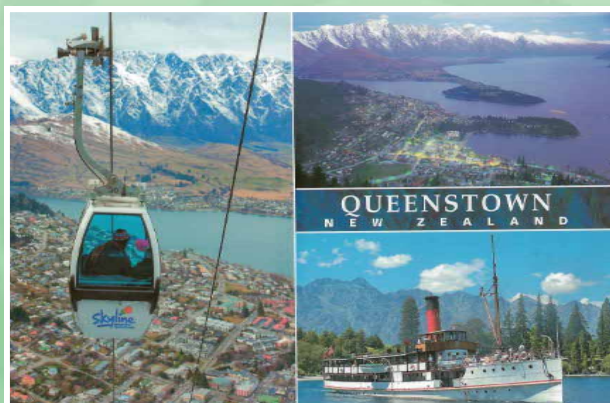
We went to Arrowtown, a nineteenth century mining town, with the old buildings still standing. We went to where Australia's only canonized saint, St Mary MacKillop lived, and to the church, where she worshiped.

The next day we went to Milford Sound the wettest place in the world. It was magical. On Friday we went to Wanaka a beautiful township on another lake. The part of the South Island we travelled is full of mountains, farmland, forestry and streams. We saw some keas, (native NZ parrot), and seals. It's like heaven.

On the plane ride back we ran into a bit more bother. We had a bumpy ride because of Cyclone Lusi. When the plane touched the runway to land, it went straight up again. We were all concerned. The pilot told us it was too windy to land. We then circled the airport for 15 minutes until the wind calmed down, then we landed.

It was a great trip.

**Paul G**



I flew out on the 26<sup>th</sup> of January at 10.30am with my friend to Queenstown. We arrived to a drizzly afternoon. After dropping off our bags at the apartment, we went straight down to the Bathhouse Café on the edge of the lake, for some seafood chowder and crusty bread.

The next day started with a chilly 12 degrees. We set out to explore the Remarkables Shopping Centre, where we had great retail therapy.

The following day we caught the bus to Arrowtown. The fare was really expensive (\$22 for a round trip), but we had a wonderful day. We ate cherries and went to the movies, we

saw a film called Philomena. We went for a lovely walk beside the river for about an hour. It was a beautiful day with the sun shedding rays of soft light through the poplar and willow trees. I took a great photo of the river which I emailed to my friends.

On the Wednesday we got up at 5.30am, to catch the Newman's bus to Wanaka. It is a great scenic trip, it stopped at the orchards in Cromwell where we picked some stone fruit. As

soon as we arrived in Wanaka we stopped for a cold drink and I bought my favourite treat– a Jimmy's pie, and a bottle of iced tea, delicious! We went for lovely walk around the lake which was superb and saw the beautiful intense blue colours of the water and the snow on the distant mountains (pictured).



The next few days we just relaxed around Queenstown eating lots of cherries and sitting at the Queenstown Gardens looking out at Lake Whakatipu and enjoying the sun and warm mountain air. The colour of the lake was absolutely beautiful and we were eager to go up there and relax on the

grass eating cherries and just soaking up all the beauty that Queenstown has to offer.

We left Queenstown vowing to come back next summer.

**Christine B**

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## WAR TIME READING

I have read two books in the last month, and I very much enjoyed them. They are called '1812' by Adam Zamoyski and 'The Forsaken' by Tim Tzoulidis, which are about Russia.

I enjoy reading about the country Russia, because the winters are very cold and the main characters suffer major torment and despair.

The book 'Forsaken' starts with a group of unemployed Americans in the 1930s, who go to Russia for a better life, but find it terrible. The 1930's were brutal and terrifying, because of one man called Joseph Stalin. He had total control of Russia and had the secret police (NKVD) working for him. The NKVD carried out Stalin's orders. He tortured colleagues and citizens for no apparent reason. The suffering of his victims caused them to doubt the system of communism.

His prisoners resisted confessing to being spies. They were tortured until they confessed, then they were shot or sent to a prison camp (Gulags).

The book didn't go into the day to day running of the Gulags, but told about the extreme cold winters and the terrible food which was not enough to sustain life, prisoners were worked to death.

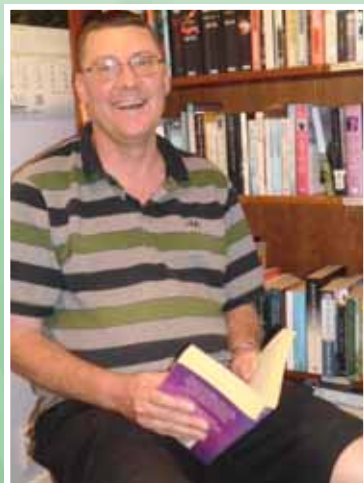
Reading the 'Forsaken' made me appreciate being a New Zealander. We have freedom and citizen rights, which we take for granted. But in Russia of the 1930's, the people were tortured for being in the wrong place and saying the wrong thing.

The book '1812', was about Napoleon's war campaign in Russia of 1812. There was a lot of detail about war strategy and the extreme cold winter.

The French soldiers suffered terribly, they ran out of food and had to eat the dead or their horses, the soldiers also struggled with frost bite.

I found '1812' very interesting because of its war tactics, and the fact that Russia won the war because of their extreme cold winter.

**Peter G**





## MOVIE REVIEW:

### *REMAINS OF THE DAY* (1993)

This film is one of my all-time favourites. I've watched it on TV only two or three times because it's so demanding following it to the end. You have to be fully in the mood to concentrate for the two and a half hours to get the full reward. The title refers to "evening" — the life stage of the man and woman at the heart of the story, having little time left to make good what remains of their lives. Though the plot is straightforward, it is told in flashback form and interpreting the delicate nuances of high-quality writing, acting and directing becomes tremendously involving for a willing viewer.

It is set from 1935 to 1959 at class-ridden Darlington Hall, a fictitious lordly estate in England. With no modern counterpart, it is all the more a challenge to gauge characters' attributes, attitudes and motives. The story holds fairly faithfully to the original novel by Kazuo Ishiguro (a naturalised Brit) that won the Man Booker Prize of 1989 and is considered a landmark in British literature of the last quarter of the Twentieth Century. The movie, directed by James Ivory, was nominated for eight Academy Awards including best film, screenplay, actor, actress and set design.

Anthony Hopkins as the butler and Emma Thompson as head maid run the manor house of Lord Darlington (James Fox), a composite character representing a number of true-life English aristocrats sympathetic to Hitler before World War II. Four years before its outbreak, Milord hosts the first gathering of international invitees that include a junior US congressman played by Christopher Reeve (at loose ends after *Superman* and two years before his paralysing riding accident), an apathetic French ambassador more concerned with his bunions than world peace, and scheming Nazi Baron von Ribbentrop, who tours the mansion noting down Lord Darling-

ton's art treasures "for later" when Germany is supposed to conquer Britain. Reeve and Darlington's journo godson (Hugh Grant) are the only ones to smell something rotten in this proposed new world order where the Nazi system and English aristocrats will reign supreme.

The casualties of all this, apart from Jewish refugee servants, teenage girls whom Darlington hires and then sacks on pain of returning to Germany, to impress his Nazi friends, are: Darlington himself — his reputation in tatters after the war; his godson, killed in the war; Hopkins' servant father (Peter Vaughan) dying from overwork while his son barely notices, too busy making the latest dinner party perfect; Emma Thompson, suffering from unrequited love for Hopkins; and most of all, Hopkins, who doesn't know how to react to Emma's playful advances and is so slavishly devoted to upholding the dignity of The Empire that he doesn't know when he's being openly mocked and humiliated to his face by Milord and his mates like Lord Halifax drawn from history.

Superman, in contrast, comes through untarnished to buy Darlington Hall, so Hopkins' job is saved for his old age but he is left an empty shell of a man, finally rejected by Emma and alone in the world, and disillusioned by the actions of his "betters". He has been so thoroughly conditioned to do his duty and nothing else — stifling his own thoughts and emotions — that he lets the chance of a life of his own pass him by. Some reviewers have compared him with Jack Nicholson's character Schmidt in *About Schmidt*, whose life is validated by the love and gratitude of a totally unexpected source, a young African boy to whom he sends support. But Anthony Hopkins' butler is stuck in a living hell, precluding any intimate contact with another human being.

You've really gotta see it, multiple times, to get the gist and the full flavour of this esteemed Merchant-Ivory production.

G. A. D.

# 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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