

Chatters

A publication of Crossroads Clubhouse

May / June 2013

Gargantuan Garage Sale!



Ever-changing Face of the Nation

We are a diverse and gifted combination of many different peoples and cultures, religions, colour, gender, but together we are a mighty nation. New Zealand is a great place to live... but an even greater place to give... of your strength, wisdom, life experience, understanding, compassion and love.

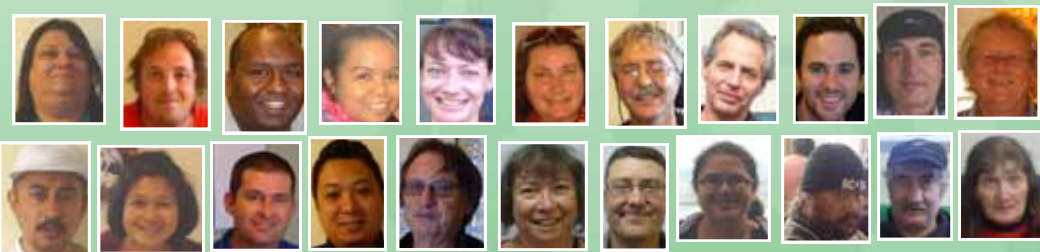
Clubhouse is a great place to give and share all these qualities which of course we all possess ... Sure on any given day maybe in varying degrees but I reckon it's the days when you're really tempted to "throw a tantrum" because you're stressed, tired, lonely,

hungry, angry, thirsty, broke, sick, sore... that these are the days when giving and forgiving really pack a punch.

You see, folks, our country is changing not only its face but its entire infrastructure economically and logistically as we prepare to build a country that can adapt to and support an ever increasing population, a diverse range of peoples and industries and at the same time preserve our wonderful nation's "clean green sublime serene status".

It's not an easy ask but together we can and are doing it. So keep up the good work wonderful citizen and God Bless Mighty and Majestic Aotearoa...
Tihei Mauri Ora!!!! — **Tony C**

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

Patrick's Words

Crossroads has been exploring the possibility of other premises for the Clubhouse over the last few months. We have had a fairly good look around in the Auckland Central area but have found nothing that offers any improvement on what we have here in our present location and frankly it is also what we are able to afford given our current level of funding. The actual dollar spend, tends to diminish each year with all costs increasing but not the funding. We are fortunate where we are in terms of our location which makes us quite accessible for most of our current members.

We have also been making some good links with the Grey Lynn community. With membership continuing to grow and a healthy daily attendance sometimes we get a bit exasperated with the relatively small spaces in which we have to work. So anyway for the time being we will be staying put.

Am disappointed that our anticipated visitors from the International Clubhouse audit team from Sydney Clubhouse and Brisbane Clubhouse respectively are unable now to include Crossroads in their itinerary. Instead I am now planning to visit Tapestry Clubhouse in Dunedin myself in mid-June in order to catch up with them. Of course their visit from across the ditch is to visit Tapestry which is their primary objective and is for the purpose of assessing the Clubhouse against International Clubhouse Standards in order for Tapestry to achieve full Club-

house accreditation. This is possibly a journey Crossroads will take at some future time.

Accreditation and adherence to the International Clubhouse Standards is something all Clubhouses take seriously. Almost without realising it Clubhouses can and have moved away from their essential way of working and then become something quite different. Strenuous overseas research confirms that the Clubhouse model is a very effective rehabilitation model so we are keen at Crossroads to stay on track. This we do by a daily reading of one of the Clubhouse Standards and weekly readings and discussion.



Employment has been on our minds a lot lately at the Clubhouse with two members having done work experience at Tart, a local bakery. Hopefully

an employment opportunity for at least one of them will come out of that.

Members have been enjoying some great outings on the weekend, with the last one going as far afield as Port Waikato. The weather has turned now to 'wet 'n wintry but many still enjoy a bar-b-que and being able to get out of the city and to enjoy one another's company.

I have just had the wonderful news that Toi Ora acting on behalf of a number of NGO's has been successful in achieving funding to hold '**Fiesta in the Park**' during Mental Health Awareness Week in October. The focus for the Fiesta will be on Wellness and Healthy Lifestyles. Stalls, workshops and entertainment we hope to reflect this theme. Crossroads Clubhouse will be there you can count on that. — **Patrick, Director.**

Newsflash

funding requirements and deliver a quality service to members. Overall the feedback was very good.

* In April we held our second **Monster Garage Sale fundraiser**. We put lots of energy into preparation which went smoothly and we had a great event. We also received strong support from the community. We raised \$2,350 (before expenses deducted)... which will be used to subsidise social recreation activities for members and help pay for a new fridge for our kitchen. See special article p 8-9.

* There have been a few spectacular **new hairdos** around the Clubhouse lately. Check out Clive's, Matt's and Tony's groovy do's (pictured above right and above).

* **Clubhouse was audited** smack bang in the middle of garage sale prep. Not ideal timing but the auditors were very understanding. The purpose of the audit was to ensure we meet our



* Our **Mid Winter Party** is on the calendar for June 26th and we will begin making plans for this occasion.

Soon to follow are plans in August to run a **Fundraising Quiz Night**. Keep an ear out for more info.

* We welcome **Debbie** to the Clubhouse, come on board as a casual staff member (pictured top right with Pauline). The

fresh-faced colleen from the Emerald Isle hails from County Donegal, loves cooking and it shows in her versatility, special dishes and delish sammidges — lucky us.

Newsflash

We have been fortunate to have a run of **placement students** — Roscoe for the past few months, and we look forward to Gavin joining us shortly. Both are doing peer support training through the Mind & Body Consultants. See Roscoe's interview p 15.

* mornings for his Diploma in Mental Health at A.U.T. (Auckland University of Technology).



* Recently **Kerry upgraded his pushbike** to the scooter type. He seems to be really enjoying his new found freedom. (See photo left)

* **Entertainment books** are on sale at the Clubhouse for \$65.00. This book offers discounted vouchers for eating out, entertainment and enjoying activities like 10 pin bowling, sports events, Waiwera entry etc. Every book sold will raise \$13 towards Crossroads Clubhouse recreation funds. If you would like to purchase a book give us a call on 396 4267 or click on the following link <https://www.entertainmentbook.co.nz/orderbooks/9004x25>

*The **Clubhouse website** development is well underway and we look forward to having it up to date. Stephen, coordinating the project, is missing in action Monday/Wednesday

SHANNON declares independence

So I'm gonna talk about my life living independently in Glen Eden after moving out of T.W.R (Te Whare Raapoi). I live in a two-bedroomed semi-detached unit with Lehi. Lehi is a great buddy — I go everywhere with him. He was really gutted when recently he was declined membership to the Clubhouse, being out of area (a Westie).



I've really got a busy life at the moment going to Te Ata a couple of times a week, to Job Seekers at Woodford Gardens, and I have recently discovered the Mt Albert Club and have been doing some leather-work there.

I have also spent some time lately at Wrap 'n Pak where I have been learning to use an industrial sewing machine. I have been learning to sew the covers of

'Wheatie' bags. They call that work experience. For those that may not know, you heat these small bags filled with wheat in a microwave and then place them on your neck or shoulders to relieve tension.

Anyway, on with my story. I used to like spending time at the gym... I had a Green Prescription but even with this it started getting a bit expensive so I stopped going.

Lehi and me do our weekly shopping at Pak 'n Save in Lincoln Rd. Where we are living, quite close to Waikumete Cemetery, there is no shopping centre nearby, so weekends we often go into town to Queen Street or Ponsonby. Lately we have been going to a

tattoo studio in Ponsonby Rd.

Like most, I guess I would like to get some paid work. What I would really like to do is work for a building demolition company. I have done this kind of work before and like it a lot.

So that's about me really... The life and times of Shannon.

Putting the Pieces together

Nikki has been wowing us with her mosaics for a while now – We are proud to have two of her works signposting the Clubhouse. She recently displayed her new works at Toi Ora Live Arts Trust. Here's her take on the event.



From left: Toi Ora manager Erwin, artist Nikki, mayor Len, artist Trisha.



I shared the exhibition with artist Trisha Hall. I sported 20 pieces. This is the first time I had had a large piece exhibition. I spent the summer holidays working from my workshop at home making work. The Honourable Len Brown – Mayor of Auckland, opened the exhibition. He even sang a song in Maori.



My signature pieces made a great impact – 7 crosses made with old crockery. Unfortunately no pieces were sold as at 2 weeks into the exhibition. But one piece was stolen, *Howling Dog*. I told Erwin about it and a week later it was returned, no explanation as to why it was stolen. *Howling Dog* mosaic was designed by David Grierson.

My photography work will be exhibited at Toi Ora on 4 June (opening) 5 - 7pm till 1 July.

If you're interested in any of Nikki's work please contact the Clubhouse.

The CROSSROADS CLUBHOUSE GARAGE SALE is held every year to raise funds for various projects, this year buying kitchen equipment, namely a commercial chiller unit, and the social recreation kitty. Craig H (below, centre page) was the champion clothes sorter this year and here tells about the event.



An abundance of quality books on offer!



Pauline, happy bookworm.



Stephen does some serious pricing (above) and Ngaiwi proudly shows off his furniture showroom (right).



I enjoyed last year's garage sale, that's why I decided to help this year. I was involved for several weeks before the garage sale, sorting clothes into categories, checking quality of goods and hanging items on racks. I wanted to get experience sorting clothes in case I choose to work in a clothes shop in the future. On the day I helped Sandra's sister choose clothes and also Stephen's friend Esther. They were both appreciative of my help. Esther was a standout customer; she kept buying lots of clothes. She said, "If you keep giving me stuff I will spend all my money." I said, "That's the idea!" I found some bargains for myself on the day including a t-shirt, winter scarf, one-piece swimsuit, bikini and trivial pursuit game all for \$1 each, a skirt for \$2, and a dress for \$3. On Monday after the sale I grabbed some freebies — clothes, dvd's and a hairdryer — and helped pack up leftovers for the Salvation Army. — **Craig H**



Tony & Dawit have a good laugh over each other's haul of bric-a-brac (above) and (below) Katherine presides over some prize antiques.



TWILIGHT DINING

Connecting over food at local cheap eats or a home cooked meal in-house... Paul G and Peter G fill us in!



For the Twilight Dinner in April we went to Govinda's Restaurant, K Road. It used to be known as Gopal's. We've had a couple of Twilight Dinners here

before and they've always been a success. It's a Hari Krishna restaurant, so it's vegetarian. It was Maricor's first Twilight Dinner. Preston, Pauline T, Dawit and myself also went along.

The meal cost only \$6. It was a full plate. The price also included dessert. The meal was quite tasty. The only problem though was that it was cold. It was supposed to be hot.

We were there for nearly an hour discussing many topics. It was really enjoyable. — **Paul G**

The May Twilight dinner was in-house with guest speaker Earl. Earl is an American from New Jersey.

He talked for about an hour on his history as a musician, how he came into the business, drumming and travelled the world performing at places like San Francisco and New Caledonia music festivals.

Phil R was guest chef for the evening the team made beef casserole, dumplings and steamed carrots followed by bread and butter pudding. The meal was very good, shame there wasn't more of both courses! — **Peter G**

Social Ventures

Our recently monthly trips have been jam packed with adventure! A word or two from those in the know...

April:

On Saturday 20th of April (my 50th birthday) 15 of us met at Crossroads to go on Social Recreation. With two vans filled we headed out to East Auckland.

First we went to Hunua Falls. We parked in the new car park and walked on the tracks to the waterfalls. It was a wonderful sight. Ngaiwi and J.D were brave enough to have a dip in the cold waters. We had morning tea there.

We then went to Maraetai for lunch. It was good to be there again. Clubhouse members and staff baked a cake for my birthday. We ate it there, while everyone sang happy birthday to me. It was great! We had filled rolls and hot chips for lunch. We all chipped in a dollar each for the chips. After that we went to Botany Downs. We had a look at the Warehouse there. It was at this time it

started to pour down with rain. J.D brought me a bar of chocolate for my birthday. It was very nice of him. We got back to Crossroads around 3pm. It was a great day out. I will always remember this as part of my 50th birthday. Lara was the staff member. It was good to see her again and catch up. — **Paul G**

May:

On Saturday, 18th May, 2013 a group from Clubhouse went for the monthly Social Rec trip. The day was fine but rained when preparing the food.



We enjoyed a nice walk on the Port Waikato beach. While in the van we were surrounded by scenery of the trees, farms and animals.

The trip was an interesting experience. We also stopped at a garden area along the way to Port Waikato beach and I saw something I have never seen before a large tree with hundreds of butterflies on it and a few butterflies on other trees.

— **Sandra T**

WALKING FITNESS— DAVE & LUBI, ANNISSA, CRAIG...

What drives them to get stepping?

Dave L: Lubi and I walk for about 1½ hours each night , 4/5 nights a week after dinner and sometimes on the week-end after lunch. We walk from Sunnyvale near Waikumete Cemetery to McLeod Rd, Te Atatu. Two days a week I walk to Te Ata, ¾ - 1 hour each way, then do fitness class for one hour. This involves stretching and a type of aerobics to get the heartbeat up. Three or four of us do that. I tried weights before but it created too much stress on my back and I got back ache. Now I am over 40 I want to maintain a good level of physical fitness because I enjoy the buzz of being fit. I encourage Lubi to get more fitness also, especially because of having a stroke. I am sure she feels better for it.



Annissa: We go to a different mountain every week, One Tree Hill, Mt Hobson, Mt Roskill, Mt Wellington, Mangere Mountain, Mt Eden and Mt Albert. I started this year as a way of keeping fit. I find it really enjoyable — a group of ladies getting together each week. It started off with six women but numbers have dwindled since. We start at 6.30am and we have a time of short prayer once we get to the top. Then afterwards we find somewhere close by and have breakfast and some coffee. A couple of weeks ago we went for a sauna and spa at the Olympic Pool in Newmarket. I also now have the dog walking job, which I do twice a week and get paid for it.

Craig H: I like walking. It keeps me fit and also helps me lose weight, and plus I think humans need exercise. It makes me feel better in myself and it saves me money. I have walked for most of my life. Even having money (for the bus) in my pocket I would choose to walk for the cheer pleasure of it. When walking past shops I stop and often have a browse around. Usually I call in to a café for a drink of some kind. Up the road from me is a coffee shop called “Sweeties” and when I pass by I say “Hello!” to Catherine, who works there, and she says “Hi!” back. There is a coffee shop in Mt Albert called “Cosset”, I call in there sometimes — they are a very friendly bunch there also.



Left: *Dave & Lubi.*

Above: *A panoramic shot of Craig H walking.*

Right: *Annissa walking “Daisy”.*



THE NEXT STEP

Purewa shares his journey from addiction to wholeness.

We came to believe that a power greater than ourselves could restore us to sanity. Insanity is repeating the same mistakes and expecting different results.

I used to think that I could control my drugging and drinking, And I would say to myself that it won't happen again. But always I would end up on square one again.

When I look back over the things I did to get drugs and alcohol, stealing, I spent all my money, and I would never have money for shopping because food wasn't a priority.

I lost friends and family relationships. My health deteriorated to the point where my body was covered with sores and scabs from my neck to my toes. The only time I could function

was when I was drunk or stoned. My life was out of balance. I didn't know what to do. I was trapped in a circle.

Step 2 we came to believe that a power greater than ourselves could



restore us to sanity. The first part of this step says, we came to believe. I grew up in the church, so believing wasn't a new con-

cept to me. But using God to help me stop drinking. At first I couldn't get used to the idea.

A decade passed by, where I learned that God and prayer were better friends than drink and drugs.

If step 1 is acknowledging the problem, Step 2 asks the question, now what are you going to do about it.

— Purewa

An enlightening interview with Mind and Body Peer Support Specialist Mr Ross Kennedy (commonly referred to as Roscoe !!!)

At Clubhouse we have been privileged to have the wonderful company of Roscoe over the last 8 weeks as he carries out his 200 hours of practical placement required for his peer support specialist vocation. Roscoe is with the Mind & Body organisation, who specialize in mental health peer support training (refer www.mindandbody.co.nz for all services and more information).

Roscoe has completed the theory component of his training and before he leaves us at Clubhouse will carry out a presentation with the theme being "What is a Peer Support Specialist?". From a lighter perspective I asked Roscoe some questions:

Who is your favourite Music Artist?

Ozzy Osborne, and heavy metal is my favourite kind of Music. For me Ozzy is also my nominated role model and mentor !!!

Favourite Actor... Steven Seagal

Favourite Sportsperson... Sonny Bill Williams

Favourite Comedian... Ewan Gilmore from West Auckland

Your Favourite T.V. Programme... Channel 3 News Hour at 6pm.

Your Favourite Current Affairs Programme... 3rd Degree TV3

Your Favourite Munch... KFC

Favourite Treat... A Magnum ice cream (any flavor)

Favourite Dislike... Propaganda on television when people don't tell the full story, twist the truth, and/or conceal the facts!!!

Roscoe says... Crossroads has been a brilliant place for me to do my placement. It's been neat to work beside, share, communicate and get along with members and staff. I'm impressed with how committed and hard all the members work and the professional support of your staff is great. The Model that

Crossroads operates under is great and the thing that gives me the biggest buzz is the amazing aura of positivity at Clubhouse.

I personally have really enjoyed having you around Roscoe and you're one hell of a good worker my friend and I along with all the whanau from Clubhouse wish you the very best for the future.

Hey Roscoe one more thing... we really love

the new hair colour... looks really awesome and now your giving me ideas of weather I might just do something like that myself!!!

— Tony C

Roscoe responds...



Lament to Mother

Dedicated to Mum who died Anzac Day 25/4/ 2007.

Mothers Love	... always with me
Mothers Eyes	...sadness, tears
Mothers Mana	... strong Maori woman
Mothers Smile	... glowing, radiant
Mothers Son	... still Mothers child
Mothers Legacy	...passed on to me
	... keep on trying my son
	...one day be free
Mothers Skin	...so soft and olive
Mothers Strength	...powerful , potent
Mothers Voice	...sometimes gentle
	...sometimes wild
Mothers Wrath	...look out take cover
Mothers Cuddle	... warm, protective
Mothers Kiss	...pressing, meaningful, loving, deep, maternal, eternal
Mothers Flame	...keeps burning
Mothers Breath	... in me alive
Mothers Heart	...in me pounding
Mothers Grief	...in me mourning
Mothers Hope	...in me forging a new path to realizing our greatness
Mother Resting	... when the time comes Mother

We'll kiss and cuddle each other once more

A new fresh vibrant golden Horizon...

And there we'll meet...

To be together...

Again... Forever... until then... Rest, Sleep, Peacefully Mother... I shan't be long!!!!

— Tony C

FOODIE DRIVE

Not a new member but one who has been coming to Clubhouse three to four times a week in the last few months is Dawit Gebre.

Dawit is originally from Ethiopia, he has lived in New Zealand for nine years. He hasn't been back to Africa since moving here (but would like to when he can afford it). Dawit became a member of Crossroads in 2005. Lately he has been mostly working in the Food Services Unit.

Dawit lives in a nice flat in Mt Albert by himself, it is managed by CORT, (Community of Refuge Trust). He usually catches the bus to Clubhouse but often walks part of the way.

Some of his pastimes are; walking and listening to music – Classical,

Hip Hop and Ethiopian music. His favourite food is Butter Chicken. He hasn't really seen much of New Zealand outside of Auckland but has visited Whangarei.

He enjoys the Clubhouse weekend recreational outings and has discovered new places through that.

He was learning to drive last year and had lessons from a mate until their car broke down. He is unable to afford the high cost of profes-

sional driving lessons ... anyone want a volunteer?

Dawit is hoping to find work as a kitchen hand and has been doing work experience at Tart

Bakery in Grey Lynn. He previously worked as a baker in Sudan.



World War 1 in Colour —

Paul G Interviews Raymond

Film Review

World War 1 in colour

Narrated by Kenneth Branagh.



Raymond pointed out to me that this is an old film. It was painstakingly colourised using the latest computer aided technology.

PG – Did you enjoy the film?

RS – Hmm, I found it interesting but not enjoyable. Some of the pictures were clear, others fuzzy.

PG – What did you learn from watching the film?

RS – About the development of the fighter plane, invention of the tank and flame thrower. The Germans got defeated and were unhappy after the war, which brought about Hitler.

PG – How many episodes are there?

RS – There are six but two are duds. You can get World War 2 in colour as well.

PG – Would you recommend WW1 to watch?

RS – Yes I would. It covers all the history of World War 1.

English Language Partners (ELP)

I have always been interested in teaching English since leaving school and I enrolled with English Language Partners in 2003 when it was known as The Home Tutor Society. The tutor training was in Saint Lukes Church Hall in Remuera for five weeks, which I enjoyed. I have been to two workshops this year; these were on teaching pronunciation and on tenses.

I had a paying student recently tutoring one-on-one with a guy from Albania who went on to complete the course assessment. This consisted of lesson plans and reflection. I then started teaching at Social English Groups (SEG), at the old Onehunga Community House, Friday mornings. Recently we returned to the Onehunga Community Centre by the library.

I have had students from various countries, such as Macedonia, Thailand, Karen refugees from Myanmar and several from China. I am hoping to receive recognition later this year for tutoring for ten years. — **Chris R**

Working Hard /Seeking Work

Last time I wrote I mentioned I had a family problems and I ended up moving to a small bedsit in the Auckland CBD. Several Clubhouse members have already visited and said it is very small and compact. The apartment neighbours are okay and it is nice and quiet so I get a good night's rest each night. It's handy to groceries, transport and shopping. It's my own place and there are no worries if the place has dirty dishes or needs some cleaning up. I still do it though!



Pauline & the crew about to head out for Social Rec.

I have been unemployed for about a year and a half now, but I have kept very busy at the Crossroads Clubhouse with their "work-ordered day". I often help with data entry, typing and administration work. I've been known to help in the kitchen preparing food, coffee service, washing dishes and cleaning up.

I volunteered at the Salvation Army and help with the soup kitchen for the

homeless on Wednesday nights on Queen Street. Some Clubhouse members go there too. Someone asked me what motivates me to do this and I just have to say that "It is better to give than to receive" and it is good to help others in need. I also volunteered for the Asian Family Services, which is a branch of the Problem Gambling Foundation but unfortunately they were unable to offer me any paid work.

They give me administration tasks to do, which is very rewarding, but you have to be vigilant to strike a balance between meeting the voluntary organization's needs and still take care of your own needs. I have found that budgeting is essential to surviving on a benefit as so much money is paid to rent and the sickness benefit does not entitle you to a better living standard. It is very hard to manage financially as there are so many bills that have to be paid such as the mobile phone, water, electricity, food, groceries and so on.

I have been making job applications every week with the help of Stephen and Nadine, the facilitators at Crossroads. But whenever I feel down and disappointed when I don't get a job, I go out for ice-cream to cheer myself up. But you have to watch all those take-aways because you can easily put on weight and we all have to watch our figures. Here's hoping for a better future and a paid job soon. — **Pauline T**

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

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