

Chatters

A publication of Crossroads Clubhouse

July & August 2016



Editor's Blab

It's amazing the number of people around the place who are following the run-up to the USA general elections. Well, not really amazing or even surprising because, as everyone knows, as America goes so goes the rest of the world — apart from a few incorrigibles who just refuse to see the benefits of a contest between the Clinton dynasty vs Donald Drumpf: an anti-immigrant candidate descended from German immigrants. Hillary is much more polite, but either way the US can hardly hold its head up anymore as the moral conscience let alone arbiter of the Free World. One obvious stickler is the lack of democracy self-evident in the pre-selection of two candidates (said to be the most unpopular ever) by the mass media to the exclusion of people's representatives. (We've all heard of the 99% vs the 1% around the world.)

Of course, we live in a world dominated by mega-corporations intent on selling not only their own product but, through ever-extending media ownership and connections, stretch their tentacles of power and influence around the world. Unfortunately, the last people to call out the media for its shortcomings are the media, with few exceptions. So it is down to us to do the research on where the truth lies. The Internet is a good source of a broad range of fairly objective material on politics, e.g. Wikipedia. Also, get advice from well-informed friends. After that, we can only trust our own judgment, and never take people's say-so at face value. I say, lots of luck to all of us.

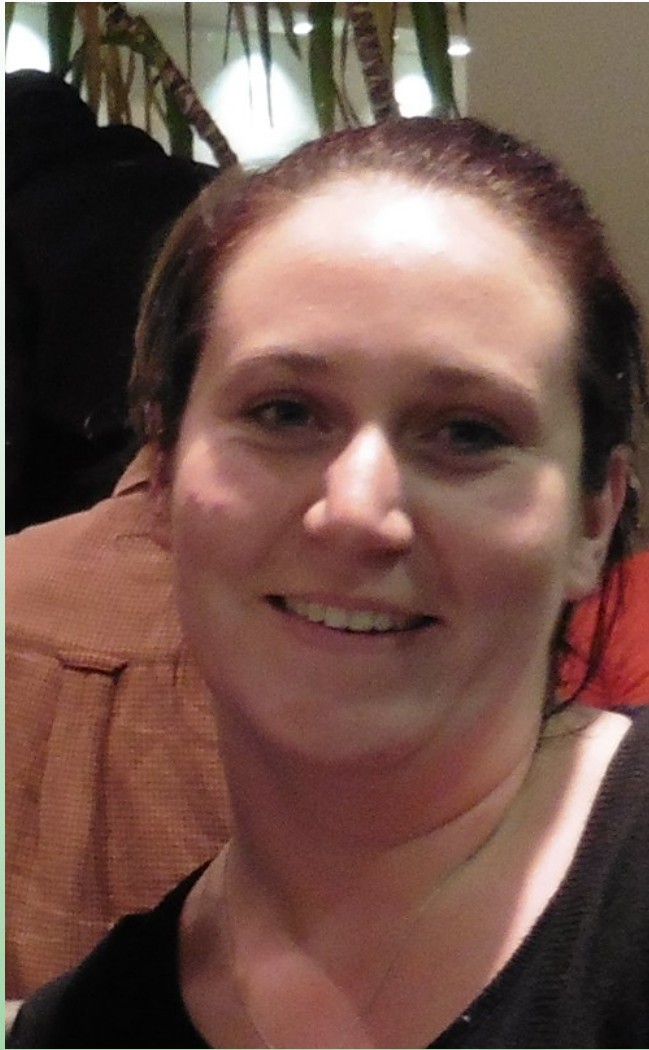
— Gaz DeF, guest editor

Some of our pool of contributors:



The 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.

Director's Hello



Wow, the past month and a half has flown by! Although I am still learning all that the role entails, it has

been a fantastic experience meeting the fabulous members, and getting to know all I can about the Clubhouse model, which we are continuing to follow as close as possible. The help of the members has been invaluable during this transition, and I truly appreciate all the help, advice and support that has been given.

This past month has also seen the end of the official Green Prescription, and has seen the start of a healthy living group to coincide with the Heartbeat Challenge.

The past month has also seen a lot of changes to the staffing. Stephen's farewell was an awesome event. Linus has gone on holiday to Finland for three months, and Tamara is settling in as cover for his holiday. We would like to


take this opportunity to thank the members for all the support they have offered us over this period. — Vicki



Newsflash



Happenings at our Clubhouse and upcoming events

- A number of Crossroads Clubhouse people have gone through a Green Prescription orientation course care of Rudi at Mt Albert Recreation Centre. This is expected to lead into more renewed initiatives at Clubhouse in terms of walking, indoor soccer, touch or other fitness pursuits.

- The Cookease Project is a voluntary project. It is a group of people who meet regularly to do activities. The group has a goal to make sandwiches and take them to schools. The group is made up of different sections such as administration, cooking sausages in a market and doing presentations and conferences to promote the project to other people. The groups are inclusive of all people who are interested in joining. If Clubhouse members are interested, then contact Emerge Aotearoa and speak to Helen Fella, who is the coordinator of the Cookease Project and will organise a presentation for your group. — Chris Butcher
- The Social Rec and Twilight Dinner for August will be, respectively, to Thames, and TO BE ANNOUNCED....
- Karon of Spectrum Services called at our office on Monday morning, 25th July to sign up several of our members for Total Mobility cards, which will enable them to travel on buses, ferries and on (some) taxis around Auckland for half fare. More happy campers are expected to sign up next Thursday, when Karon's second visit is due.

REACH OUT!

For me, one of the most important Clubhouse standards is:

“We provide an effective reach-out system to members who are not attending, becoming isolated in the community or hospitalized.”

At our Clubhouse we refer to it as outreach rather than reach-out and it is one of the responsibilities of the “Heads Up” unit. One of the reasons we do outreach at Clubhouse is ensure that people feel connected. Even though our members may not be able to make it into the Clubhouse, they can still be part of its community.

Outreach takes a number of different forms. Predominantly we make phone calls. This is what I mostly do at Clubhouse – and we aim to make five calls each day. We also make hospital visits, send emails, write letters and send texts. When we make contact, we have a couple of different approaches. Firstly, we like to make sure that our members know what’s going on – We tell them about social recreation (“rec”) activities, twilight dinners, as well as projects from the work-ordered day. We know that, for some people, at-

tending just one of these events can be the first step to bigger and better things.

Secondly, outreach is an important tool for allowing people to share. When we call, members often say how much they appreciate being thought of and missed. I find that once people warm up they also appreciate the chance to share what’s going on for them. Lots of our members live by themselves and it can be hard to of-fload and cope with what’s going on. A phone call can really help. I know that when I’m at home having a bad day, it’s so awesome to get that phone call. It makes me feel more positive about life — “There is hope.”

— Kathy & Stephen H



Kathy reaching out

Working Side By Side

Athena and Linus have known each other for one and a half years from working at Crossroads Clubhouse. We have worked together on all the most different chores in the Clubhouse. Everything from preparing lunch and serving coffee to going to get the mail, being tour guides and doing other office duties. Working side by side is very important especially when you are new to the Clubhouse - it doesn't matter if you are a new member or a new staff. It can be members working side by side or a member working together with a staff – it doesn't matter. What matters when you work side by side is that you get to share and pass on your unique skills and knowledge to contribute (and maintain) the spirit of the Clubhouse. Working side by side is also about sharing meaningful experiences: fundraising from garage sales and trade me sales, walk and talk when you check the mail, selling coffees with a smile, greeting people from the

reception etc.

The benefits of working side by side are: learning new skills and share ideas/new ways to complete a task, widening your social network, improving your social skills i.e. get the opportunity to make new friends and sharing laughs.

Lastly, and maybe most importantly, when you work side by side you have the support of another person to achieve tasks that you might not have



the confidence or experience for achieving on your own. This will help you on your journey towards coming out of your shell and finding a place to fit in at the Clubhouse and essentially in the Community.

With warm recommendations to work more side-by-side,
Athena & Linus

WELCOME VICKI!

How did you find the job?

I found it on TradeMe.

Why did you apply for the job?

I was looking for a change spending time with people rather than sitting behind a desk.

What do you do in your spare time?

I enjoy spending time with friends and family, and reading books.

What do you consider to be your greatest achievement?

My qualifications are my greatest achievement.

What are your qualifications?

I did my Bachelors in psychology and applied mental health, and then my Honours degree in psychology.

What was your funniest moment recently?

My funniest moment was when we were going to a presentation and a member was introducing himself to other cars using funny voices while stopped at the traffic lights.

What is your five year plan?

To finish my Masters degree in psychology.

Do you have any family?

Yes I do.

Do you have any pets?

I have two cats and a dog.

What is your favourite food?

My favourite food would be butter chicken and Tangfastics.

What is your favourite music?

My favourite music depends on my mood at the time, but I like songs with a lot of bass.

What is your favourite holiday spot?

Mangawhai.

What are your favourite tv programs?

My favourite tv programmes would be *Sensing Murder* and *Criminal Minds*.

How would you get somebody to do something they may not want to do?

I would use encouragement and support.

If you had 2000 emails and could only respond to 300 which ones would you choose?

I would prioritise and reply to the most important ones. Also, I would delete the spam!

— Rachael and Kathy

Believe it or not...

Below we have three interesting stories — anecdotes from our Clubhouse members. The catch is that some of them are literally true. Others are not. Can you decide which is/are the real deal? SEE WHAT YOU THINK!

The First Story: When I was a budding writer of about 45 I was looking for ways to self-publish as this was said to be the coming thing, and the good spots at traditional publishers were already taken by billionaires Stephen King and J. K. Rowling. At one point I was looking through the Yellow Pages under Book Printers & Binders to see whom I would entrust my precious scribbles to, and picked one at random. I spoke to a nice lady, who said she would talk to her 'partner' and get back to me about the number of copies I wanted, terms & etc.

The phone rang about two minutes later, and I instantly recognised the dulcet baritone of a Right Honourable gentleman who said he was calling from the British Raj of India about my printing problem. He introduced himself as David Lange, who was by then the former prime minister but still a legendary figure of NZ politics.

The Second Story: Once upon a time there was a pied piper, who visited the hamlet of Hamelin in Germany. He had been hired by the town council to give a show for the kids, which he did. Facing the time-honoured custom of an artist being done in the eye by a sponsor, the mayor refused to pay him. The piper got his revenge by leading the kids—who loved him by now—out of town, never to be seen again. This story has gone down in legend as the story of "The Pied Piper of Hamelin".

The Final Story: There were two best friends who happened to become leaders of their own countries. One was born in Hawaii, and the other was born in NZ—but made a second home in Hawaii so he could be close to his friend. The two were said to be at opposite ends of the political spectrum, the Hawaiian-born one said to be the most "socialist" politician in America, and the other on the right wing of NZ's National Party. However, the two grew so cozy that the American leader said that when he retired from the presidency he wanted to be a "venture capitalist", just like his best friend.

Farewell STEPHEN!

On Friday 24th June we said farewell to our long-time director, Stephen Hart. It was a week full of laughs and a few pranks to go with it — like a melting moment made specially for him, with toothpaste: peppermint. A bright green “onesie” looking a lot like clown gear was essential attire for his last day.

A lot of members, old colleagues, and friends came to wish him well on his new journey. And he received some beautiful gifts from Clubhouse and our parent trust Arahura.

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We decided to incorporate the celebration too into our annual mid-winter Xmas party, held five days later: an evening out at the New Lynn Returned Services Association. Julian McC-D acted as m.c. on this occasion, when all sang Stephen a rousing chorus of “For He’s the Jolly Good Fellow”. And so say all of us.

The meal was great and so was the company.

Stephen is now operations manager at Community of Refuge Trust (CORT), is quite handy to us here in Grey Lynn, so we expect to see him still from time to time. Good luck in your new job and new life, Stephen, and best wishes. — *Kathy & Nadia*



Confessions of a Travelling Salesman



From 1987 until 1994 I used to work for a company called Allphy Book Distributors. This name came about from the names of the two bosses, Allerdice & Murphy. Allphy were the first company in the 1960s doing “remainder” books. These were special books that usually sat on tables outside the bookshop. Our main outlet was near the top of Airedale Street in central Auckland. Some of you might remember it — and our huge book sales. An example of a remainder is a book such as *Beauty of New Zealand*, which would be, say, \$24.95 retail but dealers

could buy it at \$5.00 wholesale and sell it on these tables for \$9.95 — so it’d be a bargain. The firm was doing a turnover of about four million dollars per year (which was big money then). My job was to “fly the flag” for the firm — setting up new accounts. To do this I used to travel all over the North Island, which was my sales territory. This would be by a combination of flying and rental cars. A Mazda 121 was my favourite car. I had three other cars, two Ford Sierras and a Nissan Bluebird. I would be three out of four weeks out of Auckland, where I was based. The best part of travel was getting to stay in the nice hotels and motels — like the Best Western at Kerikeri — as well as swimming in summer. It was great to go places such as Paihia in the Bay of Islands. I went jet skiing there, fishing, cruising on the *Reef Runner* that cruised at 60kph out to the “Hole-in-the-Rock”, as well as sailing on the old style sailing ship the *R. Tucker Thompson*. Mt Maunganui was also a highlight due to the hot pools. Of course, I didn’t like all the towns. Towards the bottom of the list were Te Kuiti and Wairoa. Some customers took me home for dinner and others I took out for dinner on my expense account. The hard part of the job was being by yourself in new towns, especially — though it was inevitable that I would run into other sales reps from around the country. I often ate dinner alone, and used to make sure I had a newspaper with me to read.

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I met regularly with the book buyers from (and sold books to) Whitcoulls, Paper Plus, Top Line, a few dairies and supermarkets (mainly stationery and colouring books), Briscoes, K-Mart, Farmers, independent retailers, Auckland Museum, Kelly Tarlton's, and a car museum in Wellington. My record sale was \$13,000 worth of books to Pointers in Wanganui, and three thousand maps to Budget Rent-a-Car — whose boss gave me a \$100 note to thank me. I sometimes found gaps in the market — e.g. for aircraft books. I would keep colour photocopies of the covers of books I had for sale in a manila folder wherever I went, and whip them out to present to book buyers. — Stephen Rose, as told to Stephen Hart & Gaz DeF

FUNNIES

A strong young man at the construction site was bragging that he could outdo anyone in a feat of strength. He made a special case of making fun of John, one of the older workmen. After several minutes, John had enough. "Why don't you put your money where your mouth is?" he said. "I will bet a week's wages that I can haul something in a wheelbarrow over to that outbuilding that

you won't be able to wheel back." "You're on, old man," the braggart replied. "It's a bet! Let's see what you got." Morris reached out and grabbed the wheelbarrow by the handles. Then, nodding to the young man, he said, "All right. Get in."

What do you call a psychic midget who has escaped from prison?

A small medium at large!

What happens to a frog's car when it breaks down?

It gets toad away!

Why did the banana go to the hospital?

Because it wasn't peeling well!

A man went to visit his doctor. "Doc, my arm hurts bad. Can you check it out please?" the man pleads. The doctor rolls up the man's sleeve and suddenly hears the arm talk. "Hello, Doctor," says the arm. "Could you lend me twenty bucks please? I'm desperate!" "Aha!" says the doctor. "I see the problem. Your arm is broke!"

FAREWELL STEPHEN (cont.)



TANTALISING TITBITS

Barbecued Chicken Wings

Ingredients:

1kg of chicken wings
2 tablespoons of wine
1 tablespoon of sesame oil
2 tablespoons of black soya sauce
2 tablespoons of honey
Salt and pepper to taste
1 garlic clove chopped
1 packet of satay sticks

Preparation:

1. Wash the chicken wings, prick the wings with a fork all over, and drain off the excess water.
2. Prepare the above sauce in a big bowl and marinate the chicken wings for 10 minutes.
3. Place the chicken wings on the satay sticks and grill for 15-20 minutes or until golden brown.

My swim, My life.

A Poem by Brucel

I was five
And barely alive
My parents thought it was a good idea
And I trained in the water that was clear
We did about ten laps
Onwards and onwards for each year I was a water dear
To swim freestyle to get a fit and strong body
It was fun and breathing very well
To get under the instructors spell
When I was fifteen we trained 5 times a week
And got a real bit of muscle beat
It was training to win
And there was not even any smoking sin
Cause I swam to build up like a man
I won my age group competition at the high school
And no-one could ever call me a fool
Now I am fifty and still swimming swiftly
I swim five times a week
And it's helping me swiftly walk on my big two feet
I'm still building up to get like a big truck
So life is not dark when I am swimming in the water like a shark.



LINUS off to the OLD COUNTRY

When do you leave for Finland?

12th of July (Linus will already be there now)

How long are you going for?

Maximum three months maybe back before that.

Why are you going?

I am going back to see my family and friends. I have a nephew I haven't met. Also, my other sister is pregnant. And It would be great to see my friends who have started their own families too.

When did you start to think about going home for a visit?

I was initially staying here in New Zealand for one year, but then I applied for another visa — and still felt I wanted to go home for a visit during my second year.

Are you planning on living in New Zealand permanently or going to go home to Finland at some point?

Planning, yes. But I will see what life has in store for me.

How many hours is the flight?

It's 10 and half hours from Auckland to Beijing; then a wait of 8 hours at the airport. It's a 10-hour flight to Stockholm, followed by a one-hour bus ride to the ferry. And we finish with a two-and-a-half hour ferry ride until we reach the Aland Islands.

The opportunity to get this holiday came about because of the uniqueness of Clubhouse Organisations worldwide. I will do a swap with a staff member from Clubhouse back home which will be beneficial to both clubhouses.

— interviewed by Claire & Nadia

A Unique Approach

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

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



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

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