

Chatters

March—April 2018



Editor's Blab

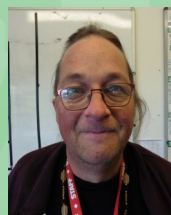
Below is are a couple moments from the book "Rage of a Demon King" by Raymond E. Feist. These excerpts fit in with my own writing—poetry and plays, so I thought it would be good to share with readers.

Well," said Tomas, "Macros did construct his own legend to protect his privacy, I'll grant, but as one who stood beside him more than once I can attest his legend is nothing but a shadow of his real power. He faced a dozen Tsurani Great Ones in this very forest, and while the magic of our Spellweavers aided our struggle, against the alien magicians he alone strove, and he destroyed their works and sent them fleeing to their own world. He is alone among men I would dread opposing, his power is nothing short of astonishing."

Tomas said, "Much of the memories given to me of the ancient times is clouded, and even those that are well remembered as memories of another being. We share much, but much is also unknown to me. The power was once given to the elder to call us by speaking our names aloud. That may be where this belief originated."

- Indianapesa McCarthy

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 Report



The past few months have seen a lot happening at Clubhouse. We have finished our planning meetings for the year, so thank you to all those who attended these and contributed some ideas!

We had the touch tournament down at Cox's Bay, and a huge thank you to all those who came down and gave it a go. We had many more reserves than last time, and thank you as well to the members who came down to support the team. There will be another tournament in November, so we look forward to this, and will start training soon. If you are interested in playing the next tournament, please get in touch, we would love to have you!

Bunnings has also been in, and brought down a whole bunch of veges and other plants which have now been planted. We will be working on continuing to improve the outdoor area, including tidying up in the corner and putting down some stones to make the path nice. Bunnings has also asked us if we would like to do a BBQ fundraiser outside their Grey Lynn store, which will be fantastic. We will let you all know once a date is confirmed.

We have started our review of the Code of Conduct, and we will send drafts out to those who can not attend the meetings. Our new members handbook has come back from the printers. This will be given to new members when they sign up (though if you are an existing member feel free to come grab one), and contains a whole bunch of useful information for people!

Look forward to seeing you all soon,

Vicki

Framework Touch Tournament

Crossroads Clubhouse attended the Framework touch rugby tournament on 4 April. There were more teams that participated in the summer league. For our team, we had more players this season compared to last year.



It was a really hot day and our newly bought gazebo came in handy. Unfortunately, we lost all of our games including the sportsmanship game, but everyone still did a very good job of playing. Claire Scherer stood out by being the only woman in our team to get a try! And our new recruit, Alisana, played really well and was our MVP for the day. Our MVP from last tournament, Patrick O'Donnell helped lead the team by showing off his passing skills.

Leeanne, Paul D., Indy, David G., Julian McD, Geoff, Ngaiwi and Rachael did their own share for the team too. Of course the staff also had a taste of the action. Our team is slowly getting there and all we need is more practice nad we can get that win next season!

So for everyone who is interested in joining our touch rugby team, you are more than welcome to join our practices which will be happening soon.

- Mickie

Code of Conduct review

Recently, Crossroads Clubhouse updated the Code of Conduct. Throughout our planning meetings, one of the things that was brought up is that many members felt that the Code of Conduct was not clear enough.

Due to the number of ideas we had, we decided to hold a separate meeting in regards to this. The meeting had a good turn-out, and there was a healthy debate over what should and shouldn't be in there.

The draft version was sent out to the E-bulletin list, and once feedback closes it will be ratified at the House Meeting.

Following this, existing members will sign the updated version, and this will be added to their file.

The updated version will be the one new members to Clubhouse will agree to.

Let us know if you have any questions or feedback!

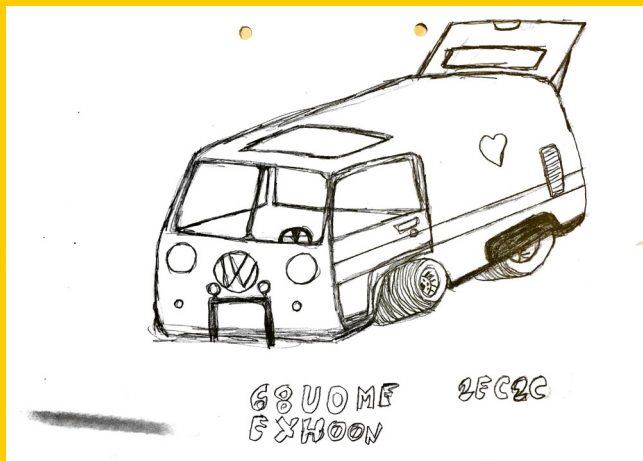
- Vicki and Claire H

Art as an outlet for mental health

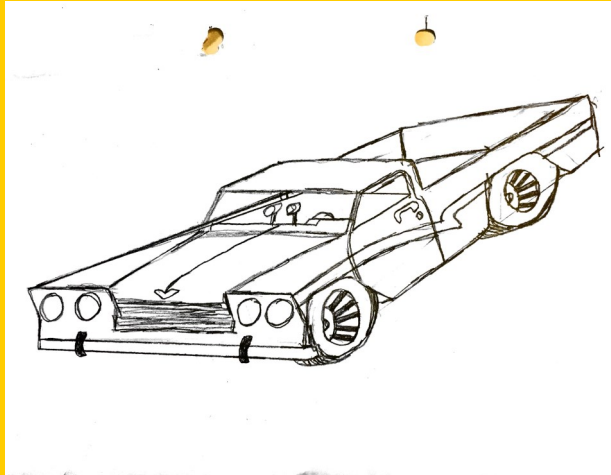


I first started using art to convey my inner world at age 7 when I discovered I had a knack for English, after receiving a compliment from my teacher. I started writing my own poetry and occasionally sketching. Words would start flooding my mind rapidly and as a way of coping with the over-stimulation I decided to write it down. I continued to write poetry and sketch until I turned 13, when my art teacher at school told me I would never amount to anything. When it comes to art, these words have plagued me to this day. Subsequently I gave up art in all forms for at least 28 years.

Life for me was a traumatic rollercoaster of more lows than ups. However, art and listening to music has always been my go-to way of expressing myself, when stressed and emotionally dysregulated. It gave me a way to process my emotional and mental wellbeing by creating a positive distraction, which is something I was not aware of until quite recently. I also recently got a good friend and fellow Clubhouse member, Jimmy, into sketching as a form of helping him to deal with difficult emotions and providing a therapeutic distraction, which he has thoroughly enjoyed. This made me even happier, as I like helping others.



It may surprise you to learn that art can be an effective tool in mental health treatment. Art therapy serves as an expressive medium that uses the creative process of making art to improve a person's physical, mental and emotional wellbeing. There are many different forms of art, such as sketching, drawing, painting, collage, sculpture, mosaics, cross-stitch, knitting, poetry, creative writing and even music. It's not unusual to see someone who has mental health issues being quite creative, although they may not realise it. Art in all its many mediums is unique to the individual creating their particular piece.



Jimmy says that doing his sketches has helped him to process his stress quite a lot, and has helped him to focus better and order his to-do list better. As well as thoroughly enjoying sketching cars, which has now created a passion for sketching. It has helped him to distract himself from strong emotions and give him a bit of peace and sense of calm.

Jimmy's favourite car to draw is any kind of Ford, because he has owned so many of them. He likes to draw them from memory, and doesn't need a photo to copy because he knows them so well. Jimmy has been drawing a couple cars a day for several months now, and has been improving a lot over time.



You can find lots of Leeanne and Jimmy's drawings displayed around Clubhouse.

- Leeanne and Jimmy

Working as a receptionist and learning new skills

At Crossroads Clubhouse I choose to volunteer to do reception. I'd like to get into office administration. I also enjoy talking to people on the phone, and taking down orders for lunch.

I use a typing practice website to improve my typing skills because I'd like to apply for a paid reception job.



I have been trying new things at Clubhouse lately, like doing the Daily Newsletter and trying customer service—learning to use the till and doing coffee service. I worked with the staff at Clubhouse to figure out what skills I should practice before applying for a job.

One of these things is the data entry and accounts that get done at Clubhouse.

When I take messages I make sure I take specific messages. I make sure people sign in and out, which is an important part of being on reception as we need to know who is in the building in case of a fire.

I also help people to sign locker keys in and out. I will be starting a reception/admin course soon once I polish up some of my reception skills.

I am excited that these things will help me get a job.

- Daniel Renouf

Mickie's trip

I have just got back from a good long holiday in the Philippines. I was there for 5 weeks, and spent time travelling around to see different people. It was my first time going back there in three years! The best thing about being home was eating all the Filipino food that I really missed.



I spent most of my time with my family and close friends. But the best part was going to one of the world's most famous beaches called Boracay. I did a lot of water activities there like riding the banana boat and the flying fish. One of the fun things I did was to ride an ATV (all-terrain vehicle) and drive it around to

see the other beautiful sights on the island.

Have a look at some of my photos, and hopefully they will make you want to visit the Philippines.



"Do your own mojo!"

Everyone has their own mojo that turns them on and hopefully keeps them on a steady course in life. But some want you to wear their mojo. It doesn't work.

There used to be a saying, "A woman's work is never done." — maybe because in those days most women had to make their own clothes, and everyone else's come to think of it. Another one was "clothes make the man," meaning a fella needed a suit to get ahead; later, it was "First impressions are everything." But good rules were drummed into us kids not to go by a person's appearance: "Don't judge a book by its cover!", "Beauty is only skin-deep!", "All that glitters is not gold!" warned us to get the full picture of someone.

The reliable tee-shirt is comfortable for most occasions and easily accessorised with jeans and a jersey, I find. An unrumpled button-up shirt (is ironing a lost art?) will do for special occasions. To continue... A young friend brought me a tee-shirt from overseas, so I wore it in honour, as you do. But this inspired queries like "Did you go to Brigham Young University?" — "No." "Are you a member of the faith?" — "No, uh, it's just a tee-shirt really." Soon I knew all they knew about Mormons, multiple marriages, the topography and climate of Utah...

Not many people read books anymore but many live by the Good Book, the *Karma Handbook*, maybe *Buddha For Beginners*... and many others go for one-liners on tee-shirts that say all you need to know: AC/DC, Metallica, Twerk your brains out...

People will see messages (of their own making) in anything you care to wear. I wonder what the opening conversation might be with a body artist who just wears paint. The most important reason for me to wear clothes is staying warm, and I made a rule not to wear messages — as far as I could. When I was at uni — the post-hippy era — a paisley-patterned "granny shirt", white-on-sky-blue, was my favourite. But I got cat-called for it by a not-very-educated student. I ignored this and wore it from then on as a message of my own. Jump 40 years ahead to the Grey Lynn Festival. Under a burning sun I bought the only peaked cap on sale that didn't have a logo. Now young bucks accosted me in the street thinking I was trying to be a 62-year-old macho man in my new camouflage cap. It didn't have wording to read, but they 'knew' I was sending a message to them.

So I tried to follow this new rule: Whatever I put on had to be all *one* colour. And it had to be a neutral colour — one that meant absolutely nothing to anyone so I couldn't offend them. But, I've found out, red and yellow say something about exhibitionism because they are so *out there*. Blue's not out there enough: it blends in with your jeans. Not green either: too Irish — except on St Patrick's Day, when everyone wants to know why you're *not* wearing green. Wearing black says you're either a Westie or a wannabe: not good.

One time I broke the one-colour rule was for a special occasion. A total stranger came up to tell me just how *wrong* my nice button-up shirt was — "loud", he called it, two-tone understated pastel green on a tan background; not loud, hardly even whispering according to vivid Island culture. This young fella was Pasifika, and my shirt was pure Pasifika, sewn lovingly back at Vailima and given to me by an elder of a chiefly *aiga*.

If this shirt isn't legit I don't know what is. So, I say do your own mojo, whatever it is.

Clubhouse winter warmer

The recipe for classic Clubhouse curried sausages, selected by Claire H to share with this edition's Chatters readers.

Ingredients

- 1 large or 2 small onions, chopped
- 4 cloves of garlic, chopped or crushed
- 3 carrots, peeled and chopped
- 1 capsicum, chopped into strips
- Between 6 and 10 pre-cooked sausages
- Curry powder to taste
- Water
- 1/2 tin coconut cream
- 2 tsp cornflour mixed with cold water until creamy
- Salt & pepper to taste

Method

- Sautée onions and garlic until soft, then add capsicum
- Add 2 cups water, then sausages and curry powder. Cook for 3 minutes
- Add carrots, and simmer until soft
- Add salt and pepper to taste
- Add cornflour and water until curry reaches desired thickness
- When the curry has simmered for about 15 minutes, add the coconut cream. Stir through and simmer for a couple more minutes
- Serve with mashed potato and mixed veges



Photos



Anna's March social rec at Maraetai

On Saturday 10 March, a big group of us went to Maraetai Beach. We took two vans because there were so many of us, and Jimmy drove the fridge, which was a lifesaver. We took a chilly bin full of filled rolls and fruit, as well as juice.

When we got there, we parked up at the far end of the beach where there were no people, and set everything up at a picnic table under a tree.

Some people went swimming, but took a while to get in because it was a bit cold.

After a while, a few people went to buy some water, but we had to send out a search party because they took so long! It turned out they had to walk up a big hill to get the water.

Some people wanted to get fish and chips, but the fish and chip shop was closed.

We spent most of the day relaxing in the sun and looking at the view, and some people did some reading and some drawing. It was nice to sit there quietly and enjoy the day.

We had a very good day out, and we all felt really really good afterwards.

It would be nice to do again one day, and hopefully next time the fish and chip shop will be open!

- Rachael H and Jimmy

Nadia/Vicki's April twilight dinner

On Wednesday 18 April, we had Pizza Hut for our Twilight dinner. Kevin brought in his drum kit from home. He was excellent on them. His friend Sina from OMC played a couple of songs on the guitar and sang as well. I enjoyed it, it was a good evening and all went well. There were 16 people at the dinner, and we all sung along to the songs we knew.

It was Nadia's twilight dinner, but Vicki filled in as she was away.

Sina did a good job singing some songs that she wrote. It would be great to have Sina come to another one sometime.

- Claire H :)

Gardens

A BIG THANKS TO BUNNINGS

For completing the structure of our new garden. Our plants are really thriving and we are already eating them. In fact Mickie and Anna made a very nutritious chicken and vegetable stir fry and it tasted fantastic. And the beautiful aroma filled the whole clubhouse – “yummy!”



Another big thanks to Indy, Mickie and myself, and all others that helped plant the vegetables and create the garden. We are still looking for members to help look after the garden and bring in produce.



Future projects include:

- Planting flowers
- More vegetables
- Painting and decorating the garden area and pathway

This garden is for the purpose of creating healthy food, and a pleasing visual aspect to our well-being.

All those interested in participating please refer to staff or see Kevin.

Member Interviews

David G tells us some things we might not already know about him.

David has spent quite a lot of time living in the South Island. First in Queenstown, where he was looking for work, then in Wanaka once he found some work. He also spent some time living in Christchurch, at first studying art and then ten years later he went back to live with his brother. He has also been to other places in the island, from North to South and East to West.

Recently, David has started up a Patreon account.. For those who don't know, Patreon is a website for artists to upload content, to which "Patrons" will pay to access a subscription. On his Patreon account, David has been uploading poetry, prose, paintings, prints, as well as videos where he discusses subjects such as "how to best sum up the riddles and paradoxes of the human condition".

Impressively, when David was 16, he began his Bachelor of Arts by correspondence with the Melbourne Institute of Technology. After this, as part of his youth ambition, he enrolled at Sapienza University of Rome to complete a conjoint Masters degree in Arts and Human Sciences, also by correspondence. It took him 18 years to complete his Masters, and he sat his final exam in the Te Whetu Tawera mental health unit at Auckland hospital. He was 33 when he received the Degree and he thought it was awesome.

David says the strangest thing that has ever happened to him was when, upon receiving his masters degree, a man who he was living with at the time ate the piece of paper which held his qualification. Apparently, the man had made it his goal to eat people's biggest life achievements, and, rumour has it, he did this to 16 different people.

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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