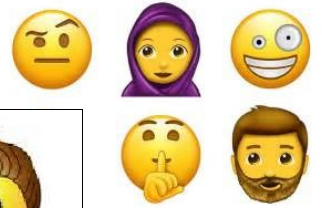


Chatters

August-September 2017



Editor's Blab

The twenty-third day of September marked the first day of Spring, which means the beginning of excessive cleaning, tidying and gardening. Here at Clubhouse, Bunnings have been busy making plans for our garden, and planting is due to start sometime in October or November. At home, many members and some staff have been busy getting their gardens up to scratch for spring. For anyone wanting to have a go at growing some healthy greens on the cheap, see the easy peazy spring planting guide below.

Great fruit & veggies to plant in September and October:

Spinach

Lettuce

Strawberries

Tomatoes

Cherry tomatoes

Plant the spinach and lettuce together in a box, crate or bin, and same with the tomatoes. Strawberries grow fine in a pot in or a long planter, or whatever you have handy. All these can be bought very cheaply (around \$2) in punnets of 6 from Bunnings and you'll have healthy greens and reds and oranges on your plate in no time at all!

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 kept us very busy. We have been working steadily on our garage sale, which will be happening on Saturday 4th November. We are still currently picking up donations and sorting through what comes back, as well as doing flyer drops. We are looking for lots of helpers to give us a hand on the day. We have been practising for the touch tournament with Framework that will be on



22 November. Clubhouse will be closed on that day so we can all go down and support our team with a picnic lunch. If you would like to be a part of the team, we are training on Friday afternoons from 3pm-4pm down at Grey Lynn park so come on down!

We continue to have our smoke-free support on Wednesday afternoons, and the group has grown over the past few weeks. If you are thinking about quitting smoking then please come down at around 1.30pm and see how the group can help you.

With the growth of C and C lawns, we are looking to start a new team so please get in touch if this is something that may interest you. The new team will be going out on Wednesdays. The opening hours of Clubhouse has also been raised by a few members, so there is currently a suggestion box taking opinions on changing the hours to 8.30am to 4.30pm. Please come in or give us a call. We will also be having meetings around this so we can have discussions and work out the pros and cons of such a change.

Karon from Total Mobility will be in on the 14th November helping people apply for their card that gives them a transport discount. You will need to let us know you are coming, otherwise Karon will not come, and she needs to know how many people will be coming so she can plan her day.

We have been seeing a lot more of our members lately, so keep popping in to see us and letting us know how you are getting on! - Vicki

Garage Sale

For the past month, the Clubhouse has been busy preparing for the upcoming garage sale on 4 November. We have conducted meetings to organise things for the event.



Members and staff have combined their efforts to make this possible, from flyer drops, pick-ups, sorting out and even just answering emails from our generous donors.

People will be divided into different teams for preparation and on the day. There will be a baking team, a sausage sizzle team, a refreshments team, and a sales team.

So we have got heaps of stuff donated and heaps more waiting for pick-up. We are looking forward to seeing you guys on sale day!

- Indy & Mickie

RECENT HAPPENINGS & UPCOMING EVENTS

Emma's farm

On Monday 9 October, a group of members took the van out to Emma Nelson's farm, way down in South Auckland. We joined her for a bush walk, a cup of tea and pizzas in celebration of Mental Health Awareness Week.

Social rec

On Saturday, 14 October, Nadia's social rec took at the Otara flea markets and the Otara pools. It was a good day out and an enjoyable trip.

Twilight dinner

Mickie took a twilight dinner at Empress of India on Wednesday 25 November, where a good night was had by all!

Garage sale

Clubhouse is having its annual garage sale on 4 November. We will be filling the whole clubhouse with stuff to sell, and are hoping to fundraise lots of money. We hope to get lots of customers in for our garage sale.

Touch tournament

Framework are holding a touch rugby tournament at Cox's Bay on 22 November. I hope everyone can go down and cheer the clubhouse team on, who are currently training very hard.

End of year Xmas function

We will be holding our end of year Christmas function at the Point Chev RSA on a date still to be decided. We are hoping to get lots of people together to do a funny skit to entertain everybody else and make them laugh. We will be doing Christmas carols too. I'm looking forward to it.

- Rachael H

Vicki's Social Rec

On 16 September, we watched three movies at Clubhouse for Vicki's social rec. We watched Mean Girls, Scary Movie and Baywatch. We had a sausage sizzle indoors because it was raining.

Scary Movie was too scary, because it made me scared to look in the mirror, have a bath late at night or use dental floss!

Baywatch was good, but Mean Girls was the funniest. My favourite part in Mean Girls was when someone said:

"Don't wear a tank top two days in a row. You can only wear your hair in a ponytail once a week. On Wednesdays we wear pink. You can only wear jeans or track pants on Friday."



But I didn't like when Regina George got pushed in front of a bus.

- Claire H

Anna's Twilight dinner

Vege nachos and karaoke at clubhouse

Anna did a job good job in singing for the first time and did a good job at leading the twilight dinner for her first go.

- Claire H

It was fun, I really enjoyed it. I like singing with other people.

- Jimmy

We had lots of fun singing on the karaoke machine, and we sang five different Beatles songs including Back in the USSR, Yellow Submarine, Imagine, and Love Me Do.

- Julian P



Clubhouse veggie garden

YES, LADIES AND GENTLEMEN.

Good news! In about a month, Bunnings has agreed to start renovating our garden, which means we need members who are keen to take part in our new garden project.



Even if you have no garden experience and would like to learn about healthy and inexpensive living, or would like to grow beautiful flowers, come and have a go! Free advice will be given.

Each participant will be allocated a section of the garden, to nurture and call their own.

Not only is eating fresh vegetables good for you, the visual aspect of plants has many healing qualities.

From an electrical point of view, veggie gardens help with what I like to call "earthing out" by getting my hands in the soil and releasing negative energy into the ground and turning it into positive vibrations.



If you have any questions, please contact Kevin or a staff member. Lastly, thank you to everyone who has persevered with this project.

- Kevin Hall

Arahura AGM

On Friday 22 September 2017 we had our annual AGM. It was held at Wesley Community Centre in the Rakiraki room (we usually have it in the bigger meeting room but because the elections were on we had to use a smaller room).

We started with a Karakia to bless our afternoon tea around 2:15pm, then we made our way into the Rakiraki room.

Our new Chairperson, Fran Hartnett, started us off with her welcome and her report. We met Deborah Espiner, who is taking Fran's old position on the Board. Deborah is a principal lecturer at the University of Auckland in the Department of Counselling, Human Services and Social Work—Debbie has been very active in the community, serving many boards and committees in the Human Service area.

We also farewell Aaron Henry from the Trust Board, as he is moving to Christchurch with his family.

Our General Manager, David Breen, gave us his report for the year. Karen Lockie, our Residential Manager, stood up and thanked her staff and the residents of Arahura for their care and support for one of our members/residents who sadly lost his battle with cancer recently.

Financial accounts were received and considered. It was then time for General business, which is an open forum. We then ended the afternoon with another Karakia.

- Claire and Nadia





Even though our smoke-free competition is over, we still meet with Winnie, our new smoke-free co-ordinator, every Wednesday so we can do our carbon monoxide readings. It is great to still have the support.

Anyone who is interested in quitting or just cutting down, come along to our meetings! It would be great to see you. We also have a lot of NRT (nicotine replacement) so if any members need some please come in and see one of the staff.

Nadia



We will be playing in the annual Framework touch tournament on Wednesday 22nd November 2017 at Cox's Bay Westmere. So come down and cheer us on. See you there.

Nadia



Healthy Meatloaf Recipe

Ingredients

500g Extra lean beef mince
1 cup fresh wholemeal breadcrumbs
1 small brown onion, grated
1 carrot peeled, coarsely grated
2 tablespoons tomato sauce
2 tablespoons flat-leaf parsley leaves, chopped
1 egg lightly beaten
1/4 cup barbeque sauce
8 chat potatoes, halved
1 bunch Dutch carrots, peeled, trimmed
150g green beans, trimmed

Step 1 –Preheat oven to 180°C. Line a baking tray with baking paper. Place mince, breadcrumbs, onion, carrot, tomato sauce, parsley and egg in a large bowl. Season with salt and pepper. Using clean hands, mix until well combined.

Step 2 –Shape mince into a 10cm x 18cm rectangle. Place on prepared tray. Bake for 25 to 30 minutes or until firm to touch. Remove from oven. Drain excess fat.

Step 3 –Spoon barbeque sauce over top of meatloaf. Return to oven and cook for a further 10 minutes or until top is glazed. Stand on tray for 5 minutes

Step 4 –Meanwhile place potato, carrot and beans in separate microwave-safe plastic bags. Twist tops to seal. Microwave each on HIGH (100%) for 1 ½ minutes.

– Jimmy Mills & Nadia

Arahura's Policy Regarding Healthy Eating

Recently, Arahura Charitable Trust have decided to implement a healthy eating policy in Clubhouse and both residential houses.

“The clubhouse staff and members will regularly have healthy meal planning meetings. Sale items of drinks will be in accordance with the NZ Govt. policy of ‘Healthy Food and Drink for Organisations’ and ‘Eating and Activity Guidelines for NZ’.”

According to the NZ Government's Healthy Food and Drink Policy for Organisations, Clubhouse is now required to provide food with minimal saturated fat, sodium and added sugar, and food should be mostly whole or less processed. This means no deep-fried foods and not too many sweets!

The Ministry of Health guideline for healthy eating states that individuals should be consuming:

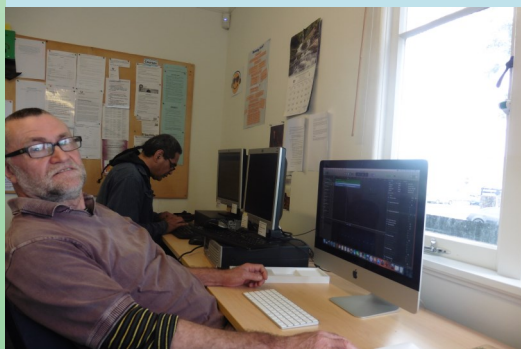
- plenty of vegetables and fruit
- grain foods, mostly whole grain
- some milk and milk products
- some legumes, nuts, seeds, fish and seafood, eggs, chicken and red meat
- plain water instead of other drinks

This means that Clubhouse will now be focusing its menus on healthy eating, and reducing fat and sugar in members' diets. We hope to see everyone embracing the changes on our menus and a healthier diet at clubhouse!

PHOTOS



Claire H has taken up baking for clubhouse members with great success!



Kevin has pioneered the obtainment of an iMac computer for members to learn new skills on (more to come on that in the next issue of chatters).

PAGE

Members enjoying the opportunity to eat something a little bit different when Kiwi Harvest comes on a Friday.



At the beginning of October we switched Thursday roasts for Thursday barbeques, which Mickie seems to be enjoying.



One of the students on placement at Clubhouse for the next little while, Kevin (we call him K2)!

Rachael's jokes

Why did the one-handed man cross the road?

To get to the second hand shop!

Why did the turkey cross the road?

Because he wasn't a chicken!

Man: Doctor, doctor! I think I've turned into a pack of cards!

Doctor: Alright then, I'll deal with you later.

What starts with E, ends with E, and has only one letter in it?

An envelope!



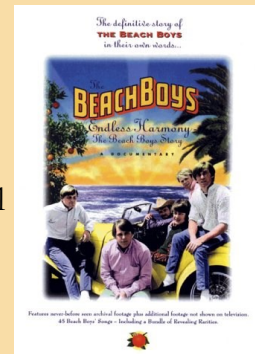
Movie reviews

I've been watching a few movies recently—here are some I've enjoyed.

BEACH BOYS

Documentary—Library no. 31

You don't have to be a musician to appreciate the wonderful harmonies of the Beach Boys, and their music will live forever. This doco was very interesting in many ways, and I liked the part where they dealt with the band member's mental illness, stuck together as a group, and how they constructed their songs with such beautiful harmonic structure. I also liked the unique style of the drummer—well worth a watch.



- Kevin Hall

CHANGING LANES

Library no. 289

A movie about a car crash and arrogance in a fast-paced life, where both victim and perpetrator learn a lesson.

- Kevin Hall



SERIES 1 YES PRIME MINISTER PART 1

by Antony Jay & Jonathan Lynn



YES, PRIME MINISTER

Library no. 90A

I missed this series when it was on TV. It is a British Comedy about governing Britain—a three disc set from 1982 to 2001—and was a good watch which made up for the lack of programmes currently on TV.

- Kevin Hall

FRACTURE

Drama/Thriller

1h 47m

Anthony Hopkins shoots his wife because she was having an affair. The police arrest Anthony and he becomes his own lawyer. He kills the witness who was having an affair with his wife. Ryan Gosling is the prosecutor who is having a hell of a time prosecuting Anthony.

- Mark Prendiville



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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