

Chatters

October, November and December
2017



Editor's Blab

Summer has kicked in and it's time to burn those calories we stored from the festive holidays! Clubhouse will be coming up with different fitness activities to get everyone into shape, especially for the upcoming Framework touch tournament this March. For those of you who want to do more, try going for some walks around Auckland and see if you come across anything you've never spotted before! Walking is a great way to keep fit in the heat (as long as you're sunsmart and drink lots of water). You can also try doing squats to get those legs stronger and some push ups to strengthen your upper body as well. Sit ups and planks will be good for your core muscles (to turn that one-pack into a six-pack).

It's also that time of the year where we grab our swimwear and head off to the beach for a dip. At Clubhouse, we have come up with plans for beach trips this summer, so stay tuned or come to Clubhouse for updates. So everyone get moving for a healthier and fitter 2018!

When you're all out exercising and swimming, here are some tips on how to be SunSmart:

- Slip on a shirt with long sleeves
- Slip into the shade
- Slop on some sunscreen
- Slap on a hat
- Wrap on some sunglasses

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



It has been an amazing few months, and trying to squeeze all that has happened into this one edition of Chatters has been a challenge!

October saw us keeping busy with our preparation for the garage sale, advertising for donations, picking them up and then organizing them all. We had our garage sale on the 4th November, and it was an awesome day with everyone working together. We made over \$1400 at the garage sale.

On November 22nd, we participated in the touch tournament held by Framework. Clubhouse was closed for the day, and the team went down to Cox's Bay with our supporters. Our team played really well, placing 13/20 overall, but 3rd in our grade. There has been a lot of interest in participating in another tournament in March so we will keep everyone posted about the trainings, and for those who do not wish to play, we will let you know where it will be so they can come and cheer the team on!

Our new C and C lawns team has been up and running for a few months now, with the new team being created due to an increase in the number of properties and therefore an increase in demand on our existing teams. The new team goes out on Wednesdays.

On December 22, we had our Crossroads Christmas function down at the Pt Chev RSA. The food was really delicious and we spent the afternoon singing karaoke and awarding certificates. We have received great feedback from people that attended, and hope more of us can make it next year!

Up and coming events

After a busy few months at the end of the year, Clubhouse has some exciting events coming up at the start of 2018. These include the following:

- Framework touch tournament—after the enjoyment of the last touch tournament in November, we are going to enter into Framework's next touch rugby tournament, which will be taking place in March. Exact date TBA.
- Founders day—we are looking forward to once again celebrating Founders Day with a barbeque at Long Bay Regional Park on Wednesday 28 February
- January—Vicki's social rec and Anna's twilight dinner
- February—Nadia's social rec and Mickie's twilight
- Planning day—we will continue our efforts to start some exciting new projects for 2018 with a meeting on Thursday 1 February and another one on Thursday 22 February

We will be in touch regarding the dates of these exciting events, which can also be found written on the white board in reception.

Framework Touch tournament

Wednesday 22nd November was the annual Framework Touch Tournament. We had trainings on Friday afternoons to learn the basics of touch and have a little run around. Our team was sponsored, so we were lucky enough to have shirts and fees paid for the day.

The touch tournament was held at Cox's Bay, which was good for us as it's just down the road from Clubhouse. It was a very hot day, and we were lucky enough to borrow a gazebo from our friends at Emerge. Our games were twenty minutes long and we had about five games total. We lost 2 games and won 6 games (which we were not expecting), so we did quite well even though it was our first touch tournament.

All the different mental health organisations get involved and it is a great way to meet new people. We all received certificates of participation and were also acknowledged as it was our first time participating. One of our members, Patrick, won the MVP medal, because he scored an awesome run away try, one dummy pass and he was away running the full field! He really showed them young bucks that age is not a factor but it's the skills you possess.

It was a great day had by everyone, and we have a few more members interested and wanting to play in the next tournament in March. We will let you know when that is due to be held, and will be starting trainings soon.

Kia Ora

Nadia



Xmas party at the RSA

On Friday 22 December, we had our Clubhouse Christmas party at the Pt Chev RSA.

There were lots of people there, and a nice buffet with lots of food and desserts. We had chips, fish, salads, chicken, ham, beetroot and tomatoes, as well as Christmas cake and mini pavlovas for dessert. We also had complementary drinks.

We gave out certificates to all the members and staff who came, and sang lots of karaoke.

We go to the Pt Chev RSA every year, and everyone had a lot of fun popping the Christmas crackers, and the toys and jokes inside were very interesting and funny.

We would like to thank Timmy and Peter from the RSA for serving us the food and helping the occasion to run smoothly.

Thank you to everyone who attended the Christmas party.

- Rachael H

Xmas party at the RSA



October twilight dinner

It was an Indian Cuisine night for our Twilight with Mickie. We went to Empress of India, which is just around the corner of Surrey Crescent. It was like the place was reserved just for us, as we were the only ones there when we came in. They had such nice food, including butter chicken, chicken tikka masala, and chicken madras, with rice and naan bread.

We also enjoyed their ice cream dessert. We are thankful for the good service they gave us. It was fun chatting and catching up with other members, and we all had a good time and left with our tummies really full of good food.

By Claire and Mickie

October social rec

On Saturday 14th October we had our social rec. Members decided on Otara flea markets. It was an awesome day out. We all went our own way at the markets and would meet up at Otara pools @ around 12pm Miss Claire and I walked around the markets to find some good deals. We also stopped to have a little something to nibble on. We bumped into Rach who found a good deal on DVDs so Claire and I went to have a look and Claire bought a couple of DVDs as well. They also had free soup and there were people with free Indian food. We then made our way to the Rec centre and waited outside for the men to arrive. We were so hot waiting and Claire and I kept going into the pools to see if we had missed them as there are two entries but everytime we looked we didn't see them. I went in again later and there they were relaxing next to the spa and they had been there for a while I just didn't recognize them with their togs on. After finding them we decided to have some lunch and chilled at the pools for a bit.

By Claire and Nadia

November twilight dinner

During November we had our Twilight Dinner with Vicki. It was karaoke and lasagna at Clubhouse. It was a good Twilight dinner, we had a fun time. The lasagna was nice, and everyone that came to the Twilight Dinner had a go at singing a song on the karaoke. David Breen came down before we started the evening and performed a song for us. Nadia and Mickie also sang a song before they went home for the night. We had a fun night that was enjoyed by everyone.

By Rachael and Vicki

November social rec

On 11 November, we had Anna's social rec at Clubhouse. It was in-house because there was bad weather that weekend.

Merv chose Children of Men as the first movie, which was about the world in the future where there were no more kids. I helped Anna put the toppings on the homemade pizzas, which we ate after the first movie ended. They were nice. Then we watched a movie chosen by Chris R called The Interpreter. Last, we played a good game of scrabble, and I came third.

That Saturday was sooooo cool and awesome. Thanks ot Anna for taking the social rec that day. She did a good job of her first one.

By Claire H

Jokes page

1. Police officer talks to a driver: Your tail light is broken, your tires must be exchanged and your bumper hangs halfway down. That will be 300 dollars.

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Driver: Alright, go ahead. They want twice as much as that at the garage.

2. I asked my daughter if she'd seen my newspaper. She told me that newspapers are old school. She said that people use tablets nowadays and handed me her iPad. The fly didn't stand a chance.



BUTTKICKERS – SMOKEFREE SUPPORT



Smoke-free has been a huge success this year.

We have had three members give up smoking, some members in the pre-contemplating and contemplating phases and wanted to come to our group because they had seen members actually quit smoking.

The three members who did give up smoking all won a \$100 warehouse gift voucher. The way to win the voucher was to get low CO (carbon monoxide) readings for four weeks (It is a machine that you blow into and it gives you your carbon monoxide). This was a really great incentive.

Giving up smoking is not easy — it is a journey where you may lapse or even relapse. It could take 1, 10 or even 20 goes to give up the ciggies but the important thing to remember is that you are trying. I am in the process of hopefully getting Kirsty from smoke-free to attend our meetings, as Winnie now has a very busy schedule and can no longer come, but I will let everyone know when our group does start up again.

Congratulations to each and every member for their efforts last year!

WELL DONE YOU!!!

Kia Ora

Nadia

Photos page



Recipe—Rachael's famous salad

The last few months around clubhouse, a rumour has been spreading that a delicious new salad is being served. Who is the mystery chef?

None other than our miss Rachael ! She thought everyone else might like to learn how to make her salad sometimes too. Below is the recipe.



Ingredients

- Lettuce
- Tomatoes
- Cheese
- Cucumber
- Salt and pepper
- 4 Eggs
- Tuna or chicken or meat of your choice
- French dressing

Method

1. Put the eggs in some boiling water on the stove to hard boil
2. Put your meat of choice on to cook if required
3. Wash the lettuce
4. Cut the lettuce up into small pieces
5. Slice cucumber into thin slices
6. Chop the tomatoes into small pieces
7. Grate the cheese and sprinkle it through the salad
8. Once eggs are cooled, slice or chop and mix through the salad
9. Mix meat through salad
10. Add salt and pepper and dressing
11. Mix everything through and serve!

Chris's Employment & Budgeting workshops

I have had a lot of experience working as an adult educator—I enjoy it very much.

Some years ago I taught budgeting and money matters, time management and employment focus at Framework Trust. I have also taught mindfulness. I have done a paper with the Open Polytechnic in 2007, and a Seminar course with Auckland Community Education, in 2003.

Last year, I started running workshops at Crossroads Clubhouse and the Mt Albert Community Club.

I have also taught English as a second language in a voluntary capacity, with the English Language Partners. For several years, I tutored a refugee from Burma.

I now run workshops and discussion groups on Fridays at 11am at Crossroads Clubhouse for any who want to come along.



- Chris R

Movie reviews

By Mark Drendiville

The Visitation

Drama/Thriller, 1h 39m

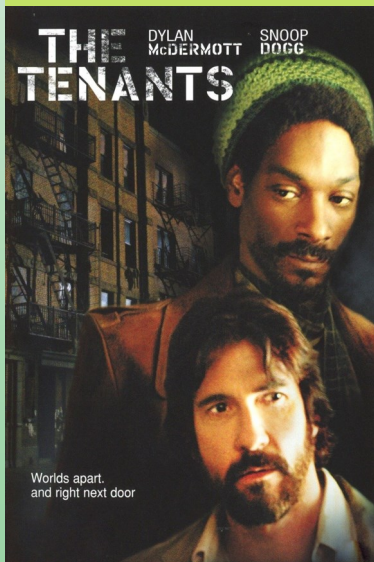
This movie tells the story of the town of Antioch, USA, about the father, the son and the holy spirit. The town has a Jesus experience, with people being healed, but then things start to go wrong and the movie turns dark.



6/10

The Tenants

Snoop Dogg drama, 1h 32m



This is not a fast-paced movie. A white American and a black American find it hard to live in the ghetto. They have very different experiences with this, with each feeling the other's anguish.

4/10

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
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