

# CHATTERS

A publication of Crossroads Clubhouse

APRIL-MAY 2017



## Editor's Blab



Winter is the coldest season of the year in polar and temperate climates between autumn and spring. Winter is caused by the axis of the earth in that hemisphere being oriented away from the sun. We here in Auckland are lucky that we do not experience snow. However it did snow in Auckland back in August 2011 and in 1976. But NIWA says it was just a flurry—a brief snowfall that doesn't settle on the ground. The last time snow actually settled or lay in Auckland was in the 1930s. So that's a bit of information that you may or may not know. The question is, how do we keep ourselves warm during these winter months? 1. Dress in layers 2. Keep your feet warm (I highly recommend "house slippers" indoors). Use your curtains 3. Use timers on your central heating 4. Maximize your insulation and Block out draughts. Another issue that comes with the winter months is the Flu season. So if you can help it stay home until you are well, When you cough cover your mouth, Carry hand sanitizer around with you and rug up when you are out. Hopefully some of these tips help you get through these winter months.

### *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 last few months have kept us all busy. We have welcomed Mickie on board as our fourth full time staff member, and he has been doing an absolutely amazing job and has some exciting ideas for Clubhouse and things we can do.



We have started our fundraising with the entertainment books, which are now available to be purchased. This has been great, as we were provided with flyers and posters that we can use to try and boost sales. Our Bunnings project is also continuing on its way, and at the time of publication we have cleared out the garden so there is a

blank canvas to work with. We will keep everyone updated about developments, and please come on down and have a look and relax in our new garden when it is ready. Our mid-winter Christmas party will be at the Pt Chevalier RSA on Wednesday 5<sup>th</sup> July, so please come along as it would be great to see everyone!

We tried to get in touch with Tapstry Clubhouse, but it turns out they have become Focus, and become part of Supporting Families. Unfortunately, they no longer follow the Clubhouse model.

I for one really enjoyed our May social rec, where we went bowling at Westgate and then had lunch and a movie back at Clubhouse! Thanks to everyone that came and made it a fantastic day, can't wait for the next one.

Until next time,  
Vicki

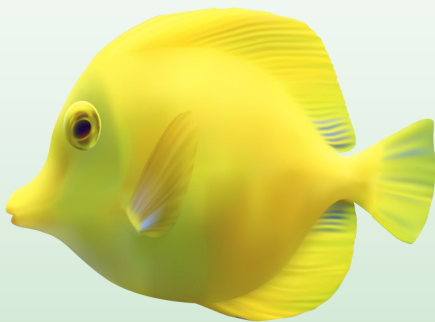




# **Newsflash**



**Happenings at our Clubhouse  
and upcoming events**



- ◇ **We will be having our Mid-Winter Xmas on 5th July at Pt Chevalier RSA**
- ◇ **Our employment meetings are continuing to happen on Friday mornings at 11am**
- ◇ **We have cleared out the back garden ready for Bunnings to come in**
- ◇ **During the clear out of our garden we also cleared out down the side of Clubhouse making it much more accessible**
- ◇ **Healthy Cooking Classes Mondays at 1:30pm**
- ◇ **Prize giving for Smoke Free on the 15th June 2017**
- ◇ **We are currently working through membership catch ups so please let us know if you haven't had one in a while**
- ◇ **Tapestry Clubhouse is now known as Focus Clubhouse and no longer follows the Clubhouse model**



# WELCOME NEW MEMBERS



We would just like to take the time to welcome our newest members to Clubhouse.

Daniel joined two months ago and is enjoying being our latest reception superstar!

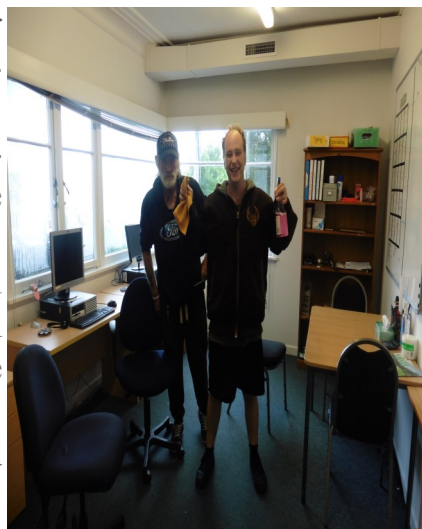
Jasim joined us very recently and has spent the first few days here getting to know us all

Barry comes in with his support worker and spends time to have a chat with other members.

Leeanne is settling in well and can often be found giving a helping hand in the kitchen.

Michael pops in from time to time and help in some kitchen tasks and often shares his enthusiasm to everyone through his dance moves.

Also a warm welcome back to some old but new members Preston and Purewa.



# EMPLOYMENT MEETINGS

By Chris R

I started facilitating workshops on employment in February. Over this time, we have identified a process to gain work. This entails:

- Identifying and meeting support people
- Making appointments with Workbridge, Workfocus or Workwise
- Deciding when one is work ready and confident
- Identifying types of work and locations
- Preparation for CVs and interviews
- Maybe choosing a course

Afterwards I ran a workshop on Budgeting and Money Matters. This involved producing a budget from templates.

Also, I am keen on teaching English as a second language. It is a hobby I enjoy.

I have been teaching through English Language Partners since 2003. They rewarded me with a ten year certificate back in 2013. If you want to learn English you can phone them on 09 523 0071.

I have taught refugees from Burma and other countries.

I am available for about 50 minutes after work and maybe other times at Clubhouse.

# PHOTOGRAPHY

**Professional Photographer:** Eugene Man

**Subject:** City Skyline, Landscape, Street Shots, Portraits, and etc.



## ***Introducing Eugene the photographer***

My name is Eugene Man; I am a professional photographer within the Auckland city centre. I have been a photographer ever since the early 90's. I came from Malaysia. I am a New Zealand citizen.

## ***Describe the subject's genre as a photographer.***

I shoot many shots of Auckland city skylines from many angles. I shoot the skylines in the evening and night. Landscapes and Street Shots are usually shot during the day. My ability in framing the shot's composition relies on how the subject visually looks. Subject needs to stand out in order to get a good shot.

## ***What are the camera's settings for the subjects?***

An entry level DSLR camera should only use ISO100 at all times. Grains are accumulated in the composition. This is what happens when one buys a cheap camera. Yet it is a professional camera. During the day, use F/8 (large aperture) and adjust the shutter speed manually. At F/8, the aperture is at a shallow depth of field. Focus on your subject correctly. Shoot in RAW, in order to post process it in Adobe Camera Raw. At F/22 (small aperture) focus are both applies to foreground and background simultaneously. This means you need to ensure the shutter speed is not going to slow too much below 15<sup>th</sup> of a second (shutter speed). Use 125<sup>th</sup> of a second (shutter speed) for street shots during the day. This will halt all people movements in the shots.

# *Interviewing Mickie!*

*Hi Mickie! Welcome to Crossroads Clubhouse, we have a few questions for you so we can get to know you a bit better!*



## ***Why did you apply for the job?***

I saw the job posting on the internet and I was really interested in learning more about the role.

## ***What do you like about Clubhouse?***

I like the fact the everyday is different, everyone is fun and easy to get along with.

## ***What was your previous job?***

I was a community support worker at Spectrum Care where I looked after Autistic children

## ***How long do you plan to stay at Clubhouse?***

As long as people want me to stay!



***What is your favourite food?***

I like roast chicken and steak and grilled pork belly and banana cakes and brownies and ice cream and it never ends :D

***What are your plans for the future?***

To have my own family, my own house, my own sports car and to travel around the world.

***Where about in the Philippines are you from, and what is it like there?***

Batangas, its hot and very humid, but its very beautiful and we should all go there!

***What do you like to do in your spare time?***

Go to the gym, play basketball, wash my car and watch movies

*Thank you Mickie for answering our questions. Again we all welcome you to clubhouse and we hope you'll have a good time here!*



# LINDA'S FAMOUS RECIPE

## **Coleslaw with Salmon**

- Tin Salmon (small tin) no added salt
- Olive oil (extra virgin)
- Lemons
- Half red cabbage
- Small red onion (egg size)
- Beetroot (orange size)
- Carrot
- Red capsicum
- Celery (cut small) or zucchini (sliced with peeler)
- Large bunch mint, parsley or coriander ( Two large handfuls chopped)
- Garlic, Ginger chopped small.



Thinly slice approximately 2 cups red cabbage and the red onion, place in large bowl. Grate half to one carrot. Thinly slice half the red capsicum; and one celery stick or slice zucchini with peeler. Peel beetroot and dice roughly. Chop roughly a large bunch of mint or other greens. Finely chopped ginger(optional). Add olive oil and lemon juice to taste. Adjust above proportions as required. This coleslaw will last approximately 3 days covered in fridge. If adding garlic add finely chopped raw garlic separately on each serving of meal if required, (as it oxidises).



## *THE “Butt Kickers”*

Who and what are the “Butt Kickers” you may ask.....That would be us!!!! Ready to kick ciggies in the butt.

A couple of months ago Clubhouse was asked if we would like to enter a smoke-free competition. We were wanting to give up cigarettes and this was the opportunity to get extra support as well as NRT (Nicotine replacement). It was very appealing to me and We love a good competition. So I asked around to see if there were any other members interested in giving up or even minimising their cigarettes. Thankfully I found three more willing members to take up this challenge as we needed at least five people to enter.

Every Wednesday afternoon Bernie from smoke-free comes in and takes our carbon monoxide level readings. These readings are then put up on a chart, if you blow between 1-6 you are considered smoke-free. These readings are then put on a chart. We are competing against other mental health organisations with first prize being \$1000 towards a charity which would be Clubhouse if we do win. All the results from the different organisations are then put on a big chart and the team with the lowest readings after 4 weeks will be the winner. This week one of our members Teresa won a spot prize for having consistently low carbon monoxide readings and has now been smoke-free for a month, I also have been smoke-free for a month. Bernie (who is our co-ordinator) for smoke-free comes in every week to take our readings and also gives us helpful information which helps us either maintain to be smoke-free or help if you are at the contemplating stages.

For all of us in the team we have decided that the money and competition aspect wasn't that important to us as some of our team are struggling to give up. We would rather be there to support every member in our team and not worry so much about the competition as we know how hard it is to give up cigarettes. We have great support within our team and look forward to our group every Wednesday and thank you to James Davidson for helping us come up with our team name “THE BUTT KICKERS”

Nadia and Teresa

# JOKES PAGE

I heard the Secret Service had to change their commands.

They can't say "Get down!" anymore when the President is under attack.

Now it's "Donald! Duck!"

In a bakery:

Man to the shop assistant: "I'll have that thing there, please."

Shop assistant: "Cupcake?"

Man: "OK, Cupcake, I'll have that thing there, please."



My new 1000 watt sound system is great! I can control the volume of my neighbor's banging on my door.

When I greeted my boss in the morning, he told me to have a good day.

Who am I to argue? So I thanked him and went back home.



### *Twilight Dinner with Nadia- April*

On Wednesday 12th April we had our twilight dinner. First of all we needed to get the Karaoke gear and some members set it up and tested it. So when 5pm rolled around we were ready to rock. We started our evening off with yummy nachos and topped off with a chocolate cake for dessert. Some members decided to leave after dinner so that left the hard core Karaoke singers. We had solos, duets and sometimes everyone joined in on the songs. It was a great night had by all who participated. Our new staff member Mickie also came along to see what happens at a twilight dinner and also showed us some of his singing skills. Unfortunately we had so much fun that we forgot to take photos from the night. Thank you to everyone who came along and made the night really enjoyable .

By: Nadia

### *Twilight Dinner with Nadia -May*

It was a Spaghetti Bolognese night on our May twilight dinner. We had Mickie setup the Karaoke early in the afternoon for the fun night ahead, as Nadia prepared the Spag Bog for dinner with banana cake for our dessert. We would like to thank Chris R. for the effort of bringing the delicious fruit cake and shortbread cookies which we enjoyed. After we had our dessert , we cleaned up the tables and got ready for the battle of the voices. It was a fun night as everyone had their chance to sing their song. We stayed until 7 in the evening and everyone left happy. We would like to thank Nadia for taking her time out to do this month's twilight dinner.

By: Indy & Jimmy

## OUR APRIL SOCIAL REC

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For our April social rec we went to mini golf at the airport with Mickie. After that, we came back to Clubhouse for lunch and a movie. For lunch, we had a Filipino dish and then we watched Sully. Mini golf was excellent, I got two holes in one. It was a Captain's course. Reidar also got two holes in one on his team. Mickie's Filipino dish was nice and filling and made from pork. Thanks to Mickie for lunch and thank you to the people who drove the vans there and back.



## OUR MAY SOCIAL REC

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For our May social rec, we went ten pin bowling out at Westgate with Vicki. When we came back to Clubhouse we had spaghetti Bolognese which Vicki, Paul G and Bieu cooked for us . We watched a movie called A Street Cat Named Bob . We had a few hiccups with the projector, as we had lost a bolt but luckily Julian McD managed to put in a temporary solution for us so we could watch the movie! Bieu and Geoff were the high scorers from each of our teams. We all had a really good time. Thanks to everyone who came to bowl!

# Erwin's Farewell From Toi Ora!

In April the then-current manager of the mental health arts and crafts facility resigned. Erwin van Asbeck had been managing Toi Ora for ten years. He was an outward-looking boss who enjoyed seeking resources. He had always been there for a talk or a hug. He knew just how to introduce a new member to the classes. He also knew how to direct the arts process and picked out artists to exhibit in the gallery.

He will be missed. He was such a good manager and everybody liked him and got along well with him. He helped with the music group and guitar groups and joined in with his drums sometimes. His striped shirts were funny. Since the big farewell speeches a month ago, things have still been alright there. There was not any chance that Toi Ora would close because of Erwin's leaving, as it had existed for eighteen years before him and still has a long time to go operating as it has been. Erwin knew that he was only another manager during the school's long career.

Faye is managing the place with the help of the other employees. The directors are now summarizing the count and taking stock of their present situation, and they are considering recruits from either within or from outside. They have some more resourcing and planning to do. It seems now that the weekly rounds are continuing well.

By David G, and Rachael



# **SOME OF OUR MEMBERS CURRENTLY IN STUDY...**

David G is currently studying a certificate in money management. It is a Level 3 course that runs for twenty weeks, though it isn't NZQA certified. My course is taught by Te Wananga O Aotearoa, which is a University that began as a training class for the Lion Nathan Company. I am currently 2/5 of the way through. I find the course to be very interesting. Some of the things we have learnt about are how much money I will need for retirement, investing, budgeting, wills, and power of attorney. My course ends in July.

Rachael is currently studying numbers and literacy. It is a short course run by Unitec. I have done 16 weeks so far, and have another



month to go. I like Unitec because it is a good place to study and I'm getting to know my class mates pretty well. I also like learning how to use the computers. I go to classes on Thursdays only from 9am to 2.15pm. My plans for the future is to study a course on retail.



## A MENTION OF PAULINE

This is a brief memorial to Pauline Anderson (a long-time member of Crossroads Clubhouse), much less than she deserves. In her last few years Pauline's time was split between Auckland and Wanganui, and each time she resettled meant renewing contacts sometimes out of reach. As far as we know Pauline's life ended suddenly on Waiheke on or about Xmas Day. We are the poorer for it. She was very confident in her values and choosy about what and whom she invested her time in—which included a very close, rewarding relationship with her granddaughter.

Until very recently Pauline's death was just a rumour at Crossroads—and even now I feel I am stretching slightly the journalist's credo of two reliable sources to write this. But attention to Pauline's ab-

sence is overdue. Pauline was respected by many more people than she realised. Given our somewhat similar temperaments, she and I sometimes seemed to be at loggerheads. Luckily for me, I knew her well enough to witness her highly developed writing talent, which I valued and she underrated.

In the phases of her life that Pauline spent involved with Clubhouse she was *very* involved — because she knew no other way to be: a very intelligent contributor among the movers and shakers in any company she was part of, and assertive in sticking up for her and others' rights.

We at Crossroads don't know the circumstances of Pauline's final weeks, and that is the ultimately frustrating thing: not knowing. Calling out especially to her sisters and daughter(s), anyone reading this who feels free and able to pass on any further information about Pauline should please contact the director here, Vicki—Phone 09 3764267—who will circulate any details to parties mourning her loss.

## Healthy Cooking Classes

We started Healthy Cooking Classes a few weeks ago. So far, we have created Chicken chow Mein, a quiche with no pastry and savoury muffins. It gives you the opportunity to learn new skills and it's always good to cook healthy food! We also feel more pride when we cook food for ourselves! The recipes that we are learning are quick, simple and healthy foods that we can cook at home. Our next healthy cooking class is on the 22nd May, and we will be learning to make tomato soup. Come along on Monday afternoons at 1:30pm to learn some of these amazing healthy dishes!—  
Claire, Rachael and Jimmy

## 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 info on the Clubhouse model  
visit: [www.iccd.org](http://www.iccd.org)

The opinions expressed herein are not necessarily those  
of Arahura Trust or Crossroads Clubhouse.