

THE VAIL VOICE

Need Computer, Tablet or Phone Assistance?

Derek G. is able to help!

- Computers
- Tablets
- Phones
- Microsoft Office
- Web (facebook, email, etc.)



By Appointment

Request a Session w/ Derek:

Call/text: 612.234.2305

Email: dgaudish@gmail.com

August Birthdays

Richard B.	David M.
Teal G.	Christine S.
Ben G.	Jean S.
Paul H.	Liza Y.
Barbara H.	
Robin H.	
Gary J.	

Who worked on the Newsletter this Month?

Katie L.	Brian S.
Jonathan A.	Ren L.
Calynn H.	Patty E.
Richard W.	Brian S.
Ranee S.	Donnie L.
Samantha D.	Teal G.

If you'd like to help with the Newsletter, Bring your ideas to a morning meeting!

Weekly Clubhouse Meetings

W.A.A.G (Week at a Glance): Take a look at what we are doing for the week every Monday at 9:15 am.

Calendar Planning: Help us plan meals and activities for the following month every Monday at 1p.

Fun 411: Want to learn a task in the Clubhouse? This is the time. Every Tuesday at 1p.

Decision Making Meeting: Help make a decision for the Clubhouse every Wednesday at 1p.

MICD: Every Thursday at 10a, Members lead a

meeting to discuss Mental Illness and Chemical Dependency.

Philosophy Meeting: Discuss Clubhouse philosophy and Clubhouse standards every Thursday at 1p.

THRIVE!: Our weekly wellness hour covering various wellness topics and activities every Friday at 1p.

WAAC (Week at a Close): Talk about what we accomplished during the week every Friday at 9:15 A.

THE VAIL VOICE

Vail Hopkins Clubhouse

October 2019

The Big Picture

This Summer the Minnesota NAMI chapter asked The Renovators, our Vail Place rock band, to perform during their Mental Health day at the State Fair. We were happy to oblige and we nailed it.

The Preparation

We got together every Tuesday night in late July through August and practiced, practiced, practiced. We had committee meetings to talk through our setlist, plans for the day, organization, and delegation of work. Band members spent free time working on the songs, getting things just right.

To help us solidify as a group, we made tie-dye t-shirts printed with a brand-new Renovators logo, designed and created by our very own Robin H. "It was humbling and exciting both at the same time [to create something like this]." As an artist I thought, 'here I've done something totally different.' I love art and I love music and here I was able to bring those elements together. It was good branding for us!"

The Day of the Fair

Bright and early, at 7 am, we met here at the Hopkins Clubhouse to load up all of our gear – microphones, amplifiers, cables and instruments and all the rest. We hit the road at 7:30 and headed to the fair. Unfortunately we ended up parking in a lot too far from our stage, so we ended up getting some good early morning exercise trucking our gear across the fairgrounds to our final destination. Not fun, but everyone kept their chin up. Before the performance, we all gathered together while Samantha led us in some deep breathing – to get us calm and centered. Heading onstage, we were a team and we were ready to rock.

We played ten songs by a number of artists, ranging from The Turtles, to David Bowie, to The Beatles, and



R.E.M. Each song was fronted by a different singer of the band.

We had each others backs and we sang beautifully – just being present and accountable to one another was huge. To think that just five years ago we started goofing around with just three of us and now a dozen people performed at the

State Fair – truly a Clubhouse accomplishment.

People were so proud of us. During our performance, the audience continued to grow around our stage, with people signing along and dancing in the aisles. When we finally came off the stage, we had friends and family enthusiastically greeting us. Someone asked Robin H "where and when is your next gig?" Quite a compliment if you ask me.

Even with the excitement leading up to the event, we were not without apprehension: Not having worked with a technical crew or performing on a professional stage, it was really a leap of faith to imagine that we would be so successful. "My biggest fear was that I was going to completely freeze and forget the words to my song - [Bruno Mars' "Count on Me"], Calynn H remembers. Jonathan had a similar worry: "I was nervous that the pre-recorded drums either wouldn't come out of their sound-system loud enough or that we would get off tempo and that it would just fall to chaos." In both cases, however, the fears were unfounded. For Calynn, her lead vocal performance went off without a hitch: "I was calm, I was centered – it was a wonderful, confidence-building experience." And the drums kicked into gear just fine and we kept our tempo right in the groove.

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Is Our Clubhouse Dead?

By: Richard W.

People utilize the clubhouse in different ways at different times. That is not a bad thing. That is just how it is. But one of the main focuses of the Clubhouse is the work ordered day. The work ordered day is supposed to mirror a typical work day in the community. It begins at 8 A. M. and ends at 4 P. M. The work of the clubhouse is reviewed at our morning meetings meant to engage staff and members working together as colleagues. At least that's the theory of how it works. But lately I've noticed that it just isn't happening. I am observing a certain apathy that has potentially crept into our Clubhouse. I see people come, eat lunch and then leave the building. Or worse they stay and all they do is socialize leaving the work to staff and only a few members.

So the question I have is...**Is our clubhouse dead?** Clubhouse is a unique model of integrated recovery. Yes, we are a CSP (Community Support Program) however why did we do all that work for accreditation and continue working for accreditation when most people seem to be engaging our community like a CSP?

We are more than a CSP! We offer more than social recreation; we offer work ordered day. We offer more than snacks to members; we create wonderful meals each day. We are a Clubhouse! I remember a time during our accreditation report when the Clubhouse was packed with people. People wanting to hear about our recent accreditation visit, people that wanted clubhouse. Remember, we are something more than a CSP. We need our community to participate; members to volunteer in the work ordered day. So the next time you're in the clubhouse, whether it's at the morning meeting or any time during the day get out of your comfort zone and try some new tasks. The next time you see a staff struggling with a task that members can and should do feel free to jump in!

**Join us for a Community Discussion on Tuesday,
October 8th from 11a-2p.**



Reachout!

By: Rane S.

Another great aspect of the Clubhouse is Reach Out. Nothing like making phone calls or sending cards out to our members. It's very rewarding to do this task because it gives you a chance to connect with the member on a personal level. Not only rewarding but feels like an accomplishment. It's a very easy task that doesn't require physical labor. So, c'mon and try reach out today!!



Come to Reach Out All Stars every Wednesday at 10:30 AM!!

Renovators @ The State Fair Continued...

By: Jonathan A. and Calynn H.

Thanks & Gratitudes

Special thanks here has to go to the coordinators from NAMI and the sound technicians who worked so tirelessly to get all of our voices and instruments into a beautiful mix for us and the audience to enjoy. Every person that we worked with was so gracious, flexible, and supportive. The sound was truly professional.

The other element we felt grateful for was the weather. All week leading up to the event it had been predicted that the day would be plagued by rain showers and thunderstorms. Amazingly, the weather held just until we finished our set. We quickly loaded up our gear just as the clouds broke - the rain spilled down onto our van as we zipped out of the fairgrounds. Yahoo!

Part of our success, too, we think was around the positive attitude that everyone maintained throughout the morning - while it's important for everyone to feel like they can speak their minds when they're having a hard moment, we feel proud of the emotional intelligence and mutual support that comes when a team dedicates themselves to keeping the drama and negativity at bay and bringing all the good vibes they can. It was brilliant and we really hope NAMI will consider us to play again next year!



13 NO MORE: A CAMP KNUTSON STORY

BY: TEAL G.

When I was 13, I joined the Youth Conservation Corp. I would spend 6 weeks at

Itasca State Park, grooming trails and streams, or so they said. In actuality, I looked at it as an opportunity to abuse drugs and alcohol and fall in love with my camp counselor, Nell. Nell Richter was the epitome of a young lesbian's dream. I would get drunk and the



hormones would start pumping. I took photos of Nell leaving her cabin, Nell walking across the beach, Nell going into the outhouse, Nell coming out of the outhouse. 95% of my photos were of Nell. I was tormented by my blossoming homosexuality.

I had no contact with camp since that time until I met Martha Bird at a clubhouse. She convinced me to give camping a try. Martha and I shared a room and I learned at Martha's urging how to be a good cabin mate.

Step 1: Do not place toenail trimmings on the table between the beds.

Step 2: Do not talk with one's mouth full of toothpaste and saliva. It can bring about a gagging episode. But, I redeemed myself. Martha said, "Teal please help me." I looked across the room at 5:30am and Martha was covered with down feathers. Her comforter full of down feathers was floating across the room. As I said, it was 5:30am. I usually wake up at the reasonable hour of 10am. But I got up to help as best I could.

Last October, the word around the Hopkins Clubhouse was,

"Are you going to Camp Knutson this upcoming fall?"

"You are me too"

"Say, could you give me a lift to Plymouth Church?"

"You could, what time could you pick me up?"

"We should call Sharon, It's only 11 months 'til camp, we should have her put us on her list"

Prepping for camp took place over 12 months. I set out my duffel bag and pack throughout the year. That's probably why I ended up with one t-shirt and 8 pairs of underpants.

Seriously though, the comradery we have is hard to beat. I saw my campmates at the State Fair singing with the Renovators, the Hopkins

Clubhouse band. I watched my buddies sing and play. I turned my head away because I started to tear up. I love these people with all my heart. Margaret, my partner of 27 years, she was sure there was a run on anti anxiety meds that morning.

At camp meals, we all usually sit together. It's not to be rude and exclusionary but it's just because we have each others back. We share a bond that only gets stronger as the days tick by. This quote says it best, "Throughout human evolution, being part of a group has always meant more safety and less stress".

We had a great group of people who came to camp. There was Peggy, my cabin mate and a great fall guy. She laughed at all my bad jokes and listened to the various permutations of this essay. She has a sparkle in her eyes that lets me know that she actually likes me. She's the most sincere and genuine friend I've ever had. Then, there's Kevin, the best boyfriend EVER. Kevin gives me all his bingo prizes, a true gesture of a cabin romantic experience. And, as my Lisa says, "Give me some lovin" At Camp Knutson there is no lack of love. I may not have mentioned you singularly, but you all give me the true, loving, enjoyable camp experience every year.

I will always remember Dave M. triumphant showing off his two foot long Northern Pike.

Now as camp winds down, I prepare for next year. Get a ride, start to pack and fantasize about camp.

What a Successful Ragnar!

By: Katie L.

I'm very pleased to announce that our Ragnar Relay Race event was a massive success! A group of 12 runners, event volunteers, driver volunteers, and countless donors have been preparing since January to pull this off and



raised about \$7000 for Vail Place. We ran for 38 hours, one by one, and finished 371st out of 373 teams. That may sound bad, but guess what? We had 3 members run and they each finished their leg of the race and were so proud and happy for what they accomplished- and that's all that matters to us. And we finished the darn race!

Philosophy thoughts (aka Katie's soapbox): When I was studying for my CPRP certificate last year (certified psychiatric rehabilitation practitioner), I learned that helping professionals like me often discourage the people we work with from

think about this a lot with TE. If a member tries a TE and it doesn't work out, that is **not** a failure. It's more important to try something difficult and count that as an accomplishment in and of itself. It reminds me of the DBT skill of Mood Momentum.

Helpful moods

lead to more helpful moods- Trying something new leads to trying more new things, and can lead to accomplishing other dreams.

Anyways, our runners slept in vans, parks, gymnasiums and were sleep deprived AND STILL ran farther and faster than they thought they would. I'm hoping that my role next year will be getting more runners involved. If you ever want to go for a walk or short run with me, let me know. I'll have some more formal short runs on the calendar next year. Who knows? Maybe you'll do the Ragnar next year! Anything is possible!

Creative Corner

"Becoming Autumn" by Patty E.

Up north, the tall pines
rocked to and fro.

I saw deer long wishing in the foreground
nodding greetings to us.

Then they fled.

An eagle slew high above.

Then the cold rain came and dampened the campground.



Community; Designed For Engagement...~

Sunday, Oct 26, 2014 @ 5:10 AM

As we begin; For building a better clubhouse community; together we provide each other expertise, training and was designed to promote engagement with a cutting edge. To create opportunities for collaboration and partnership. It does offer us community strength to effectively focus our initiatives with a variety of perspectives of how to keep moving forward for a better tomorrow. Our staff & peer leaders are determined to create a modern, trusted and honorable force for creative development. And yes, in the process it does create and produces lasting friendships and an invaluable experience on how we as a club house can engage in the way we set out our daily standards and was profoundly impacted by the generosity and heartfelt solutions for everyone. This was a huge success and an unforgettable experience to exchange ideas, create friendships and identify solutions to our universal standards...Our partnership will share our experiences and learn from each other. The main objective in this initiative is to develop exceptional leaders and then to transform creative problem solving into lasting results. With civic engagement and partnership, agencies, businesses and all other organizations... For then we consider our learning & development with in a period of transformation, civic empowerment, social responsibilities, leadership and the joy of discovery and to always set out to achieve our daily goals...So we say- We are empowering for a better tomorrow for everyone...

Writing by Donnie

Creative Corner

Courage Road by Brian S.

Do not give up
Keep courage alive

Don't back down

Try to take your
life and strife

Do the right thing
which is goodness

Then one will prevail

No one said it would be a fairytale.

