

CHARTER HOUSE  
"Where Everyone Has a Voice!"

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Lansing, MI 48933  
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# CHARTER HOUSE CHATTER

September 2009

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## COORDINATOR'S CORNER

Stephanie Tighe

keep coming here, Speak Up!!

CMH and the Budget, have you heard about this? The State of Michigan, like other states has to make some strong decisions about where money will be spent. Many members of Charter House have already written to their representatives and/or the Governor to VOICE their opinions.

Ruth P. heard the Governor speak and called her the NEXT day to express her opinion. Ruth is making sure her VOICE is heard!! Way to go Ruth. Recently we had several members and staff go to the Capitol for a press conference on the budget issues. They helped deliver materials to offices and while doing so got a chance to VOICE their opinions.

Not only do we need to speak up about the State Budget but we also need to be sure that Charter House remains open. If Charter House has helped you, please speak up about it. If you want to

We know that Charter House helps. At Workers Seminar this month we celebrated one member who just got a full time job doing maintenance at one of the State buildings through Peckham. It is always great to watch how people change and grow.

On Wednesday, September 9th, Al Platt, the new Supervisor of Charter House will be at morning meeting to meet everyone and to answer questions you may have. Al took over for Rob Davis. Some of you may remember meeting Al at the State Historical Museum when we had a training there in June.

Be well and remember to help out your friends!!

**OUR CONSENSUS TRAINING**

Nicole W.

In June of 2009, Charter House held its first consensus training. We laid down some agreements at that meeting. The agreements were much like common courtesy, such as; respecting one another's ideas and not talking when someone else is talking. We realized that everyone has a voice. We asked the more soft spoken members for their opinion as everyone matters.

In July of 2009 we held our second consensus clubhouse meeting. We broke off into groups and brainstormed some ideas. Ideas such as; ways to make people feel comfortable asking questions and how we all like people to keep things confidential.

We will continue exploring the concepts of consensus as it applies to our club house. We have a new way of coming to a general agreement that we can all live with. We do not want anyone to feel unheard or extremely uncomfortable with our group decisions.

**CONSUMER CONFERENCE**

Nicole W.

On Thursday, July 30th we went to our annual consumer conference held at the Kellogg Center. We had a day filled with smaller workshops on different topics.

Nicole attended a workshop on DBT skills and one on economics.

Later we had a lovely lunch and dessert. We had turkey, mashed potatoes, and carrots. We then had cake for dessert. It was nice.

Our keynote speaker was a gentleman from Canada who did stand-up comedy. We laughed and enjoyed ourselves. There was a recovery band there as well. It was a group of African American men and women and they played jazz music. The woman sang a song by Sade.

Finally, it was time to go home. We were more wise and strong from our experiences of the day. We are already looking forward to attending next year.

**FAMILY AND FRIENDS**

PICNIC

Nicole W.

We held our annual Family and Friends Picnic on July 30th at Lake Lansing in Haslett. We invited Genesis House to join us there as our guests / friends.

Five members from Genesis House joined us and they were friendly and out-going.

We had a fun day full of many different activities, such as; BINGO, frisbee, horse shoes, swimming, pedal boating, and socializing. We also had a fantastic lunch which included hamburgers, hot dogs, all the fixings, as well as cake and ice cream.



We thank the Charter House staff, especially the Vineyard Grill staff for making our day wonderful. We look forward to seeing everyone again next year!

**INGHAM COUNTY FAIR**

Nicole W.

On Monday, August 3rd, some Charter House members went to the Ingham County Fair. Ryan S.'s dad donated some money to Charter House and each member was given five dollars to spend. It was a nice day and the rain held off. It was very windy, but that didn't dampen our feelings.

Some of us played bingo, rode rides, walked around, looked at the animals, and had something to eat. Gary L. by far had the most to eat; he had an elephant ear, a corn dog, ice cream, pizza, and two lemonades. Carrie M. won the most money playing bingo. She won nine dollars. Ryan S. and Lynn L. enjoyed seeing the pigs and the other animals. Julie T. rode the ferris wheel and she won an inflatable alien and a plush stuffed animal Nemo. Nicole watched a goat showing for the 4H club. Stephen M. walked around at the fair and had some food. Mike E. enjoyed riding the rides, especially the ferris wheel. We had a great time at the fair!

**KENSINGTON TRIP**

Mike E.

Charter House went to Kensington on August 19th. Charter House left at 9:20am and got there at 10:30am. People from a private company in Warren, MI catered the lunches that included hamburgers, hot dogs, vegetable trays, and



roasted potatoes. There was no activity except a small meeting. Charter House left at 1:50pm and got back at 2:50pm.

**ABOUT PEGGY S.**

Peggy S.

Hi, my name is Peggy S. and my hobbies are fishing, swimming, and riding bikes. I also like going out to eat, but also like cooking at home. I like to work.

**BLACK ENERGY**

George A.

A black mass known as a shadow that gazes over like a tower. Piercing your body, channeling energy into your body to turn yourself out. Memory is another factor of the shadow that conjurs memory of the mind to guide the shadow. Tearing the body in two, bodily functions to see how they work, the shadow of how it changes. Chromosomes altering the shape of the shadow to replicate a new one.

**THE MYSTERIOUS EDEN**

George A.

The place of knowledge and wonder. People who seek truth by God's voice to shout out mystical lyrics of Eden as the sound of thunder. Men gaze upon the stars to seek may be upon one mind. To seek mysterious truth that we thought was the meaning of life. Ask yourself one question. What do you behold, for it owns your life as a god.

SEPTEMBER ACTIVITES

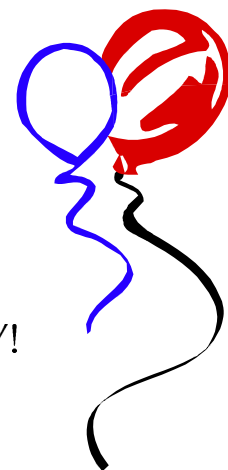
Sept 1 Coffee Shop  
 Sept 8 Historical Museum  
 Sept 15 Movies @ Celebration  
 Sept 29 Fenner Nature Center

ALSO

Sept 19 Humane Society Volunteer Orientation

SEPTEMBER BIRTHDAYS

Sept 3 Steve B & Serralee  
 Sept 5 Kathy Mc & Sue P  
 Sept 6 Lynn L  
 Sept 18 John S  
 Sept 21 Mike F & Nate C  
 Sept 26 Cecilia



HAPPY BIRTHDAY!

SEPTEMBER 2009

LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
	Pizza Ice Cream / Pudding	Burritos Mex Rice / Salad	Sloppy Joe French Fries / Chips	Hamburger Baked Potato / Salad
7	8	9	10	11
Rueben Cole Slaw / Onion Rings	Bologna Sandwich French Fries / Ice Cream	<b>Detroit Zoo Big Summer Trip</b>		Pizza Chips / Cottage Cheese
14	15	16	17	18
Steak Mashed Taters / Gn Beans	Chili Mac N Cheese / Ice Cream	<b>Regional Clubhouse Training in Detroit</b>	Mac & Cheese Spinach / Salad	Turkey / Mashed Potatoes Fruit / Salad
21	22	23	24	25
Lasagna Fruit / Mixed Vegetables	Chicken Drummies Mash Potato / Corn	Meat Loaf Mash Potato / Salad	Ham Sandwich Grn Bean / Watermelon	Stuffed Grn Pepper Peaches / Salad
28	29	30		
Tuna Fish Sandwich Corn / Coleslaw	Sloppy Joe Pears / Pork n Beans	Tacos Pears / Salad		

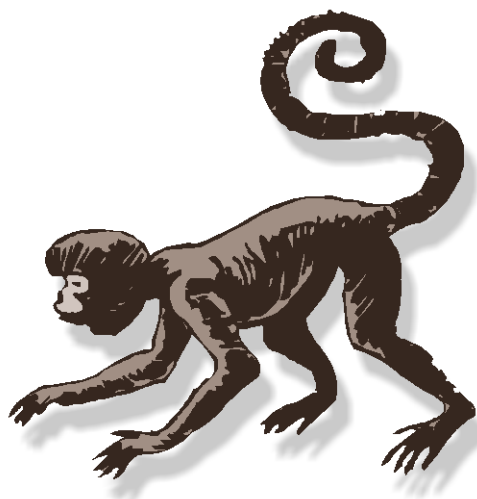
## CHARTER HOUSE'S BIG SUMMER TRIP: THE DETROIT ZOO

On Thursday, September 10, Charter House will be boarding a Dean Trailways bus and will be heading down to the Detroit Zoo for Charter House's "Big Summer Trip". On the way down, while on the bus, members and staff, 45 in all, will enjoy a big snack bag full of goodies. There will also be a DVD playing on small TV screens on the bus, both on the way down and on the way back. Members and staff all look forward to each year's big summer trip that is funded by the Member Account. The Member Account collects money from the various fundraisers that Charter House plans throughout the year.

Charter House came to the decision of going to the Detroit Zoo, using the skills the members attained in their consensus training. It was the first BIG decision members were able to utilize their newly developing skill of consensus decision making, where everyone has a voice.

## NEWSLETTER TEAM NOTE

Through the consensus trainings at Charter House, the Newsletter Team came up with a new motto, or tagline for Charter House. That new motto is "Everyone Has a Voice". Too often in a clubhouse, members with the loudest voices seem to be the ones that dictate what does or does not happen in a clubhouse. With the new consensus trainings, members are understanding that each one of us has a voice. Some have used it within the clubhouse to talk about issues within the clubhouse, while others have used their voice to speak or write to government officials to let them know their feelings about the way officials vote and the way that their votes will affect them personally. Everyone at Charter House are learning about the power of their voice and that, that power is only unleashed when their voice is used. The Newsletter Team found it quite fitting to add "Everyone Has a Voice" as Charter House's motto.



## NEWSLETTER CONTRIBUTORS

-Nicole W.	-Stephanie T.
-Mike E.	-Jodi T.
-Peggy S.	-Sean H.
-George A.	

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