

# CHARTER HOUSE JOURNAL

## CHARTER HOUSE AUGUST NEWSLETTER

### STRAWBERRY PICKING

Last month Charter House members loaded up the van and headed for the strawberry fields. We got down on our hands and knees and scoured the plants for the reddest biggest berries we could find, and we made quite a haul.

For those of us who have never been on a strawberry picking trip it was an adventure it hard work made easy because of the group effort. After an hour of picking, we had a lot of berries and decided to return to charter house with our bounty.



Here's what some of our yummy Michigan's strawberries looked like!

Volunteers washed and hulled the berries. We made delicious freezer jam and processed berries for strawberry and peanut butter dessert morning for the morning meeting.

Next we plan to go pick some blueberries. That wont be quite as strenuous since blueberries grow on bushes and not on the ground. We hope to make some homemade cheesecake ice cream. In august peaches will be ready, and, hopefully, a group can be assembled to go picking some homegrown peaches. The vineyard grill has some good ideas for what to do with Michigan's bounty this summer, and we look forward to charing some of our favorite summer recipes in future newsletter.

#### VOLUME 3, ISSUE 5

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#### AUGUST 1

##### Special points of interest:

- \* List of our activities and menu
- \* Who's New to Charter House
- \* Congrats on your New Job
- \* Briefly highlight your point of interest here.

### FAREWELL TO ITCH UNIT

On ITCH (information technologies of charter house) unit we learned about computers, all the way from turning them on and maintaining them to the programs that are used in the function on the clubhouse. Sean, the unit leader, is very knowledgeable. He has

taught us web design and much more. He has helped me personally to doing something that I enjoy and has helped me to learn the basics of web design. I plan on pursuing this outside of the unit as well. It starts with turning on the computer from there, there's no stopping you.

There is so much more you can learn it all depends on what interests you. Sean has planted the seed now its up to me how I want it to grow. I look forward to learning many new things.

By Steve B.

Computer Geek

## New Member

Brian started at Charter House In May. He came to meet friends and learn to skills to incorporate in life. He choose to work on the Clerical unit to master his computer skills. Coming in and seeing everyone everyday really makes Brian's day. He loves making new friends to Share his hobby's with. Brian likes to go out to dinner and go to the movies with his new friends! In his free time he likes to play with his dog who brings a lot of joy to Brain!

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Were on the web!  
[Charterhousemi.org](http://Charterhousemi.org)

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## Clerical Unit

I like working on the Clerical Unit because it give me something to do during the day, I have been working on the unit since I came to charter house 22 years ago. I feel like I do a really through job on unit. We have made couple of changes on unit hopefully to increase how much me can and how well we do it.

By Mike Endriss



## New Jobs

One of our members received a new job this past month. Dan is now working on Crew. Which is the vending and recycling crew that works at our local Community Mental Health. He works now about 6 to 8 hours a week. He really likes his new job because he believes that it will help him get ready for a job outside of Charter house. His favorite part about the job is riding in the truck.

# August 2012 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<i>1 Turkey sub w/ Cheese and Strawberry Jell-O</i>	<i>2 Ham and Scalloped Potatoes</i>	<i>3 Taco salad Cheese Quesadilla Watermelon.</i>	
	<i>6 Grilled Ham and Cheese with fruit</i>	<i>7 Chicken salad with Grapes and Nuts</i>	<i>8 Pulled Pork BBQ, Corn with Dessert</i>	<i>9 Spinach Lasagna</i>	<i>10 Chicken Caesar salad w/ Corn</i>	
	<i>13 Cottage Cheese and Fruit Plate</i>	<i>14 Spinach Lasagna, Side salad, Garlic</i>	<i>15 Family and Friends Picnic</i>	<i>16 Fried Shrimp Garlic Cheese Biscuit Zucchini</i>	<i>17 Appetizer day</i>	
	<i>20 Ham and sweet Potatoes Veggies</i>	<i>21 Hash brown casserole and Fruit</i>	<i>22 Meat loaf Green Bean Casserole w/ Dessert</i>	<i>23 French Toast w/ Fresh Peach Sauce</i>	<i>24 Bean salad Bread Stick Jell-O</i>	
	<i>27 Spaghetti w/ Meatballs Side salad Garlic Bread</i>	<i>28 Spinach salad w/ Nuts Roll</i>	<i>29 Tuna Melt Cucumber Salad Dessert</i>	<i>30 BBQ Chicken Spaghetti salad.</i>	<i>31 Chili w/ Corn bread and Fruit</i>	

## Lets All do Karaoke

When we got to transitions, I knew a few people from other various things. It was really nice to know people because they made all of us from charter house feel very welcome. I feel like charter house could really benefit from having a karaoke machine. Then we could invite our friends from Transitions to come to our place to have the party.

By: Carrie Moffett



# Charter House Happenings

Sun      Mon      Tue      Wed      Thu      Fri      Sat

			1	2	3	4
5	6	7 <i>Shopping in Howell</i>	8	9 <i>Ingham County Animal Shelter</i>	10	11 <i>Old world buffet and Movie</i>
12	13	14	15 <i>Family and Friends Picnic</i>	16 <i>Feeding the Ducks</i>	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## Education

By William Washington

I really do get good grade while I am getting a fresh start with English , Math, and Science. It continuously leads me in the right direction. I really hope that somebody soon ill receive a G.E.D. I also hope even one those got a little problem learning to deal with other focus on themselves. I really love that Charter House has a Education Program.



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**CHARTER HOUSE  
AUGUST  
NEWSLETTER**

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*A place where  
everyone has a  
voice!*

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Were on the web!  
[Charterhousemi.org](http://Charterhousemi.org)

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Charter house is a social club for people with a major mental illness. Charter House was the first club in MI founded in 1978. On average we have 25-35 members come daily but total there are more then 80 members . Our hours of operation vary depending on the day, but we are open a least one night a week and a few Saturdays a month! We are also open on holidays.

## ICCD CONFERENCE

The 30 and 31st of this past month, a few of us from Charter house went to the ICCD Conference. Those of us that went included staff members and peer support specialist. We learned a wide variety of things and meant many new friends from different clubhouses. In the next journal coming out we will be featuring some of our favorite work shops.

