

CHARTER HOUSE JOURNAL

Coordinator's Corner (Learning About Accreditation)

On February 5th some of us visited Fresh Start Clubhouse in Ann Arbor to sit in on their "findings" meeting. This is a meeting where there accreditation team talking about the things that are great about their clubhouse and the things that they can improve on. This really helped us to see what we need to do here at Charter House to help us get accredited! Their reviewers were Mary, a member at the Boston, Ma. Clubhouse. She has been on the faculty for 4 years and a member for 6 years. The other reviewer was Tom who is the associate director of Carriage House in Indiana. He originally worked at Independence Center in St. Louis, Mo. They said that Welcoming is one of the most important things we can do. Being warm and welcoming to new people is what helps new people to feel comfortable.

The reviewers were impressed with the Member Leaders in their clubhouse.

Their findings followed the standards starting with **Membership**. They stressed that membership is open to anyone with a "history" of mental illness. Fresh Start only takes persons who are a client of their Auspice agency. They commented that the Outreach system has improved since their last visit. It is clear to them that the members really care about each other.

The next area of the standards is **Relationships**. They identified this as an area of strength for Fresh Start. They said that their members "seize opportunities to make decisions and offer opinions". They saw "tremendous compassion" in the clubhouse,

they saw humor (which is a positive) and gentle ribbing. The reviewers said they observed times when the staff were working alone. Never Work Alone. Most of the members did not arrive at the clubhouse until 9:30 and then after morning meeting and unit meeting it was often 10:30 or 11 before work began. They saw this as being too late in the day and suggested changing schedules and van ride times so they can begin earlier.

Space. The reviewers noted that there were cubicle areas which were seen to be staff areas. The members could identify which area belonged to which staff. This should not be. Per standard 14, all clubhouse space is member and staff accessible. They advised getting rid of cubicles as they were only there for staff. The reviewers also noted that their space is not open enough and some walls need to be knocked down.

Work-Ordered Day. Currently Fresh Start has only one unit meeting a day. Best practice is to have two unit meetings per day. In the afternoon meeting you share the status of the work from the morning. Best Practice is to always introduce everyone at every meeting. It helps the members to get to know each other. Their kitchen unit has salad and fresh fruit every day. Ideas that they are working on is to do "made to order lunches", have table service, have drink service, serve breakfast and "to go dinners". Their kitchen unit tracks revenue and expenses. Their co-op unit needs to engage more members. They compile data and do a monthly progress report on education, employment, orientation, average daily

attendance, budget and more. They would like to have a video lab and produce videos of their house meetings, recovery stories and annual videos.

Currently they had a member who was also employed as a driver for the club. They said this was not acceptable, per standard 16. No members can be paid for doing the work of the clubhouse.

Employment. Reviewers said that they needed more TE positions and that their staff need to be more involved in developing jobs. Be sure to "celebrate" employment. TE's need to be a variety of job types.

Education. There was not a lot going on with employment. They said the more energy in the area of education the better the members will do. They suggested having weekly education meetings and using student interns to tutor.

Functions of the House. Members need to complete monthly data reports. Currently they are open on Thursday evenings and two Saturdays a month. It was recommended that they be open every Saturday.

Funding, Governance and Administration. Clubhouses need strong Advisory board Chairs who are enthusiastic. We also need strategic plans. Board Chair should help to develop agenda. It is important for clubs to have good relationships with other organizations in their communities.

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LOCAL

Events

Greater Lansing Michigan is busy with great festivals year round , making us not only Michigan's state capital , but also the state's festival capital. The greater Lansing area is home to some of the state's best and hottest event's and fairs in the state , including common ground music festival , East Lansing art festival and Greater Lakes Folk Fest . No matter your interest we have an event to match.

Lansing locals are not the only ones that flock to our fests . Tourist visit from throughout Michigan and neighboring states for our acclaimed music, art , food and films festivals.

MARCH

13-14 St. Patrick's Day Celebration
Grand ledge
(517) 627-8360

21 MAPLE SYRUP FESTIVAL
Lansing (517)483-4224

26-28 MARCH MAGIC HOOPFEST
East Lansing
(888)326-5590

On March 11
Charter House is having a bake sale at the farmers market on Allen st . and Kalamazoo St.
3 pm to 7 pm

Local Man Gets Noticed on "The Voice"

Congratulations are in order for Joshua Davis of Lansing's Step-pin' In It for giving a spectacular performance on NBC's "The Voice."

Davis appeared Monday on the season premiere of the show, singing Bob Dylan's "I Shall Be Released" during the show's "blind auditions."

Judges Christian Aguilera, Pharrell Williams, Adam Levine and Blake Shelton listened intently as Davis' smooth voice enthralled the studio audience.

Before he went on stage, Davis said, "The thing I love most about 'The Voice' is that they are willing to take an artist like me and put them in front of a wider audience and hopefully give me an opportunity to provide for my family."

The judges were excited, too. Right away, Shelton and Levine turned around, signaling they wanted Davis on their team.

Shelton and Levine battled it out and gave their pitches to Davis, asking him to join their teams.

In the end, Davis opted for Shelton's team.

Blake Shelton said he has a unique sound "It's so different than anything else we've seen come across this stage, dude. I'd love to have the chance to work with you."

"Joshua is very experienced, He has developed a unique sound and I am extremely thankful that he chose me as his coach." Shelton said .

CHARTER HOUSE EVENTS...

Wed March 4th at 9 a.m. Planetarium the cost is 2 dollars .

Thursday March 6th at 4 p.m. , Buffet World with Sean , 4-6 p.m. , the cost will be 11 dollars.

Friday March 13th at 4p.m. Potters Park Zoo with Andrea , the cost is 10 dollars.

Saturday march 14th at 10 a.m. , Meijer Gardens with Bill , the cost is 10 dollars.

Tuesday March17th at 4 p.m. , Corn Beef and Cabbage dinner/potluck with Lucia and Ashley .

Monday March 23rd at 9a.m. , Community Breakfast at Lansing Center –Nicole Speaking !!! FREE.

Thursday March 26th at 4 p.m. Preuss Pets with Aaron.



SPORTS

TIGERS NEWS

LAKELAND, Fla. -- Joba Chamberlain is back with the Detroit Tigers.

Tigers general manager Dave Dombrowski announced Tuesday morning outside the clubhouse at Joker Marchant Stadium that the Tigers had signed Chamberlain to a one-year deal.

Chamberlain went 2-5 with a 3.57 ERA and a 1.286 WHIP in 69 games for the Tigers last season. He pitched very well before the All-Star break but struggled in the second half. "The city embraced me and I just loved playing there every day," Chamberlain said. "I didn't finish the season like I wanted to. We have unfinished business as a team and I personally do. I started off well and, at the end, didn't finish the way I wanted to. So that was a big factor."

Dombrowski said the Tigers remained open to bringing Chamberlain back throughout the offseason. But with Joakim Soria and Bruce Rondon in the mix, the Tigers weren't willing to dedicate big dollars to Chamberlain, who was a free agent.

"As time went on he decided that he would be in a position to accept our offer," Dombrowski. "He really wanted to come back here. I know he turned down some other offers that put him in a position to make more finances, but he was very happy here."

The Tigers designated the contract of right-handed relief pitcher Chad Smith for assignment to make room on the 40-man roster for Chamberlain.

Tigers reporter James Schmehl is predicting the events of the 2015 season through a series of "over-under" stories. Each day, he'll make a statistical prediction. **The series will run each day until March 3rd.**

It's unknown if Miguel Cabrera will be ready by opening day. Victor Martinez is a year older and underwent surgery last month. Justin Verlander is coming off arguably the worst season of his career.

Detroit has won at least 88 games in the past 4 years.

Fangrags, meanwhile, they say the Tigers are projected to win fewer than 88 games for the season. But Baseball Prospectus' Pecota projection they'd finish with a 82-80 record.

Prediction: The tigers will win **88** games the season.



Relief pitcher Joba Chamberlain talks to media members Tuesday morning after agreeing to a one-year deal with the Detroit Tigers. (Chris Iott | MLive Media Group)



SPARTAN NEWS

Michigan Live reports that MSU all-time passing leader Kirk Cousins said the most imminent danger to the Spartans' football program is complacency, but he doesn't see coach Mark Dantonio allowing that to happen.

"Sometimes success can breed entitlement, success can breed people that are satisfied and no longer hungry but knowing coach Dantonio and his coach staff, I don't think that every thing really be set in," Cousins said.

"I would say from a distance that (complacency) would be the only thing he's got to guard against at this point, with the success he's had, is making sure the players stay hungry and humble," the Washington Redskins QB said. "But knowing the guys they have recruited and brought in, and knowing the coaching staff, I would expect that to be almost an instinctual thing to stay humble and hungry."

Cousins, finished his career as MSU's winningest quarterback with a 27 win (12 defeats), asked BTN program about his comments about being able to "walk the streets" as it pertained to sweeping rival Michigan during his career.

"For the rest of my life I'll be saying we beat those guys, and I'll take pride in that," Cousins said.

Cousins said "When we came in, it had been a rough go of it, and it took a few years to build that foundation, but it is so much fun to see the success they've had continuing with double-digit win each and every season."

"We the NFL players do gather on Saturday night to watch our college teams, and I've had a lot to brag about the way MSU has played the last couple of years."



Charter House

606 W. Shiawassee

Lansing, MI 48933

(517) 371-2077

charterhouse@acd.net

charterhousemi.org

New Member Spotlight

New Members to Charter House filled out a 20 question survey to let us know more about themselves...this is what they gave us.

Get to know LaShane W.:

LaShane has no pets, the last book she read was the Bible, she likes to cook, her favorite food is hamburgers, she has one sister, she likes basketball, she has never lived in another country, she has good adult memories of bowling, one of her hobbies is playing chess, she has visited the Bahamas, she likes ice cream, Dr. Martin Luther King Jr. has influenced her and her life, she would not like to be famous, she prefers the afternoon time of day as opposed to morning and night, Minnie-Mouse and Superwoman are cartoon characters that describe her, when given a choice of where to live for a year, she would choose England, she would rather take pictures than be in them, and the last film that moved or disturbed her was Jesus Film.

Get to know Ryan S.:

Ryan has no pets, he likes to cook a little bit, his favorite food is pizza, he has one brother and one sister, he likes bowling, he has not lived in another country, he bowls as a hobby, he has been to Canada, he likes Chinese Food, his mom and dad have had the most influence in his life, he would not like to be famous, and he likes morning as opposed to afternoon and night.

Get to know Neil S.:

Neil has a cat, recently been reading the Bible KJV, likes to cook, likes to eat fish, he has two older sisters, likes sports, has never lived in another country, favorite adulthood memory was when his sons were born, he enjoys spending time with family and friends, has been to Canada, he likes all kinds of food, his father, step father, mother, and step mother have had the most influence in his life, he would not like to be famous, he doesn't have any favorite part of the day, he would rather take pictures than be in them, he could watch "Mike & Molly" over and over again and quotes lines from it, "I See Love".

Poor Mans Meal — Ground Beef Meal

- 1 lb ground beef
- 2 tablespoons shortening
- 1 medium onion, chopped
- 2 cups canned tomatoes
- 1 tablespoon catsup
- 1 tablespoon steak sauce
- 1/4 cup green pepper, chopped
- 2 tablespoons parsley, chopped
- 1 (5 ounce) package elbow macaroni
- 1 (10 1/2 ounce) can cream of mushroom soup
- 1 1/2 cups shredded cheddar cheese
- Salt and Pepper

Directions

1. Brown ground beef in shortening until all red color disappears. Drain all but 1 1/2 tsp grease from the skillet.
2. Add the onion, tomatoes, catsup, steak sauce, green pepper, and parsley. Simmer for 30 minutes.
3. Meanwhile, cook the macaroni according to package directions. Combine macaroni and ground beef mixture in a 2 quart baking dish. Season with salt and pepper to taste, keeping in mind that you will be adding a cream of soup.
4. Gently spoon mushroom soup into mixture. Mix lightly, lifting from the bottom. Sprinkle 1/2 cup cheese into the mix and stir. Add the other 1 cup of cheese on the top.
5. Bake at 350°F for 30 minutes, or until top is bubbly and browned.