

Shooting Star

NORTHERN LIGHTS CLUBHOUSE

July 2018

Northern Lights Clubhouse History *In The Beginning To Now*

By Casey L. & Genine P.

Northern Lights Clubhouse (NLCH) has been operating since 1994. The clubhouse started by meeting in the break room at our Auspice agency. Seven members grew to fourteen in a matter of weeks. We knew that meant we needed more space soon.



We moved to the American Legion in Hancock. It was nice to have the space we needed. At the Legion we had make shift working units; the kitchen, snack-bar, and business area. The business area consisted of a few banquet tables and computers in rolling cabinets, which could be locked. Our reception area was set up at the end of the banquet table as you walked through the door. The American Legion gave us the space we needed to cook daily lunches, sell items at our snack area, develop a newsletter, organize member information, go on social outings to name a few. We even had ducks that would visit for daily treats. Each morning we would unlock the computer cabinets, the closet with clerical information, and our refrigerator area that contained our pop and food. We'd reorganize our snack area with the price list for items we sold at the snack area and reset all other parts needed of our snack area. Before closing we had a similar process, but in reverse.

We accomplished many good things at the Legion and our membership continued to grow, which meant looking for a new building, one to call our own. Our next move was to the "Washtub Laundromat" in Hancock, which was remodeled to fit our needs. It has been our permanent home for two decades now.

We had so much more to learn about the Clubhouse culture, that is when two and three-week trainings were put on our agenda. The training sites consisted of Fountain House in New York, (the first Clubhouse to be established in 1948), Gateway House in South Carolina, and Seattle Clubhouse in Seattle Washington. Members, staff, directors, and employees from our Auspice

agency learned vital information from these trainings to bring back and enhance the Northern Lights Clubhouse. We have also been involved in numerous conferences and trainings within Michigan and the Mid-west conference in Iowa. All of these events helped to improve our program. Our club community program establishment base was getting stronger, and our membership continued to climb each year.

From 1994-2016 we saw many changes as we continued to build on the basics of the International Clubhouse Standards, which consist of eight sections incorporated into thirty-seven standards. To meet standard #31, additional trainings needed to happen at certified training basis. The sites of training were, Progress Place in Toronto Canada, Independence Center in St Louis, Missouri, as well as an employment training at Genesis Club in Worcester, Massachusetts, and a training on work incentive benefits in Gaylord Michigan, all of which have helped us improve our Clubhouse Community. In September 2017 we attended the Clubhouse International World Conference in Detroit Michigan, with 700 colleagues from around the world. This was an amazing event that proved how strong and effective clubhouses around the world really are no matter what country they are in.

Our clubhouse has been in operation now for 24 years. We have had four directors since the beginning. We have seen more than 200 members come and go with some coming back



again after years of being away. The Northern Lights has ten of our original members with us today. We have become a model Clubhouse.

In 2016 the state of Michigan Medicaid polices mandated that all Michigan Clubhouse be Internationally accredited. This process has taken over one year and many hours to accomplish and prepare for the accreditation process required. At this time, we have gone through the entire accreditation. The Accreditation Consultation Team came to the NLCH in May of this year. We're now waiting for the results of their visit.

Through the years, the Northern Lights Clubhouse has continued to grow with strong member involvement, ownership, and dedication. We are so fortunate to have such a fabulous place in our community.
(June 27th, 2018)

CONGRATULATIONS! MEMBER OF THE MONTH

**May 2018
Brandon**



HAPPY BIRTHDAY

July Birthdays

- 🎂 July 1st
Doug L.
- 🎂 July 15th
Greg
- 🎂 July 21st
Beth
- 🎂 July 24th
Amy
- 🎂 July 26th
Sara
- 🎂 July 29th
Robert

Toasty stickums are ickums
When burned to a crisp
Just munch and crunch
And eat in a pinch.

One bite, two bites, three bites, more
Too close for comfort
And out the door.

Sift it, scrape it, butter it up quick
Don't let it stand and dry up sick.

Sandwich comes before too long
Good and tasty, not too strong.

Meaty, ketchup, mustard too
Make fast, I'm hungry you
knew.

Yum, Yum, Yum, Yum
Down to the tummy
Thud what a sound.

By Dan L.



About Chassell Strawberry Fest
By: Casey L.

Strawberry Fest in Chassell, Michigan. Strawberries have been an important part of the Chassell economy since the early 1920's and 30's. In 1934 local growers discovered that the Copper Country market would no longer absorb their crop. At the time, a successful berry shipping organization had been in operation in Bayfield, WI. They had decided to start a "Strawberry Festival" on July 9TH, 1949. The festival has been sponsored by The Lion's Club.

It has always been held on the 2nd week of July. Right after July 3rd and 4th (Lake Linden, MI) Lake Linden has the "Village Fireworks" on the 3rd of July. On July 4th, We have the parade on Calumet Avenue (Main Street). And the bike parade. My Church friends usually come to Lake Linden to watch the fireworks with me.

Going back to the Strawberry Fest in Chassell, my Mom, Sister and I will go to Chassell for the parade and to get my favorite grilled chicken. I love the Strawberry Fest!

Some excerpts are from:
www.coppercountrystrawberryfestival.com/strawberry-festival



My Work Ordered Day

By Tammy R.

9:00 - I go to the Work Ordered Day Meeting. We talk about what we do here, our work and our chores. I sign up for the work and put it on my schedule paper.

9:30 - I clean the back and kitchen restrooms. I clean the sink, the mirror, and the toilet. I check the toilet paper rolls and sweep the floors. I take the garbage out to the dumpster.

10:00 - I take a break. I get a granola bar and have a pop or coffee. I sit and rest before I start more chores.

10:30 - I pick up the garbage around the parking lot. I like to clean empty cans and waste from under the picnic bench.

11:00 - I work at the reception desk and answer phones. I talk to the people at times and check up on the people here to make sure they signed in on their time sheets.

11:30 - I pour the drinks for lunch in the kitchen and I help serve the lunches in the dining room. I think it's a nice job to take care of the members at the clubhouse.

12:00 - On lunch break I eat lunch and sometimes we go for a walk behind the baseball fields, on the streets back there.

12:30 - I also bus tables; pick up the dirty dishes from the tables when they're done eating.

1:00 - I listen to the Work Ordered Day Meeting to see what I am working on.

1:30 - I like to wash dishes because I always did love to wash dishes.

2:30 - On the agenda board, I put all the posters on the board: Menu, Quote of the Day, Happenings of the Day, National Holiday.

3:00 - We wait for our ride to go home. I feel pretty good, I'm happy I accomplished everything for the day.

CLK Rotary Pitchburst at Bridgefest

By Doug H.

On Saturday June 6th I represented the Northern Lights Clubhouse and volunteered for the Calumet-Laurium-Keweenaw Rotary Pitchburst. It was a fundraiser for Vocational College Scholarships for Calumet and Lake Linden students.

A Pitchburst is similar to a dunk tank, however a water balloon goes over the dunkee's head when a ball is thrown at the target which pops a balloon. I was the first dunkee at 12:00 Noon and I raised \$35 for the CLK Rotary. This was my 2nd year doing this fundraiser. I enjoyed it and want to do it again next year.

The Pitchburst earned a total of \$550. Some of the top fundraisers were Bill Luokanen (\$80), Joe Shawhan (\$79), Brad Codere (\$65) and Doug H. (\$35).

Fourth of July Fun

By JoAnn E.

Independence Day is all about the country's birthday, and also picnics or parades. July fourth was about having good times and fireworks. It was about swimming, desserts, ice cream and cake. Lying in the sun and getting a tan. I am thinking about going to the dells. I like to see Noah's Ark waterpark and go swimming in the pools. Whenever we could afford it we would go to see the Noah's Ark.



By Casey L.

“Kindness means a good friend with a heart that is a pleasure to see every day.”

Fred H.

TE Announcements:

Transitional Employment opportunity:

- ◆ CCMH in Administration: Shredding Technician, Available now! Up to 15 hours per week for 6 months. Talk to Clubhouse Staff for more information or if interested.

Trip to McLain State Park

By Alicia & Jessica

This past Spring we went to Mclain’s. We were required to bring our own meat, but Tammy forgot hers in the fridge. Jessica brought hot dogs, Alicia brought chicken, Brooke brought hamburgers and shared with Tammy. Doug brought cheddarwurst and hot dog buns. We also went to look at the water. The water level covered a lot of campsites. Scott brought us there.

Employment Dinner—August 21st @ 4:00

Upcoming Social & Recreational Events

**July 4th Picnic
Sign-up by
July 2nd**

**July 11th
Baraga Drive-In**

**July 25th
Cook-out at
Bucky’s**

Note: Clubhouse is open for socialization on Saturdays from 9:00—2:00. Lunch is served.

No Bake Cheesecake Bites

- ◆ 8 oz cream cheese, room temp
 - ◆ 4 tbsp butter, room temp
 - ◆ 1/2 cup crushed graham cracker
 - ◆ 4 cups powdered sugar
 - ◆ 10 oz chocolate chips
1. In a large bowl, mix the cream cheese and butter together
 2. Add in the graham cracker crumbs and mix well
 3. Add the powdered sugar, 1 cup at a time, until it is all mixed in.
 4. Cover and chill in the fridge for at least 1 hour. I let it sit over night
 5. Place a piece of wax paper on the counter and remove batter from the fridge.
 6. Scoop into balls and roll in between palms
 7. Place in fridge for 10-20 minutes if they are too soft to dip

8. Melt the chocolate in the microwave, stirring every 15 seconds to make sure it doesn't harden up. It should take 1 minute to melt.
9. Dip balls into chocolate covering completely
10. Place back on wax paper and let cool until chocolate has hardened
11. Store in the fridge for the best taste.



Sign-Up for the Northern Lights Clubhouse Newsletter!

If you are not currently receiving the Northern Lights Clubhouse Newsletter by email, would you enjoy getting it monthly?

Simply drop us a line at:

NorthernLightsClub@gmail.com

Please include in your subject line the words "**NLC Newsletter sign-up**".

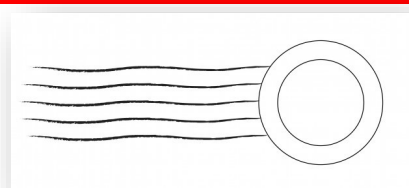
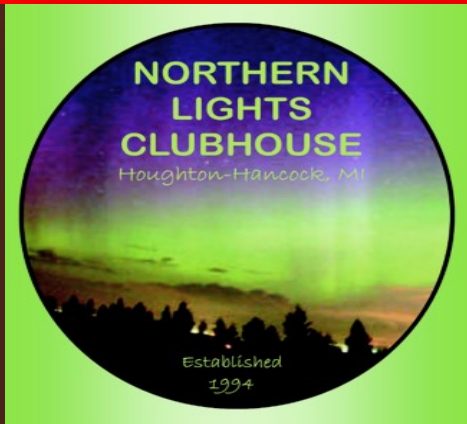
You will have delivery of the NLC Newsletter into your Inbox monthly.

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Lunch Menu—July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 CLOSED	2 BLT Wraps	3 Pork Loin Roast	4 July 4th Picnic	5 Soup & Salad Bar	6 Buffet Day	7 Chili & Grilled Cheese
8 CLOSED	9 Meatloaf & Mashed Potatoes	10 Homemade Pizza	11 Chicken Bur- rito	12 Sloppy Joes	13 Buffet Day	14 Chicken Salad Sandwich
15 CLOSED	16 Mac-N-Cheese & Hot Dog	17 Cabbage Rolls	18 Ham & Cheese Salad	19 Beef Stir Fry	20 Buffet Day	21 Brats, Cole- slaw & Chips
22 CLOSED	23 Grilled Cheese & To- mato Soup	24 Spaghetti & Meatballs	25 Scrambled Eggs, Bacon & Toast	26 Tacos	27 Buffet Day	28 Turkey Sub Sandwich
29 CLOSED	30 Brats & Corn on the Cob	31 Fettucine Al- fredo				