

Robbie's House Call



August 2025



From the Director...

Don't Store the Hate of Others...

A Midwestern couple was visiting New York City and took a cab ride. As they drove around the Big Apple seeing the sights they witnessed a string of other drivers and pedestrians scowling, yelling, and flipping off their cab driver on turns and crosswalks packed intersections.

The couple sat incensed but without reacting to the rudeness of the strangers around them. They were working through the second thoughts they were experiencing about taking the trip in the first place.

They observed their cabbie as he navigated the bustling streets of the city and were shocked at his reactions.

Every time someone expressed anger at their car the cabbie would simply smile and wave. Flabbergasted, the couple asked him why he would exchange hate for love.

"I refuse to be a receptacle for the hate of others."

How often do we choose pride and the petty lust for retribution over our own peace of mind and well being? How many hours and days and years have we wasted mulling over the times we were mistreated?

That receptacle of hate you keep? Empty it.

Let it go.

Oscar Lilley

In this newsletter you can expect:

Event Updates
and Schedule

Watercolors

Check out the
Legion of the
1000Tens!

WYOGIVES RESULTS

A Little About
Clubhouse

Snack Shack



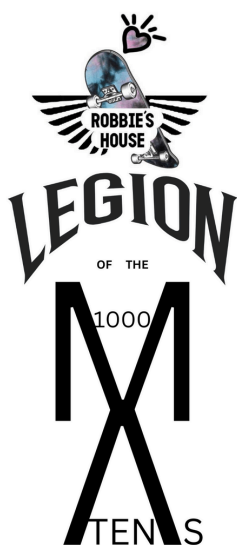
Watercolor Wednesdays

The art unit has been creating watercolors every Wednesday. This illustrates another creative way the clubhouse has found to incorporate our art into fulfilling the needs of the clubhouse. Phyllis Dunbar has quickly earned the reputation around Robbie's of being the apex watercolorist. Her watercolors are most often chosen to be turned into greeting cards for our reach outs. The pictures above are a sampling of her creative output.

Schedule

- Aug 7- Family Craft and Game Night
- Aug 12- August Birthdays Celebrations
- Aug 19- Adults-Only Game Night
- Aug 19-20 Suicide POSTvention training at the Laramie Police station.
- Aug 26- Breakfast at Robbie's
- Aug 27- Loveland Field Trip with the Rocky Mountain Clubhouse Coalition

For times and updates please follow us on Facebook or contact us for event confirmation.



WE HAVE A NEW WAY TO GIVE!

Robbie's House has begun a new program for those who want to support us on a recurring basis. With the uncertainty of public spending in the nonprofit sector we are seeking stability through the dedication and kindness of our community and supporters. We are recruiting 1000 people to give Robbie's House at least 10 dollars a month. We will be able to operate indefinitely if we reach our goal. Consider joining the Legion of the 1000Tens! We are 43 strong and growing! (Click the donate button on our website)

How To Extend Your Harvest

by Bren Lieske

Greens are a great crop to grow. Kale, collards, chard, and lettuce can keep producing the entire season. I simply cut the leafy part an inch or so above the main root. The tiny leaves continue to grow and are ready to pluck in a few days. If you aren't able to keep up with harvesting, the plants will start to grow tall and produce flowers and then seeds. But hey, all is not lost, those seeds can be dried and stored for next year's planting.



What the Stats Say...

Each person who joins Robbie's House takes a scored wellness survey. **The average score is a 60%** which means the average new member walks through the door with **a self-reported "D" life**. "D" as in barely getting by. **After at least 6 months** of active participation at Robbie's House, the average score **taking the identical survey is 80%**. They go from a D to a B. Going from barely making it to almost getting where they want to be. Those **who spend over 100 hours** at the clubhouse **see double the increase** compared **to those with less than 100 hours**.

But what about a control group? **Those who joined but ended up not utilizing our program** averaged a **0% increase!!!**

For those who join and stick with the program, Robbie's House is a life changing experience.

WYOGIVES The Results Are IN!!!

The results finally came in. Robbie's House obliterated our wildest hopes this year. We set a goal of raising 15,000 (about 4,000 more than last year) and ended up raising over **28,000 dollars!** Frantic efforts took place consistently over the course of 36 hours with 13 peer-to-peer fundraisers stepping up to raise funds. We received **10,000 dollars in bonuses** from the Hughes Foundation Incentive Pool. Last year we had just over 100 donors and set a goal this year of 150. We ended up over **170 donors** and might just be crazy enough to go for 200 next year.

With less than three years of continuous operation Robbie's House finished **34th in funds raised** and **12th in number of donors** out of **432 participating organizations**.

YOU all keep us going. And we need it all and more. So please join us again next year to give us the competitive AND collaborative edge we need to continue our mission.

A Little More About...



Clubhouse International

Creating Community: Changing the World of Mental Health

Good Tired...

During training we were introduced to a term we readily adopted for our clubhouse. Depression is exhausting. Waking up late, lying on the couch to watch TV all day... is exhausting. That is "bad tired." By getting yourself to the clubhouse in time for the morning meeting and contributing to the Work Ordered Day you quickly find that it is nearing late afternoon. Your belly is full. You have been moving around all day. You got lost in your tasks. Now you discover that you are a little tired, GOOD TIRED, and want to unwind with a wellness activity like creative writing or some time with clay. What a day!

Our Writing Unit handles the newsletter along with thank you letters, marketing projects, and other tasks that require that creative writer's touch. They are also working on publishing an anthology of work done during our creative writing wellness program after our work ordered day is done. This month's newsletter contributors are Delette H, Bren L, and Oscar L.

THE MOON IN THE PALM

a flash fiction by jay robbins

The steam billowed out like he was a coal-powered locomotive fighting the rising plains. His Carhart was a tattered patchwork that bellied hours and days and eons out in unforgiving country. Few could carve a life out here.

He usually left chopping ice to after the morning feed. But keeping calves warm enough to survive the next blow turned his days and nights into interchangeable parts. The axe smashed and scraped. He struggled for purchase amongst the clumps of grass along the crossing. He hoped for bigger openings but the ice had thickened and become belligerent.

He ached. With each swing he ached. Drawing in ice crystals through his nose from the effort tingled and stung. As cold as it was, he doffed his Scotch cap and Carhart, exposing a flannel undercoat.

Scooping out the sludge he saw an opening just big enough for a single snot-covered snout: a single serve watering hole. "Sorry for the inconvenience- Mngmnt"

He went to his knees and saw something floating in the fresh opening. He looked up at the clearing starlight made clear and close and vibrant. A view from the unpopulated high plains of Wyoming God made no match for in all the world.

He looked down again and scooped the object into his cupped hands. Straggling to his feet he kept the delicate orb floating serenely above his gnarled fingers.

It was the moon he held.

And he smiled.

He could chop more.

Thank you for reading!

ROBBIE'S HOUSE	307.460.2627
www.robbieshouselaramie.org	312 E. Custer St Laramie, WY 82070