

# Robbie's House Call



December 2025



## From the Director...

### The self care of forgiveness and boundaries...

Hateful is not a healthy state of being. That is why forgiving and moving on from past wrongs is an act that benefits one's self even more than the transgressor. But forgiveness does not equate to a reset button where you open yourself up again to further harm. We have every reason and right to establish the boundaries necessary to protect ourselves from further aggravation.

Forgiveness and keeping distance, whether that be arm's length or even no contact at all, are not mutually exclusive acts. We can forgive, truly forgive, and still give ourselves the space and surroundings we need for our own wellness.

Tupac Shakur has a quote that I find profound. Regarding falling out with someone, Tupac said it wasn't that he didn't want his ex-friend to eat, it's just he didn't want him to eat *at his table!* What a wonderful thought- to want someone to be ok but not in the same space. It is something I aspire to. To want those who have wronged me to be ok, even great, but from a great distance, sometimes the farther the better.

So for the holidays, I wish, or rather *hope* to wish, that those no longer at my table have a bountiful feast at theirs!

Oscar Lilley

In this newsletter you can expect:

Event Updates and Schedule

**Artist Market November 30th!**

Check out the Legion of the 1000Tens!

**Giving Tuesday December 2nd!**

A Little About Clubhouse

Bonus Essay



## We are at the Artist Market Nov 30th!

For the second year we will be at the Laramie Plains Civic Center (in the big gym) for the Artist Market from 10am to 4pm on Sunday, November 30<sup>th</sup>. This year our focus is angels as seen above. Perfect for the Holidays! We will also have plates, bowls, mugs, and of course our petroglyphs will be there too! Oh yeah, and shirts and hats as well. We are selling everything. Come get the perfect gift for that special someone in your life!

### Schedule

- Nov 18- CPR Training @ IMH
- Nov 27- Thanksgiving (with members offsite)
- Nov 30- Artist Market @ LPCC
- Dec 9- Breakfast @ Robbie's
- Dec 16- Dec Birthdays Celebration
- Dec 18- Holiday Party
- Christmas Eve/ Day- @ RH TBD
- New Years Eve- @ RH TBD

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 47 strong and growing! (Click the donate button on our website)



Believe it or not we don't really enjoy asking for donations. But we can only continue our crucial mission due to the generosity of our community and supporters. Dec 3<sup>rd</sup> is Giving Tuesday, an international day of giving. If for tax reasons you prefer to give at the end of each year, consider donating for this event. If, like many of us, you don't make enough for large end-of-year giving, then consider doing what we all can do- join the 1000Tens and donate just 10 dollars a month, less than a trip to a fast food spot. Either way keeps us going and ensures that we are there for you too when you need us. We are only three spots away from reaching our first 50 in the 1000Tens!

## A Treat from the Kitchen- Parmesan Crusted Sweet Potatoes

We try to create things that members can go home and cook for themselves. Healthy things are best, and we discovered a super yummy recipe that we modified and cooked to perfection.

### Parmesan Crusted Sweet Potatoes

- 1) Wrap the desired number of sweet potatoes in foil and bake on medium heat until tender, about 35 minutes.
- 2) Heat up a non-stick pan (very non-stick) to the heat that beads of water dance across the bottom.
- 3) Spread a generous amount of Parmesan cheese into a puddle in the pan and wait until it is brown and crispy but not burnt.
- 4) Use a large fork to smash the sweet potato down in to the crispy cheese. Flip once to crisp the other side.
- 5) Serve with a dollop of Sour Cream and fresh herbs of your choice. Enjoy.



**Collin Pierce**  
**Participates in NaNoWriMo**

Our writing group decided to give National Novel Writing Month (NaNoWriMo) a try. NaNoWriMo is generally done in November with the goal of writing 50,000 words in 30 days. Collin set his goal at 15,000 words and has stuck with writing 500 words a day this month. What started as a prompt during our weekly workshop now has become the first 40 pages of Collin's novel. Well done, Collin. Thanks for contributing to our writing group so much.

## A Little More About...



# Clubhouse International

Creating Community: Changing the World of Mental Health

### Standard #2

*The Clubhouse has control over its acceptance of new members. Membership is open to anyone with a history of mental illness...* We cherish this standard because it allows for us to interpret membership guidelines in a way that best serves our community. We believe everyone has a history of mental illness, no matter how brief, and that any adult who believes they qualify for our services, wants to be a member of our community, and believes it will improve their wellness, is welcome to become a member.



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 Julie F, Collin P, Delette H, Bobby G, and Oscar L.

# GHOST

## IN TRANSIT

an essay by collin pierce

Sometimes, I feel like a vagabond of fate. I wander through life with no destination in particular. I have plans that I never follow through on. I have dreams that I do not chase. I am adrift in a sea of possibilities, with no idea which to swim toward. It can be difficult being unsure of your purpose. I feel tugs in certain directions, but I seem to lack the drive to go with the flow outside of brief bursts.

I know this will lead to regret in the end, for what kind of journey of any worth begins and ends on the same spot? Yet, here I remain, in parts well known. New horizons are scary. Out there be dragons!

I have a dragon in my psyche. It terrifies and torments me. How can I brave the dangers of the world when my own imagination is scary enough? And truth is stranger than fiction!

However, every once in a while, I say, "Enough! Take that first step! There, you're not so far away. The view is almost exactly the same. Take another. Then another. Yet another. Do you see that path over the hill? See that sunrise behind it? Go there. Go anywhere! Anywhere is better than comfortable here."

Sometimes all you need is that little push. Find your horizon, and walk toward it one step at a time. Just try to take at least one each day, more if you feel up to it. Any journey is possible as long as you keep taking those steps.

I think I'm finally ready to take those first few steps. I have a journey ahead of me. I'm not exactly sure how far I'll get, or where I'll end up, but as long as the path I take makes me happier, it's worth it.

*Thank you for reading!*

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