



Brooklyn
Community
Services

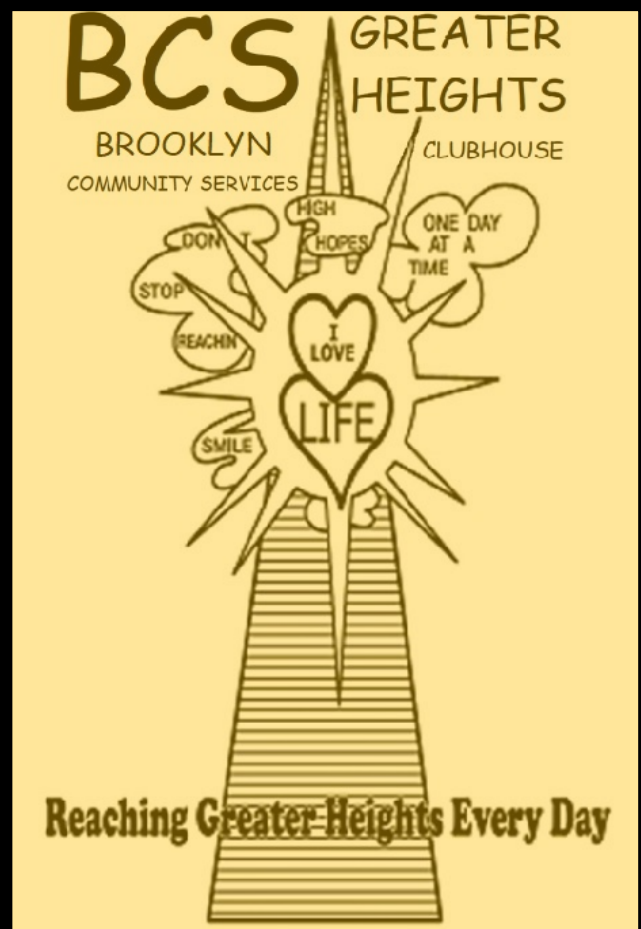
Newsletter Edition #10 of 2023

October 29, 2023



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Month of October

October 1

World Vegetarian Day
International Music Day

October 4

Feast of St Francis of Assisi
World Animal Day

October 5

World Teachers' Day

October 9

Columbus Day (Most regions)
Indigenous Peoples' Day

October 10

World Mental Health Day
World Homeless Day

October 12

National Farmers Day

October 13

United States Navy Birthday

October 17

International Day for the Eradication of Poverty
Black Poetry Day

October 24

United Nations Day

October 26

National Pumpkin Day

October 28

National Chocolate Day
National Immigrants Day

October 29

National Internet Day
National Cat Day

October 31

Halloween

BCS Greater Heights is my Clubhouse

By Tineka J.



I do not know where I would be if I didn't have the BCS Greater Heights Clubhouse. This is my clubhouse and I have been a member here for over five years. Not only does the BCS Greater Heights Clubhouse offers people living with mental illness opportunities for employment, housing, education and access to psychiatric services; it offers friendship and the togetherness of a family in a single caring and safe environment. To be a member means to belong, to fit in somewhere, and to have a place where someone is always welcome. For me, these things cannot be taken for granted. My mental illness would sometimes have a devastating impact, where it separated me from society, causing me to isolate and to reject and detach myself from those closest to me. At the BCS Greater Heights Clubhouse, each person with a mental illness is seen as a valued participant, a colleague and as someone who has something to contribute to the rest of the group. This clubhouse gives a person living with mental illness the opportunity to share in creating his or her own success stories for the community by giving the necessary help and support to achieve accomplishments. Since coming to the BCS Greater Heights Clubhouse I have received my New York Peer Specialist Provisional Certification from the Academy of Peer Services and completed approximately 300 hours of comprehensive in class training at Howie the Harp (HTH) Advocacy Center – Peer Specialist Training Program. If this clubhouse were to shut down or be replaced by an up and coming Clubhouse, it would no longer be my Clubhouse. I like to spend a lot of time here because it is a place you need to be when you are not ready for your day to be over. Each one of our members is given the message that he or she is welcomed, wanted, needed and expected each day and that is what I like, “a family based community.”

On the BCS Greater Heights Clubhouse

By Leon S.



The BCS Greater Heights Clubhouse has a powerful impact not only on our Members, but our Staff also. This is a place where we can be safe and productive. There are many ways that Members benefit from the Greater Heights Clubhouse. We collaborate amongst each other and gain insight on responsibilities, chores, cooking, ways to find housing, build our resumes and work on schooling and our careers. Personally I love my Clubhouse and it wouldn't be fair if we were not able to determine which is our Clubhouse. Greater Heights Clubhouse is a good outlet for me and a great place for real personal growth for us Members. It is our right to choose our own Clubhouse because we are all adults and everyone has their own preferences. This Clubhouse has greatly impacted our lives and that's part of the reason why we love it here. The groups Members can get involved with are both creative and therapeutic. I contribute by running our DTR (Double Trouble Recovery) Group. In this group we share our feelings and find ways to cope with having a mental illness and avoiding drugs. I am very thankful for this Clubhouse. The Members and Staff have a great bond with each other and everyone is treated equally. A lot of us would be in worse situations if it wasn't for the Greater Heights Clubhouse. I have been here since March 2023 and I definitely enjoy helping others and continuing my journey as a Peer Specialist and eventually as an administrator in the field of Psychology. Many members feel like it's a positive outlet, a place to feel accepted, and a place to feel like we belong. Nobody feels like an outcast in our Clubhouse and I feel like this contributes to it being a home away from home for us.

Greater Heights at The USA Clubhouse Conference



On October 26th our Program Director Katrina Grant, BCS Division Director Rose Sauls and Greater Heights Clubhouse Member Helen De Los S. travelled to Salt Lake City, Utah for the U.S.A. Clubhouse Conference.

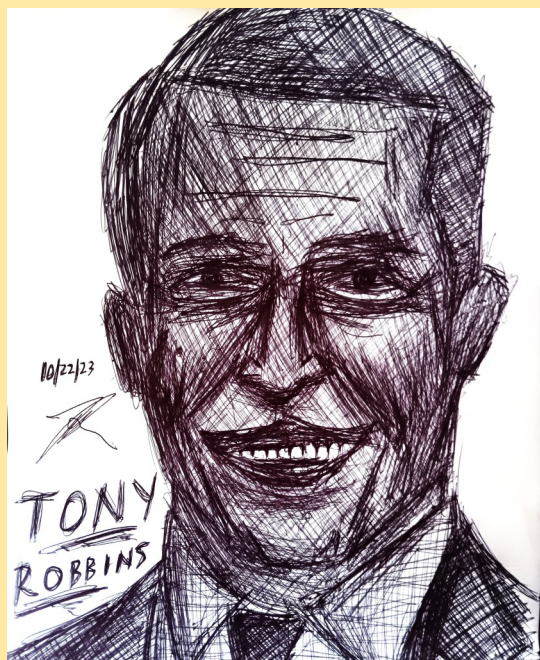
The Conference brings together Clubhouses across the United States for three days of learning, sharing of Clubhouse best practices and networking of ideas and resources at the Hilton Salt Lake City Center. It had been 14 years since our Clubhouse has been able to participate in a conference like this.

Some of the topics that were scheduled to be explored at the conference were:

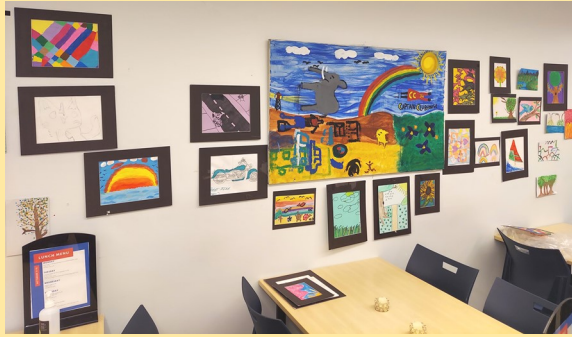
- Clubhouse 101: The *building blocks* of what makes Clubhouse impactful
- How to identify and access funding streams
- Reaching, engaging, and supporting this generation of young adults
- How Clubhouse Coalitions help us grow our impact
- Research highlighting the efficacy of the Clubhouse Model
- How to leverage partnerships to strengthen your Clubhouse
- Renewing your Clubhouse's focus on employment
- Empowering and engaging your board or advisory board
- How to raise our collective voice to change the world of mental health

We are looking forward to our three amazing representatives sharing, with us, the knowledge and ideas that they gained while attending the conference. We are extremely grateful that they made the commitment to represent our whole community in Utah at this event.

Robinson Lorthe Portraits



Why is Art important at the Clubhouse?



Our clubhouse has a lot of artwork. The art shows different forms of expressions and describes our character. Art is a way to articulate different perceptions and emotions in life. Art doesn't only include drawings, literature, dance, songs and painting. It can also be a very good coping skill and form of therapy. A lot of people may not know how to put their feelings into a conversation, but can articulate it through Art.



-Leon S.

Art is a very creative form of expressing yourself. Self-Expression at its best. Art not only can be used to decorate, but also help to bring walls and rooms alive. Art helps to stimulate the mind as well as relieves stress & anxiety.

-Mike M.



In using art as a tool for transformation, we have an opportunity to create a reality as beautiful, healthy and strong as our imagination

Martina Hoffman

You can have fun with Art and do it as a hobby, just a past time. Or you can get serious about it and make a career out of it. It doesn't matter which specific Art you choose to do like the examples the guys mentioned on top, but you can do it as a stress reliever or distraction. On the other hand, you can level up, and make Art for money. The great thing about art is that you can sharpen your skills in a school of Art or you can self-train utilizing books and social media video content. Now coming to the clubhouse Art expression, you can show-off your skills from either both of these realms: Art Education and/or Self-Training. I can't leave this out; you can skip and not do either the schooling and/or self-training and express yourself in any way you want. Make your own Art, your way and your style.

-Miguel C.

Member of the Month

Helen De Los S.



When thinking about our Greater Heights Clubhouse Member Helen De Los S. the first word that comes to mind is wonderful. The reason for this is actually simple, because Helen is truly wonderful in so many ways. She is unusually kind, very smart, highly intuitive and extremely hardworking. She has a commitment to excellence with everything that she does and has a great attention to detail. She has a terrific attitude and is always willing to help out. Helen first came to us during the pandemic via Zoom through BC PROS. During that time she joined remotely on the efforts for creating a community based mental health mural as part of the NYC Mural Arts Project. Helen is shy and extremely soft spoken, but it was clear even through Zoom that she was a person of substance. Subsequently, shortly after we moved into our new building in July of 2021, Helen began coming to the Clubhouse in person. Although she was somewhat reticent to get involved in the beginning Helen got more and more involved as time went on. She was one of the first of our Members to take on a Transitional Employment Placement at the Turn the Page Again Bookstore. Needless to say she did an excellent job there. Watching her growth and increased confidence has been remarkable to see. Although Helen is basically low key and on the quiet side she is definitely a leader and an inspiration for us all here at the Greater Heights Clubhouse. This month she travelled to Salt Lake City, Utah to represent the Greater Heights Clubhouse at the U.S.A. Clubhouse Conference. Thank you so much Helen for being the amazing person that you are and know that we are all proud of all that you do. That is why you were chosen to be our Member of the Month for October of 2023.

My Supported Maintenance Job

By Ronald H.



Through the Clubhouse I started a working relationship with TSINY. I worked with them previously at a TE at their Turn the Page Again Bookstore site. Now I work at TSINY in Jamaica doing a supported maintenance job. I work two days a week. I started the job in May 2023 and so far I really like the job.

Usually my work day starts at around nine AM, however sometimes I start earlier. Once I start, I get the key from the main desk and then start my work by mopping and sweeping the floor in the basement. After I finish the basement I then head upstairs to the main floor and do the same as I do in the basement. After that, I will empty the trash on the seventh floor and start to work my way down the floors. Then I will go to lunch for an hour. After lunch, I will come and finish my job by mopping the floors, and putting out the caution signs out so no one slips on the wet floor. Once I finish my routine, they will let me know of any additional tasks that they want me do. Any work I can't complete on that day I pick up on the next day that I come in.

Working is good for me and I feel appreciated there. When this job is done I hope to start another position.

Two Poems by Robinson Lorthe



Drought by Robinson L.

Morning, the bright and early sun,
Freedom at last, in the form of labor,
Naysayer, I see the wounds that are deep,
Warrants acting brutal,
and your words cause some to weep.

I awake to a drought, inability to produce,
The juice, has run out, it's a time to lose,
A product of overworking that one could choose,
But it's far from an option to sip on some booze.

12 steps, I wonder if it's written in my heart,
A brand new start again, smitten with a pointy dart,
Pricked by an illness, it wasn't really smart,
To go into overdrive, by working so darn hard.

It's rehabilitation, sober living,
Charisma of the simple, and still, that I'm giving,
I wonder how long that this drought will last,
Don't play with burnout, you'll feel horrible fast.



Day One by Robinson L.

Day one, I illustrated, and got compensated,
I suppose green with which I vibrated,
Sat down for a meal,
Then you came by and triggered the "feels,"

You said hi and asked for my name,
Gave yours, but I had no idea you were worthy of being
my dame,
It's game I kicked?
Naw, I just listened and asked questions quick...

Now I don't know if a honey was after money,
But I'm broke as a knob in need of a screwdriver, funny...

I stuck around for many minutes, and
time wasn't in existence, the high was infinite,
My posture was wicked,
Leaning in rather much to listen,
And not enough white in my teeth, to actually glisten...

The body language of a wolf, practicing compassion,
I guess I left my sheep skin at home, talk about fashion,
We took our time, slow like molasses,
And we both had college education,
we had both taken classes!

...it's no wonder why she's on my mind,
Can't leave the thought behind, man, I think she's fine...
Truth is I don't even know if she likes me...
But I'm still trying to be husband material
seeking out a wifey...

My Trip to Hershey Park

by Adam F.



I recently went on a vacation to Hershey Park in Pennsylvania. I went with a guided tour group who deals with people who are physically and or mentally disabled. It was a group of 30 people. The people came from all different parts of the country. I left for the trip September 14th. I took the Amtrak train from Penn Station to Philadelphia and then when I arrived I took a taxi from the train station to the La Quinta hotel. I arrived at the hotel at 3:30 in the afternoon. Then, I met some of the people who were going to be a part of the trip. We went to Cracker Barrel for a meal and then I watched TV and went to sleep. On the next day I woke up, had breakfast at the hotel, then at 10:00 AM a bus came to the hotel and picked us up. We then traveled two hours from Philadelphia to the Holiday Inn hotel. On the bus we watched the movie Annie. The bus driver was a very nice lady. Her name was Maureen. Once we arrived in the area near the park, we had lunch at Panera. Then in the afternoon, we went to Amish country and went on a tour and got a ride on a horse and carriage through Amish country. We really got to experience what life was like in the 1830s. After that we went to dinner at Cracker Barrel and then checked into the Holiday Inn hotel and went to sleep. The next morning we had breakfast at the hotel, then we boarded the bus and Maureen the driver drove us to Hershey Park. When we arrived at the park we went on a tram ride that took us on a tour of the chocolate factory. We saw how they make the chocolate bars and we browsed the gift shop and did some shopping. Then we went to the amusement park. I went on many rides. I went on a rollercoaster the Sky Rush and another rollercoaster named the Candyonium and then went on a third rollercoaster called the Comet rollercoaster. I also went on a ride called the Scrambler and then a ride on the Tea Cups, followed by going on the Carousel and lastly I rode on the Tornado Swing ride. I also went on a Reese's Pieces ride, which is an indoor rollercoaster ride. It is a good thing I was provided with a fast pass because I did not want to wait on long lines to go on rides, because I had limited time. Then at 6:00 we boarded the bus and Maureen our driver drove us to Applebee's for dinner. Then we went back to the hotel for the night. On the next day we had breakfast at the hotel and then we boarded the bus and went to a train museum. We went to the Olive Garden for lunch. In the afternoon we went on a ride on an old steam train from the 1830s and experienced what it would be like to ride on a steam train from that era. The trip was 18 miles round trip and we traveled through Strasberg, Pa.. It was fun and interesting. After that we boarded the bus and Maureen our driver drove us to Cracker Barrel for dinner. We went back to the hotel and we watched TV and socialized and then went to sleep. I had my own room at the hotel. The next morning we had breakfast at the hotel and boarded the bus and went back to Hershey Park, to a museum. At the museum we made our own chocolate bars. We had fun making chocolate bars. We had lunch in the cafeteria at the museum. They had sandwiches and potato salad and salads. We browsed around the museum a bit. Then we boarded the bus and Maureen, our driver, drove us 2 hours back to Philadelphia to the La Quinta hotel where the vacation ended.

Everyone went home with a good story to tell. When we arrived back at the La Quinta hotel, I took a taxi back to the train station and took my first ride on the Acela train back to New York City Penn Station. The Acela train ride took one hour to go from Philadelphia to Penn Station. The Acela train is capable of going 150 miles an hour. It was the fastest train I ever rode on. When I from Penn Station in NYC to Philadelphia I took the regular Amtrak train. The commute for that was 90 minutes. The commute from Philadelphia back to Penn Station in NYC on the Acela train took only 60 minutes. It was very fast!!

I really had a nice time on the vacation and was sad when it ended. I wish I could do it all over again. I would highly recommend this type of trip and am hoping that next year the Greater Height Clubhouse can plan a trip to Hershey Park. We will be guaranteed to have lots of fun and a great time. And like Forest Gump Said "Life is like a box of chocolates. You never know what you are going to get."

(Editor's Note: Go to Page 12 to see the pictures from Adam's Hershey Park Vacation)

Images From Adam F.'s Vacation at Hershey Park



Religions- By Sal B.



Both the Christian and Muslim religions are based on the idea of monotheism, the idea that there is only one God. The Christian religion has different denominations such as Episcopal, Lutheran, Jehovah's Witness, Catholic etc. which interpret the bible differently but they agree that god is a god that considers everyone to be equal, and talks of love and forgiveness and the forgiving of other people. In the Christian religion God gave his only begotten son who was crucified on the cross to save to us from our sins.

According to the book Muhammad the messenger of Allah written by Abdurrahman Al-Sheba, the first war was between Muhammad and his followers and pagans. Muhammad overcame the people who had harmed and tortured him and his companions with every conceivable kind of cruelty. The pagans had run, fleeing for their lives and left their goods and property behind. The prophet Muhammad after conquering the pagans at Makkah said to them, "go you are free" and he gave them back their goods and property. This is because Allah is a forgiving God who talks of love and mercy and forgiveness and forgiving of other people. As it states in the Koran, we are all considered to be equal. According to the news show Sixty Minutes these terrorists got their idea from a writer during the 18th century that interpreted the Koran.

In contrast the idea of reincarnation believes that we have many lifetimes after going to heaven and coming back to earth. The four types of Buddhism are Theravada, Mahayana, Hinayana and Vajrayana Buddhism. It is a common misconception that Buddhists do not believe in hell. There is only one Buddhism belief system that says there's no hell. One Buddhism describes hell as a place of nightmare and another describes it as a time period of a hundred thousand years and your made to do things like drink hot boiling water, and there are special places in hell for people like Hitler.

In conclusion whether it's the Christian religion the Muslim religion or Buddhism, the core of these religions is that we are all equal and whether it's God the father, Allah or Buddha, it's someone that talks of mercy forgiveness and having people forgive others.



Clubhouse Birthdays



October Birthdays

Tanya 10/1
 Bobby 10/1
 Erica 10/1
 James 10/1
 Albert 10/2
 Lisa 10/9
 Tobaris 10/9
 Patrick 10/15
 Alex 10/16
 Chibuzo 10/16
 Martha 10/20
 Adam 10/22
 Jeffrey 10/23
 Malaizia 10/25
 Sandra 10/28
 Rayven 10/29
 Anika 10/31

November Birthdays

Jason 11/5
 Heriberto 11/5
 Winston 11/6
 Cliff 11/7
 Thomas 11/7
 Ross 11/7
 Richard 11/11
 Maurice 11/12
 Franky 11/16
 Ronald 11/20
 Rush 11/20
 Linda 11/22
 Rifat 11/29



Getting to know our Member James D. by: Leon S.



Leon: How did you find out about the Clubhouse?

James: I heard about it through my therapist.

Leon: How long have you been coming here?

James: I have coming been here for a couple years now.

Leon: How has your experience here been so far?

James: It has been half good and half bad.

Leon: What do you like best about the clubhouse?

James: The Members and the Staff.

Leon: What are some of your interests or hobbies?

James: I like to exercise and I like to read.

Leon: Do you have any hopes and dreams for the future?

James: Yes, I have interest in working.

Leon: Is there anything else you would like to share about yourself?

James: No, that's about it.

Getting to know our new Member Tyreek H.

by: Leon S.

Leon: How did you hear about our clubhouse?

Tyreek: I heard about it through another clubhouse member.

Leon: How long have you been coming here?

Tyreek: I have been coming her since October 17th 2023.

Leon: How has your experience here been so far?

Tyreek: It has been very well. I met cool new people and I have a lot in common with certain members.

Leon: What are some of your interests or hobbies?

Tyreek: I like to play basketball, listening to music, take walks, play video games and cook.

Leon: Do you have any hopes and dreams for the future?

Tyreek: I want to get married, have kids, got to college and become a lawyer.

Leon: Is there anything else you would like to share about yourself?

Tyreek: I'm very caring and like to help people.

October—Halloween **and My Birthday** **by Tanya D.**



Halloween

Come on everybody and celebrate Halloween! it's time for a spooky night and children wearing their scary costumes. The ghosts are flying around the sky. The children are scared and they are running from the monsters.

Despite this, children go to knock on each door to get some treats. For me, I just want to say happy Halloween to everyone.

My Birthday

I was born on October 1, 1976. My parents were very special to me and they took care of me. People said I was a very cute baby and each time that I went somewhere that I always cried. I just want to say my birthday, October 1st, is very special to me and I will always celebrate my birthday whenever October 1st comes around.

Sal B.



Open letter to a friend

An open letter to my friend Brian Barghaan:

You had a disease similar to muscular dystrophy, you were in a wheelchair. You were always in a good mood. I'll never forget the great times we had together. You were an inspiration, you made me fight for 30 years and for the rest of my life. In 1996 I was working, my parents only charged me \$200 a month rent, I was in Trafalgar Square England. I was in Rome and Florence for 7 days in 2009. I also went to Punta Cana, Dominican Republic and I saw the capital in Santo Domingo. I wouldn't have seen the 5 Broadway shows I saw. I wouldn't have survived what I survived, if it wasn't for my friend Brian. The love of a good woman, marriage and family, none of this would have been possible if it wasn't for my friend Brian. Breathlessness, breathlessness, of the mind heart and soul. Girl I know you're out there, my heart beats to a drum of compassion and passion. Flowers, sun of shine and sight into eternal ecstasy. Plucked, one to one, souls as one, on fire, being there for each other, doing for each other, romancing you like the Queen that you are to a transfixed desire of marriage and family. The greatest moment of my life will be when my wife gives birth to my son or daughter.

My Role Model Columbo by Juanita M.



My role model is Columbo who is a character in an American crime television series. The actor who plays Columbo is named Peter Falk. In this series, Columbo is a homicide detective. Homicide means the killing of one person by another and detective means a person whose job it is to solve crimes. He is my role model because he gets right into what he has to do and he gets the job done. Some of his special qualities are he is compassionate, caring, smart, and serious about his job. He is someone I would like to spend time with and know. I watch him all the time, that's my favorite man, he gets the job done!

If I could spend a day with Columbo I would like to have lobster for lunch with him in the city and talk to him about his life. I would ask so many questions ... What is your name and how is your job going? Where do you live at? Do you have kids? If you do, can I meet them? And what should I do if I see your family? Should I ask questions? Would you like to go out and have fun and just keep talking?

If this happened I would know what to do, just enjoy my time with the person I am with and his name is Columbo. I am in love with him because he gets the job done and you don't have to worry about it at all.

SPEAKER of the HOUSE

by Robbie H.



It took 15 tries before Kevin McCarthy was voted in as Speaker of the House of Representatives. To get the vote, Mr. McCarthy had to make promises to the extreme right wing of his party to get their vote. McCarthy has difficulty keeping his promises and long story short, he was voted out by Republicans and Democrats. It probably didn't help his cause any when he tried blaming Democrats for the mess in the House of Representatives.

It has been 2 weeks now and the Republicans still cannot seem to put their differences aside and elect a Speaker. We are witnessing history in a very sad way. They recently nominated Rep. Jim Jordan, an alleged insurrectionist, but he did not have the votes, thankfully. The House Republicans are in total disarray and even with Jordan allegedly attempting to strong arm many of his fellow Republicans he still fell short by 20 votes. This episode is symptomatic of a historic Republican divide in the House. It's not just over ideology but also over trust in their leaders to find a path for compromise that would unite the party.

Nothing can get done without a Speaker as per the US Constitution. In one month the Government will run out of money and SHUT DOWN! SSI checks will still go out but Government employees and our Military will NOT get paid! Many workers will be laid off, at least temporarily until they, the Republicans, can get their act together.

Much of the recent discussion over the House Republican divisions tries to frame it along the right-left ideology. Compromise between Democrats and Republicans is the only way a two-party system can work. The "Trumpicans" aka MAGA Republicans along with their twice impeached, multi indicted, 91 Felony counts leader, Mr. Trump would love to have the government shut down because they believe it would look bad on President Biden and the Democrats. In doing this people will suffer and other countries will look down on us. Meanwhile our enemies jump up and down in glee and our country is at risk. Beyond that it really is our whole democracy that is at risk.

(Editor's Note: The Republican Congressman Mike Johnson a Religious Conservative from Louisiana was confirmed as the 56th Speaker of the House on October 25th)

Never Too Late by Leon S.



I used to wonder if it was too late,
But you give me peace and your worth the wait,
You're the last thing I think about at night
and first in the morning,
And you're the one who I am calling,
This is just a sample of how you make me feel,
And with a bond like this our spirits have been healed,
Your heart is the only thing I wanna steal,
And prove to each other that this relationship is real,
So imma be brief because I can go on all day,
So realize this is true and with me you're okay.
Protection, words of affirmation,
trust are some of the qualities I have,
And believe me your stress will remain in the past.

**It is with Profound Sadness that we have to
announce the passing this month of our
Great Member **Sergio C.****

In Loving Memory

10/1978 to 10/2023



Admiration by Robinson L.

We met last week,
I guess one thing you liked was
that I came off a little meek,
A little empathetic,
Now I'm composing a little rhetoric,

Because you inspire me on some level,
Angel on a shoulder, other a devil,
She loves me, she loves me not,
But the day you approached me
I must've smelled like guap...

It's the little things,
I sing songs here and there,
When I'm motivated by infatuation,
Maybe it's time
to put to the test some action...

You see, you understood me in 40 minutes,
And I don't know if I'm on your mind,
There's stuff I would do,
to put this admiration behind,

I'm wounded by the prospect
that you might not be the one,
Because I know my spirit,
maturity may care less for fun,
But you know that,
you're just taking things slow it seems,
You're still a mystery to me...

But I have role models in the form of men,
who handle business,
Walk tall, like opportunities are infinite,
I'm still cautious
around souls that strike me as wicked,
It's not everyday love is given to this misfit,

The hiss fits. The problems.
Maybe I
lack experience.
Maybe I dream too much.
To pledge any allegiance.

Grass is greener on the other side.
I can see you as a bride.
But I don't know about mine.
Because once the wounds come.
I can promise you I'll have to think twice.
So please talk nice.

Two More Poems from Robinson L.



Ashes by Robinson L.

Time movin' slow,
I wonder how many bad impressions,
Can add up to evolution,
Because my inner child got me computin'...

It's grave, how many souls,
I have an idea, manifest into haters,
Either because they were naturally born,
Or didn't invest into anything but the principle of scorn....

He got charisma, a cult-like following,
But do they know about the pills that he's swallowing,
Momentary pain, in which I was wallowing,
Resurrected like a pheonix awakening,
flames that'll bake a cake...

It's repetition, invention stems from it,
When the heart is creative,
Caffeine makes elated,
My heart and mind,
And yet, he returns to the grind...

Greater Heights Clubhouse Halloween Party 10/31/23



Come One Come All!!

**Costumes, Food, Music, Dancing, Halloween
Fashion Show, Candy and Good Spirits**

Save the New Date...

28th Anniversary Party

Join us as we celebrate an Anniversary Celebration

At BCS Greater Heights Clubhouse

FKA East New York Clubhouse

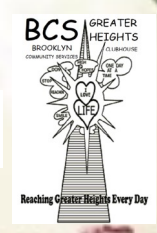
When: Tuesday January 9th, 2024

11:00 AM—4:00 PM

@

980 Halsey Street

Brooklyn, NY 11207



Greater Heights Sports Column

NFL

Now in week eight, the NFL season is closing in on the regular season halfway point and last year's Super Bowl runner up, the Philadelphia Eagles, are sitting at the top of the NFC and the whole NFL with a league best record of 7 and 1. The AFC has four teams (Chiefs, Dolphins, Ravens and Jaguars) all with records of 6 and 2, tied at the top of the Conference. On the local front, the New York Jets have moved forward past the devastating season ending injury of QB Aaron Rodgers to be competitive. With backup QB Zach Wilson under Center they are the only team to have defeated the Philadelphia Eagles and after dramatically beating the local counterpart New York Giants this weekend, 13 to 10 in overtime, they have a winning record of 4 and 3. The New York Giants have been riddled with injuries and have been largely disappointing thus far, with a record of just 2 and 6. Though their defense has been coming on strong as of late, the Giants have not been able to find the overall form that led them to a surprise playoff spot last season.

MLB

The 12 teams that started at the beginning of the month in the MLB playoffs has been reduced to the final two participants. The World Series matchup between the Texas Rangers and the Arizona Diamondbacks was not predicted by any experts of the sport. Nonetheless they have emerged from the pack to meet up in the Fall Classic, while the teams with the best regular season records (Atlanta, the Dodgers, Baltimore, Tampa Bay and Milwaukee) were all knocked out in their initial round matchups. In fact, those five teams lost 13 of the 14 playoff games that they played in this postseason. The league Championship series featured the participants in last year's World Series, but the defending World Champion Astros were knocked off by the Rangers in the ALCS in seven games, with the road team taking every game in the series. The Phillies also were stopped one game short of a repeat visit to the Series in the NLCS when the upstart Diamondbacks, the lowest seeded team in the entire playoffs, came back from a three games to two deficit to win the final two games in Philadelphia and move on to the Series. So far the World Series is tied at a game a piece. The Rangers won an exciting game one in eleven innings 6 to 5, but the Diamondbacks came back and took the second game 9 to 1. On the local front the New York Mets let Manager Buck Showalter go after the Mets finished the disappointing 2023 season. Showalter led the Mets to a 101 victory season in 2022 and was named the MLB manager of the year. However, he did not survive the Mets poor 2023 performance and new President of Baseball Operations David Stearns desire to start out with his own people in place. The New York Yankees finished with an above five hundred record for the 31st consecutive year, but missed the playoffs and generally underachieved. They will be looking at what they can do differently in 2024 so that they can return to their typical spot in the Baseball Postseason tournament.

NBA

The NBA regular started on October 24th and the New York Knicks and the Brooklyn Nets have begun their seasons. The Knicks played three games and have lost two and won one. The Nets have lost both of their games so far. The defending champion Denver Nuggets have started off well winning their first three games and led by, former league MVP, Nikola Jokic hope to repeat and win another NBA title.

NHL

The NHL regular season began on October 10th. The three locals: the New York Rangers, the New York Islanders and the New Jersey Devils all have started the season on relatively positive notes and all three have winning records thus far. None of these teams have won a Stanley Cup in a number of years, but hope for a run to the Cup this year is shared by all three of the locals. The defending Champion Las Vegas Golden Knights and the Boston Bruins have both started the year with a bang and they are the only two teams in the league that have yet to lose a game.

Advisory Board Column

October 2023

The Greater Heights Clubhouse Advisory Board is a critical component to the successful running of our Clubhouse. They bring wisdom, experience, guidance and a high level of support to the BCS Greater Heights Clubhouse. Their presence and caring input helps us to survive and thrive. With the city of New York potentially reconfiguring the landscapes of Clubhouses throughout New York City our Advisory Board's assistance is more critical now than ever. While our Advisory Board does wonderful work, it would be enhanced significantly with more Clubhouse Members joining the board. We are asking you to look inside yourself and see if you can find the desire to join and participate on the Board. Every single Clubhouse Member has something valuable to offer our Advisory Board. These are critical times and we need as many of you as possible to contribute. Please think about it!



BCS Greater Heights Clubhouse (FKA East NY Clubhouse)

The primary goal of BCS Greater Heights Clubhouse is to assist our members in their process of recovery from the effects of persistent mental illness and social barriers. We strive to help people to integrate more fully into their communities and to live more independent lives. Our ability to succeed depends on the generosity of the wider community. If you would like to support our cause, please contact us by email: kgrant@wearebcs.org
Donations can be sent to:

BCS Greater Heights Clubhouse C/O Katrina Grant at 980 Halsey Street Brooklyn, NY 11207.

FYI: Checks must be made payable to **Brooklyn Community Services**. PLEASE identify that funds are dedicated to the BCS Greater Heights Clubhouse. Thank you!

BCS Greater Heights is dedicated to the principles of self-help, peer support, employment training and placement, by focusing on our Members individual strengths and talents.

Important Note: *Currently our hours of operation are Tuesdays, and Fridays from 9 AM to 8 PM, as well as Mondays, Wednesdays and Thursdays from 9 AM to 5 PM. We also will be open on the second and fourth Saturdays of the month and possibly on some Holidays from 1 PM to 5 PM. Additionally, we will continue to operate a virtual platform for remote participation at specific prescheduled times.*

BCS Greater Heights Clubhouse
980 Halsey Street
Brooklyn, New York
11207
(718) 235-5780
greaterheightsclubhouse@gmail.com

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Brooklyn Community Services