



Brooklyn  
Community  
Services

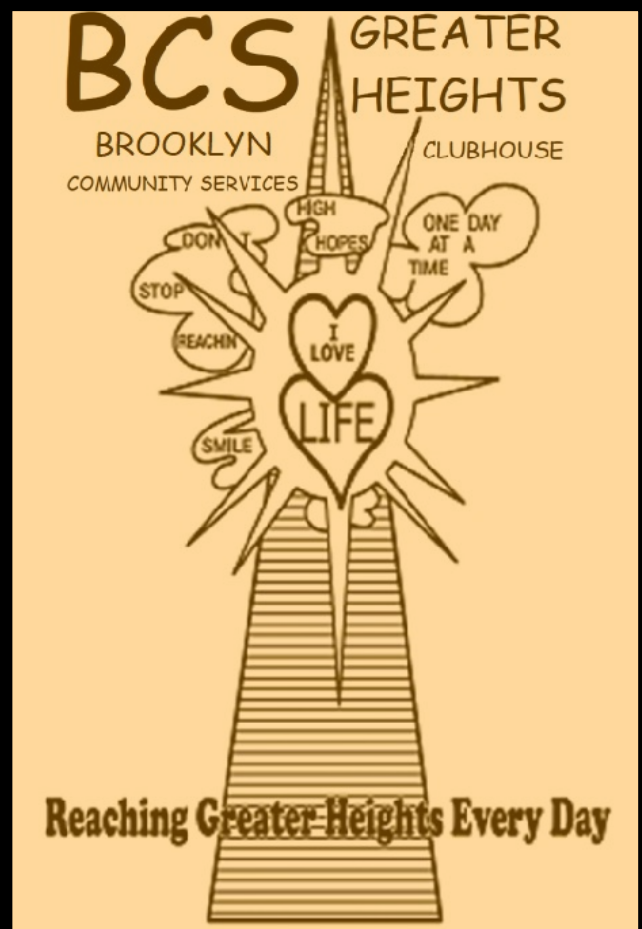
**Newsletter Edition #11 of 2023**

**November 30, 2023**



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# Month of November

**11/1 World Vegan Day** is an annual event celebrated by vegans around the world every first of November through activities such as setting up stalls, hosting potlucks, and planting memorial trees.

**11/7 Election Day** happened across the United States on the first Tuesday of the month on November 7th. One Election for Federal office, plus elections for various State, City and local municipalities offices happened as well as some important ballot proposals.

**11/11 Veteran's Day** is a federal holiday in the United States observed annually on November 11, for honoring military veterans of the United States Armed Forces (who were discharged under conditions other than dishonorable).

**11/13 Sadie Hawkins Day** is an American folk event and pseudo-holiday originated by Al Capp's classic hillbilly comic strip *Li'l Abner* (1934–1978). This inspired real-world Sadie Hawkins events, the premise of which is that women ask men for a date or dancing.

**11/16 International Day for Tolerance** "Tolerance is **respect, acceptance and appreciation of the rich diversity of our world's cultures, our forms of expression and ways of being human.**" In 1996, the UN General Assembly adopted Resolution 51/95 proclaiming November 16th as International Day for Tolerance.

**11/23 Thanksgiving Day** is a positive and secular holiday where we celebrate gratitude. It's also a celebration of the fall harvest. The celebration began with the Pilgrims, who in 1621 called it their "First Thanksgiving." It's a holiday that's perfect for gathering with loved ones and expressing gratitude for our blessings. For others however it is just about watching some Football and eating some good chow (Turkey, Stuffing, Pumpkin Pie or whatever is being served).

**11/24 Black Friday** is a colloquial term for the Friday after Thanksgiving in the United States. It traditionally marks the start of the Christmas shopping season in the United States. Many stores offer highly promoted sales at discounted prices and often open early, sometimes as early as midnight or even on Thanksgiving. Black Friday has routinely been the busiest shopping day of the year in the United States.

# Urgent Appeal to Prevent the Closure of Small Clubhouses by Helen De Los Santos



My name is Helen De Los Santos, and I am writing to you today as a concerned Member of BCS Greater Heights Clubhouse to express my deep sadness and fear regarding the potential closure of small clubhouses within our area. I firmly believe that these important community spaces play a much-needed role in fostering social connections, personal growth, and overall well-being.

No matter the size, they provide a nurturing environment where people can come together, share experiences, and develop meaningful relationships. The closure of these small clubhouses would not only strip our community of a vital resource but also have consequences for the individuals who rely on them.

Take me for example. I was chosen unanimously by the Greater Heights Clubhouse to be the Member to represent them at the 2023 Clubhouse International Conference in Salt Lake City, Utah. I felt honored. I felt that I mattered. I felt seen. Once there, I have met with Staff and Members from both small to large clubhouses where ideas and contact information were exchanged.

From the many inspiring, motivating and funny stories that were told, the closure of small clubhouses would increase the challenges faced by these individuals, leaving them without the necessary support network to overcome their difficulties. They empower individuals to regain control over their lives and ease back into society. Clubhouses are life changing and lifesaving.

Just from the different workshops/sessions that I attended, I had a deeper understanding on why clubhouses matter. The purpose of clubhouses and how it is run- is a model that works.

BCS Greater Heights Clubhouse is the first clubhouse I ever attended and I will keep attending it even after I move to the Bronx, NY. It is because of the BCS Greater Heights Clubhouse that I am not just back but better. It has been a long journey of me having support and finding my voice regardless of how soft spoken I am.

Not only that but, it was this Clubhouse where:

- I worked my first job in over a decade and where I was hired immediately a day or two after my job interview where I was told that NEVER happened.
- I got help in opening my first bank account to deposit all my money from working at the used bookstore in Queens, NY.

Furthermore, the closure of these clubhouses would not only separate our community but also cease the growth and development of future generations. By investing in these important community spaces, we can ensure that they continue to thrive and positively impact the lives of countless individuals.

# My Journey at Howie the Harp

## by Tineka Johnson



Thursday, October 19, 2023 was my last day of in class training at Howie the Harp – Advocacy Center’s, Peer Training Academy. For the last 14 weeks I completed approximately 300 hours of comprehensive peer provision training in areas related to personal development, professional competencies/skills, and work readiness. Topics learned during the training included motivational interviewing, Wellness Recovery Action Plans (WRAP), person-centered planning, and appreciative inquiry. On October 18, Howie the Harp hosted an internship fair; where over fifteen sites came in to interview up and coming Peer Support Specialists that would graduate the program. I interviewed with several sites that included CASES IMT, CASES Pre-trail services, Project Find, Goodwill, Catholic Charities, and Rainbow Heights. Out of all of the sites one of them stood out, which was CASES IMT. To my surprise, they were interested in me as well and decided to offer me an internship with their company. Based in Bedford-Stuyvesant Brooklyn, CASES IMT is a part of NYC Safe, and serves a caseload of at least 25 people. Often these individuals struggle to access and remain in treatment while also struggling with housing insecurity and other obstacles to basic needs. The program includes a variety of community based clinical treatment, psychosocial rehabilitation, and peer support services available 24 hours a day for seven days a week. This team provides services in clients preferred settings in the community, establishing trust and building relationships to support long term work of recovery from behavioral health needs; while addressing challenges that increase exposure to hospitalization and the criminal justice system. Family is not always a reliable source of help and sometimes those who deal with mental health challenges need somebody to call on when they feel lonely. I can’t wait to be that person who helps a peer make better connections with the world around them.



# Living With Parkinson's by Robbie Heier



Living with Parkinson's makes life more of a challenge. You can and I personally have had more gastro-intestinal issues. It can and does affect moods, sleep, movement and memory. It can also affect your walking and in fact it does affect walking in my case, so I have to focus on heel-toe if I'm tired or feeling blue.

Parkinson's can be caused by different factors, the one that caused mine was a combination of over medication of certain specific psych drugs. Parkinson's causes the dopamine-producing nerve cells in the brain. Without dopamine, it takes longer to do things, even every day stuff. I usually have to think about what I want to do as opposed to just doing it. I have lots of problems eating and swallowing. Also food doesn't taste the same.

There are 3 main types of Parkinson's:

1) Idiopathic Parkinson's simply means the cause of it is unknown, however, the symptoms are the same, tremors, rigidity, and slowness of movement.

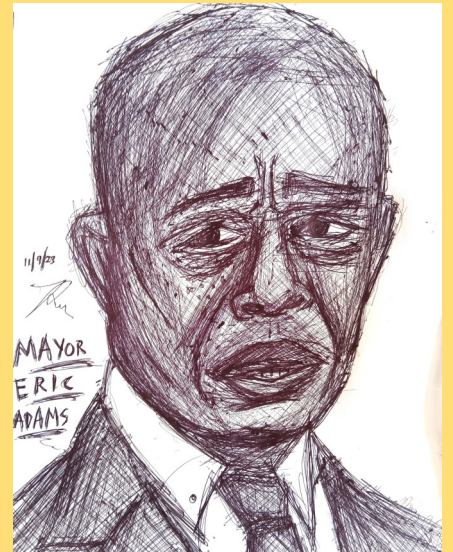
2) Vascular Parkinsonism affects people with restricted blood supply to the brain. Sometimes people who have had a mild stroke may develop this form of Parkinsonism. Common symptoms include problems with memory, sleep, mood and movement.

3) Drug-induced Parkinsonism (which is what I have) Some drugs can cause Parkinson's for example:

Neuroleptic drugs used to treat Schizophrenia and other psychotic disorders which block the action of the chemical dopamine in the brain. This type of Parkinson's usually won't last long after eliminating the drug. However, not so in my case because I've been taking meds for this for 4 years. It makes life more of a challenge but like everything else, you adapt.



# Robinson Lorthe Portraits





# Black Hoodie by Robinson Lorthe



Why would you cross the street when you see me?  
Or run away?  
It's my job to care,  
Because a cold heart would be a shame.

You fear me, provoke me,  
Treat me like a boogie man,  
If you weren't acting cowardly,  
You should know that I would be glad.

But I would be mad,  
Because deep down I hate you too,  
Pray that you would be damned...  
Because you started it, originally, considered, you would be fam...

But now. You see the media.  
You see the color of my skin.  
An aggressive walk,  
The black hoodie that I am in...

And pardon me if I sound like a bully,  
But your biased perspective irritates me, quite fully...

People like you have inborn traits,  
That perpetuated a long history of hate...

How can you ignore someone's pain.  
I just wanted friends.  
I understand you may have had bad experiences, but those are really fearful "coping skills,"

Treat me like a heathen.  
This is how I feel

# Member of the Month

## Juanita Mills



When choosing a Member of the Month you look for certain qualities and although every single Member of the Month is a unique and different individual, they all have certain special qualities that make them stand out. This is certainly very true of our Member of the Month, this month, Juanita Mills. To say that Juanita is a dynamo would be an understatement. Her energy and work ethic is stunning to watch. Watching her clean the kitchen is a true sight to behold. She takes on many tasks here and always does them in an outstanding way. She exudes positive energy and makes everyone around her feel good. Although she joined the Clubhouse just this summer, she has quickly impacted the community in a very positive way. She is extremely proactive and figures out what needs to be done and does it before it goes on a list of things to accomplish. Beyond that, she has a sparkling personality and is highly likable. Juanita is very honest and direct, so she will always give it to you straight and that is a very refreshing quality. We believe in her and her abilities to accomplish whatever she puts her mind to. We are so fortunate to have her here in the Greater Heights Clubhouse. She is a loved and respected Member of this community and for all of that and more is why Juanita Mills was chosen to be our Member of the Month for November of 2023.



# Time Traveler by Juanita Mills



**The Good News:** You've just discovered a working time machine!

**The Bad news:** You know it works because it took you to the past and you are now stuck in an unknown year.

I stumbled across a big round ball at the Clubhouse labelled "time machine". I decided to try it out and it worked! Unfortunately, I'm stuck. I don't know what year I am in but I can tell my clothes are different from everyone else. I can see a woman and she is in a wedding dress. The dress is white and dirty with puffy sleeves and a long train. Her hair is curly. There are lots of people around, I see an old church and she is headed that way. It's a big church and I follow her inside trying to figure out where I am, when I am, and how to get back to 2023. I thought to myself, the dress is dirty because she must not have a washing machine, the guests look like skeletons like you can see them but you can't feel them and I realized they must not have enough to eat or they are sick. I took a guess that the year must be 1348 during the Bubonic plague or Black Death. Oh no! I'm stuck and I don't want to get sick. Out of the corner of my eye I see an orb. I run to it and return to the year 2023! Thank goodness I am home at the Clubhouse!

## Rosalynn Carter - First Lady and Mental Health Advocate passes away at 96

On November 19, 2023 former first lady Rosalynn Carter passed away at the age of 96. She was the first lady during her husband Jimmy Carter's Presidency from January 1977 until January 1981. As first lady Rosalynn Carter was a great champion for specific causes.

One of her chief causes was Mental Health. She said that, "For every person who needs mental health care to be able to receive it close to his home, and to remove the stigma from mental health care so people will be free to talk about it and seek help. It's been taboo for so long to admit you had a mental health problem."

Rosalynn Carter was way ahead of her time in championing for Mental Health treatment and rights. She advocated for the passing of the Mental Health Systems Act of 1980 (MHSA). It was important United States legislation signed by President Jimmy Carter which provided grants to community mental health centers. The MHSA was considered landmark legislation in mental health care policy. Unfortunately, newly elected President Ronald Reagan repealed most of MHSA when he got into office.

Undaunted, Rosalynn Carter moved ahead and created and served as the chair of The Carter Center Mental Health Task Force, an advisory board of experts, consumers, and advocates promoting positive change in the mental health field. She hosted the annual Rosalynn Carter Symposium on Mental Health Policy, bringing together nationwide leaders in the mental health field.

In April 1984, she became an Honorary Fellow of the American Psychiatric Association and served as a board member emeritus of the National Mental Health Association. In 1985, she started the Rosalynn Carter Symposium on Mental Health Policy. The launch and its proceeds allowed representatives of mental health organizations to come together and collaborate on prominent issues. The success of the symposium led to the creation of the Mental Health Program in 1991. Carter established the Mental Health Task Force that same year to guide the Symposia as well as other Mental Health programs. She became chair of the International Women Leaders for Mental Health in 1992, and three years later she was honored with the naming of the Rosalynn Carter Mental Georgia Health Forum after her.

The Rosalynn Carter Fellowships for Mental Health Journalism provide stipends to journalists to report on topics related to mental health or mental illnesses. The one-year fellowship seeks to promote public awareness of mental health issues, as well as to erase the stigma associated with them. In September 2004, Carter met with the recipients of the eighth annual Rosalynn Carter Fellowships for Mental Health Journalism at the Carter Center.

In 2007, Carter joined with David Wellstone, son of one-time U.S. Senator Paul Wellstone, in pushing Congress to pass legislation regarding mental health insurance.<sup>1</sup> She and Wellstone worked to pass the Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act of 2008 which requires equal coverage of mental and physical illnesses when policies include both types of coverage. Furthermore, both testified before a House subcommittee regarding the bill in July 2007.

Legislation requiring parity in health insurance coverage for treatment of mental illnesses was ultimately passed and signed into law in October 2008.

Rosalyn Carter was one of our greatest First Ladies. She lived a long and productive life and her resolute commitment to Mental Health is a shining beacon for prioritizing its proper place in all public policy decisions.



# Dr. Martin Luther King Jr.

## by Delisa Bynum



Dr. Martin Luther King Jr. Was born Michael King Jr. on January 15 1929. He died on April 4 1968. He was an American Baptist minister, activist and political philosopher who was one of the most prominent leaders in the civil rights movement from 1955 until his assassination in 1968. A Black church leader and a son of early civil rights activist and minister Martin Luther King Sr. Dr. King advanced civil rights for people of color in the United States through nonviolence and civil disobedience. Inspired by his Christian beliefs and the nonviolent activism of Mahatma Gandhi he led targeted nonviolent resistance against Jim Crow laws and other forms of discrimination in the United States.

King participated in and led marches for the right to vote, the desegregation of labor rights and other civil rights. He oversaw the 1955 Montgomery bus boycott and later became the first president of the Southern Christian Leadership Conference (SCLC) as president of the SCLC he led the unsuccessful Albany movement in Albany Georgia and helped organize some of the nonviolent 1963 protests in Birmingham Alabama. King was one of the leaders of the 1963 march on Washington D.C. where he delivered his famous I have a dream speech on the steps of the Lincoln Memorial.

The civil rights movement achieved pivotal Legislative gains in the civil rights act Of 1964, the voting rights act of 1965 and the fair housing act of 1968. On October 14, 1964 King won the Nobel peace prize for combating racial inequality through nonviolent resistance. In 1965, he helped organize two of the three Selma to Montgomery marches. In his final years, he expanded his focus to include opposition towards poverty, capitalism, And the Vietnam war. In 1968, King was planning a national occupation of Washington D.C. to be called the poor people's campaign when he was assassinated on April 4 in Memphis, Tennessee. His death was followed by national mourning, as well as anger leading to riots in many U.S. cities. King was posthumously awarded the Presidential medal of freedom in 1977 and the congressional gold medal in 2003.

Martin Luther King Jr. day was established as a holiday in cities and states throughout the United States beginning in 1971. The federal holiday was first observed in 1986. Hundreds of streets in the U.S. have been renamed in his honor and King county in Washington D.C. was rededicated for him. The Martin Luther King Jr. Memorial on the national mall in Washington D.C. was dedicated in 2011.

# Without a Clubhouse

**By Doris Thomas**



Without a clubhouse it would be hard to live my life. I come to my Clubhouse mainly for peace of mind and it would simply be a shame if it gets shut down. I really love it for the hope I get from it, the family feeling of connection that happens because of the lovely people that I normally see there who sincerely connect with me and the helpful Staff who dedicate their services to Members of the GHCH every day. This Brooklyn based Clubhouse makes me feel like I'm involved in the community.

When I first came to Greater Heights back in May of 2022 it was my decision to do so. I can now say, looking back, that it was a great decision. If the Clubhouse were to close it would be terrible and I wouldn't want anybody to tell me which Clubhouse to go to because the one I attend is like a home to me. Please keep our Clubhouses open!



# About My Family by Delisa Bynum



*(Delisa and Makeba Bynum)*

My two grandnieces Evelyn Miller who is in the fourth grade and Andelina Miller who is in the seventh grade are both in school and doing very well.

Also my granddaughter Kayla Bynum is very smart in school and draws great pictures and my other granddaughter Sakiya Bynum is very smart in school also and likes to do singing.

I want to say that I really miss my daughter Frenette Bynum (may she rest in peace) and I miss my ex-husband Willie Bynum too. I hope they are looking down on my family from above and the heavenly god blesses them all.

My other daughter Makeba Bynum really misses her sister Frenette and she misses her father Willie Bynum and I will say again that may they both Rest in Peace.

Love from me, Delisa Bynum and Makeba's Stepfather William Hines



# Clubhouse Birthdays







## 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

## December Birthdays

Demetrius 12/3

Olive 12/4

Phillip 12/5

Carline 12/7

Jaclyn 12/8

Millicent 12/9

Anthony 12/12

Rodolfo 12/13

Edward 12/13

Susan 12/18

Henry 12/19

Stephanie 12/19

Calvin 12/19

Bernice 12/19

Jamal 12/27

Tineka 12/27

Rodney 12/27












# Vivian Silver She Walked the Walk by Bill Lampert



*(Vivian Silver)*

They say that some people talk the talk but don't necessarily walk the walk. That surely can not be said of Vivian Silver a Canadian-Israeli Peace and Woman's Rights Activist. She definitively talked the talk and walked the walk. I personally had no knowledge of Silver, until it was reported that she had been kidnapped by Hamas as part of their October 7, 2023 attack on Israel. I learned a bit about her then, through my wife Naomi Lehr because Vivian had been a camp counselor for Naomi back in the 1960s. I found out that Vivian moved to Israel in 1974, married had two sons and for the rest of her life dedicated herself to bringing peace and equity to the region. The more I read and learned about her selfless dedication to bringing peace and fairness to all, the more the irony hit me that this person who dedicated her life to this noble cause was now a victim of the violence and hatred that has often defined the ongoing conflict there.

Over the years Vivian ran, participated in and led efforts to bring women's rights, and cross cultural harmony to her adopted land of Israel. In 1999 Silver and Amal Elsana Alh'jooj co-founded the Arab-Jewish Center for Equality, Empowerment and Cooperation. In 2010, Silver and Alh'jooj received the Victor J. Goldberg Prize for Peace in the Middle East, an annual prize given by the Institute of International Education to pairs of Arab and Israeli activists working towards peace.

Although Silver officially retired in 2014, she continued to walk the walk. Following her retirement, Silver co-founded Women Wage Peace, an interfaith grassroots organization. Silver also began volunteering with Road to Recovery and Project Rozana to help transport Gazan patients who were traveling to Jerusalem for medical treatment.

Although it was first thought that Vivian had been abducted by Hamas, it was subsequently discovered, five weeks later, that she was tragically killed during the Kibutz Be'eri massacre on October 7th, a part of the 2023 Hamas attack on Israel.

In death, like in life, Vivian brought people together through the lens of peace and harmony. Many Palestinians and Jews across Israel mourned her passing and touted her dedication to the cause of peace, equality and inclusion for all.

Hopefully her shining example can be a blueprint for others to come to peaceful and harmonious solutions for an extremely complex and toxic conflict.

# Pre- Thanksgiving Celebration at the Clubhouse



Here at the Greater Heights Clubhouse we had a Festive Pre-Thanksgiving Celebration on Wednesday November 22nd. It was well attended, the food was great and everybody had a terrific time. In addition to the food served on that day, people were provided with grab and go containers so that their celebration could continue into Thanksgiving Day. We are all thankful for our wonderful community here at the Greater Heights Clubhouse and know that we are truly blessed for each and every one of our amazing Members.

Delisa Bynum wrote the following about the day:

Thank God to be here in the program and meeting all these really nice people. We had a fun Thanksgiving party on Wednesday November 22, 2023. At the party a lot of people enjoyed themselves. My daughter Makeba Bynum attended and she had a very nice time. I just want to add that for me, Delisa Bynum, my goal is to get a job and do better all around. Lastly, I want to say, that I am thankful that Anika and Juanita are my two wonderful friends.

# November Employment Dinner on Thanks

Every Month we gather near the end of the month for an Employment Dinner. The Dinners are preceded by a half an hour program to discuss relevant Employment topics, the Clubhouse as a path for success and to celebrate the successes of all our Members who are achieving so many great things. Sometimes we have speakers who present or special events and other times we have topics for roundtable discussions. All of this is followed by a delicious meal, made especially for all the participants in that evening's Program. On Tuesday November 28th we gathered for the November Employment Dinner and our roundtable discussion was on Thanks and Gratitude and what role that has in living a full and successful life. We had eleven Members attend and they generously shared what they were thankful for and how that helped them to be the best that they could be. Part of the discussion led to Members reading from the six quotes below. After the discussion we ate a delicious beef stew served over egg noodles. Thanks to all who shared and helped make the evening a huge success.

"Gratitude is not only the greatest of virtues, but the parent of all the others."

"If the only prayer you said in your whole life was, "thank you," that would suffice."

"People travel to wonder at the height of mountains, at the huge waves of the sea, at the long courses of rivers, at the vast compass of the ocean, at the circular motion of the stars; and they pass by themselves without wondering... Now, let us acknowledge the wonder of our physical incarnation—that we are here, in these particular bodies, at this particular time, in these particular circumstances. May we never take for granted the gift of our individuality."

"Gratitude is the sign of noble souls."

"A grateful mind is a great mind which eventually attracts to itself great things."

"Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness may consist merely of words. Gratitude is shown in acts."



# What Mr. Trump could do if elected!

## by Robbie Heier



Mr. Trump says he would order the DOJ (Dept. of Justice) to investigate and prosecute any violation of federal civil-rights law, election law and securities anti-trust laws.

In my opinion if Mr. Trump gets elected President you can kiss Democracy and your personal freedoms goodbye. They will all get flushed down the drain.

His platform is permeated with proposals that would punish adversaries at home and abroad. Mr. Trump is the overwhelming favorite to be the Republican nominee to run in the Presidential election in 2024, I think it is about time for people to start paying attention to his platform promises.

Scarily, early polling suggests that Mr. Trump could win. I am very sure that if he wins, it would be the end to democracy as we know it. He said he would use the military to put down protests. Based on his prior M. O., I believe women's rights would be flushed down the toilet. The black and brown communities would have no real voice and women's health care would be reduced to next to nothing. Our traditional allies would no longer be allies, but, our enemies like Russia and North Korea as well as other authoritarian dictators would align with Mr. Trump's vision of America.

Mr. Trump's plans for the Presidency are no longer hypothetical. Just look at the January 6th insurrection!. Despite the 91 criminal charge in four jurisdictions, there is a very real chance he could become president.

If, God forbid, he does become president, you will not have to register to vote, you will be spoon fed what you can see, listen to, and watch on TV. If he gets in that is that! He will NEVER leave!!! He wants to tear up the US Constitution and have a new one written, giving him the absolute power he craves. But hey, he may be the first President to run the country out of a prison cell in Georgia where, if convicted, he can not pardon himself. No one can!!

# Pumpkin Pie Recipe

A traditional Thanksgiving Dessert is Pumpkin Pie. Here is a simple Pumpkin Pie recipe that you can prepare at home for a Thanksgiving celebration, any holiday meal or just because you want to.



## **Ingredients:**

- 1 (15 ounce) can pumpkin puree
- 1 (14 ounce) can Eagle Brand Sweetened Condensed Milk
- 2 large eggs
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 1 (9 inch) unbaked pie crust

## **Directions:**

- 1) Gather all ingredients and preheat oven to 425 F.
- 2) Whisk pumpkin puree, condensed milk, eggs, cinnamon, ginger, nutmeg, and salt together in a medium bowl until smooth.
- 3) Pour into crust.
- 4) Bake in the preheated oven for 15 minutes.
- 5) Reduce oven temperature to 350 degrees F and continue baking, until a knife inserted 1 inch from the crust comes out clean, 35 to 40 minutes. Let cool before serving.
- 6) Eat and enjoy!!!

# The House of Representatives by Robbie Heier



The House of Representatives is made up of children, at least so it seems with your far right Republicans fighting with the somewhat more moderate Republicans. For example, the House committee chair accused the former speaker of the house of “kidney punching” him and a United States Senator threatened to fight a committee witness, saying of his conduct, “I’m still a guy.”

The previous speaker, Kevin McCarthy, took 15 rounds of voting and deals made to some of the far right extremists to get the speakership. However a gang of eight from the extreme right kicked McCarthy out. Now the new House Speaker Mike Johnson was able to avert a government shut-down with a bi-partisan deal that has some parts expiring at different times starting in January 2024. I think it’s important to note that no Republican women sought to replace McCarthy as House speaker.

Congress had been in session for weeks and the House went a historic 21 days without a speaker, which in accordance with the US Constitution, is necessary to conduct business. The far right Republicans don’t want to work with the Democrats. The concept of working in a bi-partisan manner by its very definition means it takes two, Republicans and Democrats to work together to do what they were elected to do, which is to govern.



## Cross The Street by Robinson Lorthe



So what I fell.



Tons rooting for my downfall.

At least in my head.

Don't wanna go down as a lowlife.

So I repented. Changed up my ethics.

And when I got up.

People gave into their fears.

Portrayed me to be a crook.

An infidel. A hater. A problem.

The blackness of my skin.

They saw it, and quick to judge...

All those free cigarettes I gave out, they don't  
know about. Their opinion wouldn't budge.

"No, instead let's cross the street. Dodge the  
vermin."

Not knowing how much that's hurtin'.

Like I never had saint-like characteristics.

They make me out to be sadistic.

It's 2023, and racism is very much alive.

More so than a light bulb that's on.

Meanwhile there's no freedom in their mind,  
they're just acting like a pawn.

It's hurtful.

The pain runs deep.

Makes me think about ancestors with  
whiplashes on their backs, who could weep.

It's pain.

But then again, what could I gain from being  
friends with one who discriminates so viciously.

There's nothing funny about this.

## Two More Poems from Robinson Lorthe



## Bias



It's kind of hard to realize as a black male,  
That the atrocities society induces indeed pales...

In the comparison to the fire and the brimstone,  
How much it's true, I wanna call the heaven my home...

It's like the Lord anointed me with a gift,  
But I don't know for certain, if the truth is really this...

The curse of a human being, and the so-called  
melanated skin that you're seeing...

An outcast from east to west, a double-sided coin, that  
truly exudes my confidence...

Until that day, I gotta endure the stress...

# Greater Heights Clubhouse

## Working Members

- 1) O. M.— JFK Baggage Handler**
- 2) R. L.—Amazon Delivery person / Uber Eats Delivery**
- 3) T. T.—BC PROS Peer Specialist**
- 4) C. K.—Bronx VA Peer Navigator Department Supervisor**
- 5) E. L.— Associate Professor at CUNY Bronx Community College**
- 6) F. C.— Day Care Worker**
- 7) J. S.—Security Guard**
- 8) J. D.— Home Health Aide & Election Poll Worker**
- 9) P. W.—Mover’s Helper**
- 10) E. D.— Nail Technician / Howie T. Harp Peer Internship**
- 11) R. M.—Federal Express warehouse worker / Dunkin Donuts**
- 12) L. R. — Concierge at the NY Times Building**
- 13) Y. T. —Apartment Cleaner**
- 14) J. G.—Gallery Attendant & Security Guard**
- 15) O. J.—Global Security Guard / Uber Eats Delivery**
- 16) R. H. — Mathematica Steering Committee**
- 17) J. W.—BCS I.T. specialist**
- 18) S. W.—Target Retail Assistant**
- 19) T. J.— Brooklyn Cases IMT Peer Support**
- 20) S. A.—DMV Sanitizer**
- 21) K. F.— Swissport Airport Baggage Handler**
- 22) A. F.—Electrician’s Assistant and Baby Sitter**
- 23) V. P. —Day Care Worker Assistant at Little Star Day Care**

**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**

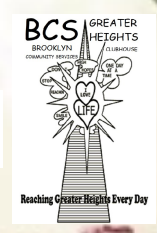
**When: Tuesday January 9th, 2024**

**11:00 AM—4:00 PM**

**@**

**980 Halsey Street**

**Brooklyn, NY 11207**





# Greater Heights Sports Column

## NFL

The NFL has completed thirteen of its eighteen regular season weeks and the picture for the Playoff tournament to raise the trophy for Super Bowl 58 on February 11th is getting clearer. That said, there are many twists and turns left as teams continue their battle for the Championship. In the NFC, the Philadelphia Eagles have the best record at 10 and 2 but find the San Francisco 49ers, Dallas Cowboys and Detroit Lions closely nipping at their heels, all with records of 9 and 3. The Eagles were actually just trounced, by the 49ers 42 to 19, at home this past weekend and are traveling to Dallas to meet the hot Cowboys this Sunday. In the AFC the Miami Dolphins and Baltimore Ravens have the two best records in the conference at 9 and 3. The defending Super Bowl Champion Kansas City Chiefs and the Jacksonville Jaguars are right behind them with records of 8 and 4. On the local front, the New York Jets have fallen apart the last number of weeks. Zach Wilson came in after the devastating season ending injury to QB Aaron Rodgers, but was removed as the QB a few weeks ago. However, his replacements have not gotten the job done either and the Jets are currently on a five game losing streak. The New York Giants have also lost their starting QB, Daniel Jones, for the season and soon after that their backup QB Tyrod Taylor went down with an injury too. Third string unknown Rookie QB Tommy Devito has played surprisingly well and the Giants have won two in a row with Devito under center. That said, both local teams, with records of 4 and 8, are going nowhere and will need to rebuild to be factors in future seasons.

## MLB

The Texas Rangers beat the Arizona Diamondbacks in the 2023 World Series four game to one. Both the Rangers and the Diamondbacks made surprise runs to win their Pennants, but in the fall classic the Rangers dominated. Texas went an unprecedented and stunning 11 and 0 on the road through the postseason to capture the first Championship ever for their franchise. Ranger manager Bruce Bochy won his fourth World Series Championship as a manager. Ranger Shortstop Corey Seager was a dominant force in the fall classic and won the World Series MVP for the second time in his career. He previously won the World Series MVP in 2020 with the Dodgers. He joins three other two time World Series MVPs (hall of famers Sandy Koufax, Bob Gibson and Reggie Jackson). Only Seager and Jackson won the award with two different teams. FYI Jackson won his World Series MVP awards with the Oakland A's in 1973 and the New York Yankees in 1977. On the local front the Mets have made a couple of off-season moves. They hired former Yankees bench coach Carlos Mendoza to manage the team next season. Mendoza has no major league track record as a manager, so whether he was a good choice or not to manage the Mets is highly speculative. The Mets also signed Yankee Free Agent Starting Pitcher Luis Severino to a one year contract for thirteen million dollars. The Yankees have been quiet thus far this off-season, but with the winter meetings happening presently expect some action from them soon.

## NBA

The NBA has played almost a quarter of their regular season. So far no team has totally dominated the league, although in the Eastern Conference the Boston Celtics at 15 and 5 and in the Western Conference the Minnesota Timberwolves at 15 and 4 are currently on top. The local Brooklyn Nets at 10 and 9 and The New York Knicks at 12 and 7 are both playing well enough to be considered playoff contenders. Whether they can get beyond that is yet to be determined.

## NHL

With about a quarter of the NHL regular season already played, all the local buzz is coming from the New York Rangers. The Rangers have the best record in the league thus far with an outstanding record of 18-4-1. The New York Islanders have a record of 10-7-6 and the New Jersey Devils have a record 11-10-1. Thus far neither of these teams have generated anywhere near the heat of the red hot Broadway Blueshirts.

## College Football Playoffs

The final four teams that will battle for this season's national Championship has just been set. Number one undefeated Michigan will meet number four once beaten Alabama in the Rose Bowl, on New Year's Day. Number two undefeated Washington will meet number three once beaten Texas in the Sugar Bowl, also on New Year's Day. The winners of those two games will meet on January 8th in Houston, Texas to play for the national Championship.

# Advisory Board Column

## November 2023



**The Greater Heights Clubhouse Advisory Board has been pretty active recently. Supporting the Clubhouse with its recent Accreditation process and listening to the community's growing concerns about the uncertain future landscape of NYC Clubhouses, has led to a rise in activism among the Clubhouse's Membership. It has been great to see Ross Wade, Lavelle Lockett, Helen De Los Santos, Leon Sims and others at recent meetings to discuss their hopes and dreams for the Greater Heights Clubhouse's continued and future successes. Member leadership and investment helps our Advisory Board to navigate the right path for Greater Heights Clubhouse to continue to be great! Keep up the wonderful work!**



## **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](mailto: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.*

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**BCS**  
Brooklyn Community Services