

Brooklyn  
Community  
Services

# Newsletter Edition #3 of 2024 March 31, 2024



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Reaching Greater Heights Every Day



# Month of March

**March 8 International Woman's Day:** This year International Women's Day landed on a Friday. It is a day that not only celebrates the achievements of women and the progress made toward women's rights, but also brings attention to ongoing struggles for equality around the world.

**March 10 Daylight Savings Time:** This is the start of Daylight Savings Time, which begins at 2:00 A.M. that day. If your area observes it, don't forget to "spring forward" and set the clocks one hour ahead, or you may find yourself an hour late to everything!

**March 15 Ides of March:** The Ides of March is the 74th day in the Roman calendar, corresponding to March 15th. It was marked by several religious observances and was notable for the Romans as a deadline for settling debts. In 44 BC, it became notorious as the date of the assassination of Julius Caesar which made the Ides of March a turning point in Roman history and inspired the phrase "Beware The Ides of March!"

**March 17 St. Patrick's Day:** This Day observes the Anniversary of the death of St. Patrick, the patron saint of Ireland. The holiday has evolved into a celebration of Irish culture with parades, special foods, music, dancing, drinking and a whole lot of green. In the U.S.A. Corned Beef and Cabbage, Potatoes and Irish Soda Bread are things that are traditionally eaten and Green Beer often gets drunk.

**March 19 the Spring Equinox:** The first day of Spring, the March equinox, occurs this year on Tuesday, March 19, 2024 at 11:06 PM EDT. In the Northern Hemisphere, this is known as the vernal, or spring, equinox and marks the start of the spring season. In the Southern Hemisphere, autumn begins. At this time, the Sun crosses the celestial equator on its way north. Also on this day, the Sun rises exactly in the east and sets exactly in the west—a good thing to know if you get lost in the woods.

**March 29 is Good Friday:** It is also known as Holy Friday. It is celebrated on the Friday before Easter and commemorates the crucifixion of Jesus Christ, and the sacrifices he made for people. Good Friday is a holiday in 11 States, and although not an official United States holiday many things close to honor the day.

**March 31 is Easter Sunday:** It is a major Christian holiday, and it celebrates the resurrection of Jesus Christ three days after his death. As with many other Christian celebrations, it is considered to be a Moveable Feast, and its date always falls on the first Sunday after the ecclesiastical full moon, which happens between March 21 and April 25.

**Women's History Month:** March is designated as Women's History Month and is a month-long chance for us to study and learn about women who have made their mark in our culture and throughout the world. Additionally we celebrate the remarkable achievements of women throughout history. As with every month, it is a good time to celebrate all the important women in your lives. Lastly, It is a time for us to focus on the inequities that women live with and for us to aspire to balance the scales to end gender discrimination everywhere.

# New York City Council Joint Budget Hearing on Health

On Thursday March 21<sup>st</sup> 2024 at 10 AM the New York City Council and the Committee on Mental Health, Disabilities and Addiction jointly held a seven hour preliminary budget hearing on health.

During that lengthy hearing Chair of the Mental Health, Disabilities and Addiction Committee Council Person Linda Lee had an opportunity to address the issues of Clubhouse survival, best practices and Member Wellness with NYC Health Commissioner Dr. Ashwin Vasana who gave testimony under oath.

In addition to Council Person Lee, Commissioner Vasana and NYC DOHMH Executive Deputy Commissioner Deepa Avula, Members and Staff from various Clubhouses spoke and submitted written testimony pointing out the importance for the survival of all Clubhouses regardless of size and advocating that the city rethink their position on Clubhouse closures.

Program Director Dice Cooper of Lifelinks Clubhouse of Elmhurst Queens gave very heartfelt testimony about the importance of the survival of Lifelinks and all of the Clubhouses who have Metrics that are lower than the current RFP is contracting for. The Program Director of Top Clubhouse, Monica Rahman, presented the petition to the hearing that was signed by five thousand people calling for all of our NYC Clubhouses to remain open. She also laid out many strong reasons why the survival of the existing Clubhouses, regardless of size, is so important to the well being of the Members of New York City's Clubhouses.

Members from Lifelinks, Top Clubhouse and Citiview Connections gave very poignant testimony as well about keeping their Clubhouses open. From the Greater Heights Clubhouse two of our Members Leon Sims and Ronnell Lovett joined via Zoom and spoke from the heart about the value of their Clubhouse and why it is so important to them. Additionally our Member Robbie Heier submitted written Testimony to the Hearing on the same subject. Kudos to all of our Greater Heights Clubhouse Members for their passion and their amazing advocacy.

An extra congratulations needs to go to Ronnell Lovett. He not only testified and submitted a written copy of his testimony but sat through and carefully listened to the entire seven hours of the hearing. His tremendous resolve and commitment are truly inspiring to all of us here at the Greater Heights Clubhouse!

*(See Ronnell Lovett's and Robbie Heier's written testimony on Page 4)*

## **Ronnell Lovett**

### **Why My Clubhouse is Important to me**



BCS Greater Heights Clubhouse is my Second Home. Keep my Clubhouse open and don't shut us down.

I agree we need to make sure more New Yorkers like us have access to Clubhouses, but making big clubhouses could make small Clubhouses like mine close or struggle to do the best job for Members.

We need our Clubhouses to be in our communities and if there are no options for small Clubhouse where does that leave us.

Please make sure you keep my Clubhouse open in my community.

### **The Goliath and the David - (Large Clubhouse vs. Little Clubhouse)**

#### **Robbie Heier**



We need both large and small Clubhouses. We need the small Clubhouse so that people within their neighborhood can go to their local Clubhouse. Relationships are formed easier in a small Clubhouse, where there are not so many people, and so many activities happening at one time.

When I was going through a very difficult time, the Clubhouse was there for me on an intimate, very personal basis, that I do not think I would have found in a large Clubhouse.

People who make decisions about the existence of Clubhouses need to visit them for at least 3 days to see how they really operate, how they help people change their lives for the better.

People are not numbers; people are people; with a wide range of mental health issues. People should have a choice to go to a small, medium or large Clubhouse.

I do not believe I would gain personal focus in a large Clubhouse with many other things going on. Keep Clubhouse like mine in existence, and open more Clubhouses so it is available to more people.

# Why I love the reception desk

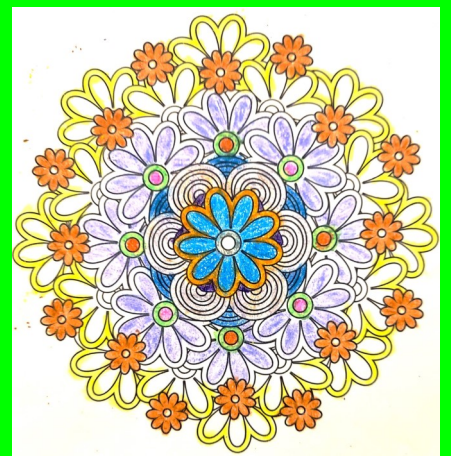
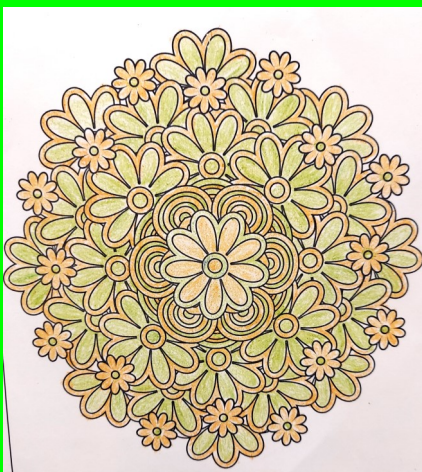
## By: Leon Sims



There are many reasons why I love working at the reception desk. It feels good to interact with people via phone and in person. I'm very socially extraverted so this task is great for me. When people first enter the building, I greet them and ask how they are doing. You never know what someone is going through and just asking how someone's day is going means a lot to certain people.

When people call I transfer calls and answer questions. I also enjoy sharing the desk with my good friend Norma. It brightens my day to see the smile on people's face, the appreciation for signing people up for lunch, and greeting visitors as they walk through our facility.

# Clubhouse Art Decorations



# My Shelter Experience by Millicent Hutchings

For a period of 35 years I had the opportunity to be housed in New York's shelter system, which accommodate formerly incarcerated people. Here are a few of those facilities that have helped me through hard times.

I think it would be good if shelter residents, especially the undocumented were to appreciate the benefits they can receive in these places. I know for a fact that in my native country of Jamaica these type of services are not available for the poor or mentally ill.

## Bowery Residents Committees (BRC)

Add: 131 West 25<sup>th</sup> Street, 12<sup>th</sup> floor, New York, NY 10001

Phone: 212-803-5700

Email: [www.info@BRC.org](http://www.info@BRC.org)

## Help Women's Shelter and intake Center

Add: 116 Williams Street (at Liberty Avenue, Brooklyn, NY 11207

Phone: 718-483-7700

Website: [www.helpusa.org/help-womens-center](http://www.helpusa.org/help-womens-center)



## Franklin Shelter and Intake Center for Women

Add: 1122 Franklin Avenue (at East 166<sup>th</sup> Street) Bronx, NY 10456

Phone: 718-842-9797

Email: [info@cfthomeless.org](mailto:info@cfthomeless.org)

## Prevention Assistance Temporary Housing (PATH)

Add: 151 East 151<sup>st</sup> Street, Bronx, NY 10451

Phone: 718-503-6400

Email: [info@cfthomeless.org](mailto:info@cfthomeless.org)

## The Bowery Mission

Add: 277 Bowery, New York, NY 10002

Phone 212-674-3456

Website: [www.bowery.org](http://www.bowery.org)

# Member of the Month

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## Ronnell Lovett

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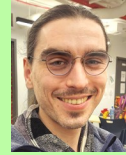


To be a Member of a Clubhouse means in many ways that you have some ownership over that experience. In other types of Programs you may be a Client who comes to just receive services and that is it. However, here your participation, contributions and desire to help out is what makes a Clubhouse Membership truly work. It is both a unique and special thing. As a Clubhouse Member, Ronnell Lovett exemplifies the qualities of ownership that has made him a very valued Member of the Greater Heights Clubhouse. Ronnell likes to be active and involved. He is always among the first to say “I want to do that” and it is that can do attitude, that has made him a wonderful presence here. Ronnell has represented the Clubhouse well out in the community by going to both Venture House Staten Island and Top Clubhouse. He is often working at the Reception Desk, helping to greet people, taking messages and dispatching calls. Last month Ronnell acted in our Black History Month play portraying the poet Langston Hughes and did a great job. He has participated in a variety of different Clubhouse events and is always enthusiastic and positive. Ronnell recently gave powerful testimony to the New York City Council about the value of Clubhouses. He also attended and participated at the January 3rd Save the Clubhouses rally at City Hall. Beyond all of that Ronnell is a kind person and cares greatly about people and the Greater Heights Clubhouse as a whole. For these reasons and more Ronnell Lovett has been chosen as our Member of the Month for March of 2024.



# Reading Poems

## A personal essay by Robert Price



In elementary school, my favorite English activity was free-write Friday. I created wild episodic adventures with surprise celebrity cameos. We had maybe a half-hour to write out whatever we liked after having assignments all week. I thrilled at the challenge. I loved reading what I had just written, seconds ago, up in front of the class. English class in Middle school wasn't as free and easy. We were always discussing a novel. A work of fiction that took a month or more to read, multiple choice tests about what was in it, when it was and why it was written by who wrote it. I only remember writing papers for history class about the writing in the textbook. High School had just...harder books. We'd stumble through plays in class and later watch the movie (like *The Crucible* and *Romeo & Juliet*). I had to write sketch comedy and put it up myself to get something made. When I went to college, I studied playwriting. I was unfortunately forced to write month-long papers, about plays you can read in one day! You can read most plays in one day, if you have never tried, I recommend it, it's fun! Someplace quiet is best (so that you can read all of the lines out loud to yourself and play all the parts with different accents). I learned in Playwriting college, close to many-a-midnight, it's not that difficult to *write* a play in one day. It's quite possible that YOU will one-day write a play. Other people will read it out loud, though, unless you insist that you have to be in it. You should insist, in my experience it's more fun than standing nervous behind the crowd while they hear the words you wrote (The stage lights are blinding, and everyone will praise you for doing two jobs).

Now that I'm graduated as a playwright, I must find my own places to read out loud and my own moments to free-write. I hear lots of English these days, not so classy, lol, out-loud from YouTube. I read English in the subtitles for foreign movies, but personally, I really have to concentrate to sit and read a book. My mind is worried about new things and the world has plenty of noise to pull me out of the narrative mid-sentence. I have no teachers telling me what to read now, so presented with modern concerns I sought out the shortest literature: poems. Poems can be read even faster than plays! You will have to compete with the sounds of the subway in your mind's eye, unless you have noise-canceling headphones set to synthetic silence.

I'll say to myself, "Don't be discouraged if it's difficult to grasp what's being 'said' in the poem by the 'speaker' It's always better when you read a poem the second time, more clear, and more enjoyable. You can take your time suddenly, there's absolutely no rush." I must have reread the same line ten times going home last night. With time, as I become more familiar with the strange words and the particular rhythm, the poem starts to sing in my mind before I start to understand it. I have found that after a sleep, returning to the poems they have developed like Polaroids, to reveal their depth and detail. It's a marvelous feeling, like my brain grew over night, I have more room to imagine in between the lines. Wait a month, three months, the poem is now a GIF. The silences a poem makes are the sweet turning-points of thought. Like a map of ideas, a stanza is a place located in thought and told in images—somehow with sounds. A year later and a poem is a cinematic experience, perhaps developed somewhere in the dreams you had that you forgot.

Each and every poem contains work, life, refinement, purpose, personality: it's a prism to look through, from where YOU are standing in space and time. Like a song, like a movie, but bigger. Less set-in-stone. More Pliable.

Shel Silverstein was all I was shown. Shakespeare and Antigone, I loved them all, but for some dumb reason I was never asked to read Elizabeth Barret Browning in front of the class! Paul Laurence Dunbar wrote beautiful things, and they must be *heard* to be appreciated fully (but not every poem is for a white American to read). In the 1800's, lots of the people enjoying books could not read for themselves. They listened while someone who was able to decipher the words, pronounced them, whether they comprehended them or not I suppose.

Literature can transport and transform "the speaker" and "the listener," and when I record the poem into my iPhone, I get to be both! Walking along with Alfred Lord Tennyson or Thomas Hardy playing in my headphones, watching sparrows swoop, I imagine I partake in the metered, measured bliss of those pre-modernist rhyming times. Phillis Wheatley loved John Milton and Alexander Pope, and now so do I! So much happened in poetry after Shakespeare died (or went back to space, whatever YOU believe). I wish I had learned about all the other poets as a kid. If I had heard of Edna St. Vincent Millay, Charlotte Mew or Emilie Brontë, maybe I wouldn't be so confused right now reading Marianne Moore. There's plenty of fun before T.S. Eliot writes the poems that appear in the musical known as CATS and subsequently ruins poetry, theatre and cinema for everyone.

You can time travel by reading books out loud, chewing on the words in the order the author intended, at the speed of your own understanding. At a relaxed pace for the benefit of the listener's comprehension and *enjoyment*: Slow and steady breath and face. Probably the words you are reading have been read by thousands of people, and heard by thousands more. Hundreds may have memorized them if it is a short poem, many more if it is a play. Charles Dickens was published chapter-by-chapter in the newspaper. He later made a career touring the world reading 90-minute versions of his books in front of an audience, lit by a single Gaslamp. All because he wished that he could have been an actor when he was young, he became the playwright for his own virtuosic performance. I am interested how writing becomes performance, and how writing is a performance, and how a practice is a form of philosophy. Reading poems, it's like stepping into someone else's dream, jotted down in angelic economy. You get a lot of money for your time, so to speak.

# Community Tax Aid at the Greater Heights Clubhouse



This year twenty-seven people were provided tax services at the Greater Heights Clubhouse. CTA Rep Emil Gomez came to our facility on Monday March 4th and March 11th to provide services to our Members. Since 2014 Community Tax Aid has been providing free tax preparation to people at our Clubhouse.

Throughout the years Emil Gomez has been our principle contact and tax preparer from Community Tax Aid. Emil is kind, caring, knowledgeable, extremely patient and highly professional. The Members who have worked with Emil over the years, were extremely happy to be able to work with him yet again this tax season.

The Members and Staff of the Greater Heights Clubhouse want to thank Community Tax Aid and especially Emil for all of your generous support and high level of professionalism. Our community is greatly enhanced by your dedicated service.

# The High Point Farm Experience by Lisa Aytche



Hi my name is Lisa Aytche and I am a member of Fountain House and I am also a member of the BCS Greater Heights Clubhouse.

You may not know this, but Fountain House has a big 500 Acre farm in New Jersey and it is called the High Point Farm. There is a Swiss Chalet Guest House on a lake on the farm grounds that has 9 bedrooms and 5 bathrooms. The farm itself has Llamas and Alpacas and Goats that you can care for there and also you can work in the garden or feed the chickens or even work in the High Point Farm office.

I love being at the farm it is really beautiful there.

I really hope that one day the Greater Heights Clubhouse can go and visit the High Point Farm!!

# About the Springtime by Tanya Diego



March 20, 2024 begins springtime in the United States. Spring is a season when the roses, tulips and daisies begin to bloom. During the spring, families and children go to events and trips. Parents take their children to Coney Island and they go on rides and also play games and try to win prizes.

In spring, we, Members and Staff participate in events like basketball, softball, bowling and maybe even attend a Broadway show or play.

We also have great food and we enjoy the warmer weather. Spring is a beautiful season especially when the sunshine brightens us up and it makes us smile and laugh.

Spring to me means having a good time and also smelling the beautiful flowers growing.

# St. Patrick's Day in Russia by Juanita Mills



The first Saint Patrick's Day parade in Russia took place in 1992. Since 1999, there has been a yearly Saint Patrick's Day festival in Moscow and other Russian cities. The official part of the Moscow parade is a military-style parade and is held in collaboration with the Moscow government and the Irish embassy in Moscow. The unofficial parade is held by volunteers and resembles a carnival. In 2014, Moscow Irish Week has been celebrated from March 12th to March 23rd, which overlaps with Saint Patrick's Day on March 17th. Over 70 events celebrating Irish culture in Moscow, St Petersburg, Yekaterinburg, Voronezh, and Volgograd were sponsored by the Irish embassy, the Moscow city government, and other organizations.

# Clubhouse Birthdays



## March Birthdays

**Chloe 3/1**

**William 3/1**

**Vernessa 3/3**

**Della 3/5**

**Geraldine 3/7**

**Bill 3/10**

**Keemo 3/12**

**Emil (CTA Tax man) 3/13**

**Sarah 3/17**

**Karen 3/19**

**Monica 3/20**

## April Birthdays

**Darlene 4/4**

**Olubunmi 4/6**

**Lavelle 4/13**

**Gwendolyn 4/13**

**Cassandra 4/15**

**Nicholas 4/16**

**Anthony 4/20**

**Tom 4/20**

**Ann 4/25**



# **Black Gold by Juanita Mills**



As the twentieth century began, the growing market for black gold spurred the search for new ways to find and produce it. The making of an oil well followed a set pattern, developed quickly through trial and error and lots of luck. Oil has never been a business for the timid, but for risk-takers willing to put their money, and sometimes their lives, on the line.

Before anything, the search had to find a likely place to drill. Like Colonel Drake, many did the obvious: they set up shop at known oil seeps. Yet that did not guarantee success, for a seep might point only to a thin layer of reservoir rock below. Other explorers tried various sorts of mumbo jumbo. Some, called “doodle – buggers,” searched with a doodlebug a small black box holding a tube of oil attached to a string.

# Ramadan

## By Osama Osman



Ramadan is the ninth month of the Islam calendar and lasts either 29 or 30 days, depending on when the new crescent is, or should be, visible.

Ramadan is period of fasting and spiritual growth and is one of the five "Pillars of Islam" which are:

- 1- Being a witness of there is no God but Allah and Mohamed is His last prophet sent to humans.
- 2- Establishing the prayers.
- 3- Giving charity every year (2.5% of your annual worth).
- 4- Fasting the month of Ramadan.
- 5- Pilgrimage (Haj) to Mecca at least once in your life if you could.

Muslims are expected to abstain from eating, drinking, and sexual relations from dawn to sunset each day of the month of Ramadan.

Many practicing Muslims also perform additional prayers, especially at night, and attempt to recite the entire Quran.

The Quran states that fasting was prescribed for believers as was prescribed for those before them (Jews and Christians) so that they could be conscious of God.

All those who are physically limited (for example, because of illness) are exempt from the obligation to fast; the same is true for anyone who is traveling. One could potentially make up the missed days in months following Ramadan and before the Ramadan of the next year.

Those unable to fast at all, if they are financially able, are expected to provide meals to the needy as alternative course of action (one meal for each day).

The end of Ramadan marks the beginning of one of two major Islam holidays Eid al-Ftir, the "festival of breaking of the fast." On this day Muslims give charity by feeding the needy and attend religious prayer, visit relatives and friends and exchange gifts



# Purim

The Jewish Holiday Purim is celebrated on the 13<sup>th</sup> of Adar on the Hebrew Calendar. This year it fell on the evening of March 23<sup>rd</sup> and went until sundown on March 24<sup>th</sup>. It is a joyous celebratory holiday. On Purim Jewish people may dress up in costumes, act out the retelling of the Purim story (called a Purim Shpiel), indulge in spirits, eat a festive meal including consuming the traditional Purim pastry (Hamantaschen) and go to Synagogue to hear the reading from the Megillah (the book of Esther). Purim is a time of celebrating Jewish good fortune and also giving tzedakah (charity) to those who are less fortunate.

The Purim story derives from back when the Persian Empire of the 4<sup>th</sup> century BCE extended over 127 lands, and all the Jews were its subjects. When King Ahasuerus had his wife, Queen Vashti, executed for failing to follow his orders, he arranged for a beauty pageant to find a new queen.

A Jewish girl, Esther, found favor in his eyes and became the new queen, though she refused to divulge her nationality.

Meanwhile, the Jew-hating Haman was appointed prime minister of the empire. Mordechai, the leader of the Jews (and Esther's cousin), defied the king's orders and refused to bow to Haman. Haman was incensed, and he convinced the king to issue a decree ordering the extermination of all the Jews on the 13<sup>th</sup> of Adar, a date chosen by a lottery Haman made.

Mordechai galvanized all the Jews, convincing them to repent, fast and pray to God. Meanwhile, Esther asked the king and Haman to join her for a feast. At a subsequent feast, Esther revealed to the king her Jewish identity. Haman was subsequently hanged, Mordechai was appointed prime minister in his stead, and a new decree was issued, granting the Jews the right to defend themselves against their enemies.

A traditional Purim food is hamantaschen. It is a three-cornered pastries bursting with a sweet filling. The sweet fillings can take many different forms, but fruit fillings or poppy seed are the most common.

"*Tash*" in Hebrew means "weaken." Thus, the hamantash celebrates the weakening of Haman and the Jewish People's wish that God always save the Jewish People by weakening their enemies.

This year we at the Clubhouse baked our own Hamantaschen as an homage to the Purim holiday. A number of us worked on this and the Hamantaschen were truly delicious. (see photos below)



**March is Women's History Month**, It is a time to celebrate outstanding women past and present. Here are 31 women who have made a difference in history. These are women who are strong and brave leaders, politicians, inventors, humanitarians, women's rights activists, and activists for other causes. Starting in ancient times working up to today, these are some of the top women who should be recognized for their contributions in history. We held a discussion about a selection from among these 31 amazing Women as part of our March Employment Dinner Program.

1 - **Sappho** (circa 570 BCE)

Referred as one of the great poets by Plato, Sappho is one of the first known female writers.

2 - **Hildegard of Bingen** (1098–1179)

Her writings and music have influenced people from popes and kings of her day to people in today's modern world.

3 - **Joan of Arc** (1412–1431)

Who hasn't heard of Joan of Arc? She is the patron saint of France who inspired a French revolt against the occupation of the English.

4 - **Mary Wollstonecraft** (1759-1797)

Writer and Activist, she wrote the most significant book in the early feminist movement which laid down a clear moral and practical basis for extending human and political rights to women.

5 - **Sacagawea** (1788 - 1812)

Native American woman who helped Louis and Clark explore the Louisiana Purchase, making a trip across the continent.

6 - **Sojourner Truth** (1797 – 1883)

African-American abolitionist and women's rights campaigner who gave the famous speech "Ain't I a woman?" which explained clearly how women were equal to men.

7 - **Margaret Fuller** (1810–1850)

American women's rights advocate who fought for equality and women being less dependent on men and being more independent. Her writing was influential in changing perceptions about men and women, and was one of the most important early feminist works.

8 - **Elizabeth Cady Stanton** (1815–1902)

American social activist and leading figure in the early women's rights movement. She was a key figure in helping create the early women's suffrage movements in the US.

9 - **Susan B. Anthony** (1820–1906)

American Activist against slavery and for the promotion of women's, workers and human rights.

10 - **Elizabeth Blackwell** (1821–1910)

The first woman to receive a medical degree in America and the first woman to be on the UK medical register. Blackwell helped to break down social barriers, enabling women to be accepted as doctors.

11 - **Harriet Tubman** (1822 – 1913)

Former slave who escaped and then went back to lead other slaves to freedom on the Underground Railroad. She supported the women's suffrage movement and used her experiences to fight for equality.

12 - **Millicent Fawcett** (1846–1929)

Leading suffragist and campaigner for equal rights for women, she led Britain's biggest suffrage organization, the non-violent (NUWSS) and played a key role in granting women the vote.

13 - **Marie Curie** (1867–1934)

Polish/French scientist who was the first woman to receive the Nobel Prize and the first person to win the Nobel Prize for two separate categories, research into radioactivity and Chemistry and also helped to develop the first X-ray machines.

14 - **Eleanor Roosevelt** (1884–1962)

Wife and political aide of American president F.D.Roosevelt, she strongly campaigned for human rights and became head of UN human rights commission where she helped to draft the 1948 UN declaration of human rights.

15 - **Amelia Earhart** (1897 - 1937)

American aviation pioneer and author who was the first female aviator to fly solo across the Atlantic Ocean. She has inspired many women to go after their goals and not be afraid of failure.

*(Historically Significant Women Continued on Page 19)*

*(Continued from Page 18 - Numbers 16 thru 31 of our Historically Significant Women)*



**16 - Margaret Chase Smith** (1897 – 1995)

The first woman to serve in the U.S. Congress, both in the House of Representatives and Senate.

**17 - Dorothy Hodgkin** (1910–1994)

British chemist who was awarded the Nobel prize for her work on critical discoveries of the structure of both penicillin and later insulin. She also devoted a much of her life to the peace movement and promoting nuclear disarmament.

**18 - Mother Teresa** (1910-1997)

The true example of selfless charity, Mother Teresa devoted her life to serving the poor and disadvantaged. Her philosophy was to act with love where even smallest acts could have a big impact.

**19 - Rosa Parks** (1913–2005)

American civil rights activist, who, by refusing to give up her bus seat, indirectly led to some of the most significant civil rights legislation of American history.

**20 - Indira Gandhi** (1917–1984)

First female prime minister of India.

**21 - Margaret Thatcher** (1925–2013)

First female Prime minister of Great Britain, she governed for over 10 years.

**22 - Anne Frank** (1929 – 1945)

Author of "Anne Frank's Diary" about her experience in a Nazi Concentration Camp.

**23 - Norma Hason Nahmias Yaeger** (1930- )

First woman stockbroker to be permitted on the floor of the New York Stock Exchange (NYSE) after sticking to her fight for women's rights to join men in this previously "mens only" position.

**24 - Gloria Steinem** (1934 - )

A journalist and author of several books who is best known for her lifelong endeavor of achieving equality for women in the workplace, in politics, and in all other societal aspects.

**25 - Wangari Maathai** (1940–2011 )

Kenyan-born environmentalist, pro-democracy activist and women's rights campaigner. She was awarded the Nobel Peace Prize for efforts to prevent conflict through protection of scarce resources.

**26 - Shirin Ebadi** (1947– )

An Iranian lawyer, who has fought for human rights in Iran, representing political dissidents and founding initiatives to promote democracy and human rights. She was awarded the Nobel Peace Prize in 2003.

**27 - Benazir Bhutto** (1953–2007)

First female prime minister of a Muslim country. She helped to move Pakistan from a dictatorship to democracy, becoming Prime Minister in 1988. She sought to implement social reforms, in particular helping women and the poor.

**28 - Oprah Winfrey** (1954– )

American talk show host, actress and businesswoman, she has broken many barriers including becoming the first woman to own her own talk show and one of the most successful women entrepreneurs in history. Oprah focuses on human issues especially issues facing American women.

**29 - Princess Diana** (1961-1997)

Lady Diana Frances Spencer, Princess of Wales was noted for her pioneering charity work. She was widely known as the wife of the Prince of Wales and gained recognition as a high-profile icon, an image of feminine beauty, and for her fashion and style.

**30 - J.K.Rowling** (1965– )

British author of the best-selling Harry Potter series, she is an advocate of anti-poverty after having struggled while writing her books. She has contributed considerable sums to charities and uses her wealth to help support causes and fight against poverty.

**31 - Malala Yousafzai** (1997- )

Youngest ever Noble Prize Laureate, receiving a Noble Peace Prize for her activism in women's education at the age of 17 in 2014.

# The Movie going experience by Phillip Johnson



Movie watchers like to look at Movies at home or in the theaters. People have their favorite movie they have seen that makes them happy. Looking at new movies or old movies is fun because you see the characters acting in an entire show of Fiction or Non Fiction that is based on a true story. Animations are another type of movie that features characters that are drawn. People can agree or disagree with me that Movies are cool for Families, couples, kids, Teenagers, adults and Groups of friends. You can get popcorn, hotdogs, candy, soda and chips to eat in the movie theater.

I watch movies mostly on Sundays. When you go to a movie theater somewhere far from your house or even close by your house always have transportation money and movie money when you go to the movie theater. There are varieties of movies to select from when you decide which movie you pay for. The time of the movie you pick to see is a factor to consider also.

Two weeks ago, I watched two movies. I watch Madam Web and Dune. I watched Madam Web for the first time. I have read her comic books and I liked the movie. It was really good. I watched Dune also. Dune is a Good Movie with a lot of exciting action where the characters face danger. That Movie was awesome!

There are some really good actors in the movies. Actors can make the movie feel so real and makes you think the actors really do all that crazy stuff, but it is actually the actor's stunt man. The actors switch with the stunt men to do all that crazy stuff and that makes the movie fun to watch!

# Principalities by Robinson Lorth



Demonic forces awaiting the day that they are scorched, this,  
 Battle of life and death this is a little bit important,  
 I gotta score, kid, 'cuz if I don't, it's mission aborted,  
 I mean no scorn as a matter of fact, I just do adore this...

It's the light that I seek,  
 Reach a higher peak,  
 Blessed are the meek...

And the havoc, the devil wreaks,  
 Versus Fruits of righteousness, that the holy prophets, they leak...

It's a battle now, of life and death,  
 So let me breathe a pure breath...

Air forces, and I ain't talking about the sneaker,  
 This sinner lost his glory, and in the process has become weaker...

# March Birthdays in My Family by Calvin Franklin



Many of the people in my family have birthdays in March. My Mother's Birthday is March 19<sup>th</sup> and I gave my mother a birthday card and I said Happy birthday to her.

My mother and my uncle are twins and I also called my uncle on his birthday to wish him a Happy birthday.

It was my big sister Tanya's birthday on March 14<sup>th</sup> and my niece's birthday was on March 13<sup>th</sup> I called my sister to wish her a Happy birthday on her actual birthday.

It was my Uncle Robert's birthday on March 4<sup>th</sup>. It was great to contact him and text him Happy birthday wishes.

I was very happy because it was many of my family's birthdays and I like to celebrate with them. My birthday is December 19<sup>th</sup> and I was born in 1979. I really like celebrating my birthday at the Clubhouse because I am around many Members and friends.

# The Woman that Showed Me True Love

## by Leon Sims



Throughout my life in a facility, I have had a few relationships that went bad. I focused on myself but still felt like something was missing. One day I contacted a friend of mine, and we began to get closer. I never knew she would turn out to be one of the highlights of my last ten years. She loves me unconditionally and is beautiful inside and out.

When I'm feeling at my worst, she contributes to bettering my mood and putting a smile on my face. My parents love her and so does the rest of my family. I wasn't looking for true love and had become discouraged because people were telling me that I couldn't find love while I was in a hospital. However, this relationship that started as friends gave me hope. She has truly been there for me, even more than some friends and family.

Just being able to be myself around her brightens my life. I have known her for 18 years and never thought she would be the one for me. Her son loves me and I love them. In my situation, it is best to have healthy selfishness, but don't ignore your feelings because love is the strongest force known to man. I didn't want to have a relationship, because of the fear of being judged by others and listening to people who don't empathize. Thanks for everything Latrell S Thomas. My advice to others is that love is blind, and comes at you when you least expect it!



**The BCS Greater Heights  
Clubhouse**



**12th Annual Economic  
Empowerment Expo**

Wednesday, May 22, 2024

9:30 am to 3:00pm

Address: 980 Halsey Street  
Brooklyn, NY 11207

**Contact: Bill Lampert**

**Email: [BLampert@wearebcs.org](mailto:BLampert@wearebcs.org)**

**Phone: 718-235-5780**

**Financial Literacy**

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# Coping Skills by Leon Sims



As humans we will always have our ups and downs. Although we enjoy good times, our struggles may happen and it is key to find methods that will help us through the tough times. These methods are called coping skills. It's good to distract yourself with positive distractions when we feel angry, sad, or upset. If we don't find ways to cope, these emotions may lead to rage, depression and at times suicidal ideation.

Some good methods are prayer, meditation, listening or creating music, and much more. We are all different, so our coping skills may vary. These methods will pull you through the downs of life. Think of hobbies or things that make you happy, and use them when needed. Coping skills are our tool-box of life.

Sometimes confiding in someone, journaling, and writing poems may help. Write down the way you feel at the time, and review it. This allows you to recognize how you are feeling at the time, and that's when you can use your coping skills to combat those negative emotions. I love to write, pray, meditate, talk to a therapist or someone I can trust, and I always count my blessings. The reason why I love to count my blessings is because there is always someone who is in a worse situation than I am.

Try to avoid drugs that aren't prescribed. Drugs will only exacerbate your symptoms, and increase your negative feelings. Even if they make you feel good at the moment, remember you are only masking your problems and not facing them in a healthy way. When you are feeling like nobody understands you, you can even call hotlines, come to Clubhouses, or even hire a therapist. I know it's easier said than done, but we can't let our negative emotions get the best of us. Remember after every storm is sunshine.

One of the key things I use is a method called "consequential thinking". Focus on your present but remember that certain choices will affect your future. Dig deep and focus on your blessings and all positivity because there will always be ups and downs, but we can all weather the storm and not let negativity affect us. The last method is called "internal motivation". Sometimes we follow "external motivation" in our community and society. External motivation is to be affected and influenced by our society. We are all a product of our environment. Think about it, we tend to be affected by religion, fashion, and our social life. This brings us into a feeling of conformity, and as a human being it is part of our lives. Internal Motivation is motivation that comes from with-in. Know yourself, and cherish yourself no matter what.

We should also accept that we are all unique in our own ways. This is what makes us different and special. Remember, we will always have positive times and bad times. It's natural, but it's only temporary. Use your coping skills!

# Greater Heights Sports Column

## MLB

Major League Baseball officially started their 2024 regular season on March 20th with a two game overseas series in Seoul, South Korea that featured games between the Los Angeles Dodgers and the San Diego Padres. The Dodgers won the opener 5 to 2 but the Padres won the second game 15 to 11. The Dodgers came into the season with high expectations. They are the pre-season favorites to win it all due in part to the signing of all-world superstar Shohei Otani added to their already stellar roster. The rest of the Major Leagues waited until March 28th to begin the regular season. So far the New York Yankees led by their new free-agent star outfielder Juan Soto started the season in spectacular fashion by sweeping a four game series on the road against, their tormenting nemesis, the Houston Astros. The Mets on the other hand had to wait a day, due to a rainout, to start their regular season at home against the Milwaukee Brewers and were very underwhelming getting swept by the Brewers in a three games series.

## NFL

The NFL is full of off-season activity that will impact the upcoming 2024/2025 season. Teams scouting departments are hard at work preparing for the draft which will happen from April 25th through the 27th . Beyond the draft, the free-agent signing period has begun and a flurry of activity has made some significant changes to the rosters of most NFL teams. For the New York Giants, the departure of star running back Saquon Barkley to the rival Philadelphia Eagles was the big headline grabber. Although Giants GM Joe Schoen has made some good off-season additions losing Barkley to their in-division rivals was hard for Giant fans to Stomach. The New York Jets added Eagle Pro Bowl edge rusher Haason Reddick to an already stellar defense. They also added veteran Quarterback Tyrod Taylor to back up Aaron Rodgers and gave Rodgers another target to throw to when they signed former charger wide receiver Mike Williams. The Pittsburgh Steelers made some significant news by not only signing veteran free agent Quarterback Russell Wilson, but also acquiring Chicago Bears Quarterback Justine Fields in a trade.

## NBA

The NBA regular season has come down to a handful of games left on its schedule and teams are still jockeying for Playoff spots. The Boston Celtics though have been by far and away the best team in the NBA clinching home court advantage throughout the Playoffs with plenty of room to spare. The Brooklyn Nets have been eliminated from the playoffs but the local New York Knicks who currently sit in fifth place in the competitive Eastern Division have a mathematical chance to finish as high as second in the East or as low as ninth. With just five games left to the regular season the Knicks will need to finish strong to secure a decent seed in the Playoffs. That task was made a bit more daunting when they found out that injured all-star Julius Randle (out since January) will not be returning this season.

## NHL

Like the NBA the NHL regular season is winding down to a handful of games. Sitting on top of all the teams, at this point, are the local NY Rangers who currently have the best record in all of hockey. The other two locals are trying to qualify for the playoffs. The Islanders appear more likely to squeeze in than the Devils who have a mathematical chance to make it but have some work to do in their final five games in order to make it.

## NCAA Men's and Women's Basketball Tournament Final Four

Both the Men's and the Women's final four have fascinating matchups in the tournament finals. On the women's side two number one seeds, the undefeated South Carolina Gamecocks and the Iowa Hawkeyes and the all-time leading scorer in NCAA basketball history Superstar Caitlin Clark, face off. The Men's final offers an equally compelling matchup between the two top teams in the country. The Purdue Boilermakers led by the 7' 4" two-time national player of the year Zach Edey face off against the defending National Champion UConn Huskies. Both of these teams have dominated their tournament games and the final promises to be a very exciting contest between two great teams.

# Advisory Board Column

## March 2024



With the Clubhouse having a variety of new challenges on the horizon, the Advisory Board is constantly desirous of new and creative ways to assist with that journey. We hope to be able to use our collective imaginations, to find the best possible ways to enhance the overall Clubhouse operation. In our most recent Advisory Board meeting (*see photo above*) we touched on several subjects we are hoping to attack over the next several months. Among the topics discussed were: fundraising efforts, Grant writing, Board recruitment, Staff recruitment and supporting Clubhouse efforts for outreach and expansion. To do all of this, Member's voices need to be heard. Thanks very much to Advisory Board Members: Robbie Heier, Ross Wade and Helen De Los Santos for your participation, energy and desire to make sure that Greater Heights Clubhouse continues to thrive. The Advisory Board typically meets once a month and can use as much talent as possible. If you know of anyone who is interested please feel free to join us at our next meeting.



### **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, but we are closed on the Holidays that are observed by BCS. Additionally, we will continue to operate a virtual platform for remote participation at specific prescheduled times.*

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