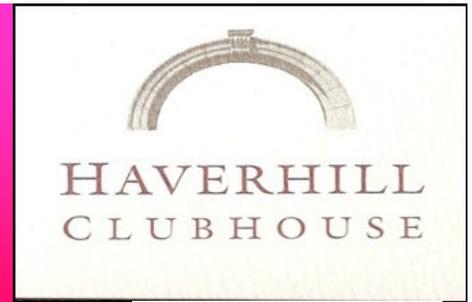




The Clubhouse Connection Oct 2014



The Changing of the Guard

We have said our goodbyes to past staff members. Again we will be saying goodbye to two more, Pablo and Jo Lee. This can be difficult for members and staff. I will miss both of them as expected. They are both kind, goodhearted, smart, funny individuals who fit in well here at the Haverhill Clubhouse. I have had fond memories of playing basketball and football with Pablo and others here at the Clubhouse. He is a man of many talents, cooking sports, music, computers, but most of all he is a great communicator. Although he is young, his intelligence and sense of humor made him fit in so well here. It was always a pleasure to attend activities with a group led by Pablo. We wish him the best as he will go on to do what is best for his family. I hope he returns to the Clubhouse for occasional visits. I enjoyed

the “Summer of Pablo”; it was fun... while it lasted. Now what can I say about Jo Lee? I’ve learned so much about myself from her straightforward, witty, quirky comments that she has mentioned to me. She is such a good listener. She is thoughtful, sweet, and tough when she needs to be. Jo will be missed by so many of us. What an impact she has made on the workings of this Clubhouse over the years. She could always cheer people up with her laughter and her funny stories about her dog Buddy, or her family. “Out with the old in with the new,” as they say. Eventually we will have two new people sitting proudly at their desks. We will get to know them and they will bring their own individual skills to the Clubhouse just as Pablo Jo lee did. It is very hard to have consistency in any human services program. They

don’t get rich Working in this field. The Clubhouse staffers are special folks who devote their careers to helping people. The changing of the guard is like losing a friend you’ve gotten to trust and then having to get to know someone new. It’s a transition that prepares us to deal with our everyday battles that can constantly frustrate and challenge us. When it is eventually overcome it makes us stronger.

George V.

- Oct 3**
Jeff Z. Greg N.
- Oct 10**
Michael P.
- October 14**
Steve S.
- October 16**
Richard R.
- October 18**
Ron C.
- Rocky M. Oct 20**
Lynn N.
- Oct 21**
Lisa R.
- Oct 23**
Dennis T.
- Oct 25**
Craig H.
- Oct 27**
Stacy Z.

Robin Williams

7/21/1951 to 8/11/2014

It took Robin Williams' suicide for greater public mental illness awareness. Many intelligent, creative people like Robin Williams fight with mental illness, and they fight their demons everyday and everyone thinks because they look normal that they're okay.

Robin Williams suffered from Bipolar Disorder and Clinical Depression. Those are two of the mental illnesses I suffer from. It's only when it's too late

that people open their eyes and realize maybe I could have done more or been more aware.

It's too late to care for someone once they've taken their life. Try preventing it by being in their lives. When you judge people because of their mental illness you destroy an individual.

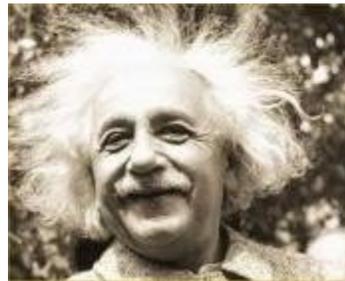
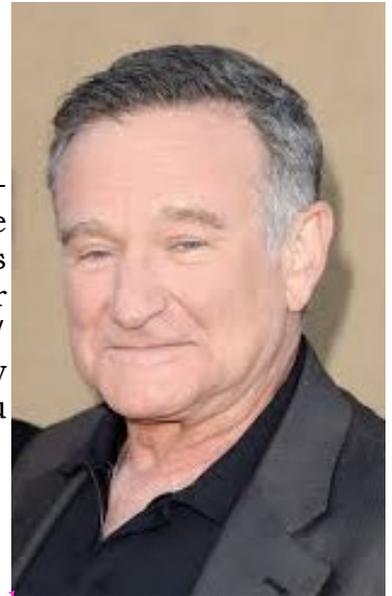
Help ease the stigma of mental illness. Educate yourself before passing judgment because it's too

late to make a difference in their life when the person is gone. We are not our diagnosis...Man up/Woman up and show love now, while you still can.

Donna G

"No matter what people tell you, words and ideas can change the world."

-Robin Williams



Quotes

"All is not lost when you lose someone, all is remembered."

-Stacy Z

"Life is like a game of checkers . You need to move up to achieve something but you do not want to be jumped and lose the game."

-Stacy Z

"A person who never made a mistake never tried anything new."

-Albert Einstein

"I would rather die of Passion than of boredom."

-Vincent Van Gogh

"It does not matter how slowly you go as long as you do not stop."

Meet The New Addition To The Newsletter

Dear readers,

My name is Stacy Z and I am currently undergoing an orientation at the Haverhill Clubhouse. So far I've worked in the kitchen, and today I am writing to you in the Newspaper unit of the clubhouse.

I really enjoy writing because at home in my free time I will often write poetry and books. I am hoping someday I will be lucky enough to get one of my books and/or poems published. I have actually independently published a book called Inspiration.

Most of the poems are about my grandfather who died of congestive heart failure a little over three years ago. He was my world.

Even though I am a published author I want to become a well known young adult author and a talented

poet. I feel if I get noticed by a bigger publishing agency my dreams might just come true.

Now what brought me to the clubhouse? I have a lot of disabilities and I ended up in a psychiatric hospital for five or six days. I explained to one of the staff there that I had no job, very little money and that I am currently on social security. That is when she mentioned the clubhouse.

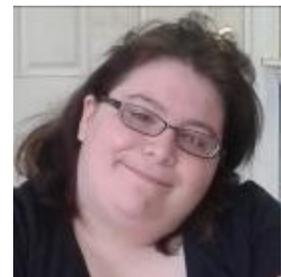
She mentioned that I could get a part time job and that turned my pessimistic outlook at life around very quickly. I began to become more optimistic about life after that with the good news and with a medication increase.

Now I am very happy and I will admit that sometimes I am still pretty negative but the clubhouse is a really good program that I am

happy to have discovered and will continue to go to. Now I leave you with some words of wisdom.

Do not be ashamed of who you are, what you have, or what you need. You are a human being and being human means no one is perfect.

Thanks to everyone who has made me feel welcome here and I also want to thank the people who created this wonderful, helpful, caring place and environment. You all have helped so many people so much. I have only all the good things this place has brought to the community.



You are a Fighter

By Stacy Z.

This month is Breast Cancer Awareness month. By writing this article I hope to get your attention on this important matter. There are people who fight for their lives with this disease. They lose their hair, go through chemotherapy and hope for a cure. They hope to survive. I fully support breast cancer research and believe that no one should have to go

through this. You see my aunt has breast cancer and she is a fighter. She is my hero. No matter how hard it gets she stays positive. MY aunt is the best and I love her. She is a fighter and she will get through this. Never give up. Stay positive. A positive attitude is extremely important. There are too many negative people in this world but my aunt is not one of them. She cares about

me and withholds some information to keep me calm but at the end of the day she is still here. There is hope for a cure. Breast cancer walks and donations to help cure cancer. While there may be no cure yet, it is important to keep fighting. Do not give up. Think about what you have to live for. Stay positive and carry on. Just like my aunt continues to do.

Join the Navy and see the World!

Continued from August

Then we rounded the tip of South America, a very dangerous endeavor. The ocean there was horrendous, we actually took waves over the flight deck and many of our antennas were damaged— then we entered more placid waters.

On the Pacific side, we visited Chile for several days and a fine time was had by all. After this the ship continued up towards San Diego. On the way we visited



Beautiful Chile.

Acapulco, Mexico. As part of our liberty there we visited a nightclub which overlooked some cliffs right on the ocean. It was there that we saw some Mexican divers, dive between the cliffs into the sea. This nightclub was featured a few years earlier in an Elvis Presley movie.

Then we arrived in San Diego, California, where we would be stationed for a few months before departing on Western Pacific cruise. On this cruise we visited Hawaii, a true island paradise.

I would visit Hawaii 6 times during my 4 years in the Navy.

Then we visited a huge Naval Base in the Philippine Islands called Olongapo—we had a great time there. After this the ship went to Hong Kong—at that time it was a British Protectorate and all the Chinese people there spoke English. I was able to procure a fine English Woolen Suit, tailor made no less, for an unbelievably low price!



The Wonders of Hong Kong

Education Update

We hope everyone enjoyed their summer its time to start thinking about the fall semester.

Making sure you are signed up for classes, buying books, supplies and thinking about accommodations you may need. The following is a list of some possible accommodations that may work for you: reader for tests, test in a separate room, un-timed/extend time on test, note taker, use of tape recorder for lecture, frequent breaks, preferential seating, use of spell/grammar checking device, and use of a calculator.

If you think you need accommodations you should schedule an appointment with you school learning accommodations center. If you would like assistance with this please see Lisa.



Our Monthly Activities continued...

By Stacy Z.

We had a lot of activities this month. All of them were fun and exciting.

As a new member, my first trip was to Jay Gee's. At Jay Gee's there are plenty of great things to do. There is go-carting, miniature golf, battling cages, and bumper cars. They also serve really good ice cream and they also happen to have a terrific arcade.

Although I stayed in the arcade I had a blast. Picture playing one game and winning multiple tickets at a time! Tickets! Twenty tickets at a time! Thirty tickets at a time! Fifty tickets all at one time! As a child that would have made me faint from sensory overload!

As a twenty two year old I was having an awesome time. One of the best parts of having over a thousand tickets was getting to pick out some prizes. It was a wonderful, memorable trip. I took a bunch of prizes home.

I will happily be giving most of the prizes to my niece and nephew for Christmas. I of course got a little something for myself.

Another outing we went on

was to The Imax 3D Theater at the Liberty Tree Mall. We saw the new Teenage Mu-



We saw the new Teenage Mutant Ninja Turtles movie. COWABUNGA! 'Nuff said.

tant Ninja Turtles movie. COWABUNGA! 'Nuff said.

We also went to the Rainforest Café at The Burlington Mall. The Rainforest Café is a really nice Restaurant, ri-



diculously expensive though, you really pay for the ambience! It is a lively place with robotic animals and lots of greenery, trees, ferns, tropical flowers, you name it. It even has a rainforest sound track. Due to the prices though only 2 of us ate there.

I can't leave out Crescent Farms, the corn maze, beautiful pumpkins, fresh air and delicious Richardson's ice cream.

We had an amazing month, loaded with fantastic activities that we will remember and treasure because we've have hung out with some of the greatest people we have ever had the pleasure of knowing. I-



am thankful for all the good times I have had so far and for the nice people I have met and the existence of The Clubhouse.

Poetry Corner

My heart

By Stacy Z

My heart still beats like a drum to this day,
Even if your heart is far away, no day goes by
that I do not look up to the sky, and pray to
you and wonder, why? There is no denying
that you were the best, the hereafter, well
that puts all to a test.

A test of emotions, love could turn to hate,
But after you passed away, we did not separate.
Instead we got closer and closer, we still
gather today. From my beating heart you'll
never go away,

It is true that you are gone but you have not
been forgotten, for I still love you with all of
my heart, we all do. Everyone who knew you
misses you, But we think of the good times
and ride along, On memory lane where you
are not really gone.

Love & Laughs

By Stacy Z

You took me in, away from sins, you have
provided me food, for this I love you,
our love went through a test, you are the
best,
you love me as much as I love you,
I am grateful for everything you have done,
You are always there for me, you make me so
happy, and you are kind,
you are great for laughs and you help me un-
wind,
there is not one thing I would change about
you, of that I am sure, even if an occasional
fight occurs,
I love you so much and I cannot wait to see
your smiling face staring back at me, I can-
not wait for us to laugh with glee.

St. Labre Lingers

Ed H.

The snow covered trees sway in the wind.
The Montana prairie reflects the big sky.
Logan may pass maybe the only way
through bear gulch pictographs watch
passers by. Grand prismatic spring
quenches Journeyers' thirsts.

Winter geyser at sunset, Yellow-red-orange
against blue waterfalls at lunch creek mist
the air,

ST. Mary lake frogs,

The spirit going to the sun road points the
eagles' ways. Snow covered lodge pole
pines whisper, "Home."

Wolf prints set boundary, spirits hibernate.

How I feel

By Stacy Zappala

I know I have told you how I feel, But this
is a really big deal. You are the person I'm
glad I know,

When I have a problem it is to you I go. I
love you and love that you really care, And
I cherish the memories that we share,

It is great having someone who cares about
me.

You are so sweet. Anyone would be lucky
to have you, It is true.

I am the greatest,

Because I met you.

The Trials and tribulations of becoming a Marine

How I became a marine was an interesting process, it was whole different world from the se-date life I had in my parent's home in suburban Brockton. When I was a student in my senior year I saw the recruiters that came in to all the classes, in full uniform, looking to speak with students. These men and women of the service, they spoke to us in a really exciting way. I went home excited about it, energized, I told my parents that I was going to join the Marines, and would do anything necessary to accomplish my new objective. I went to the Marines Recruiting Office to sign up, my recruiter told me that it was good that I wanted to sign up but that there was a little bit more to it than that.

They made me take a physical at their Medical Centre in Boston, which I passed, then they brought me back and I had to take the ASVAP Test next. I passed that too with no problem so I basically could have any job I wanted. I was shipped out to Camp Lejeune, North Carolina. It was nerve wracking, scary, when the Drill Sergeants came on the bus, yelling at all of us,

stuff like "Oh ho looky here, we got a fat boy!! You goin' on the Fat Boy Program right now! Move it you maggot!" we grabbed our duffel bags like they were our teddy bears and made it to the barracks. After that at 5:30pm or 17:00 ZULU we got into the deep end. This is where it hit the fan, the trials and tribulations began, in ear-



nest. They tear you down, beat you down, psychologically with their words and intimidation and wear you out with drills to the point of utter exhaustion; they push you to your physical and mental limit. Some folks don't make it. This is what they do for the first four weeks. We had two or three days with barely any sleep sometimes, but fighting in the field or job that we signed up for, simulating the stresses of actual combat.

In drills, under enemy fire,

the pellet fire we took was to simulate live rounds, if you got hit, you were "dead". We ran, did calisthenics, ran, did more calisthenics, ran again, heck, they even ran us into the ground. In the Chow Hall you had to eat what was on your plate, shut the hell up and be grateful about it. If you even so much as said a word, in complaint or whatever, a Drill Sergeant would come over, smack your food tray to the ground and tell you to get out and be smart about it too. You knew you were gonna be running extra the next day for it. The four weeks after that

were different though, after you're broken in you start learning stuff...





HAVERHILL
CLUBHOUSE



vinfen
transforming lives together

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Clubhouse

Mission Statement

The Haverhill Club-house offers respect, hope, and unlimited opportunity for membership to access friendship, housing, education and employment in their community.

Vinfen Mission Statement

Vinfen transforms lives by building the capacity of individuals, families, organizations and communities to learn, thrive and achieve their goals.

Our services promote the recovery, resiliency, habilitation and self-determination of the people we serve.

As a human services leader, we strive to be the provider, employer and partner of choice

Page 7 article continued

The instructors in the Marine Corp are tough, real tough, because actual combat is no cake walk, but when they teach you, it stays, it takes. They do their best to build you up because they know you are going to need it. They taught us how to assemble our M16's, blindfolded, under 8 minutes, fully assembled and ready for use because knowing your weapon is key in combat, you never know when you may have to trouble shoot mechanical issues with your weapon in adverse conditions like enemy fire,

at dusk or midnight. They also taught us to hustle on our elbows and knees under barbwire like it was natural, throwing pineapple grenades like major league pitchers, and shooting MP5 grenade launchers with consistent accuracy too. When we graduated we wore a navy blue blazer, sky blue khaki's, black and white cap, and black shoes. We were called up one by one to receive our insignia from the Colonel. It's a real proud moment when you receive them, two bars for each shoulder,



on one of them, the flag, the American Flag, the one that represents the nation we were taught to fight for, die for, if necessary. It was memorable, the trial by fire, tribulation of enormous proportion to kids from the house next door, but when it was over, we were men.