



**SALLY AND HOWARD  
LEVIN CLUBHOUSE**

*A program of Jewish Residential Services*

**The Clubhouse Star ~ November 2019**

*A look inside our Clubhouse*      [www.howardlevinclubhouse.org](http://www.howardlevinclubhouse.org)

**A Publication of the Sally and Howard Levin Clubhouse**

**The Sally and Howard Levin  
Clubhouse**  
*A Program of Jewish  
Residential Services*  
2609 Murray Ave. Suite #101  
Pittsburgh, PA 15217  
(412) 422-1850

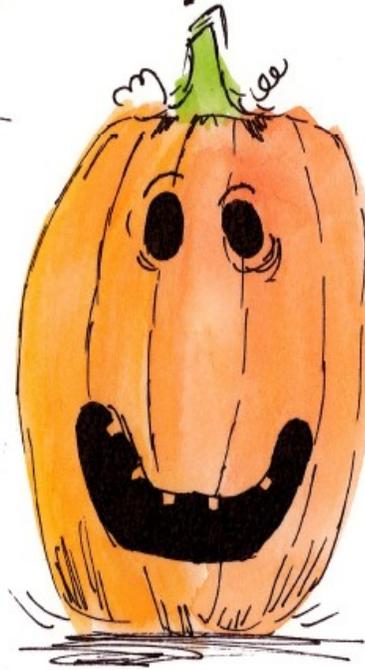
**Newsletter Staff:**

- Jim McKenna
- Joe Herbick
- Jan Harris
- Delaine Swearman
- Nancy Passantino
- Kadidja Macina
- Heidi Morris
- Mike Hogan
- Dean D.
- David K.
- Hannah
- Eric Sc.
- Mary Beth Straka
- Hope
- Jon K.

SHLC Art of the Month	1
Upcoming Events	2
Bargain Bin Record Review	3
My TE	4
Snack Bar Update	5
Building Models	6
Call for help!	7
Insta	8
Honesty	9
Cont.	10
Still Words	11



*Happy  
Fall*



*Funny Pumpkins by Hannah Eli*

## Upcoming Events

EVENT	DATE	TIME
Thanksgiving Banquet	November 26th	2:00 pm
Thanksgiving Day	November 28th	10:00 am to 2:00 pm

PLEASE REMEMBER TO SIGN UP FOR EVENTS! Come in and see what is going on this month!

*You can find the sign up sheets for these events in the sign up book on the green table!*

## Clubhouse Menu—November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Lunch: Stuffed Bell Peppers Dinner: Spaghetti squash
4 Corn chowder	5 Breakfast; Pumpkin Pan-cakes Lunch: stir fry	6 Grilled chicken salad	7 Veggie Lasagna	8 Latkes and squash fritters
11 Tomato leek soup	12 Blintzes	13 Black bean burgers	14 GUEST CHEF: Black bean and sweet potato chili with cornbread	15 Lunch: Winter squash casserole Dinner: Meatloaf and mashed potatoes
18 Potato soup	19 Breakfast: mini quiches Lunch: beanies and weenies	20 Taco bar	21 Mac and cheese	22 Pizza
25 Veggie chili	26 Thanksgiving Banquet (2:00 pm)	27 Chicken and barley soup	28 Thanksgiving Banquet Leftovers	29 Salad bar

## BARGAIN BIN RECORD REVIEWS

By: Mike Hogan

As is my custom at the end of the year, I like to do a multi-month review of a significant artist. This year, I picked **Matthew Sweet**. He is a rocker from Athens, GA who made his reputation playing left field songs with scorching guitars. He is an end of the century phenomenon.

Sweet came up through the 1980's as part of the University of Georgia music scene. It has given us the B-52's and R. E. M. Sweet developed a friendship with R. E. M.'s lead singer, Michael Stipe and they did several projects together. This led to Sweet's early recording career, and landed him his first contract. These early albums are extremely difficult to find. I have never seen any of them.

Matthew Sweet's first significant release was *Girlfriend* in 1989 on Zoo Records. It was a pop-rock album that featured a lot of neo-psychedelic influences. I have an advanced cassette of it, and I like the way it sounds. I think that getting *Girlfriend* would be a good introduction to Sweet.

His next project was *Altered Beast*. This album features a harder rock sound, and the songs are more cynical. It features a snippet from the movie, "Caligula," about the Roman Emperor declaring himself a god. The rest of the album builds on this megalomaniacal premise. I think that the average listener should start at *Girlfriend*, and work up to this album.

After this, Sweet released an EP called *Son of an Altered Beast*. It includes "Sick of Myself," and other harder rock songs. Throughout the 1990's, Matthew Sweet had been working toward a hard rock/psychedelic sound with increasingly more cynical lyrics. It seems that fame was playing a number on his head. This is a fairly familiar situation for artists who achieve fame, then face the need to top their previous works. Fortunately, Sweet survived this problem, where others have not.

Next month, I'll round out the year writing about his works in the 21st Century. Matthew Sweet is one of the most important rockers of our era. If you are interested in contemporary rock, then picking up an album of his is essential. Stand by for next month.

AS ALWAYS:  
KEEP ON ROCKING!



## MY T.E. AT CHATHAM UNIVERSITY

By: Christy G.

On September 24th, I started my job at Chatham University. It was a rough start due to the fact that I was symptomatic due to depression. With the encouragement off the Clubhouse and university staff I was able to push myself through it.

There were long days, and I was very exhausted. Working with my treatment team allowed me to come out of it. I did not need to go to the Hospital or call the "Resolve" help telephone line.

I have learned a lot from the job. There are some things that I still have to learn, but, basically, I know a lot. I asked Brian, my boss, a lot of questions. Such as "How do you think that I am doing?" He replied, "Good."

The job requires a lot of walking. Also, a lot of going up and down steps. I would not like to do this kind of work for the long term. Nonetheless, I feel that it is a stepping stone in the right direction. I think that it is a good Transitional Employment position.



## SNACK BAR NEWS

BY: Mike Hodes

There are a lot of things happening at the Sally's Café. Here are a few of them:

- The snack bar is open from 8:30 am to 5:00 pm.
- It is closed for lunch from 12:00 to 12:45 pm.
- The snack bar is closed during cash register balancing.

\*Some current items have been discontinued due to slow sales:

Assorted nuts

Popcorn

Soft and chewy granola bars

- The Snack Bar now stocks breakfast sandwiches!  
We also now have Angus burgers (\$2.00), Mini quiche (.30) and Veggie burgers (\$1.30)!
- There have been price changes:  
The candy, formerly sold for 5 cents, now will cost 10 cents.  
The candy, formerly sold for 10 cents, will now cost 25 cents.  
Chicken nuggets will now cost \$1.00 for four.  
Nestle drumsticks and ice cream sandwiches are 40 cents.

Please come to the monthly snack bar meeting on the 3rd Monday of the month if you would like to see some item added to the snack bar. The SHLC goes to COSTCO on the last Monday of the month, so make a list, then give it to myself or to Hayley.

Sally's Café is proud to serve you!



## BUILDING MODELS

BY: Mike Hogan

In last month's column, I promised to build a basic, snap together kit. The idea was to help beginning modelers, who find glue kits too challenging and don't want to attempt them. This month I build a Revell Ford GT model.

The Revell Ford GT has just 28 parts. It requires no glue or paint to complete. However, the kit requires a hobby knife and a file to separate some of the parts from the sprue to which they are attached. This puts this kit out of the realm of the beginner who does not have hobby skills, or the tools necessary to complete the kit. Revell ranks the Ford GT as a +2 rather than a +1 snap together kit. This means that some hobby skills are required to complete it.

I will include a note about the prototype car. The 2017 Ford GT is an exotic car. The Ford GT is a descendant of the famous Ford GT-40 road racer of the 1960's. The real Ford GT is highly successful in the IMSA road racing series. It competes in the IMSA GT-Le Mans category. The Ford GT competes against Acura NSX's, Porsche 911's and Chevrolet Corvettes in this class.

Back to the model. The box states that this kit can be completed in one hour. I found this to be true. I resisted the urge to paint the parts of the interior, which would have made them more visible. I wanted to build it the way a beginner would.

The instructions were rudimentary. They include no text, and are little more than an exploded diagram. This did not hinder me, but could pose a challenge to the intended audience for this kit. I did encounter a problem with the front and rear suspensions, though. The instructions are unclear which is the front and which is the rear. Some trial and error is required to get them right. This is an unfortunate defect of the instructions.

The finished model looks sharp on my hutch's shelf. The body's plastic finish is quite appealing, and does not detract from the overall presentation of the model. I recommend it as a good project for a beginner, or an advanced modeler who wants to have an exotic car on his shelf.

As always, I encourage hobbyists to challenge themselves. My next project will be a major challenge to myself. I will attempt to build a 1/48 scale model airplane. I haven't done this for decades. I wish you all good luck on your endeavors.

AS ALWAYS:  
KEEP ON BUILDING!

# CALL TO WRITERS!!

For the past few months the Clubhouse Star has been struggling to fill its pages, we fully understand that print things are moving towards being a thing of the past, but here at the Clubhouse we find it the best way to keep everyone apprised of our activities, and to serve as a creative outlet!

## **BUT WE NEED YOUR HELP!**

The newsletter is for *whatever* you might want to write about (within reason), and it can be a reoccurring column or article like a few of our writers do now. But we need more contributions if we are to keep our fabulous Clubhouse Star on the same level as it has been on for many years!

*You can email submission to [hwilson@jrspgh.org](mailto:hwilson@jrspgh.org) or you may come visit us and type them here!*

## **CALLING ALL KITCHEN CONTRIBUTORS!**

With Thanksgiving quickly approaching we need lots of help getting ready! The following dates are when things are going to be prepared. Please call and let us know you are interested in helping! The open Sundays are very strictly work days only, they are not for relaxing or hanging out.

### **Open Sundays!**

Sunday, November 10, 10:00—3:00 pm: BAKING, desserts, and stuffing prep  
Sunday, November 24, 10:00—3:00 pm: Cranberry sauce, corn, green bean casserole

### **Work Week Prep!**

Monday, November 25 9-5 pm: Cut/peel veggies, sweet potato casserole  
Tuesday, November 26 7-2 pm: Roast turkeys, mashed potatoes, stuffing gravy

## BEING ON INSTAGRAM

BY: (Where's) Wendell

Once upon a time, everyone wanted to be a member of royalty. Then, everyone wanted to be rich. Today, the popular obsession is to be instantly famous. In the age of the internet, this has become a possibility. Instagram is the most popular route to fulfilling this desire.

I started doing my segment, "Where's Wendell?" as a joke. It was little more than my random thoughts. Anything that came into my head was fair game. I didn't think that it would go anywhere.

I'm still hoping that my segment on Instagram will catch on. I do it to promote the Clubhouse. I don't have any preconceptions that I might become famous. I don't intend to become an internet star. I just like a good joke. So far, the joke is on me. I only get about a dozen views for my segment.

So, that is my story. The internet allows anyone to do anything that they think is creative. My little segments fit into the overall story of the SHLC. I hope that potential members will see it and realize that the Clubhouse is pretty cool. Even more so, I hope that potential members will recognize that the SHLC is a good place for them to pursue their recovery. The internet is just a better way to get this message across.

This means more to me than fleeting fame or remuneration. If I can do it, you can, too. So, come on in to the Clubhouse and let your imagination run wild!



Instagram

## OF SKAT8ER BOYS, OTHER QUOTES, AND HONESTY: HAPPY HOLIDAYS

By Ed Tipton

“Make me a willow cabin at your gate/And call upon my soul within the house/Write loyal cantons of condemned love/And sing them loud even in the dead of night ...” William Shakespeare, *Twelfth Night*  
 “All you want is somebody who cares/ If you need be/You’ll know I’ll be there ...” Michelle Branch, writer, “All You Wanted,” *The Spirit Room* (2001 album)  
 “Too bad you couldn’t see/What that boi could be/There’s more than meets the eye/I see the soul that is inside.” Avril Lavigne, “Ska8er Boi,” *Let Go* (2002 album)  
 “Sometimes I get so weird/I freak myself out ... Is it enough to live?/Is it enough to breathe?/ ... Somebody save my life/I’d rather be anything but ordinary, please” Avril Lavigne, “Anything But Ordinary” *Let Go* (2002 album)

Leapin’ Lizards (Orphan Annie) and Holy Quotes, Batman! (Robin in the 60’s show *Batman*) What’s up with the quotes, you might be asking reader? A lot:

**First, you are loved even though you may think you are not.** Yeah, I do believe in God of love even though I may read and listen to other things. I truly believe He loves us through it all. But some of you may have other beliefs, and I will not choke you with scriptures. That’s not what I want to do. For now, know that even if you got to scream in your pillow that life is crazy and you don’t think anyone does love you, that’s understandable. Good rock songs (and honky tonk songs, too) come from a place of loneliness, brokenness and confusion, you got to be honest as Job that sometimes life makes no sense. Because sometimes you don’t. But once you get lost, know that you can be found. I will always believe in God’s love (even though I am a very, very, very imperfect and unique character) but sometimes you got to reach out to someone who cares as well. Someone you can talk to to nurture yourself inside. If we can help you at SHLC (he said in a truthful advertisers’ voice), we will. We are all imperfect, staff and members and right now, as I write this a few weeks before Thanksgiving even one of the clocks are wrong due to daylight savings time, but it’s all right: you can be yourself with us.

Which reminds me:

**Be yourself.** Now this isn’t saying be disrespectable in anyway. I’m not saying that. But what I am saying comes from a former staff person’s presentation a few years ago. According to her research, one of the most depressing days of the year was not around these holidays, but Valentine’s Day. You know, the holiday where if you don’t have someone, you feel left out of the human race? (“Hey, I don’t have anyone to love. I must be a failure.”) Well, first of all, that’s advertising garbage where everyone has to buy things to feel good about themselves. (This is my two cents, by the way.) It’s like Christmas and Thanksgiving. “Have a perfect Norman Rockwell painting life by buying this perfect turkey and have a perfect feast. And then about a month later: “Buy the perfect gifts at the perfect store so you can be loved perfectly throughout the year at Christmas time.” And again, getting back to Valentine’s Day: “Buy the perfect gift so you can ...” And if you don’t have the perfect life at any of these times and the money to buy these gifts, you are supposed to feel bad. And if you don’t have anyone to share these gifts with, you are supposed to feel very, very bad ...

Sorry to rant, folks. Seriously: **Don't feel bad about who you are, what you do or don't have, and whether you have the perfect people around you. Hint: No one has. And that goes for anytime during the year.**

You can be yourself at the Clubhouse. It may or may not be for everyone and that's fine. You may like us as a whole or may like some members more than other members. But if you need us, we'll be there for you as best we can. (Side note, however, about "Skat8er Boi": If you can help someone see their "soul inside" more power to you. And yes, someday, some one may help you see the "soul inside" you as well. You may see what I mean later when you get there.)

**Third, love yourself.** No, seriously. I once heard a statistic that said people in the MH population usually are at risk for being hurt physically (and, in my past case, emotionally) more than people in the non MH community. I have no idea of what's what with that stat, but regardless of the stuff you face, take care of you the best way you can, okay? Again, he said in a truthful advertiser's voice, we can help. A lot of people, both staff and members, have helped me not go to the hospital and/or worse just by being there. They have helped me in my close to 11 years (as I write this) time here. SHLC is a resource – although not the only one, I would be lying if I said it's for all people – that can help you. But regardless of where you go this holiday or how you get help, take care and enjoy life a little.

If you are apart of SHLC, some advice: members be good to each other because we need each other; staff be good to the members because they need you and you need to be needed; staff be good to each other because you need to keep this place going; and members be good to the staff because they do care about us as a whole.

Have a good holiday season (or what's left of it) when you read this. (And if the season is over, take care anyway.



Still Words  
by eric the redologist

Frank Herbert created several characters in his short stories that serve as agents of fictional branches of government in the futuristic layout of the galaxy. Among these are Lewis Orne and Jorj X. McKie. The character Orne serves in the I-A (Investigation-Adjustment) agency, a cohort of the agency R-R (Rediscovery-Reeducation). McKie serves in BuSab (Bureau of Sabotage). As the names suggest, though in Herbert's non-obvious manner, Orne's agency covertly investigates developing cultures and makes appropriate "adjustments" to ensure the stability of the larger galaxy, while McKie's agency serves to hold up, through acts of "sabotage," the proliferation of rules that would cause more chaos than order.

Herbert turned Orne, noted for his exceptional deductive prowess, into a potential godhead, in the novel *The Godmakers*. This novel is a collection of Herbert's earlier short stories featuring Orne, but treats him as a focus in a plot to create a deity by a planet of priests.

In this collection, Herbert retreads much material he explored in his *Dune* novels, particularly secretive sisterhoods and the drawbacks of excessive life-ordering through prediction. He also extrapolates further along the lines of the fears and qualities of an infinite universe, and the manipulation and occupancy of its dimensions, including the relation between time and space. However, much of this musing remains metaphysical.

Herbert also wrote two full-length novels featuring the McKie character: *Whipping Star* and *The Dosadi Experiment*. McKie does not use subterfuge directly in these novels, rather, he is often quite at a loss at how to proceed. In *Whipping Star*, McKie must find out the means of communication with an integral member of an alien species. Here, Herbert delves into the metaphysical basis of communication, such as keywords and points of reference. What's more, McKie gradually discerns the being's function, and its proper place in the universe. In fact it can oversee and occupy different frames and solar systems in the universe.

*The Dosadi Experiment* belongs to some of Herbert's latest work. This work is more abstract and concealing, and also more philosophically discursive, with fewer key plot points. The abilities of the different species represented by the covert characters play important parts in the unfolding of the minimal but complex plot.

The universe in Herbert's McKie novels, named the ConSentiency, is the most developed fictional universe behind that of his *Dune* novels. It includes creatures such as the PanSpechi, who have rotating egos, and froglike aliens called Gowachin, whose religion and law coincide blatantly. Herbert's exploration of the ramifications of the abilities and belief systems of these species are surprising to the reader, though sometimes they appear obvious on retrospection, whose mystery was due to prior assumptions and biases on the reader's part. Herbert also seems to celebrate an otherwise detestable quality of deception, by extolling the piercing intelligence of those who observe and manipulate the world they are embroiled in.

**SALLY AND HOWARD LEVIN CLUBHOUSE  
JEWISH RESIDENTIAL SERVICES INC.  
2609 MURRAY AVENUE SUITE #101  
PITTSBURGH, PA 15217**

NON-PROFIT ORG.  
US POSTAGE  
PAID  
PITTSBURGH PA  
PERMIT NO 34

*Thanksgiving*  
HAPPY