

The
Life Link

CLUBHOUSE CHRONICLES

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THE THEME FOR THIS ISSUE:
IS SPRING FORTH SUMMER
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NEW CLUBHOUSE LOOK

ISSUES OF SPROUT FORTH SUMMER

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Joke of the Month



CLUBHOUSE CALENDAR

New Mexico

Santa Fe Clubhouse PSR Schedule

May 2023

1318 Luana St.

505-395-2503 Hours: 9:00am-3:00pm Monday- Friday

Monday	Tuesday	Wednesday	Thursday	Friday
TED Talks* 10:00am-11:00am Beth	Poetry Group* 10:00am-11:00am Lyndsey	Healing through Music 10:00am-11:00am Peter	Tranquility Group* 10:00am -11:00am Taj	
Non-Violent Communication* 11:00 am-12:00 pm Taj	Upaya Led Meditation* 11:30am-12:00pm Upaya staff	Creative Writing* 11:00am-12:00 pm Lyndsey	Member/Staff meeting* 11:30 am - 12:00 pm CH Team	Clubhouse Newsletter* Starting back 5/19/23 10:00am-10:30am Daniel
Hearing Voices* 12:00-1:00 Pamela	Emotion Regulation* 1:00pm-2:00pm Beth	Game Hour 1:00pm-2:00pm CH Staff/Members	Boundaries* 1:00pm-2:00pm Beth	Intuitive Painting (limited to 7 members) 11:00am-1:00pm Elizabeth Then... starting 5/19/23 Open Studio 11:00am-1:00pm Lyndsey/Ursula/Tink
Brain, Body, Breath 1:00pm-2:00pm Candice/Elizabeth	Mandala Meditation* 2:00pm-3:00pm Teresa	Art Therapy 2:00pm-3:00pm Elijah	Skill Building* 2:00pm-3:00pm Lyndsey	Clubhouse Got Talent 1:00pm-3:00pm Beth

Groups with an asterisk will be offered in a Hybrid Format if you wish to join by zoom the Zoom Room information is:

Meeting ID: 876 8437 6411

Passcode: 193628

Call in phone number: +1 719 359 4580

CLUBHOUSE CALENDAR

Mexico

Santa Fe Clubhouse PSR Schedule

May 2023

1318 Luana St.

505-395-2503 Hours: 9:00am-3:00pm Monday- Friday

Art Therapy: This group will explore various artistic mediums through prompts designed to spark creativity and healing

Boundaries: This group will cover what healthy boundaries look like and how to practice them with others as well as ourselves.

Brain, Body, Breath: A movement-based approach to help with symptoms of PTSD, stress, and anxiety.

Clubhouse Newsletter: Enter your short stories, poems, recipes, or anything else for publication in our bi-monthly clubhouse newsletter.

Clubhouse Got Talent: Members share their favorite songs by taking turns picking songs to play for each other.

Creative Writing: Have you ever wanted to write a novel, short story, or memoir? This group explores creativity and all forms of writing.

Emotional Regulation: Members discuss and practice skills related to regulating and expressing emotions.

Game Hour: Members gather to participate in activities like board games in order to reduce stress, have fun, as well as build community

Hearing Voices: This group is for members who have experienced hearing voices and other symptoms of psychosis. Members participate in supportive and nonjudgmental discussion of their experiences.

Healing through Music: Members coming together through the use of music in hopes to accomplish individualized goals such as reducing stress, improving mood and self-expression.

Intuitive Painting: This group is limited to 7 members who will complete a painting over the course of 6 weeks starting 3/31. The paintings will then be shown at Meow Wolf in May.

Mandala Meditations: Journey into a creative mindfulness meditation drawing process to reduce anxiety, process emotional experiences non-verbally, relax from the stresses of daily life, enhance focus and presence, develop a useful coping tool, participate in a supportive community experience, including quiet meditative music, with optional group sharing

Member/staff Meeting: Discuss Clubhouse related issues and any groups members would like to see on the schedule. This is your time to have a voice and influence what the clubhouse is like.

Non-Violent Communication: Members explore compassionate communication by identifying feelings, needs and requests. Members also explore how to apply this process to daily life.

Open Studio: Members gather in the group room serving as a space where artists get to reflect, display, research, store and make art.

Philosophy: Guest instructor Art will lead a discussion on philosophical topics from various traditions and schools of thought (coming back in June)

Poetry: This group explores poetry as a form of self-expression and members read and write poems on various themes.

Skill building Group: In this group, members explore and practice various coping skills including distress tolerance, emotional regulation, and reality acceptance skills.

Ted talks: Members participate as a group in viewing a TED Talk. An open discussion about the video is encouraged by all members for the purpose of education and to promote communication skills

Tranquility: In this group, we work with various techniques that enhance resiliency and reduce stress. A different topic is presented each week.

Upaya-Led meditation: Learn to meditate with Guest meditation community, no prior experience needed. All are WELCOME!



THE NEW
CLUBHOUSE
PROGRAM
MANAGER

BY: PETER SCHMITT

"When human beings experience trauma or life changing events,
it is not uncommon for their life to unravel"

My passion is bringing healing to those who are going through traumatic life changes. I was born in Manhattan, New York. My biological parents were Native American and Jewish, and I was adopted at the age of seven by two Latino parents, hence my fluency of the Spanish language and culture. After my adoption I was raised in Long Island, New York and moved at the age of twelve to Puerto Rico.

I attended St. Johns University with a major in Philosophy and Theology, I then joined a Benedictine monastic community for four years. After leaving the community, I began my new life journey working for fourteen years as a restaurant area manager then director. After leaving the restaurant industry, I joined the Loudoun County Public School system in northern Virginia as a liaison for immigrant families finding them resources for medical care, food resources, shelter and housing.

After ten years of service in the public school system I went to Berkeley, California to obtain a master's degree in Theology and Anglican studies. After obtaining my master's degree I became an Episcopal priest in 2020 and moved to Santa Fe in the summer of 2021 to begin my first call as an associate rector here in Santa Fe. Life is an almost always unfinished circle and now here I am. Both in my work experience in the public school system and my time as a priest all of my skills have come into play since my time here at The Life Link.

I am learning something new every day both about myself and the community we serve. I hope that I am able to serve this community as well as I have in all of my positions that I have held. I look forward to meeting each of you at some point. I also would invite all of you to stop by the clubhouse and check out the awesome changes the staff has made as well as the changes coming soon.

THE SCARS OF THE HEART

Written By: Katelyn Feldman

The Scars of the Heart talks about World War II and crucial issues that people faced in the 1940s. The main characters Rebecca and Scott struggle to serve. The blackened sky returns in Rebecca's life destroying everything in its path. Scott struggles to stay out of the war of being drafted. The storm seemed to blacken the sky.

There was a man that was homeless which was unusual around these Christian parts. I don't think he had a jacket or a place to go. The snow and rain and snow and ice is going to freeze him over. He will be dead in a few days, his body frozen. Even if an African American man has a family, a former slave has a place to hide from the blackened sky.

It snowed and rained and rained for four days. The road is full of ice and slush. We ran out of groceries a day ago going to bed hungry praising God. This was when Rebecca was very little. There wasn't modern medicine then, so convenience wasn't available.

There was one hospital up the road but it was too expensive. Most people had midwives who knew how to deliver. Ruth had five kids, two boys and three girls Victoria, Rose, Rebecca. Lance and Tom. Tom married and had a simple life settled down with a Christian woman Elise they had two kids Cathryn and Eloise.

Tom was a lot older than Rebecca and would write he ended up getting a great farm and later became an English professor. Somehow Tom avoided being drafted. Lance got drafted and played professional baseball and had a farm with a wife Susan and two sons Danny and Henry. Susan struggled with her two boys and relayed mostly black servants.

They weren't slaves but servants that were treated decently for the times. Lance was twelve years older than Rebecca and four years older than Tom. Rose had two boys Walter, Vance and a girl Hellen. Victoria died giving birth to her sixth child. Times were different people didn't question their place in life.

Lots of people had a high school degree or less, not a lot of people were able to go to college. A lot of boys helped the family and would drop out. One important thing that came from World War two was The history of why we celebrate Veterans Day. The reason is to celebrate and honor the people that have fought in wars come back or died.

The history of why we celebrate Veterans Day started in Birmingham Alabama in 1947. There was a parade. That year was 1922, the first of winter. It ruined people's homes and flooded everything our corn and potatoes crops ruined. What are we to eat? The cows are sick and cold with no milk.

Rebecca was a small child and they managed to find food when their crop was ruined. A little girl and her family didn't know where the next meal was coming from. Sometimes she would pick a couple apples from the neighbors apple tree that would fall onto their property. That winter was very cold and there was no heat or electricity for a few days.

THE SCARS OF THE HEART

Page #2

There were lots of patch blankets or quilts and the heat and power came back sometimes with no running water. The family had to get water and wood. That year Frank, Rebecca's dad, had to cut a few trees down so they didn't freeze. The water was brought in by the wheel. They survived on bread, what crop remained and meat from the farm.

That year she remembered her parents struggling the most. Mom's Ruth would make the best apple pie and would scrape and sacrifice so Rebecca could finish high school maybe to go to college. Her older brother Tom made it to eight grade and then helped on the farm. Rebecca taught her brother how to read.

He taught her how to be still and know her place. Rebecca didn't know how to hold her tongue and it got her in trouble. She didn't want to be a lady with all the rules it came with. The only way a black man could be free is if he served in the war. Ruth knew Rebecca hated that a black man was never free.

If a black man lived it was because he knew his place and hid. She saw them get killed in a tree or got shot. They weren't treated like people they were called Colored, Nigro and Nigga. Ruth tried to show her children that it was the times and those people, not the colored but the white men with guns, were very dangerous and would kill anyone who got in their way.

Ruth knew Rebecca had a good heart and wanted to change things. She feared for her as mothers do. As Rebecca blossomed a few gentlemen wanted to be suitors and wanted her hand. Ruth was so proud Scott caught her eye. Scott was a little older. World War 2 broke out in 1939. However, America was neutral to the war at first.

It was after Pearl Harbor December 7, 1941. The attack on military Hawaii naval station from Japan bombing Pearl Harbor. Made American scared of the Japanese and ready for War. Mostly people volunteered, white men and young men. In 1942 Rebecca was expecting her third child. Hoping for a safe return.

Johnny is the oldest, then Claire and the youngest Ben. Ben was born in a hospital. Claire and Johnny were delivered by midwives. Times were changing except the racism stayed. The black kids didn't have enough books or supplies and were sectioned together. They had their own bathroom and were harassed by ignorant white people.

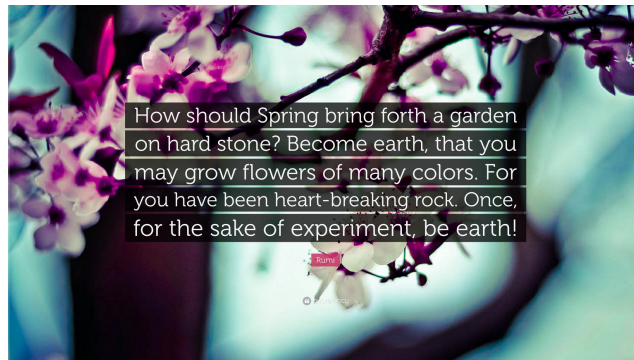
The south was no place for black folks. Rebecca and Scott held each other tightly and counted their blessings. Those were the times. Ben got Johnny second hand clothes; they fit him just nicely. Claire was able to make a lot of her clothes and Rebecca and Scott got them all nice clothes for Easter. After Victoria died Bill had the five kids most of which had grown up. Jean and Clare were around the same age she came and visited.

Inspiration

"Sometimes we can only find our true direction when we let the wind of change carry us."

Mimi Novic

FILLINGTHEJARS.COM



"Despite the forecast, live like it's spring."

Lilly Pulitzer

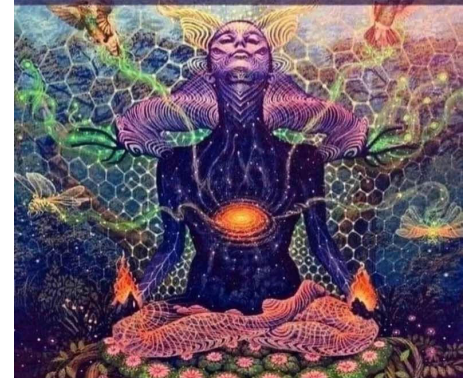
FILLINGTHEJARS.COM

Don't start your day with the broken pieces of yesterday. Every day is a fresh start. Every day is a new beginning. Every morning we wake up is the first day of the rest of our life.

MyPositiveOutlooks.com



Avoiding your triggers isn't healing. Healing happens when you're triggered and you're able to move through the pain, the pattern, and the story and walk your way to different ending.



And so with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer.

— F. Scott Fitzgerald

Guideposts

WHAT'S ON YOUR MIND BECOMES WHAT'S IN YOUR LIFE. SO THINK THE THOUGHTS YOU WANT TO SEE.

Karen Salmonson

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TOURISM Santa Fe

Official Santa Fe, New Mexico tourism information, home, hotels, travel, museums, arts and culture, events, history, recreation, lodging, restaurants and...

YESTERISSUE



El Rancho De Las Golondrinas 2023 Santa Fe Spring Festival

Celebrate New Mexico's historic fiber arts at Spring and Fiber Festival, the opening event of our 50th Anniversary season! Learn about New Mexico's rich



EL RANCHO DE LAS GOLONDRINAS 2023 SANTA FE SPRING FESTIVAL

El Rancho De Las Golondrinas 2023 Santa Fe Spring Festival

Saturday, June 3, 2023 10:00 AM

Sunday, June 4, 2023 4:00 PM

El Rancho De Las Golondrinas

334 Los Pinos Road Santa Fe, NM, 87507 United States

CELEBRATE NEW MEXICO'S HISTORIC FIBER

ARTS AT SPRING AND FIBER FESTIVAL, THE

OPENING EVENT OF OUR 50TH ANNIVERSARY

SEASON! LEARN ABOUT NEW MEXICO'S RICH

CULTURAL HERITAGE THROUGH AN ARRAY OF

FUN ACTIVITIES AND DEMONSTRATIONS.

EXPERIENCE TRADITIONAL NEW MEXICAN RANCH

ACTIVITIES LIKE SHEEP SHEARING, SPINNING, AND

WEAVING, PLUS A FIBER ARTS MARKETPLACE

FEATURING LOCAL ARTISANS AND CRAFTSMEN,

HORNO BREAD BAKING, CRAFTS FOR CHILDREN,

AND MORE!

Presented By:

Lensic360

Dates:

May 27, 2022 - August 26, 2023

Price:

Free

Location:

Santa Fe Plaza, The Railyard, SWAN Park, and Reunity

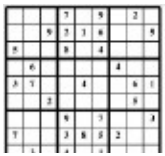
Resources

Recurrence:

Recurring daily

Lensic360's Summer Scene presents FREE outdoor music performances and movies on the historic downtown Plaza, in the Railyard, at SWAN Park and Reunity Resources. Enjoy local and national musicians from a variety of genres, including rock, country, Native American, jazz, folk, and mariachi, as well as movies for the whole family. Bring your chairs or blanket, some water, and your besties to kick up your heels with the locals and experience Santa Fe's vibrant music scene. Food trucks and surrounding restaurants will be ready to take your food and drink order.

Check out the website for a detailed list of event dates, locations, and times.

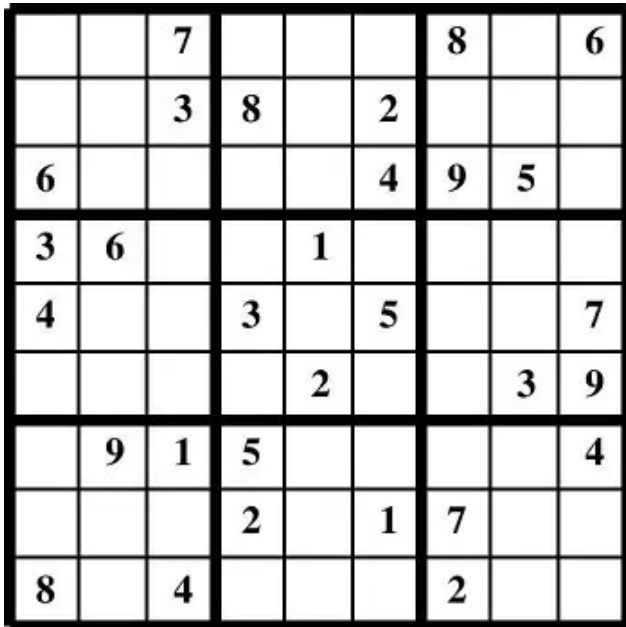


Free Printable Sudoku Puzzles,
Medium #1
memory-improvement-tips.com

Game Gamma



Summer



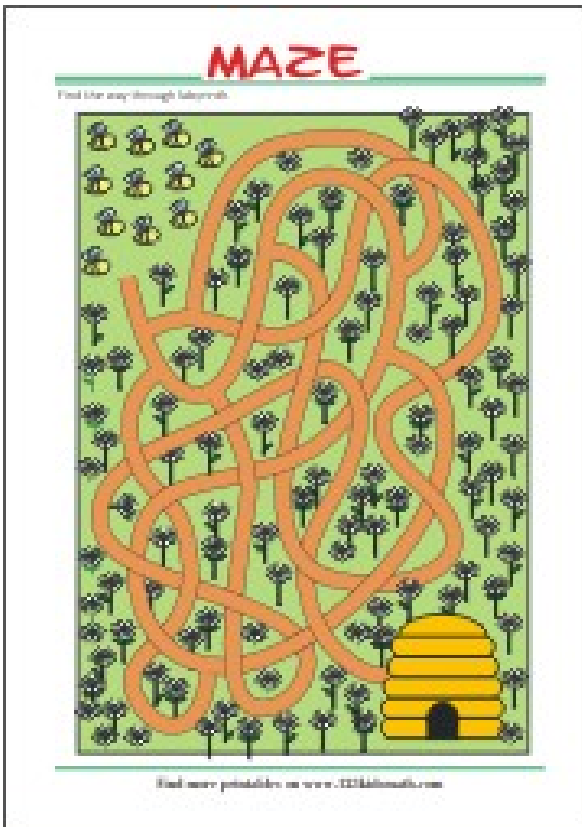
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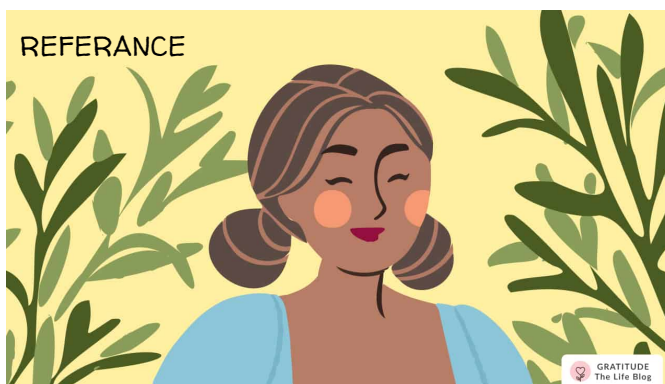
There are nine squares of nine squares. Each square contain numbers 1-9. Each row contains numbers 1-9. Each column contains numbers 1-9. There cannot be a duplicate number on any row or column

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- ANTS
- AUGUST
- BARBECUE
- BASEBALL
- BEACH
- BEEES
- BICYCLE
- BLUE SKY
- BOATING
- BREEZE
- CAMPING
- FISHING
- FLIES
- FLOWERS
- GARDENING
- GOLF
- GREEN GRASS
- HAT
- HIKING
- HOLIDAYS
- HOT
- ICE CREAM
- JULY
- JUNE
- MOSQUITOES
- NO SCHOOL
- PICNIC
- ROLLER BLADES
- SANDALS
- SKATEBOARD
- SOCCER
- SOLSTICE
- SPRINKLERS
- SUNBURN
- SUNGLASSES
- SUNSCREEN
- SUNSHINE
- SUNTAN
- SWEAT
- SWIMMING
- U V RAYS
- WASPS
- WATER FIGHTS
- WATERMELON

<https://www.myhomeschoolmath.com/maze.html>





"And so with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer."

— F. Scott Fitzgerald

"Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time."

— John Lubbock

"Tears of joy are like the summer raindrops pierced by sunbeams."

— Hosea Ballou

"Ô, Sunlight! The most precious gold to be found on Earth."

— Roman Payne

"It was June, and the world smelled of roses. The sunshine was like powdered gold over the grassy hillside."

— Maud Hart Lovelace

"One must maintain a little bit of summer, even in the middle of winter."

— Henry David Thoreau

"There shall be eternal summer in the grateful heart."

— Celia Thaxter

"A man says a lot of things in summer he doesn't mean in winter."

— Patricia Briggs

"Bees do have a smell, you know, and if they don't they should, for their feet are dusted with spices from a million flowers."

— Ray Bradbury

"Summer is singing with joy, and the beaches are inviting you with dancing waves."

— Debasish Mridha

"Green was the silence, wet was the light, the month of June trembled like a butterfly."

— Pablo Neruda

May the warmth and joy of summer stay with you always!



Fun Facts



©Trevor Edmonson



Every fall season for the past few years, I can find my favorite spider clinging to the roof just outside my kitchen window.

Fall is the perfect time for this spider to come out as its orange color fits into any seasonal decoration arrangement.

The Latin name for this spider is *Araneus marmoreus*, but most naturalists and articles call it the marbled orbweaver.

According to iNaturalist, the range for this spider is vast, as it can be found in most of North America but tends to be more abundant east of the Mississippi.

Interestingly it also can be found in Europe also.

Late summer to fall is the prime time to see them in our area.

Sources indicate they prefer wooded areas and shrubby areas along stream banks. My house and neighborhood have a good amount of trees, but even so, I usually only see one or two of these spiders per year.

This spider has an interesting behavior that other orbweavers in my backyard do not exhibit.

The spider does build a large web on the side of my house, but it is rarely seen in the web. It prefers instead to hide out in a little nook adjacent to the web. Knowing this, I must look closely at each web to see if the marbled orbweaver is around.

The 13 species of Hawks you can see in New Mexico are the broad-winged hawk, common black hawk, cooper's hawk, ferruginous hawk, gray hawk, Harris's hawk, northern goshawk, northern harrier, red-tailed hawk, rough-legged hawk, sharp-shinned hawk, Swainson's hawk and zone-tailed hawk.

Hawks have keen eyesight, sharp talons, and are excellent hunters. There are at least 16 species of hawks living across the United States. But in this article, we're going to discuss the 13 species of hawks found in New Mexico. New Mexico's location between central and northern parts of the U.S. and Mexico, plus its varied habitats of forests, deserts and canyons, make it an excellent place to see many species of hawk.



**Bird Feeding and Birding Tips
& Info**

birdfeederhub.com



SPRING FORTH SUMMER BY: DANIEL MAES JR

The theme for this newsletter is "Spring Forth Summer" We all should know how spring works. There is a saying "out with the old, in with the new"-the beginning of life and the end of it. I don't necessarily like that saying about the end. But I believe we can get rid of old baggage.

BAGGAGE

Whatever it may be, that baggage is full of patterns of destructive behavior. If you don't get rid of your baggage, it has its weird ways of showing up in your life again and again. That baggage can get caught in a revolving door. Knowing and being willing to do something productive about it is the key. Once you know, you know!

GOOD SEEDS

So, once I plant the seed of recovery, it's up to me as an individual to water and cultivate that seed. Remember it takes a lot of willpower to allow the negative seeds to die in order for real growth. All my decisions I made and everything I am going through is all my responsibility. If I put out a negative energy, negative is what I get back. Go figure!

So, I have learned how to navigate through storms.

HIGHER POWER

Instead of cowardly hiding behind any substance that is detrimental to my personal growth, I got the help of my higher power- God, the Lord of all Lords. Keeping a positive attitude has its perks if I am patient enough to wait for it. The quicker I realized I wasn't always right-what a relief that was- 'sheesh'.

UNDERSTANDING AND EVALUATION

As long as I have understanding, I will be ok, no matter what. I allow myself to remember where I have been and know I don't have to go back at all or visit. If I choose not to be aware, the negative past will affect my future. Why? Because if I do not evaluate my past mistakes, they will show up again. But by evaluating my past, healthy answers seem to present themselves when least expected.



SPRING FORTH SUMMER

KEEP COMING BACK TO MY HEALTHY MOMENTS

Be in the moment. Be aware of my surroundings at all times, knowing what I put out into the world I get back. As long as I continue to do the footwork, there are many blessings that lie beneath a thin lining. I look away from unhealthy situations. I allow myself to be in my healed and healthy moments.

GROW AND GLOW

I believe that there is always a good outcome even in a horrible experience in life. Give it some time. Give yourself some time to grow and glow. Water what needs to be watered and feed your mind, body, and soul the nutrients. Feel the positive progress. You will begin to build new neurological pathways that can be very beneficial not just to your future but to those around you and then your life.

POSITIVE SELF-TALK AND POSITIVE FRIENDS

Be rid of the stinking thinking. What helps me was a lot of positive self-talk. Also, I must also check out who I have in my presence. Are they people who help me by making helpful suggestions? Or are they people who nod their head and act like they agree with my mistakes? Choose wisely your company and remember each level has a new obstacle.

BREATHE AND WATCH YOUR STEP

So, no matter where you are at in your walk, remember each day is a new day and a gift as you breathe. Keep your head up and have faith in your walk. After all, most of the time all you have is you-and your higher power. If I can't take care of myself, how can I expect to take care of anyone else?

LIVE, LAUGH, LUV AND FORGIVE

Remember how far you've come and how far you have to go. Don't forget to breathe, blink, and think. Rome wasn't built in a day. So, pace yourself. Everything is going to be ok as long as you are calm. Set your goals to achieve step by step breath by breath. Have fun. Stay cool because this summer is gonna be very hot. Most importantly don't forget to live, laugh, Luv, and forgive someone, and yourself. It is a challenge to forgive everyone. But start out helping the easy ones, then work on the difficult ones. Everyone can help someone on the path.



INTRODUCING JESSICA ORTIZ

Jessica Ortiz was born and raised here in Santa Fe NM, right downtown. She grew up here and in Espanola NM. She does a lot of work in both areas. She is back and forth. She is an artist/ muralist/graffiti artist activist. She works with Israel Lopez who is the founder of 'Alas De Agua Art Collective' here in Santa Fe.

Ms. Ortiz got introduced to this program by her cousin Jp.

She really liked what they are doing, and she saw that she wanted a change in her life. She had to figure out how to make new friends and stop hanging out with some people it really sucked. "When you are from here all your family and friends, the people you grow up with are here also." She moved away- ran from her ~~problems- kind of thing.~~

When she moved back here, she was confronted with the old crowd, and had to make a choice. "Do I hang out with this person? Do I talk to this person? Do I have a relationship with this person? If they are still doing what they are doing, then I can't hang out with them. I learned my lesson really quick. I relapsed a month after I got back. I had to pick up my big girl pants and admit I had to start all over again. That's when I was 'No I can't do this alone. I have got to find different people to hang out with and get things going.' When I met Jp and Izzy and saw the things that they were doing, I was like "Oh my God. I can actually fit in with the misfits and see that they were able to get into the community."

Being a voice for the community-that really excited Jessica, as well as challenged her and that's how she started. The doors to 'Alas De Agua Art Collective' studio officially opened in 2020 and a week later got closed because of Covid 19. With that, anyway there was getting to know people, getting to meet different people, seeing different things in the community. Jessica began to see things from a different perspective.

Being able to see and voice from both sides has really helped a lot. The main goal for 'Alas De Agua Art Collective' is to bring forth and allow the community to be in the community itself. It is a safe place to come and express in many ways- art, workshops, and a place to relax. That's why Jessica felt so comfortable at 'Alas De Agua Art Collective.' She felt safe there. She could go there and know she wasn't going to be around temptation. She can talk freely, and nobody was going to judge her for it.

ART TO THE RESCUE

Art has always been her passion. She knew she liked to draw. She knew she liked to draw she knew she liked to do all sorts of creative things as she grew up.

Jessica shared: "We didn't have those responsible guides telling you 'Hey, you can do this. You can be an artist.' We never had that kind of thing. They always pushed you to finish school. No one ever told us we could be an artist. I think as I got older, and people saw my art, I started hearing it more and more people telling me why am i working here!"

Jessica: "Then in 2020 when Covid hit, it hit all of us in a weird mental health way. It was all like a big giant mid-life, weird crisis it's weird speaking about our mortality. It really made me think. I decided: What if I don't do it now, I never will. That's when I was like: 'I'm going to do it.' I quit my job. It was the scariest thing in the world to do after 12 years."



JESSICA, THE GUIDE

When Jessica started working with people, she saw that they are very interested in doing a project and were excited about it. They come in- young kids and old kids-and they are a little intimidated. They think they can't draw. They can't be an artist. She has to remind them not to say that. Don't ever put an "I can't do that" or a "but" in your words. Because with art, anybody can be an artist.

About herself, Jessica says: "I can draw but there's a part of me that 'can't'." She says she is very envious of those who can do abstract art. She says she doesn't have that freedom in the way abstract artists do.

She loves abstract art, and she wishes she could feel comfortable doing it. Abstract art is squiggles and splashes. Somebody can even duct tape a banana to a wall and call it art. If people can do this, don't ever say to yourself "I can't do it."

When the art project is finished, people say "Oh my God, I did that." There's a sense of pride. If it's a mural, they get to drive by, or they get to walk by, and see what they've done in the community. They get to say to their friends: "Look, I did that" and show it off. This is the part for Jessica that gives her so much happiness and pride, especially with teenagers. Jessica says when she was seventeen, if she had, had somebody telling her "You can do it..." she imagines where she would be at right now. She remembers she had like three people,

Well, she is "there" now. She has made it.

JESSICA MEETS HER MENTOR

Just so happened that Jessica's mom worked at Ghost Ranch Conference Center near the Scottish Rite Temple. Sammy Leyba was a resident artist there. Jessica was on probation and had to do community service. She was probably complaining about her troubled daughter. Sammy told Jessica's mother about a project he was doing, and if Jessica likes to draw, bring her. Jessica was introduced to Sammy. The project was a mural on Guadalupe and Cerrillos road near Allsup's. That was her first mural she ever did.

Next there was a mural in front of Gonzales elementary school. It had all those zodiac symbols. Sammy got her into that. She was like: "Oh this guy can paint big. OK, then I can paint big too." Then, Jessica did giant tags on the side of buildings. Then she realized she could get bigger and do things at a larger scale. But instead of tagging she told herself she could help kids paint art murals, and get them to be serious and passionate about art. Then they will have good memories when they are forty-five.

JESSICA REMEMBERS HER YOUNG YEARS

Kids come into Jessica's classroom, and they are sometimes in a bad mood. They try to throw it to you. You don't want it so then there like ewe give it back there like I don't want it you want it and then all of a sudden your in a fight arguing then you pass it off to the next person.. Then everybody in the room is in a pissed mood a domino effect if you would say. Negativity is contagious. It's worse than Covid. Jessica works with kids to change their thoughts, which can change their actions, which can change their life.

Jessica remembers her own youth. The reason she was stuck was because she kept doing the same thing over and over and over again, and she got the same result. She wasn't getting the result she wanted until she snapped and realized what she was doing. God, the universe, or whatever you want to call it, woke her up. "The minute that little switch in your head flips, things change. Your life changes. Good things start to happen.

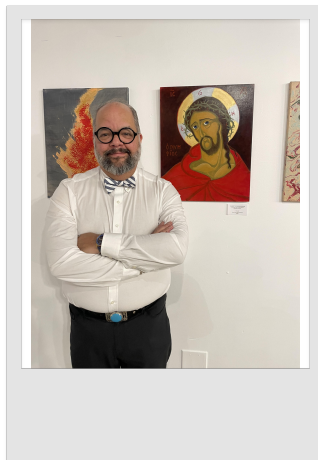
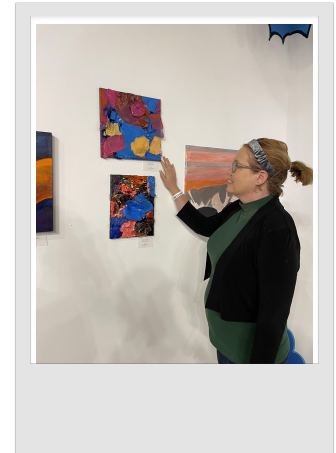
Then you have to accept that you deserve happiness."

Jessica wants to be able to help kids and people find their happiness. "We need more programs for low-income, at-risk kids to give them the opportunity to do something. The minute they learn how to paint, they are on the road to something new, maybe a trade or a job." Jessica always tells young people "Choose your work wisely. Be specific. Be positive and you'll get it. Say to yourself 'I can do it.'"

CLUBHOUSE/MEOW WOLF PHOTOS BY:
DANIEL MAES JR

Visual Vocations

PHOTOGRAPHY BY: DANIEL MAES JR



Shapes of Sculpture

'MEOW WOLF SANTA FE' BY: JANELLE MOORE



'UNKNOWN' BY: KAYLYN.F

'CHRIST THE BRIDEGROOM' BY: PETER OEARSON ACRYLIC/EGG TEMPERA

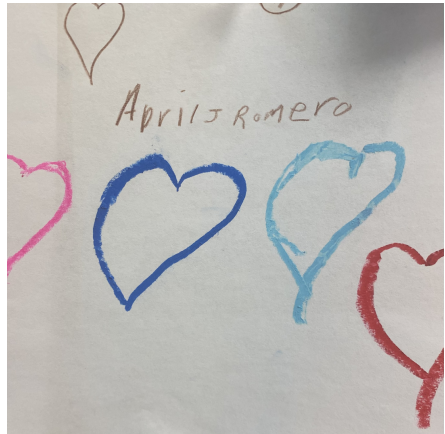


'TOPSY TURBY' BY: JANELLE MOORE



'UNKNOWN' BY: APRIL ROMERO

'SKI BASIN' BY: DAVID T



1 bag of fresh collard greens (berzas)
 1 small bag of dry lima beans (habas)
 1 3/4 lbs. of smoked ham shanks (lacon)
 1 1/2 lbs. beef brisket (carne falda)
 1/2 lbs. of pork, salt-cured (unto)
 5 to 6 medium size turnips (peeled & cut to cubes)
 2 medium sized potatoes (peeled & cut to cubes)
 2 medium sized onions (peeled & cut to quarter pieces)
 6 garlic cloves
 1 tsp black pepper
 3 tbsp. olive oil
 Cooking time: 60 mins
 Serving: 12-14 people

Galician Soup

"Galician Soup (or Caldo Gallego) is a Cuban Tradition, originally from Galicia in Spain. It is a very hearty and rich soup, that is traditionally prepared during winters to keep one warm. A recipe that is centuries old, older Cuban families know very well of this classic Spanish recipe.

Directions:

Place the lima beans in a large bowl, and fill with water until beans are fully submerged in water. Allow to sit over night to soften the beans. (To be done the prior night to cooking).

(Cooking)

On the day of cooking, using a pressure cooker, add the smoked ham shanks (lacon) as well as the beef brisket (falda) into the pot, and fill with water to cover the meat.

Turn the pressure cooker on, and cook for 25 to 30 minutes until the meat is soft. Remove the bones and skin from the smoked ham shanks (lacon), and cut both the meats into small chunks. Place the meats (as well as the water that was used to cook the meats from the pressure cooker) into a large pot, and set aside for now.

Now in the emptied pressure cooker, place the lima beans (habas) with the water. Cook the beans in the pressure cooker for 3 to 4 minutes. Then take the pot with the meats, and place the potatoes and turnips into it (peel these, and cut into cubes prior to placing them in the pot). Heat on medium and cook until the potatoes (and turnips) are soft, ie you can stick a fork in them and through them.

In a separate pan, place the olive oil and warm until it is viscous, then sauté the minced onion and garlic until the onion is translucent. Place the contents of the frying pan (onion & garlic) into the pot with the soup. Add more water if necessary (if the soup is not soupy enough and too thick). Head on medium another 10 to 15 minutes. Turn heat off and leave soup sitting for 2 hours for the flavors of the fat and meats to marinate. Serve warm in a big dish, with Cuban bread

LIZ MONTALVO

Comestible Culinary



Copyright: photo 'Bigstock'

Ingredients:

4 egg yolks
 1 egg (whole)
 14 oz. condensed milk
 1 tbsp. vanilla extract
 1/2 cup sugar
 1 cup of water
 1 lemon (juiced)
 cinnamon (to taste)

Cooking time: 90 mins Serving 6 people

In a small saucepan, place the sugar along with 1 tbsp of water. Squeeze the lemon (until the juices are completely drawn out) into the saucepan. Put on medium heat and let it cook, swirling the pan around until the sugar starts to get golden brown and syrupy. Once it is golden brown, pour the caramelized sugar into a ceramic mold, coating the bottom and sides of the mold. You want to do this so when you place the flan contents, it sounds the sides and bottom with the caramelized sugar. Once this is done, set aside and let it cool.

For the flan, preheat the oven to 375 degrees. In a blender, place the water with the condensed milk and blend well. In a separate bowl, whisk the eggs until well beaten, and then add the vanilla extract to the bowl. Once well whisked, add the contents of the blender into the bowl and with a wooden spoon, stir in the eggs and vanilla extract until well stirred.

Next with a sifter, pour the contents of the bowl into the caramelized mold through the sifter (to remove any pieces of egg from the mixture). Sprinkle on the cinnamon to lightly coat the top of the mixture, then cover the ceramic mold with aluminum foil.

On a ceramic dish (or deep baking pan), add hot water (about 1 inch deep) and place the ceramic mold onto the dish or pan. Place the pan in the oven and bake for about 35 to 40 minutes. Keep track of the water level as it will evaporate easily, in which case you will need to add more water to it.

Make sure you check on the flan throughout by sticking a toothpick into the center of the mold. Once it is solid and you don't see any egg on the toothpick, then it is done. Remove it from the oven, place the mold in the refrigerator and let it chill for at least 1 hr.

With a butter knife, run the knife around the edges of the mold to loosen the caramelized edges. Then take a big dish, place it on top of the ceramic mold, and flip the flan so it is placed on the dish bottom side up. It is now ready to serve and be devoured by hungry Cubans,



50 Hilarious Spring Memes to Have You Laughing All Season Long
Kick this season of bloom with these funny Spring Memes for 2023. LOLs about prime temps, the weather, seasonal allergies and more! Click to Read!

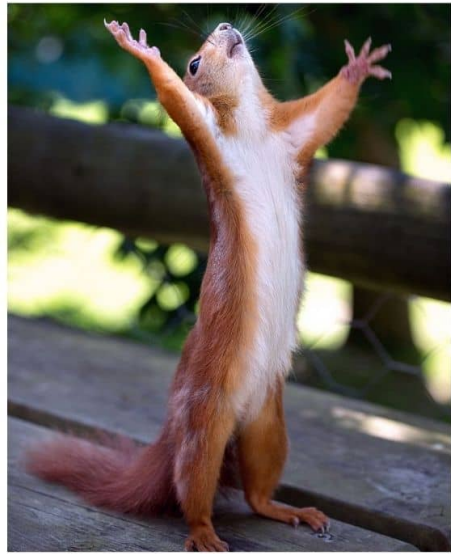
Meme Moments



40 Best Summer Memes in 2023 That'll Help You Cool Down
Here's a collection of funny summer memes to beat the heat! There are memes about vacations, hot



When you walk into a store that has A/C in summers.



TAROT CARD

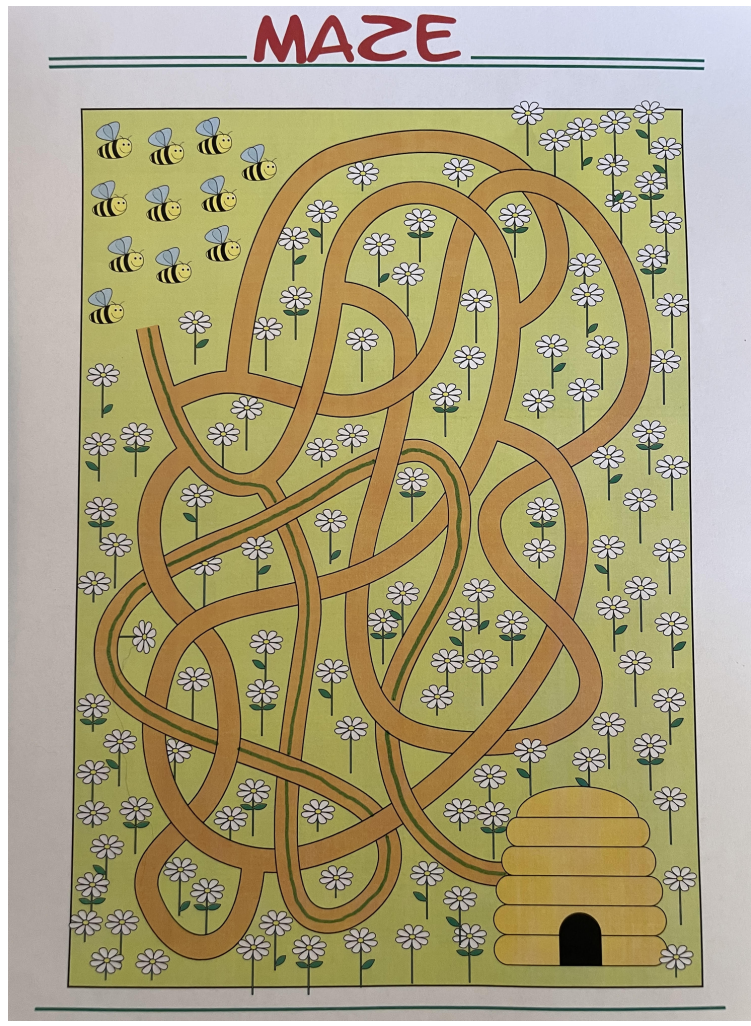
Photograph By: Daniel Maes Jr



Written By: Daniel Maes Jr

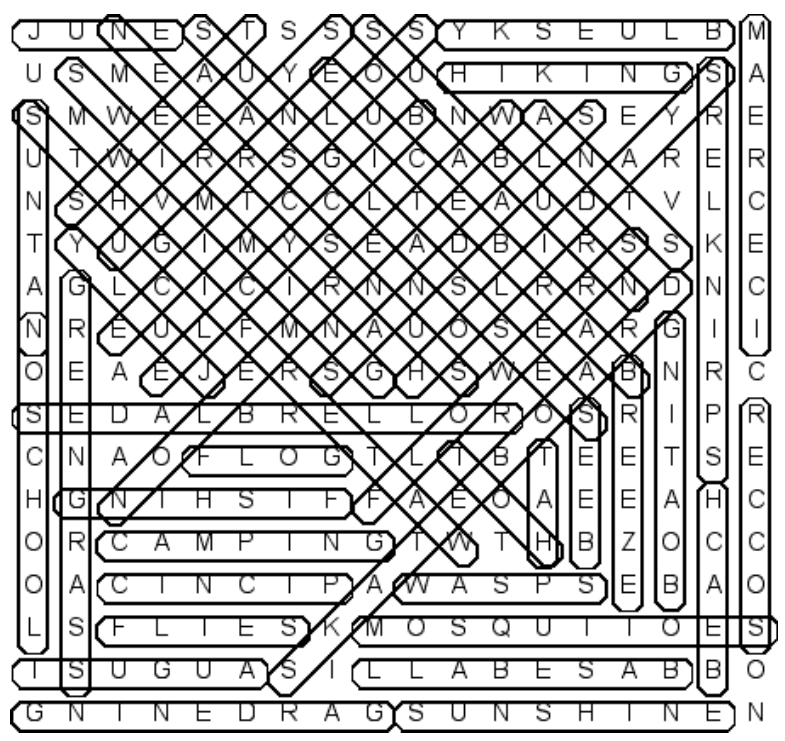
This is a card about a flight to safety, by running away either from something or toward something.

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4	1	2	3	9	5	6	8	7
7	8	5	4	2	6	1	3	9
2	9	1	5	8	7	3	6	4
5	3	6	2	4	1	7	9	8
8	7	4	6	3	9	2	1	5



The Back Page



SANTA FE COUNTY CONNECT A Network for Health and Well-being RESOURCE DIRECTORY

EMERGENCY and CRISIS HOTLINES

Police/Fire Department, Emergency 911

Adult Protective Services 1(866) 654-3219, (505) 476-4912

Crisis & Access Line, New Mexico 1(855) 662-7474

Crisis Response Hotline, Santa Fe (505) 820-6333, 1(888) 920-6333

Domestic Violence Hotline 1(800) 473-5220, (505) 473-5200

Landlord Tenant Hotline, New Mexico (505) 930-5666

LGBTQ Youth Crisis Line-Trevor Project 1(866) 488-7386

National Human Trafficking Hotline 1(888) 373-7888 or Text 233733

National Domestic Violence Hotline 1(800) 799-7233

National Hunger Hotline 1(866) 348-6479

National Runaway Safe line 1(800) 621-4000

National Teen Dating Abuse Hotline 1(866) 331-9474

New Mexico Suicide Prevention Hotline 1(866) 435-7166

Nurse Advice Hotline 1(877) 725-2552

Poison Center, New Mexico 1800) 222-1222

Rape Crisis Hotline (505) 986-9111 or 1(800) 721-7273

Sexual Violence & Other Traumas (505) 988-1951

Veterans Crisis Line 1(800) 273-8255

Warmlines & Non-Emergency - Reporting, Basic Information & Support

Abortion Information Hotline 1(800) 772-9100 or 1(877) 257-0012

CDC-Center for Disease Control Information Line 1(800) 232-4636

Christus St. Vincent Regional Medical Center (505) 913-3361

Crime Stoppers (Tip Line) (505) 955-5050 or Text Santa Fe to 274637

Drug Tip Hotline (505) 428-3737

Graffiti Hotline (505) 955-2255

HIV-HEP C & STD Testing & Treatment (505) 955-9454

Indian Hospital-Santa Fe Service Unit (505) 946-9282

NAMI- National Alliance on Mental Illness (Santa Fe) (505) 395-6204

NM Aging & Disability Resource Center 1(800) 432-2080

NM Coalition of Sexual Assault Programs 1(888) 883-8020
or (505) 883-8020

NM Child Abuse & Neglect Reporting 1(855) 333-7233

FREE **GED** AND **ESL** (ENGLISH AS A
SECOND LANGUAGE) CLASSES FOR
ADULTS

SANTA FE COMMUNITY COLLEGE
505.428.1356

BIG BROTHERS/BIG SISTERS

505.983.8376

FOR CHILDREN WHO NEED
ANOTHER ADULT ROLE MODEL

TRATAMIENTO PARA PADRES

505.988.1951

EN PARTE DE SOLACE TRAUMA
TREATMENT CENTER

NATIONAL RUNAWAY SAFELINE

800.786.2929

HELP FOR RUNAWAY TEENS AND
THEIR FAMILIES

Submissions for the Clubhouse Chronicle must be emailed
by: August 17, 2022, for Vol. I Issue I
October 19, 2022, for Vol. I Issue II
December 14 for Vol. I Issue III
February 14 for Vol. II Issue I
April 19 for Vol. II Issue II
for consideration in the newsletter at
clubhousecronicle@gmail.com For questions about
submissions or general questions for the Clubhouse
Chronicle please email us at clubhousechronicles@gmail.com.