

The Atlantic Times

March 2022



Contributors:

Original Art Work by members of Atlantic Clubhouse. Available for purchase. For more information contact Anita Barnes at barne-sa@vinfen.org or at (617) 770-9660

-Demetrius R.
-Barbara H.
-Sean B.
-Norma H.

-Michael D.
-Kristina B.
-Jake C.
-Sean C.

Education with William H.

Education is always a difficult thing for a lot of people to wrap their heads around because everyone assumes that education simply is going back to school for your high school diploma or to go to college. This is not true, education is expanding our knowledge base and we at the Atlantic Clubhouse understand that this is difficult to see without an education coordinator in place, but we need you to see these opportunities in everyday life! For instance, you can learn by going into the kitchen and helping Wilma or helping Jeanne with a tour. There are so many little things you can do simply around the clubhouse where you may learn something new. In the month of March I encourage you to learn something new! Here are some great role-models:

Sean B. who is going back to school to get a degree.

Lateisha E. who has been studying a lot to get her permit.

Chris F. who is taking a statistics course for his master's degree.

Mike D. who writes a new article every day he is at the club.

David H. and Bryce L. who are taking the CVS training.

Katelyn A. who is taking the Whole Foods Training.

In the end there is so much this world has to offer, you simply have to go out and get it!



Demetrius' Movie Guide



The Batman (PG-13) (175 Minutes)

March 4th

Action, Crime, Drama, Mystery

Director: Matt Reeves

Starring: Zoe Kravitz, Robert Pattinson, Barry Keoghan, Paul Dano

Mrs. Harris Goes to Paris (PG-13) (TBD)

March 5th

Drama

Director: Anthony Fabian

Starring: Jason Issacs, Lucas Bravo, Alba Baptista, Anna Chancellor

Downtown Abbey: A New Era (PG) (TBD)

March 18th

Drama, Romance

Director: Simon Curtis

Starring: Maggie Smith, Michelle Dockery, Laura Haddock, Joanne Froggatt

Unwelcome (R) (TBD)

March 18th

Horror

Director: Jon Wright

Starring: Hannah John-Kamen, Douglas Booth, Colin Meaney, Jamie Lee O'Donnell

Unbreakable (PG) (TBD)

March 18th

Drama

Director: John Gunn

Starring: Zachary Levi, Amy Acker, Peter Facinelli, Patricia Heaton

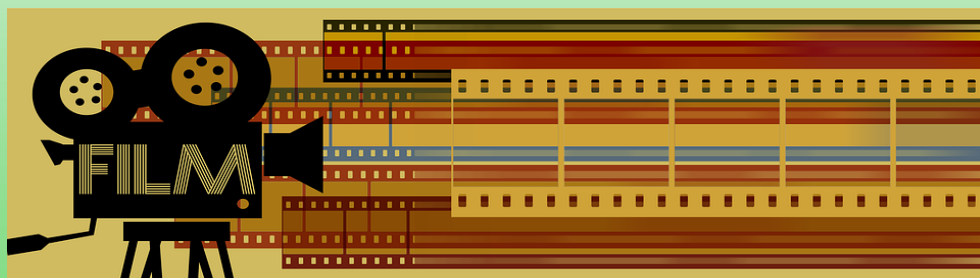
The Lost City (NYR) (92 minutes)

March 25th

Action, Adventure, Comedy

Director: Aaron & Adam Nee

Starring: Sandra Bullock, Brad Pitt, Channing Tatum, Daniel Radcliffe



The Writings of Michael D.

ELEPHANTS

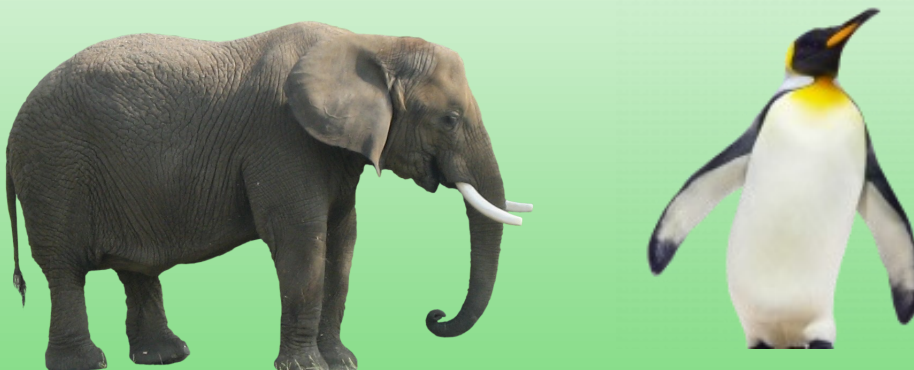
Elephants are the largest existing land animals. All elephants have a long trunk. African elephants have larger ears. They have massive legs and their trunk is used for breathing, bringing food and water to the mouth, and grasping objects. I saw an elephant many years ago at the zoo. I was very young at the time. African bush and Asian elephants are listed as endangered and African forest elephants are critically endangered. This is terrible. People killing elephants puts them in danger. I do not know what to do when killing animals for food is part of survival. It is called the food chain. Animals eat each other for food. This is the way it has been since creation.

The skeleton of the elephant is made up of 326-351 bones. African elephants have 21 pairs of ribs; while Asian elephants have 19 or 20 pairs. The back of the skull is flattened and spread out, creating arches that protect the brain in every direction. The ear flaps contain many blood vessels called capillaries. Warm blood flows into the capillaries, helping to release excess body heat into the environment. Elephants usually have 26 teeth including the incisors known as the tusks. The first chewing teeth on each side of the jaw falls out when elephants are 2-3 years old. These are awesome animals. Many people agree.

PENGUINS

Penguins are amazing birds. Most penguins live in the southern hemisphere. No penguins live at the north pole. Penguins cannot fly. They have adapted flippers to help them swim in the water. Penguins can be found in countries such as New Zealand, Australia, Chile, Argentina, and South Africa. A penguin's black and white body serves as camouflage while swimming. There are penguins in Antarctica. Emperor penguins in Antarctica live on a platform of frozen ocean which connects to land or to ice shelves. Emperors are the biggest type of penguins. I have seen penguins on TV but never in person. To watch their movement and body must be amazing. I can not imagine living in very cold weather (either person or penguin). I would hate to be cold all day. That is a fact of life for penguins and many people. For people to live without heat or food is horrific. But I cannot solve everything,

There are about 595,000 adult Emperor penguins in Antarctica. Emperors are uniquely adapted to survive in harsh conditions even when it is -50 degrees and winds up to 200 km/hr. They have feathers on their legs. They have special fats that prevent them from freezing. Emperor penguins also have strong claws.



HISTORY WITH NORMA H.

Women Pioneers

Madam C.J. Walker: Self-made Millionaire and Entrepreneur

Born Sarah Breedlove on December 23, 1867, to sharecroppers, Walker became a household name in the world of hair care products. Orphaned at 7, Walker worked as a laundress and struggled to get by. In the 1890's she suffered from hair loss and decided to create her own line of products that focused on health and the needs of African-American women. Starting in the 1900's, Walker worked as a saleswoman for another company before starting her own brand, the C.J. Walker Manufacturing, in 1906. She started selling her products door to door until the company took off. Her business is still in existence today.



Rebecca Lee Crumpler: Doctor Extraordinary

Born February 8, 1831, Crumpler became the first African-American to become a doctor in the United States. Raised in Pennsylvania, Crumpler's aunt helped ailing patients and inspired Crumpler to enter the medical field. After receiving a scholarship to a private school in Massachusetts, she worked first as a nurse before applying to medical school. In 1860, Crumpler became the first Black woman to enroll in the New England Female Medical College. She completed her doctorate in 1864. Crumpler chose to work in poor, in-need, communities and wrote articles that became part of the first medical text book—another first for a Black woman. She served as a pioneer for future women to enter the medical field. She died on March 9, 1895 in Hyde Park, Massachusetts.



Shirley Chisholm Political Hero

A daughter of West Indian immigrants, Chisholm was born in Brooklyn, New York on November 30, 1924. She became the first Black woman elected to the US House of Representatives in 1969. Prior to office, Chisholm worked as a nursery teacher before entering politics. In 1964 she was elected as an assemblywoman in the New York legislature and served two terms. From there, she entered the US House of Representatives. During her tenure in Congress, she served a total of seven terms, Chisholm advocated for education, welfare, minimum wage, and women's rights. She helped establish the Congressional Black Caucus in 1971 and co-founded the Congressional Women's Caucus. Though unsuccessful, Chisholm ran for President in 1972. She died January 1, 2005 and posthumously received the Presidential Medal of Freedom.



The Appointment

By Barbara H.

Dan was disheveled- his hair unwashed, his shirt unwashed, and his face unshaven. He had been hearing voices. It had been going on for about a month now. He hadn't told anybody about it, not even his primary care physician, let alone a mental health care provider. All these medical appointments had been taking a toll on him. While he was trying to pay attention in the appointments, the voices would storm through his head.

When the voices started, they sounded like a low volume radio show or TV. He would often have to strain his ears to try to hear what was being said. After a while they became louder and louder. It was nobody that he knew, just strangers saying things to him. Not very nice things. They weren't telling him to do anything bad. They just berated him over and over. He knew they weren't real, but it was still scary.

It was time for the appointment, and both doctor and patient were sitting in the office uneasily.

"How has the medication been working for you?
Any side-effects?"

Dan could barely clear the voices from his head long enough to listen to his patient's response.



The End

March Birthdays

March 6—Guillieneau A.

March 8—Teresa S. & Stephen S.

March 11—Sonja W.

March 16—Katlyn A.

March 21—Don F. & Jeanne S.

March 23—Ann S.

March 27—Frank C., Anita B. &
William H.



Intake, Outreach, Orientation and Housing

Member Spotlight: Demetrius R.

How did you first learn about Atlantic House?

From my Program Director at my house, she told me about Atlantic House.

What do you think about the clubhouse?

I like coming here. I like doing donations on Thursdays at Whole Foods.

What are some of your accomplishments?

I work at AMC theaters in Braintree. I started there in December 2018.

What are your future plans?

To find my own place to live.

What do you enjoy doing in your free time?

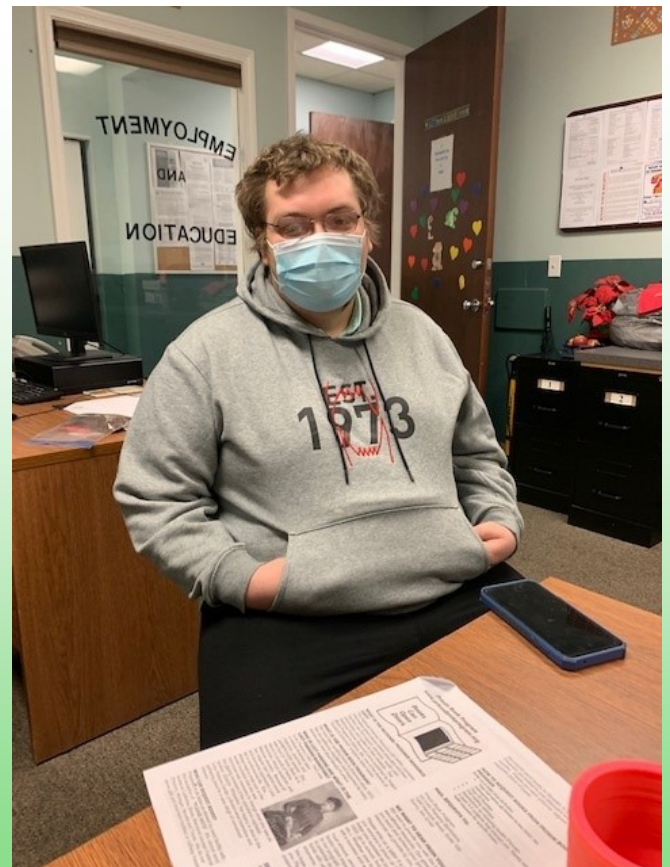
I like watching movies, playing video games, and listening to music. I especially like action movies.

What would you like members to know about you?

I am kind and I work at the movie theater

How can the clubhouse best support you?

Help me to continue to grow at my job.



Communication, Arts, Social & Recreation

Best of the Atlantic Times

Our creative writing book—The Best of the Atlantic Times— is moving along. We currently are at 61 pages and looking for a few more submissions. The next stage is workshopping the pieces with the authors and then on to editing. Once completed, we need to price out the book and look for funding sources. Thanks to all our authors and editors.

Ceramics Studio

The ceramic studio is busy. We recently held a hand-building workshop where participants created from their imagination. Once dry, the pieces will get kilned, glazed, and go in for a final kilning. A big shout out to our new member Ricky for joining the class and committing to the process. The pottery wheel is also available and we can provide instruction on how to build a bowl or plate. Thank you to William, our resident master of clay.

Monthly Newsletter

Arguably the largest project out of the CASR unit is producing the monthly newsletter. The success of this publication rests on many shoulders from our contributors to editors to designers. Especially helpful is the work of our monthly contributors—each with a unique focus. For general interest, Michael D. writes on a variety of subjects that intrigue him. He is excellent at research, finding multiple sources, and composing an inclusive summary. Thanks Mike. Another great contributor is Jake C. who concentrates on biographies. Like Mike, Jake reads a variety of resources before completing his writings. Some of the biographies include Tesla, Mark Twain, and Joe Dimaggio. For the next edition, Jake is researching Robert Frost. Along with monthly contributors, the newsletter is broken down into topics. Each month there is an article on history, science, and diversity and inclusion.. Thank you to all our readers.

Contact barnesa@vinfen.org if you would like to be on our newsletter mailing list.



Join us for Creative Writing
Tuesdays at 10:30 am

Employment: Job Development

With William H.

Within the world today there are jobs and training for everything from working as a mascot to training to be a hairdresser. There are so many opportunities out there it is hard to find what you want to do, and what you think you can do. Within the clubhouse there are a lot of chances that are much more reasonable and are a straight path to success. We have members who ring bells and volunteer for the Salvation Army, we have members participate in the CVS Job Training, and we have members who work full time. The point being, there are a lot of different things you can do in this world to better yourself.

Some incredibly cool things the clubhouse is offering is a CVS Job training program, and Whole Foods training. Then we have so many volunteering opportunities here at the clubhouse as well through the Salvation Army for the food bank, Thomas Crane Library returning books, and finally the Prison Book Program sending books to inmates. These volunteer opportunities will help you prepare for a life of fulfilling work or simply a part time job for a little cash. Then finally we have openings at Advantage Solutions as a person who hands out samples at BJ's or Walmart as well as the watering and cleaning position in the Garden Department at Home Depot. In the end, there are endless opportunities for training, volunteering, and working that there is bound to be something for you as long as you are willing to put in the effort! Just stop by the employment unit or speak to your advocate and we will certainly be able to find what is best for you. You are never alone here at the Atlantic Clubhouse, and we will help you every step of the way. If you put your mind to it, you can accomplish anything, and we have hope that you can!

Ronnie Milsap

By Kristina B.

Ronald Lee Milsap was born January 16, 1943, in Robbinsville, North Carolina. Due to congenital glaucoma he was born nearly blind. His mother took this as a sign that God was punishing her for sins, she left him behind to be raised by his grandparents in the Smokey Mountains until he was sent to the Governor Morehead School for the Blind in Raleigh North Carolina at age 5.

While at school Milsap developed his passion for music, he listened to late-night radio broadcasts of country music, gospel music, and rhythm and blues. At age 7 his teachers noticed his musical talents. Milsap began studying classical music and learned several instruments, eventually mastering the piano. When he was 14 a slap from one of the school's houseparents caused him to lose what very limited vision he had in his left eye.

In 1956 Milsap became interested in rock and roll and formed a rock band called the Apparitions with fellow high school students. In concert Milsap often paid tribute to the musicians of the 1950's who inspired him including Ray Charles, Little Richard, Jerry Lee Lewis, and Elvis Presley. Milsap was awarded a full college scholarship and briefly attended Young Harris College in Georgia with plans to become a lawyer.

During this time Milsap joined a popular local R&B band called the Dimensions that played gigs in the Atlanta area and became a regular attraction at the rough and rowdy Royal Peacock Club. In the fall of 1964 Milsap declined a scholarship to law school and left college to pursue a full-time career in music and in 1963 he met Atlanta disc jockey Pat Hughes who became an early supporter of his music career.

Milsap recorded his first single *Total Disaster/It Went to Your Head*, which enjoyed some local success in the Atlanta area. The single sold 15,000 copies with the help of Hughes who played the record on his radio show; at the same time, Milsap auditioned for a job as a keyboardist for Musician J.J. Cale. In 1965 Milsap signed with New York based Scepter Records recording several obscure singles over the next few years and worked with other soul blind musicians Ray Charles and Stevie Wonder.

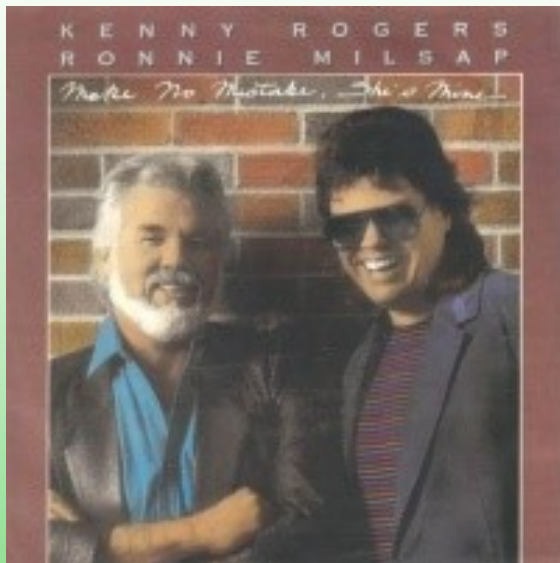
That same year, 1965, Milsap scored his first hit with *Ashford & Simpson* and penned the single *Never Had It So Good*, which peaked at No. 19 on the R&B chart. This, however proved his only success with Scepter. After moving to Memphis, Tennessee in the late 1960's Milsap worked for producer Chips Moman. Milsap became a popular weekly attraction at the Memphis nightclub T.J.'s. During this time, Moman helped Milsap find work on numerous projects including several recordings with Elvis Presley. In 1971, Milsap recorded and released his debut album *Ronnie Milsap* on Warner Brothers. In December 1972, Milsap relocated to Nashville after a meeting with country music star Charley Pride who sat in the audience for Milsap's gig at the nightclub Whiskey A-Go-Go on Sunset Blvd in Los Angeles. Pride was impressed with Milsap's singing and encouraged him to change course and focus on country music.

Ronnie Milsap began working with Pride's manager Jack D. Johnson and was signed to RCA Records in 1973 where he released his first single *I Hate You* which became his first country music success peaking at No. 10 on the country chart. In 1974 Milsap toured with Pride as an opening act and had two No. 1 singles *Pure Love* by Eddie Rabbit and Kris Kristofferson and *Please Don't Tell Me How the Story Ends* which earned Milsap his first Grammy.

In 1975 he revived the Don Gibson song (*I'd Be*) *A Legend in My Time* and scored another No.1 hit with *Daydreams About Night Things*. In 1976-1978 Ronnie Milsap became one of country's biggest music stars. He scored seven No. 1 singles in a row, including the Grammy-winning (*I'm a*) *Stand by My Woman Man* and *What a Difference You've Made in My Life*. The most significant of the series was *It Was Almost Like a Song* in 1977, a piano based ballad which became a successful single and landed on the Adult Contemporary Chart. Milsap also scored on the Billboard Hot 100 with his song *Please Don't Tell Me How the Story Ends*. While the song was Milsap's only crossover success of the 1970's, he continued to achieve hits on the country music charts for the remainder of the decade.

In 1980 until 1983 Milsap scored a series of eleven No.1 singles. *Milsap's Greatest Hits Album* released in 1980 included a new single *Smokey Mountain Rain* which became No.1 smash on the country music charts. The single peaked in the Top 20 on the pop music chart and became the first of two Milsap's songs to reach No. 1 on the Adult Contemporary chart. Between 1985 and 1987 Milsap enjoyed a series of uninterrupted No.1 country singles enjoying great success at this time. Ronnie Milsap has won 6 Grammy's and received 11 nominations. In 1976 he was inducted into the Grand Ole Opry and in 2002 The North Carolina Music Hall of Fame. Milsap was awarded the Career Achievement Award by Country Radio Seminar and in 2007 he received the Rocketown Legendary Award. In 2014 Ronnie Milsap was inducted into the Country Music Hall of Fame.

Ronnie Milsap had some struggles in his life and became a successful country music singer and one of the most successful and versatile country crossover singers of his time.



Health & Wellness with Wilma

HEALTHY FOODS ON A BUDGET: 10 Great foods that won't break the bank' Part I of II

We all notice it when we go to the grocery store; food prices are going up.

How do we manage to eat healthy with these rising food prices?

Following are five healthy foods with mini recipe ideas for each.

1. EGGS are a good source of protein and minerals. Eggs leave you feeling full longer. If you boil a few eggs in water for about 7 minutes, cool and peel and cut them up. Mince an onion or green onion and some celery or green pepper or parsley, mix with two spoons of mayonnaise, a bit of salt, pepper and paprika powder and you have a good egg salad

2. OATMEAL contains iron and fiber and lowers cholesterol. You can save money by buying a canister of quick cooking or old-fashioned oats (NOT instant oatmeal with lots of sugar) make a super healthy breakfast with 1/3 cup of oats, 2/3 cup of milk or almond milk and microwave for 2 minutes. For sweetness cut up a banana or add some blueberries

3. BEANS, LENTILS, CHICKPEAS

Indian style chickpeas and spinach, sauté a chopped onion in some oil, after the onion softens add a teaspoon of curry powder (more if you like it spicy) stir for a minute or so and add two chopped tomatoes or a small can of tomato sauce, a can of chickpeas (garbanzo beans) cook together for a few minutes then stir in two cups of chopped spinach. It goes well with rice or flat bread.

Explore the internet for fantastic recipes with lentils and beans

4. APPLES

Apples offer many health benefits, and they make a great snack as is ,or sliced with some peanut butter. If you have a hard time chewing an apple, you could cut one up and briefly boil or microwave it with very little water and some cinnamon.

5. CHICKEN (Not breaded or fried) Look for sales at the supermarket. Chicken drumsticks or thighs with bones are regularly on sale for no more than a dollar per pound. Boneless chicken breasts are also on sale from time to time for about \$2 per pound. You could season the chicken with a mix of salt, pepper, paprika and any other spices you like. Sauté the chicken in a little oil or butter until it is lightly browned, then add ½ a cup of liquid, water or chicken stock, put a lid on your pan and let it simmer for at least 20 minutes. You could of course add a few veggies along with the meat such as cut up onion, peppers and tomatoes. This will go well with rice or pasta. Look for many more easy recipes on the Myplate.gov website

Check out Part II in April's Newsletter

Creative Corner



I Hold the Key

By Sean C.

If from the ashes a phoenix can rise,
then from my self-made coffin so may I.
If true love never dies, and there is a heaven where the angels fly,
then a greater truth stands, and it stands high.
I know I can reach it if I climb past all the lies.

With a newfound faith I know all this is true.
I can dream, and set my dreams high, because I know God wants me to.
Still, come as it may,
there will always be something around
to numb the old wounds, or keep them at bay.
My Lord, give me the strength to hold onto mine,
to turn my bitter fruit into your fine wine.
My Lord, please transform my loneliness, bitterness, and my lust
into all the magnificent virtues that you have sent us.
Everyone wears masks and I have worn mine too.
Finally I can remove it and to mine own self be true.
Please light this long dark cavern I shall pass through.

I will no longer objectify the fairer sex.
I will not make simple commandments so complex,
that it would take a scholar to explain the text.
I no longer need a sermon to tell me that it's true,
that I stand atop the highest mountain, and the mountain is you.
I shall love my brothers and sisters,
and even those for whom I've had disdain.
I shall no longer be so quick to place shame or be hasty to extend blame.
I will never knowingly hurt another for personal gain.
The greater reward is the one that lies in truth.
My treasure lies with faith, and it doesn't require proof

Yes, I would like to support the Atlantic Clubhouse
Here is my gift to help

Atlantic Clubhouse
338 Washington Street
Quincy, MA 02169
617.770.9660

Name: _____

Email: _____

Please accept my gift of:

\$10.00 \$25.00 \$50.00 \$75.00 \$100.00 \$500.00 Other_____

Your investment in the Atlantic Clubhouse is critical to ensuring that today's and future members have the opportunity to be productive and respected members of our community

Comments or questions are welcomed. Feel free to contact the Program Director, Janette Tibets @ 617.770.9660 or by email tibetsj@vinfen.org.

Please make your contributions payable to the Atlantic Clubhouse. Our parent agency, Vinfen Corporation, is a 501c3 organization and all gifts are tax-deductible.

Thank you for your generous gift!

My Journey with Inspirational People

Excerpt form a College Essay by Sean B.

My sister Kathleen Marie Barry - Cleveland was the oldest child in my family and inspired me and many others. She helped many people and animals too. Being selfless was the way she always was. Kathleen assisted people in Recovery from Alcohol and Drugs in the A.A. Fellowship and helped children by being a Big Sister in the Big Brother/ Big Sister Foundation. She also helped with animal adoptions at the Quincy Animal Shelter. As an animal adoption person, she screened peoples' background before finalizing the adoption. Kathleen worked a full-time job as a secretary to the Vice-President of the State Street Bank in Quincy, Massachusetts and later transferred to Boston. She worked since she was 16 years old from high school in the Early Work Release Program at State Street Bank. She worked there until she died of cancer at the age of 45. Ten years has elapsed since she passed away this March 1, 2022. Kathleen made me realize I need to make changes in my lifestyle and change my life for the better--to do something great in my life. Kathleen taught me and the people in her world it's better to give than to receive and she was flawless. She makes me want to be the best I can be in my life. Kathleen would give the sweater off her back if it made someone warm that was struggling in the street. She would also go out of her way to help someone to be sober that was struggling with sobriety.

Joe Finn was another inspiration in my life. He has a Master's Degree in Theology and other degrees to say the least about his extensive education. I met Joe when he was working as the Director of Father Bill's shelter where I stayed. I stayed there in 1992 until 1998 off and on. He was very helpful and caring for the homeless of the South Shore. Joe went out of his way to help the homeless to get housing, food, money, and clothing assistance. He also believed in a life of recovery from addiction that the homeless struggle with. He then went on to be the C.E.O of all the shelters in Boston at the Sheltering Coalition. Joe and myself became close when he worked at Father Bill's shelter, and I can call him for any advice if I need to. He helped me tremendously get back on my feet and get housing. Joe is very selfless, kind, genuine, and caring. He was an inspiration in my life. Because of Joe I want to give back in my life, pay it forward if you will.

SCIENCE

Elmer & Lima: A Love Story

Humboldt penguins live along the coasts of Chile and Peru and are able to breed at anytime throughout the year. Like some other bird species, penguins are monogamous, mate for life and each parent shares the responsibility of raising their offspring. Humboldt female penguins lay two eggs, though only one generally survives. Eggs take about 40 days before hatching. During this incubation period, both parents take turns keeping the egg warm. When ready, the baby penguins use their beaks to start breaking the egg shell—this takes about three days. Once hatched, penguin parents share in the feeding and raising of their hatchling.

At times, though, not all penguin couples make good parents. As a result, they break the egg, incubate it incorrectly, or fight over duties. This happened at the New York Zoo where heterosexual couple, Poquita and Vente lacked the parenting skills necessary to successfully hatch their egg, requiring foster parents. In comes Elmer and Lima.

Both Elmer and Lima, two male penguins, were born at the New York Zoo. And though most penguins are heterosexual, Elmer and Lima fell in love and became a couple in 2021. Together, they displayed strong parenting skills, building nests and protecting their territory, that the zoo decided they would make excellent foster parents. So, Elmer and Lima took over where Poquita and Vente couldn't and successfully hatched their adoptive child on January 1, 2022. The penguin chick continues to thrive under Elmer and Lima's protective care.

Elmer and Lima are not the first same-sex penguin couple to become foster parents in a zoo setting. There are couples in zoos in Spain, Berlin, and Sydney. The most famous couple, though, is Silo and Roy, two male chinstrap penguins who found love at the Central Park Zoo in 1998. As foster parents, they successfully hatched and raised a chick named Tango. Sadly, their love ended when Silo left Roy for Scrappy, another penguin in 2005.

Love truly conquers all. Humans can learn from Elmer and Lima that parenting isn't just biological, but a daily practice that requires sacrifice, joy, and, in the case of a couple, sharing responsibilities. Congratulations Elmer and Lima on your new addition.

Summary of an article from CNN Travel—"Same-sex penguin couple become first-time dads at New York zoo" February 2, 2022



WORKS OF JAKE C.

Ted Williams

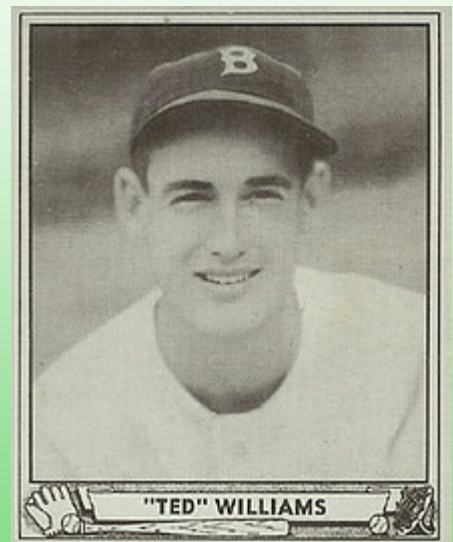
One of the greatest players to ever play the game of baseball, Ted Williams, was born in San Diego in 1918 and played for the Boston Red Sox for 19 years. His heritage was half Mexican American on his mother's side and baseball was big in his family with his uncle playing in the minor leagues and once pitched against Babe Ruth, Lou Gehrig, and Joe Gordon. Williams learned to throw a base ball at the age of 8 playing with family.

Williams graduated as the star pitcher of his high school baseball team and also was a big hit in American Legion Baseball. Upon graduation, he had offers to play for St. Louis and the Yankees but his mother thought he was too young to leave home so he signed up with the local minor league franchise the San Diego Padres. The Red Sox scouted him while out in San Diego looking at some of his teammates and made the Padres a great offer for him which they took.

In Boston, Ted was covered in accomplishments including being a veteran of WW2 and then the Korean Wars. Williams hit .344 (7th all time) for his lifetime average with the Red Sox and he had 521 home runs (3rd all time) with 1,839 runs batted in (7th all time). He was a 19 time all-star and 2 time MVP and 2 time triple crown winner and he did all this while missing the 1942-1946 seasons fighting in WW2 and the 1952-1953 seasons after being called to fight in the Korean War.

While in the military, Ted rose to the rank of Captain in the marine corps. and he was a gifted aviator, "One of the best" that eventual astronaut Buzz Aldrin said he ever flew with. "The Kid" as Williams was popularly known was married and divorced 3 times and had 2 kids with two different wives. The love of his life was said to be Louise Kaufman whom he spent the final 20 years of his life with but they never married.

On July 5th, 2002, Williams died of cardiac arrest and the legend was no more. His body was sent to be cryogenically frozen by his kids and is still to this day in a facility awaiting science to be able to awaken him and restore his health. Williams was inducted into base balls Hall of Fame on July 25th 1966 and the Ted Williams Tunnel was dedicate and opened in December of 1995.



DIVERSITY & INCLUSION

In Memoriam Tich Nhat Hanh: Engaged Spirituality and Mindful Action



Thich Nhat Hanh passed away on January 22, 2022. He was a Vietnamese Zen Buddhist monk from the city of Hue, Vietnam. From 1960 to 1963 he studied in the US at Princeton, and taught Buddhism at Columbia and Cornell Universities. Nhat Hanh returned to Vietnam, where from 1945 onward fighting between pro- and anti- colonial forces completely disorganized rural life.

He started writing and teaching Mindfulness from 1964 onward. Also in 1964, in Saigon, he started the School of Youth for Social Services (SYSS) movement that sent volunteers into the devastated countryside to start schools and health clinics. It was the beginning of putting in practice his ideas of Active Buddhism as an anti-dote to violence in general and war in particular. Accusing the organization of communist sympathies, the South-Vietnamese government in 1966 took over SYSS and exiled Thich Nhat Hanh to the United States. There he joined Daniel Berrigan, SJ, a catholic Jesuit priest in the anti-war movement. Hanh also met with Thomas Merton, the famous Trappist monk, and with Martin Luther King convincing him to take an anti-war stance. In 1967 King proposed Nhat Hanh for the Nobel Peace Prize.

From the US Nhat Hanh moved to France and started a meditation center that concentrated on developing mindfulness. This work resulted in his 1975 book *The Miracle of Mindfulness, a Manual of Practice*. In 1982 he established the Plum Village Monastery, the largest Buddhist monastery in the West. The latter grew into a monastic order that has currently four communities in the US, and 750 members worldwide. In 2014, after a massive stroke he lost the ability to speak. He still could write. In 2018 he returned to his native Hue and resided till his death in the Buddhist monastery he joined in his youth.

Influenced by Daniel Berrigan and the Creative Imagination and Contemplation in Action concepts of the Jesuits, Nhat Hanh in his writings combined various Buddhist traditions, particularly Tibetan wisdom texts, with Western psychology. He thus provided a philosophical underpinning for the Engaged Buddhism spirituality that grounds mindfulness as active participation of individuals in creative change. Western psychologists used the techniques of mindfulness, but not its philosophy, in such cognitive-behavioral methods as Dialectical Behavioral Therapy (DBT). Completely eroding the Buddhist spirituality John Kabat-Zin developed mindfulness-based stress reduction, now practiced across the world in around 80% of medical schools and 35% of companies. Mindfulness training became a \$1 billion industry in the US.

While his engaged activism created change, and everybody knows of mindfulness, few ever heard of Thich Nhat Hanh, or practice his spirituality.

Resources:

Sic transit Gloria Mundi—Worldly fame thus fades away. Bryant, Miranda (January 22, 2022). "From MLK to Silicon Valley, how the world fell for 'father of mindfulness'". *The Guardian*.

