

The Clubhouse

Star

July 2020

A publication of the Sally and Howard Levin Clubhouse. A program of Jewish Residential Services.



BARGAIN BIN RECORD REVIEWS FOR JULY

BY: Mike Hogan.

A couple of months ago I mentioned that I had launched a new feature for this column. I called this “Wendell’s Five Dollar Challenge.” It is an attempt to get my readers involved in the making of the column, and a way of gaining insight to how other people access music.

The idea is simple. I give someone \$5.00 to spend anyway that they like on music. The only rule is that the money must be spent on music. The recipient may buy an album, a cassette or a CD, or they may use it to pay for a streaming service. The idea is to be as creative as possible.

The first challenger is my friend David K. He is an avid music collector, with a taste for both progressive and modern rock and roll. I trusted that he would spend the money wisely, and make some interesting purchases.

Dave reported back to me that he had purchased 2 CD’s with the money. They were as diverse as I expected. Dave bought the *Best of Jethro Tull*, and the **B-52s** two for one CD, *Party Mix*. He thought the Jethro Tull was good, but the songs were too familiar. *Party Mix* is like a best of with slightly different versions of their hits. I was looking to get the cut album on Party Mix, “Mesopotamia.” The two albums show a diverse sense of taste. I think that each is an intelligent purchase; the kind of diversity that I would show with a finite amount of money.

So there you have it. If you would like to participate in this challenge, get in touch with me at the Clubhouse. You can reach me at (412) 422-1850. Just ask for Wendell, (which is my nickname). You, too, can make Bargain Bin history.

AS ALWAYS:

KEEP ON ROCKING!



Building Models

By: Mike Hogan

One of my chief pleasures in building model kits is taking on a challenge. I had hoped that the pirate pistol would be such a challenge, but it turned out to be a disappointment. The pistol had only 26 pieces. The biggest headache I faced was to interpret the painting guidelines.

The next kit proved to be a real challenge. I bought an all metal kit of a Model A Phaeton. It was a kit originally made by Hubley Models. I had built one in the 1960's when I was in Junior High School. Fifty-plus years would be about right for this buildup. I had no idea of the challenge I faced!

The kit first came out in the 1950's. It was state-of-the-art at the time, but the decades had not been kind to it. It was covered in flash (metal that must be removed to use the part). I had to buy several carbide steel files to remove this flash. This was time consuming, messy, and frustrating.

A second problem was that the parts do not fit well. The two halves of the body don't move. There is a one-eighth-inch gap on the body. This left an unsightly gap on the body.

A third problem was how to assemble it. The model is held together by screws. Unfortunately, these screws would not tap. I had to find another solution. Fortunately, Gorilla Glue came to the rescue. It now holds together better than it would with the screws. The Gorilla Glue cost me \$8.00 at CVS.

I was able to finish the model with the help of the Gorilla Glue. From some angles it looks alright, but the completed model does not come up to modern standards. The model is okay, but I don't think it was worth the money.

All in all, I would not recommend this kit. Plastic models have outstripped it in many ways. All metal models appear to be a dead end. It was an interesting experience, but not one that I would recommend to anyone without infinite patience.

As always:

Keep on Building!

Club house rules.
Stay at least 6 ft. away

Wash hands a lot with soap(happy birthday song)
Wear a mask
Take your temperature.

Poetry

If you obey the rules at the clubhouse and elsewhere
You and others will have nothing to fear.

Dean a. damick

Miracles
When fear preside
And you have to shout
Don't leave the scene
Be flexible and save the day
And at the end
Have a good
Thing to say.
Lucky dean damick

"The Unlikeliest Haiku"

I wrote these poems during one
of Mimi's Creative writing classes.
We meet on Zoom on Wednesday's at 1pm.
Please join us!

Toilet Paper
Toilet paper is
Something you use every single day
But seldom think about.

Toenails
Toenails on my feet
They are clipped, shaped, and polished
Then I admire them.

Air Conditioning
Air Conditioning
It is a vital necessity
In the summer heat.

-Delaine Swearman

Joe	Kadidja	Hannah	Hayly	Christina

Times	Monday	Tuesday	Wednesday	Thursday	Friday
10-11:00 am	TB	TB	TB/Cultural Competence	TB	TB
12-1:00 pm	Leadership Skills	Health and Wellness Skills	Personal Medicine	Cooking	Member Lead Time
1-2:00 pm			Creative Writing*		
2-3:00 pm	TB	TB	TB	TB	TB
3:30-4:30 pm	Tech 101	Problem Solving Skills	Yoga*	Creative Expressive Arts	Interactive Game/Activity

In order to stay connected while our Clubhouse is closed, we will host recurring touch-base meetings and other programming via zoom for Clubhouse colleagues daily, Monday through Friday! Refer to the schedule above for those touch-bases and other programming times. The colors indicate who is facilitating the group, these are subject to change.

*Creative Writing, and Yoga is still being taught by Mimi and Jesse via zoom

You can join the meeting online via smartphone or computer using this link (<https://zoom.us/j/956983055>) OR by calling via cellphone or landline to this toll free number: 1-301-715-8592 and entering this meeting ID #: 956983055

These meetings and programs are designed to bring colleagues together during a time of increased isolation. We hope to share resources, healthy coping strategies and support, and the opportunity for socialization.

July Garden Update

By Hayly Hoch

It's July and the garden is in full swing! I thought I would share with you some of the successes and challenges of our Clubhouse growing season thus far.

First, let's talk challenges AKA pests and diseases! Pests and diseases will always be a part of the gardening experience. Because we manage our garden organically, we have to get creative with how we problem solve to protect the fruits of our labor. Here's a list of the pests and diseases we are currently battling:

Japanese Beetles on Pole Beans

Japanese beetles are an invasive beetle with iridescent amber colored wings and an emerald green colored head. These bad boys are known for eating leaves of veggie plants leaving them skeletonized (see photo 1). If enough leaves are eaten, the plant may lose the ability to photosynthesize and ultimately die. Because Japanese beetles are invasive, they have no natural predators to control their population here in Pennsylvania. This leaves us with two options for controlling these pests. The first option is to physically pick off the beetles from the plants and kill them. This tactic is useful if Japanese beetles are targeting only one crop and numbers are still low. During my garden visits, I pick off Japanese beetles from our bean plants and put them in a cup of soapy water where they drown (see photo 2). If this strategy fails, I will try a foliar chemical control called neem oil. This chemical control is approved for organic growers as it is naturally occurring. Whenever the Japanese beetle eat a leaf that has been sprayed with neem oil, their digestive system will be disrupted ultimately killing the beetle. Our Japanese beetles are isolated to the pole beans currently, but they can commonly be found on basil, roses, grapes, or raspberries. Fingers crossed that picking them off is enough to control them this year!



Flea Beetles on Eggplant

Flea beetles are teeny, tiny black insects that also eat plant leaves. You'll notice that their damage to the plant leaf is much different from the Japanese beetles as flea beetles chew small, circular holes through the leaves (see photo 3). Since they are so small, flea beetles don't often pose a serious threat to plants. In order to keep their population numbers low, we use diatomaceous earth sprinkled on the leaves of the plants they eat. Diatomaceous earth is a natural control method composed of ground up seashells. Although the powder feels soft to us, the seashells have incredibly sharp edges to small insects. These sharp edges scratch the soft bodies of flea beetles under their hard wings to kill them. Currently, our eggplant is getting hit hard by flea beetles, but other crops impacted earlier this year included our salad greens, turnips, and radishes.



Deer on Apple Tree and Tomatoes

Deer are by far our biggest problem in the garden. Deer are herbivores meaning that they eat only plant material. Since they are so large (adult females often weigh up to 125 lbs and males can get up to 300 lbs), they need a lot of food to grow! Unfortunately, they make a meal out of multiple plants in our garden. This year, they have been particularly fond of our tomatoes (photo 4 and 5) and apple tree (photo 6). Deer were a huge problem last year, so we anticipated their damage and tried some new control tactics this year. Using a grant from Grow Pittsburgh, we were able to build tall cages around the tomato beds. This had been relatively successful, that is until the plants produced bright red, ripe fruit. Overnight, these clever deer discovered how to invade the cages and ate our tomatoes. This is an ongoing struggle, so I will be trying some new control methods. The first will be to sprinkle soap shavings around the tomatoes. The soap's strong smell can irritate deer's sinuses and deter them. Next, I could spray hot pepper wax on the plants and fruits. If a deer chomps on a leaf that has been sprayed with hot pepper wax, they will have a spicy sensation much as you and I would have if we ate a ghost pepper—not fun. Finally, I will try to spook the deer by hanging wind chimes and creating noise in the garden. More updates to follow on these disastrous deer.



Squash Bugs on Summer and Winter Squash

Squash bugs have brown, flat bodies and attack—you guessed it—different types of squash producing plants! They wreak havoc by using their straw like mouth to suck nutrients out of the leaves of squash plants. Beyond squishing adult squash bugs, the easiest way to control that is to find and kill their eggs before the squash bugs hatch. During each visit to the garden, I go on an egg hunt. Squash bugs lay their eggs on the underside of larger squash plant leaves (photo 7). When I locate a collection of eggs, I squeeze and smash each one thus preventing them from growing into the destructive adult squash bugs!



Stripped/ Spotted Cucumber Beetles cause Bacterial Wilt on Cucumbers

Cucumber beetles are an interesting case. These small insects are black and yellow with either stripped or spotted wings (see photo 8). Although cucumber beetles do chew and feed on the leaves of cucumber plants, their greatest threat is their ability to spread bacterial wilt disease. Whenever a cucumber beetle makes an incision in a leaf to eat, their excrement can enter the plant's system. Just as human excrement has bacteria, so does the excrement from cucumber beetles. If the cucumber beetle carries bacterial wilt in their gut, they will infect the plant with bacterial wilt. Once infected, a singular leaf will begin to wilt and the disease slowly spreads throughout the plant's stems to other leaves. Ultimately, all leaves will wilt (see photo 9) before turning yellow and brown, then drying out and killing the entire plant. Once the disease is present, there is no way to stop its spread. Already, I have had to pull out two dead cucumber plants from our garden. The best way to address bacterial wilt is to prevent cucumber beetles from finding your cucumber plants. Cucumber beetles are attracted to the yellow flowers on cucumber plants, and we can use this to our advantage in controlling them. We can lure and trap cucumber beetles before they spread disease by posting bright yellow sticky traps throughout the garden. When a cucumber beetle is searching for yellow blossoms, they will instead land on these sticky traps and perish thus preventing the spread of bacterial wilt!



Powdery Mildew on Summer and Winter Squash

Powdery mildew is a fungus that attacks a variety of plants. Fungus enjoy growing in damp, dark conditions with little airflow. Because squash plants have large leaves that create a lot of shade and grow low to the ground where water collects, they are particularly vulnerable to the growth of powdery mildew. If a plant is infected with powdery mildew, the leaves will look like they have been sprinkled with baby powder with small circles of white dust. Powdery mildew can slow the growth of infected plants and ultimately cause death of the plant. The best way to address powdery mildew is to eliminate the dark, damp conditions that fungus favor. To do this, we can increase airflow and access to sunlight around plant leaves by planting them at least 4 feet apart. To reduce excessive moisture, we can avoid allowing water to collect on plant leaves by only watering when necessary and directing irrigation water on the soil instead of over top of the plant's leaves. If a plant does ultimately become infected with powdery mildew, pruning the plant and cutting off infected leaves is the only resolution to slow the fungus spreading.



That's whole lot of problems to keep track of in the garden, so let's focus on some successes that have occurred despite our pests and diseases! So far this year, our garden has already produced 150.07 lbs of produce! If all of the fruits and veggies harvested from our garden were sold at the organic retail price at a local farmers market, we would generate a total value of \$474.27! This is a 160.24% increase in production from last year when we only produced 93.64 lbs of produce, and we are only half way through our growing season!

This year turned out to be the perfect year to pilot our Clubhouse CSA project since we are unable to use the garden produce in the Clubhouse kitchen. This new entrepreneurial project, Honey & Vinegar CSA, is a collaboration between Food & Horticulture and Business, Education, & Employment. Many of the leading Clubhouses around the world utilize the work ordered day to provide a tangible service for the surrounding community. The members at Fountain House, New York City operate a fiber arts business, selling beautifully dyed yarn and garments sourced from their farm raised alpacas. Clubhouse members from the Independence Center, St. Louis run a fully functional retail floral shop. Members at the Pathways Clubhouse, Kalamazoo manage MRC art-Works, an art gallery, studio, and retail space housed in the local mall. It was our aim that the Sally and Howard Levin Clubhouse follow these examples with the implementation of our pilot Community Supported Agriculture (CSA) program. Pioneered by Dr. Booker T. Whately more than 60 years ago in an effort to save farms owned by Black Americans, the CSA model has recently rocketed into popularity with more than 13,000 US farms connecting with consumers directly via CSAs in 2007. In a standard CSA, consumers will pay a farmer upfront for a season's share of produce to be received on a weekly or biweekly basis. This helps the farmer in the beginning of the growing season when they must procure expensive inputs like seeds, fertilizer, and equipment. This year, our pilot Clubhouse CSA has been providing shares to 5 customers biweekly, and has raised \$1000 for the Clubhouse! This project will only get better when colleagues can practice working, learning, living, and social skills by assisting in managing the CSA when we return to the Clubhouse! Colleagues can look forward to Food & Horticulture tasks such as growing, harvesting, washing, and packing tasks, as well as Business, Employment, & Education tasks such as development of a CSA newsletter, customer relations and communications, sales, budget management, and more!

