

RECOVERY HAPPENS

Illuminating pathways toward opportunity, possibility, wellness and independence.

Restoration Society, Inc., 66 Englewood Avenue, Buffalo, NY 14214
www.rsiwny.org (716) 832-2141 Fax (716) 832-0021

14 days of self-love

- day 1**
set an achievable small goal for everyday for the next two weeks
- day 2**
write a love letter to yourself, put it in an envelope and seal it
- day 3**
call a loved one you haven't talked to in awhile and catch up
- day 4**
shut off all screens 20 minutes earlier than normal and take time to unwind and reflect
- day 5**
forgive yourself for a regret you've been hanging on to and let it go
- day 6**
write and send a snail-mail note to someone you are thankful for
- day 7**
think about something in your life that needs to go away and come up with a plan to get rid of it
- day 8**
take a nice hot bath and add a bath bomb or bubble bath
- day 9**
write down three things you love about yourself
- day 10**
make plans to do something fun in the next few weeks that you can look forward to doing
- day 11**
journal about a decision you made in the past week that you are proud of yourself for making
- day 12**
organize something in your home or office that needs organizing
- day 13**
go to bed 15-20 minutes earlier than normal and get some extra rest
- day 14**
open the letter you wrote to yourself on day 2 and read it!!!



February 2024 Playlist: Black History Month

By Carolyn Brunelle

In observance of Black History Month, I present to you a list of some of my favorite songs by black musicians. I hope you enjoy it.

1. [“Tell Him”- The Exciters](#)

The lyrics are ridiculous, but everything else is amazing. I love it from start to finish. My girl Dusty Springfield cited this song as one of her major influences, which makes me love it even more.

2. [“Go Ahead On”- Madeline Bell](#)

American singer Madeline Bell got her big break when she went to the UK and worked as a backing singer for Dusty Springfield. Dusty was a backing singer for Madeline Bell, as well, and you can hear her on this recording. She wrote this song with Dusty.

3. [“Jeepers Creepers”- Louis Armstrong](#)

Recorded in 1938 for the film *Going Places*, “Jeepers Creepers” has stood the test of time, and Louis Armstrong’s recording is probably the most memorable. It is definitely my favorite.

4. [“Goody Goody”- Frankie Lymon](#)

Who doesn’t love a little bit of spite now and then? Frankie Lymon really sticks it to ‘em in “Goody Goody.” It is inspiring, empowering, uplifting, and just a lot of fun. Especially for those who identify with its message.

5. [“Think”- Aretha Franklin](#)

Similar to “Goody Goody,” “Think” has an empowering message with inspiring energy. Fun Facts: Aretha Franklin toured with Martin Luther King, Jr. and sang at his funeral. She lived in Buffalo from age 2 to 5.

6. [“Things to Come”- Dizzy Gillespie](#)

I wanted to add a solid example of the bebop genre on this list. If you enjoy this style of music, I encourage you to listen to Dizzy Gillespie’s contemporaries such as Thelonious Monk, Miles Davis, Charlie Parker, and the next song’s composer Horace Silver.

7. [“Doodlin”- Baby Washington](#)

I love everything about this song. Baby Washington’s recording is fantastic. Jazz musician Horace Silver wrote it and recorded an instrumental version with his band. [Have a listen to both](#) and you might have fun comparing the two.

8. [“He’s a Rebel”- The Crystals](#)

In the early 1960s, girl groups like the Crystals dominated American pop music charts. “He’s a Rebel” is one of my favorite girl group songs. It feels good and makes me happy. What more could I ask for?

9. [“Be My Baby”- The Ronettes](#)

This song is on my list at least once a year because I love it so much. Starting with a heartbeat rhythm that returns throughout the song, “Be My Baby” musically harnesses the feeling of new love.

10. [“It’s a Lovely Day Today”- Ella Fitzgerald](#)

If you struggle with starting your day, try listening to this when you wake up. It’s a lovely way to turn a regular day into a lovely day. Plus- listen to the lyrics. They’re refreshingly reasonable.



“Until We Meet Again”

By: Peter Perry

They say that a picture is worth a thousand words. But sayings aren't always true because there are no words to describe how I feel when I'm looking at your picture on this death notice that I'm reading.

Sadly, I just got the news that you passed away on April 1, 2023. In the Fall of 2022, you gave me the gift of your friendship. It was one of the greatest gifts that I have ever received. I will forever cherish that.

Before meeting you at Empowerment Academy. I had no friends, no one to hang with. We spent time together at Empowerment every day. I remember the first time that we got together outside of EA. We went to see the Movie, “Prey for The Devil”. We were the only ones in the theater, afterwards, we had dinner at Subway's.

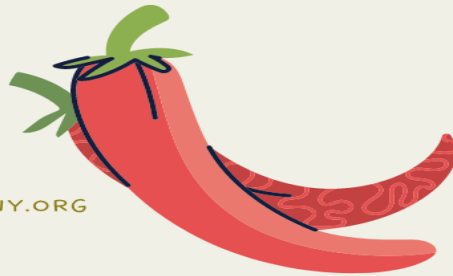
We both had our struggles and unfortunately our issues led to our friendship ending a couple of months after it began. After that, I never saw or heard from you again.

I thought about you often and wondered how you were doing. I had hoped that I would run into you sometime and somewhere, I never did. I know that we won't meet up again, as you are now free from your earthly challenges. You're finally at peace and at rest.

Take care my friend, until we meet again.

JOIN US!!
THURSDAY, FEBRUARY 22ND

EMAIL CAROL OR
WISHINGWELLNESS@RSIWNY.ORG
TO ENTER!!



FREE
ENTRY!

NATIONAL CHILI DAY
CHILI COOK OFF
COMPETITION
11AM AT THE EMPOWERMENT ACADEMY

In Honor of Black History Month



BLACK INVENTORS

<u>PRODUCT</u>	<u>INVENTOR</u>	<u>DATE</u>
Air Conditioning Unit	Frederick M. Jones	1949
Almanac	Benjamin Banneker	1791
Auto Cut-Off Switch	Granville T. Woods	1839
Auto Fishing Device	George Cook	1899
Baby Buggy	William H. Richardson	1889
Biscuit Cutter	Alexander P. Ashbourne	1875
Blood Plasma Bag	Charles Drew	1945
Chamber Commode	Thomas Elkins	1897
Clothes Dryer	George T. Sampson	1971
Curtain Rod	Samuel R. Scrottron	1892
Curtain Rod Support	William S. Grant	1896
Door Knob	Osborn Dorsey	1878
Door Stop	Osborn Dorsey	1878
Egg Beater	Willie Johnson	1884
Electric Lamb Bulb	Lewis Latimer	1882
Elevator	Alexander Miles	1867
Eye Protector	Powell Johnson	1880
Fire Escape Ladder	Joseph W. Winters	1878
Fire Extinguisher	Thomas Marshall	1872
Folding Bed	Leonard C. Bailey	1899
Folding Chair	Nathaniel Alexander	1911
Fountain Pen	Walter B. Purvis	1890
Furniture Caster	David A. Fisher	1878
Gas Mask	Garrett Morgan	1914
Golf Tee	George T. Grant	1899
Guitar	Robert F. Fleming, Jr.	1886
Hair Brush	Lydia O. Newman	1898
Hand Stamp	Walter B. Purvis	1883
Ice Cream Scoop	Alfred L. Cralle	1897
Insect Destroyer Gun	Albert C. Richardson	1899
Ironing Board	Sarah Boone	1887
Key Chain	Frederick J. Loudin	1894
Lantern	Michael C. Harvey	1884
Lawn Sprinkler	John H. Smith	1897
Lemon Squeezer	John Thomas White	1893
Lock	Washington A. Martin	1893
Lubricating Cup	Elijah McCoy	1895
Lunch Pail	James Robinson	1887
Mail Box	Paul L. Downing	1891
Mop	Thomas W. Stewart	1893
Peanut Butter	George W. Carver	1896
Pencil Sharpener	John L. Love	1897
Record Player Arm	Joseph H. Dickinson	1819
Rolling Pin	John W. Reed	1864
Shampoo Headrest	Charles Orren Bailiff	1898
Spark Plug	Edmond Berger	1839
Stethoscope	Thomas A. Carrington	1876
Straightening Comb	Madam C. J. Walker	1905
Street Sweeper	Charles B. Brooks	1890
Phone Transmitter	Granville T. Woods	1884
Thermostat Control	Frederick M. Jones	1960
Traffic Light	Garrett Morgan	1923
Tricycle	Matthew A. Cherry	1886

February 4th is National Homemade Soup Day



Fun Soup Facts:

Women are more than twice as likely to eat soup as men, 9.67% vs. 4.0%.

The Middle English word *soupen* meant "to drink in sips", which is how most soups were consumed. The words "soup," "supper," "sip," and "sop" are derived from this term.

Andy Warhol (who's real name was Andrew Warhola) is famous for his Campbell's soup can art of the 1960's. Did you know his first works sold for around 100 dollars? Today they sell for hundreds of thousands of dollars.

We 'eat' and don't drink soup. In most cultures, soup is had as a part of the meal. According to etiquette experts, since we consume soup with a spoon as opposed to sipping it from a bowl, we 'eat' it.

The word soup is of Sanskrit origin! It is derived from the su and po, which means good nutrition.

Source: foodimentary.com

simple-nourished-living.com

February



Peers Rising

Tuesday, February 13
3:00 pm – 4:30 pm
Genesee ACE Office

Enjoy conversation and creativity
with fellow crafters!

RSVP with Tricia at 585-343-9162
Or email: tdemmer@rsiwny.org

Sci-Fi Game Night

Tuesday, February 6 | 2:00 pm - 4:00 pm
Hoag Library, 134 S. Main St., Albion, NY

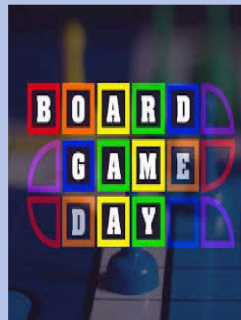
Meet new people & enjoy an assortment of games!
RSVP with Tricia at 585-343-9162
Or email: t-demmer@rsiwny.org

Tuesday, February 20
12:00 pm – 2:00 pm

Meet new people & enjoy an
assortment of games!

Genesee ACE Office
RSVP with Naomi at
585-343-9162

Or email:
naugsburger@rsiwny.org



Fun Presidential Facts

- George Washington was the only president unanimously elected.
- James Madison and George Washington are the only presidents who signed the Constitution.
- Teddy Roosevelt was blind in his left eye due to an injury in a boxing match.
- Millard Fillmore, the 13th president, was once a prominent lawyer in Buffalo, NY.
- James Garfield, the 20th president, was the first left-handed president.
- William Henry Harrison died just 32 days after becoming president from a cold he got while standing in the rain giving his inauguration speech.

Peer Support Group

Thursday, February 15

4:00 pm - 5:30 pm

Genesee ACE Office

220 E. Main St., Batavia NY

Facilitated by Tricia D.

For more details call 585-343-9162

Or email: t-demmer@rsiwny.org

Put yourself at the top of your
to-do list everyday and the
rest will fall into place.



**The Alliance
for Rights
and Recovery**
Formerly NYAPRS

SAVE THE DATE! MARCH 5TH, 2024



The Alliance for Rights and Recovery's 27th Annual Legislative Day!

JOIN HUNDREDS OF ALLIANCE MEMBERS IN ALBANY TO PUSH FOR THE PROTECTION OF OUR RIGHTS, MORE PERSON-CENTERED VOLUNTARY SERVICES, AND FUNDING FOR OUR WORKFORCE TO BETTER SUPPORT NEW YORKERS WITH MENTAL HEALTH, SUBSTANCE USE, AND TRAUMA-RELATED CHALLENGES!

Contact: Luke Sikinyi
LukeS@rightsandrecovery.org

Contact Adam @ aselon@rsiwny.org or 716-208-8126 to learn more and register to get on the bus to Albany!

Buffalo Underground RR History

A pictorial walk-though by Sametra Polkah-Toe

Did you know that many of our city’s most famous building and landmarks used to house slaves on their journey to freedom? With such close proximity to Canada, the city of Buffalo has an extremely rich history of ex-Underground Railroad Sites. Unfortunately many of the former buildings/sites have since been demolished but the history is still there. How many of these locations can you recognize?

Commercial Slip.

Partially restored. Terminus of the Erie Canal. Many people escaping from slavery traveled on the canal and disembarked in downtown Buffalo. Unearthed & rewatered at [Canalside](#).



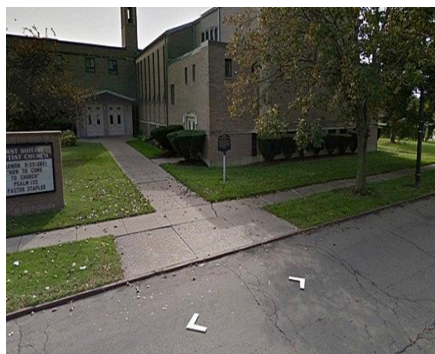
Foot of Ferry St. . Demolished.

Dock of the [Black Rock Ferry](#) Many freedom seekers took the ferry to Canada. Presently the site of [Broderick Park](#) on modern infill. Has been [formally recognized](#) by the National Park

Service Underground Railroad Network to Freedom.

Niagara & Pearl. Demolished.

Abolitionist & attorney [George W. Jonson](#) boarded here in Edwin A. Marsh’s house. In July 1842, a Unitarian pastor brought him a family of freedom seekers. Jonson took them to a colored boarding house on or near Michigan Street. Presently the site of the Main Place Mall, Rath Building, or Family Court.



Pine St., 13. Demolished.

Home of [William Wells Brown](#) (1814-1884). Known as “the fugitives’ house,” according to his daughter [Josephine Brown](#). Presently the site of [First Shiloh Baptist Church](#).

Main St., 310.

Demolished.

Site of the [American Hotel](#). Employee Samuel Murray, who was African-American, gave food to freedom seekers and directed them to the [Black Rock Ferry](#). [Burned down in 1850, rebuilt, and burned again in 1865](#). Presently the site of the [Ellicott Square Building](#).



Delaware Ave., 184.

Demolished.

Stable behind the house of [Thomas C. Love](#) & Maria Maltby Love. Presently the site of the [Avant Building](#), built ca. 1970 as the Dulski Federal Building.



Ellicott St., 329. Demolished.

Home of [John Spencer Fosdick](#) (1817-1892). According to his grandson, [Harry Emerson Fosdick](#) (1878-1969), John rowed fugitives across the river to Canada. Presently the site of a parking lot.



Broadway, 18.

Demolished.

Home and Dye shop of abolitionist [Lucas Chester](#) (1806-1871) until 1862. The original building has been demolished and re-built.

Source to Learn More: White, Truman, ed. [Our County and its People](#), vol. 2, p. 466. Boston, MA: Boston History Company, 1898



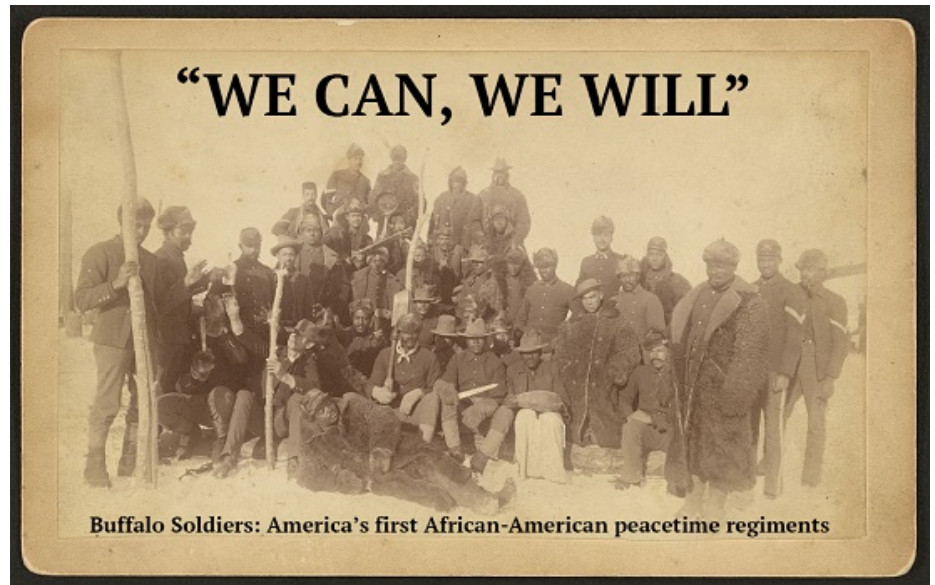
Veterans' Corner

African American History in the Military

by Heidi Olsen

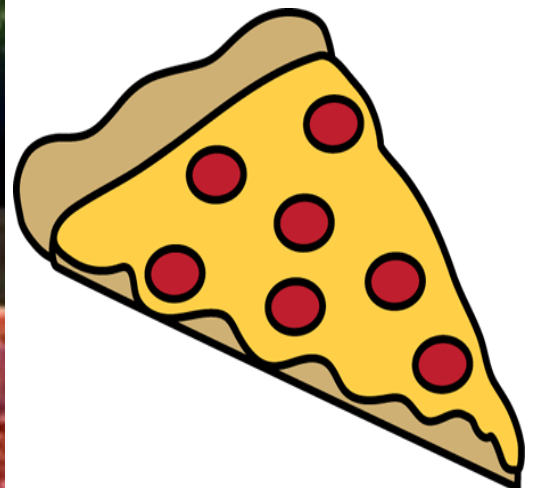
With this month being Black History Month I have decided that this month's Veteran's Corner is going to focus on the history of African Americans in the US military.

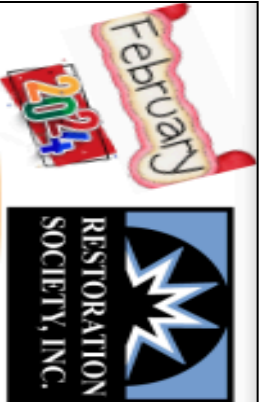
African Americans have fought in every single American conflict. In the Revolutionary War, the 1st Rhode Island Regiment had George Washington agree to allow Black soldiers who were slaves earn freedom through service. During the Civil War, 186,000 Black men had served in the Union Army and another 30,000 Black men had served in the Navy.



In 1866, Congress authorized the creation of permanent all-Black regiments, which would be referred to as the "Buffalo Soldiers". During World War I, African Americans served in the military, but conditions were less than ideal. During World War II, one million Black men, and women served in the military and another six million more worked within the defense industry. The Black Veterans after WWII faced exclusion and aggression from the American population. Executive Order 9981 ended segregation within the US military in 1946 by President Truman.

Many minorities work and serve in the military today because of the work of those individuals who served in less ideal conditions. Let's remember their sacrifice for our freedoms.





VISIT THE EMPOWERMENT ACADEMY

**327 ELM STREET, BUFFALO, NY
14203 (716)-884-5216
EXT. 498**

OUR HOURS:

**MONDAYS-FRIDAYS: 9A-9P
SATURDAYS AND SUNDAYS: 9A-1P**

LUNCHEDED SERVED M-F, 12 - 1 P.M.

DINNER SERVED M-F, 5 - 6 P.M.

HOLIDAY DINNER, 12/25, 10A.M. - 2 P.M.

TRAP MONDAYS

**TRIP MONDAYS WILL RESUME IN
MARCH (WEATHER DEPENDENT)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>5</p> <p>HOMEMADE SOUP DAY!</p> <p>9:30A-10A: MORNING MEETING 11A-12P: TED TALK W/ RACHAEL 12P - 1P: LUNCH AND CLEAN-UP 1P-2P: GREETING WITH SAM 2P-3P: SPIRITUALITY & RECOVERY W/MARK 4:30P-8P: MOVIE MADNESS MONDAY</p>	<p>6</p> <p>9:30A-10A-MORNING MEETING 10A-11A: PEER MENTORING W/ MARK 11A-12P: STEVE'S GROUP 12P-1P: LUNCH AND CLEAN-UP 1P-2P: BINGO WITH SAM 2P-4P: NUTRITION W/LINGS 4:30P-8P: MOVIE CLUB TUESDAY</p>	<p>7</p> <p>9:30A-10A: MORNING MEETING HOUSING SOLUTIONS ON-SITE CINOCARE ON-SITE 11A-12P: SPECIAL GROUP W/ RENE 12P-1P: LUNCH AND CLEAN-UP 1P-2P: MINDFULNESS W/MARK 2P-3P: STAFF IN MEETING</p>	<p>8</p> <p>FTS TRAINING - 9A-11A NO EA SERVICES DURING THIS TIME</p> <p>10:30A-12P: MORNING MEETING 12P-1P: LUNCH AND CLEAN-UP 1P-2P: SPECIAL TOPICS GROUP 3P-4P: TED TALK 5P-8P: MOVIES</p>	<p>2</p> <p>NATIONAL WEAR RED DAY! GROUNDHOG DAY!</p> <p>9:30A-10A: MORNING MEETING 12P-1P: LUNCH AND CLEAN-UP 1P-2 TED TALK CINOCARE ON-SITE 2P-3P: ARTS AND CRAFTS 4P-8P: SPADES CLUB</p>
<p>12</p> <p>9:30A-10A: MORNING MEETING 11A - 12P: TED TALK W/ RACHAEL 12P-1P: LUNCH AND CLEAN-UP 1P-2P: GREETING WITH SAM 2P-3P: SPIRITUALITY & RECOVERY W/MARK 4:30P-8P: MOVIE MADNESS MONDAY</p>	<p>13</p> <p>9:30A-10A-MORNING MEETING 10A-11A: PEER MENTORING W/ MARK 11A-12P: STEVE'S GROUP 12P-1P: LUNCH AND CLEAN-UP 1P-2P: BINGO WITH SAM 4:30P-8P: MOVIE CLUB TUESDAY</p>	<p>14</p> <p>VALENTINE'S DAY!</p> <p>9:30A-10A: MORNING MEETING HOUSING SOLUTIONS ON-SITE CINOCARE ON-SITE 11A-12P: OCD W/ STEPH AND PETER 12P-1P: LUNCH AND CLEAN-UP 1P-2P: MINDFULNESS W/MARK 2P-3P: STAFF IN MEETING</p>	<p>15</p> <p>9A-10:30A: MORNING MEETING 10:30A-11:30A: OCD W/ STEPH AND PETER 12P-1P: LUNCH AND CLEAN-UP 1P - 2P: SPECIL TOPICS GROUP 3P-4P: TED TALK W/ RACHAEL 7:30P-8P: FUNNY MOVIE</p>	<p>16</p> <p>9:30A-10A: MORNING MEETING 12P-1P: LUNCH AND CLEAN-UP 1P-2 TED TALK CINOCARE ON-SITE 2P-3P: ARTS AND CRAFTS 3P-4P: SOCIALIZATION HOURS 4P-8P: SPADES CLUB</p>
<p>19</p> <p>PRESIDENT'S DAY!</p> <p>9:30A-10A: MORNING MEETING 11A-12P: TED TALK W/ RACHAEL 12P-1P: LUNCH AND CLEAN-UP 1P-2P: GREETING WITH SAM 2P-3P: SPIRITUALITY & RECOVERY W/MARK 4:30P-8P: MOVIE MADNESS MONDAY</p>	<p>20</p> <p>LOVE YOUR PET DAY!</p> <p>9:30A-10A-MORNING MEETING 10A-11A: PEER MENTORING W/ MARK 11A-12P: STEVE'S GROUP 12P-1P: LUNCH AND CLEAN-UP 1P-2P: BINGO WITH SAM 2P-4P: NUTRITION W/LINGS 4:30P-8P: MOVIE CLUB TUESDAY</p>	<p>21</p> <p>9:30A-10A: MORNING MEETING HOUSING SOLUTIONS ON-SITE CINOCARE ON-SITE 11A-12P: SPECIAL GROUP 12P-1P: LUNCH AND CLEAN-UP 1P-2P: MINDFULNESS W/MARK 2P-3P: STAFF IN MEETING</p>	<p>22</p> <p>9A-10:30A: MORNING MEETING 10:30A-11:30A: OCD W/ STEPH AND PETER 12P-1P: LUNCH AND CLEAN-UP 1P - 2P: SPECIAL TOPICS GROUP 3P-4P: TED TALK 7:30P-8P: MOVIE</p>	<p>23</p> <p>9:30A-10A: MORNING MEETING 12P-1P: LUNCH AND CLEAN-UP 1P-2 TED TALK CINOCARE ON-SITE 2P-3P: ARTS AND CRAFTS 3P-4P: SOCIALIZATION HOURS 4P-8P: SPADES CLUB</p>
<p>26</p> <p>9:30A-10A: MORNING MEETING 11A-12P: TED TALK W/ RACHAEL 12P-1P: LUNCH AND CLEAN-UP 2P-3P: SPIRITUALITY & RECOVERY W/MARK</p>	<p>27</p> <p>9:30A-10A-MORNING MEETING 10A-11A: PEER MENTORING W/ MARK 11A-12P: STEVE'S GROUP 12P-1P: LUNCH AND CLEAN-UP 4:30P-8:30P: MOVIE CLUB TUESDAY</p>	<p>28</p> <p>9:30A - 10A: MORNING MEETING 11A - 12P: MORNING GROUP WITH RENE 12P-1P: LUNCH AND CLEAN-UP 1P - 2P: MINDFULNESS W/ MARK 2P - 3P: STAFF IN MEETING 3P - 5P: SOCIALIZATION 5P - 9PM: MOVIES</p>	<p>29</p> <p>LEAP YEAR (EVERY 4 YEARS)</p> <p>9A-10:30A: MORNING MEETING 10:30A-11:30A: OCD W/ STEPH AND PETER 12P-1P: LUNCH AND CLEAN-UP 1P - 2P: SPECIAL TOPICS GROUP DEI FOCUS GROUP -2PM 3P-4P: TED TALK</p>	

February 2024



Clubhouse Buffalo

Monday-

Friday

3pm-8pm

Ages 13-20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 TRAX'S PROGRAM MEDITATION	2 KARAOKE NIGHT CIRCLE TOPIC: BULLIES		4
3 CIRCLE TOPIC: BLACK HISTORY WHAT WOULD YOU DO?	4 JOB READINESS FILL OUT APPLICATIONS OPEN GYM	7 COOKING WITH DREAM MEALS ARTWORK THERAPEUTIC	8 TRAX'S PROGRAM MEDITATION	9 BINGO NIGHT CIRCLE: SUBSTANCE RELATED	10	11
12 CIRCLE TOPIC: BLACK HISTORY	13 LEARNING HOW TO READ A CLOCK OPEN GYM	14 HOW DO WE EXPRESS OUR FEELINGS? HAPPY VALENTINES	15 TRAX'S PROGRAM MEDITATION	16 POOL TOURNAMENT CIRCLE: SUBSTANCE RELATED	17	18
19 CIRCLE TOPIC: BLACK HISTORY	20 ART WORKSHOP DECISION ON SUBSTANCE	21 COOKING WITH DREAM MEALS CIRCLE TOPIC: RESPECT	22 TRAX'S PROGRAM MEDITATION	23 AFRICAN HERITAGE CENTER NIAGARA FALLS	24	25
26 CIRCLE TOPIC: BLACK HISTORY	27 CREATIVE THINKING SPOKEN WORD	28 CREATIVE THINKING SPOKEN WORD	29 TRAX'S PROGRAM MEDITATION			

Spotlight on Petula Clark **by Tim Malley**

One of the first singers that I ever remember listening to was Petula Clark. In fact the first song that I ever listened to was 'This is my song' of course the song, 'This is my song' was made famous by Petula Clark but the song itself was actually written by Charlie Chaplin. I remember I first listened to Petula Clark's version of 'This is my song' in 1969 when I attended St. Martin's elementary school and my teacher was Ms. Moran, (by the way St. Martin's elementary school was located in South Buffalo.) and Everytime I listen to Petula Clark's version of the song 'This is my song' my mind floods with memories of that time. My memories are very sentimental to say the least. Petula Clark is 91, (she was born November 15th 1932 in Ewell, England.) Petula or 'Pet' Clark as she was affectionately known as. Started her career as a child performer during World War 2 when she used to perform for the British Troops, (sometimes she would even appear on BBC radio.) in order to boost British troop

moral. After the war Petula or 'Pet' Clark was in the 1950s a great big band singer, then in 1961 she married her publicist Claude Wolfe in France. Petula Clark also released a lot of French language singles, (that were released on the Vogue label) but by 1963 she met Tony Hatch who was a talented songwriter from Pinder, England. In 1964 he wrote 'Downtown' which by late 1964 it was climbing the British charts and by 1965 it hit number one on the American charts. Petula Clark in my opinion was a great social activist who was way ahead of her time and an example of this is during The 1968 NBC Petula Clark TV special. In the last scene of the 1968 NBC Petula Clark TV special she's seen holding hands with Harry Belafonte when they sang a duet together on the song 'Paths of Glory'. It was controversial at the time because a white British lady to be holding hands with an African-American man in fact even the producers of NBC at the time protested this moment in TV history but to no avail as this scene turned out to be one of the most touching scenes in television history. The late 1960s and early 1970s were very successful times for Petula Clark. Because for example in 1968 she started in the film 'Finian's Rainbow' that featured the wonderful Fred Astaire, then in 1969 she starred in the movie 'Goodbye Mr. Chips', (which was a remake of because the original was made in 1939 that starred Robert Donat.) Then in 1970 she released her country album that was simply entitled 'Memphis'. I'll always remember Petula Clark as a refined and genteel lady that she was, (and still is by the way.) I'll also remember her with her trademark gorgeous sequined gowns and despite her diminutive size, (she's only 5-1.) she had a powerful voice that was reminiscent of Timi Yuro. In her career Petula Clark had 15 Top 20 hits and a staggering repertoire that included 150 recorded songs. Petula or 'Pet' Clark accomplished and achieved everything in the world of music. Petula Clark now resides in Geneva, Switzerland with her husband Claude Wolfe. Her achievements were because of her tremendous and gifted singing talent in fact she could sing in 5 different languages including German and French, (in other words she was the British version to her American counterpart Connie Francis.) she had in fact a one in a million talent, a talent that can't be duplicated because her talent represents a sophisticated caliber of talent compared to today's definition of music talent. So I guess the rest is history, a history that's filled with breathtaking and thrilling performances that seem to transcend the world of music itself and that seems to epitomize Petula Clark in a nutshell. The end.



COME VISIT US AT ANY OF OUR LOCATIONS:

66 Englewood Ave. Buffalo, NY 14214

(716) 832-2141

Administration Office, Housing Solutions,
& Clubhouse Buffalo

241 Genesee Street Buffalo, NY 14204

(716) 842-4184

Harbor House Resource Center

327 Elm Street, 2nd Floor Buffalo, NY 14203

(716) 884-5216

Empowerment Academy, Erie ACE Employment,
HCBS & CORE Services, ECHO

586 Genesee Street, Buffalo, NY 14204

(716) 819-5188

Coordinated Entry Hub

1 Lafayette Square, Lower Level, Buffalo, NY 14203

(716) 367-8188

Coordinated Entry Satellite Library Office

220 East Main Street Batavia, NY 14020

(585) 343-9162

Genesee ACE Employment

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We are also on Facebook!!

www.facebook.com/Restorationsocietyinc

Restoration Society, Inc.
66 Englewood Avenue
Buffalo, NY 14214

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Every Tuesday, 11 a.m. - 5 p.m.

158 Pearl Street, Buffalo
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