



## **Liz's News & Art Publication**

**Southeast Recovery Learning Community  
3<sup>rd</sup> Quarter 2021**

### **Liz D'Uva (Editor)**

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**We welcome stories of your recovery, poetry, or artwork!**

**Please check the Publication out. This  
quarter, the theme is turtles.**

# Commentary on Articles

## Sea Turtles as an Endangered Species

By Liz D’Uva

**Eco Watch**

9 Super Cool Facts About Sea Turtles

**Endangered Sea Turtles**

By Wikipedia

**NOAA Fisheries**

10 Tremendous Turtle Facts

**NSU Florida**

Halmos College of Arts and Sciences

**Sea Turtle Conservatory**

Information About Sea Turtles: Threats to Sea Turtles

### History of Endangerment and Vulnerable Species

There are seven remaining species of sea turtles. The loggerhead, green, leatherback, hawksbill, kemp’s Ridley are five of the remaining species. The loggerhead and hawksbill are the most vulnerable. Most of the seven species are classified as endangered.

### Causes of Endangerment

Sea Turtles are consumed for food by humans in Central America and Asia. These places are done mostly in coastal communities. Humans hunt for their meat and eggs. There are laws preventing humans in consuming their eggs by laws aren’t enforced strictly.

Hawksbill sea turtles are known for their shells. Their shells are used for illegal trade. The shells are used to create jewelry and other luxury items.

Sea turtles get accidentally trapped in fishing trawls. 150,000 of all the seven species are killed in shrimp trawls.

More than 200,000 loggerheads and 50,000 leatherbacks get caught, injured and/or killed by longlines.

Sea turtles consume plastic debris in the ocean mistaking it for jellyfish. More than 80% of plastic comes from beaches and streets. Usually, plastic is easy to see but not always. Some plastic is invisible to the naked eye.

Even small particles are harmful once consumed by sea turtles.

Sea turtles are affected by artificial lighting on beaches while they’re nesting. They most likely nest in the dark but artificial lighting is used for tourists. This discourages female turtles from nesting. Lighting near the shore results in hatchlings to become disoriented.

Sea turtles and hatchlings are vulnerable to predators due to humans leaving trash behind on beaches. Domesticated cats and dogs are likely to consume eggs and hatchlings. They sometimes attack nesting female turtles.

Oil spills and urban runoffs from industrial chemicals make their way to the ocean and are harmful to sea turtles. Long-term exposure and broken-down particles are also toxic to them.

### Solutions

Education and raising awareness for activities involving human consumption and producing luxury items from sea turtles is a start in reducing these kinds of activities. Governments enforcing stricter laws will prevent the practices in endangering the extinction of sea turtles.

The use of turtle excluder devices (TED) in shrimp trawls are used in the U.S. Buying shrimp and other seafood from responsible fisheries will help in the reduction of sea turtles getting caught in netting. TEDs result in better protection of sea turtle endangerment. Using circle hooks are safer than the J-hook in longline fishing. This helps in a safe release of sea turtles if they’re accidentally caught.

Cities and countries are issuing bans on plastic shopping bags. Reducing, recycling and reusing plastic will help with debris and littering. Releasing balloons in the air is problematic. Stopping this activity will aid in less debris.

Using turtle-safe lighting is less intrusive to nesting female sea turtles. Education and awareness on light pollution can be beneficial to sea turtles.

Pick-up trash when leaving the beach to avoid predators consuming eggs and hatchlings and attacking adult nesting female sea turtles. Contacting local law enforcement agencies if a witness to predation can reduce sea turtles, hatchlings and eggs from being attacked and/or consumed.

Refraining from using chemical fertilizers is helpful in toxic waste being dumped into the ocean. Try using natural compost instead. Buying organically used food and products that are not fertilized with chemicals will help in the reduction of marine pollution. Use of public transportation, carpooling and/or energy efficient vehicles will help in lessening the demand in oil and oil spills. Do support in renewable energy and reduce the need to use fossil fuels and offshore drilling. Speaking out against offshore drilling will be beneficial in maintaining the species of sea turtles.

#### **Fun Facts about Sea Turtles**

1. They consume jellyfish: Leatherbacks and hawksbills find jellyfish tasty. Sometimes they mistake plastic for jellyfish.
2. Temperature determines the sex of a turtle: Cooler temperatures are likely to produce male turtles while warmer temperatures produce more female turtles. As the temperature rises from global warming, there's a larger female population.
3. They can stay underwater for long periods of time: They can hold their breath for five hours.
4. Sea Turtles cannot retract into their shells the same way as land turtles: They have large fins which aids them in swimming.
5. A group of eggs by a sea turtle is called a clutch: Sea turtles lay from 100-125 eggs per nest.
6. They existed for a long time: It's been estimated that sea turtles have existed for 110 million years. They have been around since the age of dinosaurs.

## **Editorials**

### **Cats Make Great Companions**

By Liz D'Uva

People get the wrong idea about cats being aloof and distant. This isn't true coming from my experience. My two cats, Miss Kitty and Daisy can be quite needy and possessive. Daisy, my sassy tortie thinks she owns my lap. She likes to use it as a kitty bed. If I kick her out after an hour, she gets mad and takes it out on Miss Kitty.

Daisy can sense it if I'm getting ready to leave my home for a while. She starts following me around like she's, my shadow. She gets up on the kitchen table and bugs me. She won't let me do anything. She's always in the way. This is a sign she doesn't want me to leave. When I do leave, she gets a sad look on her face. When I return, both my cats are there to greet me. They even "meow" when I come back.

Before I adopted Daisy, Miss Kitty was lonely. If I was gone from my apartment, she'd cry pathetically and howl. I thought getting another pet would be a good companion to her. When I got Daisy, she wasn't the companion I thought she would be to Miss Kitty but at least she isn't lonely anymore.

Every morning, Miss Kitty tries to wake me up like an alarm clock. She wants to be fed and fussed over. If I don't get up right away, she can become quite bossy and demanding. She's the queen of the house. Miss Kitty likes to get in my lap as well and hugs and kisses me. Daisy, even though she's possessive, she's calmer than Miss Kitty. Daisy just stays at the foot of my bed and keeps me company every night. I think my kitties make great companions.

### **Mental Health when in Pandemic Lockdown**

By Liz D'Uva

My mental health was compromised during the State of Emergency's COVID-19 restrictions. Isolating wasn't good for me. I felt anxious, depressed and frustrated. I was home a great deal. My therapist's and psychiatric nurse's appointments were done over the phone. It made me feel disconnected. I was getting angry over any disagreement, especially on Facebook. I became combative with people on the phone as well. I think we were all on edge during the lockdown. I noticed the snippiness with the receptionists at health centers while talking to them on the phone. I think they were stressed out too. I felt the rules everywhere were so strict as if being in prison. I couldn't go in the veterinary clinic with my cat if I had an appointment with them. I did the communicating with them on phone if they were inside while doing a payment transaction. I wasn't allowed in on no uncertain terms.

The virus has mutated into a deadly Delta variant recently. If it kills more people, I hope the restrictions aren't so draconian as the last time. I understand they are there to protect us against the virus but think mental health should be considered as well. Mental health is almost always overlooked in our broken health care system. Isolation isn't good for most people. There will be more hospitalizations which are a burden on taxpayers' money. Gun violence will spike as well.

I don't have anything against wearing a facemask in most situations. I do believe in getting a COVID vaccine if there are no allergies and/or bad reactions to shots. I'm willing to get a booster shot if needed. I have no problem if our government distributes vaccines to poorer countries if it can contain the virus.

There is hope if everyone plays their part and takes responsibility in keeping themselves and others safe. Right now, I just need to be patient.

### **Having a Passion for Banning Plastic Straws**

By Liz D'Uva

I have a wonderful friend who's passionate about the environment. I've learned from her; plastic straws aren't good for the environment. When we order beverages from Dunkin Donuts, she always asks for a paper cup and requests the workers not to give her any plastic straws. She saw a documentary of a sea turtle they needed to rescue. A plastic straw got stuck in its nose. The news broke her heart.

When I went on an outing with another friend to an ice cream parlor, I ordered an iced coffee. The waitress gave me a plastic straw.

I was telling my friend I don't use plastic straws because they pollute the ocean. My friend took my passion for the environment the wrong way. She thought I was starting an argument with her.

The accusation wasn't true at all! It led to an unpleasant misunderstanding.

Maybe some topics aren't appropriate discussing with certain people. I think I should leave the discussion on social issues for another time.

## Autism Section

### Coming Across as Combative & Bossy

By Liz D'Uva

To some people I seem like I'm bossy. I talk in a loud, clear and assertive voice. I think it makes some people feel defensive. I'm aware that medical secretaries are on edge since the COVID-19 pandemic took place. I feel like I antagonize them even though I don't mean to. They can be snippy and condescending to me. Perhaps, they may pick up a vibe that I have mild autism or know I have some disability because I'm on MassHealth. I think them knowing I have a disability that's not physical comes into play. When they patronize me, it gets me angry and makes me feel defensive. I mouth off at them. I can be a bit of a hot head.

My mother suggests that I use some charm with the secretaries while doing business with them. I feel like I worked hard on my social skills for most of my life. I'm not up to working on them much more. The older I get, the more set in my ways I become.

I'll be 51 years old this summer. I think I'm becoming more outspoken without becoming angry which is good. I think most of us become less inhibited as we get older. I'm mouthy yet cool. The inhibitions fading away is helping me defend myself in a more effective way. Staying cool prevents situations from escalating into unnecessary drama.

## RCC Updates

### Hyannis/Plymouth

Doors are open 10-12pm. There's a new Community Connector for Plymouth named Lenore Gabriel.

### Brockton/Taunton

There are Hybrid groups on Monday running from 1-6pm. There is a NAMI Connections group on Zoom at 2pm on Wednesdays.

### Quincy

Emily is outreaching to Aspire and Arbor for improved attendance. There's a new TAY Leader named Trayvon McFarland.

### Fall River/New Bedford

There are 25-30 Bridgees with CCBC. The center was good with the reopening.

## Recovery Stories

My name is Danni. My recovery story is what put me here in this position now. From a very young age I began to have anxiety, especially in High School. Along with the anxiety I was experiencing a lot of depression. I felt alone and thought no one understood what I was going through. I vividly remember most nights crying myself to sleep. I felt like all my decisions were being made for me. I thought not being alive was the only answer. There were extreme amounts of pressures put upon me by my family both athletically and educationally. I was told from the time I was little, "never to be average." To me that meant I had to try and be the best at everything. All I wanted to do was fit in somewhere but I was spread so thin. I had been through my first suicide attempt at this point, then off to college I went.

So, at first, I thought college, and going away was going to be a solution to how I felt but it only now left me putting the pressures that had been put upon me on myself. 9/11 happened my senior year of college in New York. I moved right back to the Cape after graduating and chose a completely different life. I started commercially fishing. The money, hours, and lifestyle were not good for my decision-

making process. Yet, all my accomplishments were still like a trophy for my family. All they did was rant and rave about 'how wonderful their daughter was.' But I didn't feel like that at all. I began coping with the use of different substances, which I already had a taste of through injuries during my athletic career. This only progressed through the years. My only outlet was to be under the influence, which made me even more depressed and anxious. At this point, I had been in and out of therapy, hospitalizations, which only seemed to make me feel guilty. I wasn't feeling supported, I was feeling damaged.

I started getting into trouble with the law and with a final arrest I had an officer that actually gave me the opportunity to get into treatment. They asked me and discussed with me, in just the right way, if I needed help. These officers, sister had gone through a similar situation and for some reason, whether it was the timing or the approach, it worked. I was so ready!!

I was finally getting the support with for my dual diagnosis, which delved into my mental health in ways that had never been done before. It was all finally making sense. I had entered a great program that explored all different approaches to recovery. There were peers that would share their stories and amazing staff, that were very supportive in exploring my choices and wants. For the first time, for me, this was working. I had the chance to work through some past trauma, I joined different support groups and my life gradually started to change. I had the opportunity to join a peer-to-peer group as an active member. Having my truth of how I felt, being heard for the first time, greatly helped in my recovery processes.

After my detox, I had to start approaching and dealing with the damage that occurred during my past. I had to start working on ME and figuring out what I wanted. I had huge court battles to overcome and many restrictions on the way I could live, but it didn't matter. I was so encouraged by the life I had discovered through my recovery; I was up to the challenge. Day to day life became so much sweeter and enjoyable. Don't get me wrong, I still need to work on me and my recovery every day. With my support groups and my family's understanding it helps me continue on my journey.

I have become a contributing member of the community. I have strength to take care of not only myself but my family. Most days, I can keep my anxiety and depression manageable. I remember I am a strong mother of a toddler with a learning disability, a fantastic dog owner, an honest family member, and it is okay to be me, and I am worth it. And as challenging as life is, I can still advocate, love and manage my life now.

My family is so important to me. I keep my support contacts close and informed of how I am doing. To take care of my loved ones, I need to take care and love myself. My recovery has been amazing. I would never have what I do today or be able to function as I do without it. If I had not gone through what I did, I don't think I would have the perspective on life that I do now. I am more patient, less judgmental, and open to new experiences. My recovery is defined as a work in progress, with a good prognosis!

# Creative Writing

## Mental illness Poem by Zach

Mental health ain't something to joke about  
Sometimes you just feel checked out  
Like you're in the middle of a jump-shot bailout  
Your feelings won't come out  
Even have panic attacks and pass out  
Feeling like in life you've completely struck out  
Positive affirmations are the only way out  
And if you start going to a gym working out  
Finally found the right meds after all the at home hideouts  
Feel so bad you skip family cookouts  
How much more can life dish out  
Cause I couldn't be more of a burnout  
Wanna feel like I felt when I was a Cub Scout  
But instead all I do is act-out  
As well as I sit there and pout  
Hopefully this poem gets me mad clout  
Cause my life's been dry like a desert drought  
If I chose to be angry I'll go on a rooftop to shout  
Mental Illness is an everyday battle I'm gonna win that bout  
Come on I'm Zach was there ever any doubt

## REMEMBER

By Monica

As I walk through the fields so free,  
my thoughts run deep inside me.

I stop and lay on the grass I'm walking on,  
I put my arms under my head, close my eyes and breath deep,  
I put my soul into Gods keep.

I smell the ocean air, so pure, so right,  
I feel the wind and then I'm sure. Home.

Opening my eyes slowly and keeping them still,  
I look to Heaven, so does my soul fill.

The clouds floating by the sun shining brightly,  
that's when you sense his awesome might.

Though the clouds may conceal the shining sun,  
its rays pass over and we are one.  
It's then I know and truly feel that God is good and very real.



# Artwork

## Papier Mache Turtle

By Liz D'Uva



## Collage of Sea Turtle

By Liz D'Uva





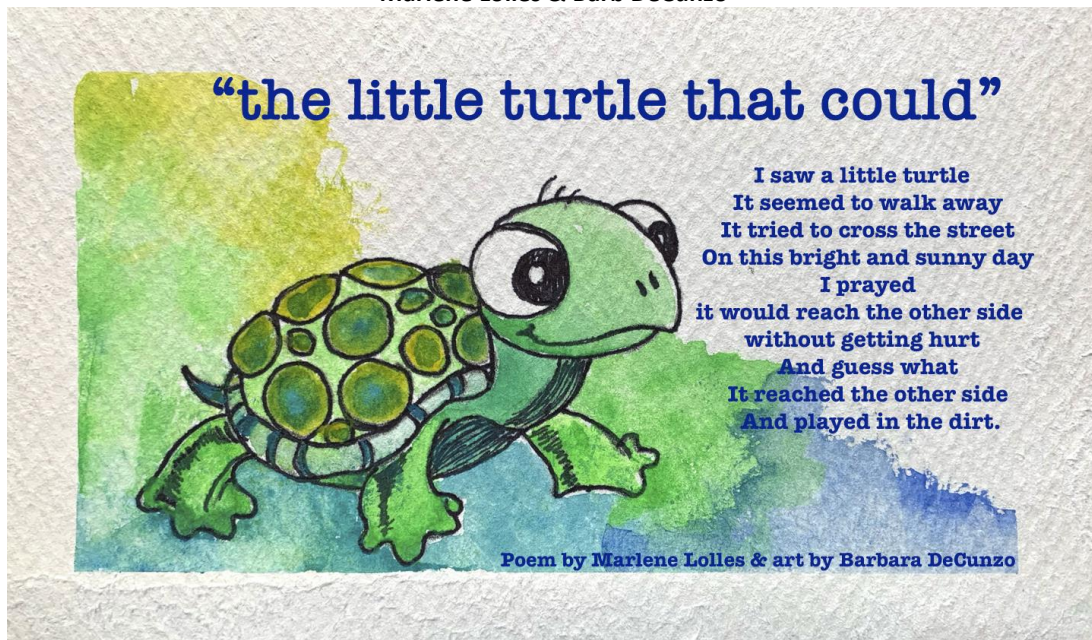
**Painting of Sea Turtle**  
By Liz D'Uva



**Baby Turtles**  
By Judith Witten



Marlene Lolles & Barb DeCunzo



## The Peer Community's Personal Turtles

Danni Blauner





Sandi Whitney



Sandi Whitney



Sandi Whitney





Sandi Whitney



# Recipe

By Liz D'Uva

## Wild Blueberry Hand Pies

### Ingredients

7 oz refrigerated or homemade pie crust  
3 cups fresh or defrosted unsweetened frozen wild blueberries  
3 tbsp sugar  
1 tbsp cornstarch  
1 tsp finely grated lemon zest, plus more for garnish  
1tsp fresh lemon juice  
1 pinch salt  
1 tbsp chopped mint leaves (optional)

### Directions

1. Preheat oven to 425 degrees F. Coat large muffin tin with nonstick spray (diameter of each opening should be 3 3/8 inches at the top and 3 inches on the bottom).
2. Using a 4-inch diameter glass or circle cookie cutter, cut 8 circles out of pie crust (re-roll scraps with a rolling pin as needed to cut out last circle). Arrange crust circles in bottom of prepared muffin holes; press down on bottoms and slightly up sides.
3. In a large bowl, toss blueberries, sugar, cornstarch, lemon zest, lemon juice, and salt; spoon evenly into crusts.
4. Bake until crusts are browned and top is bubbly, 20 minutes. Let cool completely before removing from pan.
5. Store at room temperature until ready to serve. Serve garnished with lemon zest and fresh mint (optional).

Servings: 8

Serving size: 1 pie

# Mindfulness Activity

By Liz D'Uva

## Macrame Directions for Lark's Head Knot & Square Knot

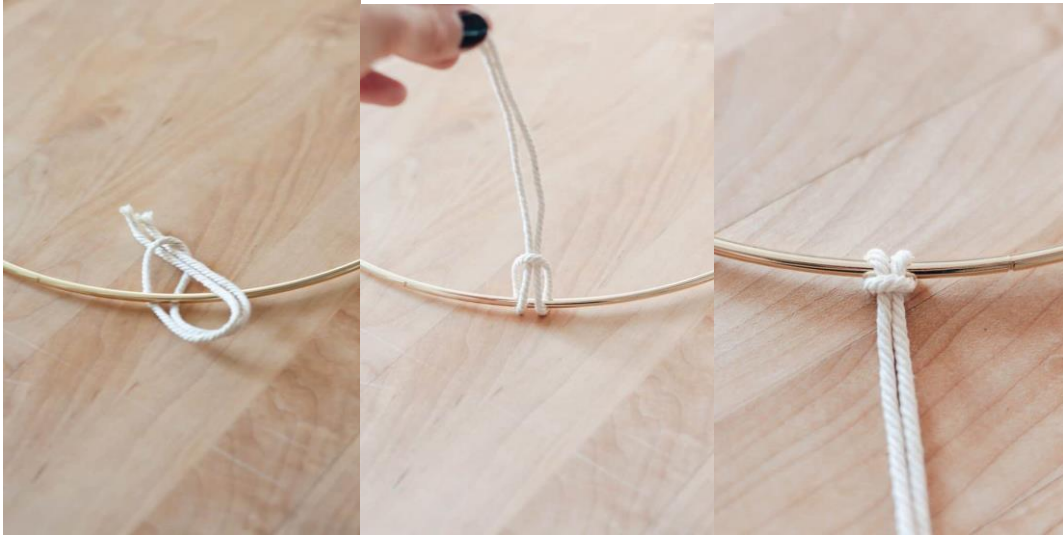
**Let's get started with our knots ...**

### Lark's head knot

The Lark's Head Knot is one of the most basic knots in Macrame.

In fact, almost every beautiful piece of finished macrame you see starts with this knot.

- Fold Cord in half to create a loop. Place loop under Ring.



- Pull ends through the loop
- Pull tight
- Lark's Head

### **Square knot**

There are essentially two parts to the square knot.

You have to complete one side (also called a half square knot) and then the other side (also called a right half square knot) to make the full square knot.



- 2 Lark's Head Knots
- Left cord over middle cords and under right cord
- Right cord under middle cords and through left loop



## Directions

1. Start with two Lark's head Knots.
2. There should be a total of 4 macrame cords there.
3. We are going to take the outer left cord and cross it over the two middle cords.
4. Now take the outer right cord and place it on top of the left cord and UNDER the two middle cords.
5. Loop it through the hole on the left side.
6. Now pull tight without letting your cords twist.
7. Yay! You now have ONE side of your square knot. You have now completed a half square knot.

Now, let's do the other side...



- Right cord over middle cords and under left cord
- Left cord under middle cords and through right loop
- Pull tight without twisting cords. Square knot complete!

## Directions

1. You should still see your 4 cords there – got it? Good.
2. Take the outer RIGHT cord and cross it over the two middle cords.
3. Take the outer left cord and place it on top of the left cord and UNDER the two middle cords.
4. Loop it through the hole on the right side.
5. Now pull your cords tight. Your Right Half Square Knot is complete.
6. You have completed the full square knot.

When you repeat this knot over and over again (in rows or sinnets) – you end up with a beautiful pattern of tightly weaved or netted cording.

# Puzzles



## Marine Aquarium Word Search

S E A C U C U M B E R A E Q Y  
 S E E L U M H N J E N C R P R  
 O E N M A S P H H N V R A M Q  
 C E A C S I P M Y X T A N X F  
 T J L T U T L O N J Z B E O Q  
 O L K B U O I O N U Y W M J S  
 P U M A A R F N B G Y X O C E  
 U T W R B J T R G S E E N O A  
 S W A R G M R L T R T Z E N G  
 M N T A M C I R E N A E S C R  
 B F P C M O Y D S P F Y R H A  
 G C J U P R A K P A N I A F S  
 R Q X D F A N G P V Q A S F S  
 K N N A Q L D M H Q Z A Q H J  
 D O G X S Y I S H A R K N S R

EEL

SEA CUCUMBER

CRAB

BARRACUDA

SEA TURTLE

FISH

CORAL

STING RAY

ANEMONE

OCTOPUS

SPONGE

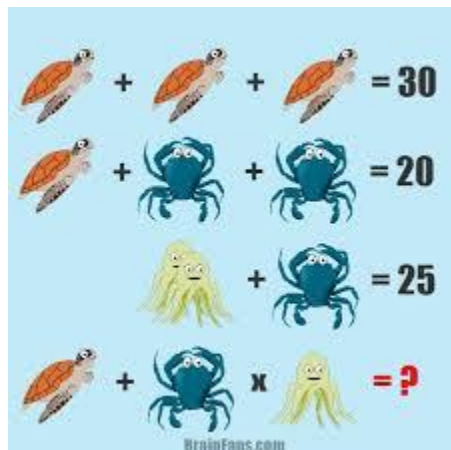
CONCH

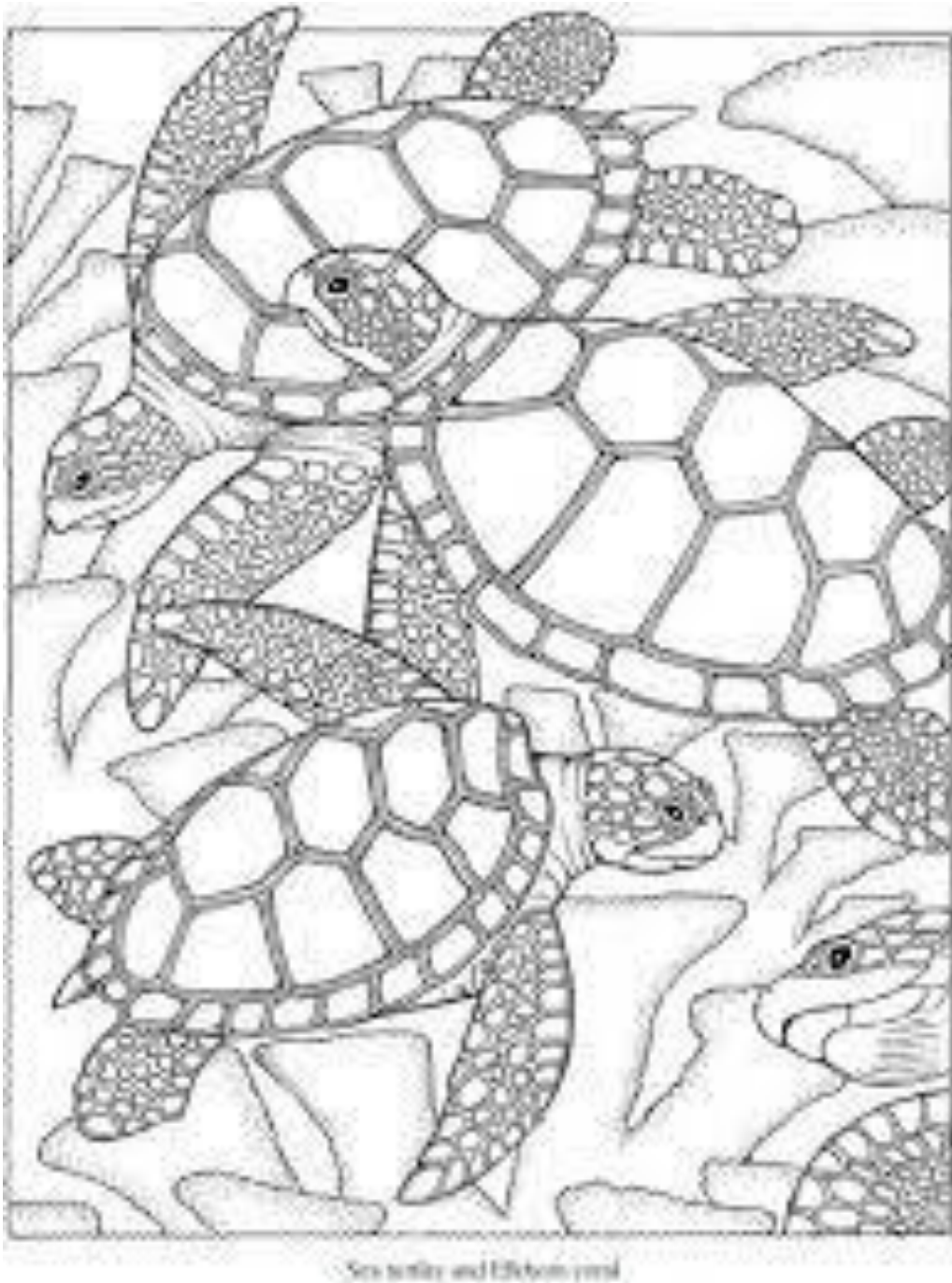
SHARK

SEAGRASS

LOBSTER

Turtle=10  
 Crab=5  
 Octopus=10  
 Final  
 Answer=250





## Letters to the Editor

Liz D'Uva or Sandi Whitney

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