

NEWS & KNOWLEDGE...
NEWS YOU CAN USE....
FEBRUARY, 2025



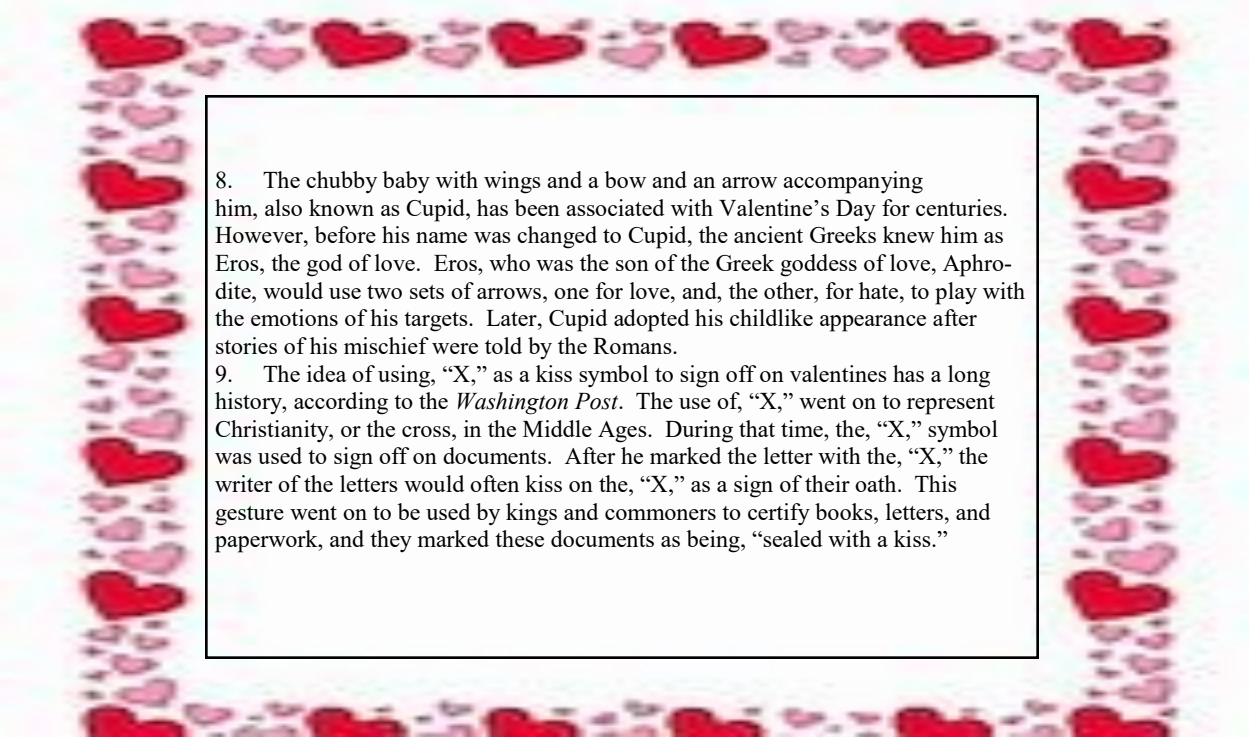
UPCOMING CONNECTIONS OUTINGS FOR FEBRUARY, 2025:

- Saturday, February 1, 2025-Basketball Game at Lenoir-Rhyne University.
Monday, February 3, 2025-Trip to the Catawba County Library.
Thursday, February 6, 2025-Valentine's Day Crafts at the Clubhouse.
Friday, February 7, 2025-Unit Grocery Shopping/Unit Supply at the Walmart Neighborhood Market (Subject to Change).
Monday, February 10, 2025-Trip to the Catawba County Library.
Thursday, February 13, Bingo, Baby!, at the Clubhouse.
Friday, February 14, 2025-Unit Grocery Shopping/Unit Supply at the Walmart Neighborhood Market (Subject to Change).
Saturday, February 15, 2025-Valentine Day's Party/Dance at the Clubhouse.
Monday, February 17, 2025-Trip to the Catawba County Library.
Thursday, February 20, 2025-Employment/Education Dinner.
Friday, February 21, 2025-Unit Grocery Shopping/Unit Supply at the Walmart Neighborhood Market (Subject to Change).
Monday, February 24, 2025-Trip to the Catawba County Library.
Thursday, February 27, 2025-Bowling at the Pin Station.

A Few Facts about Valentine's Day:
(From: www.history.com, Written by History.com Editors);

On every February 14th, couples all over the world celebrate Valentine's Day to honor their spouses, partners, and sweethearts. Valentine's Day has resulted from hundreds of years of traditions and customs that people observed in honor of Valentine's Day. Here are nine interesting facts about the holiday that celebrates romance and love as follows:

1. Some historians believe that the origins of Valentine's Day derived from a Christian effort to replace a pagan fertility festival that went back to the 6th century B.C. (Before Christ). The name of the feast was Lupercalia. In this feast, Roman priests would sacrifice goats and dogs and they would use their blood-soaked hides to slap Roman women on the streets as a fertility blessing. According to legend, women would later put their names in an urn to be selected to be paired with a man for a year.
2. Every year, thousands of romantics send letters addressed to Verona, Italy to, "Juliet." Juliet was a key character in the romantic tragedy, "Romeo and Juliet," by William Shakespeare. The letters that get to Verona are answered by a team of dutiful volunteers from the Juliet Club. Every year on Valentine's Day, the Juliet Club awards the, "*Cara Giulietta*," ("Dear Juliet") to the author of the most touching love letter.
3. The Valentine's Day tradition of giving a box of candy was started in the 19th century by a man named Richard Cadbury, who was a member of a British chocolate manufacturing factory. The Cadbury company had developed a technique to create more varieties of chocolates and Cadbury decided to use this opportunity to create and to sell chocolates for Valentine's Day.
4. Was the first valentine written from a prison? Allegedly, Charles, Duke of Orleans, wrote a love letter to his second wife at the age of 21, after he was captured at the Battle of Agincourt and, then imprisoned. However, the British Library contends that the letter, which was a love poem, dates back to the period when Charles, Duke of Orleans, returned from England to France. So, according to the British Library, he may not written that love poem from his prison cell in England.
5. "Vinegar Valentines," were used to discourage suitors. During the Victorian Era, people who did not want the attention of certain suitors would send anonymous, "vinegar valentines." These cards, that were also called, "penny dreadfuls," were the polar opposite of traditional valentines. The, "vinegar valentines," served to comically insult unwanted suitors and to reject them as well.
6. The term, "wearing your heart on your sleeve," may have originated from Picking a valentine. According to the Smithsonian, men would draw the names of women with whom they would be coupled for the upcoming year, while attending a Roman festival honoring, Juno, the goddess of hearth and fire. After they choose a valentine for the upcoming year, the men would write the names of their valentines on their sleeves to show their bond to their chosen valentines.
7. The iconic, chalky, heart-shaped candies that have been passed lovingly to people on Valentine's Day, started out as lozenges. According to the Food Business News, a pharmacist and an inventor named Oliver Chase created a machine that would quickly create the lozenges before he decided to use the machine to make candy, which became better known as Necco Wafers. Chase's brother came up with the idea to print messages on the candy in 1866. In 1901, the candies acquired their heart shapes to appeal to Valentine's Day sweethearts.



8. The chubby baby with wings and a bow and an arrow accompanying him, also known as Cupid, has been associated with Valentine's Day for centuries. However, before his name was changed to Cupid, the ancient Greeks knew him as Eros, the god of love. Eros, who was the son of the Greek goddess of love, Aphrodite, would use two sets of arrows, one for love, and the other, for hate, to play with the emotions of his targets. Later, Cupid adopted his childlike appearance after stories of his mischief were told by the Romans.

9. The idea of using, "X," as a kiss symbol to sign off on valentines has a long history, according to the *Washington Post*. The use of, "X," went on to represent Christianity, or the cross, in the Middle Ages. During that time, the, "X," symbol was used to sign off on documents. After he marked the letter with the, "X," the writer of the letters would often kiss on the, "X," as a sign of their oath. This gesture went on to be used by kings and commoners to certify books, letters, and paperwork, and they marked these documents as being, "sealed with a kiss."



**Clubhouse International Standards for Clubhouse Programs:
(From: www.clubhouse-intl.org):**

WORK-ORDERED DAY:

15. The work-ordered day engages members and staff together, side-by-side, in the running of the Clubhouse. The Clubhouse focuses on strengths, talents, and abilities; therefore, the work-ordered day must not include medication clinics, day treatment, or therapy programs within the Clubhouse.

16. The work done in the Clubhouse is exclusively the work generated by the Clubhouse by the Clubhouse in the operation and enhancement of the Clubhouse community. No work for outside individuals or agencies, whether for pay or not, is acceptable work in the Clubhouse. Members are not paid for any Clubhouse work, nor are there artificial rewards systems.

17. The Clubhouse is open at least five days a week. The work-ordered day parallels typical working hours.

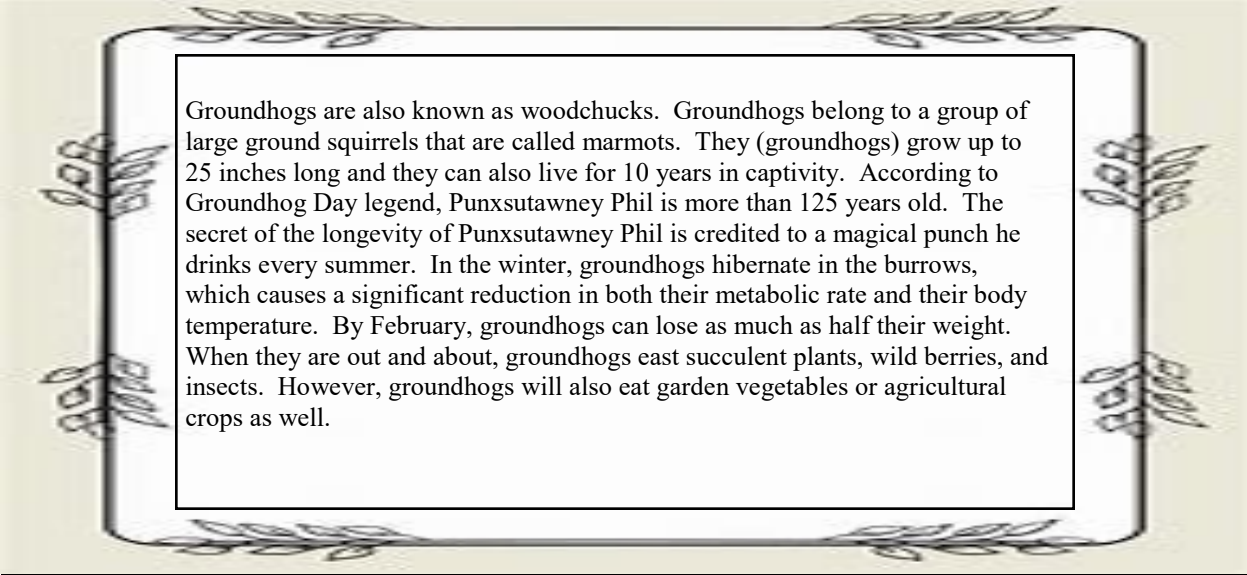
18. The Clubhouse is organized into one or more work units, each of which has sufficient staff, members and meaningful work to sustain a full and engaging work-ordered day. Unit meetings are held to foster relationships, as well as to organize and plan the work of the day.

19. All work in the Clubhouse is designed to help members regain self-worth, purpose and confidence; it is not intended to be job-specific training.

20. Members have the opportunity to participate in all the work of the Clubhouse, including administration, research, enrollment and orientation, reach out, hiring, training and evaluation of staff, public relations, advocacy, and evaluation of Clubhouse effectiveness.

The History of Groundhog Day:
(From: www.history.com, Written by History.com Staff):

The first official celebration of Groundhog Day took place on February 2, 1887, in Punxsutawney, Pennsylvania. Groundhog Day has its roots in pre-Christian traditions and German immigrants brought this celebration to the United States. Since February 2nd falls between the winter solstice (December 21st) and the spring equinox (March 20th), this date is significant date in several ancient and modern traditions. For example, the Celts celebrated February 2 as Imbolc, which was a pagan festival, marking the start of spring. As the Christian faith spread throughout Europe, the timing and the themes of Imbolc intersected with the holiday of Candlemas, which was a feast that marked the appearance of Jesus at the holy temple in Jerusalem. In certain areas of Europe, Christians thought that a sunny Candlemas meant 40 days of cold and snow. Germans put their own take on this legend, pronouncing that day sunny only if badgers and other small animals saw their own shadows. When German immigrants settled in Pennsylvania in the 18th and 19th centuries, they brought that custom with them and they chose the native groundhog as the annual forecaster. A local newspaper editor named Clymer Freas sold a group of businessmen and groundhog hunters, who were also known as the Punxsutawney Groundhog Club, on the idea to have the first Groundhog Day celebration in Punxsutawney, Pennsylvania. The group of men who made up the Punxsutawney Groundhog Club went to a site named Gobbler's Knob, where the first groundhog for the initial ritual saw its shadow, indicating six more weeks of winter. Every February 2nd, tens of thousands spectators attend the Groundhog Day celebrations in Punxsutawney, a town with some 6,000 citizens. A group of local dignitaries, who are known as the Inner Circle, preside over the festivities and wear top hats. The members of the Inner Circle conduct the official proceedings, speaking in the Pennsylvania Dutch dialect. They also speak to the groundhog, known as Punxsutawney Phil, in, "Groundhogese." The 1993 movie, *Groundhog Day*, immortalized the Groundhog Day celebration in Punxsutawney, even though the film was actually shot in Woodstock, Illinois. According to the National Climatic Data Center and the Canadian weather service, the success of Punxsutawney Phil in predicting six more week of winter or an early spring, is approximately 50%. For the last 30 years, residents of Vermillion, Ohio have used a different animal for their annual weather forecast, which is the woolly bear caterpillar. According to the tradition in Vermillion, Ohio, if the woolly bear caterpillar have more orange coloring in their coats than black in the autumn, it means the upcoming winter will be mild. Since 1972, more than 100,00 people have attended Vermillion's Woolly Bear Festival, which is held every fall. But researchers have found the color variations in woolly bear caterpillars to be the result of the previous year's weather, not the upcoming winter weather.



Groundhogs are also known as woodchucks. Groundhogs belong to a group of large ground squirrels that are called marmots. They (groundhogs) grow up to 25 inches long and they can also live for 10 years in captivity. According to Groundhog Day legend, Punxsutawney Phil is more than 125 years old. The secret of the longevity of Punxsutawney Phil is credited to a magical punch he drinks every summer. In the winter, groundhogs hibernate in the burrows, which causes a significant reduction in both their metabolic rate and their body temperature. By February, groundhogs can lose as much as half their weight. When they are out and about, groundhogs eat succulent plants, wild berries, and insects. However, groundhogs will also eat garden vegetables or agricultural crops as well.



Some Valentine's Day Jokes:
(From: www.rd.com, Written by Laura Beck):


- What did the cat say to her crush on Valentine's Day? "You're purrfect for me!"
- Why you shouldn't fall in love with a pastry chef? He'll dessert you!
- Did you hear about the bedbugs who fell in love? They're getting married in the spring!
- What did one criminal say to the other one on Valentine's Day? "You stole my heart!"
- What do you call a very small valentine? A valentiny!
- What happened when the two angels got married? They lived harpily ever after!
- What did one pig say to the other? "Don't go bacon my heart!"

Unusual Holidays for February, 2025:
(From: www.timeanddate.com):

Saturday, February 1, 2025-Eat Ice Cream for Breakfast Day.
Sunday, February 2, 2025-Day of the Crepe and Play Your Ukulele Day.
Monday, February 3, 2025-Carrot Cake Day.
Tuesday, February 4, 2025-Thank Your Mailman Day, Create a Vacuum Day, and Stuffed Mushroom Day.
Wednesday, February 5, 2025-National Weatherperson's Day and Chocolate Fondue Day.
Thursday, February 6, 2025-Lame Duck Day.
Friday, February 7, 2025-e-Day Day, Work Naked Day, and Send a Card to a Friend Day.
Saturday, February 8, 2025-Laugh and Get Rich Day.
Sunday, February 9, 2025-Toothache Day and Bagel and Lox Day.
Monday, February 10, 2025-Umbrella Day and Clean Out Your Computer Day.
Tuesday, February 11, 2025-Make a Friend Day and Don't Cry Over Spilled Milk Day.
Wednesday, February 12, 2025-Darwin Day.
Thursday, February 13, 2025-World Radio Day.
Friday, February 14, 2025-Valentine's Day, Ferris Wheel Day, and Library Lovers' Day.
Saturday, February 15, 2025-Gumdrop Day.
Sunday, February 16, 2025-Do a Grouch a Favor Day.
Monday, February 17, 2025-Random Act of Kindness Day.
Tuesday, February 18, 2025-Battery Day.
Wednesday, February 19, 2025-Chocolate Mint Day.
Saturday, February 22, 2025-Single Tasking Day, Be Humble Day, and World Sword Swallowers' Day.
Sunday, February 23, 2025-International Dog Biscuit Appreciation Day.
Monday, February 24, 2025-Tortilla Chip Day.
Wednesday, February 26, 2025-Pistachio Day and Tell a Fairy Tale Day.
Thursday, February 27, 2025-International Polar Bear and No Brainer Day.
Friday, February 28, 2025-Public Sleeping Day.

Accreditation is Your Friend!
TRANSFORMING LIVES, TRANSFORMING CLUBHOUSES:
The Power of Accreditation:
By: Robby Vorspan, Clubhouse International
(From: www.clubhouse-intl.org):

Clubhouses have been around for a long time. Fountain House, the first Clubhouse, started all the way back in 1948. But-somehow-in spite of all those years-we continue to be startling. New. Radical. Cutting edge. An innovation in the world of mental health. Even all of these years, the Clubhouse understanding of people living with mental illness is unique, and remains out of the, "box," of mental health treatment programs-Our simple, but radically profound understanding that-despite having a devastating and life-changing illness-people with mental illness are still, first and foremost, whole people with talents, passions, hopes, families, friends and futures that are very much worth pursuing. This may sound humdrum and obvious to most of us here; and we can easily begin to take it for granted. Living in our Clubhouse communities, we can lose sight of the fact that the vast majority of people living with mental illness are *not* greeted every day by a community that believes in them and is glad to see them. They are *not* greeted with a sense of high expectation about their potential to succeed and to have full and satisfying lives. Instead, those who are fortunate to have access to *any* mental health treatment programs, are most often greeted by a team of clinicians, whose primary purpose is to identify and assess their disabilities and their pathologies. Clubhouses are, unfortunately, still a small minority among all of the many, many mental health programs that exist in the world. But although we are very small, we have a clear, true, precious, and potent message, that *actually* has the power to change the world for people who are living with mental illness. In order to do that, though, each of our individual Clubhouses have to be strong, true powerful Clubhouse communities. Only when each of our Clubhouses truly and loudly proclaim our core values-as they are so clearly laid out in our Standards-will the International Clubhouse message of dignity, hope, and high expectations be heard by the rest of the world. Clubhouse International Accreditation is our best hope of making this happen. Accreditation is the most powerful and effective way for Clubhouses to help each other grow, evolve, develop, and share our best ideas about how we can help provide the opportunities that will make members' lives better and better and better. Clubhouse International Accreditation is essential if we are going to do what we need to do, and what we truly believe we can do. And that is to remold the world in a way that creates opportunities for people with mental illness to *belong*-as contributing members of their families, their work paces, and their communities. Accreditation is essential because it is the way we keep pushing ourselves to do more, better, faster. Having a team of Clubhouse peers coming into our Clubhouses and sharing ideas, celebrating our great successes, helping us see where we can get stronger-is the most powerful way that each of our Clubhouses can push itself to give members the opportunities that they deserve. And there is another reason that Accreditation is essential. Our united Clubhouse International VOICE is only as strong and clear and vital as each of its individual members voices is. Our new Clubhouse International policy is that all Clubhouses that are members of Clubhouse International have to be Accredited, or working towards becoming Accredited. And there is a very good reason for this. It is because we need to know that our international voice is comprised of real, Standards-infused, vibrant Clubhouse communities. Our international community has a louder, clearer, truer voice when we are composed entirely of real,



Standards-infused, vibrant Clubhouse communities. Our international community has a louder, clearer, truer voice when we are composed entirely of Clubhouses that committed themselves to a process that ensures that they are really holding fast to the values and ideals of our Standards. If we want to be a chorus of voices that will be world-renowned; recognized by those in power; listened to with eager interest -a chorus that has the capacity to change the world-then, each of our individual Clubhouse voices has to be trained, tuned, strong, and singing the same song. Clubhouse International Accreditation is how we can sing strong, together, and know that we will be heard. Some of you in the audience are thinking: We know, we know. But we would never get Accredited; we don't follow all of the Standards; we are afraid of being, "inspected." So: You need to know that our Accreditation process is FRIENDLY! Our process continues to evolve and develop, and respond to the needs and feedback of Clubhouses. While we are passionate about ensuring that all of member Clubhouses carry the tune of the core ideals of the Standards, we are also passionate about being accessible to any Clubhouse, anywhere, that is committed to the values of our Standards, and our collegial way of working. And-we understand that, even though a strong chorus is made of strong voices singing the same song, we also understand that the beauty of the chorus is that each Clubhouse has a unique voice, with its very own sound and personality. If you are anxious about Clubhouse International Accreditation, here are a few things you should know: (1). Our Faculty Accreditation teams are-YOU! Each accreditation team is made up of one Clubhouse member and one Clubhouse staff. They are from strong, Accredited Clubhouse and they have gone through an intensive Faculty training. And, they are just Clubhouse people who love Clubhouse and want to volunteer their time to help other Clubhouses be the best they can be. Your Clubhouse community will LIKE them and they will LIKE you! They are your friends, and your allies. (2). If your Clubhouse is committed to having a Clubhouse that is based on the International Standards for Clubhouse Programs, you WILL be accredited. The only times a program has NOT been Accredited were early on in our process, when we had programs applying for Accreditation that were not really Clubhouses and were not attempting to follow the Standards. But this has not happened in many years, since these kinds of programs have figured out by now that Clubhouse International Accreditation is only for Clubhouses! (3). One of the most important parts of the Accreditation process is the self-study. This is the part where YOUR whole Clubhouse community comes together over a period of time and looks at how well you are doing at providing your members with all of the great opportunities that the Standards say that Clubhouses should offer, You will discuss, argue, explore, review, and dig deep into all aspects of your community-and as a result, you will come closer to each other as colleagues and co-workers, and you will make decisions-together-to do an even better job of building the strongest Clubhouse community you can have. We need every Clubhouse in this room to join our spectacular, talented, powerful chorus of Clubhouse voices. If your Clubhouse isn't Accredited yet, we need you! Ask for an Accreditation application-and start arming up your voice. Yours is the voice our international chorus is missing! WE NEED YOU!

15 Fun Facts About Presidents' Day and Our National Parks:
(From: www.nationalparks.org):

On Monday, February 17, 2025, Americans celebrated Presidents' Day. Believe it or not, there are numerous national parks that honor American presidents. Some of these parks commemorate the birthplaces of past presidents, such as John F. Kennedy and Herbert Hoover. Other parks honor the places where former presidents lived after they served their presidential terms, such as Martin Van Buren, Dwight D. Eisenhower, and Andrew Johnson. Here are 15 fun facts about Presidents' Day and National Parks as follows:

- 1. Presidents' Day is celebrated on the third Monday in February. The 1968 Uniform Monday Holiday Act made the third Monday of February as a date to celebrate Presidents' Day.**
- 2. Presidents' Day was established in 1885 to honor the birthday of President George Washington.**
- 3. Washington's actual birth date was on February 22, 1732 (This date would make Washington about 293 years old!).**
- 4. George Washington's birthplace is a national monument that is located in Colonial Beach, Virginia**
- 5. The federal government officially calls Presidents' Day Washington's Birthday.**
- 6. The federal government debated on renaming the holiday to Presidents' Day to include the birthday of Abraham Lincoln. However, the proposal failed in legislative committees.**
- 7. Abraham Lincoln's birthday was actually February 12, 1809 (This date would mark Lincoln's 16th birthday!).**
- 8. Lincoln's birthplace is a national historical park that is located in Hodgenville, Kentucky.**
- 9. President Ulysses S. Grant made Yellowstone Park the first national park.**
- 10. President Theodore Roosevelt has five national parks named after him.**
- 11. President Abraham Lincoln has 12 national parks named after him.**
- 12. President Theodore Roosevelt's birthplace is a national historical site that is located in New York City, New York.**
- 13. The Adams National Historical Park was the birthplace of two presidents, who were John Adams and his son, John Quincy Adams.**
- 14. The most recent presidential birthplace added to the National Park System was the birthplace of William ("Bill") Jefferson Clinton, which was added to the National Park System in 2010.**
- 15. There are 35 national parks named after American presidents. Mount Rushmore in Keystone, South Dakota honors four American presidents who are George Washington, Thomas Jefferson, Abraham Lincoln and Theodore Roosevelt.**



Connections Clubhouse will be hosting our annual, "Market on the Lawn," this year on Saturday, May 3rd, 2025. We are looking for shoppers, as well as arts and crafts vendors to come and participate. We hope that you will share this post and help us get the word out about our event! More information coming soon. Look for our vendor applications on our website at www.connectionsclubhousecatawba.org and don't forget to follow us on Instagram at ConnectionsClubhouseNewton. The Market on the Lawn will be held at Connections Clubhouse at 1679 Southwest Blvd, Newton, NC, United States, North Carolina 28658 on Saturday, May 3, 2025 from 9:00 a.m. to 2:00 p.m. The phone number at Connections Clubhouse is (828) 466-0030.

If you need help in stopping smoking, you can contact the QuitlineNC Program (Website address: <https://quitlinenc.dhp.ncdhhs.gov>). QuitlineNC helps smokers by providing free smoking cessation services to smokers from commercial tobacco use. The QuitlineNC website defines commercial tobacco use as any tobacco products offered for sale, excluding sacred and traditional ceremonies held by many American Indian tribes and communities. You can go to the website address as listed above to enroll online or text, "Ready," to 34191. You can also call 1-800-QUIT-NOW (1-800-784-8669). To help teenagers with vaping, you can text, "VAPERFREENC," 877373. Support from QuitlineNC is available 24 hours a day, 7 days a week. The service is free and it is nonjudgmental.

PARTNERS CRISIS LINE: If you are experiencing a non-medical mental health emergency, you can call the Partners Crisis Line at 1-833-353-2093. They are available 7 days a week, 24 hours a day. If you are experiencing a medical emergency, please call 911 or go to your local emergency room. Also, Catawba Valley Healthcare has crisis support and mobile crisis response services available 24 hours, 7 days a week, The Catawba Valley Healthcare Crisis Support/ Mobile Crisis Response Line Number is (828) 695-2511.