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CH&S MAGAZINE

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CONNECTION

Sharing the day-to-day learning experience
at

Community Homes & Services

PO Box 744, Novato CA 94948

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Happy New Year!

Civilizations around the world have been celebrating the start of each new year for at least four millennia. Today, most New Year's festivities begin on December 31 (New Year's Eve), the last day of the Gregorian calendar, and continue into the early hours of January 1 (New Year's Day). Here are some interesting New Year's traditions:

- In the US South, if you want good luck, eat 365 black-eyed peas.
- In Spain and several other Spanish-speaking countries, people eat a dozen grapes (symbolizing their hopes for the months ahead) right before midnight.
- Ring-shaped cakes and pastries, a sign that the year has come full circle, round out the feast in the Netherlands, Mexico, Greece and elsewhere.
- In Sweden and Norway, meanwhile, rice pudding with an almond hidden inside is served on New Year's Eve; it is said that whoever finds the nut can expect 12 months of good fortune.
- Normally, a million people flock to Times Square to see the ball drop on New Year's Eve.
 - The ball's design has been updated over the years to reflect improvements in lighting technology; the ball was initially constructed from wood and iron, and lit with 100 incandescent light bulbs.
 - Currently, the ball weighs 11,875 pounds, and is covered in 2,688 Waterford crystal triangles.
 - The ball has been dropped annually since 1907, with two notable exceptions — due to World War II light restrictions, Times Square remained dark in 1942 and 1943.





FUN!



JANUARY 2022 NATIONAL DAYS

National Oatmeal Month

1/1 - New Year's Day

1/4 - World Braille Day

1/5 - National Bird Day

1/13 - International Skeptics Day

1/15 - National Bagel Day and National Hat Day

1/18 - Martin Luther King Jr. Birthday

1/24 - National Compliment Day

1/29 - National Puzzle Day

CH&S January Birthdays

1/8 - Meredith

1/11 - Jason

1/12 - Jen and Randall

1/17 - Tyrone



1/20 - John

1/24 - Carolyn

1/30 - Suzie S.

1/31 - Mike R.

12 Questions with Melissa

1. **Name/job title:** Instructor at CH&S
2. **What do you want our students to know?** They can achieve anything if they put their minds to it!
3. **What is the best piece of advice you've ever been given?** "Get in the slow lane."
4. **If you had to eat one meal every day for the rest of your life, what would it be?** Enchiladas
5. **What breed of dog would you be?** Rottweiler
6. **What is your favorite ice cream flavor and ice cream topping?** Chocolate chocolate chip.
7. **As a child, what did you want to be when you grew up?** A veterinarian or a teacher.
8. **What is your favorite TV show?** Jersey Shore Family Vacation.
9. **If you could bring back any fashion trend, what would it be?** I like the 60s-sock hop skirts and beehive hair!
10. **You have your own late-night talk show, who would you invite as your first guest?** Denzel Washington
11. **What fruit or vegetable would you most want to be?** An artichoke.
12. **What is your favorite sandwich?** Philly cheesesteak



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How to Make Paper Snowflakes

Joe shows us his snowflake making secrets. Here's a cool snowflake you can make in just a few minutes!

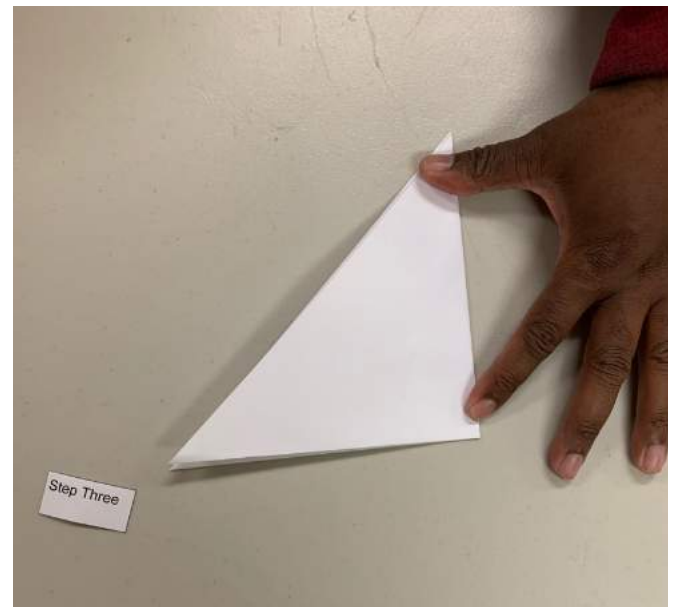
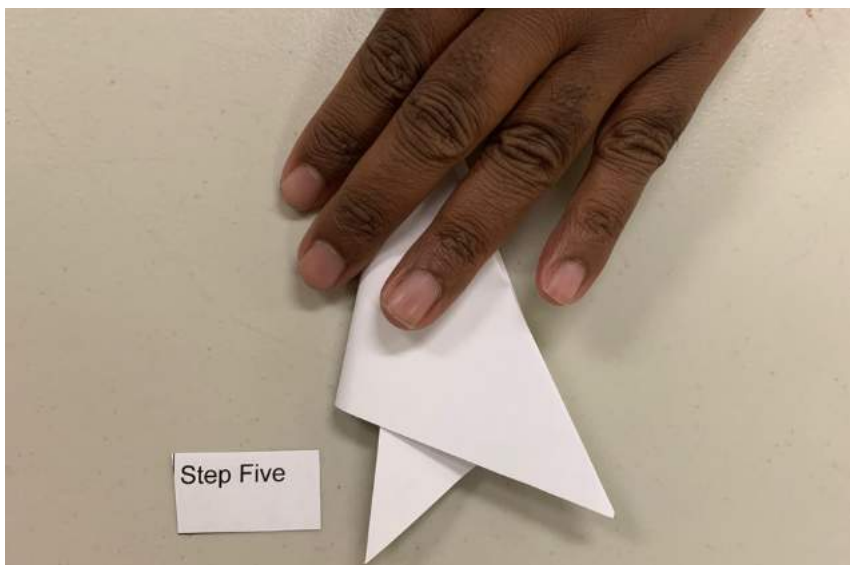
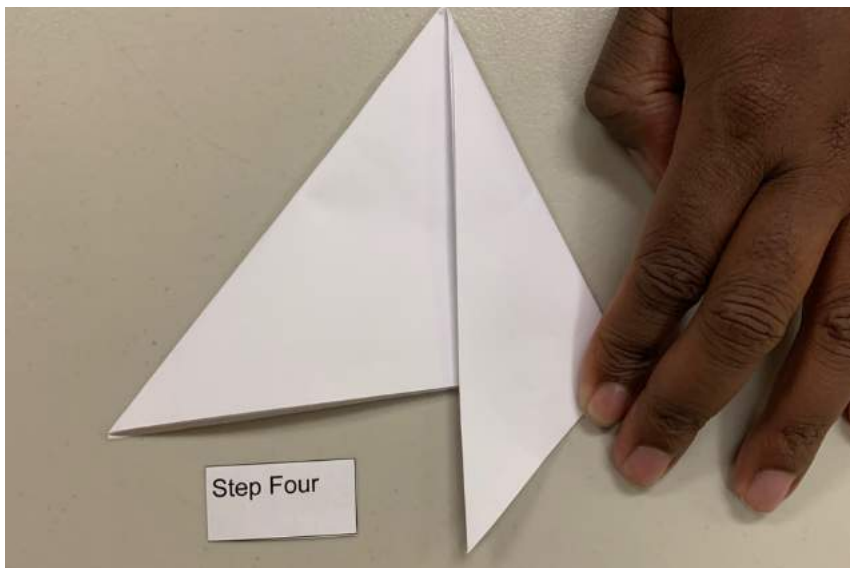
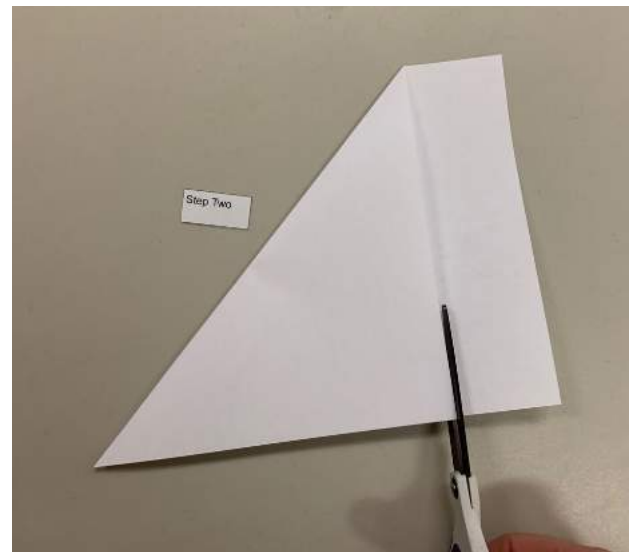
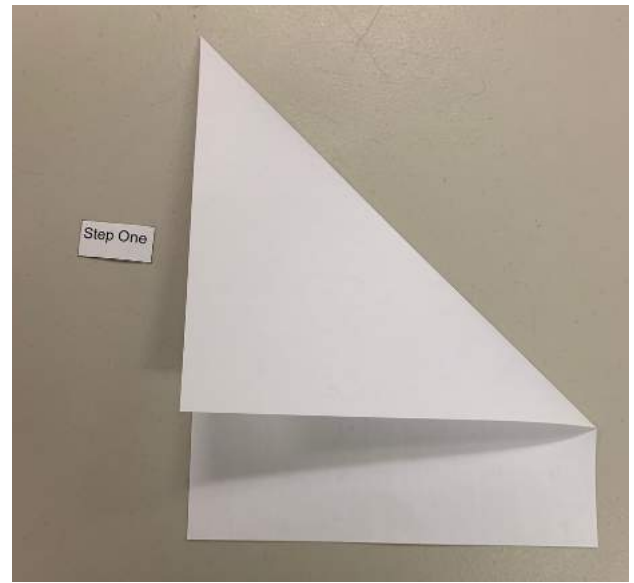
Step one: Fold a sheet of standard 8.5 x 11" paper over to make a triangle.

Step two: Cut off the bottom strip.

Step three: Fold the triangle in half again.

Step four: Fold one side down as shown in the photo.

Step five: Fold the other side of the triangle over the top. This is the trickiest part, but don't worry if the two sides don't match up perfectly. It'll still look like a snowflake!



How to Make Paper Snowflakes (continued)

Step six: Cut off the bottom to create an acute triangle.

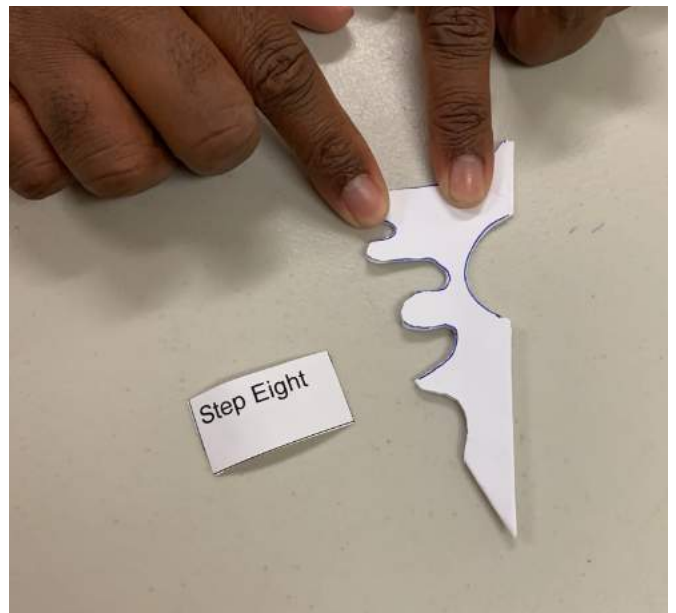
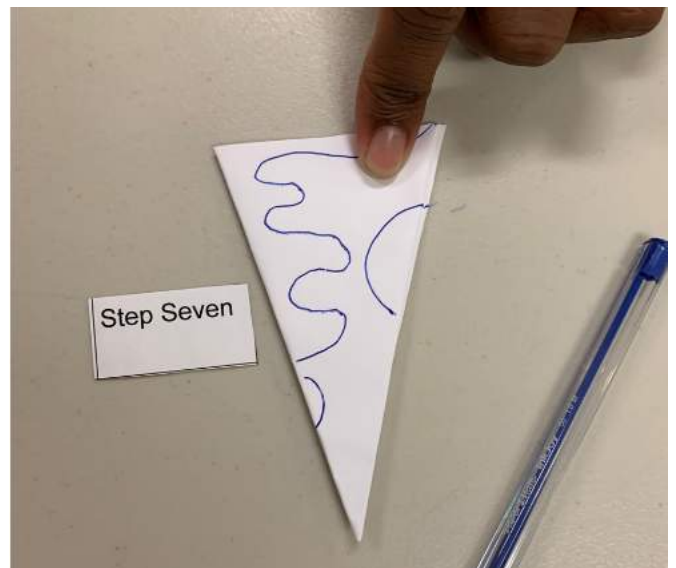
Step seven: Draw a design on the triangle. Make sure the folded side is on the right.

Step eight: Cut out the design.

Step nine: Unfold and behold! A snowflake!

You can change your snowflake's appearance by drawing different designs on the triangle at step seven.

Thanks to Tyrone, and the patient and creative students in Joe's class for supporting Joe and Tyrone while they worked on this project!



Darnell's class (Cat, Iris, and Andrew) discussed winter recipes from other countries and here is another yummy recipe they discovered:

Winter Beverage Recipes

Sahlep

Sahlep/salep/salooop is a hot milky drink that is very popular in Turkey during the winter months. It is made from Sahlep flour, which is actually made from the roots of orchids! It is a type of Orchid (Orchis) that is found in the province of Kahramanmaraş in the south of Turkey. The flour is very expensive and rare, since this wild Orchid is in decline, possibly from over harvesting. In fact, it is illegal to export it. (Of course, with a quick Internet search you can find Sahlep powder for not as much as you might think.)

Sahlep is quite healthy. It helps with digestive problems, gum disease, and helping with resistance to colds. There are flavored powder substitutes that can be found in Turkish and Middle eastern markets, so it is possible to try it even if you can't visit Turkey!

16 fl. oz. Or 2 cups of cold whole milk

10 ml. Or 1 tbsp. Sahlep powder

Sugar to taste

5 ml. or 1 tsp ground cinnamon (for garnish)

5 ml. or 1 tsp. ground pistachios (for garnish- optional)

Instructions:

1. Place cold milk, Sahlep powder and sugar in a small pan and bring to a gentle boil.
2. Stir continuously for 2-3 minutes over gentle heat, until it starts to thicken.
3. Turn heat off and pour the hot drink into 2 cups.
4. Sprinkle the ground cinnamon and crushed pistachios over the top and serve immediately. Enjoy!

Serves two



(Right) An 1820 sketch by Rowlandson showing members of the lower orders enjoying saloop, which they are drinking from the saucer. British Library, CC0, via Wikimedia Commons

(Left) Salep.

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Andrew's Corner

Fying Squirrels

Flying squirrels don't actually fly, they actually just glide from one tree to another. They glide by using the loose flaps of skin that connects their legs and arms, which turn into a square shape allowing the squirrels to fly. Flying squirrels can glide in a different direction by lowering one arm, while a specialized piece of cartilage not found in other gliding mammals extends from the wrist to support the patagium to help them steer their gliding direction. Flying squirrels are able to make 180-degree turns in midair to evade flying predators like owls. They are able to safely land on ground by using their strong, silent pads on their feet.

The time for flying squirrels mating season starts in late winter, and after a 40-day gestation period, an average of three to four young are born. A second breeding period starts in summer. The baby flying squirrels are born blind and helpless but develop more quickly than other squirrels. By six weeks of age, they are able to forage on their own.

Flying squirrels are found in the eastern United States in states including Maine, Florida, Minnesota, and Texas. Overall, I think that flying squirrels are a very interesting flying animal. The first time I saw a flying squirrel is when I used to live in one of my family's old houses. We had one of our cousins, whose name is Zap, over at our house and she said excitedly "monkeys" because she thought she saw monkeys going from tree to tree but it was actually flying squirrels gliding from tree to tree. The flying squirrel is part of the same family as regular squirrels, which is called *Sciuridae*.



(Right) Cephas, CC BY-SA 4.0 via Wikimedia Commons



(Left) Pratikppf at en.wikipedia, CC BY-SA 3.0, via Wikimedia Commons

Bio: Andrew Newson is a student at Life College and is 23 years old. He likes comic books, video games, hiking, exploring new places with his mom.... and babies. He is an authority in all things Star Wars, Star trek and great places to go in the Bay Area. He is currently learning Mandarin, loves writing, and learning new things



We accept and appreciate donations of any size or kind. All donations to CH&S are tax-deductible. CH&S is a 501(c)(3) non-profit organization.





Check out the students in Joe and Billy's group. Yes, Billy has a new photo editing app--so Steve wasn't really drinking water in a forest...



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January 5th is National Bird Day!

Birds

BY YEVGENY VINOKUROV

What does this birdsong signify?
The echoing night resounds with song.
Probably it's in praise of the starry majesty
Of heaven, or the boundless cosmos.
Or maybe it is no song,
but simply
Chat about various matters, like
It'll soon be morning, or it's dewy now,
Or, eureka, he's found
a worm!

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