

February 2022

CH&S MAGAZINE

Vol 2022 Issue 2



Frederick Douglass

CONNECTION

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at

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Carter Woodson

"The Father of Black History"

Black History Month

The observance of Black History Month originated in the United States. It has received official recognition from governments in the United States and Canada, and more recently has been observed in Ireland, and the United Kingdom. It began as a way of remembering important people and events in the history of the African diaspora.

Two African American trailblazers that you may not have heard of are Bessie Coleman and Jo Ann Robinson. **Bessie Coleman** (right) was denied the right to learn to fly in the United States, so she learned French and traveled to France to get her pilot's license. She got her license in seven months and returned to the States in 1921, where she created a media stir as the world's first Black female pilot.



Bessie Coleman

(Wikimedia Commons)

Coleman began performing at air shows and doing stunts and was nicknamed "Brave Bessie" and "Queen Bess." She used her celebrity to raise awareness of racial inequality and encourage women of any skin color to fly.



Jo Ann Robinson

(Wikimedia Commons)

Jo Ann Robinson is an overlooked part of the Civil Rights Movement. She was born in Georgia in 1912, graduated college in 1934 and later became a public school teacher in Macon, Georgia. After receiving her master's degree, she took a job as a college professor in Alabama and became more socially active. After Rosa Parks was arrested on December 1, 1955, Robinson and a group of activists distributed tens of thousands of pamphlets urging a one-day boycott of the bus system. It was a success, and the now-famous boycott of the Montgomery bus system soon ballooned, lasting for months with the help of Robinson.

Learn about more unheralded African American pioneers:

www.mentalfloss.com/article/530933/unheralded-african-american-pioneers-and-trailblazers-you-should-know

CH&S February Birthdays

Gregory H. 2/1
Jenet 2/2



Andrew M. 2/17
Linda 2/18
Erik 2/26

12 Questions with Yvette

1. **Name/Title:** Yvette/Student at Life College
2. **What's the best piece of advice you've ever been given?** Don't judge a book by its cover.
3. **What is your favorite magical or mythological animal?** Dragon
4. **If you had to eat one meal every day for the rest of your life what would it be?** Spaghetti and meatballs with garlic bread.
5. **What breed of dog would you be?** I'd like to be a golden retriever.
6. **Who is your favorite Disney hero or heroine? Would you trade places with them?** My Disney hero is Aladdin, yes I'd trade places with him.
7. **As a child, what did you want to be when you grew up?** A librarian.
8. **What is your least favorite food?** My least favorite food is fish.
9. **If you could rename yourself, what name would you pick?** My name would be Spuds MacKenzie because I like that name.
10. **What is your favorite TV show?** My favorite tv show is Everybody Loves Raymond.
11. **If you could bring back any fashion trend what would it be?** I would bring back Guess jeans.
12. **What is the best thing that happened in the last month?** The best thing that happened to me in the past month was going home to visit my family to see my nephew's first baby Lincoln Ellis who I love very much.



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Pam Initiates a Rescue!

On January 12, 2022, Pam came across an injured red-tailed hawk while participating in a socially-distanced "walk and talk" with her staff.



Pam jumped into action, notified her staff, then notified a neighbor. Together they called WildCare in San Rafael and Marin Humane Society for help. What a coordinated effort!

Pam saw how it really does take a village to get things done. She also wants to take this opportunity to remind you that local animal rescues organizations often need volunteers, if you have the time, or you can make a donation to an animal support group in Betty White's memory.

The red-tailed hawk is a medium-sized bird of prey known as a *raptor*. They have long, broad wings and short, wide tails with reddish brown color. Juveniles lack the red tail.

Their call is a raspy, scraping, screamed "*kree-eee-ar*." The red-tailed hawk cry is used in movies to represent eagles or hawks. Read more about the red-tailed hawk cry here:
<https://www.npr.org/templates/story/story.php?storyId=156187375>

FEBRUARY 2022 NATIONAL DAYS

Black History Month

2/1 - National Freedom Day and Chinese New Year

2/2 - Groundhog Day

2/4 - National Wear Red Day

2/12 - Lincoln's Birthday

2/14 - Valentine's Day

2/21 - Presidents' Day - Washington's Birthday

"kree-eee-ar"



The Angel Card Project

by Darnell



It's Valentine's month and we are sending the love!

Speaking of love, we think that people love getting mail, real mail, not ads or bills, but something tangible from another human just for us. Handmade cards and handwritten notes are often forgotten in these days of emailing and texting.

The holidays were an excellent opportunity to send a short, but heartfelt note and to let others know you are thinking of them. As a group, we decided to send some love to people who may not otherwise receive a card or letter for the holidays. We joined a group called The Angel Card Project <https://www.theangelcardproject.com>. They provide a long list of names of people who are either elderly and alone, physically or intellectually disabled, or simply lonely.

I am so proud of my teammates, Iris, Catherine, and Andrew N. for making the cards we sent out! The cards were sweet and lovely, and we have high hopes that our cards made some people smile.

We sent about 100 cards, but we wish we could have sent more since the list was *93 pages long!*

Maybe next year we will get a bigger head start! Or maybe we can celebrate by sending Valentine's cards to some of the people on The Angel Card Project list.



Andrew's Corner

Where Did Video Games Come From?

What do giant computers in science labs, the founder of Chuck E. Cheese and billions of dollars of quarters have in common?

They were all part of a history of video games.

A video game is an electronic game that can be played at home or on a mobile device like the Nintendo ds and Game Boy. Video games were started in science labs for use in experiments.

In fact, the earliest video game on record was in 1948, which was called the *cathode-ray amusement device*.

Some of the earliest video games include OXO, Tennis For Two, Pong, Spacewar and Space Invaders. The most popular video games include Space Invaders, Mario Brothers, and Pac Man. Did you know that the founder of Atari was also the founder of Chuck E. Cheese?

My earliest memories with video game systems was having a Game Boy Advance and a Nintendo Gamecube as a kid. I also had a Nintendo Wii system, too. My favorite games to play on all those systems was of the Super Smash Bros series. Super Smash Bros was a game series that has characters from all games made by Nintendo, or some guest characters from other companies too, fighting each other on a lot of stages based on locations from Nintendo games.

Video games are always evolving and I am excited to see what they come up with next!



(Left) Blake Patterson from Alexandria, VA, USA, CC BY 2.0 via Wikimedia Commons



(Above) Sammlung der Medien und Wissenschaft, CC BY 4.0 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

LOVE RELATIONSHIPS SEXUALITY



Some CH&S students attended a LeTusa Inc., Zoom workshop last month.

It is Le Tusa's mission to develop new services and increase accessibility to specialized services for individuals with developmental and intellectual disabilities, including individuals with co-occurring mental health conditions.

Le Tusa, seeks to empower individuals to develop and sustain healthy, inclusive relationships. For more information, check out their webpage: <https://www.letusainc.com/le-tusa-inc>

Okay, so you're probably wondering where the sexuality part comes in. Le Tusa is developing social skill acquisition classes, psycho-education services, and social-sexual education classes. Their relationship and sexuality program is called Le Tusa PASSION and it will center around identity, body care, relationships, safe sex, dating, and knowing your rights.

And guess what? Le Tusa wants your input in helping to develop their PASSION program. Whether you are a student at CH&S, an individual with developmental disabilities, or staff/caretakers, they want your input. Take the anonymous survey on their webpage: <https://www.letusainc.com/le-tusa-passion>

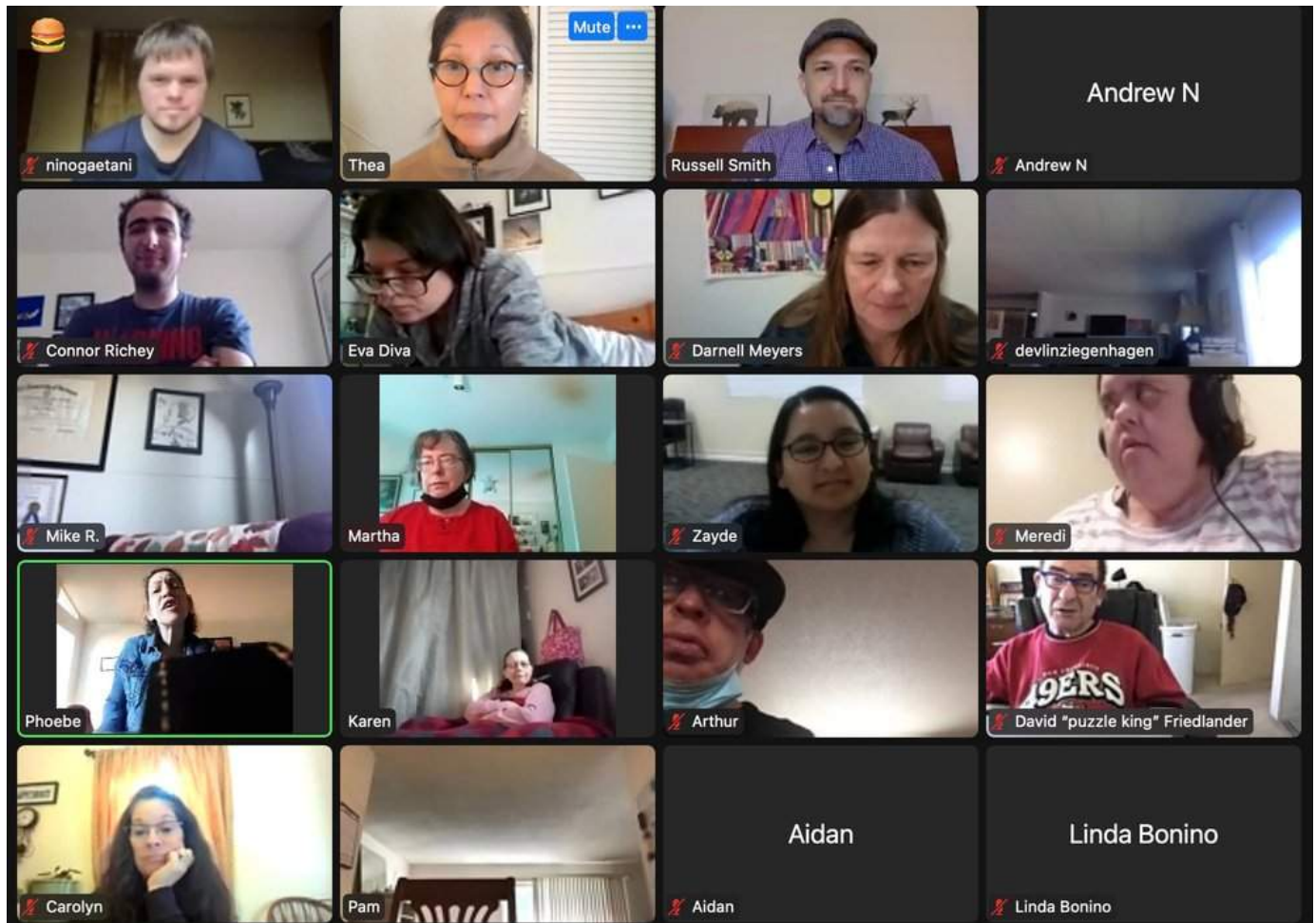


Adara, Nino, and Carolyn enjoyed the Le Tusa Zoom meeting in January which celebrated ourselves, our community, and discussed emotions.

The next Le Tusa Zoom will be February 17, 2022.

Subscribe to their newsletter on this webpage: <https://www.letusainc.com>

The Upside of Zoom



It's hard going back to Zoom-only classes, but there are some upsides, too. Joe's Language Arts class took a moment to reflect on a few of the positives that come with going remote:

"I enjoy being on Zoom because I like to see all the beautiful faces." - Pam

"I like getting help with my puzzles." - David

"We enjoy the cooking classes and the music classes." - Yvette

"I can help Thea." - Nino

"I get to hang out with my dog, my babies, and I get to enjoy all the music classes." - Russell

"I feel more comfortable on Zoom than at the day program." - Connor

"I get to see all my CH&S friends every day!" - Joe



Meditation: Unavoidable and Beneficial

with Russell and his students: David F., Jake, Meredith, Suzi S., Tess, and Karen

Meditation can be defined as the function of the mind that focuses on any thought, object, concept, or sound. So in this context, meditation is unavoidable!

It looks like every culture has some practice or ritual that could be considered a meditation. Often children, with no knowledge of meditation practices play with their awareness, explore consciousness, daydream, and focus on natural phenomena with an understanding and focus that could be considered to be meditative. Kids gaze at clouds, hide quietly and slow down their breathing, watch insects, flowers, or household pets, and imagine friends or whole worlds that only exist to them. All of these activities are akin to concentration, breathwork, focused gazing, and visualization.

"My favorite meditation is making art." -- Jake

A number of universities and organizations have done studies on the benefits of different meditational practices. Meditation can help us:

- learn to gain a sense of calm
- decrease stress levels
- increase our ability to focus, and
- gain a greater sense of well-being.

"Doing a puzzle is how I meditate." --David F.



For most people, much like strength or cardiovascular training, meditation has to become a regular and consistent practice to yield beneficial results. Others can tell you about good things that come from having a contemplative practice, but you need to try it for yourself.

Here are some easy practices to try out:

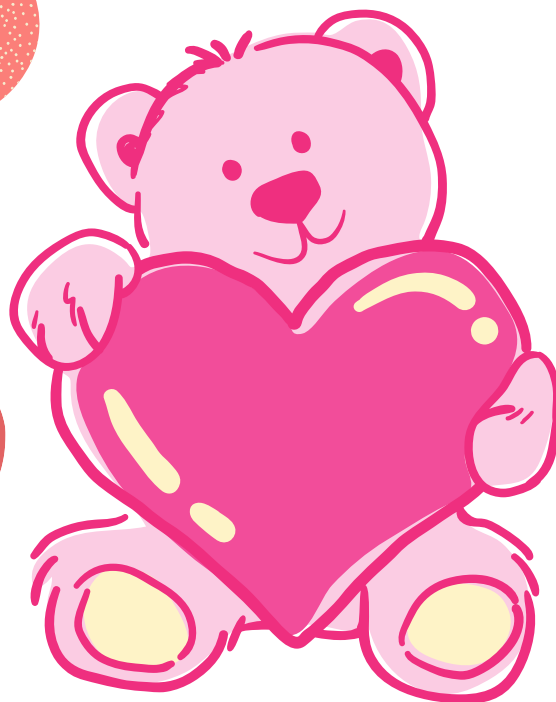
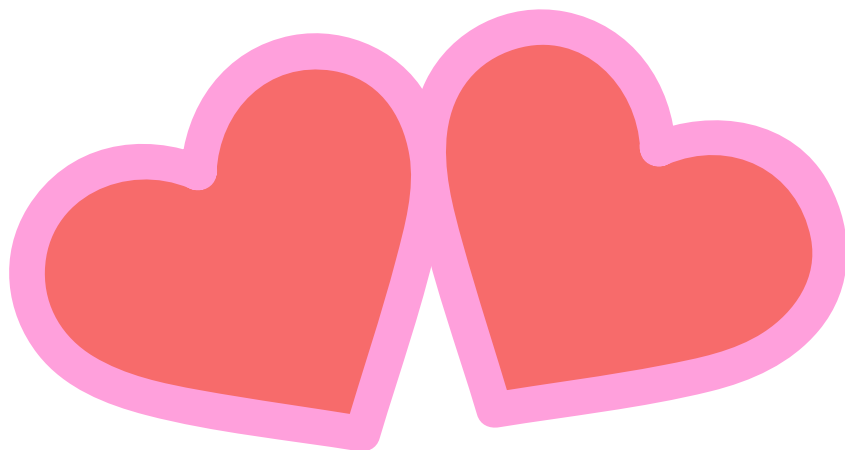
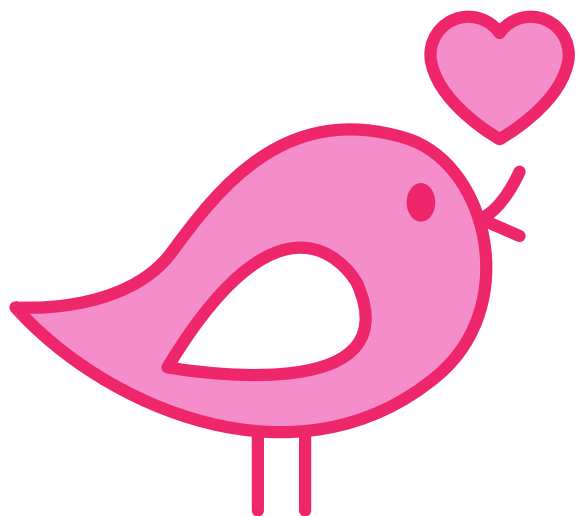
- Hold a fixed gaze while sitting, standing, or walking. Or dance while breathing slower and deeper.
- Lie down or recline, get comfy, turn down or turn off the lights, and repeat a positive prayer/affirmation. (Some good ones to try out are "I can take deep breaths," "I deserve to be happy," "Everything is fine," or "My thoughts and feelings are important.")
- Sit or lie down outside and gaze at clouds, the cloudless sky, or the stars.

Here are two of the meditations that several of Russell's students enjoy doing:

- How to pray the body prayer from the Order of Julian of Norwich standing meditation (short meditation) https://youtu.be/_lKdXyzTXk
- Balancing Your Chakras with Healing Energy - Guided Meditation <https://youtu.be/j1TGCDSPFE>

Try these practices, or not. Either way, be good to yourself and others. Laugh, eat, exercise, work, play, and sleep!

Make Your Own Valentine Cards with These Cut Outs



Abraham Lincoln: U.S. President and Bearded Wrestling Hall of Famer

by Joe and his students (Phoebe, Tyrone, Bert, Mike R.)

Abraham Lincoln was the 16th President of the United States. He is mostly known as the author of Emancipation Proclamation and for his Gettysburg Address, but he also did a lot of other things in his life. Let's have a look...

- Abraham Lincoln was born in Hardin County, Kentucky on February 12th, 1809. At the age of 7, he and his family moved to Perry County, Indiana. When Lincoln was 21 he made another big move - this time to Macon County, Illinois.
- There are over 50 Lincoln High Schools in the US (and one in New Zealand!) Interestingly enough, there isn't one in Kentucky.
- Lincoln's trademark top hat was made by a Washington milliner named J.Y. Davis. The black silk band around the base of the crown, which symbolizes mourning, was added at Lincoln's request after the death of his son Willie.
- Abraham Lincoln had a lifelong fascination with mechanical objects. Farm equipment, mechanical appliances... you name it - he fiddled with it. He even holds Patent No. 6469 for the device he designed to lift boats over shoals, making him the only U.S. President with a patent under his belt.
- Before he was president, Lincoln was a lawyer. He attended to court cases involving transportation in his home state of Illinois.
- Education was a lot harder to come by in the United States during the 1800s. Because of this, Lincoln's only formal education came from traveling teachers. He was able to become a lawyer, a member of the United States House of Representatives, and President of the United States after only about one year of schooling.
- Robert Lincoln, Abraham and Mary Todd's eldest son grew up to become a successful business lawyer and U.S. ambassador to the United Kingdom.
- Abraham Lincoln was tallest President at a towering 6' 4".
- In his youth, Lincoln was an accomplished wrestler. It's said he only lost one bout 3 in 300, and this remarkable record landed him in the Wrestling Hall of Fame alongside fellow presidents George Washington, Theodore Roosevelt, and William Howard Taft.
- He was the first president to have a beard!
- **Lincoln's birthday is celebrated on February 12th this year.**

Vocabulary Words

Milliner - a person who makes hats.

Shoal - a submerged sandbar found just below the surface of a body of water.

Bout - wrestling match.

Two Turtle Doves on Valentine's Day

by Yvette

When two people fall in love,
they become two turtle doves,
a perfect couple.

This Valentine's day

The sky is grey.

Two turtle doves fly over your in town.

Fall
in
love.



Armchair Travel: Christmas Island

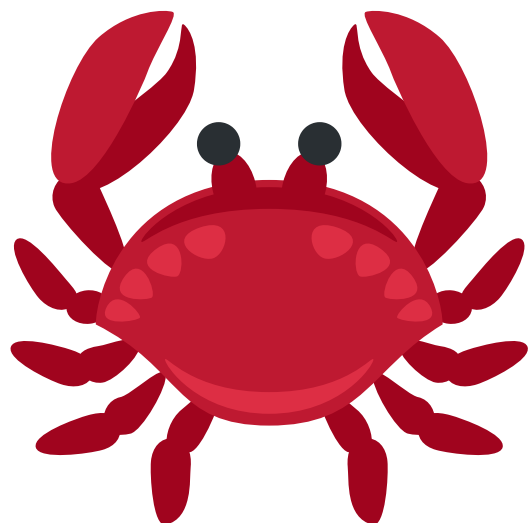
by Jennifer

After a quick trip to Mars last week, we voted to (virtually) visit the beach for our latest Armchair Travel class. So we dusted off our Knowledge and Cultural Literacy Class about Christmas Island, brushed up on some facts, and took a tour on Zoom!

We kept our eyes peeled for Christmas Island red crabs, which cross the island in the millions to migrate and spawn every year, and for robber crabs, who will take your food (or break your golf club!)

Greta Beach is a nesting site for sea turtles, a spawning site for red crabs, and, unfortunately, also a spot where trash washes up frequently. Visitors are asked to take a bag and collect trash to help keep the wildlife healthy and the beach beautiful. (If the CH&S work crews were visiting in person, they would really get a chance to shine!)

And for our resident music aficionado David, we ended our virtual visit listening to the song "Christmas Island" by the Andrews Sisters and Guy Lombardo. What a great beach day!



Drawing Cartoons

Chris's Zoom drawing class worked on animation. Check us out!

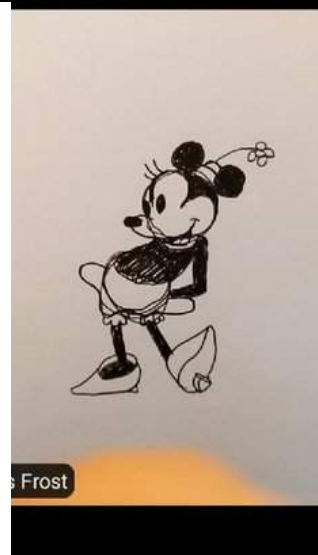
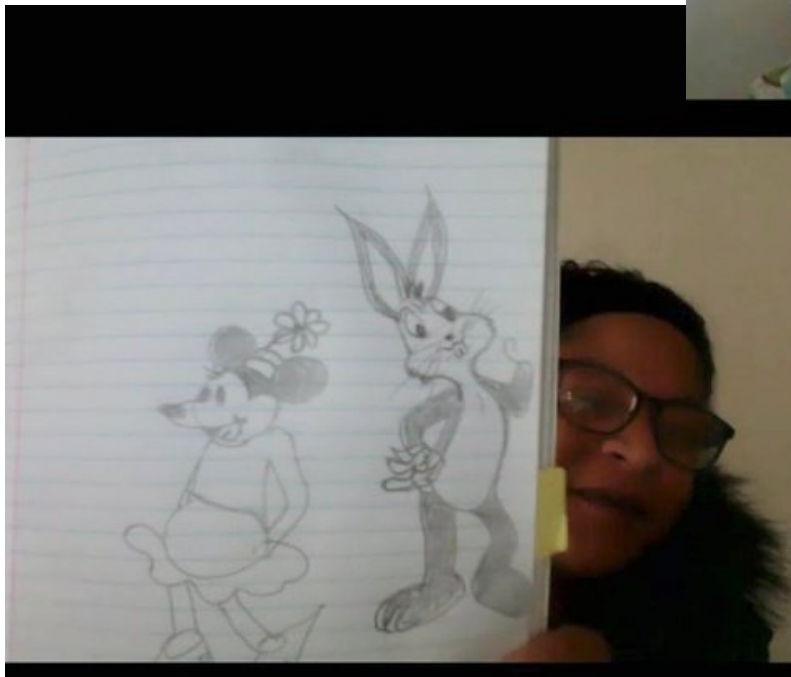
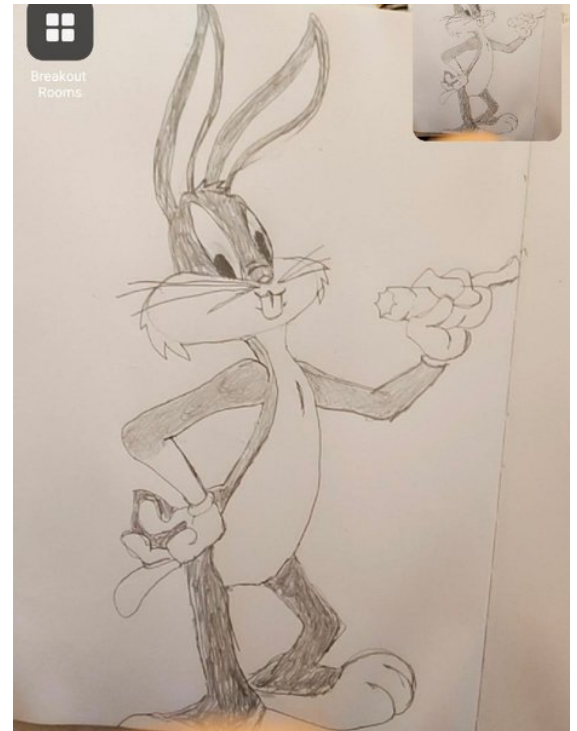
- **Did you know that Bugs Bunny first appeared as an extra in a Porky Pig cartoon?** The then-unnamed rabbit was created in 1938 for a cartoon in which Porky Pig went hunting, but the actual character wouldn't appear until years later.
- **Did you know that Mickey Mouse has different names around the world?** For example, he is known as Musse Pigg in Sweden, Mi Lao Shu in China and Topolino in Italy.

For more wascally wabbit facts, check out this Mental Floss article:

<https://www.mentalfloss.com/article/66703/11-mischievous-facts-about-bugs-bunny>

Check out the Encyclopaedia Britannica Mickey Mouse page here:

<https://www.britannica.com/topic/Mickey-Mouse>



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