

CONNECTION

Sharing the day-to-day learning experience
at

Community Homes & Services

PO Box 744, Novato CA 94948

415-408-3604

www.communityhomesandservices.com

Light and Darkness

"It is better to light a candle than to curse the darkness." This proverb has been attributed to Eleanor Roosevelt, Confucius, Charles Schulz, and many others. It looks like we'll never know for sure who said it first, but it doesn't matter; the point is that these are words to live by.

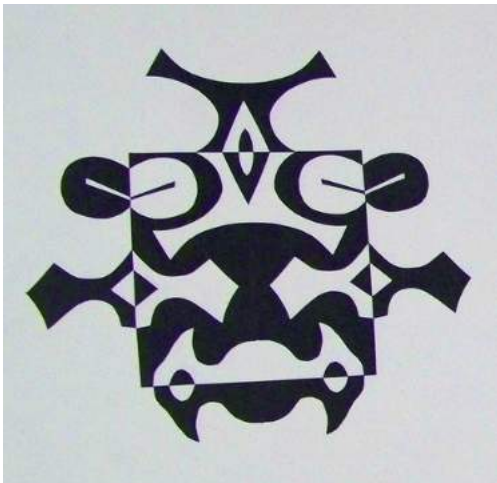
Light is one of the most fundamental and universal symbols. Light is the spiritual and the divine, illumination and intelligence. Generally speaking, light is a symbol of life, happiness, prosperity, and knowledge (as in "the lightbulb just went off").

Darkness is largely associated with death and devastation, confinement and spiritual darkness. Yet, darkness can also be linked to the time spent in the womb and seed germination, both of which take place in the dark. According to Encyclopedia.com, "Many cosmologies begin their accounts of the creation with the emergence of light (or the sun or an equivalent light principle) out of a primeval darkness, and conversely many mythologies describe the end of the world as a twilight or darkness of the gods, that is, the disappearance of light in a final darkness that engulfs all." We start out in darkness and end that way too. C'est la vie.

In Western society we tend to think of light OR darkness, but not both. Yet, in a way, light and darkness are not mutually exclusive at all: *There is no light without darkness*. Here at CH&S, we tend to acknowledge the darkness while embracing the light, both literally and metaphorically as shown by Chris' Notan artwork (left)



"Hand Shadows." Library of Congress:
<https://www.loc.gov/pictures/item/2006691952/>



Notan

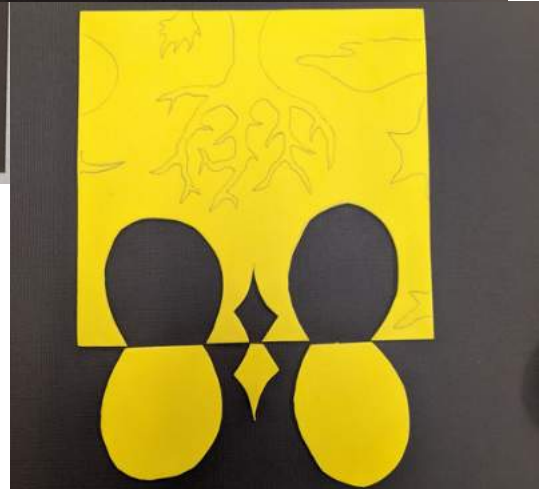
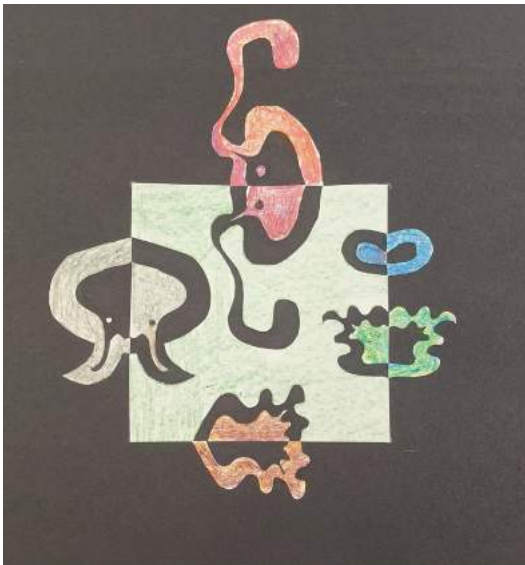
Notan is a Japanese style of design using flat areas of light and dark only. Here are some examples from Tess, Cindy, and Chris.

In order to make these, we first cut a square of either light or dark paper and put it onto a contrasting background. Next, we drew shapes going off the sides of that square. Then you flip the cut piece so that it is outside the square in the same location. Ideally, you want to plan out your design so that the contrast creates some interesting designs, like a face or scene. For example, a tree sticking out of/into one side can create the illusion of reflection off of water, a silhouette, shadow, or simply two contrasting halves.

(Top) Instructor Chris used fish or orca shapes related to island cultures or a tribal mask in his design.

(Left) Cindy couldn't resist adding some color and some less traditional flair to her design.

(Bottom left) Tess is shows off her Notan design– great scissor skills, Tess!



**"I will love the light for it
shows me the way,
yet I will endure the darkness
because it
shows me the stars."
- Og Mandino.**

CH&S June Birthdays



6/13 - Adara

6/14 - Nino

12 Questions with Connor

1. **Name/Title:** Connor Richie, student
2. **What do you want our students to know?** I am sensitive.
3. **If you had to eat one meal every day for the rest of your life, what would it be?** Blooming onion from Outback steakhouse.
4. **What would your superpower be?** I would stretch, fly, run super fast, and be strong because I think these powers are useful.
5. **Best book you ever read?** Transportation books are the best books I have read.
6. **As a child, what did you want to be when you grew up?** An airline pilot.
7. **What fruit or vegetable would you most want to be?** A watermelon.
8. **What is your favorite item that you bought this year?** Panko (Japanese bread crumbs) and Paprika spice.
9. **What is your favorite sandwich and why?** Quesadillas and dessert sandwiches because they are the only ones I like.
10. **What breed of dog would you be?** A Chihuahua
11. **If aliens landed on earth tomorrow and offered to take you home with them, would you go?** Yes, I would go.
12. **What season would you be?** Winter, autumn, AND summer.



WHAT'S UP WITH THE MONTH OF JUNE?

Welcome to June! It is now the MIDDLE of 2022—time flies when we're having fun, doesn't it? Let's see what we have to learn about this wonderful, warm bee buzzy month.



Here are some facts:

- The original name for June was *Lunius*. The name comes from either the Roman goddess Juno, wife of Jupiter, or from the Latin word *luniores*, which means "younger ones."
- June was originally 29 days long. But in 46 BCE, Julius Caesar added the additional day, to make it an even 30.
- In the northern hemisphere (where we live), June signals the coming of summer. The first day of summer, Summer Solstice (June 21st), is the longest day of the year.
- The famous tennis tournament, held at Wimbledon in London, takes place from June 27 to July 10th.
- On June 28th, we celebrate folklore legend Paul Bunyan. Paul Bunyan began as a story told by loggers. Over time, people embellished the story and it was told around campfires. Paul became bigger, stronger, and taller—a real tall tale! Paul had a huge friend, Babe the blue ox. We can see statues of Paul and Babe all over the country to this day.
- On June 19th we celebrate *Juneteenth*, also known as *Emancipation Day* (June 19, 1863), which is the day that enslaved people of Texas learned that they had been freed. President Lincoln proclaimed by executive order that enslaved people of the Confederate states were free, however, it wasn't until two and a half years later, on June 19th 1865, that those enslaved in Galveston Texas (the westernmost state of the Confederacy) were released from slavery. On June 17th, 2021, President Biden signed the Juneteenth National Independence Day Act into law, making it a federal holiday! Check out the Juneteenth dance celebration below.



Here are some birthdays of note in June:

6/1 Marilyn Monroe

6/1 Morgan Freeman

6/3 Allen Ginsberg

6/6 The Dalai Lama

6/9 Michael J. Fox

6/9 Darnell's sister Lynlee 😊



By Tim Ervin, National Parks Service - Public Domain,
<https://commons.wikimedia.org/w/index.php?curid=91399820>

Andrew's Corner

Super Smash Bros.

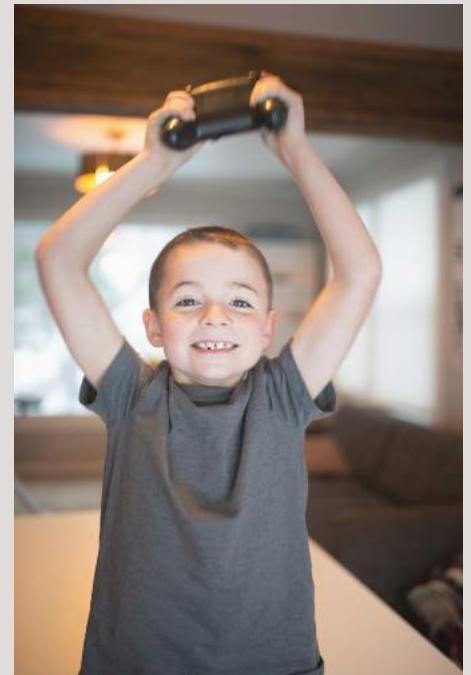
The first Super Smash Bros I ever played was Super Smash Bros Melee for the Gamecube which was released on December 3, 2001.

Super Smash Bros is a crossover fighting game series featuring characters from all of the Nintendo games. There are also guest characters from game companies other than Nintendo including Bomberman and Snake from Konami, Sonic the Hedgehog from Sega, Mega Man and Ryu from Capcom, the main protagonists of the Dragon Quest series, and Cloud and Sora from Square Enix and Banjo Kazooie from Rare.

Unlike other fighting games Super Smash Bros has four players instead of two players. The first Super Smash Bros game on a mobile game system was Super Smash Bros for the Nintendo 3ds.

My favorite part of the games was when you get trophies, and statues that show other characters from the Nintendo games that were not playable in the games. I also played Super Smash Bros Brawl for the Wii, which was released on March 9, 2008. All in all, Super Smash Bros was my favorite video game series as a kid!

(Right) This is NOT a picture of me when I was a kid.



Bio: Andrew Newson is a student at Life College and is 25 years old. He likes comic books, video games, hiking, and 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 has a curious mind and loves to research and learn new things.



More Nintendo facts...

- **Mario has a 27-foot vertical leap.** In the original *Super Mario Bros.*, the portly plumber friend can apparently jump higher than LeBron James and Michael Jordan combined. Mario could probably touch the rim on three basketball hoops stacked on top of each other.
- **Donkey Kong basically invented jumping.** Mario made his debut in Donkey Kong in the early 1980s as a sprightly fellow by the name of "Jumpman." Why Jumpman? It's because he was one of the first characters to ever actually jump up in a game. Yes, characters that could jump blew our minds in the 1980s!

Check out more Nintendo facts at <https://www.thrillist.com/tech/13-things-you-probably-didn-t-know-about-nintendo>



Onions with Personality by Yvette, Darren, & Devin



"onions" by aris is licensed under CC BY 2.0.

JUNE 2022 NATIONAL DAYS

Fresh Fruit & Vegetables Month Zoo and Aquarium Month Accordion Awareness Month

- 6/2 - Rocky Road Day
- **6/3 - National Doughnut Day**
- 6/4 - Hug Your Cat Day and National Cheese Day
- 6/5 - World Environment Day
- 6/6 - National Yo Yo Day
- **6/7 - VCR Day**
- 6/8 - World Ocean Day
- 6/9 - Donald Duck Day
- **6/10 - Flip Flop Day and Iced Tea Day**
- 6/11 - Corn on the Cob Day
- 6/14 - Flag Day
- 6/15 - Nature Photography Day
- 6/16 - Fresh Veggies Day
- 6/17 - Eat Your Vegetables Day
- 6/18 - International Picnic and World Juggler's Day
- 6/19 - Father's Day & Juneteenth
- **6/20 - Holiday - Closed for Juneteenth**
- 6/21 - Summer Solstice & National Selfie Day
- 6/24 - Take Your Dog to Work Day
- **6/27 - National Onion Day**



"Saratov accordion" by nikolys is licensed under CC BY 2.0.

National Doughnut Day - June 3rd

In our 50 States of Doughnuts class (right), we took turns reading some of the most well known donuts in each state, then found each state on a blank map and colored it in. It seems that adding a second breakfast favorite atop a doughnut was a popular theme: some highlights we all agreed we'd scarf included cereal topped doughnuts and maple bacon. Because we can usually be counted upon to find a food connection to most topics, geography, snacks, and art all came together for a very fun class! **What's your go-to doughnut?**



Durian: The King of Fruit

Durian is infamous for its aversive smell, and it did not disappoint! Bruce tackled the spiny fruit outside on the patio, and the odor was still strong enough to waft sneakily into the building, under our masks at that.

Bruce, Thea, Russel, Joe, and Jennifer ignored the stink and had a helping of durian. Jennifer had this to say: "Totally bizarre; the odor went away as soon as I tasted it. It was good! Banana-y and sort of mango, but not super sweet. The store owner said she loves it with a big scoop of vanilla ice cream."

Students Colleen, Katie, Yvette, Justin, Devlin, Martha, and, of course, Iris, all went back for seconds! But not everyone was a fan: "I don't know," said Joe, who spit his piece out, "it's not my thing."

Durian grows in tropical regions around the world, particularly in the Southeast Asian countries of Malaysia, Indonesia, and Thailand. It is known as "the king of fruits" and is naturally rich in potassium, dietary fiber, iron, vitamin C, and vitamin B. Would you try something stinky if it was also potentially delicious?



Us



"I would rather walk with a friend in the dark, than alone in the light."
- Helen Keller.



Drawing Mickey

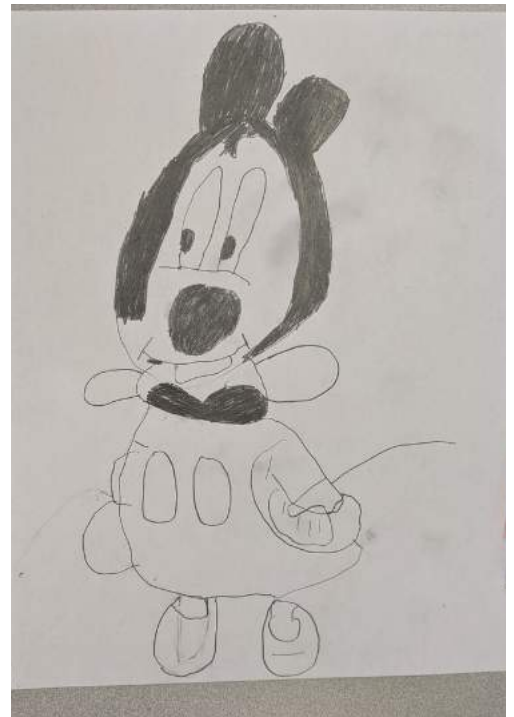


One of our favorite places to visit is Disneyland! The art group reminisced about previous visits to Disneyland (one of our happiest places) while they drew everyone's favorite guy – Mickey Mouse

(Top left corner) Cindy drew Mickey and Minnie (top right corner).

(Top middle) Mickey drawn with solid black outline by Andrew M.

(Left middle) Shirley's pencil version of Mickey.



(Bottom left) Instructor Chris drew Mickey on the white board with dry erase markers.

(Right middle) Jian drew Mickey Mouse with pencils.

(Right) Our happy place!



Zooming Forward

Our little day program first opened its doors way back in 1998, and we have been changing for the better, year after year, ever since. After over 20 years of changing for the better, you just had to wonder how much better can this little day program get?

Well then Covid came along and suddenly, out of necessity, Zoom became a household word in our lives. It soon became obvious to us that the Zoom format seemed tailor-made for our curriculum, which emphasizes cultural literacy, esteem building, and community connection.

We took to Zoom gracefully (learning curve and all) and, before we knew it, we had created an educational TV channel of an amazingly exceptional quality.

Now we are back in-person, but nonetheless, Zoom is here to stay as a versatile component in yet another dimension of the CH&S learning environment.

Professionalism, Philosophy, Literary Circle, Math Club, Knowledge, Art, and Fitness, as well as talk shows, quiz shows, cooking shows, and other such favorites are still featured, but are now geared a little more toward a live studio audience than to all those sheltered-in-place people out there in TV land.

Also in the works: more and more interactive, student-created projects, productions, and performances ... Who knows? This might be a start for the next Oprah Winfrey!



**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.**

**"Even a happy life cannot
be without a measure of
darkness,
and the word happy
would lose its meaning if
it were not balanced
by sadness."
- Carl Jung.**

Ombromanie

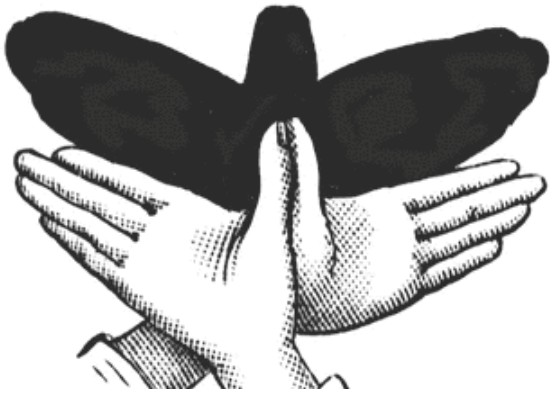


We enjoyed these hand shadow puppets from the University of South Florida:

<https://etc.usf.edu/clipart/galleries/266-hand-shadow-puppetry>



Shadowgraphy or *ombromanie* is the art of performing a story or show using images made by hand shadows. The performer is called the *shadowgraphist* or *shadowgrapher*.



The art has declined in popularity since the late 19th century, when electricity became available, because light bulbs do not give off good shadows. Ombromanie may have been practiced by ancient humans, but it probably originated in the Far East. The French entertainer Félicien Trewey was interested in the art of Chinese shadow puppetry called *Ombres Chinoises*, which means "Chinese shadows". He popularized hand shadow puppets in Europe in the 19th century.



The best shadows come from light proceeding from the smallest possible point such as a candle, a flashlight (with the lens and reflector removed) or any very small light. The performer sits or stands between the light source and the blank surface. The farther the hands are from the light, the smaller the shadows will be, while the closer the hands are to the light, the larger the shadows will be. Also, the closer the hands are to the blank surface, the sharper the shadows will be. And the performer should always watch their shadows instead of their hands. So that is something to remember when you try these out.

"There are darkneses in life and there are lights,
and you are one of the lights,
the light of all lights."

- Bram Stoker

The Art of Iris Linssen

Iris is one of our most prolific artists. She was born in Liberia and grew up on a game preserve in Malawi with her family. Her art takes inspiration from the animals she encountered there: lions (she fed the baby lions), black mambas, and boomslangs (a green venomous snake). Her artwork is reminiscent of the beautiful tapestries she saw while living on the African continent.



[@Communityhomesandservices](https://www.instagram.com/Communityhomesandservices)



A Snake-Charming Artist

Iris has a lot of stories about having bats in her bedroom, interacting with the "pet" cobra she name "Elvis," and avoiding the hippopotamuses when anchoring her dad's boat on the river. Iris is a talented and prolific artist!



Joking Around is a Social Skill

An inside joke is going around among Russell's class (David F, Jake, Karen, Meredith, Suzi, and Tess). One morning, Karen started off by asking: "What did Ginger (Russell's dog) have for breakfast?"

Russell paused, then said, "Ginger had a T-bone steak, a six egg omelet, three slices of sourdough toast with butter, hash browns, pancakes, bacon, sausage, coffee, and orange juice."

Karen looked a bit concerned for Ginger's health. "I'm pulling your leg, Karen, she had dog food," Russell clarified.

Karen laughed and said, "you're only kidding, Russell, Ginger had dog food!."

Every few days, Karen will smile and ask, "Russell, what did Ginger have for breakfast?" Dave and Suzi now join in, filling the area with laughter and friendly ribbing.



(Right) Karen is the jokester who started it all.



Suzi

**"Look at how a
single candle can
both defy and
define the
darkness."
- Anne Frank.**



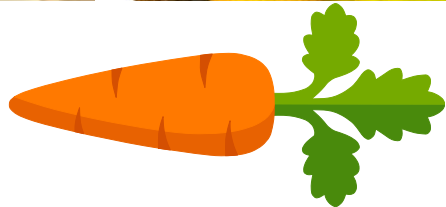
Dave

June is Fruit and Vegetables Month

Fruitstravaganza + vegetable juicing = yum!

To celebrate fresh fruit and vegetables month, we researched and taste tested some unusual fruits! Starfruit, dried mulberries, papaya, quince, heirloom tomatoes, kumquats, prickly pear cactus, pomegranates, dosakai cucumbers (which may, in fact, be melons), and durian were all on the menu.

We also made juice with usual vegetables and fruit. Check us out as we sample carrot juice straight up, carrot-apple juice (the only type of carrot juice that Harold can tolerate), carrot-apple-spinach juice, and some of us tried pure mushroom juice which was astringent, super mushy, and quite earthy. With the exception of the mushroom juice, we enjoyed the various juices we sampled!

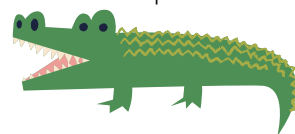
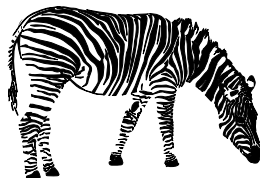
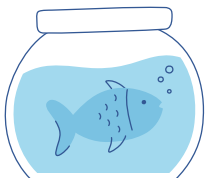


Community Homes & Services
PO Box 744 Novato CA 94948
415-408-3604

Did Chas Drop his Coffee in our Aquarium?



It is Aquarium Month, and Life College has its fish tank up and running with fluorescent tropical GloFish! These barbs and danios are specially bred to glow under black light. And when a castle simply will not do, enter an empty coffee cup and a taco as tank decor. Martha, Yvette, Cat, and Aidan enjoy taking turns feeding the fish at the end of each day.



June 2022 Connection Magazine National Zoo and Aquarium Month

Summer is here and it's a great time to visit our wonderful zoos and aquariums. 175 million people visit U.S. zoos and aquariums each year, and their popularity is growing as more and more people come to appreciate the value these facilities add to conservation and education.

National Zoo and Aquarium Month promotes and encourages people to visit zoos and aquariums which provide us the opportunity to learn about animals and marine life up close and personal.