

# CONNECTION

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at

Community Homes & Services

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## June 19th is Juneteenth

Juneteenth, also known as Freedom Day or Emancipation Day, commemorates the end of slavery in the United States. It holds significant historical importance, marking the day when the last enslaved African Americans in Texas learned of their freedom on June 19, 1865.

In 1863, President Abraham Lincoln issued the Emancipation Proclamation, which declared that all enslaved people were to be set free. It wasn't until over two years later, on June 19, 1865, that Union soldiers arrived in Galveston, Texas, and announced the end of slavery. This delay in the enforcement of emancipation was due to various factors, including the remote location of Texas and the resistance of slave owners to comply with the Proclamation.

Juneteenth represents a pivotal moment in American history and it celebrates the resilience, courage, and perseverance of African Americans in the face of centuries of enslavement and discrimination. Moreover, it serves as a reminder of the ongoing struggle for racial equality and justice.

Juneteenth is celebrated across the United States with a variety of festivities; it's a time for reflection, education, and cultural enrichment, as well as a celebration of African American heritage and achievements. Many communities organize historical reenactments, art exhibitions, and lectures to honor the significance of Juneteenth and its impact on American society.

In 1980, Texas became the first state to officially recognize Juneteenth as a state holiday. Since then, numerous states and cities across the country have followed suit, with efforts to make Juneteenth a national holiday continuing to gain momentum. Juneteenth is a celebration of freedom, resilience, and unity. As we commemorate Juneteenth, let us reflect on its significance and recommit ourselves to the pursuit of justice, equality, and freedom for all.

# Weird Medicine: Do No Harm. Well...

with Darnell



I spoke with some students recently and somehow the conversation turned to strange medical procedures of old. 🤪

"First, do no harm." That's the golden rule for doctors. It means they should try their best to help without making things worse. But throughout history, some medical treatments have been questionable at best.

Imagine being sick in the Middle Ages. You've got the plague, a fever, painful blisters, the works. And then, the doctor suggests bleeding you. Yeah, seriously. Back then, they believed illnesses were caused by "bad blood" and figured draining some out would fix you up. Spoiler alert: it often didn't, and sometimes it even made things worse.

But that's just the tip of the weird medical iceberg. Ever heard of trepanation? It's the ancient practice of drilling holes in skulls. Why? To release evil spirits, supposedly. People thought it could cure things like headaches and epilepsy. Yikes.

Then there's mercury, also known as "quicksilver." It's toxic, but people used to think it could cure just about anything. They'd rub it on their skin or even drink it for vitality. Talk about a risky remedy!

And let's not forget the bizarre things people used as medicine. Animal dung, lizard blood, moldy bread... you name it, someone probably

tried it. They believed these gross substances could fight infections or ward off evil spirits.

Thankfully, we've come a long way since then. But it makes you wonder: What strange things are we doing now that future generations will look back on and shake their heads?



# June 1st is Black Bear Day

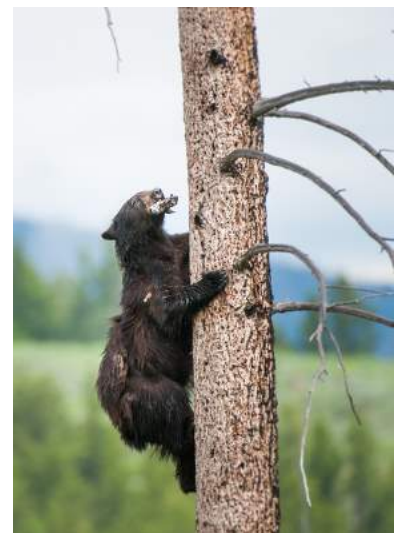
National black bear day is the first Saturday in June, which in 2024 falls on June 1st. Here are some interesting bits of info that Amy and Thea found while researching black bears:

- **Black Bears and People are About the Same Size.** The females weigh, on average, between 100-150 pounds; the males weigh between 150-180 pounds. We thought black bears were bigger than that!
- **Black bears are solitary animals.** As it turns out, the only time males and females get together is in June when they mate. Through “delayed implantation” the embryo doesn’t implant in the uterus until the fall – and then only if the female has gained enough body fat to see her through the winter months when she is hibernating.
- **Black Bears Give Birth While in Hibernation.** (Hibernation means “a resting state.”) So, in October or November, the female looks for a spot to hibernate, usually under a tree stump or log, which she lines with grass, twigs and leaves. In January, she gives birth, typically to one or two cubs. The cubs nurse while she continues to doze periodically, and when they all emerge in April or May, the cubs have grown to weigh around five pounds each.



- **Black bears are not always black.** Fur colors can range from black, brown, cinnamon, blond, blue-gray, or... wait for it... WHITE! Maybe they should call them “white bears”! Black bears with white fur usually don’t survive for long because they stand out to predators like wolves and grizzly bears.

But on a few small islands in western Canada, where there are no wolves or grizzlies, 20 to 30 percent of black bears have white fur. These bears are called “spirit bears” or Kermode bears. According to Native American tradition, spirit bears once roamed an ice-covered world. Scientists think their white fur is actually a recent genetic mutation that spread on these islands due to genetic drift.



*Who knew?*





# JUNE 2024 NATIONAL DAYS

**National Pollinators Month,  
Great Outdoors Month,  
Accordion Awareness Month**



6/1 - Pen Pal Day, Play Outside Day, Game Show Day

6/4 - National Cheese Day

6/6 - Gardening Exercise Day

6/7 - National Doughnut Day, VCR Day

6/8 - Best Friends Day

6/9- Strawberry Rhubarb Pie Day

6/10 - Herbs and Spices Day

6/11 - Corn on the Cob Day

6/13 - Weed Your Garden Day

6/14 - Flag Day, National Cucumber Day

6/15 - National Smile Power Day

6/16 - Father's Day

6/17 - National Mascot Day, Eat Your Vegetables Day

**6/19 - Juneteenth HOLIDAY**

6/21 - First Day of Summer, Seashell Day, Selfie Day

6/22 - International Being You Day

6/23 - National Pink Day

6/25 - National Catfish Day

6/26 - National Coconut Day

6/27 - Sunglasses Day, Onion Ring Day

6/28 - Paul Bunyan Day

6/29 - National Camera Day

6/30 - Social Media Day, Meteor Watch Day





# *Katie's Chicken Caesar Wrap*



## INGREDIENTS FOR 4 SERVINGS

- 4 frozen chicken strips (grilled or crispy style)
- 1/2 head of romaine lettuce
- 4 large burrito-sized tortillas
- Caesar salad dressing (store bought) to taste
- Croutons (store bought) to your liking
- Shaved parmesan cheese to your liking

(Katie believes that recipes are suggestions and that everything should be made to your personal taste.)

## DIRECTIONS

- Cook the chicken per directions on the package.
- While the chicken is cooking, cut then wash the romaine lettuce and blot dry with paper towel.
- Put romaine in a bowl with salad dressing, croutons, and parmesan cheese. Toss with a spoon.
- Place each of the four tortillas flat on a plate. Use spoon to place salad on the tortilla, then put the cooked chicken strip on top. (Now is the time to add extra dressing if needed.)
- Roll it up like a burrito and EAT!



Katie says that she gives this recipe 5 stars out of 5!

# WHAT'S THE MEANING OF LIFE?



"What's the meaning of life?" is a question that's been asked by humans for hundreds of years - thousands, possibly. Though there is, of course, no agreed-upon answer, the question can still be a compelling thought experiment if one's mind is open. Here's what we do know...



# THE MEANING OF LIFE

The first use of the phrase “meaning of life” in English was in Thomas Carlyle’s “Sartor Resartus” (1931) book II chapter IX, “The Everlasting Yea”. The line goes:



“Our Life is compassed round with Necessity; yet is the meaning of Life itself no other than Freedom, than Voluntary Force: thus have we a warfare; in the beginning, especially, a hard-fought battle”

*Ikigai* is a Japanese concept that refers to something that gives a person meaning in their life.

It usually means the feeling of accomplishment and fulfillment that follows when people pursue their passions.

Have you ever heard the phrase “Do what you love and you’ll never work a day in your life”?

Ikigai is kind of like that.

People working in the field of positive psychology (the study of conditions that contribute to the optimal functioning of people, groups, and institutions) have used the question in their studies of the “flow state”. The flow state, or the state of being “in the zone”, is a mental state in which a person is fully immersed in the activity they’re engaged in. Have you ever found yourself so focused on something like drawing, painting, writing, playing a sport, singing, cooking, or even cleaning that you were able to drown out any unpleasant thoughts or feelings? That’s the flow state, and positive psychologists think it may contribute to overall satisfaction in life. That satisfaction can feel pretty close to meaning. What do you think? Is satisfaction the same as meaning?



# CH&S STUDENTS AND INSTRUCTORS WERE ASKED, “WHAT IS THE MEANING OF LIFE?”

“To get things done”  
- Connor

“To find the right person to  
spend your life with”  
- Katie

“God and family”  
- Jehann

“To be wonderful”  
- Martha

“To learn and  
be happy”  
- Colleen

“To kill flies”  
- Chas

*To be kind to yourself, and to  
do what you need to do”*  
- Pam

“42”  
- Matthew

“Life is what you  
make it”  
- Jason

“Happiness”  
- Bruce

“To enjoy your  
surroundings”  
- Randall

“To take it one  
day at a time”  
- Justin

“To leave the  
world better than  
you found it”  
- Jennifer

“For our spirits to learn,  
grow, and have  
experiences. Having fun  
is good, too”  
- Clayton

“To spend time with  
friends and family”  
- Frank

“To love and  
be loved”  
- Thea

“To make money and  
go on vacation”  
- Linda

“To get paid”  
- Steve

“To spend time with  
coworkers, friends,  
and family”  
- Valerie

“Tacos”  
- Mary

“To cherish the  
life you have”  
- Ricki

“To stay busy doing  
good”  
- Joe

“To survive as best you can,  
and to live each moment as  
best you can”  
- Melissa

“to have fun”  
- donald

“To stay busy and  
work hard”  
- David F.

“To accept what  
comes your way”  
- Suzy

*“Life has no opposite.  
The opposite of death is birth.  
Life is eternal”*  
- Russell

“To talk!”  
- Shirley

“To be happy and positive.  
Never negative”  
- James

“To spend time  
with my buds”  
- Jake

“To live is to suffer. Finding  
happiness in the suffering is the  
meaning”  
- Harold

“To enjoy every  
moment”  
- Nino

“To make more life”  
- Michelle



## South Park Review by Andrew Nagel

with Chas

Andrew Nagel is one of our newest students. He has a lot of opinions and it's a lot of fun talking with him. Here's what he had to say about the TV Show, South Park:

"For most of my life, I've watched South Park, but I cannot honestly give you a good reason why. Admittedly, it is clever and can make me laugh, but I don't respect the way they depend so much on toilet humor. Who does that appeal to? (Don't answer that.)

I can also do without the voices of the characters. They are just too fake and can really give you a headache. And I especially don't appreciate how the characters go out of their way to act so stupid. I think it is offensive and very insensitive to the real people who are really that stupid. My recommendation to children of all ages is to look away.

Don't waste your time or rot your mind watching South Park (like I do)!"



***Happy June Birthday!***

6/13 - Adara

6/14 - Nino

Happy Belated Birthday!

5/29 - Donald

# WILDLIFE HABITAT CERTIFICATION

with Jennifer, Aidan, Zachary, Cat, and Nino

Have you noticed how lush and lovely the Life College garden has been lately? We've been enjoying the warm weather and working hard toward a big goal: we are now an official Certified Wildlife Habitat site with the National Wildlife Federation! Next time you come by, look for a nice new plaque!

The National Wildlife Federation lists 5 key elements that are essential to a healthy wildlife habitat:

## Food

Native plants provide nectar, seeds, nuts, fruits, berries, foliage, pollen, and insects eaten by an exciting variety of wildlife. Feeders like the three we have on the front porch can supplement natural food sources.

## Water

All animals need water to survive, and some need it for bathing or breeding as well. Life College has a very Zen barrel pond on the back patio, along with a frog hotel (who knew there was such a thing?!) and several bird baths.

## Cover

Wildlife needs places to find shelter from bad weather and places to hide from predators or stalk prey. Baby's tears ground-cover in the front beds, a brush pile on the side yard, and the new bat house Bruce built all provide cover.

## Places to Raise Young

Wildlife needs resources to reproduce and keep their species going. Some species have totally different habitat needs in their juvenile phase than they do as adults. The mature Meyer lemon tree, as well as nesting and roosting boxes, are all places wildlife can engage in courtship behavior, mating, then bearing and raising their young.





# WILDLIFE HABITAT CERTIFICATION

with Jennifer, Aidan, Zachary, Cat, and Nino

## Sustainable Practices

How you manage your garden can have an effect on the health of the soil, air, water, and habitat for native wildlife as well as the human community. We took over the front lawn and built planter beds instead, and have eliminated all chemical pesticides and fertilizers. Bruce brought in bat guano as a natural fertilizer! We also have a compost pile and a worm bin.



(Above) Cat feeds the squirrels and birds every day at 1:00 on the nose—they wait and complain early though! Nino helps patch bald spots on the living roof of our Little Free Library. (Below) Bruce's beautiful wine barrel fountain, complete with mock turtle and koi. The frog hotel has faux guests, too—a floating glass frog and hippo. The pipes and fittings are places for frogs to sleep. Zachary contemplates the frog hotel fountain. Aidan paints a new sign: "The Fancy Frog-VACANCY". The checklist we've had on hand for weeks working toward certification.





# WILDLIFE HABITAT CERTIFICATION

The checklist we've had on hand for weeks working toward certification.



## Garden Certification Walk-through Checklist

It's easier than you think to create your own wildlife garden! Use this walk-through checklist to confirm all the elements necessary to be certified:

**\*Note:** this checklist is only a tool to prepare your garden, please certify online at [www.nwf.org/certified](http://www.nwf.org/certified)

**FOOD:** Your habitat needs three of the following types of plants or supplemental feeders:

- |   |                                 |   |                                    |
|---|---------------------------------|---|------------------------------------|
| <input type="checkbox"/> Seeds from a plant | <input type="checkbox"/> Fruits | <input type="checkbox"/> Bird Feeder        | <input type="checkbox"/> Butterfly |
| <input type="checkbox"/> Berries            | <input type="checkbox"/> Sap    | <input type="checkbox"/> Squirrel Feeder    | <input type="checkbox"/> Nuts      |
| <input type="checkbox"/> Nectar             | <input type="checkbox"/> Pollen | <input type="checkbox"/> Hummingbird Feeder |                                    |
| <input type="checkbox"/> Foliage/Twigs      | <input type="checkbox"/> Suet   |   |                                    |

**WATER:** Your habitat needs one of the following sources to provide clean water for wildlife to drink and bathe:

- |                                   |  |  |                                   |
|-----------------------------------|--|--|-----------------------------------|
| <input type="checkbox"/> Birdbath | <input type="checkbox"/> Seasonal Pool | <input type="checkbox"/> River                   | <input type="checkbox"/> Rain G.  |
| <input type="checkbox"/> Lake     | <input type="checkbox"/> Ocean         | <input type="checkbox"/> Butterfly Puddling Area | <input type="checkbox"/> Water G. |
| <input type="checkbox"/> Stream   | <input type="checkbox"/> Spring        |  |                                   |

**COVER:** Wildlife needs at least two places to find shelter from the weather and predators:

- |  |                                       |  |                                   |
|--|---------------------------------------|--|-----------------------------------|
| <input type="checkbox"/> Wooded Area       | <input type="checkbox"/> Cave         | <input type="checkbox"/> Brush or Log Pile | <input type="checkbox"/> Dense S. |
| <input type="checkbox"/> Bramble Patch     | <input type="checkbox"/> Roosting Box | <input type="checkbox"/> Burrow            | <input type="checkbox"/> Water G. |
| <input type="checkbox"/> Ground Cover      | <input type="checkbox"/> Evergreens   | <input type="checkbox"/> Meadow or Prairie |                                   |
| <input type="checkbox"/> Rock Pile or Wall |                                       |  |                                   |

**PLACES TO RAISE YOUNG:** You need at least two places for wildlife to engage in courtship behavior, mate and raise their young:

- |  |                                  |   |                                    |
|--|----------------------------------|---|------------------------------------|
| <input type="checkbox"/> Mature Trees      | <input type="checkbox"/> Wetland | <input type="checkbox"/> Dead Trees or Snags  | <input type="checkbox"/> Water G.  |
| <input type="checkbox"/> Meadow or Prairie | <input type="checkbox"/> Cave    | <input type="checkbox"/> Dense Shrubs/Thicket | <input type="checkbox"/> Host Pla  |
| <input type="checkbox"/> Nesting Box       | <input type="checkbox"/> Burrow  |   | <input type="checkbox"/> Caterpill |

**SUSTAINABLE PRACTICES:** You need to employ practices from at least two of the three categories below to help your habitat in a sustainable way- to better help wildlife, we advocate employing one or more practices from each category:

- |  |  |
|--|--|
| <input type="checkbox"/> Soil and Water Conservation: <ul style="list-style-type: none"><li>• Riparian Buffer</li><li>• Capture Rain Water from Roof</li><li>• Xeriscape (water-wise landscaping)</li><li>• Drip or Soaker Hose for Irrigation</li></ul> | <ul style="list-style-type: none"><li>• Limit Water Use</li><li>• Reduce Erosion</li><li>• Use Mulch</li><li>• Rain Garden</li></ul> |
| <input type="checkbox"/> Controlling Exotic Species: <ul style="list-style-type: none"><li>• Practice Integrated Pest Management</li><li>• Remove Non-Native Plants and Animals</li></ul>  | <ul style="list-style-type: none"><li>• Use Native Plants</li><li>• Reduce Lawn Areas</li></ul>                                      |
| <input type="checkbox"/> Organic Practices: <ul style="list-style-type: none"><li>• Eliminate Chemical Pesticides</li><li>• Eliminate Chemical Fertilizers</li></ul>   | <ul style="list-style-type: none"><li>• Compost</li></ul>  |

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# Hybrid Animals



The Africanized bee, also known as the Africanized honey bee or the "killer bee," is a hybrid of the western honey bee. It was produced by crossbreeding the East African lowland honey bee with various European honey bee subspecies.

The East African lowland honey bee was first introduced to Brazil in 1956 in an effort to increase honey production, but 26 swarms escaped quarantine in 1957. Since then, the hybrid has spread throughout South America and arrived in North America in 1985. Hives were found in south Texas in the United States in 1990.

Do you remember the made-for-TV movie *Killer Bees* in 1971 with Gloria Swanson and Kate Jackson? Yeah, neither did we.

More hybrids:

**Geep:** (right) A sheep-goat hybrid (also called a *shoat*) is the offspring of a sheep and a goat.



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According to the Oxford Dictionary, the offspring of two plants or animals of different species or varieties, such as a mule (a hybrid of a donkey and a horse). Speaking of which, here are a couple more horsey hybrids:

**Zebroid:** (Above left) A zebroid is the offspring of any cross between a zebra and any other equine (such as a horse or donkey) to create a hybrid.

**Zonkey:** Zonkey is the offspring of a zebra and a donkey. And don't even get us talking about zorses and hebras, yes those are hybrids too and the distinctions stem from the coloration and stripe of the animal. Wait, is "stripe" a word?

**Can YOU think of any other hybrid animals?**



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# Summer 2024 Connection Magazine