

CH&S Co-Founder Gail Abate: Grace & Warmth

Have you checked out our website? If not, maybe it's time you gave it a look. It's a bit old school, and chock full of info, fun stuff, and personality. If you click on the Articles page http://communityhomesandservoces.com/articles.html, at the top of the list is "Why Do We Do This?" by co-founder (now retired), Gail Abate.

For almost three decades now, Gail has been the very soul and inspiration of our community. Community Homes & Services was her idea in the first place, and it has been her patently equanimous presence and style that has always shaped the culture, the spirit, and the humanity of our work. Her legacy is stitched into countless moments of kindness, courage, and compassion. Here is a letter to Gail that we want to share.



Dear Gail:

Whenever things got tough, people turned to you. You welcomed all of us, always with open arms, always listened without judgment, always made everyone feel safe, comfortable, and important. Your leadership style was never loud – but always clear, honest, and from the heart.

Carolyn remembers walking into your home to the smell of fresh coffee and the comfort of a throw blanket by the fire. There was always a neck pillow ready, and always time to talk, to talk easy, to talk deep, to

A Gail Force

laugh, and to sigh.

Your garden - bursting with flowers and heavy with tomatoes - so reflected your spirit: nurturing, colorful, alive. In your smock apron and fake Birkenstocks, you were not trying to impress - you are just impressive.

Gail, your love always showed through, whether just recommending a book to read, or sharing your favorite tapioca pudding, or whether being so totally there for so many of us so many times when we needed you most.

We'll always love, appreciate, and admire, how you go about helping people think bigger and live fuller, how you bring such authenticity, clarity, and joy, while never making it about yourself, and how your smile, your laugh, or one of your legendary hugs just says it all.

As Rickina once mentioned, the best choice Chas ever made was in 1975 when he said "I do!"

Gail, to us, you are a treasure!

Much Love,

CH&S Staff & Students



JULY 2025 NATIONAL DAYS

National Hot Dog Month, National Picnic Month, Anti-Boredom Month World Watercolor Month, Grilling Month, Ice Cream Month

- 7/1 Creative Ice Cream Flavors Day, U.S. Postal Stamp Day
- 7/2 Wildland Firefighter Day, World UFO Day
- 7/3 Compliment Your Mirror Day, Eat Your Beans Day
- 7/4 Independence Day-HOLIDAY
- 7/5 Hawaii Day, Workaholics Day, Play Outside Day, Apple Turnover Day
- 7/6 Fried Chicken Day
- 7/7 National Day of Rock 'n' Roll, Koi Day, Macaroni Day, World Chocolate Day
- 7/8 Raspberry Day, Dimple Day
- 7/9 Cow Appreciation Day
- 7/10 Kitten Day, Chronic Disease Day
- 7/11 7-Eleven Day, All American Pet Photo Day, French Fry Day, Blueberry Muffin Day
- 7/12 Eat Your Jello Day, Paper Bag Day, Pecan Pie Day
- 7/13 Beans 'n Franks Day
- 7/14 Macaroni and Cheese Day
- 7/15 Give Something Away Day, Gummi Worm Day, I Love Horses Day
- 7/16 Hot Dog Day, World Snake Day
- 7/17 World Emoji Day, Tattoo Day
- 7/18 Sour Candy Day, Tropical Fruit Day
- 7/20 Fortune Cookie Day, Ice Cream Day
- 7/22 Fragile X Awareness Day, Mango Day, Hammock Day
- 7/23 Gorgeous Grandma Day, National Lemon Day
- 7/24 Cousins Day, Amelia Earhart Day, International Day of Self Care, Chili Dog Day
- 7/25 Merry Go Round Day
- 7/26 Disability Independence Day, Bagelfest Day, National Day of the Cowboy
- 7/27 Love is Kind Day
- 7/28 World Conservation Day, National Waterpark Day
- 7/29 International Tiger Day, Lasagna Day, Lipstick Day, Chicken Wing Day
- 7/30 International Day of Friendship, Climb a Mountain Day, Cheesecake Day
- 7/31 Avocado Day, Mutt Day





Celebrating Disability Pride Month



July is Disability Pride Month—a time to honor the strength, identity, and contributions of people with disabilities, including adults with developmental disabilities. For individuals and the staff who support them, this month is about more than awareness—it's about pride, empowerment, and respect.

Language matters. We say people with disabilities—not "disabled people"—because disability is just one part of who someone is. People come first. This reflects dignity and reminds us that everyone deserves to be seen as a whole person.

Disability Pride is about rejecting shame and embracing identity. People with disabilities have the right to be seen, heard, and celebrated—not just for what they navigate, but for who they are. It's a time to reflect on what inclusion looks like in real life.





Girl Time and Disability Pride

Amy, Darnell, Iris, and Thea went to the Marin Art & Garden Center for some girl time. We walked through the gardens, smelled the roses (and the rosemary), and soaked up the sunshine. Just being out in nature

together was a reminder of what pride really looks like: joy, connection, and belonging.



7/2 - Courtney

7/9 - Jake

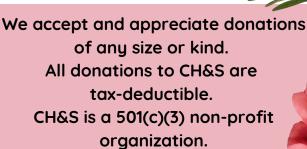
7/10 - Peter

7/17 - Justin

7/28 - Connor, Darren









@Communityhomesandservices

Reading Comprehension Worksheet

Name:	Date:

Bodega Bay

Ready to Read READING COMPREHENSION 200



Bodega Bay is a small town on the coast of California. It is known for its beautiful ocean views, fishing, and fresh seafood. The town is also famous because it was the filming location for the movie *The Birds* by

Alfred Hitchcock. The bay is a great place for outdoor fun. People like to go boating, fishing, surfing, and hiking. There are also nice beaches where visitors can walk and look for seashells. The weather is often cool and foggy, which makes it a peaceful place to relax.

Fishing is important in Bodega Bay. Local fishermen catch salmon, halibut, crabs, and other seafood. There are many restaurants where visitors can eat fresh fish and enjoy the ocean view. Some places even let people buy fish right from the boats.

Bird watchers love Bodega Bay because many kinds of birds live there. The wetlands and beaches are home to many species such as sandpipers, gulls, hawks, and pelicans. In the winter, people come to see migrating whales as they pass by the coast.

Bodega Bay is a quiet and beautiful place to visit. Whether you like nature, seafood, or movies, there is something for everyone to enjoy.

CH&S knowledge class!

Name: Date:
Questions:
 What movie was filmed in Bodega Bay? Jaws
b) The Birds
c) Titanic
d) Finding Nemo
2. What kind of seafood is caught in Bodega Bay?
3. True or False: Bodega Bay has warm and sunny weather all year.
4. What is one outdoor activity people enjoy in Bodega Bay?
5. Why do bird watchers like Bodega Bay?
6. What season do whales migrate past Bodega Bay?

The Uros Floating Islands of Lake Titicaca



Darnell taught a class on Lake Titicaca and the Uros floating islands. Living on a floating island in the middle of a huge lake sounds like something out of a dream, right? While there are man-made islands in other parts of the world, the only known floating islands are in Lake Titicaca. Yes, that's a real place, and it's fun to say. It sits up in the Andes Mountains, between Peru and Bolivia, at about 12,500 feet above sea level.

These islands aren't just floating—they're made entirely out of reeds. Imagine how clever the first people must have been to come up with that idea! So, why build floating islands in the first place? The Uru people, who live on these islands, are known for being peaceful. A long time ago, they didn't want to get caught up in the fighting and problems happening on land, so they came up with a smart solution: live on the lake!

The reeds they use are called totora reeds, which grow in the lake-they are harvesting reeds in the picture below. When dried, they float. To build an island, they tie big chunks of these dry reeds together to form the base. Then, they stack more reeds on top in crisscross layers—kind of like weaving. The final island ends up being about 10



By Christophe Meneboeuf - Personal work, CC BY-SA 2.5, https://commons.wikimedia.org/w/index.php?curid=2216320

Would You Want to Live on a Floating Island?



14 feet thick, with most of it below the surface to help keep it steady. They anchor the whole thing to the lakebed using eucalyptus poles.

The homes on top are also made from reeds—woven mats form the walls and roofs. Some houses use zinc sheets underneath the reeds to help with rain protection. Bigger buildings, like schools, are built on floating platforms made from steel, sort of like boats.



But keeping a reed island afloat is a lot of work. Reeds rot, so new ones have to be added every few weeks, depending on the weather. About every 8 months, the reeds in the water under the houses need to be replaced. That means *lifting the house*, which takes about ten people to move.

After around 25 years, the whole island wears out and has to be rebuilt. While that's happening, people often stay with neighbors.



These floating islands have been around for over 500 years. Originally, they were farther from shore, but after a storm in 1986 destroyed some of them, people started building closer to land. Today, there are usually about 60 to 70 islands floating on the lake, each home to about 5 or 6 families.

Life for the Uru people today is a mix of old and new. They use solar panels and motorboats, but still paddle traditional reed boats called *balsas*. Many young people leave the islands because it's hard to find work or get an education. That means most of the island residents are older. Fishing was always their main way of making a living, but now tourism plays a big role. Thank you, Darnell, for teaching such an interesting class!

Darnell shows us pictures of Lake Titicaca

Job Hunting with Daniel

Daniel had a business idea and shared it with Thea during one of their regular chats. He was excited: he wanted to buy a bike, add a front basket, and sell protein bars to people on the go. A smart, healthy idea—kudos to Daniel for thinking healthy!

To test the waters, they did a quick, informal survey and asked 16 students and staff what kind of protein bars they liked and how much they would pay. Here's what they found:

- 6 out of 16 said they eat protein bars (or used to).
- Favorite brands? Clif (3 votes), Kind (1), Atkins (1), Tiger's Milk (1).
- Top flavor? Chocolate—no contest.

Thea: What days would you sell your bars and where?

Daniel: Monday through Friday, in front of Archie Williams High School or College of Marin

Thea: I've seen food vendors during lunch at Novato High. I wonder if there are already

vendors at those schools

Daniel: Maybe

Thea: That could mean competition. Can you think of other challenges to your business idea?

Daniel: Not that many people eat protein bars... and chocolate ones would melt unless I had a refrigerated cooler on my bike.

Thea: Which could be pricey

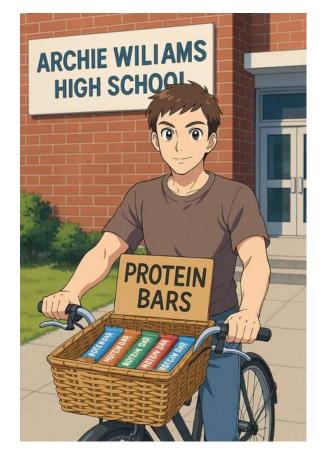
Daniel: VERY pricey

Thea: Do you still think it's a good business idea

to sell protein bars?

Daniel: No, not really. Maybe I could work as a

kennel technician instead.





So, they searched online together and found a listing at the Marin Humane Society. Daniel read the details: "It's full-time. I only want to work 20 hours a week." That one might not be the right fit—but Daniel's energy and curiosity are exactly what's needed. Whether it's caring for animals, helping in a library, stocking shelves, working in parks, or assisting in kitchens—there are so many meaningful jobs out there and Daniel's just getting started on his job/career search.

The Giant Rabbit Surprise

Daniel told Thea about his time volunteering at the Marin Humane Society. Check out the small and special animals up for adoption: https://marinhumane.org/adopt/adopt-a-small-companion-animal/. Daniel goes once a week to help take care of animals. Lately, he's been spending time with Toggle (right), a sweet little rabbit that weighs just 4.1 pounds. Toggle is a domestic rabbit cross and she is very friendly. It looks like Daniel and Toggle are becoming good buddies.

As Daniel and Thea talked more, the topic turned to the different kinds of rabbits. That's when they made a shocking discovery: There exists a *Flemish Giant rabbit*. This type of rabbit can grow to be up to 49 pounds! That's more than some dogs! Daniel said, "That's too much rabbit to even think about!" But they couldn't help looking up more facts...



ToggleDomestic Rabbit · Female
Location: Novato Campus

- Flemish Giants have been around since the 1500s.
- Flemish Giants can grow to 2.5 feet long. That's about as tall as a 2-year-old!
- They are heavier than most Thanksgiving turkeys most turkeys are 15–20 lbs. A giant rabbit can weigh twice that much.

Imagine a Giant Flemish rabbit hopping around your living room like Godzilla!





(above) A spitz dog (Akita, Pomeranian, or Samoyed) and a Giant Flemish Rabbit! That rabbit is HUGE!

About Pet Rabbits

- They can be litter trained, just like cats.
- They chew a lot, so you need to rabbit-proof your house.
- They don't love being picked up, but they enjoy being petted on the ground.
- They eat hay all day, plus a few veggies.
- They get lonely, so they need time with people or another rabbit friend.

Daniel's story started with a tiny rabbit named Toggle, but it ended with a GIANT surprise!

PETER FORD

CH&S STUDENT PPP

Peter is a very perceptive, insightful, and pleasant man.

He possesses an exemplary work ethic,

and he always conducts himself in a manner

that is polite and professional.



Peter is knowledgeable and articulate on many subjects, and capable of many tasks.

Peter is noted and valued for his expertise and attitude

on the subject of safety.



Honest and trustworthy

Compassionate and considerate

Neat and orderly
Intelligent
Efficient

Interesting!





Watch Peter's PPP video on our Instagram account
https://www.instagram.com/reel/DKh5ql3yjpM/?
utm source=ig web copy link&igsh=MzRIODBiNWFIZA==

Movie Review:

Lilo & Stitch (Live-Action)

Katie saw the new *Lilo & Stitch* movie with her friends, Andrew and Jocelyn, the moment it hit theaters in June. It's a live-action remake of *Stitch! The Movie*—only this time, Stitch is CGI, and according to Katie, it's even better.

"This film teaches us to stick close to family and stay true to yourself," Katie said. That's the heart of *Lilo & Stitch*— and if you know the movie, you know it's all about '*Ohana*, which means family. And family means no one gets left behind. Or forgotten.

Here's the setup: Lilo is a lonely girl in Hawaii who wishes for a best friend. Instead, she finds Experiment 626—a



wild alien who crash-lands on Earth. Lilo names him *Stitch*. He's chaotic, stubborn, and kind of adorable. Lilo lives with her older sister Nani, who's been doing her best to raise her after their parents passed away.

There's action, laughs, and some real emotion. One of Katie's favorite moments? When Stitch says, "Can Stitch say goodbye?" at the end. Yeah... get ready to *feel things*. And Katie loved the soundtrack which includes "Burning Love" by Elvis.

The movie starts off strong with Lilo feeding a peanut butter sandwich to a fish named Pudge (he controls the weather, obviously). Then it dives into big themes like growing up, holding onto family, and finding your place. Katie also liked the twist where Nani decides to go to college in California—it makes the story feel more real, she said. Final thoughts: this new version of Lilo & Stitch has heart, humor, and a big helping of 'Ohana. Katie gives it

What's Happening at the Project Center?

Daniel is a big film buff - *especially* western films. Westerns were among the first types of feature films to be made, and the history of western cinema is nuanced and fascinating. In preparing for our extensive knowledge class on the subject, Daniel and Joe watched three westerns: *A Fistfull of Dollars* (1964), *True Grit* (2010), and *The Magnificent Seven* (2016). We took detailed notes during our viewings, making sure to compare the themes, characters, and story arcs found in the three films. Below you'll find a section from the knowledge class that deals with character types:

The Anti Hero: a character who lacks a handful of the traditional attributes of a hero but is ultimately heroic. They may be bewildered, ineffectual, deluded, or merely apathetic. More often an anti-hero is just an amoral misfit. **The Man With No Name** from *A Fistful of Dollars* is an example of an anti hero.

Fastest Gun in the West: The Fastest Gun in the West has the ultimate quick draw. Nobody can draw and fire a gun faster than this guy. As a result, he wins every duel he ends up in, and others tend to be reluctant to fight him. **Josh Faraday** from *The Magnificent Seven* is an example of a Fastest Gun in the West type.

The Sheriff: The sheriff's function in a story is very flexible, ranging from The Hero through Reasonable Authority Figure and Obstructive Bureaucrat to Small-Town Tyrant. It's a very lucrative and powerful (within the county) position, but also comes with great danger and responsibility. **Sheriff Baxter** from *A Fistful of Dollars* might be described as the small-town tyrant.



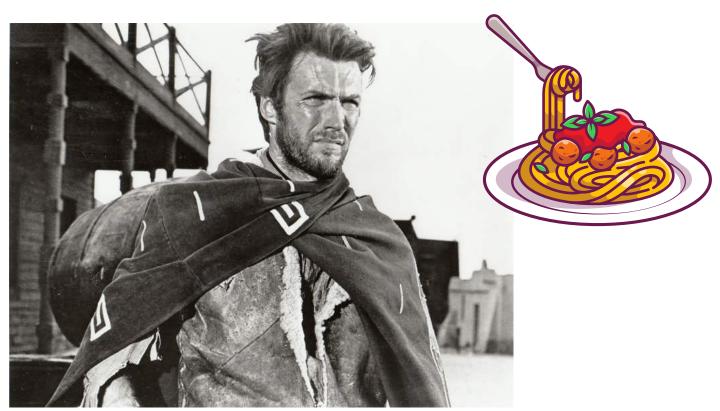
The Hunter/Trapper: A character who makes his legitimate living by hunting animals for their meat and fur. Generally, the Hunter Trapper will have or quickly acquire excellent survival skills and woodcraft, often with the aid of a Native American friend. Improbable aiming skills are common, but this character is seldom The Gunslinger, as in the early days, their rifles hold only one shot. Often wears a Coonskin cap. Jack Horne from *The Magnificent Seven* is an example of a Hunter/Trapper character

The Marshal: In most countries, a marshal is a high-ranking (or the highest-ranking) military officer. A United States Marshal, however, is a federal law enforcement officer, charged with apprehending fugitives from federal law, protecting the federal courts and ensuring the smooth function of the court system. **Rooster Cogburn** from *True Grit* is an example of the marshal character.

Western Films with Daniel and Joe

When you think "western" you might think **Clint Eastwood**, dusty small town backdrops, and a host of unsavory characters. These elements are central to the spaghetti western - a film genre that originated in Italy in the mid 1960s. Italian director **Sergio Leone** is the most well known spaghetti western director, but there were many others. **Raoul Walsh**, **Bruno Bozzetto**, and **Sergio Corbucci** all made prominent contributions to the genre. Here's a section from the knowledge class:

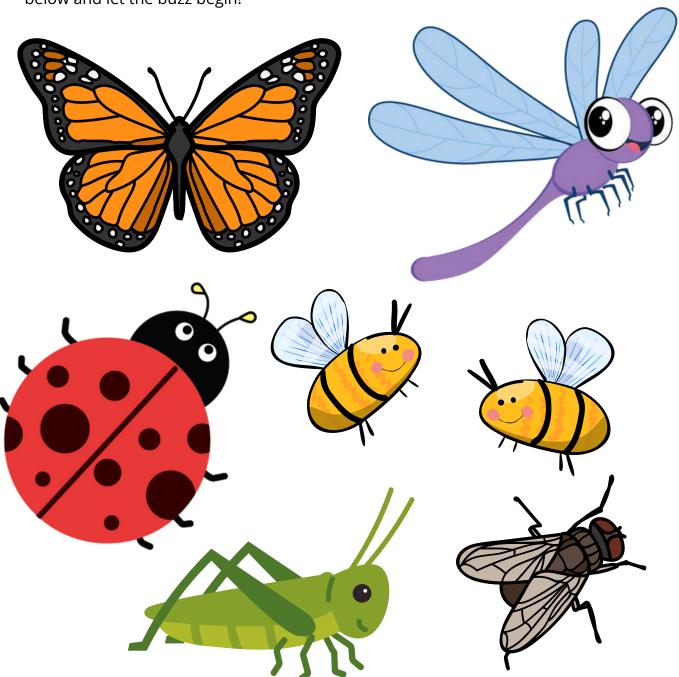
The Spaghetti Western is a broad subgenre of Western films produced in Europe. It emerged in the mid-1960s in the wake of Sergio Leone's filmmaking style and international box-office success. The term was used by foreign critics because most of these Westerns were produced and directed by Italians. The first American-British Western filmed in Spain was *The Sheriff of Fractured Jaw*, directed by Raoul Walsh. It was followed by *Savage Guns*, a British-Spanish Western, again filmed in Spain. It marked the beginning of Spain as a suitable film-shooting location for any type of European Western. In 1961, an Italian company co produced the *French Taste of Violence*, with a Mexican Revolution theme. In 1963, three non-comedy Italo-Spanish Westerns were produced: *Gunfight at Red Sands, Implacable Three*, and *Gunfight at High Noon*. 1964 saw the breakthrough of this genre, with more than twenty productions or co productions from Italian companies, and more than half a dozen Westerns by Spanish or Spanish-American companies. Furthermore, by far the most commercially successful of this lot was Sergio Leone's *A Fistful of Dollars*. It was the innovations in cinematic style, music, acting and story of Leone's first Western that decided that spaghetti Westerns became a distinct subgenre and not just a number of films looking like American Westerns.



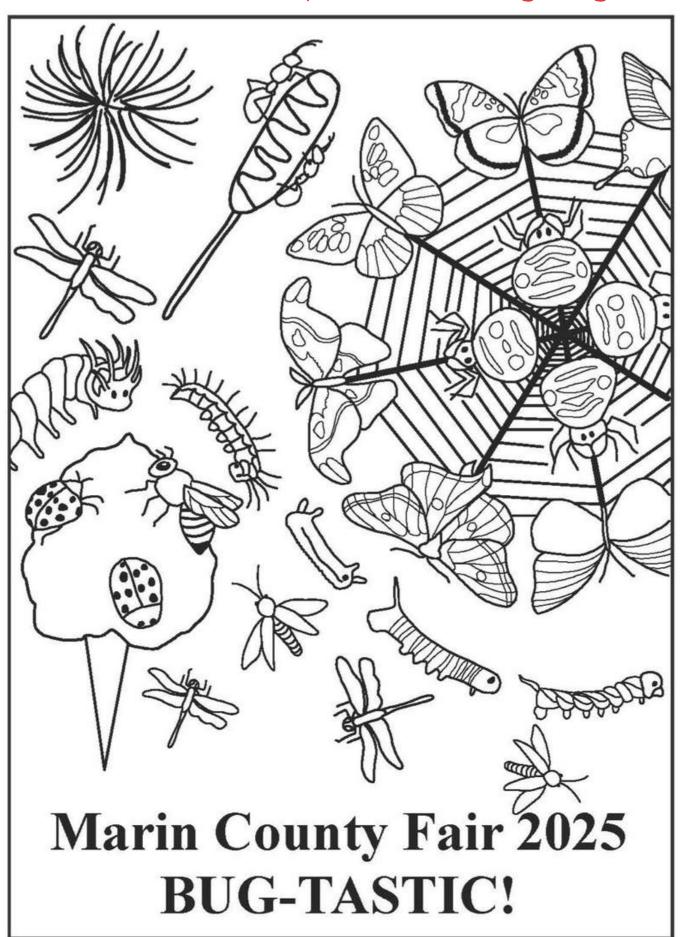
The Bug-tastic Marin County Fair

The Marin County Fair is open 11am – 11pm daily July 2 – July 6. The theme this year is "Bug-tactic!"–it's a fun way to celebrate the tiny creatures that play a huge role in our world. Bugs may be small, but they're nature's MVPs—pollinating plants, breaking down waste, and keeping ecosystems in balance. Without bees, butterflies, beetles, and their many-legged friends, we wouldn't have flowers to smell, fruits to eat, or healthy soil to grow our food.

"Bug-tactic!" is a playful way to connect fairgoers to nature, science, and sustainability—all while enjoying cotton candy, music, games, food, and rides. Enjoy the bug clip art below and let the buzz begin!



The Marin County Fair Coloring Page



Little Free Puzzle Library

The Little Free Library movement began in 2009 when Todd Bol built a small wooden box shaped like a schoolhouse and filled it with books in honor of his mother, a teacher. He placed it in his front yard in Wisconsin, inviting neighbors to "take a book, leave a book." The idea spread quickly. By 2012, it became a nonprofit, and today, there are over 100,000 registered Little Free Libraries around the world.

Now the Little Free Library concept has expanded to include everything from yarn to kindness rocks to free pantries to puzzles! Wait, puzzles? "I love puzzles!" said Dave F, our Puzzle King. So we took a trip to the local Little Free Puzzle Library in Lucas Valley. Address: 1330 Idyllberry Drive, San Rafael CA.

While we were perusing the many, many puzzles, the owner of the house came out and said she had more puzzles in the garage. Would we like to see them? MORE puzzles, yes we would like to see them! Here's Dave checking out the secret puzzle stash (right)

And Dave taught us something when we returned to Novato, Dave said he wanted to check out the puzzles at the Novato Library. Um, they have puzzles at the library? Sho'nuff we asked the librarian and she walked us to the back of the library. Lo and behold, there was a Little Free Puzzle Library inside the Novato library! No need to get out your library card, anyone can take some puzzles or leave some puzzles. Little Free Puzzle Libraries are perfect for anyone who loves a good brainteaser.







Puzzle Libraries

Our Puzzle King had a good day checking out the Little Free Puzzle Libraries and maybe you can take a look at them as well.

Little Free Libraries are simple, but powerful. They turn ordinary spaces into community hubs, spark curiosity, and make sharing easy and fun. Whether it's books or puzzles, they help neighbors connect and who can resist a free puzzle?





Andrew's Corner Deadpool Facts

Bio: Andrew Newson is a student at Life College and is 25 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 and loves to research and learn new things.

Deadpool was created by Fabian Nicieza and Rob Liefeld. Deadpool's first appearance was in The New Mutants issue 98, released on December 11, 1990. Deadpool's secret identity is Wade Winston Wilson. He was originally created as a parody of the dc supervillain Deathstroke. His power is a regenerative healing factor. Deadpool has been nicknamed the merc with a mouth. Deadpool has been a member of the X-men and Avengers. Deadpool has a daughter named Ellie Camacho. Deadpool's favorite food is chimichangas. Spider-man secretly wears Deadpool pajamas to bed. Deadpool is Friends with the ghost of Benjamin Franklin. He once married Dracula's fiance Shiklah. Deadpool has tried to be friends with Spider-man. Deadpool used to have a team of his multiversal counterparts called the Deadpool Corps. The Deadpool Corps were a parody of another Marvel team called the Captain Britain Corps. One of Deadpool's love interests is Lady Death, the personification of death. Deadpool has been played by Ryan Reynolds in the 20th Century Fox Marvel Films. Deadpool's favorite actress is Bea Arthur.

Amy and Thea were talking when Thea felt a sneeze coming on and stopped talking. Ahh-ahh... Amy stopped talking and Thea could see Amy watching her and it was over. No sneeze.

Thea: I hate it when that happens!

Amy: I didn't say anything!

Thea: I know, but I could see your

eyeballs looking at me!



We all know what a sneeze is—your body's way of blasting out dust, pollen, or whatever's tickling your nose. Animals, such as elephants sneeze too, often with a lot of force thanks to their powerful trunks.

But in the animal kingdom, sneezing isn't always just about clearing your nose. Take meerkats, for example. These little desert dwellers use a special kind of "sneeze" to make group decisions.

In the deserts of southern Africa, meerkats live in tight-knit groups and do almost everything together—eating, moving, and keeping watch for predators. But how do they decide when to move from one spot to another?

Turns out, they sort of "vote" with special sneezes.

Scientists discovered that meerkats make a sound called a "move call." It's like saying, "Let's go!" If just one meerkat makes the sound, nothing happens. But if three or more do it in a short time, the whole group agrees to move. It's a bit like when friends all shout "Let's go!" and everyone gets up at once. This group decision-



making keeps them safe. Meerkats are tiny and vulnerable, so sticking together is their best defense.

Interestingly, this kind of animal voting isn't unique. African wild dogs also use sneezes to make group decisions—when enough dogs sneeze, the pack goes hunting. And the more dominant the dog, the fewer sneezes needed to make it happen.

So while a sneeze might just mean a tickly nose to us, in the animal world, it can be a powerful way to say, "Let's move!" or "Let's hunt!"—and keep the team together.

Helping Others One Care Packet at a Time

For over 25 years, our students take part in something that matters: making care packets for people in recovery. These aren't just bags of items—they're acts of kindness and dignity, built with purpose and pride.

Each packet includes essentials such a toothbrush, toothpaste, a hairbrush, and shave gel.

Our students carefully sort, organize, and pack these items with care. They understand that these small comforts can make a big difference for someone on the street. Clean teeth. A brushed head of hair. A smooth shave. These basic things help people feel human again.

We guide our students through each step, teaching practical skills counting, sorting, packaging—while reinforcing empathy and community service. It's more than a project. It's a way for our students to give back, to







be seen as helpers, and to grow in confidence and responsibility.

And the people who receive these packets? Our care packets go to the Drug Abuse Alternatives Center (now Center Point DAAC). They fill up their van and meet people whereever they are in the community.

This is how we help. By demonstrating that everyone has something valuable to give. TOOTHPASTE



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