

NEWS & KNOWLEDGE...
NEWS YOU CAN USE....
March, 2023



RECREATIONAL OUTINGS FOR MARCH/APRIL, 2023:

THURSDAY OUTINGS:

March 2– Bowling
March 9-Shopping at Walmart
March 16-Employment/Education
Dinner
March 23-Walking at the Park

April 6– Bowling
April 13-Shopping at Goodwill
April 20-Employment./Education
Dinner
April 27-Wellness Activities

SATURDAY OUTINGS:

March 4– Catawba Science Center
and Out to Eat
March 18– Springs Road Flea Mar-
ket


April 1-Catawba Queen Boat
(Tentative Date)
April 22-City of Newton Yard Sale



Seven Surprising Facts about St. Patrick's Day:
(From: www.history.com):

The history of St. Patrick's Day goes back to more than 1,500 years. The earliest celebrations of the holiday go back to the 17th century when St. Patrick's Day was celebrated on March 17th to commemorate the anniversary of the death of St. Patrick in the 5th century. Here are some surprising facts about this holiday as follows:

1. The real St. Patrick was born in Britain: Facts pertaining to St. Patrick have been interwoven with folklore and legend. Historians generally believe that St. Patrick, the patron saint of Ireland, was born in Britain-Not Ireland—near the end of the 4th century. At the age of 16, he was kidnapped by Irish raiders and he was sold as a slave to a Celtic priest in Northern Ireland. After he worked for six years as shepherd, he escaped back to Britain and he eventually returned to Ireland to serve as a Christian missionary.
2. There were no snakes around for St. Patrick to banish from Ireland: On popular legend about St. Patrick has him standing on top of an Irish hillside and banishing all snakes from Ireland, leading them to slither away into the sea. In fact, research suggests that there were no snakes in Ireland in the first place. No signs of snakes appear in Ireland's fossil records. Also, water has surrounded Ireland since the last glacial period. Before then, Ireland was covered in ice and it would have too cold for snakes to live there.
3. Leprechauns are likely based on Celtic Fairies: The original name for the red-haired, green-clothed leprechauns associated with St. Patrick's Day is, "lobaircin," meaning, "small-bodied fellow." The belief in leprechauns may stem from the Celtic belief in fairies, tiny men and women who use their magical powers for good or evil purposes. In Celtic folklore, leprechauns were portrayed as being cranky and for being responsible for mending the shoes of the other fairies.
4. The shamrock was considered a sacred plant: The shamrock, a three-leaf clover, has been associated with Ireland for centuries. The Celts called the shamrock the, "seamroy," and they considered it a sacred plant that symbolized the arrival of spring.



According to legend, St. Patrick used the shamrock as a visual guide when he was explaining the concept of the Holy Trinity to parishioners. By the 17th century, the shamrock became a symbol of emerging Irish nationalism.

5. The first St. Patrick's Day Parade was held in America:

While the Irish have celebrated St. Patrick's Day since the 1600s, the tradition of a St. Patrick's Day parade started in America and it predates the establishment of the United States. Records show that a St. Patrick's Day parade was held in a Spanish colony, which later became St. Augustine, Florida on March 17, 1601. An Irish vicar named Ricardo Artur, who lived in the Spanish Colony, organized the parade and a St. Patrick's Day celebration a year earlier. In 1737, homesick Irish soldiers serving in the English military marched in Boston, Massachusetts and New York City on March 17th. Enthusiasm for St. Patrick's Day parades grew from those beginnings in early American cities such as Boston and New York City. In 2020 and in 2021, St. Patrick's Day parades were canceled or postponed for the first time in decades due to the outbreak of the COVID-19 virus.

6. The Irish were once scorned in America: While Irish-Americans are proud to showcase their heritage, they were not always celebrated and welcomed in the United States. Beginning in 1845, a devastating potato blight caused widespread hunger in Ireland. Approximately 1 million Irish people died, while 2 million Irish people left Ireland in the largest-single population movement of the 19th century. Most of the people who left Ireland, nearly a quarter of the Irish nation, came to the United States. Once they arrived, Americans looked down on the Irish refugees as disease-ridden, unskilled and a drain on American welfare budgets.

7. Corned beef and cabbage was an American invention: The meal associated with St. Patrick's Day-corned beef and cabbage-was an American development. The Irish ate ham and cabbage in Ireland. But, once in the United States, impoverished Irish immigrants used corned beef as a cheaper substitute for ham. Irish-Americans who lived in the slums of Lower Manhattan in the late 19th century and in the early 20th century bought leftover corned beef from ships returning from the tea trade in China. They would boil the corned beef three times, combining it with cabbage on the third turn, to take some of the brine out of the corned beef.



St. Patrick's Jokes:
(From: www.parade.com):

- What do you call an Irish snake? Paddy Long Legs!
- What kind of bow cannot be tied? A rainbow.
- What's a leprechaun's favorite type of music?
Sham-rock'n'roll!
- When does a leprechaun cross the street? When it turns green!
- Why did St. Patrick drive all of the snakes out of Ireland? Because it was too far to walk!



Weird and Obscure Holidays in March, 2023:

- March 4 (Saturday):** March Forth and Do Something Day
- March 5 (Sunday):** Learn What Your Name Means Day
- March 13 (Monday):** National Open an Umbrella Indoors Day
- March 14 (Tuesday):** Pi Day
- March 18 (Saturday):** National Awkward Moments Day
- March 21 (Tuesday):** National Countdown Day
- March 22 (Wednesday):** National Goof off Day
- March 26 (Sunday):** Make up Your Own Holiday Day
- March 27 (Monday):** National Joe Day and National Scribble Day
- March 30 (Thursday):** National Virtual Vacation Day

**Connections
Clubhouse**

Market On The Lawn

Vendors Wanted!

Our 2023 annual event is scheduled for **Saturday, May 6th**
rain or shine! Located at Connections, **1679 SW Blvd., Newton, NC.**
10am-2pm

\$40 per booth.

Must provide your own tent and tables.

Please see Application for further details and vendor limitations.

Applications can be found at:

ConnectionsClubhouseCatawba.org

Applications are due by April 14th, 2023.



This is **NOT** a yard sale/tag sale!
We are looking for vendors of various
crafts, pottery, antiques and collectables.

For more information please
contact us at 1-(828)-466-0030

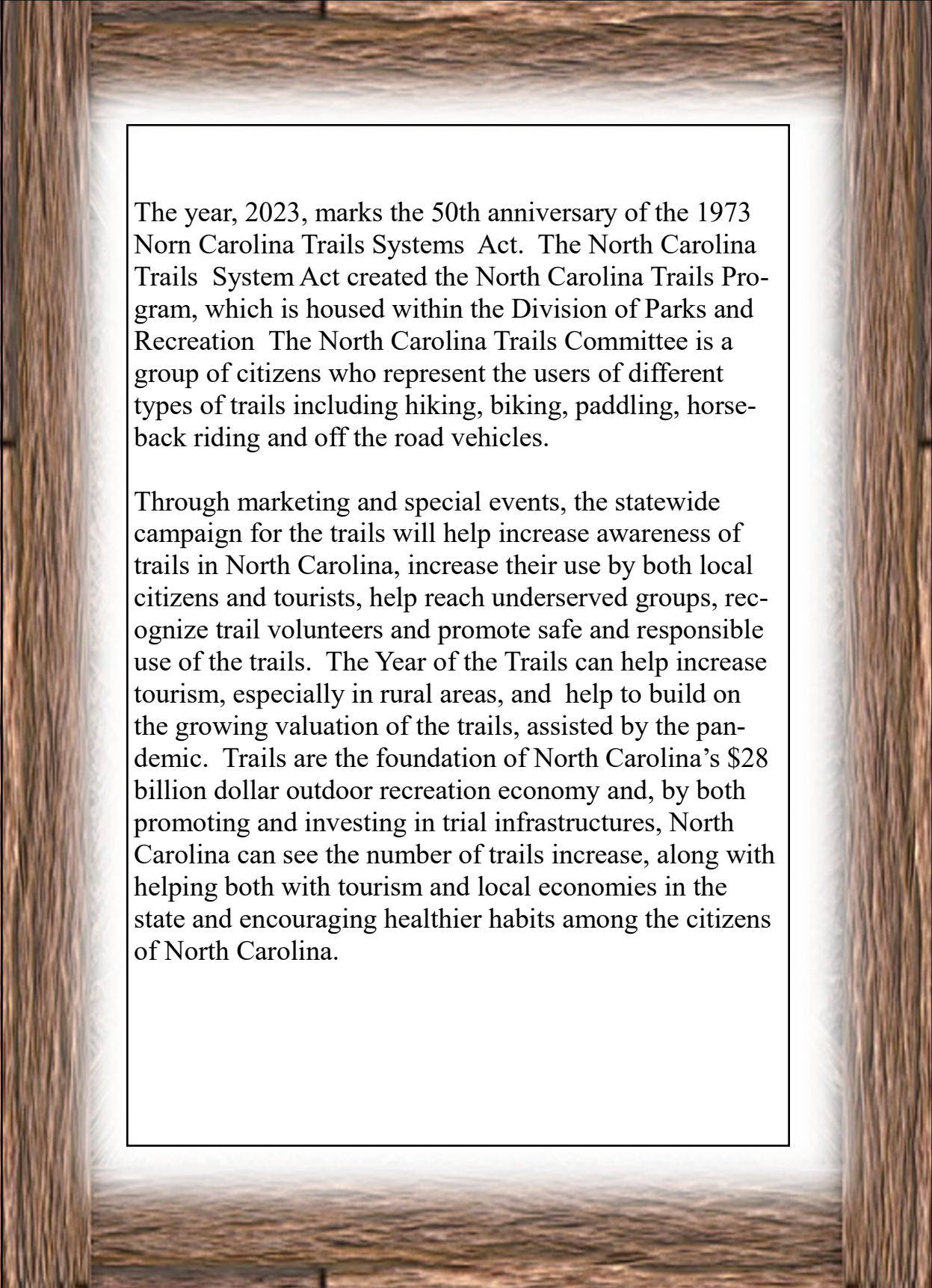


**Come visit and like
us on Facebook!**

**Year of The Trail in North Carolina:
(From: www.greattrailsstatecoalition.org):**

On August 18, 2022, the North Carolina Legislature decided to designate 2023 as the North Carolina Year of the Trail. The purpose of the North Carolina Year of the Trail is to highlight, showcase, promote and celebrate the extensive trail system of North Carolina. In the future, people in North Carolina will have opportunities to enjoy the proven benefits of trails to include the health and the safety of our citizens, the encouragement of tourism and economic development, assisting with transportation and maintaining the environment in North Carolina. The Great Trail State Coalition is greatly invested making the Year of the Trail big news for North Carolina. This statewide campaign will extend to all communities and potential visitors with the message of how and where to experience the trails crisscrossing the state of North Carolina.

Some of the highlights of the Year of the Trail include encouraging everyone in North Carolina to get outside on a trail in 2023, having the media highlight North Carolina trails via broadcast, print and digital media, billboards, and other advertising means, having the Great Trails State Coalition give presentations at conferences throughout North Carolina to help communities prepare to host events for the Year of the Trail and inviting members of the North Carolina Legislature to events taking place at and near trails.



The year, 2023, marks the 50th anniversary of the 1973 North Carolina Trails Systems Act. The North Carolina Trails System Act created the North Carolina Trails Program, which is housed within the Division of Parks and Recreation. The North Carolina Trails Committee is a group of citizens who represent the users of different types of trails including hiking, biking, paddling, horseback riding and off the road vehicles.

Through marketing and special events, the statewide campaign for the trails will help increase awareness of trails in North Carolina, increase their use by both local citizens and tourists, help reach underserved groups, recognize trail volunteers and promote safe and responsible use of the trails. The Year of the Trails can help increase tourism, especially in rural areas, and help to build on the growing valuation of the trails, assisted by the pandemic. Trails are the foundation of North Carolina's \$28 billion dollar outdoor recreation economy and, by both promoting and investing in trail infrastructures, North Carolina can see the number of trails increase, along with helping both with tourism and local economies in the state and encouraging healthier habits among the citizens of North Carolina.

How Much Water Should You Drink? (From: www.health.harvard.edu);

How much water should people drink a day? People know that drinking plenty of fluids is very important when the temperatures rise outdoors. However, people need to stay hydrated daily, in spite of the temperatures outside. Most people do not drink enough fluids on a daily basis to stay hydrated, particularly, older people, who cannot sense thirst as well as they did when they were younger and, also, they may be taking medications such as diuretics that can cause fluid loss. Drinking water helps to keep all bodily systems working properly. Water does important jobs in the human body such as carrying nutrients and oxygen to body cells, flushing bacteria from the bladder, aiding in the digestion of food, prevent constipation, normalizing blood pressure, cushioning joints, protecting bodily organs and tissues, regulating body temperature and maintaining the electrolyte (sodium) balance. If you drink enough fluids to help your body perform these jobs, you are staying hydrated. If you do not drink enough water every day, you are taking a chance on becoming dehydrated. Warning signs of dehydration include weakness, low blood pressure, dizziness, confusion, or dark colored urine. Most people need to drink about four to six cups of water daily. But people can drink too much water if they have certain health conditions such as thyroid disease, liver, kidney or heart problems or if they take medications such as non-steroidal anti-inflammatory drugs (NSAIDs), opiate pain medications, and some antidepressants. People's water intake need to be individualized, depending on factors such their general health, the type of medications they may be taking, the amount of exercise they are doing on a hot day and how long they stay outside in hot weather. You need to speak to your doctor if you are not sure how much water you need to drink every day. A general rule of thumb for healthy people is to drink two to three cups of water per hour, or more, if they are sweating a lot. Water is not the only fluid that helps people to stay hydrated. All beverages that contain water can count toward people's daily intake of water. While beverages with caffeine or alcohol can cause dehydration through excessive urination, the amount of water left in the body after the consumption of those beverages helps to contribute to a net positive amount of water in the body. But water is still the best way to maintain the level of hydration in the body since sugary drinks can lead to weight gain and inflammation, which increase the risk of developing diseases such as diabetes. Too much caffeine can cause jitters and problems in sleeping. Alcohol intake should be limited to one drink per day for women and one to two drinks for men.

To avoid dehydration, people should drink fluids gradually throughout the day. An easy way to accomplish this is to have a drink at each meal, socially and/or with medication. People can also get fluids from water rich foods such as salads, fruit and applesauce.



Clubhouse International Standards for Clubhouse Programs:

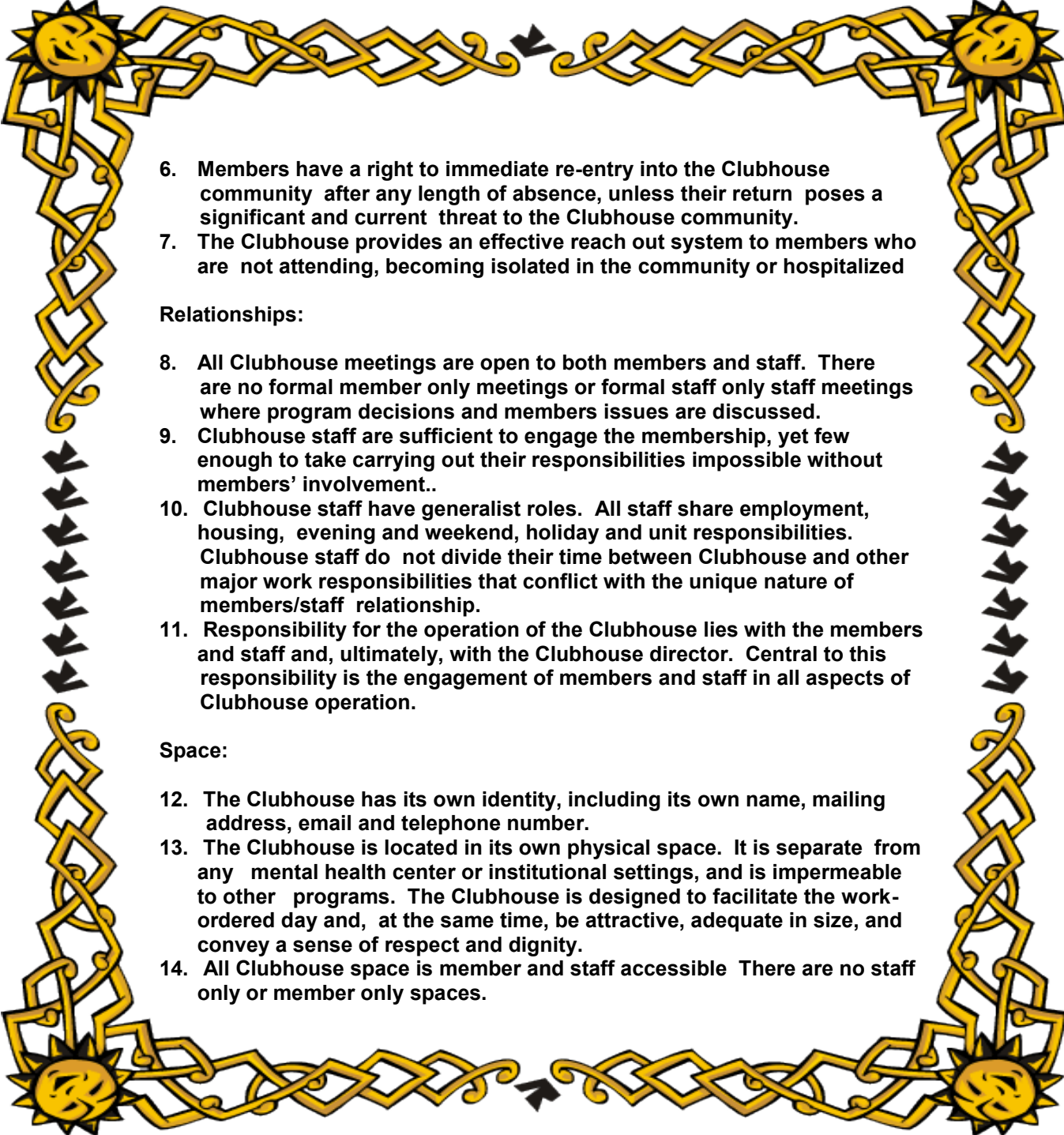
The International Standards for Clubhouse Programs, consensually agreed upon by the worldwide Clubhouse community, define the Clubhouse Model of rehabilitation. The principles expressed in these Standards are at the heart of the Clubhouse community's success in helping people with mental illness to achieve social, financial, educational and vocational goals. The Standards also serve as a "bill of rights," for members and a code of ethics for staff, board and administrators. The Standards insist that a Clubhouse is a place that offers respect and opportunity to its members.

The Standards provide the basis for assessing Clubhouse quality, through the Clubhouse International Accreditation process.

Every two years, the worldwide Clubhouse community reviews these Standards, and amends them as deemed necessary. The process is coordinated by the Clubhouse International Standards Review Committee, made up of members and staff of Accredited Clubhouses from around the world.

Membership:

1. Membership is voluntary and without time limits.
2. The clubhouse has control over its acceptance of new members. Membership is open to anyone with a history of mental illness, unless that person poses a significant and current threat to the general safety of the Clubhouse community.
4. Members choose the way they utilize the Clubhouse, and the staff with whom they work. There are no agreements, contracts, schedule, or rules intended enforce participation of members. All members have equal access to every Clubhouse opportunity with no differentiation based on diagnosis or level of functioning.
5. Members, at their choice, are involved in the writing of all records reflecting their participation in the Clubhouse. All such records are to be signed by both member and staff.

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6. Members have a right to immediate re-entry into the Clubhouse community after any length of absence, unless their return poses a significant and current threat to the Clubhouse community.
 7. The Clubhouse provides an effective reach out system to members who are not attending, becoming isolated in the community or hospitalized

Relationships:

8. All Clubhouse meetings are open to both members and staff. There are no formal member only meetings or formal staff only staff meetings where program decisions and members issues are discussed.
9. Clubhouse staff are sufficient to engage the membership, yet few enough to take carrying out their responsibilities impossible without members' involvement..
10. Clubhouse staff have generalist roles. All staff share employment, housing, evening and weekend, holiday and unit responsibilities. Clubhouse staff do not divide their time between Clubhouse and other major work responsibilities that conflict with the unique nature of members/staff relationship.
11. Responsibility for the operation of the Clubhouse lies with the members and staff and, ultimately, with the Clubhouse director. Central to this responsibility is the engagement of members and staff in all aspects of Clubhouse operation.

Space:

12. The Clubhouse has its own identity, including its own name, mailing address, email and telephone number.
13. The Clubhouse is located in its own physical space. It is separate from any mental health center or institutional settings, and is impermeable to other programs. The Clubhouse is designed to facilitate the work-ordered day and, at the same time, be attractive, adequate in size, and convey a sense of respect and dignity.
14. All Clubhouse space is member and staff accessible There are no staff only or member only spaces.



REMEMBER: Daylight Savings Day Starts at 2:00 a.m. Sunday, March 12, 2023. Please remember to set your clocks an hour ahead on March 12, 2023! **SPRING FORWARD!**