

NEWS & KNOWLEDGE...
NEWS YOU CAN USE....
MARCH, 2024

HAPPY ST. PATRICK'S DAY!!
HAPPY SPRING!!
HAPPY EASTER!!

UPCOMING CONNECTIONS OUTINGS/HOLIDAYS FOR MARCH, 2024:

Friday, March 1, 2024-Unit Grocery/Supply Shopping at Walmart Neighborhood Market.

Saturday, March 2, 2024-No Outing.

Thursday, March 7, 2024-Shopping at the Walmart Super Center.

Friday, March 8, 2024-Unit Grocery/Supply Shopping at Walmart Neighborhood Market.

Sunday, March 10, 2024-Daylight Savings Time (**Please** remember to set your clock **ahead one hour!**).

Thursday, March 14, 2024-Bowling at the Pin Station.

Friday, March 15, 2024-Unit Grocery/Supply Shopping at Walmart Neighborhood Market.

Saturday, March 16, 2024-Out to the Movies and Out to Eat.

Sunday, March 17, 2024-St. Patrick's Day.

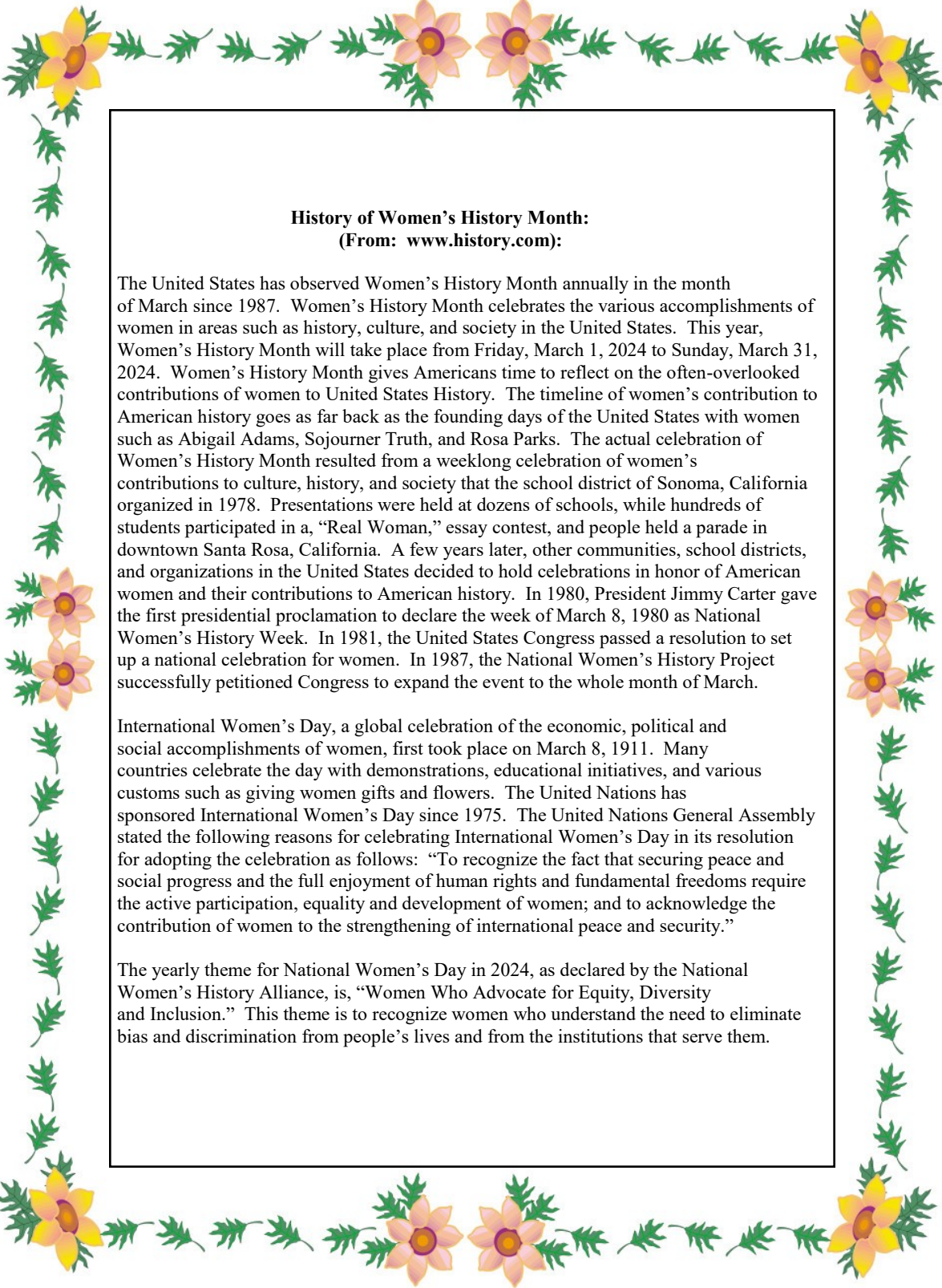
Monday, March 19, 2024-First Day of Spring.

Thursday, March 21, 2024-Employment/Education Dinner.

Friday, March 22, 2024-Unit Grocery/Supply Shopping at Walmart Neighborhood Market.

Saturday, March 23, 2024-Outing to Springs Road Flea Market.

Thursday, March 28, 2024-Bingo, Baby!, at the Clubhouse.



**History of Women's History Month:
(From: www.history.com):**

The United States has observed Women's History Month annually in the month of March since 1987. Women's History Month celebrates the various accomplishments of women in areas such as history, culture, and society in the United States. This year, Women's History Month will take place from Friday, March 1, 2024 to Sunday, March 31, 2024. Women's History Month gives Americans time to reflect on the often-overlooked contributions of women to United States History. The timeline of women's contribution to American history goes as far back as the founding days of the United States with women such as Abigail Adams, Sojourner Truth, and Rosa Parks. The actual celebration of Women's History Month resulted from a weeklong celebration of women's contributions to culture, history, and society that the school district of Sonoma, California organized in 1978. Presentations were held at dozens of schools, while hundreds of students participated in a, "Real Woman," essay contest, and people held a parade in downtown Santa Rosa, California. A few years later, other communities, school districts, and organizations in the United States decided to hold celebrations in honor of American women and their contributions to American history. In 1980, President Jimmy Carter gave the first presidential proclamation to declare the week of March 8, 1980 as National Women's History Week. In 1981, the United States Congress passed a resolution to set up a national celebration for women. In 1987, the National Women's History Project successfully petitioned Congress to expand the event to the whole month of March.

International Women's Day, a global celebration of the economic, political and social accomplishments of women, first took place on March 8, 1911. Many countries celebrate the day with demonstrations, educational initiatives, and various customs such as giving women gifts and flowers. The United Nations has sponsored International Women's Day since 1975. The United Nations General Assembly stated the following reasons for celebrating International Women's Day in its resolution for adopting the celebration as follows: "To recognize the fact that securing peace and social progress and the full enjoyment of human rights and fundamental freedoms require the active participation, equality and development of women; and to acknowledge the contribution of women to the strengthening of international peace and security."

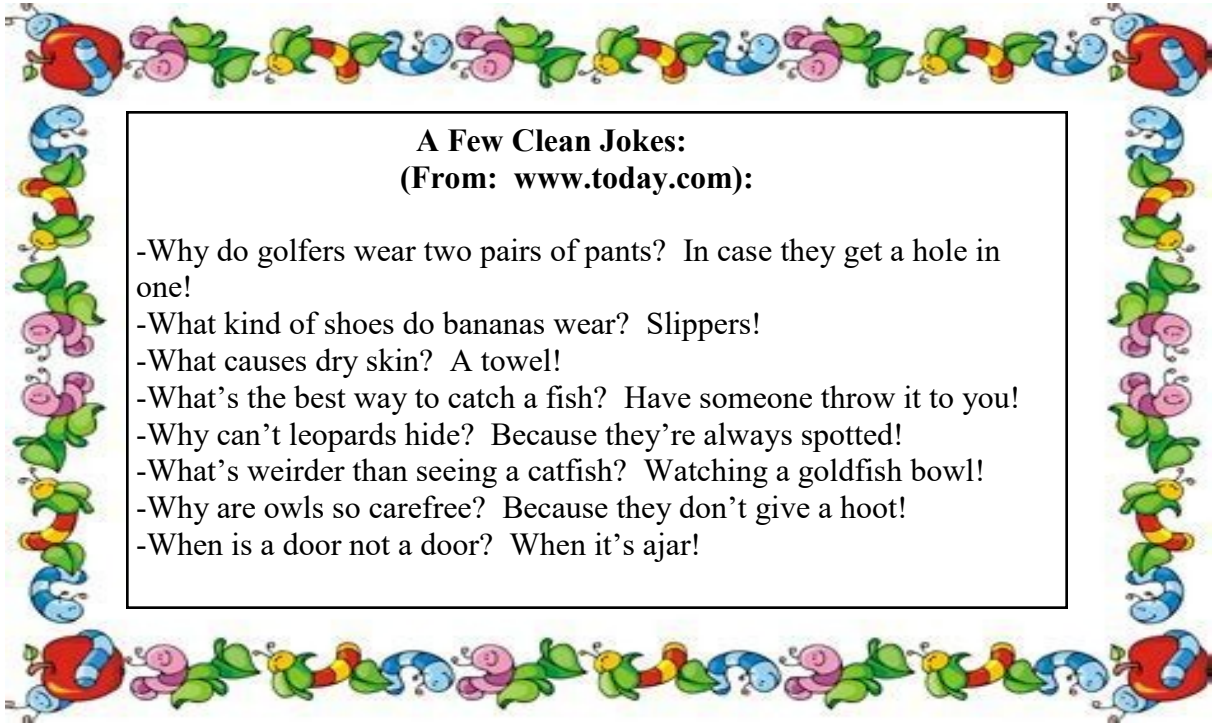
The yearly theme for National Women's Day in 2024, as declared by the National Women's History Alliance, is, "Women Who Advocate for Equity, Diversity and Inclusion." This theme is to recognize women who understand the need to eliminate bias and discrimination from people's lives and from the institutions that serve them.

St. Patrick's Day Traditions:

(From: www.history.com, Written by Various History.com Editors):

Every March 17th yearly, people all over the world celebrate St. Patrick's Day. St. Patrick's Day is associated with shamrocks, leprechauns, parades and everything Irish. This article will tell the origins of symbols associated with St. Patrick's Day as follows:

1. The shamrock, which the Celts (People who lived in ancient Ireland) called the, "seamroy," was a sacred symbol that symbolized the rebirth of spring. By the 17th century, the Irish people adopted the shamrock as a symbol of emerging Irish nationalism. As the English seized and made laws against the use of the Irish language and against Catholicism in Ireland, the Irish started to wear the shamrock as a symbol of their pride and as a symbol expressing their unhappiness with English rule. The original color associated with St. Patrick's Day was blue, not green.
2. Irish music. Music is an integral part of St. Patrick's Day, as well as of Irish culture. Since the days of the Celts, music has played an important part in Irish life. The Celts had an oral culture, where religious stories, legends, and history, were passed down to the next generation via songs and stories. After the English conquered the Irish people and prohibited them from speaking their native language, the Irish turned to music to help them remember important events and to help them hold on to their heritage and their history. The English prohibited music in Ireland because it stirred people's emotions and it helped them to gather together to fight. In fact, Queen Elizabeth decreed that all artist and pipers were to be arrested and hanged on the spot! Today, traditional Irish bands such as The Chieftains, the Clancy Brothers and Tommy Maken, are gaining worldwide popularity. They use such traditional instruments such as the fiddle, the tin whistle and the bodhran, which was used in warfare rather than in music.
3. The Snake. Legend has it that, during his mission in Ireland, St. Patrick once stood on a hilltop, now known as Croagh Patrick, and he banished all of the snakes in Ireland with only a wooden staff. The island of Ireland never had any snakes on it. The, "banishing of the snakes," referred to the eradication of pagan ideology from Ireland and the triumph of Christianity. 200 years after St. Patrick's arrival, all of the people in Ireland practiced Christianity.
4. Corned beef and St. Patrick's Day Foods. Every year, Irish-American families gather together on St. Patrick's Day to eat the traditional St. Patrick's meal, which is corned beef and cabbage. The Irish have eaten cabbage for a long time, but corned beef was not part of the traditional St. Patrick's meal until the turn of the 20th century. Irish immigrants in New York City's Lower East Side used corned beef on St. Patrick's Day, rather than Irish bacon because it was a more inexpensive alternative to Irish Bacon. The Irish immigrants learned about corned beef as a cheaper alternative for St. Patrick's Day from their Jewish neighbors.
5. Leprechauns. Leprechauns serve as the icon of the St. Patrick's Day. The original name for leprechauns in the Irish language was, "lobaircin," which means, "small-bodied fellows." The Irish belief in leprechauns may have derived from the Celtic beliefs in fairies, tiny men and women who may use their magical powers for good purposes or evil purposes. In Celtic folklore, leprechauns were cranky souls, who were responsible for fixing the shoes of other fairies. Even though leprechauns serve a minor role in Celtic folklore, they became known for their trickery, which they used to protect their Legendary fortune. Leprechauns have their own holiday on May 13, but they are also celebrated on St. Patrick's Day, with many people dressing as them.



**A Few Clean Jokes:
(From: www.today.com):**

- Why do golfers wear two pairs of pants? In case they get a hole in one!
- What kind of shoes do bananas wear? Slippers!
- What causes dry skin? A towel!
- What's the best way to catch a fish? Have someone throw it to you!
- Why can't leopards hide? Because they're always spotted!
- What's weirder than seeing a catfish? Watching a goldfish bowl!
- Why are owls so carefree? Because they don't give a hoot!
- When is a door not a door? When it's ajar!



Believe
IN YOURSELF
AND
YOU WILL BE
unstoppable

**Weird Holidays for March, 2024:
(From: www.savingstalents.com):**

Friday, March 1, 2024-World Compliment Day.
Saturday, March 2, 2024-National Banana Cream Pie Day.
Sunday, March 3, 2024-National Doodle Day.
Monday, March 4, 2024-Hug a GI Day.
Tuesday, March 5, 2024-Sock Money Day.
Wednesday, March 6, 2024-National Oreo Cookie Day.
Thursday, March 7, 2024-National Cereal Day.
Friday, March 8, 2024-National No Socks Day.
Saturday, March 9, 2024-Popcorn Lovers Day.
Sunday, March 10, 2024- International Day of Awesomeness/Start of Daytime Saving Time.
Monday, March 11, 2024-National Fanny Pack Day.
Tuesday, March 12, 2024-National Plant a Flower Day.
Wednesday, March 13, 2024-National Jewel Day.
Thursday, March 14, 2024-National Potato Chip Day.
Friday, March 15, 2024-Ides of March.
Saturday, March 16, 2024-Lips Appreciation Day.
Sunday, March 17, 2024-World Sleep Day/St. Patrick's Day.
Monday, March 18, 2024-National Corndog Day.
Tuesday, March 19, 2024-National Poultry Day.
Wednesday, March 20, 2024-Alien Abduction Day.
Thursday, March 21, 2024-National Teenager Day.
Friday, March 22, 2024-National Goof Off Day.
Saturday, March 23, 2024-National Puppy Day.
Sunday, March 24, 2024-National Cheese steak Day.
Monday, March 25, 2024-International Waffle Day.
Tuesday, March 26, 2024-Make Up Your Own Holiday Day.
Wednesday, March 27, 2024-National Joe Day.
Thursday, March 28, 2024-National Hot Tub Day.
Friday, March 29, 2024-National Lemon Chiffon Day/Good Friday.
Saturday, March 30, 2024-Pencil Day.
Sunday, March 31, 2024-Dance Marathon Day/Easter Sunday.

CCVC Employability Lab:

The CVCC Employability Lab will serve your job search needs with a flexible schedule. Instruction is designed to be self-directed, self-paced, and it is structured on an open-entry, open-exit basis to meet the customized needs of individuals.

The hours for the Employability Lab are as follows: Tuesdays from 8:00 a.m. to 11:30 a.m. and Thursday from 1:00 p.m. to 4:00 p.m. The Employability Lab is held in the CVCC Student Center in Room 425.

Fees for the Employability Lab can be waived for those who:

- Are Unemployed.
- Have received notification of a pending layout.
- Are working and eligible for the federal earned income tax credit.
- Are working and earning wages at or below 200% of the federal poverty line.

Learn how to:

- Create a Resume.
- Enhance computer skills.
- Search for jobs.
- Complete job applications.

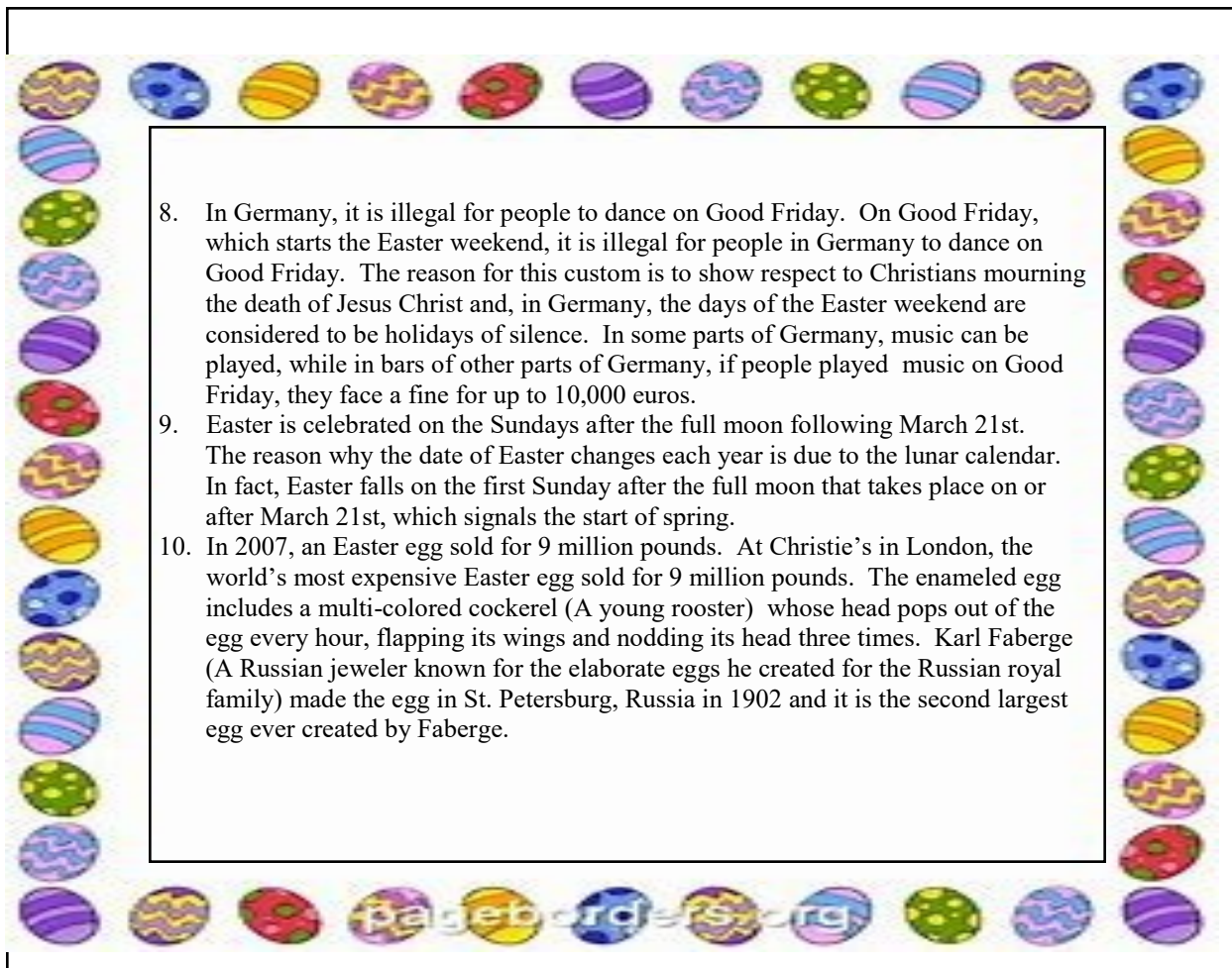
For more information, please contact Tammy Buff at tbuff@cvcc.edu or at (828) 327-7000, extension 4819, or Sharon Cox at scox@cvcc.edu or at (828) 632-8221, extension 310.



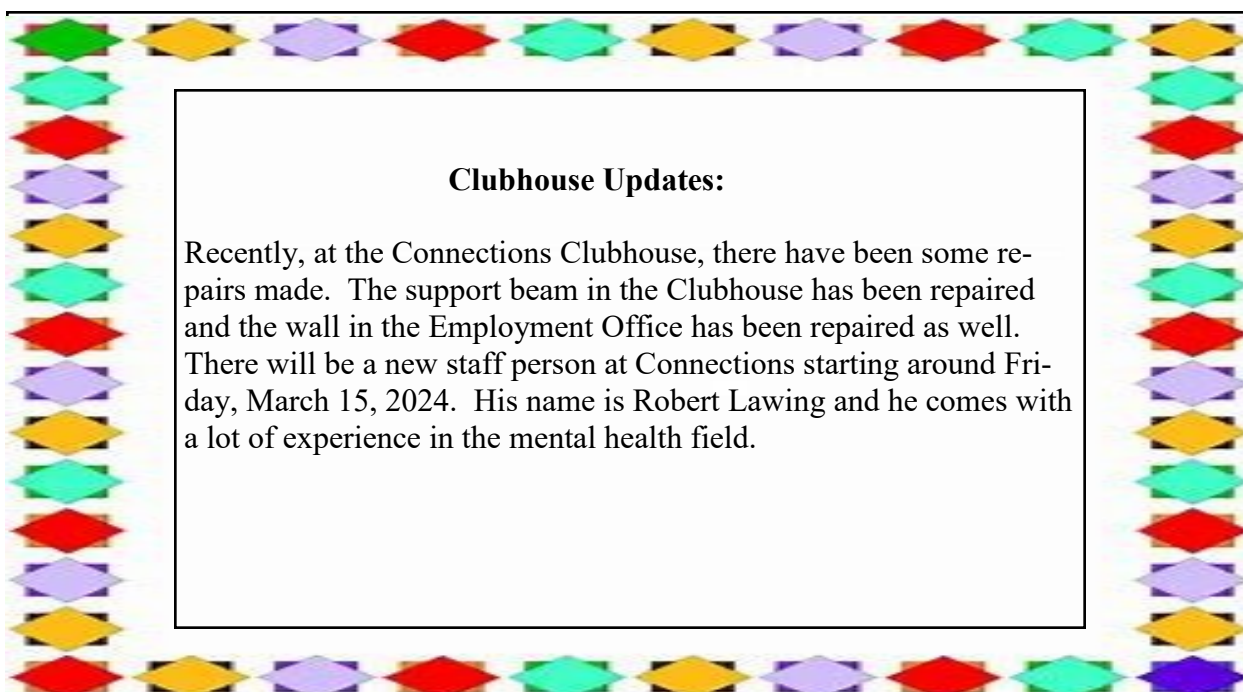
10 Fun Facts about Easter You Probably Didn't Know:
(From: www.sykescottage.co.uk, Written by Georgina McEvoy-Jones):

For Christians, Easter Sunday, also known as Resurrection Sunday, is the most important day. Here are a few facts about Easter that you may not know as follows:

1. The Easter Bunny legend started in Germany. The story about rabbits bringing Easter eggs to people may not make much sense. However, the Easter Bunny has no significant role in Christianity. The legend about the Easter Bunny goes back hundreds of years, starting in pre-Christian Germany, where the rabbit was perceived as the symbol of the Pagan Goddess of Spring and Fertility, Eostre. As Christianity spread across Europe, Pagan customs merged with Christian Holidays, which resulted in the Easter Bunny laying chocolate eggs for well-behaved children on Easter Day.
2. Easter was named after an Anglo-Saxon Goddess, Eostre, who served as a Fertility Goddess and as a Goddess of Dawn and Light. She was celebrated at Pagan festivals which also celebrated the arrival of spring. Both Pagan customs And Christian customs for Easter merged over time.
3. More than 1.5 million Cadbury Crème Eggs are produced each day. Cadbury Makes 500 million Crème Eggs every year. If one were to stack them up, the pile of Crème Eggs would be 10 times higher than Mount Everest. The Birmingham factory in Great Britain creates 1.5 million Crème Eggs every day and the Crème Egg is the most popular egg-shaped chocolate Easter candy.
4. The act of painting eggs is derived from a Ukrainian custom. For endless generations, Ukrainian people have painted eggs as a way to honor the Goddess of fertility, Eostre. The traditional manner of pysanka is made using waxes and dyes, but painting eggs did not become a popular Easter custom until Ukrainian immigrants arrived in the United States.
5. The world's largest Easter egg weighs in at 5,000 pounds. This egg stands 31 feet tall and is 18 feet wide. The egg is located at Vegreville, Alberta, Canada. It took 12,000 hours to complete the egg. It is called the Vegreville Pysanka Egg. It is actually more of a jigsaw than a solid sculpture that consists of 3,500 pieces of aluminum.
6. Pretzels used to be associated with Easter. The reason why pretzels were associated with Easter because the twists of the pretzels look like arms crossing in prayer. From the 1950s on, German people eat a pretzel and a hard-boiled egg for dinner on Good Friday.
7. The United Kingdom's first chocolate egg was made in Bristol in 1873. During the 19th century, the Fry family operated the largest chocolate factory in the world and, in 1873, they created the first chocolate egg, Two years later in 1875, the Cadbury Company started making their first Easter egg.



8. In Germany, it is illegal for people to dance on Good Friday. On Good Friday, which starts the Easter weekend, it is illegal for people in Germany to dance on Good Friday. The reason for this custom is to show respect to Christians mourning the death of Jesus Christ and, in Germany, the days of the Easter weekend are considered to be holidays of silence. In some parts of Germany, music can be played, while in bars of other parts of Germany, if people played music on Good Friday, they face a fine for up to 10,000 euros.
9. Easter is celebrated on the Sundays after the full moon following March 21st. The reason why the date of Easter changes each year is due to the lunar calendar. In fact, Easter falls on the first Sunday after the full moon that takes place on or after March 21st, which signals the start of spring.
10. In 2007, an Easter egg sold for 9 million pounds. At Christie's in London, the world's most expensive Easter egg sold for 9 million pounds. The enameled egg includes a multi-colored cockerel (A young rooster) whose head pops out of the egg every hour, flapping its wings and nodding its head three times. Karl Faberge (A Russian jeweler known for the elaborate eggs he created for the Russian royal family) made the egg in St. Petersburg, Russia in 1902 and it is the second largest egg ever created by Faberge.



Clubhouse Updates:

Recently, at the Connections Clubhouse, there have been some repairs made. The support beam in the Clubhouse has been repaired and the wall in the Employment Office has been repaired as well. There will be a new staff person at Connections starting around Friday, March 15, 2024. His name is Robert Lawing and he comes with a lot of experience in the mental health field.



CONNECTIONS CLUBHOUSE MARKET ON THE LAWN:

In honor of Mental Health Awareness Month in May, 2024, Connections Clubhouse will hold its annual Market on the Lawn on Saturday, May 4, 2024 from 9:00 a.m. to 2:00 p.m. The Clubhouse will be hosting local vendors, craftspeople and artisans on the beautiful grounds of its historic five-acre property. Everybody at Connections Clubhouse hopes to see you at the Market on the Lawn. If you are a local artisan, craftspeople, and/or vendor, and you are interested in attending our events, please call (828) 466-0030 for more information. The address for the Market on the Lawn is 1679 Southwest Boulevard, Newton, North Carolina, United States, 28658.



CONNECTIONS CLUBHOUSE
Market on the Lawn
May 4th, 2024
10am-2pm



Applications Due by: April 16th

What is CONNECTIONS: Connections is a private non-profit clubhouse operated by Catawba Valley Healthcare. We are located at 1679 Southwest Blvd in Newton (beside Southside Park). Our mailing address is PO Box 1256, Newton, NC 28658. We have been in operation since 1990, serving community adults who live with symptoms associated with severe and persistent mental illness.

Booth Space: Booth rental for Market on the Lawn is \$40.00 for a 10'x10' space. Vendors will need to provide their own fire retardant canopy, tables/shelving, chairs and the like. All booths must be sturdy and prepared for weather conditions. **Sites do not have access to electricity. This will be a rain or shine event.** Booths will be pre-assigned.

Set Up Time: Setup time will be between 8 am and 10 am (*all set up must be complete by 10 am. Late arriving vendors will not be able to participate. The event is scheduled from 10 am to 2 pm.*) **Vehicles need to be unloaded as quickly as possible and then parked in a designated parking area.** (*All vendors will be directed to park in designated parking. Please see map attached. Future maps will be provided with acceptance package.*) **After parking, the booth can be set up thus enabling other vendors access to unload their equipment/merchandise.**

Tear down time is between 2 pm and 3pm (*tear down should not start until 2 pm and be completed by 3pm*). Vehicle access to tear down is on a first-come, first-serve basis. All items need to be packed and ready to load in the vehicle before moving the vehicle to the booth site, thus enabling access for all vendors to pack up as timely as possible.

Entry Checklist:

1. Fill out the attached application form completely.
 2. Include website or other social media sites to share your booth profile.
 3. Submit payment of \$40.00 Checks payable to: Connections Clubhouse.
- (*All accepted vendors, booth payment are nonrefundable. If not selected for the event, your check will be returned.*)

Or email forms/photos to jbolton@cvhnc.org and pay thought square.

*If you have questions you may contact us at Connections.
328-466-0130
Ask for Anna Bolton Or email jbolton@cvhnc.org*

Vendor Application
CONNECTIONS: MARKET on the LAWN
Saturday, May 4th, 2024 10am—2 pm
Physical address: 1679 Southwest Blvd, Newton NC 28658
Mailing address: PO Box 1256, Newton, NC 28658
(828)-466-0030
Application Due by April 16th, 2024

Name: _____ Business Name: _____

Mailing Address: _____

Phone: _____ Email: _____

Emergency Contact: _____ Telephone: _____

_____ Email: _____

Briefly list what types of products you will be selling during the event:

- I have read the informational sheet and understand the requirements of participation.
- Connections Clubhouse will not be held liable for any damage incurred to any equipment/merchandise/personal property brought to Market on the Lawn by participating vendors for any reason.
- I give permission to Connections Clubhouse to reproduce, use, and edit the images that I am submitting with this application for advertising purposes, and hereby certify that I am the owner of such images and have the right to grant their use.

Signature of Applicant(s): _____ Date: _____

Signature of Applicant(s): _____ Date: _____

Make check payable to Connections and mail with application to:

Connections Market on the Lawn
PO Box 1256
Newton, NC 28658

If you have questions you may contact us at Connections:

828-466-0030

Ask for Jason Bolton Or email: jbolton@cvhnc.org

**Clubhouse International Standards for Clubhouse Programs:
(From: www.clubhouse-intl.org):**

WORK-ORDERED DAY:

15. The work-ordered day engages members and staff together, side-by-side, in the running of the Clubhouse. The Clubhouse focuses on strengths, talents and abilities; therefore, the work-ordered day must not include medication clinics, day treatment or therapy programs within the Clubhouse.
16. The work in the Clubhouse is exclusively the work generated by the Clubhouse in the operation and enhancement of the Clubhouse community. No work for outside individual or agencies, whether for pay or not, is acceptable work in the Clubhouse. Members are not paid for any Clubhouse work, nor are there any artificial reward systems.
17. The Clubhouse is open at least five days a week. The work-ordered day parallels typical working hours.
18. The Clubhouse is organized into one or more work units, each of which has sufficient staff, members and meaningful work to sustain a full and engaging work-ordered day. Unit meetings are held to foster relationships, as well as to organize and plan the work of the day.
19. All work in the Clubhouse is designed to help members regain self-worth, purpose and confidence; it is not intended to be job-specific training.
20. Members have the opportunity to participate in all of the work of the Clubhouse, including administration, research, enrollment and orientation, reach out, hiring, training and evaluation of staff, public relations, advocacy and evaluation of Clubhouse effectiveness.