

NEWS & KNOWLEDGE...

NEWS YOU CAN USE....

June, 2024



HAPPY FLAG DAY!

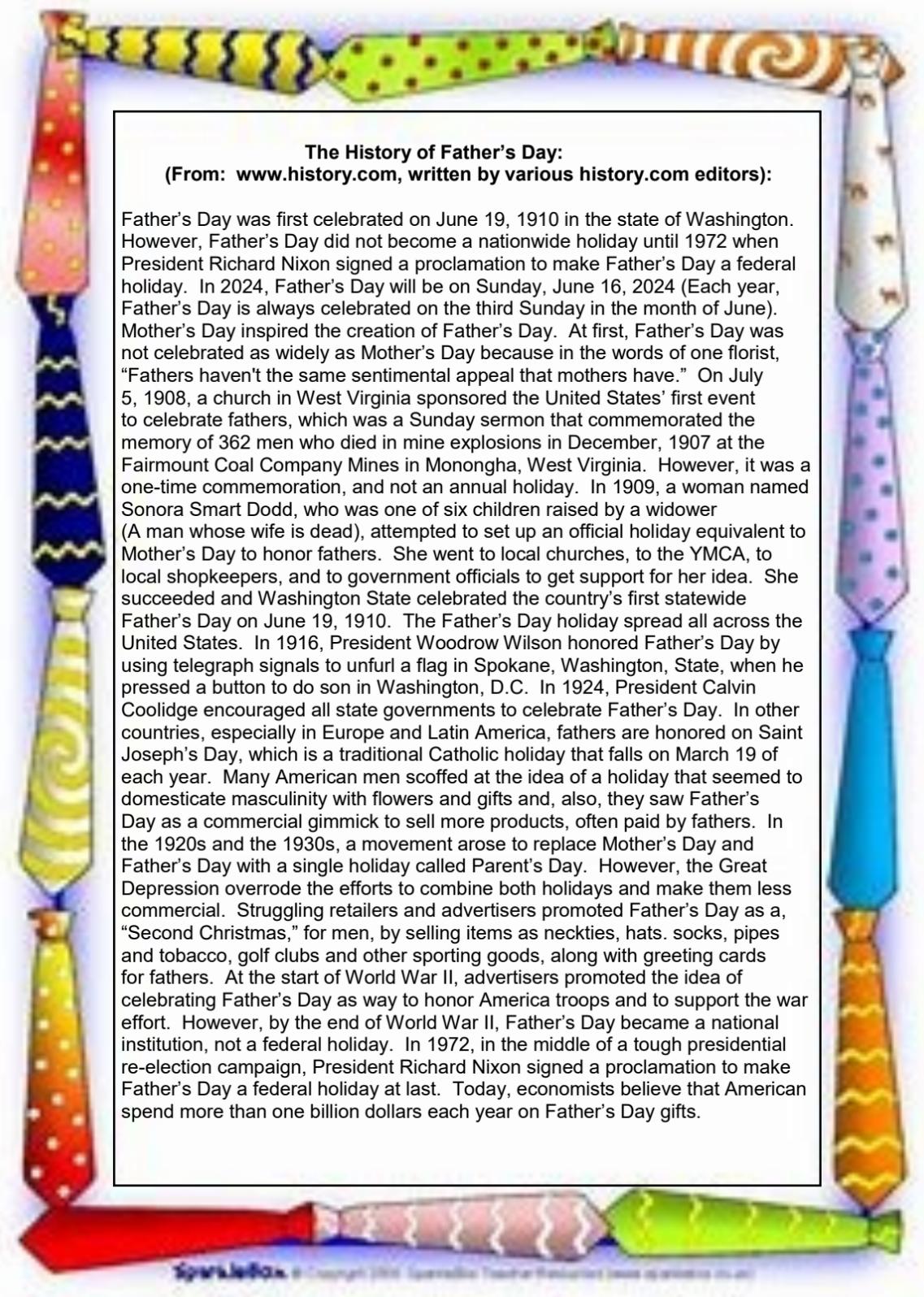


HAPPY FATHER'S DAY!



CONNECTIONS OUTINGS FOR JUNE, 2024:

Monday, June 3, 2024-Trip to the Catawba County Library.
Thursday, June 6, 2024-Bingo, Baby!, at the Clubhouse.
Friday, June 7, 2024-Unit Grocery/Supply Shopping at the Walmart Neighborhood Market
(Subject to Change).
Saturday, June 8, 2024-Trip to Springs Road Flea Market.
Monday, June 10, 2024-Trip to the Catawba County Library.
Thursday, June 13, 2024-Shopping in the Target Store Area.
Friday, June 14, 2024-Unit Grocery/Supply Shopping at the Walmart Neighborhood Market
(Subject to Change).
Monday, June 17, 2024-Trip to the Catawba County Library.
Thursday, June 20, 2024-Employment/Education Dinner.
Friday, June 21, 2024-Unit Grocery/Supply Shopping at the Walmart Neighborhood Market
(Subject to Change).
Sunday, June 23, 2024-Play at the Green Room Theater in Newton, North Carolina, "Honky Tonk
Hissy Fit".
Monday, June 24, 2024-Trip to the Catawba County Library.
Thursday, June 27, 2024-Bowling at the Pin Station.
Friday, June 28, 2024-Unit Grocery/Supply Shopping at the Walmart Neighborhood Market
(Subject to Change).



The History of Father's Day:
(From: www.history.com, written by various history.com editors):

Father's Day was first celebrated on June 19, 1910 in the state of Washington. However, Father's Day did not become a nationwide holiday until 1972 when President Richard Nixon signed a proclamation to make Father's Day a federal holiday. In 2024, Father's Day will be on Sunday, June 16, 2024 (Each year, Father's Day is always celebrated on the third Sunday in the month of June). Mother's Day inspired the creation of Father's Day. At first, Father's Day was not celebrated as widely as Mother's Day because in the words of one florist, "Fathers haven't the same sentimental appeal that mothers have." On July 5, 1908, a church in West Virginia sponsored the United States' first event to celebrate fathers, which was a Sunday sermon that commemorated the memory of 362 men who died in mine explosions in December, 1907 at the Fairmount Coal Company Mines in Monongha, West Virginia. However, it was a one-time commemoration, and not an annual holiday. In 1909, a woman named Sonora Smart Dodd, who was one of six children raised by a widower (A man whose wife is dead), attempted to set up an official holiday equivalent to Mother's Day to honor fathers. She went to local churches, to the YMCA, to local shopkeepers, and to government officials to get support for her idea. She succeeded and Washington State celebrated the country's first statewide Father's Day on June 19, 1910. The Father's Day holiday spread all across the United States. In 1916, President Woodrow Wilson honored Father's Day by using telegraph signals to unfurl a flag in Spokane, Washington, State, when he pressed a button to do son in Washington, D.C. In 1924, President Calvin Coolidge encouraged all state governments to celebrate Father's Day. In other countries, especially in Europe and Latin America, fathers are honored on Saint Joseph's Day, which is a traditional Catholic holiday that falls on March 19 of each year. Many American men scoffed at the idea of a holiday that seemed to domesticate masculinity with flowers and gifts and, also, they saw Father's Day as a commercial gimmick to sell more products, often paid by fathers. In the 1920s and the 1930s, a movement arose to replace Mother's Day and Father's Day with a single holiday called Parent's Day. However, the Great Depression overrode the efforts to combine both holidays and make them less commercial. Struggling retailers and advertisers promoted Father's Day as a, "Second Christmas," for men, by selling items as neckties, hats, socks, pipes and tobacco, golf clubs and other sporting goods, along with greeting cards for fathers. At the start of World War II, advertisers promoted the idea of celebrating Father's Day as way to honor America troops and to support the war effort. However, by the end of World War II, Father's Day became a national institution, not a federal holiday. In 1972, in the middle of a tough presidential re-election campaign, President Richard Nixon signed a proclamation to make Father's Day a federal holiday at last. Today, economists believe that American spend more than one billion dollars each year on Father's Day gifts.

Flag Day in the United States:
(From: www.timeanddate.com):



In the United States, people observe Flag Day on June 14th. In 2024, Flag Day falls on Friday, June 14, 2024. Flag Day falls within National Flag Week (In 2024, National Flag Week is observed from Sunday, June 9th, 2024 to Saturday, June 15th, 2024). Flag Day gives Americans a chance to reflect on the foundations of the country's freedom. The flag of the United States represents freedom. It has served as an enduring symbol of the ideas of the United States since the early days of the nation's foundation. During both Flag Week and Flag Day, Americans also remember their loyalty to the United States and they also reaffirm their beliefs in both liberty and justice, as they observe the unity of the nation. Many Americans observe Flag Day by displaying the American flag at their homes and at public buildings. People also observe Flag Day with events such as flag raising events, Flag Day services, school quizzes and competitive essay contests about the American flag, musical salutes, street parades, and awards for special recognition. Organizations such as the National Flag Day Foundation coordinate activities surrounding Flag Day to keep the flag's traditions alive. After Flag Day, an event called Honor America Days is observed. It is an event that starts the day after Flag Day to honor the United States. It lasts for 21 days until Independence Day on July 4th (In 2024, Independence Day is on Thursday, July 4, 2024). During this period, Americans hold public gatherings and activities to celebrate and to honor the United States. Flag Day is not a public holiday in many parts of the United States, but there are a few places such as Montour County, Pennsylvania, that observe Flag Day as a legal holiday. On June 14, 1777, the Continental Congress in the American colonies replaced the British flag, the Union Jack, with a new flag design that included 13 white stars on a blue background and 13 red and white stripes to represent each state of the American colonies. Even though Betsy Ross is credited with designing this early version of the American flag, historians believe that Francis Hopkinson, a delegate from New Jersey who also signed the Declaration of Independence, is the one who designed the early American flag. The numbers of white stars on the American flag increased as new states joined the Union. However, the number of stripes on the American flag stopped at 15 stripes and, later, that number of stripes returned to 13. In 1886, a man named Bernard Cigrand made his first proposal for the annual observance of the birth of the American flag when he wrote an article titled, "The Fourteenth of June," in the old *Chicago Argus* newspaper. In 1916, President Woodrow Wilson issued a proclamation calling for the nationwide observance of Flag Day on June 14th, 1916. However, Flag Day did not become an official holiday until August, 1949, when President Harry Truman signed the legislation to observe Flag Day and he also proclaimed June 14th as Flag Day. In 1966, Congress also asked that the President issue a yearly proclamation designating the week that June 14th occurs on as National Flag Week. The President is asked each year to issue a proclamation to ask government officials in the United States to display the American flag on all government buildings on June 14th and to ask American citizens to observe Flag Day as the anniversary of the adoption on June 14, 1777, by the Continental Congress of the Stars and Stripes as the official flag of the United States. The American flag is also known as, "Old Glory," or the, "Star Spangled Banner". It has also changed a lot of designs over time. The American flag consists of 13 equal horizontal stripes from top to bottom, alternating with white stripes. It also has a blue rectangle in the canton that consists of 50 small, white, five-pointed stars. Each of the 50 stars represents one of the states in the United States and the 13 stripes represent the 13 original colonies, which became the first states of the United States.

The History of Juneteenth
(From: <https://education.nationalgeographic.org>):

On June 19, 1866, formerly enslaved people in Galveston, Texas celebrated a year of freedom with the, “Juneteenth,” holiday. Over time, celebrations of Juneteenth spread over to the rest of the United States, and Juneteenth is now the oldest known tradition that honors the end of slavery in the United States. On June 15, 1865, United States Major General Gordon gave a public reading of General Order Number 3, which stated as follows: “The people of Texas are informed that, in accordance with a proclamation from the Executive of the United States, all slaves are free. This involves an absolute equality of personal rights and rights of property between former masters and slaves, and the connection heretofore existing between them becomes that between them becomes that between employer and hired labor. The freedmen are advised to remain quietly at their present homes and work for wages. They are informed that they will not be allowed to collect at military posts and that they will not be supported in idleness either there or elsewhere.” Major Granger made his announcement two-and-a-half years after President Abraham Lincoln ended slavery in states that rebelled against the Union in the American Civil War with his Emancipation Proclamation. However, at that time, the United States could not free enslaved people in states that the Confederates held during the Civil War. The event that led to the end of the Civil War and the Confederacy was the surrender of General Robert E. Lee on April 9, 1865, at the Appomattox Court House in Virginia. As the Confederacy started losing the war, enslavers went to the state of Texas to keep possession of enslaved people, as Texas was the westernmost Confederate state that had little United States Army presence since there was little fighting in Texas. More 150,000 enslaved people were forcibly moved to Texas. In Texas, formerly enslaved people organized and purchased lands to serve as, “emancipation grounds”, for the annual Juneteenth celebrations. Both Emancipation Park (Formerly known as the Colored Emancipation Park) in Austin, Texas, and Emancipation Park in Mexia, Texas (Now known as Booker T. Washington Park) were created as sites to celebrate Juneteenth. However, after Major General Granger announced the proclamation of emancipation, things did not get better for enslaved people immediately. Enslavers in Texas delayed in delivering the news of freedom deliberately to enslaved people after the harvest of crops and/or the arrival of United States agents. Other African-American people faced terroristic racial violence from white people. Currently, Juneteenth celebrations include picnics, rodeos, barbeques, readings of the Emancipation Proclamation and readings of African-American writers such as Ralph Ellison, whose second novel was published after his death. The title of Ellison’s second novel is *Juneteenth*.

**Unusual Holidays for June:
(From: www.timeanddate.com):**

Saturday, June 1, 2024-Say Something Nice Day.
Sunday, June 2, 2024-Leave the Office Early Day.
Monday, June 3, 2024-Repeat Day.
Tuesday, June 4, 2024-Hug Your Cat Day.
Thursday, June 6, 2024-Drive-In Movie Day.
Friday, June 7, 2024-VCR Day/National Doughnut Day.
Saturday, June 8, 2024-Best Friends Day.
Sunday, June 9, 2024-Donald Duck Day.
Monday, June 10, 2024-Iced Tea Day.
Tuesday, June 11, 2024-Corn on the Cob Day.
Wednesday, June 12, 2024-Red Rose Day.
Thursday, June 13, 2024-Sewing Machine Day.
Friday, June 14, 2024-Bourbon Day/Flag Day.
Saturday, June 15, 2024-Nature Photography Day.
Sunday, June 16, 2024-Bloomsday/Father's Day.
Monday, June 17, 2024-Eat Your Vegetables Day.
Tuesday, June 18, 2024-International Picnic Day/International Panic Day.
Wednesday, June 19, 2024-Sauntering (Walk in a slow, relaxed manner with no hurry or no effort) Day/Juneteenth.
Friday, June 21, 2024-Take Your Dog to Work Day/Daylight Appreciation Day.
Saturday, June 22, 2024-Onion Ring Day.
Sunday, June 23, 2024-Typewriter Day.
Monday, June 24, 2024-Swim a Lap Day.
Tuesday, June 25, 2024-Please take My Children to Work.
Wednesday, June 26, 2024-Chocolate Pudding Day.
Thursday, June 27, 2024-Helen Keller Day.
Friday, June 28, 2024-Tau Day (Tau Day is a celebration of the circle constant- t (Tau)= C (Circle)/ r (Ratio) = 6.28).
Saturday, June 29, 2024-Camera Day.
Sunday, June 30, 2024-Meteor Watch Day.

Why Appalachia's Spotted Skunk is so Rare:
(From: *The Appalachian Voice*, Page 7, Written by Matt Dhillon):

A characteristic white stripe on a black pelt is an instant warning to tread gently. Nature's sink bomb, the striped skunk, carries this distinct mark on its back. But Appalachia has a second variety of this master of malodor, marked instead by a blotchy pattern of black and white fur. The Eastern spotted skunk, *Spilogale putorius*, was not as rare as it is today. Decades ago, it was relatively common for trappers to catch the polecat, as it's also known, for its pelt. But spotted skunk populations crashed between 1940 and 1970, according to a landmark paper from the University of Missouri, looking at harvest data from trappers. By the 1980s, the study found [that] harvest numbers had plummeted by 99%, reflecting a steep decline in the skunk's population. Meanwhile, the spotted skunk's striped cousin has thrived throughout the United States. So, why have their populations diverged so drastically? Emily Thorne spent six years collecting information about the distribution and habitat of Eastern spotted skunks while pursuing a doctorate at Virginia Tech. She explains that there is a key difference in the habitat requirements of the two species. "Striped skunks are what we consider opportunistic and generalists," Thorne says. "They can live pretty much anywhere and eat basically anything. And they've actually done really well and thrived in urban environments." According to Thorne, spotted skunks were at one point thought to be the same kind of generalists. "But the more we learn about them, the more we realize they're particular about their habitat," Thorne says. "I suspect that they're a conditional specialist where they require very specific habitat features, but during particular times of the year." Spotted skunks are much smaller than their striped counterparts. Males, on average, weigh about a pound and are 18 inches long, with a third of that being their tail. That makes them about five times smaller than the striped skunk and more vulnerable prey than their lumbering cousins. For both species of skunk, the primary predator is the great horned owl and smaller owls. But the spotted skunk is more reliant on its habitat for protection. "They prefer early succession to mixed-succession hardwood forests, like mixed pine-hardwoods, specifically ones dominated by oak," Thorne says. "They'll den on tree cavities created either by rot or woodpeckers, and they're almost always in oak trees." The skunks rely on areas with understory shrubs like mountain laurels and rhododendron as cover from predators, according to Thorne. She also found that their denning behavior changes with the seasons. "During winter, we almost always tracked them high up into trees," Thorne says, "During the summer, when females have kits (Baby skunks); they are always underground in a dirt burrow. We suspect that the temperature and humidity is a lot more stable, [and] they're safe from predators." The next stage is a rocky outcrop where the kits can run and still have easy access to cover. "These conditional specialist requirements for habitat, depending on reproductive state and time of the year, were really cool, that we didn't expect to find," Thorne says. The spotted skunk's decline reflects the loss of its habitat. In a paper detailing the distribution of Eastern spotted skunks, Thorne reported that, in Virginia, they are mostly found in isolated populations west of the Blue Ridge Mountains at high and mid elevations. These colonies are small and patchy, Thorne reports, and habitat fragmentation has kept them separated. Thorne estimates 20 to 30 skunks at the best habitat site she researched. "Some of the higher elevation, less productive sites with less food, less habitat available, smaller habitat patches, it was probably around 10," she says. Despite reported decline, the Eastern spotted skunk is not federally listed as endangered, though some states do have protections. However, Thorne states that it is deserving of conservation attention. A major factor in establishing effective conservation efforts are learning where the skunks are. If you see a spotted skunk in the woods, you can help researchers by reporting it at EasternSpottedSkunk.weebly.com.

Emily Thorne tracked spotted skunk populations in the Blue Ridge Mountains. Thorne is a trained researcher; members of the public should not touch wild animals.



Pictures of a Spotted Skunk. Yes, Spotted Skunks can do handstands! Also, the Clerical Unit would like to give a special thank you to a member of ours, who brought this informative and interesting article to our attention!

A Few Clean Jokes:
(From: www.skiptomylou.org):

- What kind of key can never unlock a door? A monkey!
- What has four wheels and flies? A garbage truck!
- What do you call cheese that is not yours? Nacho cheese!
- What are the strongest days of the week? Saturday and Sunday. Every other day is a weekday!
- What goes tick-tock and woof-woof? A watchdog!
- What do you call a monkey that loves potato chips? A chipmonk!
- What do you call an old snowman? Water!
- What do you get when you cross an elephant and a potato? Mashed potatoes!
- What is the smartest kind of bee? A spelling bee!
- Why do shoemakers go to Heaven? Because they have good soles!

YOU MATTER! DON'T GIVE UP!



Save the Date!

Connections Clubhouse Annual Pottery Fundraiser

Date: Saturday, December 7th, 2024

Location: 1679 Southwest Boulevard, Newton, NC 28658

Time: 9:00am - 2:00pm






HICKORY METRO

Tuesday, June 18, 2024
10:00 AM - 1:00 PM



Open to: Jobseekers in the Hickory Metro
 Transitioning Military & Military Spouse(s)
 Recent College Graduates

REGISTER NOW: <http://bit.ly/HKY4VETSJUNE>

Open opportunities in:
 Advanced Manufacturing • Local Government • Marketing/Sales
 Project Management • Office/Finance • Technical/Engineering

Participating companies include:

Organized in partnership with:

REGISTER AT: <http://bit.ly/HKY4VETSJUNE>



The Housing Choice Voucher (Section 8) waiting list will open for new applications on Monday, July 1st, 2024 at 8:00am. Apply online at HOUSING.WPCOG.NET Applications MUST BE made online and will not be accepted prior to this date. Visit www.wpcog.org for more information about the program or call [Western Piedmont Council of Governments](https://www.wpcog.org) at (828)322-9191 for more information.



Dos and Don'ts of Workplace Etiquette:
(Written by Caroline and typed and edited by Dawn):

When it come to working in an office setting or a professional setting, etiquette matters. Here are some things that will help you in your work in the workplace that will also directly influence the trajectory of your career. Here are some work dos and don'ts as follows:

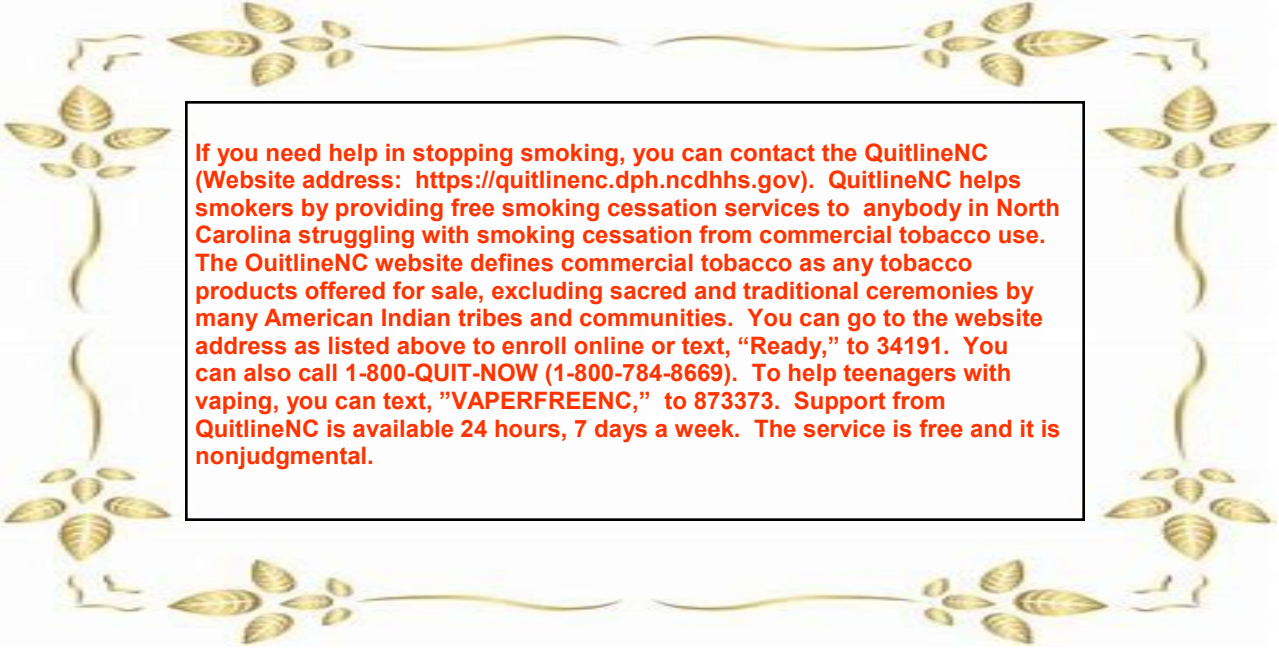
Workplace Dos:

1. Do be open-minded.
2. Do **dress appropriately** for the office.
3. Wear a smile!
4. Do jump in on a new task and complete it.
5. Do arrive early.
6. Do network with people outside of your cubicle.
7. Do be willing to help out a co-worker.
8. Do bring in goodies!
9. Do remember it's okay to make mistakes!

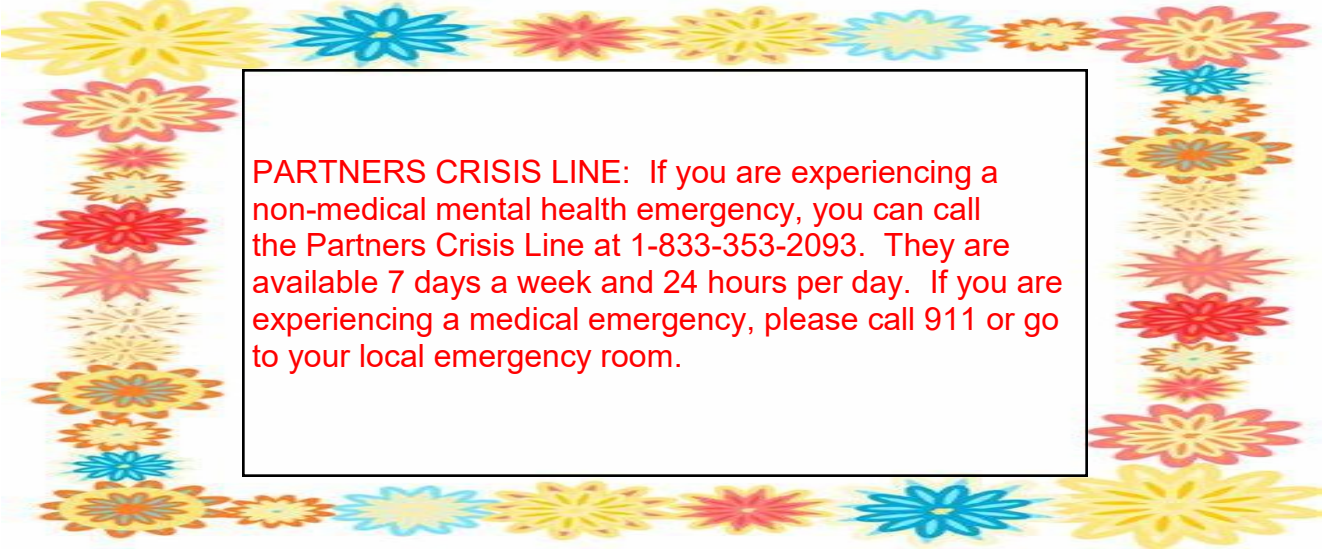
Workplace Don'ts:

1. Don't, "Reply All," to an email chain.
2. Don't have personal conversations at your desk!
3. Don't be afraid to ask questions.
4. Don't gossip about you fellow co-workers and/or your boss.
5. Don't use emojis and/or exclamation points (If any) in work emails.
6. Don't sass your boss!
7. Don't forget that, at work socials, you're **still** at work.
8. Don't be nervous and don't overstep your boundaries.
9. Don't forget an umbrella!

Thank you very much, Caroline, for writing an informative article that should help a lot of people here at the Clubhouse and that should also help anyone who needs a guide on appropriate and inappropriate behavior in the workplace!



If you need help in stopping smoking, you can contact the QuitlineNC (Website address: <https://quitlinenc.dph.ncdhhs.gov>). QuitlineNC helps smokers by providing free smoking cessation services to anybody in North Carolina struggling with smoking cessation from commercial tobacco use. The QuitlineNC website defines commercial tobacco as any tobacco products offered for sale, excluding sacred and traditional ceremonies by many American Indian tribes and communities. You can go to the website address as listed above to enroll online or text, "Ready," to 34191. You can also call 1-800-QUIT-NOW (1-800-784-8669). To help teenagers with vaping, you can text, "VAPERFREENC," to 873373. Support from QuitlineNC is available 24 hours, 7 days a week. The service is free and it is nonjudgmental.



PARTNERS CRISIS LINE: If you are experiencing a non-medical mental health emergency, you can call the Partners Crisis Line at 1-833-353-2093. They are available 7 days a week and 24 hours per day. If you are experiencing a medical emergency, please call 911 or go to your local emergency room.



*Be You.
Do You.
For You.*

(From: ourmindfullife.com):

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

RELATIONSHIPS:

8. All Clubhouse meetings are open to both members and staff. There are no formal member-only meetings or formal staff-only meetings, where program decisions and member issues are discussed.
9. Clubhouse staff are sufficient to engage the membership, yet few enough to make carrying out their responsibilities impossible without member 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 member/staff relationships.
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 setting, 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.



**DIFFICULT ROADS
OFTEN LEAD *to*
BEAUTIFUL
DESTINATION**



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