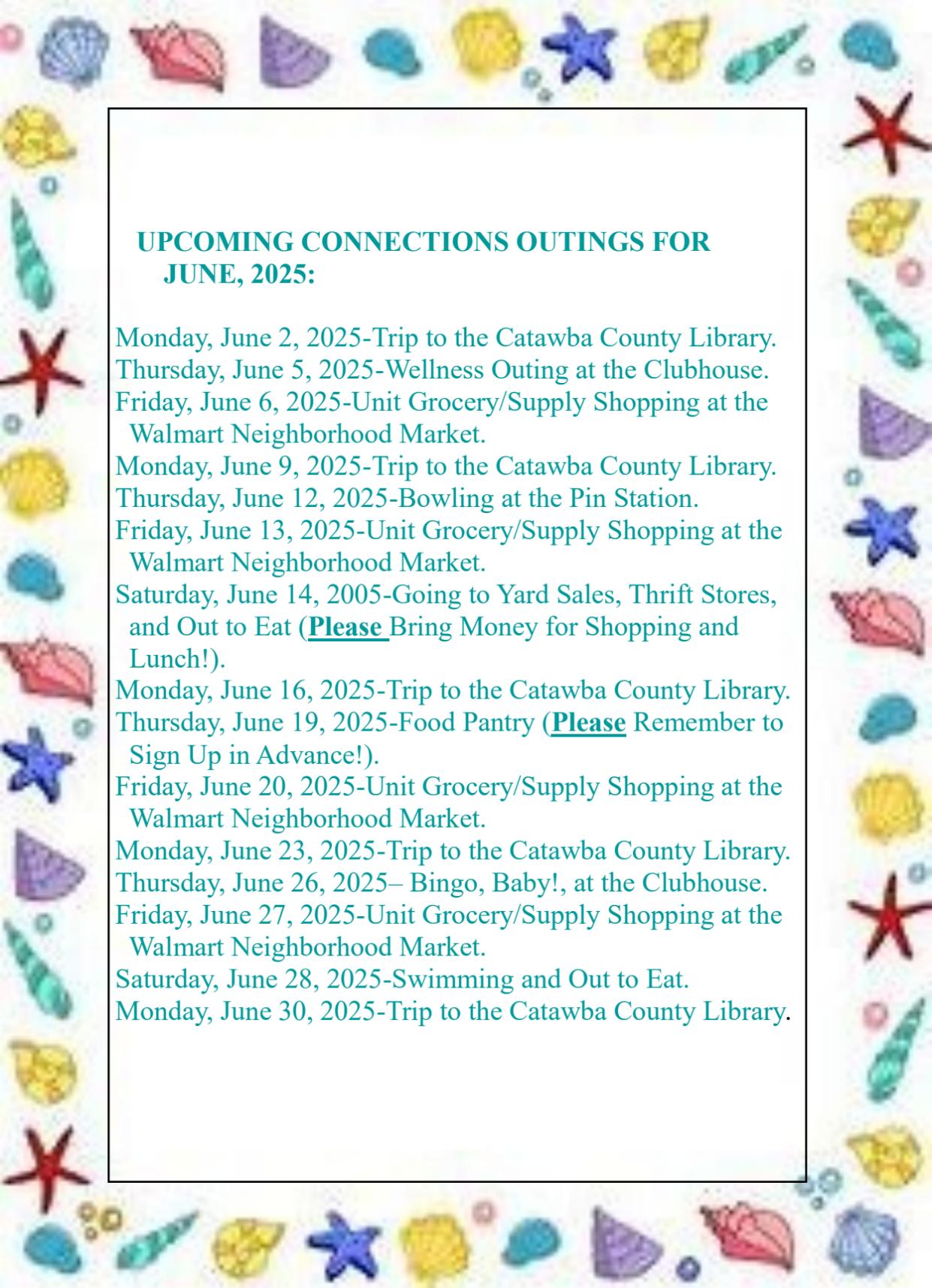


NEWS & KNOWLEDGE...
NEWS YOU CAN USE....
JUNE, 2025





**UPCOMING CONNECTIONS OUTINGS FOR
JUNE, 2025:**

Monday, June 2, 2025-Trip to the Catawba County Library.

Thursday, June 5, 2025-Wellness Outing at the Clubhouse.

Friday, June 6, 2025-Unit Grocery/Supply Shopping at the
Walmart Neighborhood Market.

Monday, June 9, 2025-Trip to the Catawba County Library.

Thursday, June 12, 2025-Bowling at the Pin Station.

Friday, June 13, 2025-Unit Grocery/Supply Shopping at the
Walmart Neighborhood Market.

Saturday, June 14, 2025-Going to Yard Sales, Thrift Stores,
and Out to Eat (**Please** Bring Money for Shopping and
Lunch!).

Monday, June 16, 2025-Trip to the Catawba County Library.

Thursday, June 19, 2025-Food Pantry (**Please** Remember to
Sign Up in Advance!).

Friday, June 20, 2025-Unit Grocery/Supply Shopping at the
Walmart Neighborhood Market.

Monday, June 23, 2025-Trip to the Catawba County Library.

Thursday, June 26, 2025– Bingo, Baby!, at the Clubhouse.

Friday, June 27, 2025-Unit Grocery/Supply Shopping at the
Walmart Neighborhood Market.

Saturday, June 28, 2025-Swimming and Out to Eat.

Monday, June 30, 2025-Trip to the Catawba County Library.

Ten Fun Facts about Father's Day:
(From: www.mykidstime.com, written by Jennifer B.):

We celebrate Father's Day to honor and celebrate all fathers everywhere and to let our fathers know how much we appreciate them. Here are ten fun facts about Father's Day as follows:

1. Father's Day started in the United States. The first unofficial Father's Day celebration took place in Spokane, Washington on June 19, 1910.
2. A woman named Sonora Smart Dodd from Washington State developed the concept of Father's Day to honor her father, who single-handedly raised his six children after their mother died in childbirth. Her father's birthday month was June.
3. Most countries celebrate Father's Day on the third Sunday of June. But in Australia, people celebrate Father's Day on the first Sunday in September, whereas Finnish people celebrate Father's Day on the Sunday in November. In Germany, people celebrate Father's Day on Ascension Day, which is the 40th day of Easter.
4. In Thailand, the King's Birthday is National Father's Day. As of now, the Thai people celebrate National Father's Day on December the 5th.
5. The flower for Father's Day is the rose. When people wear red roses on Father's Day, that indicates that their fathers are alive. If people wear white roses on Father's Day, it indicates that their fathers are deceased.
6. In 1972, President Richard Nixon signed Father's Day into law as a permanent national holiday.
7. The United States has had two sets of Father-Son Presidents which are John Adams (Father-The Second President of the United States) and John Quincy Adams (Son-The Sixth President of the United States), as well as George H.W. Bush (Father-The 41st President of the United States) and George W. Bush (Son-The 43rd President of the United States).
8. In the seahorse world, the males carries the eggs and give birth to their babies.
9. An Indian man named Ramjit Raghav became the world's oldest father in 2012 when he fathered his second child at the age of 96.
10. Greetings cards are the number one gift item for Father's Day, with the most popular cards being, "Dad from Daughter."



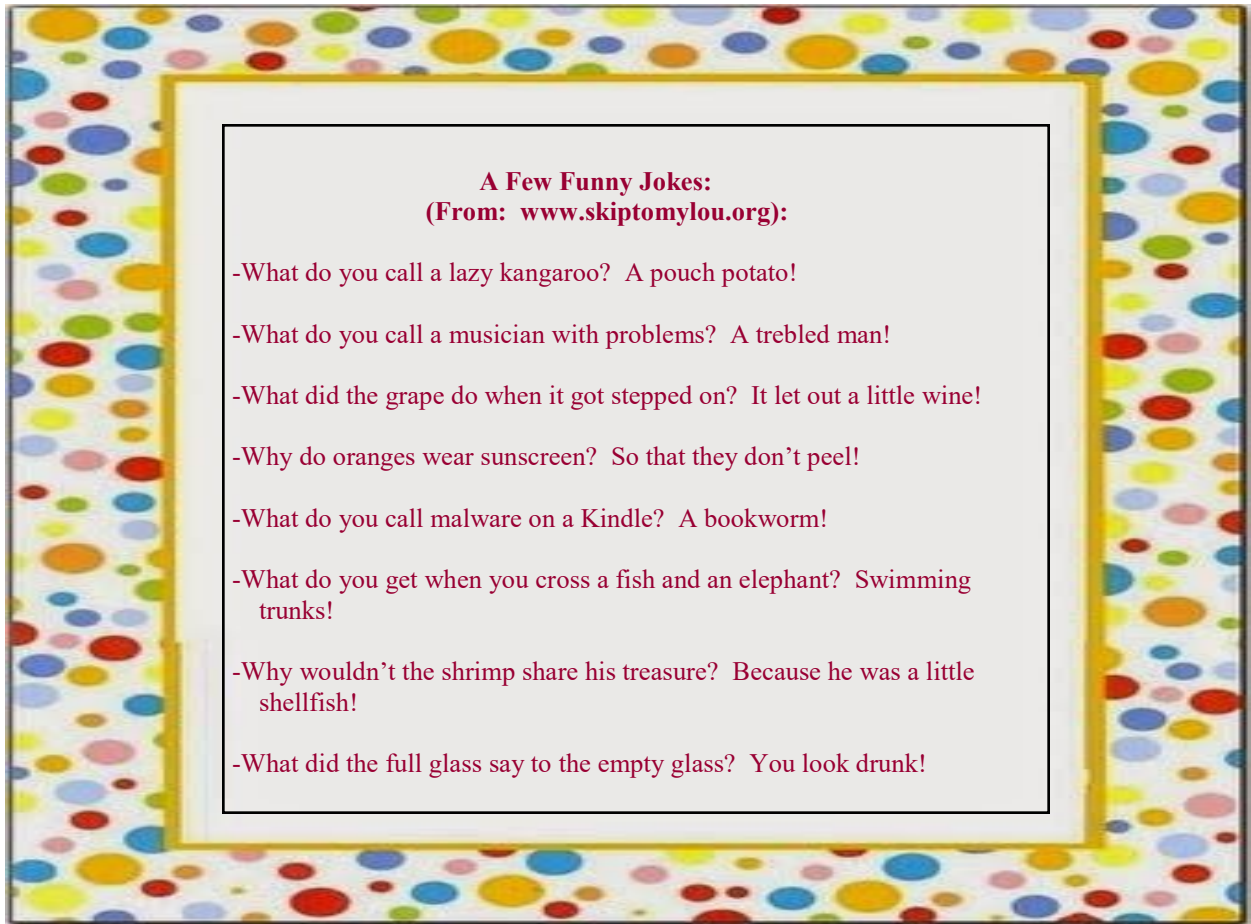
A Few Fascinating Facts about the American Flag:
(From: libertyflagpoles.com):

The American flag has endured the test of time in its history, its design, and its representation of the United states as a nation. Here are five facts about the American flag as below:

1. The artist who designed the current design of the United States was a 17-year-old student named Robert G. Heft from Lancaster, Ohio who submitted his flag design to a design contest in 1958. President Dwight D. Eisenhower selected Heft's design to represent the United States from 1,500 entries in the contest.
2. The colors of the American flag have a deeper meaning. The Founding Fathers wanted the colors of the American flag to have meanings behind them. The red of the American flag symbolizes valor and hardiness. The white color in the American flag stands as a symbol of innocence and purity, whereas the blue color in the flag represents justice, perseverance, and vigilance.
3. There are only a few occasions when the American flag is flown at half-mast. The American flag is flown at half-mast during periods of mourning such as on September 11, 2001 or after the death of a current or former president. The American flag flown at half-mast represents the whole country coming together to mourn.
4. Once your American flag wears out, you can burn it with dignity and respect.
5. The United State Flag Code gives guidance on when and where American citizens can display the flag. If you fly the American flag at night, it need to be illuminated. Other rules state that people cannot fly American flags in poor weather, that people cannot fly the American flag upside down, and that people should not fly any other flags above the American flag.

Unusual Holidays for June, 2025:
(From: <https://www.timeanddate.com>):

Sunday, June 1, 2025-Say Something Nice Day.
Monday, June 2, 2025-Leave the Office Early Day.
Tuesday, June 3, 2025-Repeat Day.
Wednesday, June 4, 2025-Hug Your Cat Day.
Friday, June 6, 2025-Drive-In Movie Day/National Doughnut Day.
Saturday, June 7, 2025-VCR Day.
Sunday, June 8, 2025-Best Friends Day.
Monday, June 9, 2025-Donald Duck Day.
Tuesday, June 10, 2025-Iced Tea Day.
Wednesday, June 11, 2025-Corn on the Cob Day.
Thursday, June 12, 2025-Red Rose Day.
Friday, June 13, 2025-Sewing Machine Day.
Saturday, June 14, 2025-Flag Day/Bourbon Day/World Juggling Day.
Sunday, June 15, 2025-Father's Day/World Juggling Day.
Monday, June 16, 2025-Bloomsday.
Tuesday, June 17, 2025-Eat Your Vegetables Day.
Wednesday, June 18, 2025-International Picnic Day/International Panic Day.
Thursday, June 19, 2025-Juneteenth/Sauntering Day.
Friday, June 20, 2025-First Day of Summer/Take Your Dog to Work Day.
Saturday, June 21, 2025-Daylight Appreciation Day.
Sunday, June 22, 2025-Onion Ring Day.
Monday, June 23, 2025-Typewriter Day.
Tuesday, June 24, 2025-Swim a Lap Day.
Wednesday, June 25, 2025-Please Take My Children to Work Day.
Thursday, June 26, 2025-Chocolate Pudding Day.
Friday, June 27, 2025-Helen Keller Day.
Saturday, June 28, 2025-Tau Day.
Sunday, June 29, 2025-Camera Day.
Monday, June 30, 2025-Meteor Watch Day.



10 Facts about the Juneteenth Holiday:
(From: www.greenmatters.com, written by Kori Williams):

Even though the Juneteenth holiday has existed for about a century, it only got federal recognition in June, 2021 when President Joe Biden signed the Juneteenth National Independence Day Act to make Juneteenth a federal holiday.

Juneteenth commemorates the unofficial end of slavery in the United States.

Even though many Black Americans see the holiday as the end of legal slavery, slavery was technically legal in states that did not join the Confederacy such as Kentucky and Delaware until December, 1865 when the federal government ratified the 13th Amendment, ending legal slavery in the United States. Here are 10 facts about Juneteenth as below.

1. Juneteenth is named after the date on which it takes place. Juneteenth takes place on June 19th of every year.
2. Juneteenth started out with a different name at first. Initially, Juneteenth was called, "Jubilee Day," when it was first celebrated in 1866. But over time, the Juneteenth name caught on with the people who celebrated the holiday.
3. Juneteenth took place years after the United States abolished slavery. In 1863, the Emancipation Proclamation was signed into law. But the Emancipation Proclamation only affected the areas that the Confederacy still controlled. The state of Texas acted as though slavery was still legal due to the lack of enforcement of the new law about slavery. On June 19, 1865, slavery finally ended in Texas, making Juneteenth the unofficial end of slavery.
4. Juneteenth first took place in Galveston, Texas. In June, 1865, General Gordon Granger arrived in Galveston, Texas and announced the end of slavery, which resulted in the freeing of over 250,000 enslaved people.
5. Juneteenth has its own flag. The founder of the National Juneteenth Celebration Foundation (NJCF), a man named Ben Haith created the Juneteenth flag in 1997. According to the NJCF, the star in the center of the Juneteenth flag represents the state of Texas, while the burst around the star represents the, "bursting with new freedom throughout the land, over a new horizon." The colors of red, blue, and white are used in the Juneteenth flag to represent the American flag.

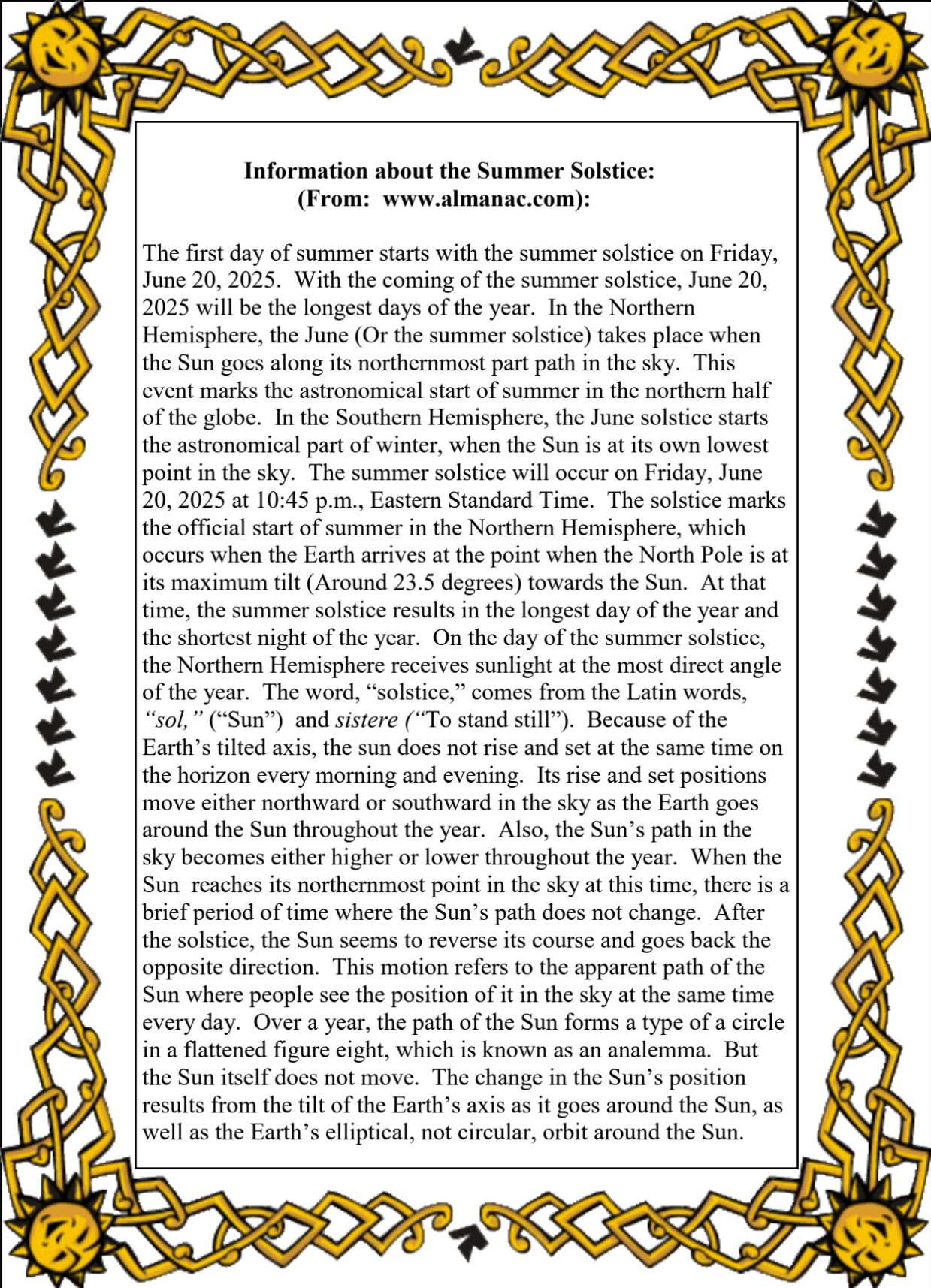
6. The Juneteenth flag has changed over time. In 2000, the Juneteenth flag was redesigned with a more look. In 2007, the text, "June 19, 1865," was added on the side of the Juneteenth flag.

7. Most American states viewed Juneteenth as a holiday before the federal government recognized it. The state of Pennsylvania did not recognize the Juneteenth holiday until 2019. Then, in 2021, both Hawaii and North Dakota recognized Juneteenth. However, South Dakota did not recognize the holiday until 2022, when the governor of South Dakota, Kristi Noem, signed a bill into law, making Juneteenth an official state holiday.

8. As mentioned before in this article, President Joe Biden signed the Juneteenth National Independence Day Act that made Juneteenth a federal holiday in June, 2021. On the day that he signed the bill, President Biden said in a speech that, "Juneteenth marks both the long, hard night of slavery and subjugation, and a promise of a brighter morning to come." He went on to say as follows: "This is a day of profound-in my view-profound weight and profound power."

9. On Juneteenth, people celebrate the holiday with friends and family. In many ways, people celebrate Juneteenth in the same manner as July the 4th. People celebrate Juneteenth around a meal like a cook-out. People also celebrate Juneteenth with celebrations and marches across the United States as well.

10. June 19th is not the only anniversary of events which contributed to the end of slavery in the United States. A number of dates throughout history also mark the end of slavery in the United States such as April 16, 1862, which was the date that slavery was abolished in Washington, D.C., and September 22, 1862, which was the date that President Abraham Lincoln signed a preliminary order of the Emancipation Proclamation. Another date that marks the end of slavery in the United States is December 6, 1865, when the federal government ratified the 13th Amendment, which ended legal slavery in border states which did not join the Confederacy.



Information about the Summer Solstice:
(From: www.almanac.com):

The first day of summer starts with the summer solstice on Friday, June 20, 2025. With the coming of the summer solstice, June 20, 2025 will be the longest days of the year. In the Northern Hemisphere, the June (Or the summer solstice) takes place when the Sun goes along its northernmost part path in the sky. This event marks the astronomical start of summer in the northern half of the globe. In the Southern Hemisphere, the June solstice starts the astronomical part of winter, when the Sun is at its own lowest point in the sky. The summer solstice will occur on Friday, June 20, 2025 at 10:45 p.m., Eastern Standard Time. The solstice marks the official start of summer in the Northern Hemisphere, which occurs when the Earth arrives at the point when the North Pole is at its maximum tilt (Around 23.5 degrees) towards the Sun. At that time, the summer solstice results in the longest day of the year and the shortest night of the year. On the day of the summer solstice, the Northern Hemisphere receives sunlight at the most direct angle of the year. The word, "solstice," comes from the Latin words, "*sol*," ("Sun") and *sistere* ("To stand still"). Because of the Earth's tilted axis, the sun does not rise and set at the same time on the horizon every morning and evening. Its rise and set positions move either northward or southward in the sky as the Earth goes around the Sun throughout the year. Also, the Sun's path in the sky becomes either higher or lower throughout the year. When the Sun reaches its northernmost point in the sky at this time, there is a brief period of time where the Sun's path does not change. After the solstice, the Sun seems to reverse its course and goes back the opposite direction. This motion refers to the apparent path of the Sun where people see the position of it in the sky at the same time every day. Over a year, the path of the Sun forms a type of a circle in a flattened figure eight, which is known as an analemma. But the Sun itself does not move. The change in the Sun's position results from the tilt of the Earth's axis as it goes around the Sun, as well as the Earth's elliptical, not circular, orbit around the Sun.

If you need help in stopping smoking, you can contact the QuitlineNC Program (Website address: <https://quitlinenc.dhp.ncdhhs.gov>). QuitlineNC helps smokers by providing free smoking cessation services to smokers from commercial tobacco use. The QuitlineNC website defines commercial tobacco use as any tobacco products offered for sale, excluding sacred and traditional ceremonies held 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," 877373. Support from QuitlineNC is available 24 hours a day, 7 days a week. The service is free and it is nonjudgmental.

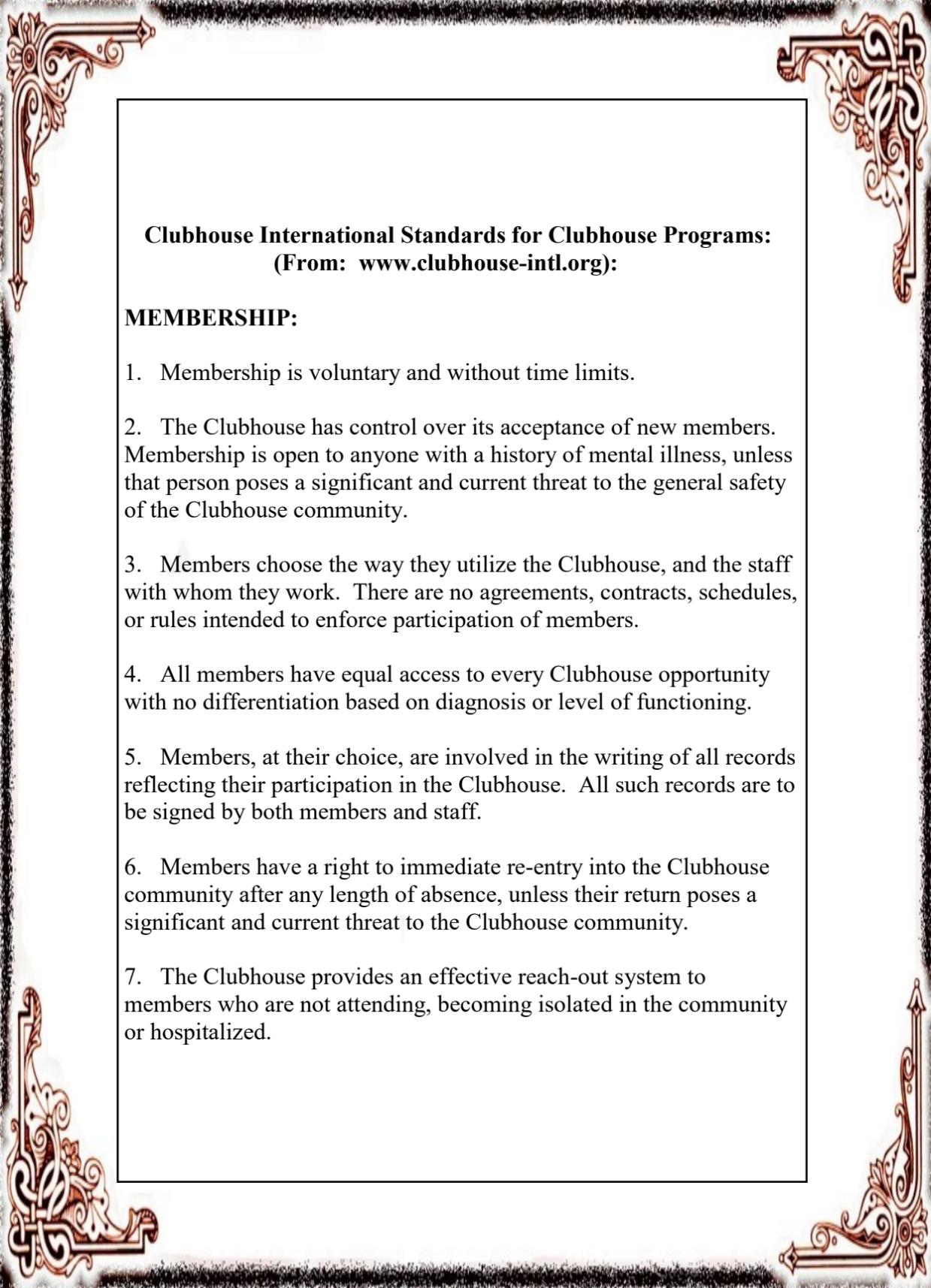
PARTNERS CRISIS LINE: If you are experiencing a non-medical mental health emergency, you can call the Partners Crisis Line at 1-833-353-2093. They are available 7 days a week, 24 hours a day. If you are experiencing a medical emergency, please call 911 or go to your local emergency room. Also, Catawba Valley Healthcare has crisis support and mobile crisis response services available 24 hours, 7 days a week, The Catawba Valley Healthcare Crisis Support/Mobile Crisis Response Line Number is (828) 695-2511.



MISTAKES
ARE PROOF
THAT YOU'RE
TRYING



Short & Encouraging Quotes via Gecko & Fly



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

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.
3. Members choose the way they utilize the Clubhouse, and the staff with whom they work. There are no agreements, contracts, schedules, or rules intended to enforce participation of members.
4. 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 members and staff.
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.

