

# CONNECTION

Sharing the day-to-day learning experience  
at

Community Homes & Services  
PO Box 744, Novato CA 94948  
415-408-3604

[www.communityhomesandservices.com](http://www.communityhomesandservices.com)

## November is World Vegan Month

by Joe

What is a vegan, anyway? A vegan is a person who doesn't eat anything that comes from an animal. That means meat, eggs, and dairy (milk, cheese, butter, yogurt) are off the table. Certain products made by insects, like honey, are off limits for some vegans as well.

But we don't just use animals for food. Leather, silk, fur, wool, pearls, snakeskin, and feathers are all things we see and use all the time which come from animals. A vegan would avoid these things in favor of a non animal-based alternative. Have you ever heard of "pleather"? Its name is a combination of the words "plastic" and "leather", and it's just that: plastic that looks and feels like leather. Animal safe alternatives can be found all over the place, but we still use more animal products than we need to.

World Vegan Day was created in 1994 by The Vegan Society. The Vegan Society, founded in the United Kingdom in 1944, is the oldest vegan organization in the world. Since the society was founded in November, it made sense to make World Vegan Day fall on the first day of that month as well. The holiday was created to raise awareness of veganism through community outreach, potlucks, tree planting, and the distribution of vegan literature.

A lack of meat and dairy doesn't have to be a recipe for disappointment at the dinner table, necessarily. Though none are strictly vegan, many cultures around the world base their diet around fruits and vegetables instead of meat and dairy. People of the Rastafari religion call their vegetarian diet "Ital" - a term derived from the English word "vital". Rastafarians don't eat meat or dairy because they believe food should be natural and from the earth, which means processed foods and meat are off limits.



### Our Favorite Vegetables

"I like having lima beans with Thanksgiving dinner" -Valerie

"Eggplant" -Steve

"Baba ganoush" -Thea

"Carrots!" -Bert

"Avocado" -Joe

"Cauliflower"- Phoebe

"Broccoli" -Harold

# More Vegging Out...

India has the lowest meat consumption rate in the world. The three most popular religions in India (Buddhism, Hinduism, and Jainism) adhere to a concept known as "*Ahimsa*" - a principle of nonviolence towards all living beings. But if you've ever had Indian food you know it's not lacking in the flavor department. If lentils, rice, chickpeas, pearl millet, and whole flour are the canvas, then cumin, chili peppers, turmeric, ginger, garlic, coriander, black mustard seeds, and cardamom are the vibrant paints of Indian cuisine.



Israel has the highest concentration of vegans on earth. 5% of the population doesn't sound like much, but 465,000 vegans all in one place is significant! The soldiers there wear animal-free boots, Ben and Jerry supply the nation with vegan versions of their popular ice cream flavors, and since 2013 Domino's has offered vegan pizza at all its locations there. If one is looking for something a little less processed, Israel's staple foods, such as falafel, hummus, pita, and baba ganoush are great alternatives.



If you give the vegan option a shot the next time you're at the grocery store, you may find that you like it!



## Famous Vegans

- **Erykah Badu** - "I've been a vegetarian since my senior year of high school, that was 1989, and I've eaten like a vegan since 1997, so it'll be 20 years next year"
- **James Cameron** - "The great thing about this as a solution for climate change — one of a number of solutions that we need — is that it's a win-win. You're going to be healthier, you're going to live longer, you're going to look better. You're going to have fewer zits. You're going to be slimmer. You're going to radiate health."
- **Venus Williams** - "I was diagnosed with an autoimmune disease, and I wanted to maintain my performance on the court. Once I started, I fell in love with the concept of fueling your body in the best way possible [through raw, vegan food]. Not only does it help me on the court, but I feel like I'm doing the right thing for me."
- **Stevie Wonder** - "I've been a vegan for two years ... I'm motivating people to do something about how we are living on this planet. We have to be about making our planet more greener, the urban areas more sustainable for the children. We can't just talk about it, we have to be about it."

# CH&S November Birthdays



## November Birthdays

11/4 - Darnell

11/9 - Valerie

11/26 - Mike M.



## NOVEMBER 2022 NATIONAL DAYS

Native American Heritage Month

Aviation History Month



by Jennifer

- 11/1 - **Dia De Los Muertos**
- 11/2 - All Soul's Day and Devilled Egg Day
- 11/3 - Cliche Day and **Sandwich Day**
- 11/4 - **King Tut Day**
- 11/5 - Book Lovers Day & Pumpkin Destruction Day
- 11/6 - Marooned Without a Compass Day
- 11/8 - **Election Day**
- 11/11 - **Veterans Day-CLOSED**
- 11/13 - World Kindness Day
- 11/14 - **National Pickle Day**
- 11/15 - **Clean Your Refrigerator Day**
- 11/16 - National Fast Food Day
- 11/17 - Take A Hike Day
- 11/18 - Apple Cider Day
- 11/19 - **Play Monopoly Day**
- 11/24 - Thanksgiving
- 11/25 - Black Friday
- 11/29 - Chia Pet Day



# Turkey Day

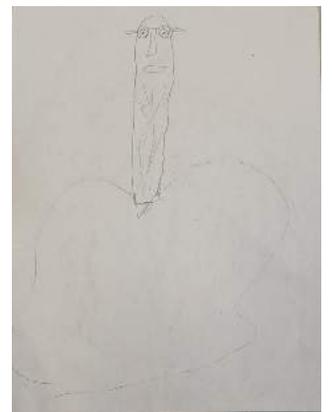
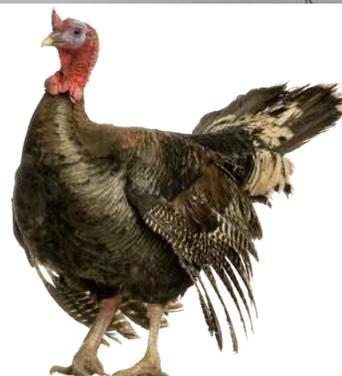
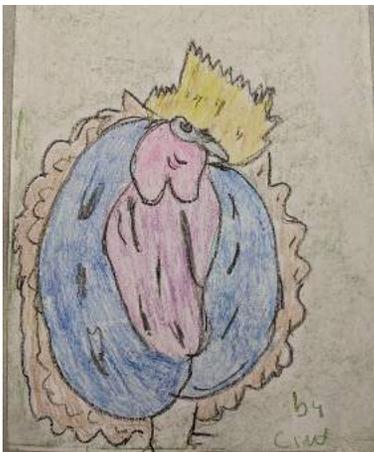
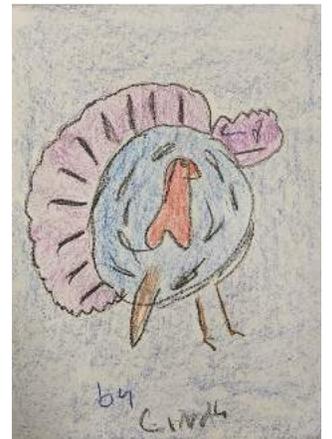
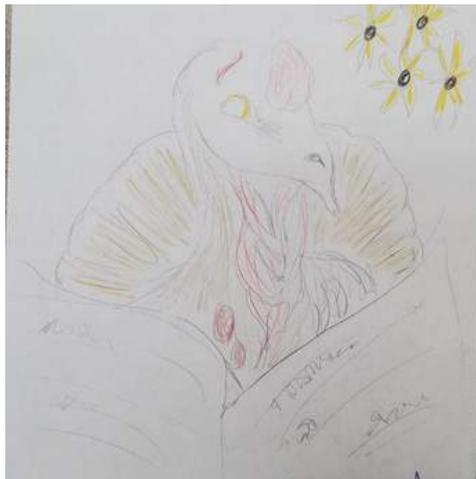
by Chris

November 24th is officially Thanksgiving, but many people simply call it Turkey Day. *Meleagris gallopavo*, or wild turkey, is where the domesticated farm-raised turkeys we eat first came from.

We used our favorite AI program DALL\*E to create a picture of a turkey wearing glasses and a turkey reading a newspaper. Then we had an art class where students drew pictures of turkeys.

Here are some interesting facts about turkeys that you may not know:

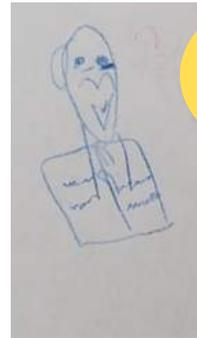
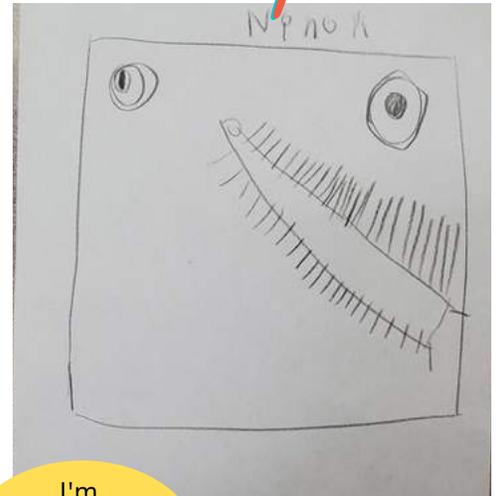
- There are 6 subspecies of wild turkey, which are all native to North America.
- Human beings nearly hunted turkeys to extinction in the early 1900s, but they have since made a comeback.
- A male turkey, also called a "gobbler" or a "Tom", usually weighs 18-22 pounds and can have a wingspan of 5 feet.
- A young male is called a "jake" and a female is called a "hen".
- Hens typically weigh a little more than half as much as Toms and lay around 12 eggs at a time, which then take about 3 weeks to hatch.



# A Second Helping of Turkey

by Chris

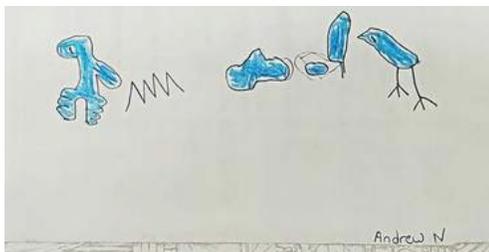
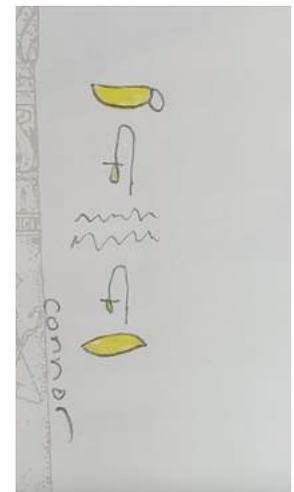
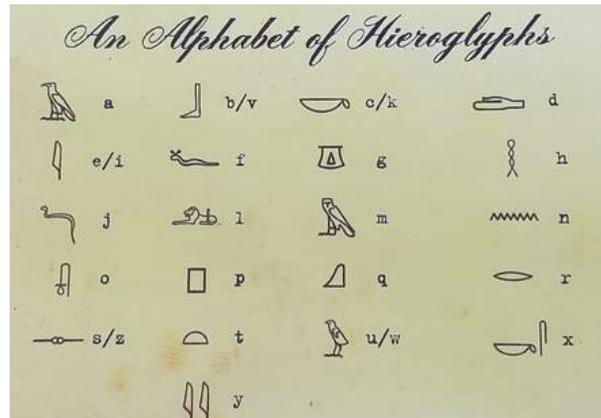
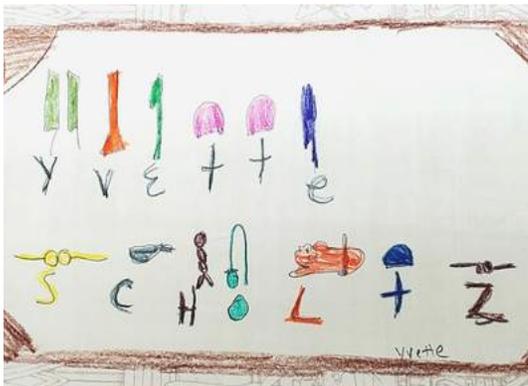
- Turkeys will eat berries, seeds, and insects until they are adults, at which point their diet may include acorns and even small reptiles.
- An adult turkey can run at up to 25mph, nearly twice as fast as a person, and can fly at speeds of up to 55mph!
- Benjamin Franklin did not suggest making the turkey the national bird, but he did once famously say that he thought it "a much more respectable bird" than the bald eagle.



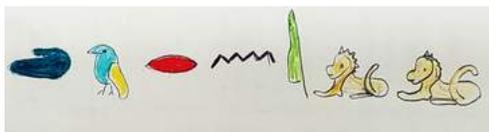
I'm more respectable!



## Hieroglyphs



We wrote our names in hieroglyphs! Hieroglyphs are one of the oldest forms of writing in the world." Hieroglyphics are Egyptian, but the word "hieroglyphics" is Greek. "Hiero" means *holy* and "glyphics" means *marks* or *writings* – so the word means *holy writings*. The Egyptians believed there was great power in a name. And we do too!



The meaning of this pictorial language remained a mystery until 1799, when the chance discovery of an object in an Egyptian fort provided the key to their decipherment. Thank goodness for decipherment!

# Steve Tels Cat Jokes

Q: Where does a cat go shopping?

A: *At the shopping maul.*



Q: What is a cat's favorite play?

A: *Ro-meow and Juliet*

Q: Where does a cat go on a fieldtrip?

A: *To the mew-seum!*

Q: What is a cat's favorite song?

A: *Three Blind Mice*

Q: What do you call the cat that was caught by the police?

A: *The purr-petrator.*

Q: Why did the cat avoid eating lemons?

A: *They made him a sour-puss.* (This one was actually from Linda)



Q: Why don't cats order online?

A: *They purr-fer a cat-alog.*

Q: What's a cat's favorite TV show?

A: *Claw and Order*

Q: What do cats eat for breakfast?

A: *Mice Krispies.*



## The History of Aviation

by Connor Ritchie

The first powered flight of an aircraft was made in a steam-powered dirigible by Henry Gifford in 1852. Attempts to marry a practical lightweight steam engine to a practical fixed-wing airframe did not succeed until much later, by which time the internal combustion engine was already dominant. From the first powered fixed-wing aircraft flight by William Frost until WW2, propellers turned by the internal combustion piston engine were virtually the only type of propulsion system in use. The piston engine is still used by the majority of smaller aircraft produced, since it is efficient at the lower altitudes and slower speeds suited for propellers. The X-15 was the first space plane operational in the 1960s.

### And now a couple of aviation jokes:

Q: What do you get when you cross an airplane with a snake?

A: *A Boeing constrictor*



Q: What do you get when you cross a bear with an airplane?

A: *A bearplane*



# Saying Goodbye to Dennis Eckersley

by Darnell

Did you say, “who is that?” Then you are not a big baseball fan. Well, to be honest, I am only a fan by osmosis—if it weren't for my husband, I probably wouldn't pay much attention. I'm glad I know a little bit, so I can share that my favorite announcer used to play for the Oakland A's, the Cleveland Indians, the Chicago Cubs, the St. Louis Cardinals, and the Boston Red Sox.

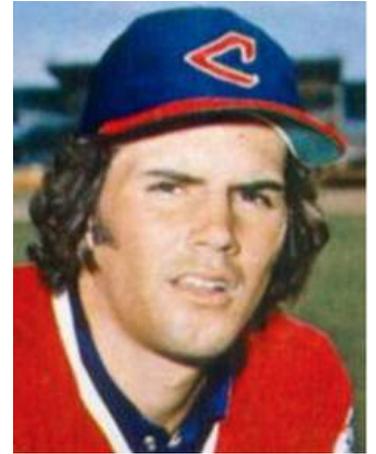
Eckersley has been in the baseball world for fifty years and he announced his retirement on August 8, 2022. I watched his retirement ceremony and it seemed like everyone was in tears from fans to fellow announcers to other players—this fella is well-loved. Not only is he just really pleasant to listen to, but he seems like a really nice person. What people say of him is that whether you meet him as he's going about his day-to-day life, or as an announcer, or in an interview, what you see is what you get. Eckersley is said to be an unpretentious, congenial guy.

So one of my favorite things is called *Eckisms* which are Eckersley's sayings—some he made up and some have been around, but somehow he makes them his own or maybe I just like hearing him say it. Here are some examples along with their meanings:

- **Pair of shoes:** He says this when a batter has a third strike, presumably because he's just standing there looking at his shoes.
- **Moss:** A good head of hair. Baseball players like looking good too.
- **Center cut:** A very hittable pitch.
- **Cheese:** An average fastball. Sometimes “piece of cheese” or “mediocre cheese.” Mmmm, I love cheese...
- **Cookie:** A pitch that is easy to hit.
- **Do drop in:** A curveball that is slow and starts high then drops into the strike zone.
- **Hair:** A good fastball that seems to get faster as it approaches the plate. “That pitch had some hair on it.”
- **Lift and separate:** A batter's ability to elevate a pitch for a home run.
- **Can of corn:** A routine fly ball hit to an outfielder.

Not everyone knows that he coined the phrase “walk-off homer” which is a home run that ends the game. For a while, I thought Eckersley had coined all of these phrases, but most are terms that were around before, but “Eck” has embraced them better than anyone.

I, along with many, many others, will miss his pleasant voice, and positive influence. Happy retirement, Dennis!



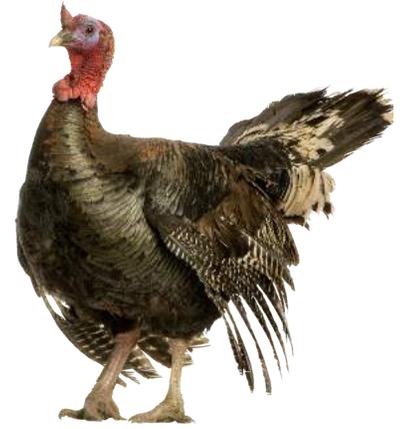
Unknown author, Public domain, via Wikimedia Commons



# FOOD MASHUPS

by Jennifer

Anyone who has ever witnessed a french fry being dipped in a milkshake can tell you that weird food mashups are out there waiting to be discovered. With holiday feasting fast approaching, we turned our attention, as we so often do, to food. The original franken-food of Thanksgiving is arguably turducken, the crazy concoction of a turkey stuffed with a chicken stuffed with a duck. While we can't in good conscience recommend watching a video of it being prepared, turducken turned out to be a great launchpad for food weirdness. Here are some of our favorite food mashups you may or may not want to try this year.



**PieCaken:** A towering concoction of pecan pie, pumpkin pie, spice cake, cinnamon buttercream, and apple pie. Named one of Oprah's Favorite Things, and apparently the cause of a pumpkin puree shortage in New York City the year of its creation, the PieCaken proves that the main course doesn't have to be the star of the table. Take THAT, turducken!



**Cherpumple:** This seems to be a combination of cherry pie, pumpkin and/or pecan pie, and chocolate cake. It is confusing, but fun to say.



**Bruleed Pumpkin Pie:** I submit to you that while pumpkin pie is delicious, it tends to be very much on the squishy side. Topping it with whipped cream does not help alleviate the gloppiness. Enter the bruleed topping—a crunchy shell of flambeed sugar. Textural problem solved. Plus you get to blowtorch dessert. Win win.



**Pecan Pie Cheesecake:** Can't decide between pecan pie and cheesecake? Well, don't. Have them both. Stack them right smack on top of each other. No one's stopping you.

**Apple Hatch Chili Pie:** Jennifer's bff who moved to New Mexico reports back that they put hatch chiles in just about everything there, including apple pie. Some recipes include cheddar cheese in the pie crust, and some do not, but she says the sweet and spicy is a yummy combination that her once wimpy taste buds have come to appreciate.



# STILL MASHING

by Jennifer

**Pulled Pork Sundae:** This one is more about a presentation curveball than anything else—pulled pork and mashed potatoes in a clear ice cream sundae glass. (See also: Meatloaf cupcakes. Mini meatloaves topped with mashed potatoes. Maybe don't serve these to kids expecting dessert.)

**Will it Waffle:** Thanksgiving leftovers are a great vehicle for waffling! You can turn leftover mashed potatoes into a crispy on the outside, gooey on the inside waffle, and stuffing can skip the microwave and reheat in the waffle iron. Then you owe it to all those little nooks and crannies to pour either gravy or syrup on top.

**Peanut Butter Pasta:** Add peanut butter to your ground beef and red sauce—sounds wacky, but Darnell swears by it!



## Movie Review: Hocus Pocus 2

by Jennifer

The Sanderson Sisters are back, witches! Winnifred, Sarah, and Mary (played by original cast members Bette Midler, Sarah Jessica Parker, and Kathy Najimy) are brought back accidentally on Halloween night by a group of three estranged friends and Gilbert, the overly-enthusiastic director and tour guide of the Sanderson Sisters' home turned museum. Billy Butcherson, everyone's favorite lovable zombie, reluctantly returns to help save Salem from the witches seeking revenge. In *Hocus Pocus 2*, we get our first glimpse into the Sanderson Sisters' origin story via flashback scenes. Through the point of view of Winnie, Sarah and Mary as children before they discover their powers, we gain an understanding of what brought them to use dark magic in the first place. They are still decidedly bad guys (really committed to sucking the lives out of children, which is hard to love) but I think we all were rooting for the witches just a bit by the end. Nino especially liked the music, which he has on his phone and his computer! Yvette's favorite part was when the black flame candle was lit in the graveyard and the Sanderson Sisters came back to life. Colleen couldn't stop laughing when the witches were in Walgreens and drank all the different moisturizers and facial creams. Fans of the 1993 original will appreciate the nostalgia the sequel brings, as will those of us who like our Halloween movies on the campy and not-too-scary side.

5 Out of 5 Cauldrons!



# Andrew's Corner

## THE LEGEND OF ZELDA



Despite the title the series' main character is Link. The inspiration for the Legend Of Zelda series came from the first games director, Shigeru Miyamoto, who based it on his experiences as a young boy around Kyoto, where he explored nearby fields, woods and caves. The dungeons of Legend Of Zelda were also based on part of Shigeru's childhood, mainly the sliding doors at his family home in Sonobe that felt like a maze to him. The princess' name was based off of famed novelist F. Scott Fitzgerald's wife Zelda. The story of the first game was made by Keiji Terui, who wrote episodes for anime based on manga from Akira Toriyama. The main villain of the Legend of Zelda series is a pig-like demon called Ganon( or Ganondorf). The story and setting of Legend Of Zelda was based on fantasy books like Lord Of The Rings. The appearance of Link was based on Peter Pan. The only enemy in the Legend Of Zelda series to appear in every game was the skeleton-like Staflos.

*Bio: Andrew Newson is a student at Life College and is 23 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.*

## Our New Production Kit

The USDA classified frozen french fries as a fresh vegetable in 2004, according to [NPR](#). Batter-coated fries are now also considered a vegetable. While we may not agree with this classification, we did have fun with our new count-the-french-fries production kit.

Did you know that, according to Merriam-Webster, the "French" in french fries is not capitalized?



# You Can Count on Us!

This month we practiced counting and writing our numbers. Numbers get short shrift; we often practice our letters, but sometimes forget to practice numbers.

Some counting and number riddles for you:

Q: Why is the number nine so sassy?

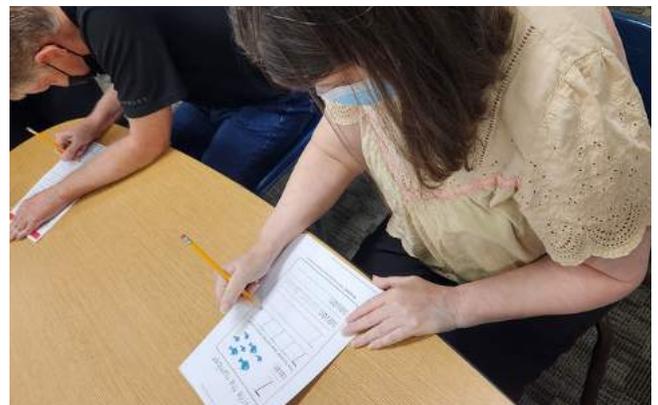
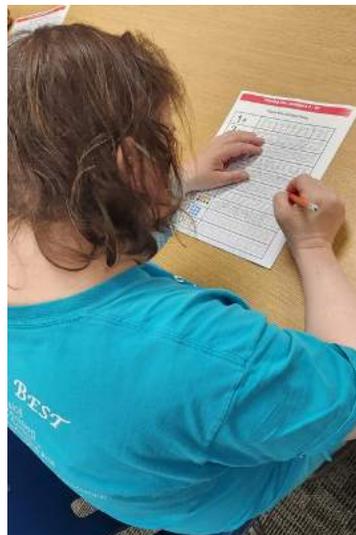
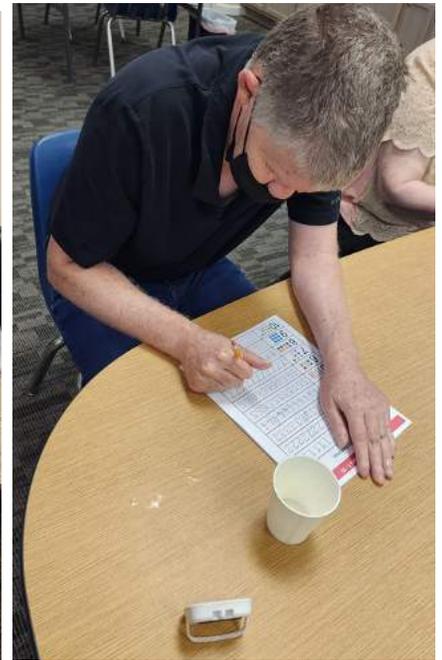
A: *Because she can't even!*

Q: What do you call numbers that are always on the move?

A: *Roamin' Numerals*

Q: Why did the two fours skip a meal?

A: *Because they already eight!*



**We accept and appreciate donations  
of any size or kind.  
All donations to CH&S are  
tax-deductible.  
CH&S is a 501(c)(3) non-profit  
organization.**

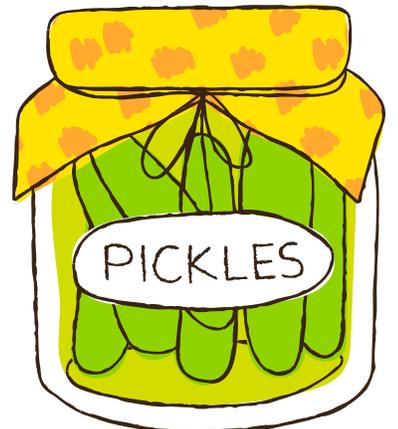
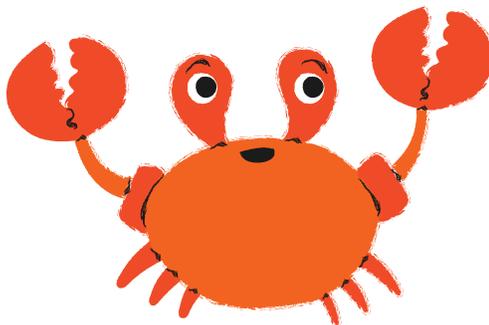
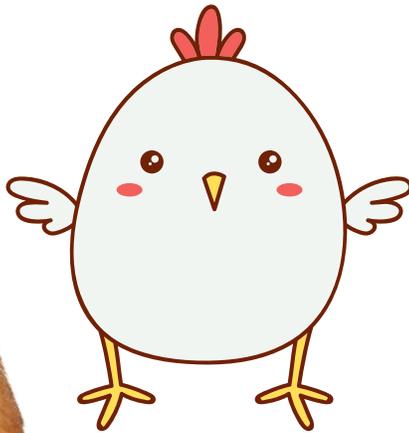


[@Communityhomesandservices](https://www.instagram.com/Communityhomesandservices)

# Clip Art



Thanksgiving



# THANKSGIVING FOODS

## What is your favorite Thanksgiving food?

- Steve -turkey
- Joe - green bean casserole
- Val - turkey
- Frank - turkey and dressing
- Phoebe - turkey and pumpkin pie
- Thea - canned cranberry sauce (jellied not whole berry)
- Tyrone - turkey, mashed potatoes, and stuffing.
- Susie - stuffing
- Harold - homemade mac and cheese
- Adara - pumpkin pie
- Mike R. - pumpkin pie



## It's Spinach and Squash Month

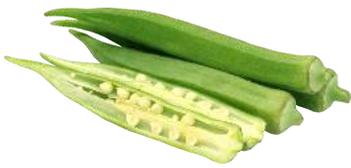
Since many people love them some pumpkin pie, let's focus on winter squash. First of all, did you know that a pumpkin is a winter squash?

Pumpkins are just one of dozens of seasonal squash varieties in the Cucurbitaceae (gourd) family. Winter squashes have ribbed or bumpy skins, irregular shapes, and vibrant colors. They have a denser texture and flavor with firm flesh that holds up well in hearty soups, stews, casseroles, breads, and desserts. The quickest and simplest way to eat winter squash is to scoop out the flesh straight from its shell after cooking. Their seeds are also edible, nutritious, and delicious.

Which squash skins can you eat? All winter squash skin is technically edible but squashes such as delicata, acorn, and sweet dumpling have thinner skin and a more pleasant texture. Thicker skins are usually too tough to chew, so they might be used to make a vegetable stock.

According to the [Harvard School of Public Health website](#), the most common varieties of winter squash found in supermarkets include butternut, delicata, spaghetti, kabocha, hubbard, acorn, sweet dumpling, and sugar pumpkins (these are firmer, sweeter, and less stringy than the larger carving pumpkins).





## Okra is Yummy!

by Joe



Okra is not the most popular vegetable around these parts. It's the sliminess, mostly, but few among us had anything positive to say about the flavor either. In spite of the negative feelings, we picked up some frozen okra, oil, and dry spices from the Dollar Tree in hopes that we could change some minds. The process was fairly simple:

1. First we tossed the okra in a bowl with the oil and spices - cumin, chili, minced onion, salt, and pepper
2. Then we laid the spiced medallions out in a single layer on a baking sheet
3. We then set the oven to 425 degrees and let the okra cook for 45 minutes.



As the okra cooked it filled the Enterprise halls with a pleasant spicy aroma. When it came out of the oven we observed that it had changed color from bright green to brown. It was fully cooked and lightly crispy. We passed out samples and...it was a hit! Phoebe's skeptical expression (left) turned into a smile and EVERY STUDENT had a second helping, and every skeptical staff member was converted. We'd beaten the curse of slimy okra!

## Floral Design and Weddings, Oh My!

by Jennifer

Life College's floral design team has had a busy autumn season. They decked out the front porch for fall thanks to a hay bale Bruce's work crew sourced on the way back from Cal Skate, and big beautiful bunches of burnt orange and dusty pink chrysanthemums, deep purple potato vines, velvety silver lamb's ear, echinacea and hot pink foxglove (which the hummingbirds are partial to visiting!) and of course a whole lot of pumpkins! Justin appreciates strolling the sunny aisles of the nursery so much, he visited twice in one day! When Jennifer's brother Andrew married his fiancé Martina on October 15th, the floral team stepped up and helped design a gorgeous wedding of roses, tulips, dahlias, chrysanthemums, bridal veil, ranunculus, delphinium, and sea holly, with olive branches, seeded eucalyptus, bunny tail grass, and curly willow. The kitchen was taken over by flowers, the work crew's buckets were commandeered, the air conditioning blared a frigid 67 degrees, and we are certain it was all worth the effort! Thank you to Yvette, Colleen, Katie, Justin, Martha, and Randall for their enthusiasm!



# Do You Remember...?



A watercolor illustration of autumn foliage, including several large maple leaves in shades of orange, yellow, and brown, and smaller branches with berries and leaves in the background.

Community Homes & Services  
837 Sweetser Ave. Novato CA  
94945  
415-897-8676

# October 2022 Connection Magazine

**It's World Vegan Month**  
**Happy Thanksgiving!**