

CONNECTION

Sharing the day-to-day learning experience
at

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

www.communityhomesandservices.com

Knock Knock.
Who's there?
Fangs.
Fangs who?
Fangs for letting me in!

#KnockKnockJokeDay

with Steve and Darnell

Did you know that October 31st is not only Halloween, but also National Knock-Knock Joke Day? No one is sure when the first knock-knock joke was told, but one of the earliest references can be found in William Shakespeare's play Macbeth. In Act 2, Scene 3, the Porter engages in a rambling monologue, using the phrase "Knock, knock! Who's there?" as a recurring refrain. While this isn't a classic knock-knock joke, it does demonstrate the use of a similar call-and-response.

The modern knock-knock joke format seems to have solidified in the early 20th century. The popularity of these jokes surged in the 1930s, possibly due to their simplicity and appeal to children. They became a popular form of entertainment, often used in children's books, radio shows, and even vaudeville acts. While the precise origins of knock-knock jokes remain a bit elusive, these classic jokes have continued to entertain and amuse audiences for centuries.

We asked our resident joke-keeper, Steve, about knock-knock jokes and here are some of his seasonal favorites:

KNOCK KNOCK!
WHO'S THERE?
IGUANA.
IGUANA WHO?
IGUANA EAT ALL OF YOUR CANDY!

KNOCK KNOCK!
WHO'S THERE?
WHO.
WHO WHO?
ARE YOU AN OWL FOR HALLOWEEN?

KNOCK KNOCK!
WHO'S THERE?
ICE CREAM.
ICE CREAM WHO?
ICE CREAM WHENEVER I SEE A GHOST!

HALLOWEEN HAPPENINGS

How do you build Frankenstein's laboratory? One piece of recycling at a time! Life College is hard at work creating some new scenes for CH&S's annual haunted house, including a mad scientist setup we are excited about!



(Above) Nino paints a large cardboard box for the "control panel". Colleen paints some copper electrodes. Zachary gives a styrofoam gear a laboratory makeover.



(Above) Connor preps wire for use in homemade light bulbs (water bottles filled with fairy lights and coiled wire). Cat puts a coat of paint on the laboratory shelf. We may or may not be running experiments on Nino.

Andrew's Corner

Squirrels

The family of squirrels, Sciuridae, also includes chipmunks and prairie dogs. A group of squirrels is called a scurry. The squirrel's front teeth never stop growing. They have extremely sharp claws that they use to climb tree bark.

When they are threatened, squirrels run in a zigzag pattern. Zigzag running is very useful for escaping hawks and other predators. Squirrels are well known for storing nuts and acorns for winter.



Squirrels are able to jump 3 to 5 feet off the ground. Squirrels are able to smell food buried under the snow. Squirrels may lose 25 percent of their food to thieves. They can deceive food thieves by making fake holes to make the thieves think they are putting food in it. We read a book in literary circle on zoom called "Flora and Ulysses" about a squirrel who gets super powers after getting sucked up by a vacuum cleaner. I recommend it to anyone who likes comic books and squirrels. Famous cartoon squirrel characters include Scratte from Ice Age, Sandy Cheeks from SpongeBob SquarePants, and Rocket J Squirrel, the flying squirrel from Rocky and Bullwinkle. Former NASA engineer Mark Rober built an elaborate backyard squirrel maze during the pandemic. It was like a Ninja Warrior obstacle course. The funniest part was The Homewrecker, a girl squirrel stuffed animal used as a distraction on one of the obstacles.



Bio: Andrew Newson is a student at Life College and is 25 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.



Avast! Iris and Life College's squirrel mascot at Pirate Week



Jake Severin



Ladies and gentlemen, we have a super hero in our midsts! He goes as Batman. He looks like Batman. He does Batman proud... but he is something new, something more, something even beyond Batman. He is Jake Severin!

Jake possesses all the qualities and all of the powers you want in a superhero. He is kind and understanding towards others, always willing to share and always willing to care, always does his part, and always keeps his word.

Everyone feels better when Jake is around because we know he stands for what is right and we know that as superheroes go, none are more fun.

On top of that, Jake is truly a man with style and taste. Just look at his ever-growing list of favorites: The Beatles, The Little Shop of Horrors, meerkats, Thundercats, elephants, Ninja Turtles, the colors red & green... what are we leaving out, Jake?



In addition, he is

A family man

A professional

A comedian

A star student

A real swashbuckler

A friend who is really there for you So good looking

And we can go on and on!



(Right) QR code. Open your phone's Camera app and point it steadily for 2-3 seconds towards the QR Code. Then click on the Camera app's notification to watch Jake's PPP video on our Instagram account <https://www.instagram.com/communityhomesandservices/>



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BY COMMUNITYHOMESANDSERVICES



OCTOBER 2024 NATIONAL DAYS

***Squirrel Awareness Month, Raptor Month,
Positive Attitude Month***



- 10/1 - Pumpkin Spice Day
- 10/2 - Name Your Car Day, Random Acts of Poetry Day
- 10/4 - World Smile Day, Taco Day
- 10/5 - Do Something Nice Day
- 10/6 - Noodle Day, Mad Hatter Day
- 10/8 - Fluffernutter Day, Fruit at Work Day
- 10/9 - Moldy Cheese Day, Take Your Teddy Bear to Work or School Day
- 10/10 - Cake Decorating Day
- 10/12 - Chess Day, Farmer's Day, I Love Yarn Day, Gumbo Day
- 10/13 - Train Your Brain Day
- 10/14 - Native American Day, Kick Butt Day, Dessert Day
- 10/15 - I Love Lucy Day, Grouch Day
- 10/16 - Sports Day, Dictionary Day, Fossil Day
- 10/17 - Pasta Day
- 10/18 - International Leggings Day, No Beard Day
- 10/20 - Chicken and Waffles Day
- 10/21 - Back to the Future Day, Apple Day, Reptile Awareness Day
- 10/22 - Nut Day
- 10/24 - Bologna Day
- 10/25 - Frankenstein Friday, Breadstick Day
- 10/26 - Pumpkin Day
- 10/27 - Black Cat Day
- 10/28 - First Responders Day, Chocolate Day
- 10/29 - Cat Day
- 10/30 - Candy Corn Day
- 10/31 - Halloween Day, Magic Day, Knock Knock Joke Day



How to Stand Up For Yourself

with Katie and Thea

Our resident (not literally a “resident” since we’re a day program, but you know what we mean) female empowerment and wellness enthusiast, Katie, told us about how she stood up for a woman (whose friend/boyfriend was berating her) on a recent bus ride.



Thea: Why did you step in to help that woman?

Katie: I saw the man was bothering her. It wasn't right, so I had to speak up.

Thea: Do you think some people struggle with standing up for themselves?

Katie: Absolutely. Maybe they're afraid of confrontation or they haven't learned how to set healthy boundaries.

Thea: Healthy boundaries, would you explain what that means?

Katie: Standing up for yourself is like having a shield. It protects you from unwanted behavior. I learned that if something feels uncomfortable, it's okay to say so.

Thea: How did you gain the confidence to speak up for yourself?

Katie: It took practice! I started by setting small goals for myself—knowing what I wanted helped me handle situations assertively.

Thea: Would you give an example of a small goal?

Katie: Maybe thinking about how I'd politely say "no" to unreasonable requests.

Thea: Sounds helpful. Any advice for others struggling with this?

Katie: Definitely! You have the power to set boundaries. Believe in yourself, and remember, we can all learn and grow together!

Here's the takeaway: You don't need to stand up for others (like brave Katie did), but you can learn to have clear boundaries and stand up for yourself. The Vanderbilt University Medical Center has a webpage on healthy boundaries which states:



Katie was a bridesmaid at a friend's wedding in Nashville and this happened...

Characteristics of Effective Boundaries

- Limits are clear and decisive, yet reasonable.
- Emphasis is placed on your *needs*, as well as the needs of others.
- The focus is on your honest feelings and needs instead of pleasing others.
- Boundaries are not the result of guilt, worry, fear, or shame.
- Use your strong feelings to determine what is not okay rather than getting mad or hiding your feelings.
- Boundaries are based on objective reality, not the way one person sees reality.

**i honor my
boundaries**

Ghost House

by Robert Frost

I dwell in a lonely house I know
That vanished many a summer ago,
And left no trace but the cellar walls,
And a cellar in which the daylight falls
And the purple-stemmed wild raspberries grow.

O'er ruined fences the grape-vines shield
The woods come back to the mowing field;
The orchard tree has grown one copse
Of new wood and old where the woodpecker chops;
The footpath down to the well is healed.

I dwell with a strangely aching heart
In that vanished abode there far apart
On that disused and forgotten road
That has no dust-bath now for the toad.
Night comes; the black bats tumble and dart;

The whippoorwill is coming to shout
And hush and cluck and flutter about:
I hear him begin far enough away
Full many a time to say his say
Before he arrives to say it out.

It is under the small, dim, summer star.
I know not who these mute folk are
Who share the unlit place with me—
Those stones out under the low-limbed tree
Doubtless bear names that the mosses mar.

They are tireless folk, but slow and sad—
Though two, close-keeping, are lass and lad,—
With none among them that ever sings,
And yet, in view of how many things,
As sweet companions as might be had.



October 1st is International Music Day!

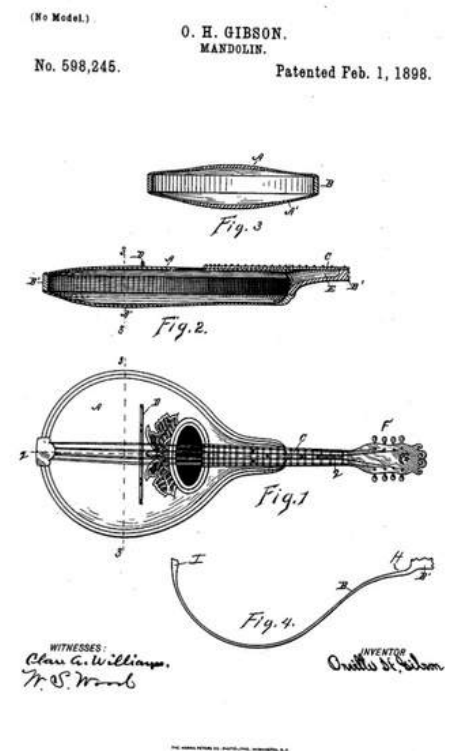
with Clayton, James, Nino, Val, and Joe

This day was established by UNESCO in 1975 to celebrate music's global significance. And music sure is significant, isn't it? One of the first things I noticed when I first began working here is that everyone who attends Community Homes and Services has musical preferences. Some people have a favorite artist that they could listen to all day and night (Phoebe and Stevie Wonder), some have a favorite genre (Mike and rock & roll), and some even have a favorite instrument (James and the pan flute). These preferences say something about who we are as people, where our journey in life has taken us, and what kinds of melodies/rhythms/themes speak to us. Music is wonderful because we don't have to know anything about an artist or genre or time period to enjoy it. It's like food in that we know upon first bite—or listen—if it's for us.

International Music Day was created with the goal of uniting people from all walks of life through their diverse artistic expressions, particularly music, which symbolizes equality as it resonates with everyone. So this October 1st, consider trying out some new music! Here are some lesser-known musical instruments and the genres/cultures they come from:

The Mandolin

The mandolin is a member of the lute family. There are many types of mandolins: the Neapolitan or "bowl backed," the flat backed, and the two modern styles—A and F. Neapolitan mandolins were used in traditional European music in the 17th and 18th century, and were often heavily decorated. Flat back mandolins were easier to play and offered a soft sound that was suitable for playing at home. In the 1920s in America, there was a sudden boom in the mandolin's popularity. It was during this time that Lloyd Loar created the mighty F-5 mandolin for the Gibson Guitar Corporation. This instrument—along with the similar, but less fancy A style—became what are now known as the "standard" North American mandolin shapes. An F-style mandolin can be purchased today for anywhere from \$100 to \$125,000 (for an instrument made during Loar's tenure at Gibson). The mandolin is prominently featured in folk music, bluegrass, country, Brazilian choro music, and classical music, though its most famous appearance might be in the REM song "Losing My Religion."



Make Your Own Kind of Music



The Musical Saw

Yeah, it's just a normal saw. The trick to getting it to sing is to bend it in a very specific way. Saw players describe the bend as an "S curve"—meaning you don't just bend the saw in one place, but rather two places to create a very shallow S shape. The musical saw can be played with a drum/marimba mallet, or a violin bow (see photo left). One of the first records of a musical saw, dating about two hundred years ago, was found in obituaries of priests, stating that the musical saw was played during Sunday services. Due to the advancement of steel foundries and the mass production of handsaws during the 19th century,

the saw became part of liturgical music and the folk fabric of music in areas where handsaws were manufactured, such as the Appalachian mountain range. Therefore, more saw players were found in these areas, and the saw was used for the music of that region. The folk songs and hymns sung in churches became the easiest tunes to learn, and the plethora of songs available in print made this a quick study. Thus, the saw became a part of local music traditions played in homes. To hear the musical saw in action, check out "November" by Tom Waits.

The Cajón

The cajón is the official musical instrument of Peru. Upon first glance, it looks like a box with a hole in it. Can you guess how it's played? Yep, you sit on top of it and smack it with your hands. But there's more to it than that! Cajón players in Afro-Peruvian music have a very specific set of techniques for getting the right sound: they may strike it with a fist or open palm, with mallets and drumsticks, or with brushes. The term "cajón" is also applied to other box drums used in Latin American music, such as the Cuban cajón de rumba and the Mexican cajón de tapeo. It has even found its way into American folk music—often as a stand-in for a drum kit. The design is simple: a five-sided box is fitted with a thinner sixth side, which is the side the player does the majority of playing on. Modern cajóns can



Listen to the Music

be outfitted with a variety of accessories from drum pedals, to snare wires, to sizzlers (beads that make a sizzling sound when played). “The Cool, Cool River” by Paul Simon is a popular song that features the cajón.

We have quite a few interesting musical instruments here at CH&S, too:



Nino tests out two types of “thunder tube” from Mexico.



(Above left) Clayton plays a Martin D-18 guitar. (Above center) James shows off two flutes. (Above right) Valerie displays some of the percussion instruments that live at Enterprise.



Happy October Birthday!

10/1 - Chas

10/18 - Joe

10/20 - Bert

10/28 - Amy



Birthday Lights

By Calef Brown



Light bulbs on a birthday cake.
What a difference that would make!
Plug it in and make a wish,
then relax and flip a switch!
No more smoke
or waxy mess
to bother any birthday guests.
But Grampa says, "it's not the same!
Where's the magic?
Where's the flame?
To get your wish without a doubt,
You need to blow some candles out!"



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

National Hair Day: A Cut Above Other Holidays

with Amy and Darnell

As we celebrate National Hair Day on October 1st, we take a look back at the history of barbers and the role they've played in shaping our hairstyles and communities.



Darnell: I understand your dad was a barber.

Amy: Yes. He used to work with "Pa" (his dad) who was a barber (and a bus driver).

Darnell: So your dad worked at your grandpa's shop when he was younger?

Amy: Yes, I remember my dad cut my hair and Pa didn't like it. So Pa recut my hair.

Some Barber Facts

Barbers have ancient origins

- The earliest known barbers were in ancient Egypt around 5,000 BCE. They used tools made from oyster shells or sharpened flint to cut hair.
 - *What do you think your hair would look like if someone used a sharp oyster shell to cut it?*
- In Egypt, barbers were often linked to religious practices. Cutting hair was seen as a way to remove evil spirits.

Medieval times: Barber-surgeons

- During the Middle Ages, barbers were also known as "barber-surgeons." They performed a wide range of medical procedures, including bloodletting, tooth extraction, and wound care.
 - *Do you remember Darnell's article on "Weird Medicine" from the June 2024*



Yes, that's an oyster shell

Connection Magazine when she wrote about bloodletting? That was when doctor's believed people were sick because of bad blood and they cut the patients to let the bad blood out.

National Hair Day

- The iconic barber pole is a symbol of this time. The red represents blood, and the white represents bandages.
 - *How many of you thought the barber pole was inspired by a candy cane?*



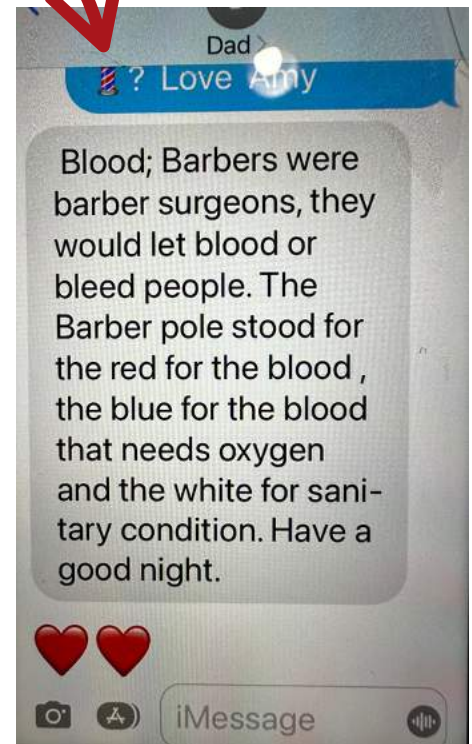
All of this information was news to Amy, the daughter of a barber, so Amy texted to dad to get the low down on what the red and white stripes on a barber pole represent...

Modern times

- Barbershops have always been places of social interaction. They are often seen as community centers where people can gather, talk, and get news. Today, barbers focus on hair cutting, styling, and shaving.



Speaking of social interaction, Darnell (above) pretends she is Amy's dad, the barber, as we played barbershop (NOT barber-surgeon). Darnell and Amy checked out Amy's dad's Barber Shop book (below)



Amy said, "I asked my dad what the red stood for on the barber pole. When I got that text, I thought I was gonna throw up! I didn't know he was gonna give me all of those details!"

And now she knows—and so do you!

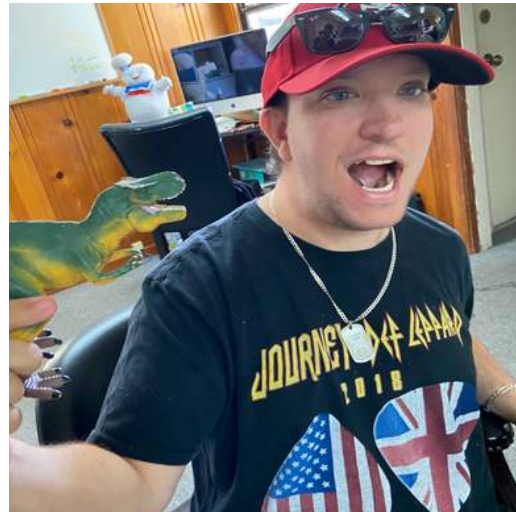
HAPPY HALLOWEEN!



Fascinating Fossil Facts

With Jennifer, Colleen, Zachary, Connor, Katie, Nino, Cat, Martha, and Iris

National Fossil Day is celebrated October 16th. What exactly is a fossil? The common definition is preserved remains, traces, or imprints from an organism. Scientists who study fossils are called paleontologists.



Hey, Matthew's class! The word fossil comes from the latin word "fossus", meaning having been dug up. Fossils have been found on every continent on earth. There have been sea creature fossils discovered at the top of Mount Everest! There may even be such a thing as a micro fossil, which can't be seen by the naked eye, such as fossilized microbes, bacteria, or pollen. While most people probably think of bones when they think of fossils, plenty of other parts of organisms can become fossils, too. Footprints, plants, feathers, nests, eggs, and even brains can fossilize! But we saved the funniest for last... fossilized feces! Poop fossils are called coprolites.

(Above) Martha and Connor make imprints of plastic ferns and starfish for fossils. (Above right) Zachary narrowly escapes the jaws of a T-rex.

Check out the dino prints we made (right). Don't they look cool?!



ANSWERING THE SIREN'S SONG

With Darnell and Andrew N.

The beach called to us like a siren's song (well, maybe it was a seagull's screech), and Andrew and I, two landlubbers in need of a salty escape, answered! Rodeo Beach at Ft. Cronkite was our playground for the day.

(By the way, a siren, in Greek mythology, was a beautiful creature who lured sailors to their doom with her enchanting voice.)

Andrew said his favorite activity was sticking his toes in the water. So we did, me with slightly soggy jeans (a small price to pay for a perfect fall day!). We even spotted a seal, sadly beached but hopefully on its way to seal nirvana (may it find endless fish!).



The beach was a symphony of birdsong - pelicans, herons, ducks, and the ever-present seagulls. Watching Andrew skip ahead was like watching a kid discover a pirate treasure chest.

Our adventure continued with a majestic drive-by of the Golden Gate Bridge, a charming detour through Sausalito, and finally, a pitstop at Cost Plus. Andrew, with the nose of a bloodhound, sniffed out his favorite gummy bears (Haribo, of course!). By then, our bellies were rumbling, so we retreated back to civilization for lunch.

It was a morning filled with sunshine, serenity, and gummy bears - so delightful! But more importantly, it was a reminder of the benefits of taking a break. Sometimes, all we need is a dose of nature, fresh air, and a little bit of fun to recharge our batteries!



Rosh Hashanah: The Jewish New Year

with Amy and Darnell

Rosh Hashanah is a two-day Jewish holiday that marks the beginning of the new year according to the Hebrew calendar. It's considered a solemn occasion for reflection, introspection, and seeking forgiveness.

Darnell will be presenting an accelerated learning class on Rosh Hoshanah!

Rosh Hashanah is the beginning of the Jewish New Year, in this case, 5785 on the Jewish calendar, and kicks off the High Holy Days. It is an important two-day holiday that focuses on long prayer services in synagogue, spending time with family, and praying for repentance.



How is Rosh Hashanah celebrated? Rosh Hashanah centers around several key traditions:

- **Shofar blowing:** A ram's horn, called a *shofar*, is blown at various points during the holiday. The sound of the shofar is believed to awaken people to their spiritual responsibilities.
- **Tashlich:** The tradition of *tashlich* involves throwing bread crumbs into a body of flowing water to symbolize casting away sins.
- **Selichot:** Prayers of repentance, known as *selichot*, are recited during the days leading up to Rosh Hashanah and on the holiday itself.
- **Feasting:** Families gather for festive meals featuring traditional dishes like apples dipped in honey, symbolizing a sweet new year.
- **Synagogue services:** Rosh Hashanah is marked by special synagogue services, including prayers for forgiveness and blessings for the coming year.

While Rosh Hashanah is primarily observed by Jewish communities worldwide, including those in India and the *diaspora*, the specific customs and traditions may vary slightly depending on the region and local practices.

For a guide to Rosh Hoshanah foods and what they symbolize, check out this webpage: <https://www.delish.com/holiday-recipes/a41211802/rosh-hashanah-food-traditions/>



WORLD ARTHRITIS DAY IS OCTOBER 12

Arthritis isn't just a problem for grandparents. It can affect anyone, young or old. In fact, it's one of the most common diseases around the world.

Did you know...?

- Women are more likely to get arthritis than men.
- Your genes can play a role—arthritis can run in families.
- Lifestyle matters: Being overweight, smoking, or not moving enough can make arthritis worse.

More Than Just Pain

Arthritis isn't just about sore joints. It can make it hard to do everyday stuff like getting dressed, walking, or working. The pain can also take a toll on your mental health



Did you know that our Poobah, Chas, has arthritis in his hands? Yes, that is why he wears Michael Jackson-style gloves. People wear compression gloves for arthritis to help manage symptoms like pain, swelling, and stiffness in the hands. The gentle pressure from the gloves can provide several benefits, including reducing swelling, alleviating pain, increasing blood flow, and improving grip strength.



Chas said about his arthritic hands, "Arthritis is a great because I never have to golf again and I never have to shake peoples' hands!" Amy told us that she has arthritis in her left foot. "Sometimes it flares up and my dad gave me a tube of ointment to put on there and it seems to help," said Amy.

World Arthritis Day:

Every year on October 12, we celebrate World Arthritis Day. It's a chance to raise awareness about this condition and push for better treatments and support. For more info check out the The European Alliance of Associations for Rheumatology's World Arthritis Day website:

<https://www.eular.org/world-arthritis-day-general-information>

OUR ART SHOW

CH&S had an art show! We had an opening night reception on Friday, August 30th at St. Francis of Assisi Episcopal Church "Rosie's Room" located at 967 5th Street, Novato. The art was on display from August 30 to September 30.



Thanks so much to the St. Francis of Assisi Episcopal Church. We love the work you do, the community you are, the difference you make, and the connection we have! See the website: <https://www.stfrancisnovato.org>





ART AND MUSIC



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