

FEBRUARY NEWSLETTER



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# PENGUIN PAGES



## 12 TOP LOVE SONGS

LUAU PARTY

SELF ESTEEM  
ARTICLE

GIVING IS OUR  
MOTTO

BLACK HISTORY

### MONTHLY NEWSLETTER

THIS MONTH WE BRING YOU THE LATEST UPDATES AND EXCITING NEWS FROM OUR COMMUNITY. STAY INFORMED ABOUT OUR ONGOING PROJECTS, UPCOMING EVENTS, AND SUCCESS STORIES.



# Top 12 Love Songs

BY ODELL W.

SINCE IT'S THE MONTH OF LOVE AND FRIENDSHIP, WE ASKED OUR MEMBERS TO SHARE THEIR FAVORITE LOVE SONGS. FROM TIMELESS CLASSICS TO MODERN HITS, THESE ARE THE TOP 12 SONGS THAT MADE THE LIST. NO MATTER THE GENRE, LANGUAGE, OR YEAR THEY WERE RELEASED, EACH SONG REMINDS US THAT LOVE IS ABOUT UNITY, CONNECTION, AND THE MOMENTS THAT BRING US CLOSER TOGETHER. THESE SELECTIONS REFLECT THE DIVERSE VOICES AND STORIES WITHIN OUR COMMUNITY—PROVING THAT WHILE OUR TASTES MAY DIFFER, THE FEELING OF LOVE IS SOMETHING WE ALL SHARE.

**LEAVE THE DOOR OPEN**  
BRUNO MARS

**RING OF FIRE**  
JONNY CASH

**LO TIENES TODO**  
JULION ALVAREZ

**THE BEATLES**  
SOMETHING

**ENDLESS LOVE**  
LIONEL RICHIE & DIANA ROSS

**FOREVER & FOR ALWAYS**  
SHANIA TWAIN

**SAME OLE LOVE**  
ANITA BAKER

**BABY, I LOVE YOU**  
ARETHA FRANKLIN

**I GIVE MY ALL**  
MARIAH CAREY

**CRAZY IN LOVE**  
BEYONCE

**LOST IN LOVE**  
AIR SUPPLY

**AMARTE A LA ANTIGUA**  
PEDRO FERNANDEZ



# HISTORICAL FIGURES

## Black History Month

By Leokadia R



**Black History Month** marks its 100<sup>th</sup> anniversary this year. Every year there is a national theme and this year it is "A century of Black History Commemorations". Negro History week established in 1926 later became Black History Month.

Why February? It honors Abraham Lincoln who issued the Emancipation Proclamation. Globally, other countries recognize a Black History month including Canada and UK.

### Harriet Tubman

Born an American slave 1821, she led dozens of enslaved people to freedom in the north along the route of the Underground Railroad- an elaborate secret network of safe houses. Tubman made 13 trips north, risking freedom and her life each time. Estimated of the total number of black people who reached freedom vary greatly from 40,000 to 100,000.

### Fredrick Douglas

Born a slave in 1818, he was an American orator and abolitionist. He is famous for writing his autobiography, "narrative of the life of Fredrick Douglas and American Slave"

### Rosa Parks

She was born in 1913, she was an American Civil rights activist who refused to give up her bus seat in Montgomery, Alabama. It was known as the spark that ignited the civil rights movement. It led to the Montgomery bus boycott. The 381 day bus boycott also brought Rev. Martin Luther King jr into spotlight as one of the most important leaders of the American civil rights movement.

### Martin Luther King Jr

Born in 1929, he was a Baptist minister an social activist who led the civil rights movement. His actions left to the end of segregation. He was awarded the Nobel Peace Prize in 1964 and was assassinated in 1968.





## Country Store

The Country Store now has a new Nutrition Wall featuring helpful nutrition facts, examples of a balanced daily meal, portion tips, and simple ways to make healthier choices. Be sure to stop by and check it out! We are also looking for a new Shift Lead—if you're interested in building leadership skills and helping the store run smoothly, please speak with the Store Manager for more details.

## Business Unit

We now have an updated phone system, new intercoms, and an improved orientation process to better support communication and welcome new members. Orientation will now be held twice a month, allowing us to connect with and onboard new members more consistently and efficiently.



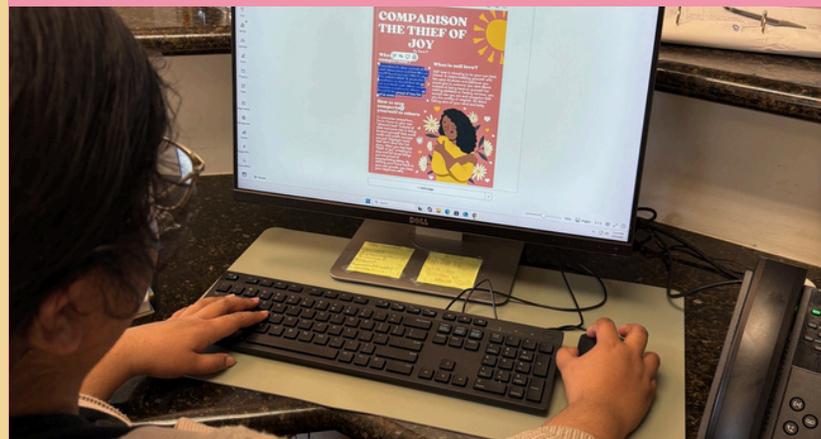
## Communication Unit

Our Communications Unit focuses on sharing information about what the clubhouse is doing and what we are all about. We consistently connect with members, gather their input, and identify what information would be most helpful to them. Sana, our graphic designer, keeps everyone informed by creating engaging flyers that highlight upcoming events and updates. All information is posted on the Announcement Board in the Living Area so members can easily stay connected and informed.



## Culinary Unit

We're excited to share that the FLava Lab is officially getting up and running! We're working behind the scenes to organize the space, gather supplies, and prepare new recipes so we can bring back engaging and interactive cooking demonstrations. Very soon, members will have the opportunity to learn new cooking skills, explore different flavors, and build confidence in the kitchen. Stay tuned—delicious things are coming!



# GIVING IS OUR MOTTO

BY  
RAQUEL G



## WAYS ME GIVE

Last month, we volunteered at the Houston Food Bank alongside people from various organizations and schools. Everyone was focused, working together with a shared sense of purpose.

The main reason why I like to volunteer is the fact that we fed families and that gives me great joy. We have volunteered in so many food banks and distributors that it's comforting to know we help Houston stay fed.

Another way we give is by lending a helping hand to other members in the clubhouse. We support one another by offering guidance, creating art together, and simply being there to listen.

Whether it's volunteering, helping a neighbor, listening to someone, donating, or simply showing up, giving is something we truly enjoy. All is driven by LOVE.

# Did You Know?



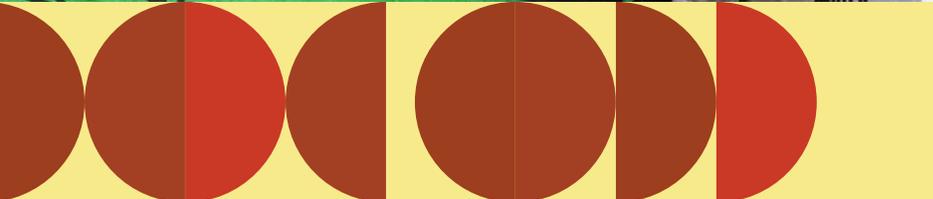
I USED TO HAVE A YOUTUBE CHANNEL FROM 2008 TO 2015. I STARTED IT IN MIDDLE SCHOOL AND CREATED CONTENT LIKE GAMEPLAY VIDEOS OF TEAM FORTRESS 2 AND BOOK READINGS FROM THE ZOMBIE SURVIVAL GUIDE. BY THE TIME I GRADUATED HIGH SCHOOL, MY CHANNEL HAD GROWN TO ABOUT 2,000 SUBSCRIBERS. AFTER GRADUATION, I DECIDED TO DELETE IT—BUT IT WAS A FUN AND MEMORABLE CHAPTER OF MY LIFE.

Member

**Angel**

Staff

**Rob**



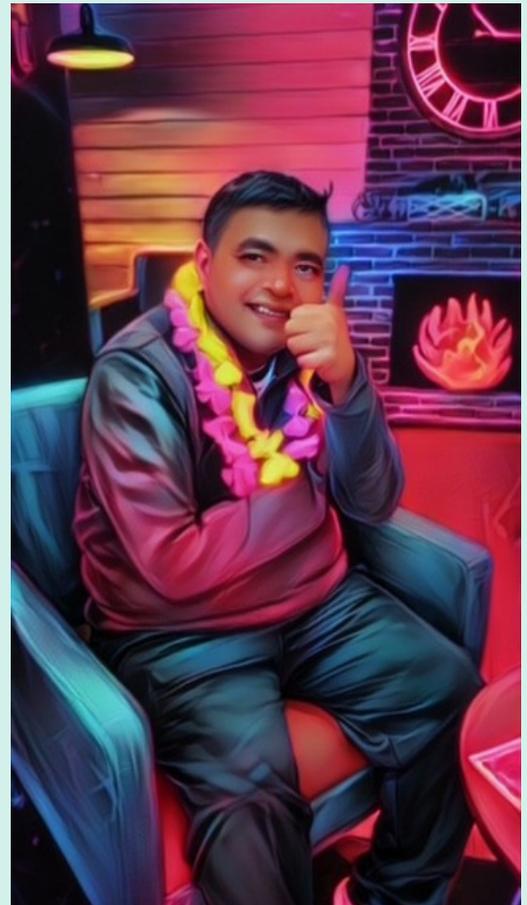
AT BIRTH, MY MOM HADN'T CHOSEN A NAME YET, SO ON MY BIRTH CERTIFICATE I WAS LISTED AS "NIÑO," WHICH MEANS "KID" IN SPANISH. FOR THE FIRST 10 MONTHS OF MY LIFE, THAT WAS OFFICIALLY MY NAME. EVENTUALLY, MY PARENTS WENT BACK AND CHANGED IT TO ROBERTO — THE NAME YOU KNOW ME BY NOW. WHY DIDN'T THEY HAVE A NAME READY? I'M NOT SURE. BUT I'M DEFINITELY GLAD THEY CAME UP WITH ONE AND MADE IT OFFICIAL.



# Aloha Ranees

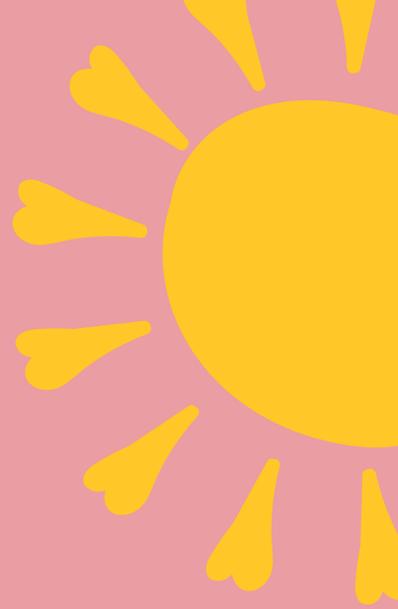
I will miss the people here, everyone is really nice. I won't be gone for long so I will be back. I'm excited to go to Hawaii. I am part of a clubhouse there and I will be joining them while i'm there. I will miss all of you.

-Ranee



# COMPARISON THE THIEF OF JOY

By Sana P



## What is comparison?

Comparison is when we look at what others have and feel like we aren't "good enough." This is why it is called a thief. It steals the happiness we should feel about our own hard work. When we compare ourselves to others, we forget to be proud of how far we've come.

## How to stop comparing yourself to others

To overcome comparison, try to focus on your own "personal best" instead of what everyone else is doing. Remind yourself that social media and public success are just "highlight reels" that don't show the full story. When you feel that "thief of joy" creeping in, stop and list three things you are proud of accomplishing lately. By shifting your focus back to your own growth, you keep your happiness safe.

## What is self love?

Self-love is choosing to be your own best friend. It means treating yourself with the same kindness and patience you would give to someone you care about. Instead of being hard on yourself for making mistakes or feeling nervous, you accept who you are and recognize that you are worthy of respect. It's about taking care of your mind and body.



# Members of the Month

Nicey

&

Adele



## About Us

These two women have held the kitchen down for a long while. They both work in all the units, they help out their peers and they are a core team here in the clubhouse. No matter how busy the day

gets, they show up with consistency, teamwork, and a willingness to step in wherever they are needed. Their dedication keeps the kitchen running smoothly and creates a welcoming space for everyone.

## Requirements

Members are chosen by peers and staff, based on their consistent performance, positive attitude, reliability, teamwork and overall contribution to the Clubhouse and self help.

**NEXT MONTH**

**March**



**UPCOMING EVENTS:**

3/8 - Time Springs Forward

3/11 - Rodeo Outing

3/17 - St Patricks Day

**3/27 - Closed**

