

CLUBHOUSE SANDWICH

APRIL 2023

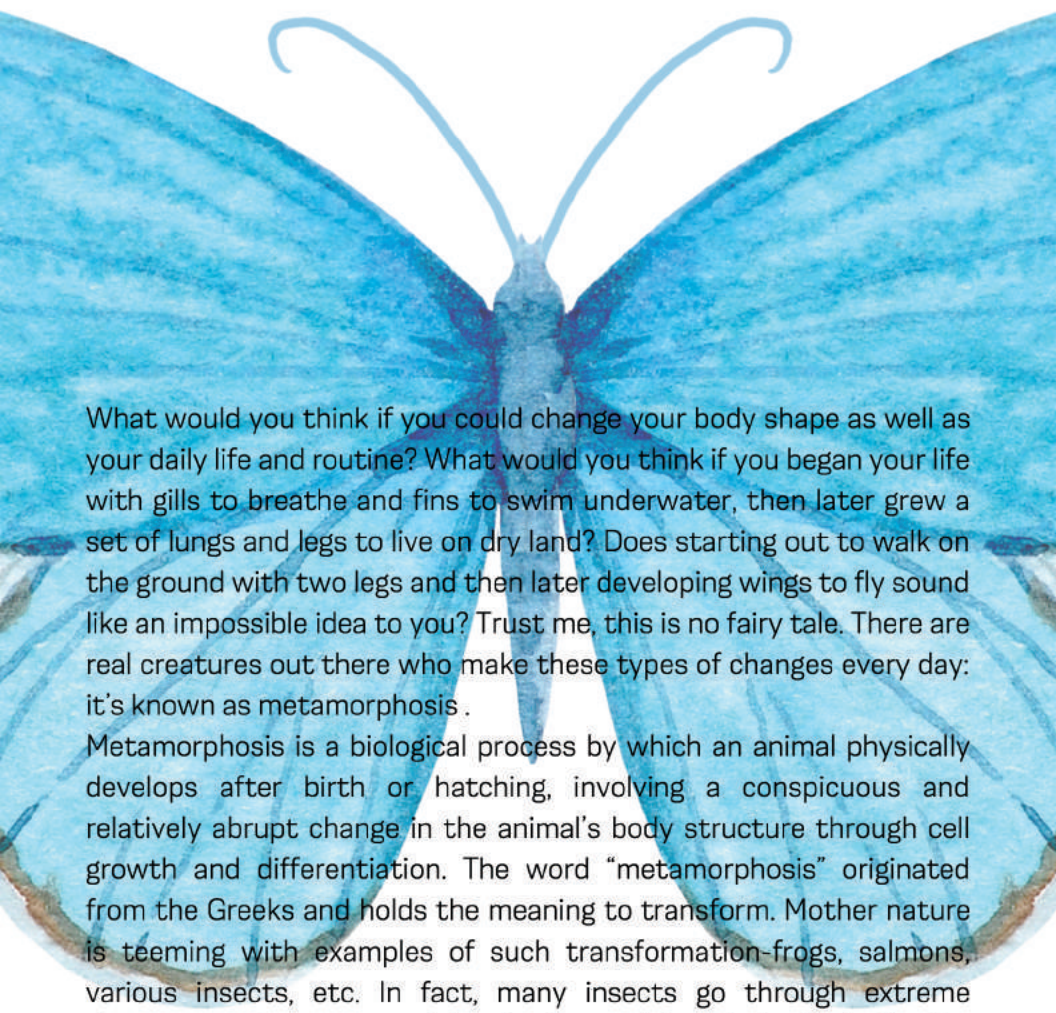


SPRING HAS SPRUN

APRIL

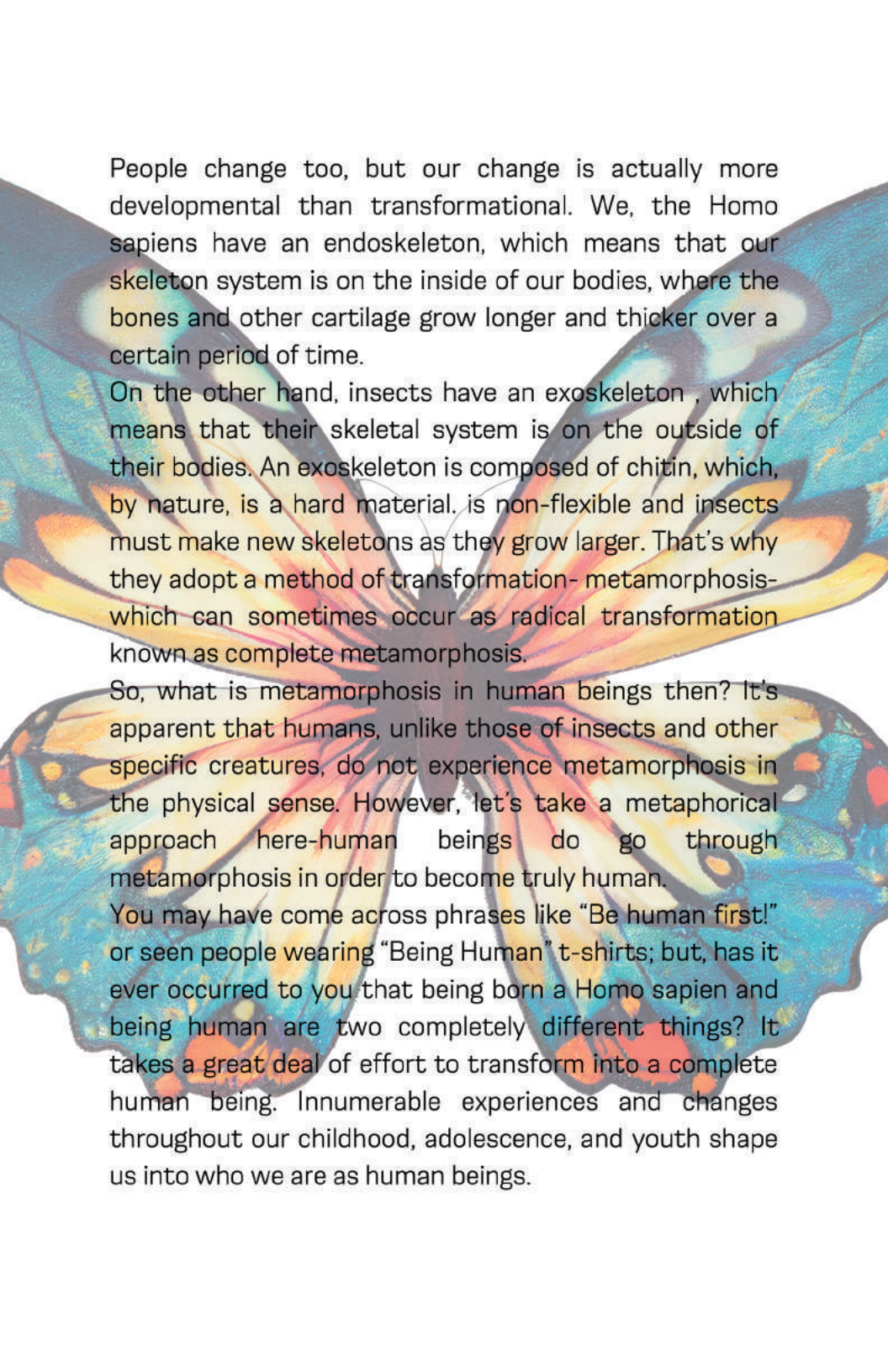
Spring Metamorphosis

This month's magazine is all about Spring and the Metamorphosis that occurs every Spring. Why is Metamorphosis important?



What would you think if you could change your body shape as well as your daily life and routine? What would you think if you began your life with gills to breathe and fins to swim underwater, then later grew a set of lungs and legs to live on dry land? Does starting out to walk on the ground with two legs and then later developing wings to fly sound like an impossible idea to you? Trust me, this is no fairy tale. There are real creatures out there who make these types of changes every day: it's known as metamorphosis .

Metamorphosis is a biological process by which an animal physically develops after birth or hatching, involving a conspicuous and relatively abrupt change in the animal's body structure through cell growth and differentiation. The word "metamorphosis" originated from the Greeks and holds the meaning to transform. Mother nature is teeming with examples of such transformation-frogs, salmons, various insects, etc. In fact, many insects go through extreme changes as they grow and develop into adults. You're likely familiar with caterpillars and butterflies-caterpillars begin their lives crawling and eating only later transforming into butterflies !



People change too, but our change is actually more developmental than transformational. We, the Homo sapiens have an endoskeleton, which means that our skeleton system is on the inside of our bodies, where the bones and other cartilage grow longer and thicker over a certain period of time.

On the other hand, insects have an exoskeleton, which means that their skeletal system is on the outside of their bodies. An exoskeleton is composed of chitin, which, by nature, is a hard material. It is non-flexible and insects must make new skeletons as they grow larger. That's why they adopt a method of transformation- metamorphosis- which can sometimes occur as radical transformation known as complete metamorphosis.

So, what is metamorphosis in human beings then? It's apparent that humans, unlike those of insects and other specific creatures, do not experience metamorphosis in the physical sense. However, let's take a metaphorical approach here- human beings do go through metamorphosis in order to become truly human.

You may have come across phrases like "Be human first!" or seen people wearing "Being Human" t-shirts; but, has it ever occurred to you that being born a Homo sapiens and being human are two completely different things? It takes a great deal of effort to transform into a complete human being. Innumerable experiences and changes throughout our childhood, adolescence, and youth shape us into who we are as human beings.

Continuous development of oneself depends on many factors, but it shouldn't be forgotten that the bulk of this ceaseless progression resides in the person. The fundamentals of bettering oneself-the process of a person trying to attain the true essence of a complete human being-might not be limited to a few bullet points, but you may learn a lot about growth and transformation by taking a look at the following.

Remain true to yourself.

The first and foremost thing required to transform into a better human being is remaining true to your conscience and thwarting your own detrimental instincts. Sticking to this can get quite hard, but believe me, weighing every action you do through daily introspection can help you be the person you want to be.

Be compassionate and open-minded.

A famous Bengali proverb says: "Possessing a life makes you a living being only, whereas possessing a mind makes you human." In society, you have to become more compassionate, approachable, and open to everyone's opinions. You should master the art of utilizing others' constructive feedbacks and criticisms to become a better version of yourself. Keep an open mind, consider how you treat others around you, and don't hesitate to change the way you think.

**ARROWHEAD CLUBHOUSE
INVITES YOU!**



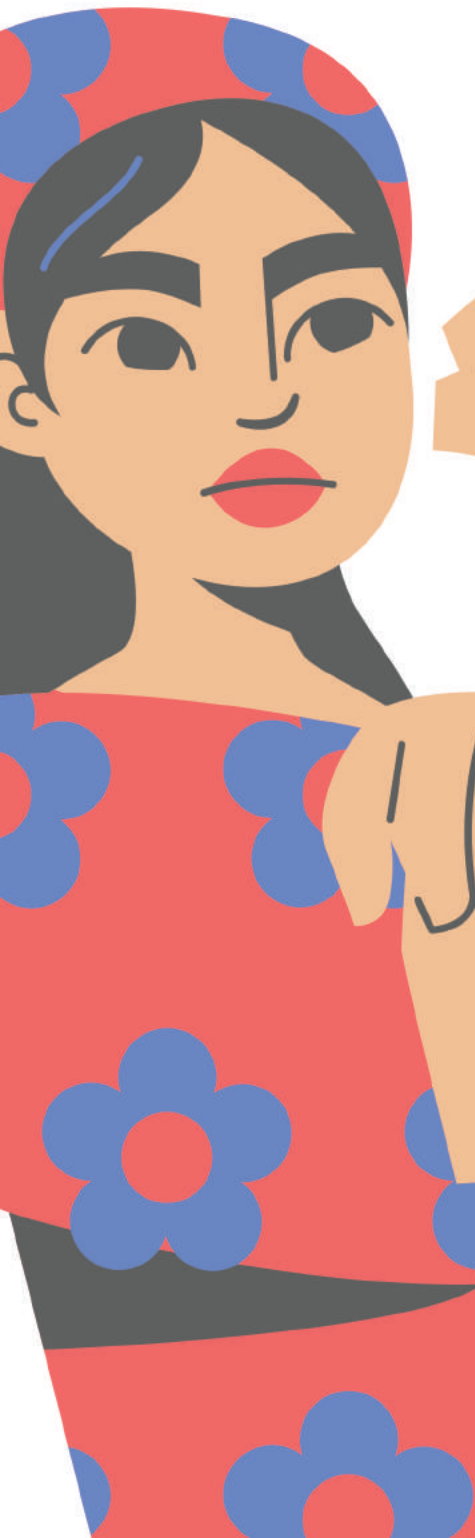
BBO & OPEN HOUSE

**WEDNESDAY MAY 3RD
ARROWHEAD CLUBHOUSE**

11:30AM-1:30PM

**5554 INLET AVENUE
SECHLT BC**

**ARROWHEAD HAS BEEN SUPPORTING OUR
COMMUNITY FOR OVER 30 YEARS.
COME ON DOWN AND DISCOVER HOW WE DO IT!**



Develop your personality

Developing a good personality is crucial to becoming a better human being. Don't be neglectful of your duties, be punctual, take pride in your work, don't break promises (if you can't keep one, don't make it in the first place), don't lie or cheat, maintain integrity-the list just keeps on going.

Learn to accept failures

Failures are an inevitable part of our lives. Fearing to fail and thus restraining oneself from taking some risks and trying new possibilities is a bad idea. Remember that, "You miss 100% of the shots that you don't take."

When you do fail and are going through tough times, don't give up. Remain patient and try to figure out what's wrong. Work scrupulously to minimize the negative impacts and use every failure as a lesson to learn from your mistakes so you can grow and thrive in the future.

Increase your self-reliance

"When darkness arrives, even your own shadow disappears...let alone your friends."

To prepare yourself for the hardest times in life, start lessening your dependence on others. Know yourself and what you're capable of, and make sure to remain confident. Learn to trust yourself and make major life decisions by yourself.



Possess a greater sense of purpose

One of the greatest differences between humans and other living beings is that we don't perform any task simply for the sake of doing it. Take food, clothes, groceries, or whatever into consideration—we go on to attribute more to all these things than what is actually needed. So, whenever you are completing any task, consider the bigger picture and involve your heart in making the best of your efforts—for you and the humanity as a whole.

Each stage of human life teaches us new lessons and aids in the process of unremitting transformation. The beauty of human life is inherent within this transformation. So, exert yourself to row the boat of your life with full control, and direct it to your desired path!

ARIES



April, 2023

General

Aries is a male and fiery sign ruled by the brave Mars. People born under this sign are dynamic in their approach and execute tasks accordingly. They don't lose confidence easily and are determined to always be on time for whatever they do. Decision making on their part will be very quick. They possess commanding leadership qualities in their profession. Punctuality is the keyword that they will possess in whatever they pursue.

Monthly Horoscope 2023 reveals that this month may be considered to be a moderate one for the Aries natives as planetary positions of Jupiter from April 22, 2023 in Aries moon sign, along with Rahu and Ketu in the seventh house may create obstacles in development. Saturn's position in the eleventh house may be favorable to give overall development, but the benefits that Saturn will confer will come at a gradual pace and not at an instantaneous rate.

Next, the sign Lord Mars in a favorable position in the Gemini sign in the third house is a good indication for these natives as Mars will be placed in the third house from the moon sign. So with this natives belonging to this sign will be able to possess blistering confidence and do more wonders.



ARIES

Monthly Horoscope 2023 predicts that this month may appear to give moderate results for the natives belonging to this sign till fifteenth and after fifteenth of this month Sun as the fifth house lord will be placed in a powerful position and the transit of Jupiter is happening during April 22, 2023 and Jupiter will be aspecting the fifth house. So the second half of this month appears to be good for the natives belonging to this sign with respect to career, finances etc. Saturn will be in the eleventh house from the moon sign and may bless these natives with prosperity.

Further, natives belonging to this zodiac sign may need to take care of their health as Jupiter will be with Rahu in the first house and due to this, these natives may be prone to headaches and digestion related problems.

Read the horoscope in detail to know how the month of April will be for your life and how you will reap fruits in the areas of family, career, health, love, etc.

Career

Monthly Horoscope 2023 foretells that for the people born under the Aries zodiac sign, this month will bring moderate results with respect to education as Jupiter will be in the first house with Rahu. Due to the above placement, natives may not be able to do extremely well with respect to work as there may be work pressure combined with challenges this month.

The aspect of Jupiter over the fifth house will guide these natives to come out of work pressure and challenges that they are facing in their career.

Further the planet for career-Saturn, present in the eleventh house will give good new prospects for jobs and enable the natives to prove their worth. Also from the fifteenth of this month, Sun as the fifth house lord will be placed in exaltation in the first house. Due to this, development in the career will be good from the second half of this month.

Natives doing business may not find this first half of the month to be beneficial. But after the fifteenth of this month, there will be considerable improvement in the business field.

Finance

Monthly Horoscope 2023 predicts that the Aries natives will not be able to gain a very high amount of money during this month as expenses will exceed the money earned. Unwanted commitments will be on increase during this month and due to this, you may be put to the situation of availing loans.

The above situation will be formed due to Jupiter with Rahu in the first house. But the position of Saturn in the eleventh house will help you to gain money and also save for the future.

Natives doing business will gain profits in moderate amounts and not high. There will be high competition for them during the month as Jupiter will be in first house with Rahu and Ketu in the seventh house. Stiff competition will also be present for these natives with their competitors.

Health

Monthly Horoscope 2023 says that the Aries natives may need to take care of their health. The nodal planets- Rahu and Ketu are in first and seventh house, Jupiter in the first house from April 22 and Mercury is present as the sixth house lord in the first house from March 31, 2023. Due to the above planetarypositions natives belonging to this sign might face digestion problems.

The aspect of Jupiter over the fifth house from the moon sign will enable the natives to maintain better health, but the presence of Rahu in the first house and Ketu in the seventh house may give insecure feelings.

Let's All Go to the

BOTANICAL GARDENS

WEDNESDAY APRIL 12TH / 1:00PM



Love/Marriage/Personal Relations

Monthly Horoscope 2023 reveals that the Aries natives who are in love may not find the first half of the month (till fifteenth) to be favorable. Good relationships will not come easily to these natives during this month with their beloved due to Jupiter with Rahu in the first house. So any initiative taken by Aries natives must be careful and they must be cautious in pursuing decisions related to marriage, as this period will not be favorable for marriage-related matters. Those who are yet to get married and those who are in married life may not find this month to be smooth.

The presence of Ketu in the seventh house may give some emotional problems in love. If you are in love, you may get yourself married after fifteenth of this month. But before that during the beginning of this month, understanding issues could arise in your relationship. Also during the first half of this month, married natives could face arguments due to communication lapses.

Family & Friends

Monthly Horoscope 2023 suggests that this month, the family life of Aries natives may be a little chaotic due to Rahu's presence in the first house and Ketu in the seventh house. These nodal planets are capable of creating conflicts in the family due to ongoing disputes.

This month the planetary positions of Mercury with Sun and Rahu in the first house and Jupiter joining them from April 22, 2023 may add further problems with less harmony in the family.

Due to the above planetary positions it will be essential for these natives to take precautions and try to maintain better relationships with family members.

WHY WE LOVE SPRING

Summer, winter, and fall may have their fans, but spring is clearly the most lovable of the four seasons. Not convinced? Here are 15 scientific reasons why spring is great.

1. Spring temperatures are moderate.

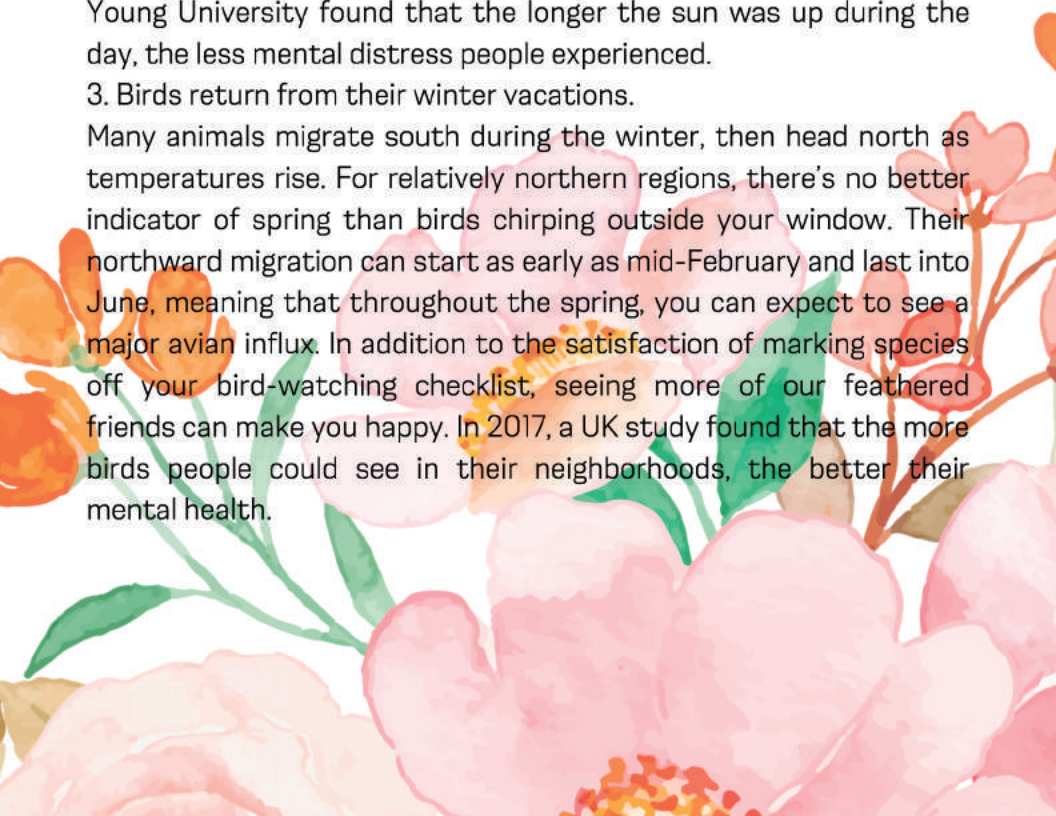
Spring marks the end of blistering winter and the transitional period to scorching summer. In many places, the season brings mild temperatures in the 60s and 70s Fahrenheit. People tend to be most comfortable at temperatures of about 72°F, so the arrival of spring means you can finally ditch the heavy winter layers and still be comfortable.

2. There is more daylight.

Following the spring equinox, days begin lasting longer and nights get shorter. Daylight saving time, which moves the clock forward starting in March, gives you even more light hours to get things done. Those extra hours of sun can be a major mood-booster, according to some research. A 2016 study of students in counseling at Brigham Young University found that the longer the sun was up during the day, the less mental distress people experienced.

3. Birds return from their winter vacations.

Many animals migrate south during the winter, then head north as temperatures rise. For relatively northern regions, there's no better indicator of spring than birds chirping outside your window. Their northward migration can start as early as mid-February and last into June, meaning that throughout the spring, you can expect to see a major avian influx. In addition to the satisfaction of marking species off your bird-watching checklist, seeing more of our feathered friends can make you happy. In 2017, a UK study found that the more birds people could see in their neighborhoods, the better their mental health.



4. Baby animals greet the world. Many animals reproduce in the spring, when temperatures are warmer and food is plentiful. Baby bunnies, ducklings, chipmunks, and other adorable animals abound come spring. Studies have found that seeing cute animals can have positive effects on humans. For instance, one small study in 2012 found that when college students looked at cute images of baby animals, they were better at focusing on a task in the lab. Being able to watch fluffy baby squirrels frolic outside your office window might make spring your most productive season of the year.

5. You're statistically safer in spring

In 2015, a pair of public policy researchers discovered a hidden upside to "springing forward" for daylight saving time. It reduced crime. When the sun set later in the evening, the study published in the Review of Economics and Statistics found, robbery rates fell. After daylight saving time started in the spring, there was a 27 percent drop in robberies during that extra hour of evening sunlight, and a 7 percent drop over the course of the whole day.

6. You can spend more time outside.

Warmer temperatures mean you can spend more time outdoors without freezing your feet off, which is great for mental health. Across the seasons, research has found that taking walks in nature slows your heart rate and makes you more relaxed, but some research indicates that there is something special about spring's effect on your brain. A 2005 study from the University of Michigan linked spending 30 minutes or more outside in warm, sunny spring weather to higher mood and better

7. Spring makes you more creative.

That same University of Michigan study found that spending time outside in the sunny spring weather isn't just a mood booster; it actually can change the way people think. The researchers found that being outdoors broadened participants' minds, leaving them more open to new information and creative thoughts.



8. The leaves come out on trees.

Spring brings green growth back to plants and trees. Depending on where you live, trees may begin sporting new leaves as early as mid-March. That successful spring leaf growth ensures a cool canopy to relax under during the hot summer—a hugely important factor in keeping cities comfortable. According to researchers, vegetation plays a big role in mitigating the urban heat island effect. When trees release water back into the air through evapotranspiration, it can cool down the areas around them by up to 9°F, according to the EPA.

9. Growing plants absorb carbon dioxide.

It's amazing what a little sun can do for plants and grass. Through photosynthesis, plants convert sunlight, carbon dioxide, and water into food, releasing oxygen in the process. That means as plants start to grow in the spring, they pull carbon out of the atmosphere, providing an important environmental service. Plants take in roughly 25 percent of the carbon emissions humans produce, absorbing more than 100 gigatons of carbon through photosynthesis each growing season. Because of this, the amount of carbon dioxide in the atmosphere drops each spring and summer. (Unfortunately, it rises in the winter, when most plants aren't growing.)



10. It's easier to find fresh, tasty produce.

Many vegetables and some fruits are harvested in the spring. 'Tis the season to get your local asparagus, peas, rhubarb, and other fresh produce. Getting more fruits and vegetables into your diet isn't just good for the body; it's good for the soul. A 2016 study of more than 12,000 Australians found that when people increased the amount of fruits and vegetables in their diet, they felt happier and had higher rates of life satisfaction. If they increased their intake by eight portions a day (a tall order, we know) the psychological gains were equivalent to the change in well-being people experience when they go from being unemployed to having a job, the researchers found.

11. Flowers are blooming.

After months spent conserving energy, flowers bloom in the spring, once they sense that the days have grown longer and the weather has turned warmer. That's good for humans, because several studies have shown that looking at flowers can make you happy. A 2005 study from Rutgers University found that when participants were presented with a bouquet of flowers, it resulted in what scientists call a "true smile" a full 100 percent of the time. Seeing flowers had both "immediate and long-term effects" that resulted in elevated moods for days afterward, according to the researchers [PDF].



12. You can take your exercise routine outdoors.

While it's important to keep moving no matter what the weather is, research shows that working out can be more beneficial if you do it outside. A 2011 study found that, compared with an indoor workout, exercising outdoors in nature increased energy levels, made people feel revitalized, and decreased tension, among other positive effects. People who worked out in the fresh air also tended to say they enjoyed the experience more and would be likely to repeat it, suggesting that using nature as your gym might help you stick with your exercise regimen. While those benefits probably extend to winter, too, it's a whole lot easier to stomach the idea of a run once the weather warms up.

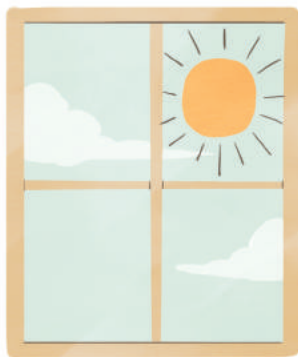


13. You don't have to worry about too-dry air.

Flu season in the U.S. typically lasts through the fall and winter, usually peaking between December and February and tapering off during the spring. The seasonal change is in part because of dry air. Cold temperatures mean a drop in humidity, and indoor heating only makes the air drier. This lack of moisture in the air can dry out your skin and the nasal cavities, leading to nose bleeds, irritated sinuses, and a greater risk of getting sick. Since the mucus in your nose is designed to trap viruses, when it dries up, you're more likely to catch something nasty, like the flu. As the weather warms up and becomes more humid throughout the spring, that mucus comes back. As the season wears on, not only can you lay off the body lotion, but you can probably put away the tissues—if you don't have spring allergies, that is.

14. You can open your windows.

Temperate weather makes it easier to get the fresh air you need. Opening your windows and allowing the breeze in serves as an important way to ventilate indoor spaces, according to the EPA. A lack of ventilation can lead to an unhealthy concentration of indoor pollutants from sources like cleaning product fumes, certain furniture and building materials, and stoves (especially gas ones), not to mention the COVID-19 virus. All of these factors pose a threat to your health and comfort. Winter brings the highest rates of indoor pollutants like nitrogen oxide, a 2016 study of unventilated stove use in homes found. Spring brings the perfect opportunity to throw open those windows and doors and get the air moving again.



15. You can absorb more vitamin D.

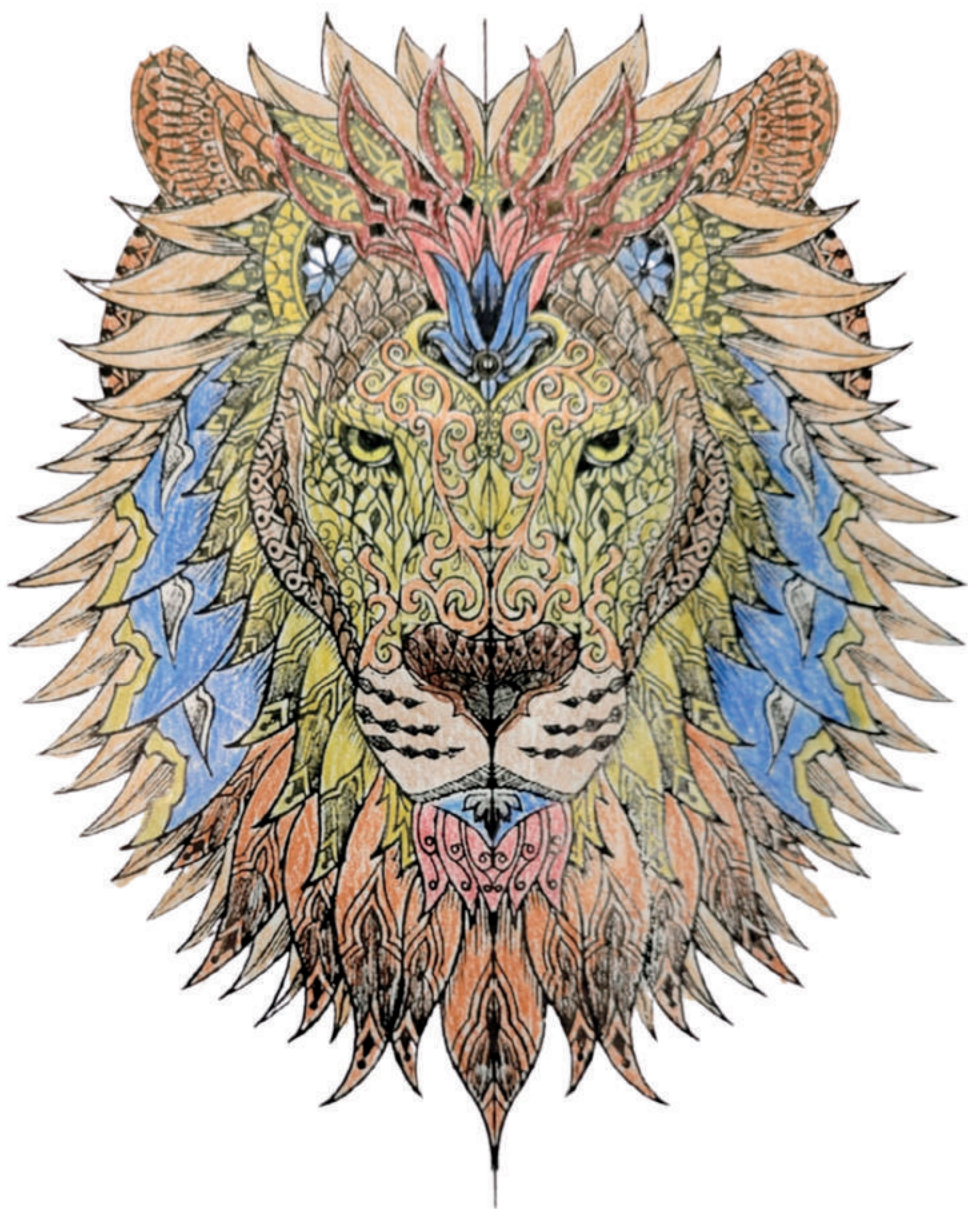
Sunlight triggers your body to produce vitamin D, which keeps your bones strong. At northern latitudes, it's harder to get enough sun exposure naturally to maintain healthy vitamin D levels during the winter—even if you did want to expose your skin to the elements—but that starts to change during the spring. One study found that in Valencia, Spain (which shares a latitude with Philadelphia, Denver, Baltimore, Kansas City, and several other major U.S. cities), people only need 10 minutes outside with a quarter of their bodies exposed to the spring sunshine to get an adequate daily dose of vitamin D.

CREATIVE WRITING

These Three!
A body trapped in Plato's Cave
With a mind swooning over Icarus's
Touch screen reflection and
An idiot for a heart
Thus
Struggles a soul to exist in this
Cacophony solemnly named
Civilization. = (C.iv.i.lie.zation)
Serenading and waving flag\$ of
Connectedness and Humanity with
Grand Display on rinse-repeat
In this haze
No place to be and static for thought.
Poisons force-fed to LIFE Itself and so
IT's every expression
Consequences render into View
Under Clear sky
De-Cloaked of deceit
Not here
* Our God\$*
Forbid these three ever meet
As clearly evidenced on rince-repeat
and Bullets blessed to be
Loving benevolence
Becoming Human
Allowing more of me,



KRIS V.



ART by NIKI!

**Most answered morning question:
Favorite” late night “comedy?”**



Jake: Fast times at Ridgemont High

Foye: Dumb and Dumber

Rylan: Zoolander

Matt: Agrees with Rylan, Zoolander

Jon P: Planes, Trains, and Automobiles

Jill: Get Shorty



SPRING IS A GREAT TIME TO TRAVEL
The following are some photos from Matt's recent travels down the Oregon coast!



CLUBHOUSE EVENTS AND MEETINGS

MONDAY: Peer support and wellness

TUESDAY: Garden and Maintenance

WEDNESDAY: Decision Making

THURSDAY: Kitchen

All meetings are at 1PM EXCEPT for Wednesday's decision-making meeting. This one happens during lunch, when we have the most members around. This is because Decision Making is the most important one. This is YOUR Clubhouse and YOU have a say in what/when/where/ how we do things.

FEATURING:

TUESDAYS: Drama 11A.M.

THURSDAYS: Art 11 A.M.

FRIDAYS: Yoga 11 A.M.

OUTINGS:

Wednesday April 12th 1 P.M. Trip to the Botanical Gardens, this is an encore as the last trip was so popular!

