

# Chatter



2017

The Employee Newsletter of The Catholic Health Association



## BIRTHDAYS

Kathy Curran	02/01
Brian Smith	02/12
Julie Minda	02/26
Kevin Prior	02/26

## ANNIVERSARIES

Lynette Ballard	02/07 - 6 years
Jennifer Harris	02/09 - 8 years
Sandy Buttery	02/16 - 29 years
Tony Cable	02/18 - 3 years



## BIRTHDAYS

Les Stock	03/03
Tony Cable	03/11
Sheryl Ullrich	03/14
Fr. Tom Nairn	03/18

## ANNIVERSARIES

Betsy Taylor	03/07 - 4 years
Les Stock	03/27 - 28 years

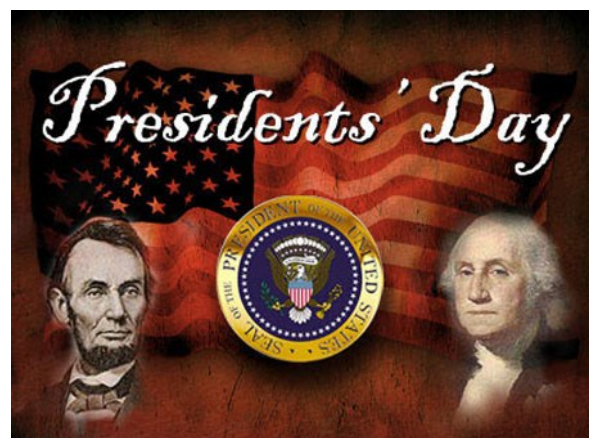


### Dates to Remember

- February 2 - Groundhog Day
- February 3 - National Wear Red Day
- February 12 - Lincoln's Birthday
- February 14 - Valentine's Day
- February 22 - Washington's Birthday
- February 28 - Mardi Gras

### CHA Offices Closed

- February 20 - Presidents' Day





A Christian holiday and popular cultural phenomenon, Mardi Gras dates back thousands of years to pagan spring and fertility rites. Also known as Carnival, it is celebrated in many countries around the world, mainly those with large Roman Catholic populations. On the day before the religious season of Lent begins, Brazil, Venice and New Orleans play host to some of the holiday's most famous public festivities, drawing thousands of tourists and revelers every year.

### **ORIGINS OF MARDI GRAS**

According to historians, Mardi Gras dates back thousands of years to pagan celebrations of spring and fertility, including the raucous Roman festivals of Saturnalia and Lupercalia. When Christianity arrived in Rome, religious leaders decided to incorporate these popular local traditions into the new faith, an easier task than abolishing them altogether. As a result, the excess and debauchery of the Mardi Gras season became a prelude to Lent, the 40 days of penance between Ash Wednesday and Easter Sunday. Along with Christianity, Mardi Gras spread from Rome to other European countries, including France, Germany, Spain and England.

Traditionally, in the days leading up to Lent, merrymakers would binge on all the meat, eggs, milk and cheese that remained in their homes, preparing for several weeks of eating only fish and fasting. In France, the day before Ash Wednesday came to be known as Mardi Gras, or "Fat Tuesday." The word "carnival," another common name for the pre-Lenten festivities, may also derive from this vegetarian-unfriendly custom: in Medieval Latin, *carnelevarium* means to take away or remove meat.

### **MARDI GRAS IN THE UNITED STATES**

Many historians believe that the first American Mardi Gras took place on March 3, 1699, when the French explorers, Iberville and Bienville, landed in what is now Louisiana, just south of the holiday's future epicenter: New Orleans. They held a small celebration and dubbed the spot Point du Mardi Gras. In the decades that followed, New Orleans and other French settlements began marking the holiday with street parties, masked balls and lavish dinners. When the Spanish took control of New Orleans, however, they abolished these rowdy rituals, and the bans remained in force until Louisiana became a U.S. state in 1812.

On Mardi Gras in 1827, a group of students donned colorful costumes and danced through the streets of New Orleans, emulating the revelry they'd observed while visiting Paris. Ten years later, the first recorded New Orleans Mardi Gras parade took place, a tradition that continues to this day. In 1857, a secret society of New Orleans businessmen called the Mistick Krewe of Comus organized a torch-lit Mardi Gras procession with marching bands and rolling floats, setting the tone for future public celebrations in the city. Since then, krewes have remained a fixture of the Carnival scene throughout Louisiana. Other lasting customs include throwing beads and other trinkets, wearing masks, decorating floats and eating King Cake.

Louisiana is the only state in which Mardi Gras is a legal holiday. However, elaborate carnival festivities draw crowds in other parts of the United States during the Mardi Gras season as well, including Alabama and Mississippi. Each region has its own events and traditions.

### **MARDI GRAS AROUND THE WORLD**

Across the globe, pre-Lenten festivals continue to take place in many countries with significant Roman Catholic populations. Brazil's weeklong Carnival festivities feature a vibrant amalgam of European, African and native traditions. In Canada, Quebec City hosts the giant Quebec Winter Carnival. In Italy, tourists flock to Venice's Carnevale, which dates back to the 13th century and is famous for its masquerade balls. Known as Karneval, Fastnacht or Fasching, the German celebration includes parades, costume balls and a tradition that empowers women

to cut off men's ties. For Denmark's Fastevlan, children dress up and gather candy in a similar manner to Halloween – although the parallel ends when they ritually flog their parents on Easter Sunday morning.

***DID YOU KNOW?***

Rex, one of the oldest Mardi Gras krewes, has been participating in parades since 1872, and established purple, gold and green as the iconic Mardi Gras colors.

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## King Cakes

*King Cakes are a vibrant part of the Mardi Gras tradition in New Orleans.*



As part of New Orleans's Christian faith, the coming of the wise men bearing gifts to the Christ Child is celebrated twelve days after Christmas. We refer to this as the Feast of the Epiphany, or Little Christmas on the Twelfth Night. This is a time of celebration, exchanging gifts and feasting. Today, the tradition continues as people all over the world gather for festive Twelfth Night celebrations. A popular custom was and still is the baking of a special cake in honor of the three kings, called "A King's Cake."

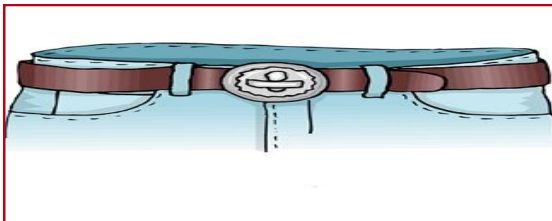
Each king cake has a tiny baby inside (generally plastic now, but it's possible the baby might be made of porcelain or even gold). The tradition of King Cake Parties have evolved over time, and the "lucky" person who receives the slice of cake with the baby is asked to continue the festivities by having the next King Cake party (or at least purchasing the next cake for the office).

Originally, king cakes were a simple ring of dough with a small amount of decoration. Today's king cakes are much more festive. After the rich Danish dough is braided and baked, the "baby" is inserted. The top of the ring or oval cake is then covered with delicious sugar toppings in the traditional Mardi Gras colors of purple, green and gold.

In more recent years, some bakeries have been creative with stuffing and topping their cakes with different flavors of cream cheese and fruit fillings.

January 6, the Twelfth Night after Christmas, is the day our Mardi Gras season, hence king cake season, begins. Mardi Gras Day, also known as Fat Tuesday, is always 47 days prior to Easter Sunday (the day before Ash Wednesday).

Mardi Gras and King Cakes go hand in hand, especially in Louisiana. Hundreds of thousands of king cakes are consumed at parties, offices and in homes every year.



### **CHA Monthly Jean's Day—December**

Benefiting: [The Polaris Project](#)  
We raised \$167.00 for this great cause.

This Month—Jean's day is scheduled for Friday, February 24



*Naomi Elizabeth Schanuel* ~ was born to Ken Schanuel's son, Kenny and daughter-in-law, Elaine on December 18, 2016 at 12:13 pm. After only 5 hours of labor, Naomi was born. She weighed 6 lbs. 9 oz. and was 20 inches long.



Little Miss *Josie Jane*, granddaughter of Sheryl Ullrich, made her debut on January 6, 2017. Josie weighed 9 lbs. 1 oz. and was 21 inches long. Big sister Nora Mae is quite the little mother. She is very proud of her baby sister and does everything she can to help. Mom (Jenna) and Dad (Derek) are doing great and are adjusting to a life with two children. Having a grandchild is a love that I had no idea even existed until they came into this world. ☺

**FEBRUARY 3, 2017**

SUPPORT GO RED FOR WOMEN



**FEBRUARY IS  
BLACK HISTORY MONTH**





## KIDS' CORNER

### What Does Love Mean?

A group of professional people posed this question to a group of 4 to 8 year olds:

"What does love mean?" The answers they got were broader and deeper than anyone could have imagined. See what you think:

Rebecca - age 8: "When my grandmother got arthritis, she couldn't bend over and paint her toe-nails anymore. So my grandfather does it for her all the time, even when his hands got arthritis too. That's love."

Mary Ann - age 4: "Love is when your puppy licks your face even after you left him alone all day."

Lauren - age 4: "I know my older sister loves me because she gives me all her old clothes and has to go out and buy new ones."

Jessica - age 8: "You really shouldn't say 'I love you' unless you mean it. But if you mean it, you should say it a lot."

Elaine - age 5: "Love is when Mommy gives Daddy the best piece of chicken."

Bobby - age 7: "Love is what's in the room with you at Christmas if you stop opening presents and listen."

Cindy - age 8: "During my dancing concert, I was on a stage and I was scared. I looked at all the people watching me and saw my Daddy waving and smiling. He was the only one doing that. I wasn't scared anymore."

Clare - age 6: "My Mommy loves me more than anybody. You don't see anyone else kissing me to sleep at night."

Chrissy - age 6: "Love is when you go out to eat and give somebody most of your chips without making them give you any of theirs."

Jenny - age 8: "There are two kinds of love. Our love. God's love. But ~ God makes both kinds of them."





## Sustainability Efforts – February 2017

**According to the National Retail Federation's Valentine's Day Consumer Spending Survey, here are some interesting facts:**

- \$2.1 billion will be spent on flowers.
- \$3.6 billion will be spent on a night out.
- \$4.8 billion will be spent on jewelry.
- And the total amount Americans are expected to spend on Valentine's Day this year?  
\$18.9 BILLION!

Instead of spending money on Valentine's Day, why not put the thoughtfulness back into the holiday and handcraft something for that special teacher, sweetheart, parent or child?

### **Here are a few ideas:**

Instead of cut flowers, which last only a week or so, pick a plant or flowers like tulips or even a hydrangea that can be planted outside when spring arrives. Your thoughtfulness will last well past Valentine's Day!

**Go organic.** If chocolate and flowers are still on your radar, choose from a great selection of readily-available organic, free-trade chocolates and organic flowers

**Give an experience.** For example, a trip to an art museum, a concert or a local venue you know your true love would enjoy.

**Make a lovely, local and organic dinner at home for two.** It's less expensive than eating out at a fancy restaurant and a lot easier to get a reservation. You could even get creative and plan a themed dinner and a movie.

Send future suggestions to Dawna Brown (DC) or Michele Oranski (STL)

## FEBRUARY SAFETY

*Protect yourself, your loved ones and your home with these cold weather safety tips!*

As temperatures drop this winter, the American Red Cross offers ten steps people can take to stay safe during the cold weather.

- 1. Layer up!** Wear layers of lightweight clothing to stay warm. Gloves and a hat will help prevent losing your body heat.
- 2. Don't forget your furry friends.** Bring pets indoors. If they can't come inside, make sure they have enough shelter to keep them warm and that they can get to unfrozen water.
- 3. Remember the three feet rule.** If you are using a space heater, place it on a level, hard surface and keep anything flammable at least three feet away – things such as paper, clothing, bedding, curtains or rugs.
- 4. Requires supervision** – Turn off space heaters and make sure fireplace embers are out before leaving the room or going to bed.
- 5. Don't catch fire!** If you are using a fireplace, use a glass or metal fire screen large enough to catch sparks and rolling logs.
- 6. Protect your pipes.** Run water, even at a trickle, to help prevent your pipes from freezing. Open the kitchen and bathroom cabinet doors to allow warmer air to circulate around the plumbing. Be sure to move any harmful cleaners and household chemicals out of the reach of children. Keep the garage doors closed if there are water lines in the garage.
- 7. Better safe than sorry.** Keep the thermostat at the same temperature day and night. Your heating bill may be a little higher, but you could avoid a more costly repair job if your pipes freeze and burst.
- 8. The kitchen is for cooking.** Never use a stove or oven to heat your home.
- 9. Use generators outside.** Never operate a generator inside the home, including in the basement or garage.
- 10. Knowledge is power.** Don't hook a generator up to the home's wiring. The safest thing to do is to connect the equipment you want to power directly to the outlets on the generator.

## Integrity, Respect, Excellence and Stewardship

CHA value statements are grounded in personal values and define how employees want to behave with each other within the Association. These are statements that define how we want to treat members, employees and business partners.

Please reflect on the following quotes and how they each define our values. Consider how these can impact your work at CHA.

### Integrity ~

It takes less time to do a thing right, than it does to explain why you did it wrong.

Henry Wadsworth Longfellow  
American Poet  
1807 - 1882

### Respect ~

Be more humble than a blade of grass, more tolerant than a tree, always offering respect onto others and never expecting any in return.

Chaitanya Mahaprabhu  
Indian saint  
1486 - 1534

### Excellence ~

I never had a policy; I have just tried to do my very best each and every day.

Abraham Lincoln  
16th President of the United States  
1809 - 1865

### Stewardship ~

When the last tree is cut, the last fish is caught, and the last river is polluted; when to breathe the air is sickening, you will realize, too late, that wealth is not in bank accounts and that you can't eat money.

Alanis Obomsawin  
Canadian filmmaker of Abenaki descent  
1932

Forward your favorite quote that reflects on a CHA value to Cara Brouder for use in a future edition.



## A Part vs. Apart

**A Part** ~ A piece of something, an amount that is a portion of a whole, a constituent, an acting role.

### Example:

*A part* of Manhattan's immigrant past vanished with everything else on 9/11.

There are many lessons that can be taught as *a part* of our educational process; one being critical thinking.

Local artists play *a part* in maintaining national harmony.

**Apart** ~ Separated, with distance between by virtue of time, space or circumstance; a person or thing that is recognizably different from other people or things; not together, in pieces.

### Example:

I hope we never drift *apart* that way again.

They were somehow *apart* from all that, the squalor and wretchedness of her life, the constant fear of being discovered.

The thieves tore *apart* the cabin.



February has been designated by the In-Plant Printing and Mailing Association (IPMA) as "In-Plant Awareness Month". CHA's Production department will be participating by holding a Customer Appreciation Event in mid-February. Be watching for more information.

- Production Services

## CHAtter

Published once a month for CHA employees in the St. Louis and Washington, DC offices. Please send your information and ideas to Sharon Novak. For comments, questions, or concerns call Cara Brouder at ext. 3498 or Dottie Freitag at ext. 3472.



EMPLOYEE  
ASSISTANCE  
PROGRAM  
FEB. 2017



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