

Penguin Pages



Not my first Rodeo

Our trip to the Houston Rodeo was an unforgettable adventure filled with great food, live music, and exciting rodeo action. Everyone had a fantastic time in this Texas tradition.



Houston Rodeo Carnival

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.

Daylight

What's the point of this time change? Do we need it? Will they ever cancel it? Find out in this newsletter. Read on Page 7.

I survived

A heartfelt story about one of our members. The challenges she faced, and the strength and resilience she has shown in overcoming them.

Spring is here

We took advantage of the great weather and beautiful park. We welcomed the spring back with a picnic. Check out all the details on Page 3.

March 18, 2025

Welcome Dietetic Intern



Hobbies.

I enjoy art and sculpting, spending time with my two dogs, Enzo and Dobie. I enjoy grooming my dog. I also enjoy watching movies. The Mandalorian is my favorite show right now. My favorite color is blue.

Grace M.

I was born in El Salvador. I came to Houston when I was 5 years old. I chose Nutrition because working at a dialysis center showed me how vital nutrition is for managing health. Spending time with patients inspired me to pursue dietetics to help others improve their well-being. My goal is to give back by leading nutrition groups, educating on health management, and providing free resources—especially for Hispanic communities—to ensure everyone has access to the guidance they need.

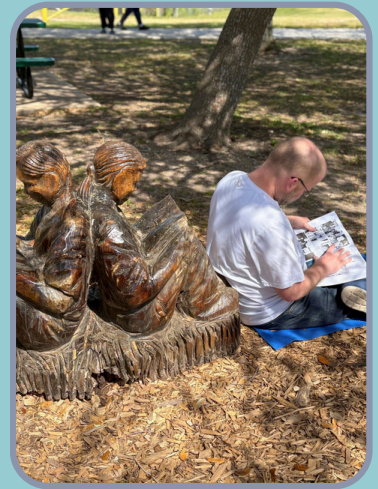
WILLOW WATERHOLE SPRING IN THE PARK



Beautiful Day

I truly enjoyed the peace and serenity of the park. The cheerful chirping of birds, the gentle breeze, the rustling leaves, and the distant hum of the crowd all put me at ease—especially as I sat reading my book.

Jimmy



Sport Activities

I loved playing kickball—it was so much fun! I enjoy sports for the friendly competition, and we played hard while working together as a team. Plus, we had some great food afterward. The team spirit was definitely my favorite part!

Melinda



Top Tier

I enjoyed playing kickball, staying active, and spending time with the members. It was great getting to know them in a different way and seeing how they interact outside of TGP. I hope we can make this a regular thing!

Nicey

VEE'S STORY

THE CHANGE UP

My turning point came after my first time in jail. Seeing the disappointment in my children's eyes and hearing them say, "We don't want to see you like this," shook me to my core. That was the moment I knew I had to change. I moved into shelters and followed the guidance of my therapist, who introduced me to TGP. This place became a lifeline—a space where I could heal and rebuild. Through a shelter program, I found stable housing and the long-term support I desperately needed. Taking a leap of faith, I applied, and by the grace of God, I now have a place to call home—a foundation for a better future.

TGP has given me a new perspective on life, by helping me recognize my potential. I've learned to collaborate with others, build meaningful relationships, and discover strengths I never knew I had—physically, emotionally, and spiritually. More than just support, TGP has provided me with genuine friendships that make a real difference in my journey.

In just three months, I have accomplished more than I ever thought possible. I am truly grateful.

"I want to remind you, You are not alone"



THE ORIGIN

I hope that by sharing my story, I can remind others that they are not alone. My life changed drastically when I was 14, as I endured physical, emotional, and verbal abuse. Along the way, I made poor choices that led me down a difficult path, ignoring advice from those who tried to help. My decisions eventually landed me in jail and living on the streets. For a time, I slept at the Waterhole parks across from The Gathering Place (TGP), never imagining that, just months later, I'd become a member of the clubhouse.



GO TEXAN DAY

TRADITION



WHAT'S IT ABOUT?

Go Texan Day is a Houston tradition that marks the unofficial start of the Houston Livestock Show and Rodeo. It's a day to celebrate Western heritage and raise awareness of rodeo season. The Houston Livestock Show and Rodeo is a family-friendly event that promotes agriculture, supports Texas youth, and showcases Western heritage. We celebrated it by making some good food, singing karaoke and line dancing. We only needed the bull riding but maybe next year. Overall it was a great time.



THE HOUSTON RODEO

OUR EXPERIENCE

WHAT DID I ENJOY ABOUT THE RODEO DAY?

WRITTEN BY KEYSHAWN W

Going to the rodeo for the first time in a long time was an unforgettable experience. From the moment I arrived, I smelled the smoked barbecue, and there was a huge crowd. The day got even better because I got on the rides with the staff, which made me feel like I was part of something special.

One of the highlights of the day was the food. I had a brisket sandwich that was absolutely incredible. Spending time with my new friends made the experience more exciting. We laughed, explored, and made memories together. The weather was perfect.

More than anything, this experience gave me a sense of independence. Being able to navigate the rodeo on my own, making my own choices, and just enjoying the moment made me feel capable—like a real grown-up.

Next time, I'm definitely getting on even more rides! Sure, the rodeo is about the cowboys and cattle, but for me, it's all about the thrill of the rides.



LET'S TALK ABOUT IT

The Gathering Place

MARCH 2025

What's the point of Daylight Savings?

Written by Nicey C

Why do we change time? Is it necessary? Why hasn't it been abolished? How does it benefit us? These are common questions about Daylight Saving Time (DST).

Originally proposed by Benjamin Franklin in 1784, DST was designed to make better use of natural daylight during warmer months by shifting an hour of daylight from the morning to the evening. This adjustment was intended to reduce energy consumption by decreasing the need for artificial lighting. Additionally, the extended evening daylight allows for more outdoor activities after work or school, making it a convenient change for many.

However, as of 2025, polls show that most Americans support abolishing DST. Will the government act on this? That remains uncertain. While DST offers advantages, adjusting to the time change can disrupt sleep patterns. Many now advocate for making standard time permanent, arguing that it better aligns with natural sleep cycles and overall well-being. Will it change? Only *TIME* will tell.

Photos taken @ Willow Waterhole



THE HISTORY

ST PATTY'S

By Jimmy V



WHO WAS THIS ST. PATRICK?

St. Patrick, Ireland's patron saint, was born in Roman Britain and kidnapped to Ireland as a slave at 16. After escaping, he became a missionary and returned to convert Ireland to Christianity, using the shamrock to explain the Holy Trinity. He is famously linked to driving out snakes, likely a metaphor for ending pagan practices. He died on March 17, now celebrated as St. Patrick's Day.

WHY IS THE SHAMROCK USED FOR THIS DAY?

As the stories go, St. Patrick supposedly used the iconic three-leafed shamrock to explain the Holy Trinity while preaching. With each leaf representing Christianity's Holy Father, Son, and Holy Spirit, it was a symbol that showed how they could be three different spiritual entities and yet all part of the same whole.

St. Patrick's Day is a celebration of Ireland's patron saint, St. Patrick, and the introduction of Christianity to Ireland. The holiday has evolved over time, from a religious feast day to a celebration of Irish pride.

THE ORIGINAL COLOR WAS BLUE AND NOT GREEN



HERE IS THE...

MEMBER OF THE MONTH

MARCH 2025



MELINDA TREECE

ABOUT ME

I have a deep love for nature—whether it's taking walks, being near water, or simply enjoying the outdoors, anything connected to nature brings me joy. I have a great sense of humor and love to joke around, making every moment a little more fun. My favorite color is salmon. In my free time, I enjoy journaling and meditation, which help me reflect and find inner peace. Music is also important to me, and "Hold On to Me" by Lauren Daigle is my favorite song.

What motivates me to come to TGP is the opportunity to help others—to be useful, uplifting, and a source of encouragement for those who need it.

"TO THINE OWN SELF BE TRUE"

NEXT MONTH: APRIL

Galveston Trip

We will be exploring East End Lagoon, nature preserve in Galveston. Its a unique and valuable area spanning almost 700 acres of diverse habitat on the barrier island's east end.



Upcoming Events

April 2 : Target Hunger

April 11 : Galveston Trip

April 17 : Easter Eggs Hunt

April 18 : Good Friday

April 20 : Easter

Reminder

**WE ARE
CLOSED
APRIL 25th**

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