

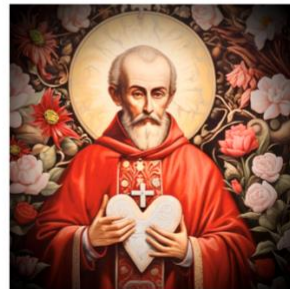


*A community of friends enjoying enriched, vibrant and independent lives together*

## **Happy Valentine's Day IAH members,**

We all know that February 14th is Valentine's Day...that special day of love, candy, flowers, greeting cards, and romantic dinners celebrated here and around the world. But do you know how this day got its name? There are many stories out there, but the one I like best goes like this - Valentine was Roman priest who helped couples secretly get married and that got him in a lot of trouble!

Emperor Claudius II of Rome, 268 A.D. to 270 A.D., banned marriage because he believed unmarried men made better soldiers. Valentine thought this was unfair and decided to break the rules and perform marriages anyway. He kept the ceremonies quiet, but he was eventually caught and beheaded on February 14 of the year 270 for defying the emperor. Right before he died, Valentine supposedly wrote the first-ever "valentine" to his jailer's daughter, with whom he'd fallen in love. His letter was signed "from your Valentine".



The link between Valentine's Day and lovers was solidified a thousand years after St Valentine's death, when Chaucer, author of *The Canterbury Tales*, decreed the February feast of St Valentinus be linked to the mating of birds in his "Parlement of Foules." This was based on a popular belief during the Middle Ages that birds mated midway through February, and hence February 14 seemed the perfect date.

Soon, nature-minded European nobility began sending love notes during the bird-mating season and ordinary folks started exchanging handmade cards with love notes inside.



Today billions of dollars are spent on Valentine's Day cards and gifts each year around the world. How romantic!



***Here are a few photos from events that members enjoyed last week.***

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***The IAH Artisans of Charleston series - BRACKISH BOW TIES***



*We had a great experience visiting the Brackish studio and seeing how their artistic creations come to life. This Charleston-based company began with a single feather bow tie and has blossomed into a highly successful fashion accessories company.*



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***Dr. Lars Runquist, Chairman of the Department of Cardiology for Roper St. Francis Healthcare***

*Dr. Runquist shared how Atrial Fibrillation is treated with lifestyle changes, medicines, and procedures, including surgery, to help prevent blood clots, slow your heartbeat, or restore your heart's normal rhythm. This much appreciated event was hosted by Cathy Remington.*





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***You're in luck, there are a few spots left to hear authentic Brazilian Jazz***

***Friday, Feb. 16 - Brazilian Jazz with Duda Lucena at the l'On Club***



*Hear Brazilian-born guitarist and vocalist Duda Lucena for a special performance of music devoted to his homeland Brazil. Duda is a pivotal force of Brazilian music on the jazz scene delighting audiences with the soft sounds of the Brazilian music he loves. He has been a featured guest with the Charleston Symphony Orchestra, Charleston Jazz Orchestra, XM Sirius' Real Jazz Show and has performed at events including the Charlotte Jazz Festival, Savannah Jazz Series, Spoleto and other venues across the country.*

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*Below find a sample of upcoming activities that are available to you.*

*Click on the **Blue Bar** at the bottom of this Weekly Update for event details and sign up information.*

*We look forward to seeing you.*

## FEBRUARY 2024



### LETS HUDDLE FOR A SUPER BOWL POT LUCK PARTY

SUN 02 / 11 / 2024 AT 6:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Sunday

11



### COME CELEBRATE GALENTINE'S DAY!

TUE 02 / 13 / 2024 AT 5:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Tuesday

13



### BRAZILIAN JAZZ NIGHT AT THE I'ON CLUB

FRI 02 / 16 / 2024 AT 4:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Friday

16



### BOARD MEETING

MON 02 / 19 / 2024 AT 3:30 PM

Board or Committee Meeting

Members only (login required)

RSVP required

Monday

19



### HAPPY HOUR AT COMMUNITY TABLE

TUE 02 / 20 / 2024 AT 4:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Tuesday  
20



### SO, YOU THINK YOU KNOW CHARDONNAY?

WED 02 / 21 / 2024 AT 4:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Wednesday  
21



### COCKTAILS AND CONVERSATION

THU 02 / 22 / 2024 AT 5:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Thursday  
22



### LET'S GATHER ON A SUNDAY AFTERNOON TO HEAR IAH'S VERY OWN ERIK CALONIUS, AND HIS BLUE MYSTIC BAND AT BLUM CAFE.

SUN 02 / 25 / 2024 AT 4:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Sunday  
25



FREE

### **MEN'S BOCCE**

MON 02 / 26 / 2024 AT 3:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Monday  
**26**



FREE

### **FUN, FAIRY HAIR AND TAYLOR SWIFT!**

TUE 02 / 27 / 2024 AT 4:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Tuesday  
**27**



FREE

### **BROS N' BREWS AT COMMUNITY TABLE**

WED 02 / 28 / 2024 AT 4:30 PM

I'On At Home Event

Members only (login required)

RSVP required

Wednesday  
**28**

## MARCH 2024



### **GREAT DECISIONS DISCUSSION GROUP - CLIMATE TECHNOLOGY AND COMPETITION**

MON 03 / 04 / 2024 AT 4:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Monday  
**04**



### **FRED'S FILM FORUM THE ENIGMA OF KASPAR HAUSER**

THU 03 / 14 / 2024 AT 7:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Thursday  
**14**



### **BOARD MEETING**

MON 03 / 18 / 2024 AT 3:30 PM

Board or Committee Meeting

Members only (login required)

RSVP required

Monday  
**18**



### **HAPPY HOUR AT COMMUNITY TABLE**

TUE 03 / 19 / 2024 AT 4:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Tuesday  
**19**





### THE LAUGHTER PRESCRIPTION

WED 03 / 20 / 2024 AT 3:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Wednesday

20



### DRIVEWAY DRINKS

THU 03 / 21 / 2024 AT 5:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Thursday

21



### BROS N' BREWS AT COMMUNITY TABLE

WED 03 / 27 / 2024 AT 4:30 PM

I'On At Home Event

Members only (login required)

RSVP required

Wednesday

27



### DOWNTOWN DINING IN NORTH CHARLESTON (LUNCH WITH I'ON AT HOME AT RELISH A RESTAURANT RUN BY STUDENTS OF THE CULINARY INSTITUTE OF CHARLESTON)

THU 03 / 28 / 2024 AT 11:30 AM

I'On At Home Event

Members only (login required)

RSVP required

Thursday

28



### FLOWERS FOR OUR EASTER WEEKEND

FRI 03 / 29 / 2024 AT 10:00 AM

I'On At Home Event

Members only (login required)

RSVP required

Friday

29

## APRIL 2024



### **GREAT DECISIONS DISCUSSION GROUP - SCIENCE ACROSS BORDERS**

MON 04 / 01 / 2024 AT 4:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Monday  
**01**



### **TIPS FOR GROWING ORCHIDS (ORCHIDACEAE)**

MON 04 / 08 / 2024 AT 2:30 PM

I'On At Home Event

Members only (login required)

RSVP required

Monday  
**08**



### **BOARD MEETING**

MON 04 / 15 / 2024 AT 3:30 PM

Board or Committee Meeting

Members only (login required)

RSVP required

Monday  
**15**



### **BROS N' BREWS AT COMMUNITY TABLE**

WED 04 / 17 / 2024 AT 4:30 PM

I'On At Home Event

Members only (login required)

RSVP required

Wednesday  
**17**



### **COCKTAILS AND CONVERSATION**

THU 04 / 25 / 2024 AT 5:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Thursday  
**25**



**CLICK HERE to see the latest information on upcoming IAH events and programs.**