

The Clubhouse

Star

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BARGAIN BIN RECORD REVIEWS FOR JUNE

BY: Mike Hogan

Last month I reviewed two CD's by contemporary rock groups. This month I would like to continue this with more bands that are worth listening to. These are contemporary bands who have broken through to indie radio, but are not on the commercial radio's radar.

Seattle is the home of many outstanding bands. Among them are Nirvana and the Mudhoney's. But, grunge is not the only music that is made in the Great Northwest. **The Head and the Heart** play modern folk/rock. On their self-titled debut album, they remind me greatly of Fairport Convention, which I have reviewed previously. They are a refreshing change from the rock music norm, and I like them a lot.

Next, I want to acquaint you with a West coast noise band, **The Cold War Kids**. On *Loyalty to Loyalty*, they play politically oriented noise. It is somewhat punky, but in a very post-hardcore way. I find this hard to listen to, my jazz sensibilities get in the way of true enjoyment of the band. But, if you like bands like Fugazi, or Black Flag, the Cold War Kids should be right up your alley.

Finally, there is **Kaleo**. They are a favorite of contemporary underground rock fans. They are from Iceland and represent a world wide cultural phenomenon. Their album, *A/B*, has spawned a double platinum single, a gold record, and a 2017 Grammy award. The "A side" of the CD should please fans of classic rock, if only the radio would play it. The "B Side" is much more acoustic, and would please fans of Americana, particularly Mumford and Sons. It's a really good listen.

So, there you have it. I'm glad that I updated my record collection. To do so, I threw out about a hundred CD's and 200 cassettes. It was enough to fill two shopping bags. It straightened up my apartment and gave me a new perspective on modern rock and roll.

AS ALWAYS:

KEEP ON ROCKING!



The Head and the Heart



Kaleo A/B

Building Models

By: Mike Hogan

I define myself as an automodeler. That means that I primarily build car and truck kits. This does not mean that I limit myself to vehicles. I am also interested in other types of modeling.

Recently, I became interested in building Gundams. They are giant robots that are piloted by Japanese teenagers. This is a very popular Japanese anime/manga series, and models of them range from ten dollars to several hundred dollars.

I picked a low-end kit to start. It has a fanciful nomenclature: “R6M-79 ‘GM’ E.F.S.F Mass Production Mobile Suit.” That means that it is used primarily for ground fighting.

The kit is made by the Japanese firm, BanDai. It is different from any model I have ever made. This kit is molded in four colors of plastic with no painting needed.

On top of this, the kit is a snap-together model. No glue is required, nor is there any provision for it. The model is also poseable with articulated arms and legs.

The instructions are exploded diagrams. Following them religiously is important, as getting out of sequence can ruin the model. I followed them as written.

The Gundam went together quite easily. I only made a few mistakes. These had to be undone and reversed to get the model to pose well. It looks odd to me, but it fills a hole in my trophy shelf.

All in all, it was a fun build-up. It seems to me that Japanese Gundam models are designed for junior builders, much like Japanese cartoons. But, if you are looking for something different to build, a BanDai Gundam model would be a good choice.

As always:

Keep on Building!

Creative Writing at Clubhouse.

I started class on Monday.

I was inspired to write about kindness prevails in the clubhouse news

Friends from Rodef Shalom temple and others made my mom and me well.

I got a negative and anti-bodies from a covid-19 test..

I like to write and I have been published many times.

I have taken writing classes from Ruth Drescher and Helen-Faye Rosenbloom.

2 expert writers.

I plan to attend creative writing classes at the clubhouse,

I started as a page and know have many novel ideas.

Lucky dean a damick

How not to worry? Lucky Dean A. Damick

Don't kiss a frog? You might catch worry warts

Two wrongs don't make a right.

But two wright brothers made an airplane.

Celebrate your birthday –get a present- don't worry about past or future

My quarantine at home with my mom.

I helped my mom with the service

I mowed the lawn

My mom and I visited the aviary and saw cranes dancing

I bought my mom a strawberry pie for mothers day

Sometimes I worry, yell and have many leaks because my catheter tube comes out.

I think positives sometimes, go often to the bathroom pull up the strap and breathe to relax.

I wear a mask, social distancing, and wash hands and I like marching bands,

So stay save, healthy and happy for now.

Plus eating some chow.

Lucky deano damick



Photograph taken by: Melissanne Myers

Newsletter Article for the Snack bar

By: Mike Hodes

We are doing a very limited reopening for the snack bar.

During covid we are not doing coffee or hot chocolate.

We are not selling anything that needs to be cooked.

All we are selling is Bottled and canned drinks. Fruit snacks, potato chips, cheese –its

Trail mix and fig bars.

Payments

If you are paying cash must seek out staff

If you are paying prepaid any colleague can do it

Pre-paid is preferred

Intern Intro!

Hi everyone! My name is Melissa and I am very excited to be an intern here at the clubhouse for the next 3 months! I am from Scranton, PA (Yes, I have watched The Office) and outside of school I enjoy being outside, hanging out with friends and family, reading, and being active whether it be walking, running, or playing sports. My favorite foods are pizza, tacos, and ice cream.

I am currently in the occupational therapy doctoral program at Duquesne University and I will be graduating this December. My capstone project here is focused on re-vamping the orientation process for new colleagues who are referred to the clubhouse. I hope this will encourage more current colleagues to be involved in the orientation process while creating a smooth transition for new colleagues into a brand new environment. As you all know, orientation is a new colleague's first impression of the clubhouse and it is so important that we make it as welcoming as possible! Please reach out to me if you are interested in being a part of this project.

I interned here at the clubhouse two summers ago in 2018 and I am so happy to be welcomed back by you all. For those of you who I have met virtually, I look forward to meeting you in person soon. For those who I have already worked with at the clubhouse (Mike at the snack bar; Heather, Steph, Laura, and Mary Beth in Clubtique) and others who I have had great conversations with so far, thank you! Here's to a great summer/fall with you all!!



A Brief Introduction

By: Zach Pollack

Hello, all! My name is Zach and I am one of the new interns that will be at the Clubhouse for the summer. It has been very nice getting to know some of you in person and virtually over the past couple of weeks. For those whom I have not met yet, hopefully I can allow you to get to know me a little bit through this article.

I am a student in Pitt's Clinical Rehabilitation and Mental Health Counseling program, and I am currently in-between my first and second years in the program. My goal is to obtain a license to offer mental health counseling and therapy services to those who need them.

Interning at the Clubhouse was recommended to me by my advisor, and after looking into the Clubhouse and all it offers, I knew it would be a great fit. I have very much enjoyed working alongside colleagues through the work-ordered day, working on tasks like keeping the Clubhouse clean and safe, and preparing produce orders for the CSA program.

Outside of the Clubhouse and school, my interests and passions include music, baseball, and staying active. Going to concerts and seeing live music is my favorite thing to do, and when I am unable to do this, I am always listening to music or playing it on my drum kit.

I look forward to meeting all of you whom I haven't had the opportunity to meet yet, as well as look forward to working with you for the rest of the summer!

