

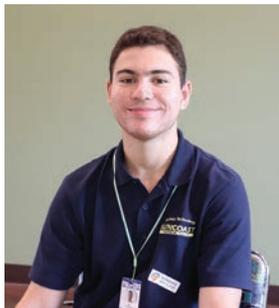
COVID-19 UPDATE: Academy members have the option of attending the Academy onsite or continuing with online services. For more information about our Phase I Safety Guidelines on the Academy's website: AcademySRQ.org. These guidelines have been established based on consensus by Academy members, staff and Board of Directors. They are subject to change at the discretion of the Academy community. These guidelines will be reevaluated on an ongoing basis and are subject to future modification. We Are Stronger Together.

GLAD TO BE BACK OPEN



COLLEGE BOUND

Ian Churchill is a long-time Academy member who recently went back to hit the books. Or, in his case, hit the keyboard. Ian started coursework at Suncoast Technical College, working towards certifications in Computer Systems Information & Technology. His classes mirror the Academy's schedule, so we won't see him as much until after he graduates. We were very excited when he popped in this week to share a bit about his first week of classes.



Ian Churchill

Ian described the class as "very hands-on." Students work on their own, and the instructor serves as a facilitator to answer questions as they progress through the lessons. Students are expected to complete one module per week. Ian said that it's quite challenging!

The course is nine months in length and once he completes the program, he will have earned two certifications: CompTia A+ and CompTia Network +. These certifications will qualify him to work in Information Technology and troubleshoot computer issues. He could potentially get hired on by a company large enough to require a dedicated IT person, or in a job similar to the "Geek Squad."

We are so proud of Ian for taking on this big challenge! It's bittersweet when our members don't come to the Academy as much, but we always support and celebrate when their lives become full and they are fulfilling other dreams. We hope that, once Ian's course is completed, we might see more of him again, because we miss him. And also, because one of the Macs is having trouble connecting to the server.

ADAPTING TO THE NEW NOW

by Rebecca Wolfson

Clubhouse International supports the idea of helping and working together, side by side. However, given the current COVID19 situation, we've had to adjust to the proper conditions to continue to help one another while staying safe. So what have we done to keep the ball rolling? Thanks to technology, we've been able to see and talk to one another remotely. We've been setting up and running meetings through Zoom, sometimes without even getting out of bed! Through the magic of technology, we've been able to work with each other inside the Academy while staying six feet apart in the classrooms. We're able to talk to each other at a normal volume, and through computer-sharing software, we're able to "share a screen" on the Mac and PC computers.

The Academy has provided tablets to members who need one, so we can all choose to work together remotely from our homes. Staff has the capacity to view member's computer screens even when we are logging on from home, so we can work together on projects with each having control of the screen. It is a bit scary at first, watching your mouse shoot across the screen without touching the device, but once you get used to it, it is just like having someone working right beside you. The pandemic has definitely challenged us to adapt, and we are doing a great job of keeping up in this "new now."

**WORLD MENTAL
HEALTH DAY**
10.10.2020

USING OUR NOODLE

by Matthew Thomas

This week in the culinary arts team, we made ramen noodle soup. Sounds easy, right? Nope. Some might settle for those store-bought dried noodles, but not us. This ramen was a masterpiece made by hand with amazing ingredients.

First, we made our own dough from scratch. It was made the day before so that it could chill overnight. The round of dough was then cut into smaller pieces that were rolled out into discs so that they were thin enough to fit through the pasta machine. Each disc was then fed through an attachment on the machine that stretched it. We put each disc through five or six times, beginning on level one and each time increasing the number on the machine. Each time the number increased; the dough came out thinner and longer. Eventually we had long planks of paper-thin dough. After all of the dough was stretched, we cut the pieces into an appropriate length for a soup noodle. It was important throughout this whole process to keep the dough well-floured so that it didn't stick. When we had our pieces of dough cut to the right length, we then switched the attachment on the pasta machine to the cutter. Cutting the dough was the hardest part of the process because you have to make sure the noodles don't stick together or break. You have to handle them very carefully because they are so delicate before they are boiled.

Once our ramen noodles were complete, it was time to start on the broth. Ours was made with our own housemade vegetable stock, kombu, miso paste, soy sauce, roasted mushrooms, and sesame oil. In addition to those glorious ramen noodles, our soup was loaded with fresh tofu, edamame, corn, scallion, nori, roasted mushrooms, and a soft-boiled egg. It felt like being transported to Japan or, at least, to a fine dining Japanese restaurant.

Some might wonder why we take the time to do these things from scratch when we could so easily have just bought dried noodles or a premade soup base. Here at the Academy, we care as much about the process as we do the product. Making this ramen soup was so much fun, and it taught us a lot along the way. And as far as product goes, it was easily the best bowl of ramen I've ever tasted.



Jerry Clancy runs the dough through the pasta machine cutter.

All events take place on-site at the Academy and through the Zoom app.

Watch Slack for Meeting ID and Password.

Tuesday, September 8

Morning Meeting - 9 a.m.

Business & Tech Team Meeting - 9:45 a.m.

Arts & Communication Team Meeting - 9:45 a.m.

Culinary Team Meeting - 9:45 a.m.

Academy Meeting - 1:30 p.m.

Business & Tech Team Meeting - 2 p.m.

Arts & Communication Team Meeting - 2 p.m.

Culinary Team Meeting - 2:15 p.m.

Wednesday, September 9

Morning Meeting - 9 a.m.

Business & Tech Team Meeting - 9:45 a.m.

Arts & Communication Team Meeting - 9:45 a.m.

Culinary Team Meeting - 9:45 a.m.

Newsroom Meeting - 11 a.m.

Menu Planning Meeting - 11:45 a.m.

Business & Tech Team Meeting - 1:30 p.m.

Arts & Communication Team Meeting - 1:45 p.m.

Culinary Team Meeting - 1:45 p.m.

Wellness Wednesday - 3 p.m.

Thursday, September 10

Morning Meeting - 9 a.m.

Business & Tech Team Meeting - 9:45 a.m.

Arts & Communication Team Meeting - 9:45 a.m.

Culinary Team Meeting - 9:45 a.m.

Business & Tech Team Meeting - 1:30 p.m.

Culinary Team Meeting - 1:45 p.m.

Arts & Communication Team Meeting - 1:30 p.m.

Friday, September 11

Morning Meeting - 9 a.m.

Business & Tech Team Meeting - 10 a.m.

Arts & Communication Team Meeting - 10 a.m.

Culinary Team Meeting - 10 a.m.

Employment Workshop - 11 a.m.

Writer's Workshop - 1:30 p.m.

Business & Tech Team Meeting - 1:30 p.m.

Arts & Communication Team Meeting - 1:30 p.m.

Culinary Team Meeting - 1:45 p.m.

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AcademySRQ.org

and click on the  button

Thank you for transforming lives!

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