

# CONNECTIONS

Community Homes & Services  
PO Box 744, Novato CA 94948  
415-897-8676

[www.communityhomesandservices.com](http://www.communityhomesandservices.com)

## THE ARTS EDITION



The arts employ creativity and imagination to make visual, musical, literary, and theatrical works that we can appreciate and share with others. The arts are valued for their beauty or emotional power—so buckle up and check us out!

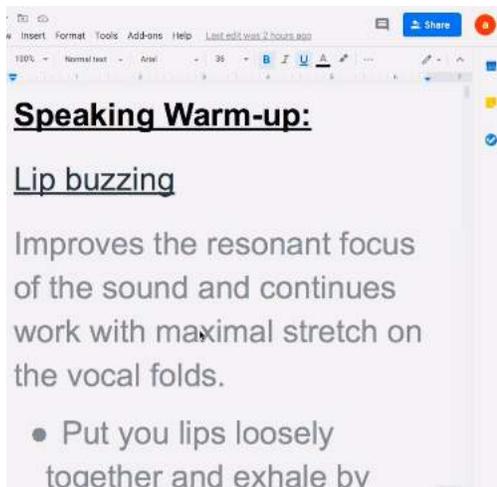
Dylan has an eye for color and a love for all things vehicular, especially buses. (Above) Dylan's interpretation of Taylor Swift's tour bus. (Right) Pam's paint-by-sticker art. Wow!



(Left) Courtney shows us her latest art project—a diamond bead embroidery of a German shepherd!

That looks like a lot of detailed work. You go, girl!

# Theater Arts Class



**Speaking Warm-up:**  
Lip buzzing  
Improves the resonant focus of the sound and continues work with maximal stretch on the vocal folds.

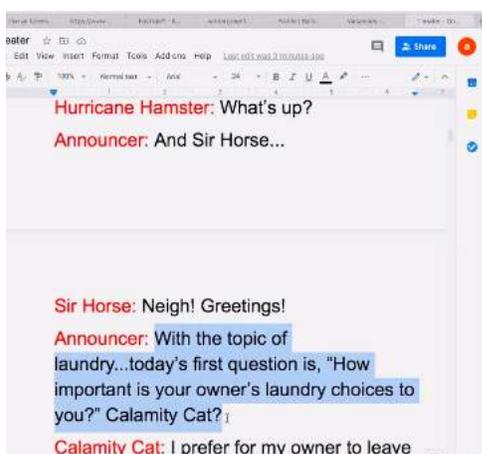
- Put your lips loosely together and exhale by



Like all theater professionals, we begin our class with a warm up and we end with a cool down.

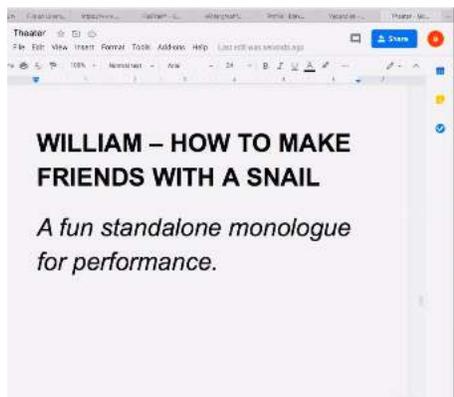
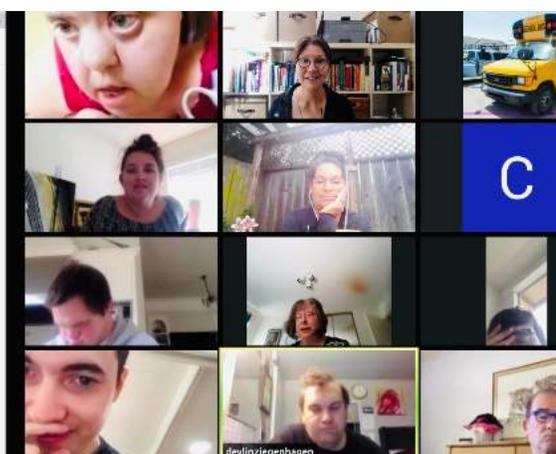
We warmed up with lip buzzing!

We began with *Talking Pets: Beyond Earth Day* where animals discussed toxins in laundry detergent and the benefits of Earth-friendly products.



Hurricane Hamster: What's up?  
Announcer: And Sir Horse...

Sir Horse: Neigh! Greetings!  
Announcer: With the topic of laundry...today's first question is, "How important is your owner's laundry choices to you?" Calamity Cat?  
Calamity Cat: I prefer for my owner to leave



**WILLIAM - HOW TO MAKE FRIENDS WITH A SNAIL**  
*A fun standalone monologue for performance.*



Then we took turns reading the monologue *How To Make Friends with a Snail*.



“The arts are not just a nice thing to have or to do if there is free time or if one can afford it. Rather, paintings and poetry, music and fashion, design and dialogue, they all define who we are as a people and provide an account of our history for the next generation.”

— Michelle Obama

# Performance Arts

(Top right) Devlin's mom, Debbie, visits us on Zoom. Devlin is writing scripts based on *New Girl*, one of his favorite shows. (Bottom right) Devlin's show takes place in a donut shop (this is his set which looks suspiciously like his mom's kitchen). The shop is called Dunkin' Devlin and the working title for Devlin's show is *New Guy*...

Stay tuned for more on Devlin's script!



# Culinary Arts

**August 4th is National Chocolate Chip Cookie Day!**



Andrew N's mom, Sally, shows the class some of the yummy cookies Andrew helped her to make! The culinary arts are delicious!

In nutrition class, Alison made hummus. She measured out 1/3 cup of beans.

**A) What kind of beans are in her measuring cup?**

Alison filled the measuring cup two times:

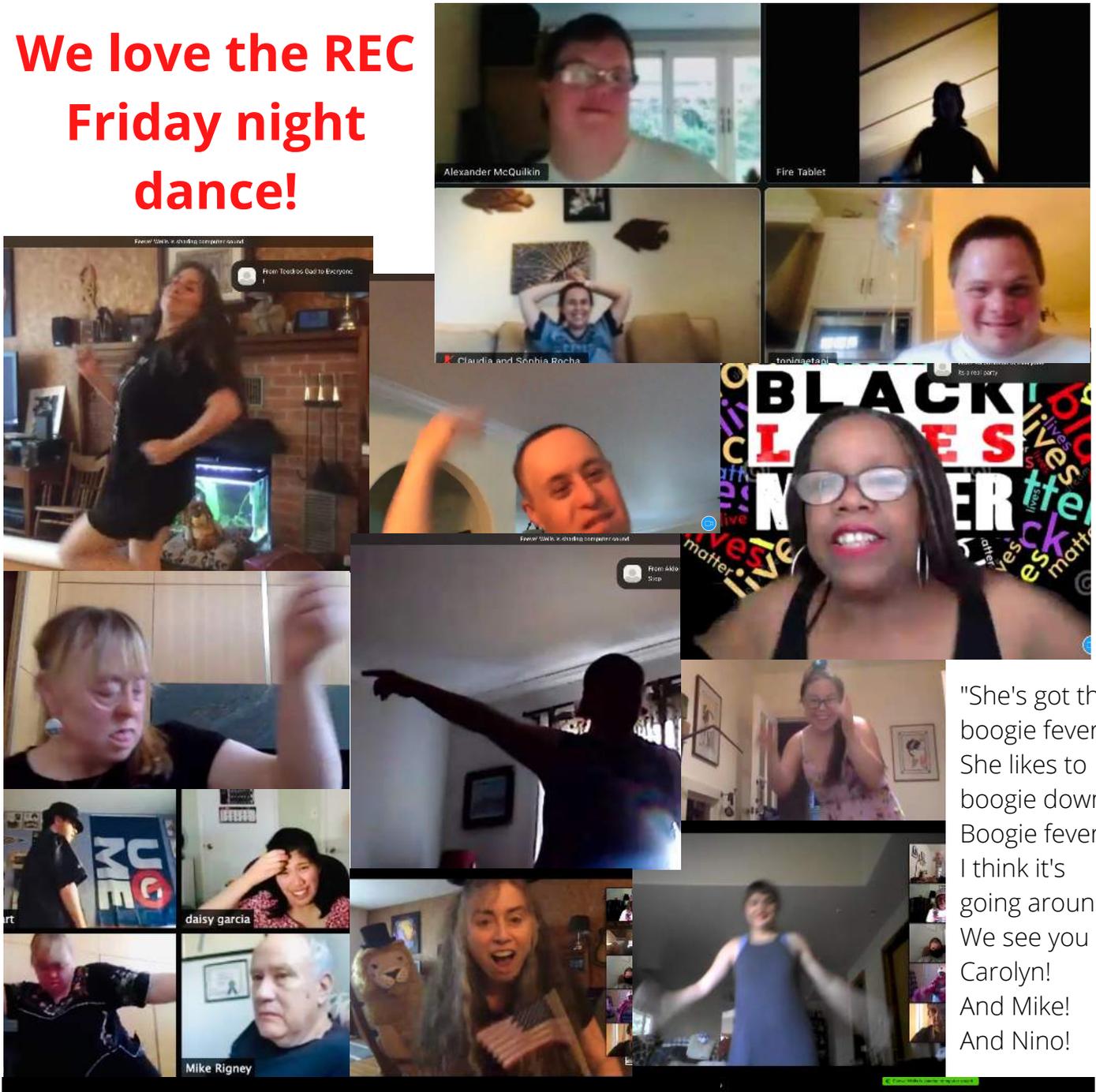
**B) How many cups of beans, in total, did Alison use in her recipe?**



**Answer:** A) Garbanzo beans which are also called chickpeas, B) 1/3 cup times 2 = 2/3 cup of beans.

# Dance Arts

We love the REC  
Friday night  
dance!



"She's got the boogie fever  
She likes to boogie down  
Boogie fever  
I think it's going around!"  
We see you Carolyn!  
And Mike!  
And Nino!



# FOR THOSE WHO LOVE TO DANCE...

Here are the themes for the upcoming Friday night REC dances:

- **August 21st : Beach Party!** – Wear a Hawaiian shirt, shorts, sundress, hat, or sunglasses on your head.
- **September 18th : Sock Hop** - 50s theme – wear your poodle skirt!
- **October 16th : Halloween**
- **November 20th: 1980's music** – Prince, Michael Jackson, Madonna, Cindy Lauper, Whitney Houston, Pointer Sisters and more!
- **December 18th : Christmas** – Santa Dance! Santa will be there!
- **January 15th: The Winter Formal**



## Language Arts: Spelling and Onomatopoeia

We are better spellers than we thought we were! We spelled everything from "word" to "fierce" to "crackle" and "giggle"! Skilled speller, Andrew N., was a top speller at Ross School! Yay Andrew!!

**ONOMATOPOEIA**

BZZZ, POP, EEK, BAM  
 MEOW, MOO, BOING  
 RIP, BOING, BOING  
 BOINK, ZIP, POOF  
 CHUG, CRACK, CRACK  
 ZOOM, CLINK, CLAP  
 BEEP, ROAR, CLASH  
 BEEP, CRASH

TEACHER kdrmd

BAM	CRINKLE	POOF	SWOOP
BEEP	DROP	POP	THUMP
BOING	EEK	QUACK	TICK TOCK
BOINK	GIGGLE	RATTLE	TOOT
BOOM	GRRR	RING	VAROOM
BZZZ	KERCHOO	RIP	VROOM



We listed and spelled onomatopoeias from "pow" to "ding-dong" to "cuckoo" to "meow."

### onomatopoeia noun

Save Word

on-o-mato-poe-ia | \, ä-nə-mā-tə-pē-ə, -mə-\

#### Definition of onomatopoeia

1 : the naming of a thing or action by a vocal imitation of the sound associated with it (such as *buzz*, *hiss*)

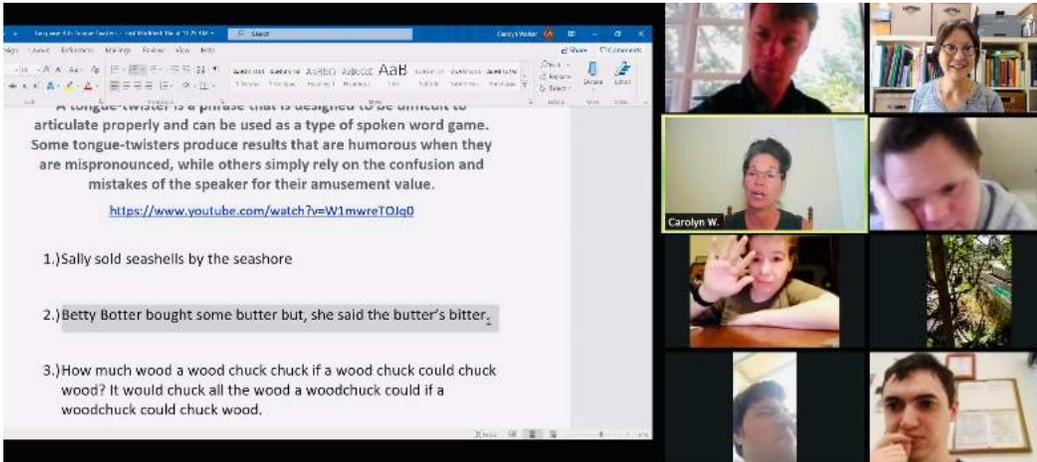
also : a word formed by onomatopoeia

// In comic books, when you see someone with a gun, you know it's only going off when you read the *onomatopoeias*.

— Christian Marclay



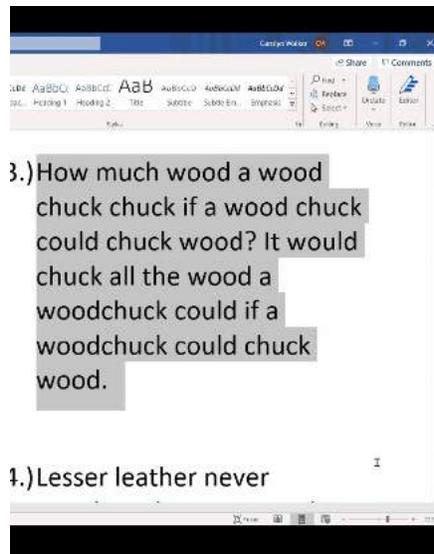
# Language Arts: Tongue Twisters



We took turns at tongue-twisters in language arts class!



Leo received a cat head-butt! Check out Moose-the-cat's second level, no-people-allowed walkway. Fancy!



## Zoom Meeting with Dr. Polk



James brings his Lamborghini Diablo to class!

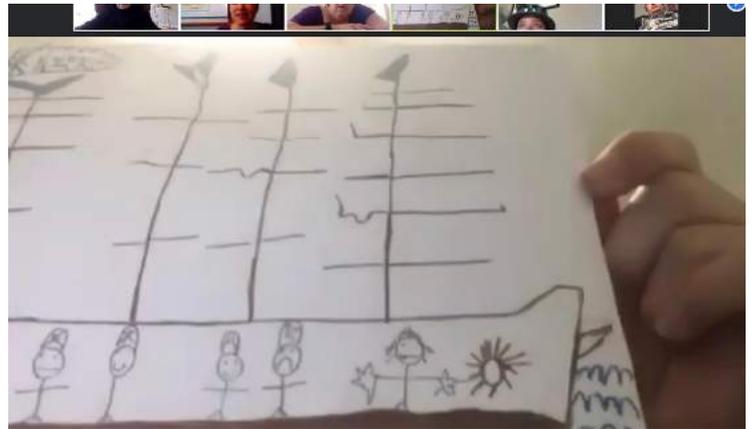


Leo joins the BCBA study group!

# Visual Arts



Pam shares her pencil drawings.

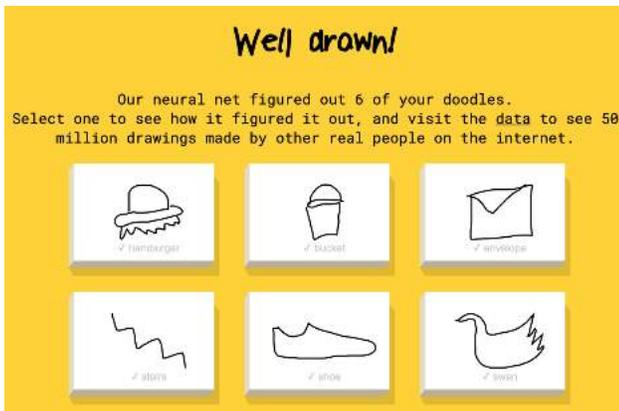


Dylan faces his dislike of water by drawing a ship.

## THE HUB Remote Learning with The Arc SF

Check out THE HUB's art page [www.thearcshub.org/art](http://www.thearcshub.org/art) -what a great resource! They have a bunch of links to virtual museums, fashion channels, poetry competitions, culture in the arts, and much more!

Don't forget to click on Quick Draw which features the world's largest collection of doodles and allows you to add to their database. You will be given 20 seconds to draw an object while the system guesses (or doesn't guess) what you are drawing. Fun!!



These are Thea's quick draws above. Now it's time to make your own! Check out Quick Draw at [quickdraw.withgoogle.com](http://quickdraw.withgoogle.com).

# Literary Arts

We discovered the world of StoryCorps' animated stories. StoryCorps mission is to preserve and share stories in order to create a more just and compassionate world.

This love story is about Danny and Annie Perasa. He proposed on their first date, they got married, and he wrote her love letters every day for nearly 30 years!



# AUGUST 2020 WEEKS AND DAYS



**International Clown Week - August 1-7**

**Elvis Week - August 8-16**

**Perseid Meteor Showers - August 11-12**

**Be Kind to Humankind Week - August 25-31**

**National Clown Day - August 1**

Friendship Day - August 2 (First Sunday in August)

National Coloring Book Day - August 2

National Chocolate Chip Cookie Day - August 4

National Fresh Breath Day - August 6

National Water Balloon Day - August 7

International Cat Day - August 8

**Sneak Some Zucchini Onto Your Neighbor's Porch Night - August 8**



International Day of the World's Indigenous People - August 9

National S'mores Day - August 10

International Lefthander's Day - August 13



**National Navajo Code Talkers Day and National Lizard Day - August 14**



National Airborne Day - August 16

Bad Poetry Day - August 18

International Orangutan Day - August 19

World Mosquito Day - August 20

**Statehood Day in Hawaii - August 21**



**National Waffle Day - August 24**

Pluto Demoted Day - August 24

**National Toilet Paper Day - August 26**

Frankenstein Day - August 30

Bacon Day - August 31 (also on December 30)

Eat Outside Day - August 31



# WHAT HAVE WE LEARNED?

SAFFIR-SIMPSON SCALE		
CATEGORY	WIND SPEED	
1	74 - 95 MPH	(119 - 153 KPH)
2	96 - 110 MPH	(154 - 177 KPH)
3	111 - 130 MPH	(178 - 209 KPH)
4	131 - 155 MPH	(210 - 249 KPH)
5	155 + MPH	(250+ KPH)



## Hurricanes

We finished the book *Hurricane Season* in literary circle. We also did some research and learned that hurricanes are giant tropical storms that produce heavy rainfall and super-strong winds.

- A) At what wind speed is a tropical storm considered to be a hurricane?
- B) What time of year is hurricane season on the East Coast?

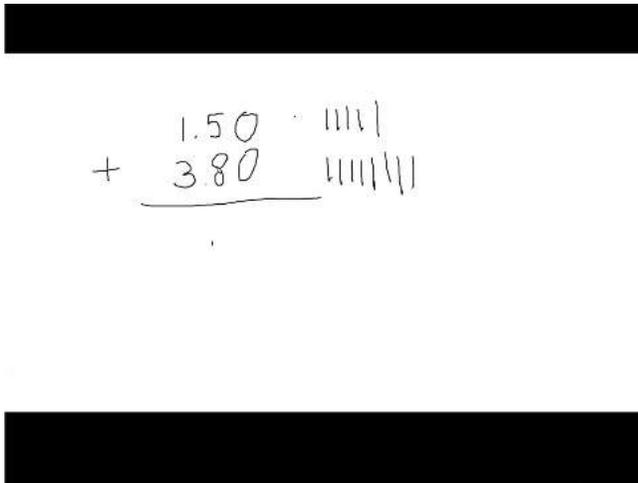
## World Music Class

In World Music Class we traveled from Sweden to Mexico to Korea. Nino could not stay seated when we listened to Swedish music, including ABBA, and this artist here...



- C) Who is the Korean singer to the right?
- D) What record breaking song is he known for?

## Math Club aka "I Don't Hate Math" Class



Here at CH&S, we face that which we fear—yes, we stand in the face of adversity (and math).

Yes, we're talking about basic math.

Some people love math and some people don't, but either way, we don't fear math – **we DO math!**

- F) What is the answer to the math problem above?

**Answers:** A) A tropical cyclone must have one-minute maximum sustained winds of at least 74 mph to be considered a hurricane, B) the 2020 Atlantic hurricane season runs from June 1 to November 30, D) Psy, E) Gangnam Style, F) 5.30.

**Perseid Meteor Showers  
August 11-12**

**Dwarf Planets, Asteroids, Meteor**



O I V D H R M A V A P E U O C B V  
 C A J B N X V R X J V A E Z W I K  
 D X G J N R U R S O T U L P L U N  
 F C A P S X N S C W V X M T R L K  
 K P M O P C M I Y S Z T E L D J M  
 G N O R O E T E M R K L T S W V E  
 S E R E C F N Y S F M E S C A E T  
 R F K D O N M A R S Z B Y N R E E  
 C L C H X T Y A Z X P D S U F A O  
 B G C N J U P I T E R I R U P R R  
 L B T X Z C R D X G Q O A S L T I  
 Y W S L L O N Q Y Q I R L P A H T  
 X Y L Q U R Q R Z E J E O A N X E  
 G H O L Q B P C W R T T S C E E D  
 F Z W J Q I P I J I P S V E T N O  
 B I M J H T Z C F S U A L L S K S  
 Y G U B X R S D I O R E T E M G X

www.coloring-pages-kids.com



August 6th is National Fresh Breath Day—you know what to do...

- orbit
- eris
- mars
- solar system
- dwarf planets
- space
- earth
- pluto
- meteroids
- ceres
- jupiter
- meteorite



**CH&S August birthdays:**

- 8/2 - Tess
- 8/7 - Bruce
- 8/8 - Arthur
- 8/11 - Jonas
- 8/13 - Yvette
- 8/17 - Melissa
- 8/25 - Zayde

*Happy birthday to all of you!!*

# August 1st is National Clown Day

## International Clown Week is August 1st-7th!

### Clown Facts:

- The word clown is believed to come from the Icelandic word *klunni*, meaning a clumsy person.
- The full name of Krusty the Clown in The Simpsons is Herschel Shmoikel Pinchas Yercham Krustosky.
- The declaration of International Clown Week was passed into US law by President Richard Nixon on August 2, 1971.
- *Coulrophobia* describes the fear of clowns.
- The world's oldest clown society, Clowns International, was founded in 1947.



## Chair Dance/Yoga Class



*"You are the dancing queen  
 Young and sweet  
 Only seventeen  
 Dancing queen  
 Feel the beat from the tambourine, oh yeah  
 You can dance*

*You can jive  
 Having the time of your life  
 Ooh, see that girl  
 Watch that scene  
 Digging the dancing queen" -- ABBA*



**Chair dancing- we do that!**

# We have fun on Zoom...



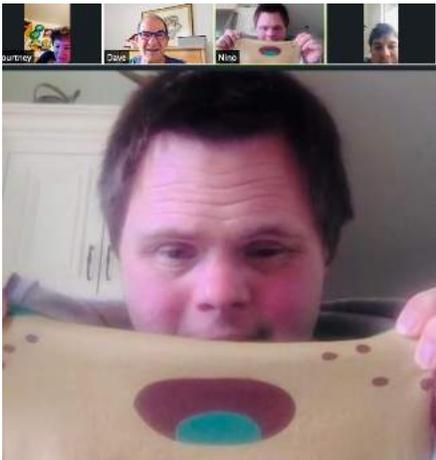
We dedicate songs to our special friends.



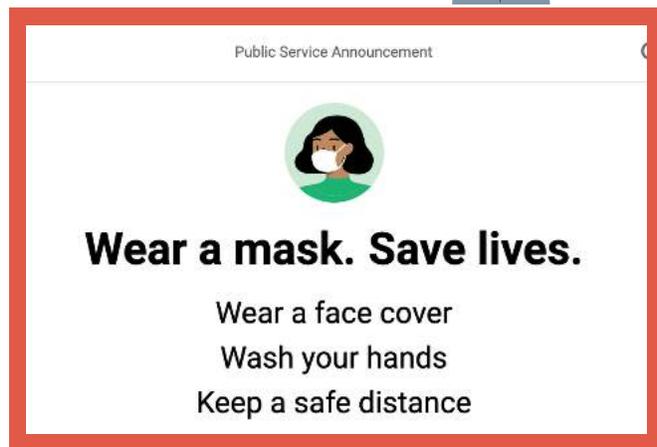
We show off our puppy badges.



Zach demonstrates how he wears his bandana as a face mask when he goes outside.



Nino shows off his bagel t-shirt.



Dave and Martha show us how to have fun!



# Ancient Philosophy Class

We discussed Buddhist philosophy and we learned about the Four Noble Truths:

The Buddha said: "Oh *bhikkhus* (the monks he was teaching), there are four noble truths. They are the noble truths of *dukkha*, the cause of *dukkha*, the cessation of *dukkha* and the path to the cessation of *dukkha*."



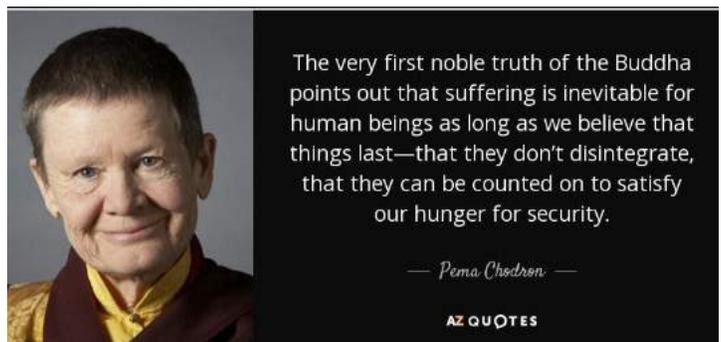
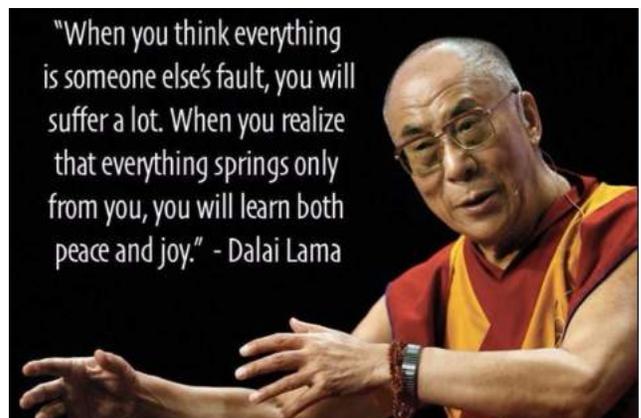
So what is *dukkha*? In ordinary usage *dukkha* has been translated as suffering or misery. However, in the First Noble Truth, the meaning of *dukkha* is much wider and includes ideas such as unsatisfactoriness, dissatisfaction, frustration, separation, and emptiness.

So *dukkha* can be anything from not getting your way to spraining your ankle to not wanting good times to end to having to wait too long to be called on in class, to sickness, old age, and death.

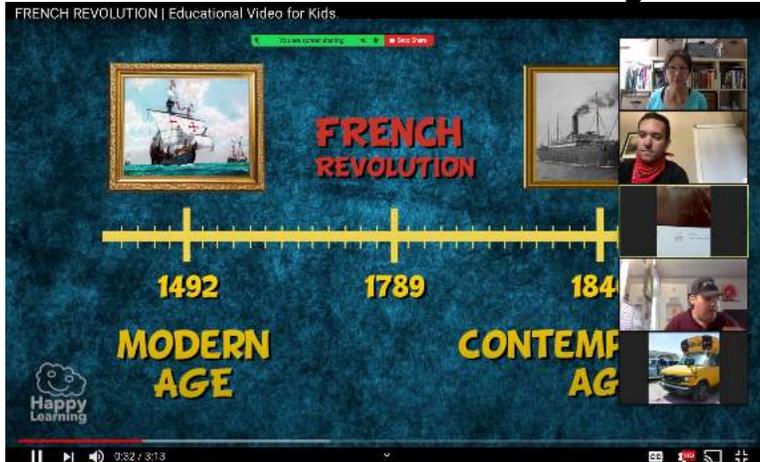
The point of the First and Second Noble Truths is that wanting/needing things to be different than they are right now is the core cause of unsatisfactoriness/suffering.

## International Lefthander's Day is August 13th

- Lefthander's Day is observed every year to celebrate the uniqueness and differences of the left-handers.
- 10% of the population are left-handed.
- More than 50 percent of top baseball players are left-handed.
- Men are more likely to be left-handed than women.



# French History on Bastille Day



Bastille Day is the common name given to the national day of France, which is celebrated on July 14th each year. Bastille Day commemorates the storming of the infamous military prison and the start of the French Revolution.



Did you know that Chas left the army on Bastille day in 1971?

## Frog facts:

- There are over 5000 frog species in the world.
- Each species has a unique call, and some frog calls can be heard a mile away!
- Frogs don't need to drink water as they absorb it through their skin.
- A frog completely sheds its skin about once a week. After it pulls off the old, dead skin, the frog usually eats it. Gross!
- A group of birds is called a flock, a group of cattle is called a herd, but a group of frogs is called an *army*.

## Frog Knowledge Class



## Aesop's Fables



Darnell's language arts class read a number of Aesop's fables. In "The North Wind & The Sun," the North Wind and the Sun had an argument about which of them was the stronger. While they were disputing with much heat and bluster, a traveler wearing a cloak walked by along the road.

"Let us agree," said the Sun, "that he is the stronger who can strip that traveler of his cloak." The North Wind blew very hard, but the man hung onto his coat.

Then the Sun turned up the temperature and the man sat down and took off his coat. What did we learn from this fable?

**Gentleness and kind persuasion win where force and bluster fail.**

# Visiting Marin Ventures

Did you know that Marin Ventures <https://marinventures.org/> has their own rock band? The band is called "The Rippers" and they play music inspired by punk and the Ramones. **Rock on!**

CH&S staff meetings can sometimes get really serious, even Mookie the cat looks serious!!!

Marin Ventures welcomes visitors. Check out their Zoom classes by using this link: <https://us02web.zoom.us/j/81377141696?pwd=YWg4UTkvdWZpR2JpQ0xvZStxVjI6dz09>. Their class schedule for the week of August 3-7 is as follows:



In Nutrition Class (below), Alison made a blueberry loaf. Here she explains the difference between a fresh, plump berry (which is great for baking) and a dried-up (not-great-for-baking) blueberry.



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 - 11:00	Check-In and Sing-A-Long <b>Covid19, Handwashing, Maskwearing</b>	Check-In and Sing-A-Long <b>The Weekly WOW!</b>	Check-In and Sing-A-Long Getting to Know Myself w/ Bente (scheduled by appointment as well)	Check-In and Sing-A-Long	Music of the World: <b>New York Part I</b>  Check-In and Sing-A-Long
11:00 - 12:00	Reading: Alice in Wonderland Cooking: <b>Tuna Melt!</b>	Reading: Alice in Wonderland <b>Covid19, Handwashing, Maskwearing</b>	Reading: Alice in Wonderland Arts and Crafts: <b>String Painting</b>	Reading: Alice in Wonderland Field Trip: <b>Rodeo Beach</b>	Reading: Alice in Wonderland Skill building: <b>Money management</b>
12:00 - 1:00	Knowledge Building: <b>Water Cycle</b> Skill building: <b>Money management</b>	Knowledge Building: <b>Moon Phases</b> Skill building: <b>Time and Clocks</b>	<b>Angel Island Ranger-led LIVE tour: Unknown facts</b> (1 of 6) <b>Covid19, Handwashing, Maskwearing</b>	Knowledge Building: <b>Hurricanes</b> Skill building: <b>Hygiene: Tooth brushing</b>	Knowledge Building: <b>Tectonic Plates</b> Book Club: <b>Harry Potter and the Sorcerer's Stone</b>
1:00 - 2:00	<b>Art Room: Art Ideas</b> Field Trip: <b>The Louvre Part 1</b>	<b>Art Room: Art History</b> Skill building: <b>Safety</b>	<b>Art Room: Arts and the Parks</b> Knowledge: <b>CA Native Plants</b>	<b>Art Room: ComfortArt</b> <b>Covid19, Handwashing, Maskwearing</b>	<b>Art Room: Music History</b> Book Club: <b>Little Women</b>
2:00 - 3:00	<b>The Rippers' Music Hour</b> <b>Music History: Blues: Muddy Waters</b>	<b>The Rippers' Music Hour</b> <b>Music History: Blues: BB King</b>	<b>The Rippers' Music Hour</b> <b>Music History: Blues: Elmore James</b>	<b>The Rippers' Music Hour</b> <b>Music History: Blues: Freddie King</b>	<b>The Rippers' Music Hour</b> <b>Covid19, Handwashing, Maskwearing</b>



We  Marin Ventures!

Community Homes & Services  
837 Sweetser Ave. Novato CA 94945  
415-897-8676

## AUGUST 2020 Connections Magazine



**Our students are  
looking good!!!**



Check out CH&S's Zoom classes:  
[https://us02web.zoom.us/j/4368488253?  
pwd=VWc4WmR5MjhLZ3lFZCsyZFg3dXN5Zz09](https://us02web.zoom.us/j/4368488253?pwd=VWc4WmR5MjhLZ3lFZCsyZFg3dXN5Zz09)