

# GATEWAY TODAY

*The latest news and updates from Gateway Clubhouse*



## Gateway Clubhouse

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**...AND MORE!**



<https://www.facebook.com/gatewayclubhouse>



## MEMBER QUOTE

"Life is too short to wake up with regrets. Love the people who treat you right."

If you get a chance, take it. If it changes your life, let it. Nobody said life would be easy, they just promise it would most likely be worth it."

-Tasha

## RIDDLE

What has cities, but no houses; forests, but no trees; and water, but no fish?

Answer: A map.  
by Chris



## BIRTHDAY SPOTLIGHT

August and September were full of birthdays, here at the Clubhouse. We are so grateful for the opportunity to spend birthday time together, even through a virtual setting! In August, George, Bob and Timothy all celebrated birthdays. In September, Sam celebrated his. We wish all of our Clubhouse members a happy birthday year.



## ROBERTISM

*Phenomenicious*


Meaning: UBER-phenomenal!



# A HUGE CLUBHOUSE WELCOME TO...

Welcome Frazelle Hampton and Trenise Wright to the Gateway Family! Frazelle and Trenise are our new Clubhouse Specialists, and we are excited to have them on the team! Here's a little bit about them:

## **Trenise Wright**




is a Queens, New York native and relocated to Raleigh, NC in July of 2012. Trenise has a strong passion for working with individuals in need and has over 20 years of experience working in the field of human services. Trenise is a graduate of Metropolitan College of New York, where she obtained her Bachelor's degree in Human Services and Professional studies. Trenise is very family orient and enjoys spending quality time with her three children and other family. In her spare time, Trenise enjoys crafting, shopping and home remodeling. Trenise comfort food would be anything from the sea. Her favorite color is hot pink and her morning must haves is a warm cup of caramel coffee no matter the outside temperature.

### **Fun Facts:**

Trenise is a huge dog lover and has two fur babies.

Trenise grew up on the beach, loved it as a child. Totally dislikes it as an adult.

## **Frazelle (Zelle) Hampton**



a native of Richmond, Va. She has a background that include, legal, working in local government, working with seniors and those in the deaf and hard of hearing community. Frazelle has a passion to serve others and help them reach their full potential, and making others laugh.

Frazelle graduated with her Associates degree in Legal Studies from Bryant and Stratton College. She recently relocated to the Raleigh area with her children, a son and a daughter. Frazelle is a loyal cheer mom and band mom and has spent many of weekends at football games as well as cheer and band competitions. In addition, Frazelle is an event planner and enjoys being able to help others celebrate important milestones in their lives. A military brat, she enjoys traveling (the beach is her favorite place), eating yummy food, watching a good movie or just spending time with family and close friends.





# 2020 HURRICANE PREDICTIONS



By Josh

This year will be an active hurricane season. It all ready has been. Hurricane season starts on June 1 and runs through November 30 with the peak of the hurricane season being mid September. The peak is about September 10 and we are there now. History shows us a lot of the worst hurricanes hit between mid August and mid September. Although there has been a number of notable storms that have hit in October.

This year there will be between 19 and 25 named storms. 7-11 hurricanes and 3-5 majors. The latest predictions have showed 19-25 named storms. 7-11 hurricanes and at first 6-8 majors. If those figures are right. What is right is the number of named storms at 19-25. Another thing that is right is the number of hurricanes. 19 - 25 named storms there has been 17 named storms and we are just now at the peak of the season. The season peaks now and there are only 4 more names on this years list.

Now for the number of major hurricanes there I will say 3- 5 majors. Up to this point of the season there has been 17 named storms. 5 hurricanes and 1 major hurricane. That 1 major hurricane was Lora. So most of the hurricane predictions are on track. We are on pace for most of those numbers. As far as the number of majors there may not be as many majors as was predicted earlier in the year. I will say there will be somewhere between 3 and 5 majors. So far there has been only 1 major hurricane. That Major one was Lora. Most of the others have been no more than tropical storms. As far as the number of hurricanes the predicted number here is 7 - 11 hurricane. We are still on pace there there has been 5 hurricanes. 4 cat 1 hurricanes and 1 major one that being Lora. The first is 19 - 25 named storms there are only 21 names on the list though. After that we have to start over with the Greek alphabet. The names that are still to come on this years list are Sallie, Tetty, Vickie and Willfred. So now we are down to the final 4 names on the list before we start over with the Greek letters.

The only other time we had to start over with the Greek alphabet was back in 2005. That year we set a record for number of named storms. There were 27 named storms. They chose to keep the 28th storm nameless because it formed so late in the year. All so there were 15 hurricanes that was a record. There were 7 major Hurricanes that year and 4 of those were cat 5's both of those were also records. Two of those had precer readings below 900 millabars that was a record.

One of those set a record for the most intense hurricane on record in the Atlantic at 882 Millabars. That one was Willma. That year also set a record for the most retired names in one year. That year there were 5 retired names that was a record. Two of those names that were retired has preser readings below 900 millabars. Those were Reeda that measured 895 millabars and Willma that measured 882 Millibars. Willma was the strongest Hurricane of that year. The names are recycled and reused every 6 years in the case of a particuler deadly or damaging storm that storm's name is retired and a replacement starting with the same letter is selected to take it's place. They are retired at that point because the name becomes offensive. There is sensivity to the name. Nobody wants to ever hear that name again. It would be insensitive to use that same name on a future system and so when they become destructive enough or deadly enough the name is retired and a new name is selected to take it's place.



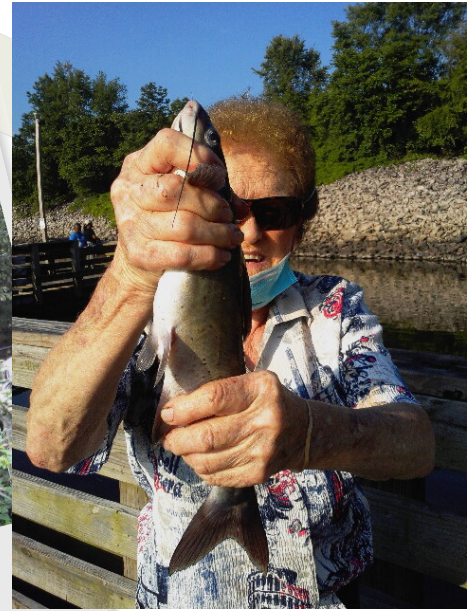


# HOW WAS YOUR SUMMER?

"We went to Jordan lake, they got piers out there for fishing... This Saturday, I'm going bow hunting. I sit down and practiced about 10-20 yards in my backyard."

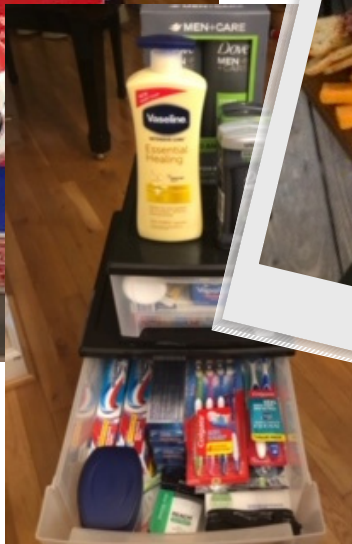
-Mark

Pictured on the right is Mark's birdhouse, that he made this year, and the fish him and his mom caught.



Stephanie moved her son into college this summer. She and her family worked hard and thoughtfully prepared him for his year to come.

Also pictured is a beautiful charcuterie board that Stephanie's friend made for their dinner together.



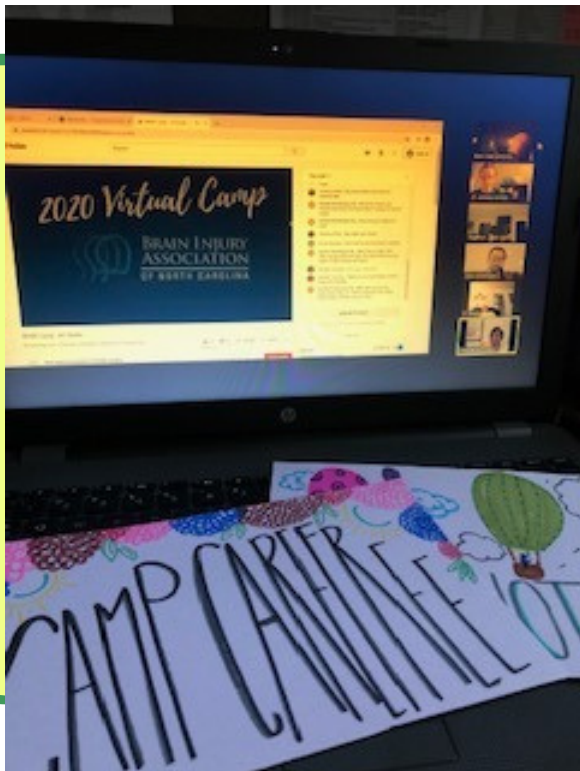
# THE APPRECIATION CORNER

“  
To our readers!  
Your kind words  
warm our hearts  
- Javaan”

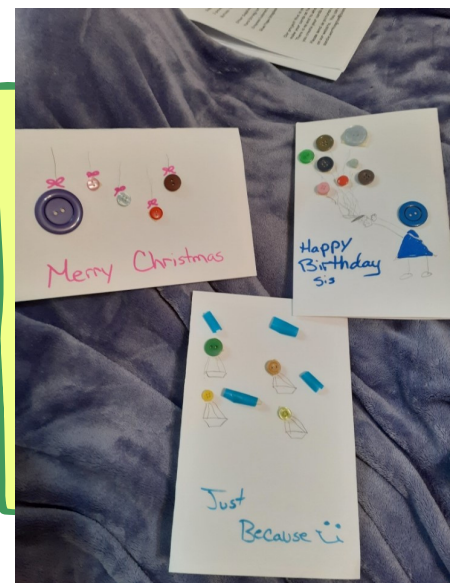
“  
To our readers!  
Thank you so much  
for reading our  
stuff.  
-Heather”

“  
Thank you Jermaine for  
always keeping the  
Clubhouse and CWS so  
beautiful. You are doing a  
great job and we  
appreciate you.  
-Gateway Clubhouse”

## CAMP CAREFREE

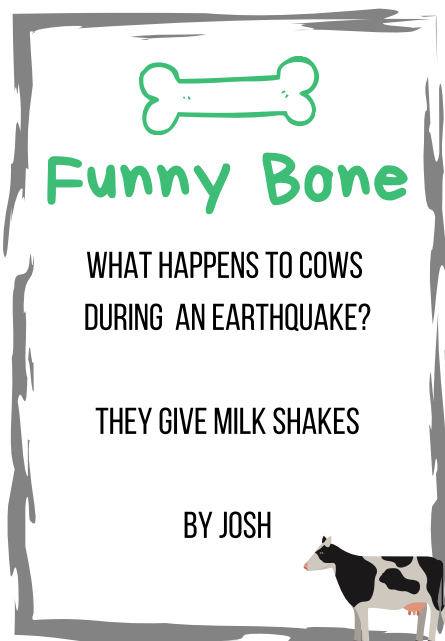


Gateway Clubhouse is participating in Camp Carefree virtual camp this week! We are so excited and having so much fun. Thank you to everyone who is participating and creating content.





CAN YOU SOLVE OUR CRYPTOGRAM?



W	Z	C	H	E	Z	R	P	V	K	F	T	S	K	B	H	L	S	P	U	B
C	T	Z	A	U		R	S	K		M	S	L		L	H	Z	I	X	A	W
W	Z	C	H	E	Z	R	O	H	O	F	H	L	B							



## RECIPE CORNER



### Arroz Con Pollo

By Javaan



#### Ingredients For the chicken:

2 tablespoon olive oil, divided  
1 ½ pounds boneless skinless chicken thighs

#### For the adobo seasoning:

1 teaspoon cumin ¾ teaspoon paprika  
½ teaspoon chili powder  
½ teaspoon red cayenne pepper  
½ teaspoon onion powder  
½ teaspoon garlic powder  
¼ teaspoon coriander  
½ teaspoon salt  
Freshly ground black pepper

#### For the sofrito & rice:

3 cloves garlic, minced  
¼ cup finely diced green pepper  
¼ cup finely diced white onion  
¼ cup finely diced cilantro

#### Optional:

1 jalapeno, diced  
¼ teaspoon ground coriander  
¼ teaspoon cumin  
¼ teaspoon ground turmeric  
¼ teaspoon garlic powder  
¼ teaspoon oregano  
¼ teaspoon salt  
¼ teaspoon black pepper  
1 cup tomato sauce  
1 ¼ cups water  
1 cup basmati white rice (don't use brown, it will take too long to cook)\*\*  
⅔ cup frozen peas (or rinsed and drained pigeon peas)  
OPTIONAL: ½ cup pitted green olives