Style Sheet: Clubhouse—Before (and During) Breakfast, Part One

1. Clubhouse alarm, stored three feet off the ground in a wire tray near the door (with “S” hooks), should be set for 6:00 a.m. When you’re out of bed, fold your blanket and green cots. Hang the cots on the designated wall in the clubhouse (see: style_sheet_clubhouse_floorplan.pdf) and store your pillow and blanket in your section along the Black Beauty racks (4 wooden hangers in your section store your: blanket, clean towels, alternate clothes, messenger bag and Earth tote). Do not leave personal items around the clubhouse—put items where they belong.

2. Three club members need to walk animals for about 20 minutes. Read and memorize Stephanie Clifford’s instructions on how to train a cat to walk on a leash (“Nine Lives, One Leash, December 28, 2011, NY Times). Animals need to stay in the clubhouse and need to be walked four times each day. Cats may begin to poop outside if they get used to a leash (if this happens, you will need to attach a pet waste dispenser to their leash—assign colors to each pet and use the same leash—hang them on the Zebra hat rack). Study the clubhouse floorplan and note the location of items such as refills for pet waste dispenser.

3. While club members are out walking animals, the remaining members need to set up card tables for breakfast. Note: Keep the dog’s cot on the floor during the day so he/she has a place to rest. When the space needs to be cleared, use “S” hooks to hang the dog’s cot on an available wall (along with the dog’s fleece blanket that can be stored in a plastic shopping bag and hung with an “S” hook).

4. Wipe hands with a vinegar-moistened wash cloth (tan color) stored near the door (See: Clubhouse floorplan). One person should set the table for those having breakfast and put out the following items for those eating: Small Corelle plate, napkin, a knife and a teaspoon (dowse where these members should sit). The other two people can organize the following items (use one end of a card table) that will be needed to make baked eggs and toast (stored in the Montego buffet and hanging on walls in the clubhouse): one extra Corelle plate, 2 small white Corelle bowls, one tablespoon, a vinegar-cloth in a Ziploc snack bag, knife, 2 Lobster claw oven mitts, 2 baking sheets, 2 white ramekins, 2 glass Pyrex cups, parchment paper, turtle trivet, slotted mini-tongs and personal water bottles. Line one baking sheet with parchment paper and place the parchment paper in the bag where it is stored.

5. When the pet walkers return, they will need to dispose of pet waste in the clubhouse trash can, put the walking jackets, harnesses and leashes away—and wipe their hands thoroughly with one of the vinegar moistened wash cloths stored near the door. All members need to gather up assembled items for making baked eggs, carefully leave the clubhouse (without letting the animals escape) and proceed to the umbrella table area behind the clubhouse.

6. Remove a carton of eggs from the clubhouse refrigerator and the covered butter dish shared by members of the clubhouse. Find a surface to work on (an available umbrella table—or, free space at one end of each oven table). Use the knife and place a sliver of butter of each in the ramekins and Pyrex cups. Two people should work to add eggs to the ramekins and Pyrex cups (clear Pyrex cups are for pets). Crack eggs on the edge of an umbrella table or edge of an oven. Hold the cracked egg over a white bowl. Using 2 hands open the egg so it drops into a white bowl. Look for black specs (that could be parasites). If you see black specs, discard the egg in the adult trash can, wipe the bowl with a vinegar cloth and start over. If the egg looks spec-free on one side, flip it as you pour it into a baking cup. Check the other side of the egg. If you see a spec, you will need to discard the egg (carefully use a spoon if there is more than one egg in a cup). Wipe the spoon with the vinegar cloth if this happens.

Add 2 eggs to each clear Pyrex cup (one is for the dog and the other eggs will be shared by the cats). Six-ounce ramekins can hold as many as 3 eggs. Small eggs contain about 6 grams of protein (children need 30-40 grams per day). See: “Your Protein Requirement is Higher Than You Think” at http://articles.x10.mx/protein.html.

7. Place a piece of sourdough bread for each person on the parchment paper you spread across one of the baking sheets (keep a loaf of Panera sourdough in your refrigerator). The following list provides baking time requirement for various textures:

- 11-15 minutes for runny yolks
- 15-18 minutes for soft-cooked
- 20 minutes for hard-cooked yolks

Set the digital timer for 16 minutes (a digital time with a magnet should be attached to your refrigerator). Use the mini-tongs to reach in and remove toast in 3-4 minutes—to the extra Corelle plate (Note: fill personal water bottles with stored ice water from your refrigerator) while you wait for the eggs to cook:

Note: Nalgene water bottles — about the size of soda cans are used to chill water in space designed for soda cans in the refrigerator door. Foldable water vessels called Platypus are also used to store water. These containers all need to be washed at startup and re-washed once-a-week. They also need to be refilled with gallons of Spring water stored in the adult storage area. Use oligogy detergent, wash an indoor sink and hand-wash the bottles. Personal water bottles also need to be washed once-a-week.

8. At 16 minutes, you will need to use oven mitts to remove the baking sheet to a cast iron trivet or the frog trivet you brought with you. Use the other baking sheet and return ramekins to the oven if hard cooked yolks are required (reset the timer). Butter the toast with the knife. Turn the oven off when everyone’s eggs are cooked. Using the oven mitts, carry the sheet (used as a tray) with the ramekins to the clubhouse (with the butter, turtle trivet, small white bowls, spoon). When you reach the clubhouse, place the frog trivet on a card table and put the baking sheet on top. Distribute the ramekins and toast to those who are eating. One person should remove clean pet food bowls from the Montego buffet, and use a can opener to open dog and cat food. Add the eggs to these bowls and stir with the Hungry caterpillar spoon shown in the floorplan (do not use regular flatware on pet food). Give the pets their food. Add spring water to the pets’ water bowls and add 2 drops of Thyme tincture.