

THE BRAINY BUGLER

Volume 17 Issue 1

Winter/Spring 2014

HIGHEST BOWLING SCORE IN THE HISTORY OF CHIRS!

Rob B scores a 297!



Community Head Injury
Resource Services
Of Toronto
62 Finch Avenue West
Toronto, Ontario
M2N 7G1
Tel: (416) 240-8000
Fax: (416) 240-1149
E-mail: chirs@chirs.com
Website: www.chirs.com



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BIG NEWS!!!!

The Brainy Bugler is going
PAPERLESS!!!

We will be supporting the green initiative and going electronic.
You can also LIKE CHIRS on Facebook. Please forward your email to:
Rowenb@chirs.com
to receive an electronic copy of the BBN

GET TO KNOW THE CHIRS BOARD MEMBERS!

Every issue of the BBN we will be featuring some of our Board Members. Each member answers questions that were formed by some of the clients.

Stephen Birman

I am a lawyer specializing in personal injury law. I represent accident victims and try to help people obtain the compensation they are rightfully entitled to when they have been in an accident. My work led me to my involvement with CHIRS. Many of my clients require the services and support that CHIRS provides. My law firm Thomson, Rogers has a longstanding relationship with CHIRS and I am honoured to be a part of the organization.

I feel my role as a member of the Board is to offer support to the wonderful people who operate CHIRS. The organization is incredibly well managed and received by all. Our job is to provide oversight and try to offer guidance to management with the hope of improving the quality of service for everyone wherever possible. From time to time the Board will meet at one of the CHIRS sites and meet clients and staff. In the past we have also had meetings with clients and their families. I hope there are further opportunities to meet clients as this is a great opportunity to see how CHIRS contributes to so many.

My one wish for CHIRS would be unlimited funding so that there was never a wait list for those who required the important services that CHIRS offers. The one thing I would share is that the Board is always open to hearing ideas and suggestions from those whose lives are impacted by CHIRS. Feel free to contact any member of the Board as we would love to hear from you and look forward to meeting you in the future.



Samantha Chapman

In my role as a corporate lawyer, I am regularly involved in negotiating and drafting documents necessary to implement commercial transactions in both the for-profit and not-for-profit sectors. I assist clients in setting up, restructuring, buying and selling various commercial organizations, negotiating and drafting shareholder and partnership agreements, and structuring complex financing arrangements.

I enjoy volunteering and being active in social causes and CHIRS provides an opportunity for me to be involved in an organization that provides a great social service and also allows me to contribute the skills and experience I have developed as a corporate lawyer. I am honoured to have been part of CHIRS since September 2012 and hope to continue to be a Board member for many years to come.

As part of the Board I think my role is to ensure the organization functions according to its mission, strategic objectives and values, and to provide the support to the Executive Director necessary to ensure the organization's objectives are met and ideas for future development and growth are introduced and fostered.

I have made it my goal to attend at the organization at least 1 full day each year to get involved and interact with the clients and staff. Being at the organization on a "normal" day helps me to see how the organization functions and also gives me an opportunity to hear what the clients and staff want for the future of the organization.

If I had one wish for CHIRS it would be that we as an organization are able to sustain continued growth so that we are able to help more people with greater efficiency and reduce the numbers on our waiting lists.

The dedication, hard work and creativity of the staff make CHIRS a great organization and as a Board member I am eager to help the staff accomplish the organization's objectives.



Annual B.I.S.T. Run



In September 2013, some of the CHIRS staff and clients participated in the 5km BIST Run. It was a cold rainy day but everyone survived and came across the finish line with smiles!

Mentor Appreciation Lunch!

Once again the Mentor Appreciation Lunch was a great success. Thanks to all the staff who helped put it on and make such delicious treats! Also thanks to the Mentors for all the help you provide for us at CHIRS!



We've Been Busy!



We had our first pickling workshop hosted by Sean. The gardening group grew some vegetables, and then people learned how to pickle them! It was a great success and we hope to make it an annual event.



Lenny Graff Band performed for us at the Danish Lutheran Church



Weekend Brunch at High Park



Trip to Recreation Island



Julian went to see Kiss!



The Chiry Baladeers performed at Edithvale for a community event

Articles of Interest

Mentor Appreciation

I remember saying to Denise in the car after Toastmasters yesterday, that I felt that I did not think that I'd be going to the Mentors appreciation luncheon today because as I saw it I did things because I liked them and not because I needed or deserved an appreciation luncheon. Denise's reply was that the staff did this for all us as they all appreciated how the Mentors did so much for them and wanted to do this for us.

Well, Denise you were right, and my thinking needed a little adjusting. Today, I have to confess I almost did not go to CHIRS as it was raining, if it was not for my wife who drove me because she understood the importance of what the staff at CHIRS felt and why I needed to be there. All the Mentors sat upstairs while preparations were being done downstairs for our arrival and this gave us quality time to socialize as we do not always see each other. When the time was right, we headed downstairs, a few at a time, until eventually everyone was seated. Let me tell you that the staff did a fantastic job of caring for us by getting us drinks and serving us food and I thank you all for taking the time to do this, it really means and says something to (speaks to) me. The presentation of what being a Mentor is put on by David Slonim was a David Slonim classic. This guy is the best and gives of himself 100% and more. David defined what a Mentor is, explained that it is all about working together and after handed out our gift: Composition books we can use to keep track of events we do as a Mentor and how it impacts our lives. As we were coming near to the end, we were given cake to seal the deal. Being a Mentor to me is leading by example, helping my peers however I can and not expecting anything in return. I am a giving person not looking for praise but to feel good by making others happy. This is my first entry in this book as it was special to me and a moment of time I will always remember.

"Next to excellence is the appreciation of it." - William Makepeace Thackeray

Rob A.

Mentors awarded Lovebot #004

The Lovebot is a sculpture given to CHIRS in special recognition to all the acts of kindness that our Mentor group has performed. The dedication ceremony was held on October 1st and the Lovebot is now in residence in the CHIRS front garden.

Matthew Del Degan, artist and designer, created Lovebot four years ago as the ultimate symbol of love fabricated in concrete to represent the concrete jungle it emerged from. Lovebots can be found in locations around Toronto marking special acts of kindness. The website features the various stories, including the CHIRS Mentors', which says "The Mentors are client volunteers who have dedicated themselves to help their peers put the pieces back together. They are clients who have taken a leadership role in our community. They are there to lend a helping hand, provide a pat on the back or share a smile a gloomy day. We always say that the club is a home away from home and it is the Mentors who make it so."

www.lovebot.com



THE CHIRS ANNUAL



The Holiday Party 2013 was another great success! Thanks to Loblaws for the generous donation to help us provide fantastic snacks and goodies for everyone. The dance troupe gave their first performance, and a good time was had by all! Hope to see you all at the picnic in June! **SAVE THE DATE- June 21, 2014!**



Holiday Party



Articles of Interest

Aldebrain Holiday Party

4:00 PM, Tuesday, December 10th- Clients were awaiting the arrival of their parents at Aldebrain. Why were we waiting you might ask; well, it was the night of the holiday party held at the Aldebrain residence. All of the clients and their families were invited to come together and celebrate the holiday season.

There were musicians playing the fiddle and the guitar for everyone. My daughters and I had a great time singing along with all of the holiday carols. We knew most of the songs, and when a song played that we did not recognize we had fun making up our own lyrics.

Also, there were ample amounts of delicious snacks provided to all who attended. The meatballs were especially tasty!

The evening was very enjoyable, and everyone seemed to thoroughly enjoy themselves. I feel that partaking in special events, such as this party, is important because it provides clients, family members, and staff the opportunity to spend quality time together having fun! Another great event at Aldebrain!

Keith McK.

The Importance of Music

Music has the ability to make someone's day. Music can also unlock human emotions.

Sometimes music makes me smile and want to dance, and other times it is thought-provoking and causes me to reflect. One of my favourite music-related memories is when I went to Las Vegas with my sister and while I was having breakfast one morning I saw Phil Collins sitting across the restaurant.

Danny S.



Marcy's Pet Corner

Hi! I'm Marcy and I will be doing a column every issue of BBN on people from CHIRS and their pets. If you have a story about your pet, please let me know.

Today we are talking to Kim G. about her pets. Kim has a short haired domestic cat named Sugar who is 9. She is a rescue cat. She is special because she went through the assistive animals program. She can tell when I am going to have a seizure and she will do things to try and get my attention.

I also have guinea pigs. I just lost one recently that was 3 years old as a companion for Sugar. I now have another guinea pig so that Sugar is not lonely. Her name is Bear. She is light golden brown with white mixed in.

The guinea pig and the cat both make noise when the phone rings! They both also make noise when someone is at the door.

Bear and Sugar are still getting to know each other, but I am hoping they will make friends soon. They both like to watch TV with me in the bedroom, although Bear is still in her cage.

I strongly feel that people should understand that getting a pet is something that people should really think about and learn about before getting one, as many people get one and then don't understand the responsibility it is.

Below is a picture of Sugar and my old guinea pig Honey.

Marcy H.



July 2013
JAMES C
Mentor Duties
 Friday AM and PM Club Coverage
 Mentor Summer Outing Facilitator
 Community Fitness Mentor
 Special Event Volunteer



November 2013
TANJA J
Mentor Duties
 Monthly Tea Party Facilitator
 Summer Mentor Meeting Co-facilitator
 Picnic Special Event Volunteer

Mentor Of The Month

August 2013
NEIL D
Mentor Duties
 Tuesday PM Club Coverage
 Cartoon Corner Facilitator

January 2014
KEN L
Mentor Duties
 Thursday Afternoon Club Coverage
 Shopping Mentor
 Special Event Volunteer

October 2013
KRIS B
Mentor Duties
 Monday AM Club Coverage

“Tell me and I forget,
 teach me and I may
 remember, involve me
 and I learn.”

February 2014
SCOTT M
Mentor Duties
 Winter Maintenance
 Sustainability Advisor
 Special Event Volunteer

Articles of Interest

ZZ Top At Casino Rama:

*The sirens are screaming
And the fires are hallowing way down in Orillia tonight
There's a man in the valley with a gun in his eyes
And a blade shining oh so bright
We've got to make the most of our one night together
Because when it's over you know, we'll both be so alone...*

ZZ Top opened the evening with a scorching rendition of 'Sleeping Bag'. Flanked by two huge screens on either side of the stage, the boys from Texas showed that they could still rock, and rock hard north of the border. Billy Gibbons, Frank Beard and Dusty Hill showed that throughout their over thirty years together as a band, they had aged somewhat, yet still were able to perform together like a well-oiled machine.

Enjoying classics such as 'Legs', 'Tush' and their latest single, 'I Gotsa Get Paid', the audience was on their feet and dancing throughout the entire show. After the two hour show, that seemed to go past as quickly as the souped-up car on the cover of The Eliminator album, the audience refused to allow this classic band to leave the show. After 2 more encore songs ZZ Top left the crowd wanting more and this particular writer already looking forward to their next visit. Perhaps they could play at Earl Bales- Much closer and minimal traveling involved.

QUIZZY



The Five Best Things About Winter

There are lots of reasons to complain about the weather, but there are also lots of nice things about winter time. Here are our five favourite things associated with winter.

1. Drinking a hot cup of coffee after walking outside in the cold
2. The sound of the snow crunching underneath our feet as we walk through the snow
3. Tobogganing down small snow hills
4. My birthday takes place during the winter months (Danny)
5. Getting together with friends and family to celebrate the holiday season

Shane A. & Danny S.

Articles of Interest

Blazing Paddles

I joined the Blazing Paddles Dragon Boat team with Bridgepoint Health 5 years ago. I have also been volunteering for 5 years at Bridgepoint. In early May, we start practicing twice a week for the upcoming races. There are 2 races per year with one in June and one in September. This year we won 2 bronze medals in June, and 2 bronze medals in September. Through the years when I have been on the team we have won a total of 8 bronze, and one silver medal. The season is now over and we have a nice long break before Spring. I can't wait for next season!
Lorraine M.



Hanging Out

“Aziz found Lindsay outside buying popcorn while dodging the persisting raindrops,” boasts Aziz’s brother to Lindsay’s sister. “I couldn’t find her, and got drenched for my troubles,” complains Lindsay’s sister. “Who would’ve thought she’d be outside,” sympathizes Aziz’s brother. “I didn’t bring a change of clothes” says Lindsay’s sister. “Is this seat free till I catch my breath” asks a man when noticing the seat that Lindsay had since vacated. “Is he serious?” whispers Aziz’s brother to Lindsay’s sister “She’s on her way back,” tells Lindsay’s sister to the man. “Before she returns I will have caught my breath,” replies the man. Not able to repute that logic Lindsay’s sister begrudgingly nods her head. The man’s clothes reeked of cigarette smoke, but before detecting that offense Lindsay’s sister couldn’t keep from smiling solely based on his Toronto Marlies jersey. “This is my first Marlies game,” says the man, loving his newfound sight line. “This though is a non-smoking section,” says Aziz’s brother when also detecting that offense. The man was now delighted, for the extent of the smoke lingering on his clothes was product of second-hand smoke. As the man let out his loudest cheer yet, his eyes met Lindsay’s “Nice shirt!” says Lindsay “It was a gift,” replies the man. Both wore smiles for the next three periods that saw the Marlies score a 6-5 come-from-behind victory.

Zia L.

THE BACK PAGE

Words of Wisdom

Joy to Me

(sung to the tune of Joy to the World)

Joy to me I'm still alive
Thanks to Hashem.

What's happened to my brain it has gone insane
And more cuckoo it goes and more cuckoo it goes
Shayna B.

Movie Review of "Carrie"

Recently I watched the newest Carrie movie. It wasn't as exciting or as scary as I thought that it would be. After watching the first movie I was expecting the second movie to be a lot more frightening than it was. Although it was a good movie I expected much more from it.
Sharon S.

Special Occasion

After my fish & chips and chicken fingers, I participated in karaoke. I sang a song by Dionne Warwick which was called "I'll never love this way again". I got a lot of applause because everyone said I sang it well. That was one of my Fridays in September that I really enjoyed!
Donna W.



TOASTMASTERS IS COMING TO CHIRS IN JUNE!!

HAVE FUN!

BE A LEADER!

INCREASE YOUR CONFIDENCE!



Toastmasters is a club that helps members improve communication, leadership and public speaking skills.

Please talk to David S, Denise B, Rob A or Gary H for more info

COME TO OUR OPEN HOUSE IN MAY!