

THE BRAINY BUGLER

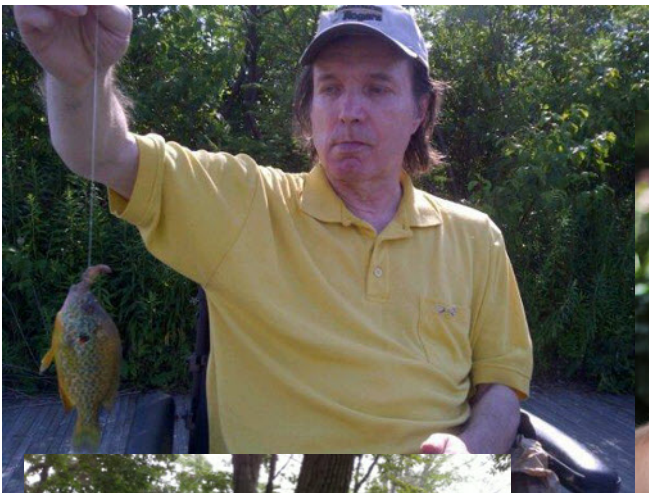
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Summer/2011

It's Been a Busy Summer!



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

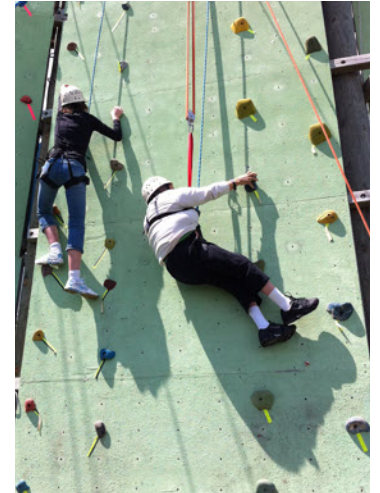


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Recreation Island !

Every year we make a few trips out to Recreation Island at the King City Campus of Seneca College. Here are a few highlights....



Articles of Interest

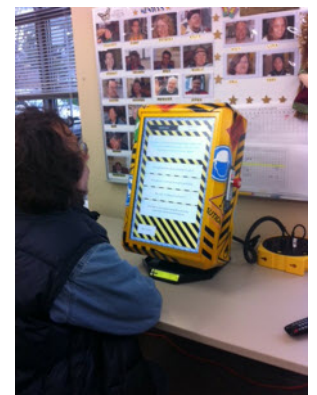
My Journey to Kingston

I like to visit my mom and my friends in Kingston. I boarded the VIA train going to Kingston and stayed for ten days. Every year my mom and I do different things. This year we went to see the 1000 Islands and the big performance at Fort Henry. I arrived Friday July 15th in the afternoon. My mom and I went downtown to meet my Aunt Grace to watch the Kingston Buskers Fest. Then we went for lunch at our favourite restaurant, The Lonestar Patio. On the 2nd day my Aunt Penny picked us up at Mom's apartment and we drove to Gananoque to board the cruise boat to see the 1000 Islands. We bought our tickets there and had a nice breakfast before we left to see the islands. We were on the boat for three hours on the St. Lawrence River and had a two hour stop at the Boldt Castle. We needed two hours to see it because it is very large and beautiful. On the 3rd day we needed to relax after the long day we had the day before. We packed a few boxes for my mom's upcoming move. A special friend came to visit us from our old neighborhood and we went to tour the new apartment building is perfect for my mom. Close to downtown and a ten minute walk to the grocery store. Mom won't have to worry about buses anymore. On the 4th day we went to visit a good friend and we went to the library and walked around downtown. On the 5th day we went to see the sights. Mom showed me the little things that have changed around town or will be changing. Then we went uptown to the malls to shop. Then we came home and relaxed. On the 6th and 7th days we stayed home. On the 8th night we went to Fort Henry to watch an annual show call "TATTOO". It had soldiers, the RCMP, the Scottish Piper Bands, Air Forces, Naval Infantry Rehearsal, and some dancers. The Town Crier started the big show. I watched one toddler dance around all night long. She was so cute with her dad watching her. On the 9th day my sister and sister's boyfriend came and we went to the Dragon Boat Races. It has been a long time since I have seen my sister. I very much enjoyed the time we shared together. The Dragon Boat races are different in the big city. The big city is more about big business, unlike the small city which is more relaxed. It was hard to see the races because it was too far, but it was nice to see the ducks, geese and different types of dogs. We stayed only for the morning and after we went to Canadian Tire, and then out for lunch. It was a nice day. The next day was the last day of my trip. I packed up my thing, said my goodbyes, and boarded the train headed back to Toronto!

Lorraine M.



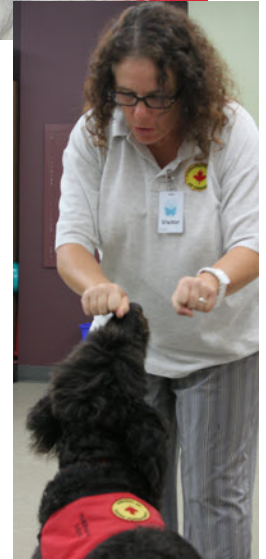
NAOSH WEEK- This year at CHIRS we celebrated the National Association of Safety and Health. Both staff and clients participated in the activities and presentations.



Summer Workshops

Pet Therapy

In August we had group of ladies and their pets come in and demonstrate the services they offer to people with special needs and what the power of an animal's touch can do for them.



Laughing Yoga

Gary Johnston came in July and gave us a taste of Laughing Yoga. It was a lot of fun and certainly a lot of laughing!



Articles of Interest

My Hamster

In April I went to Petsmart. I told the staff I wanted a girl hamster. They brought me out a quiet little tanned and white one. I fell in love at first sight! I named her Heidi after a guinea pig I had when I was young. I got a cage from my friend Kim. I also bought her an exercise ball and an igloo for her to hide in. I bought them because the hamster manual suggested those items. I really like to play with her, and let her roam around in her ball. Since I have had Heidi I have been less lonely. I love coming home and having something to hold. I clean her cage about once a week and make sure she has fresh water and food. I care for her, she's my baby!

Marcy H.



Marcy and Heidi

U2 ME2

Last evening, began normally enough pour moi. I passed away time anticipating as usual, James, by counting holes in the ceiling tiles of my hospital room. U2 were FANTABULUS! Bono was his usual energetic presence. The Edge was calm in his selection from the three guitars he used. Larry was his usual backbeatin' self, providin' rhythm for Edge's whim! Adam provided rhythmic bass for the Edge's, guitar mastery! Overall U2 succeeded in rockin' my and the sold-out Skydome's world.

Dave B.



Gardening

Now came the time we had all awaited, as the project director grabbed the microphone and delivered that anticipated announcement, "We've been donated this plot of land, and we've welcomed your suggestions for ideally using it, and now it's time to reveal that the overwhelming consensus indicates we transform our land into a garden." "What did you vote for?" asks my neighbour when smiling from the announcement. "Not a garden," I say, envying my neighbour's vote. With a head nod my neighbour began advancing forward, for he knew that shaping this garden required effort from more than only the project director. As he approached closer, his now widening smile was attempt at capturing the project director's attention. He knew that the project director now needed to choose a volunteer to help begin planting flowers. Often when making choices the project director tends toward convenience, and that accounted for mine and my neighbour's effort at advancing to a spot where we'd easily be seen, but just as the project director decided to choose my neighbour a blinding glare forced the project director to reposition his gaze. "Are you gonna help or just watch?" I say to the project director while returning his gaze. Before answering the project director noticed my jeans rolled up to my knees while wiping away dirt from my cheek. Suddenly, I felt leverage over the project director, so as he continued staring I stepped aside to reveal the garden I had carefully crafted.

Zia L.

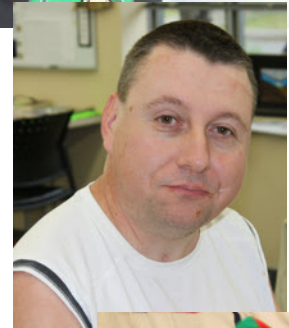
Barbeque!!!

And...

This year was the first year that our Annual Picnic was rained out. But we didn't let that stop us! We gave it our best and had a week of Beatle themed events, ending with a BBQ that was a great success!



Beatles Week!



Articles of Interest

ODSP and Earning Extra Money

I would like to write about the struggle being on ODSP and about stigma. There is always a question about work. I feel that life is difficult as it is. Even though I feel guilty about being on ODSP, life is still worth living. I've been working part-time at Starbucks, Earl Bales park and for potential Liberal candidates. I really like what Premier McGuinty has done for the province. Sometimes I get paid for helping various candidates, but sometimes it is pure volunteer work, but nonetheless it is still good experience. I've met lots of people involved with the party, both federally and provincially. It would be a good starting point because I am a naturally, for the most part, happy person. I like giving to charity, but unfortunately sometimes the sky is not the limit. For example, I can't financially give to all the worthy charities, but sometimes it is better to give than it is to receive. I was really frustrated with ODSP because some of the social workers were not very empathetic towards my situation. Life is worth living to the fullest, despite your disability because if you dwell on the past, you'll be stuck in a rut. I am a naturally happy person, but I feel that it is kind of difficult sometimes to get through the day. A very good way to be is to smile, say thank you more often, and ask questions because no question is a silly question.

Andrey B.

My Family Trip

My family and I went to San Diego for three days. We took a plane from Toronto. When we got off the plane we went to find a place to rent a car. Then we went to our hotel. We dropped our suitcases off, rested a while and then went out to explore the city. That night we ate at a restaurant. It was nice. We spent two more nights in San Diego, and then we drove to Los Angeles which was awesome! I really liked Universal Studios. I liked going on most of the rides. I also liked the shops and buying souvenirs, and taking lots of pictures. We got to eat out every day! After three days in L.A. we took a plane back to Toronto, where we picked up my dad's car and we drove home. It was nice to have my own bed because my sister snored the whole trip! (Next time I will bring ear plugs!) Overall it was a really great trip. I can't wait to go on our next family vacation!

Gail C.

Outdoor Cooking

When you are out in the country it is always nice to make some dinner over the outside fire that you started. Maybe you will have some of your buddies over and all of you will make a great choice of what you feel like eating. After you all decide, then all of you can sit around the BBQ and enjoy the fire and sing some songs, roast marshmallows and have a very good time with everybody. After a while it just might be time for a sleep, until the next day, then up you get to have some breakfast or maybe lunch. Hopefully everything goes just the way that you like it. Then after your day has started, the both of you, meaning yourself and your boyfriend sit down and decide what you both would like to do for the rest of the day. Maybe you decide to go out and check out other areas of the place that you are at. You never know there might be some different things around the area that you both might find very interesting. Enjoy it while you can. Then maybe they might have a spot where there is good food and dancing. After you are done all of this it just might be that time to go for a nap before you leave the next day.

Shannon Y.

Day At The Zoo!

On Monday, June 27, I went to the zoo. I had a good time, but there was a lot of walking. As we were walking, we saw some hippos just taking it easy, sleeping in the water (not that I blame them, it was pretty muggy outside). I don't think that our weather compares to the weather in Africa. We all saw hippos, butterflies, tigers, snakes, lizards, spiders, and a lion that was sleeping. I didn't do so bad, but gee wiz, there was a lot of walking. I am sure I could have done more, but it was hot and I didn't want to push myself. I did have fun, but next time I go I would like to go by myself so that I can get a lot more ground covered!

Sandra S.

PUPPETS!



A volunteer named Joshua, who is involved with a puppetry group called 'Concerned Kids', came in and gave a workshop to some of our groups. Here are some of the highlights.....



The Chiry Balladeers were asked back after a great time last year, to perform for the Toronto Rehab Institute. A good time was had by all and we hope to make it an annual event!



Articles of Interest

St. Georges Garden!

Although we started the gardens a bit late, June, the weather was ideal for planting. It was about 29 degrees and we had about 100,000 thunderstorms. We (Amanda and I) went to the greenhouse armed with a list of vegetables that we were to pick up for St Georges. I think that we got most of the plants for the house. So we planted all of the vegetables around the garden and we watered the plants well. I have been back there and I ate some lettuce and herbs from St Georges. They say that the gardens are doing pretty good and the house is eating some fresh vegetables from their yard. I haven't been back for a while and am anxious to see the progress. Hamid and I hope to find bountiful crop and that our hard work has paid off for the residents of St Georges.

From: your humble servant and former resident Scott M., and his 'sidekick' Hamid...



The garden in the Spring

The garden now!



Scott and Hamid

Working Hard!

MICKEY MOUSE

Mickey Mouse was created by Walt Disney in 1928. He was first voiced by Walt Disney from 1928-1946, but also Jimmy MacDonald, Wayne Allwine and Bret Iwan did his voice also. Walt Disney came up with his inspiration for Mickey Mouse, from his old pet mouse that he had on his farm. In 2009, Mickey Mouse was re-introduced as a more mischievous and adventurous personality on the Mickey Mouse Clubhouse show. The moment that sticks out in my mind is when Mickey Mouse was dressed as a sorcerer's apprentice and he put on his master's hat in hopes of helping him sleep. Mickey fell asleep but what happened next was really funny. The hat with its powers caused the brooms and mops to come to life and make a big mess of his Master's palace. When Mickey woke up he was surprised by the big mess and wondered how it happened. Before he could figure it out his master arrived and was shocked by the mess as well. So he took the magic hat back from Mickey's head and told Mickey to clean up the mess on his own with no magic help. This taught Mickey a lesson of not to touch things that are not his own.

Peter S.



MENTOR OF THE MONTH!

June 2011- Shannon Yade

Mentor Duties

Monday Club Coverage, Mentor in charge of New Member club tours, Official MIX Bingo Caller, Official Mentor Meeting Administrator, Senior member of Mentor Admin Team, Special Event Volunteer

What People Say...

Shannon is a great friend to have and always a joy to be around, She is a good friend. She is very busy. She has a good spirit! She's excellent in doing her job! She's friendly and outgoing. She's very friendly and up beat Will always go the extra mile. She tries to get things done and is very deserving! Shannon works very hard and always does her best to get the job done.



July 2011- Zia Ladha

Mentor Duties

Brainy Bugler Editor and Contributor
Special Event Volunteer
Creator and Facilitator of Writers Block group

What People Say...

He is a good guy who is great to have on the team. He is a great writer and a very good hockey goalie. Zia has the courage to speak his mind and is not afraid to tell people his opinions. He is emotional and speaks with passion. Zia has a great sense of humour. Zia tries hard at all he does and takes his role seriously.



August 2011- Mike Vetter

Mentor Duties

Comedy Club Host and Facilitator, Sports Night Referee, Name that Band Organizer, Music Club Mentor, Monday, Afternoon Club Coverage, MIX Lounge volunteer, Martial Arts Mentor

What People Say...

He is a leader and very articulate. He makes me laugh and is very helpful. It is so comforting to know he is there to help. One of the smartest guys I know. He is very attentive and loves to laugh. Some of the greatest mentor ideas have started in his head!



THE BACK PAGE

Poetry Page

When I'm With You- A song

When I'm with you I feel good all the time.

I just like looking in your eyes.

I feel warm and cozy inside.

You cheer me up when I am sad

You make me glad.

When I'm with you.

I feel good.

I feel good all the time.

When I'm with you.

I need you in my life. oh yeah

I hope you feel the same way too.

I'm lost without you.

I hope you feel it too!!!

When I'm with you.

I feel good.

I feel good all the time.

When I'm with you.

Gail C.



Brass Tacks

Life is a lesson, The lesson proves the Journey

Two roads you can take

And some are not yours to make

This Brass Tacks lesson I did not choose

But I had nothing to lose.

I was in a place in my room,
In a bed, I was sick, recovery not quick.

I had time to think and I know I reached

Brass Tacks

Many people to help me,

To walk, how to talk, to take care of me

To be aware

Not easy at times, frustration, despair

But the reason to be here was clear

Focus, concentrate, follow instructions

Try real hard

How I got to where I am now

Is what I refer to as "Brass Tacks"

Rob A.

Clean Monday

Clean Monday is over.

But. the trial is just beginning.

Even though I have never done gymnastics.

I know what to do when I fall off the horse.

How many times will I fall this time around?

I guess it's better not to ask

Just get back.

Get back.

Get back onto the horse.

Get back. Evi!

But I digress.

So. clean Monday.

Already.

I can't believe it.

I'm still reeling from the last one.

Still climbing back onto the horse.

It's a perpetual process.

A spiral in a spiral.

A wheel within a wheel.

An unending process.

As portrayed in Buddhist art.

Evi K.

COMING UP!!!

Halloween Dance

Saturday

October 29th, 2011

Earl Bales Community

Centre

7-9pm

Wear a Costume!



THE BRAINY BUGLER

IS GOING GREEEEEN!

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