

THE BRAINY BUGLER

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Winter/Spring/2011

CHIRS GOT TALENT!

This Spring we had a showcase of entertainment and visual artists displaying their talents....

*See Page 8 for
More pictures.*



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MANY THANKS!

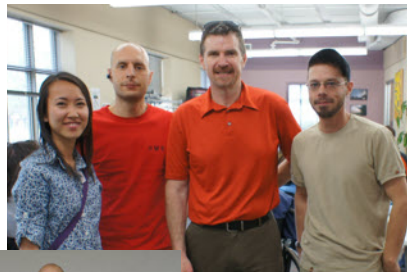


Hedy Chandler accepts a generous donation from Dr. Patricia Johnson on behalf of the CUMBA Charitable Foundation. The CUMBA Charitable Foundation has supported the work of CHIRS for a number of years. We are very grateful that they have made CHIRS their charity of choice. Dr. Johnson is the past Chair of the CHIRS Board of Directors and was a CHIRS Board member for over 10 years.

Spring Cleaning !

Wheelchair and Walker Cleaning and Repair Clinic

Spring is here! Time for a bit of spring cleaning to wash away the winter gunk making room for the warmth to come. On Thursday May 19, 2011 CHIRS hosted a wheelchair and walker cleaning and repair clinic in collaboration with Home Medical Equipment (HME). The event was a great success with clients receiving a complimentary wash and minor repairs to their mobility assistive devices. A screw and bolt here, tightening brakes there, pumping air into those tires, and pressure washing the frame, our clients' wheelchairs and walkers are now ready for the warm summer to come. We want to extend a big thank you to Al Rathwell, Dave & Steven from HME for providing their time and expertise, to repair, maintain, and clean wheelchairs and walkers for our clients. We also want to extend our gratitude for the delicious BBQ they provided to CHIRS clients and staff to celebrate all the wonderful work, services and collaborative partnership to ensure the safety of our clients. Thank you to ADS for providing the space for this event and CHIRS staff for supporting for clients. Thank you Danny Caplan for your support to ensure ample parking was available. Lastly, thank you to David Slonim & the mentors for the terrific wheelchair trivia and for your fruit preparation skills!



Amee Le, M.Sc. B.A.Sc. (Hons)

Occupational Therapist, OT Reg. (Ont.), OTR



IN MEMORY

TOM LEONARD

April 30, 1967- March 9, 2011

Different people handle things in many ways, for me it is writing. So here goes, this is how I handle news I don't want to deal with, that in my mind I am sad to hear. March 10, 2011, I was doing club coverage at CHIRS when I heard the news from one of the staff that last night, one of the clients who lived on the fourth floor passed away. Tom Leonard, who I have to confess for many years I found hard to understand and accept, but I have to say the onus was on my part because I did not want to get to know Tom. Miracles do happen and I had the chance from June 14-18 2009 to go to Boundless, an outdoor education facility and Tom was my roommate. We all have our good points and bad points, and heck at times I have not been an angel myself. At Boundless you are encouraged to see that you can do much more than you think you can. It was on this trip that I realized Tom was a very respectful person and I in turn showed him respect. Tom loved sports and was an ardent Buffalo Sabres fan. He had an infectious nature and was very knowledgeable on many subjects. He truly cared about people as I noticed every day that he would talk to the staff and asked about family members. At the end of the day I often heard Tom tell staff to say hi to their family members for him, which really impressed me. I will always remember seeing a toothpick in Tom's mouth during the day. Thursday, March 10th, 2011 at the beginning of Sport's Night before we started playing, we all lifted our floor hockey sticks high up into the air in Tribute to Tom. Since I have been a client of CHIRS I have seen many peers pass away and they all have their own uniqueness about them. Tom, you will not be forgotten.

Tom was a very good man, always friendly to everybody, but he also had his moments just like everyone else. He controlled himself in a positive way at all times. He also had lots of friends who thought a lot about him, except when he was in a bad mood and you felt it coming. The best thing a person could do is just stay away until you knew it was a good time to approach him again. After a while, things were back to normal and he was as friendly as he always was. He also ate very well and kept himself in good shape. He was a very active man and very into sports. He loved the Sabres!

My thoughts of Tom being a good man will never be forgotten and he will always be in my heart.

With love, *Shannon Y.*

I'd like to write about Tom because I miss him as a friend and a part of the CHIRS family. He had a good sense of humour and always asked about other people's families. Tom participated in a lot of CHIRS activities and programs. The best memory I have of Tom was his laughter. He was in Wednesday music group, along with the Chiry Balladeers. He was too young to die. He was a good and active participant of the coffee chat group. Tom had a lot of friends and support at CHIRS. I also remember him at golfing and he always seemed to be in his element when playing golf and being around friends. I remember him and Laura at Michaels restaurant, which has now been closed. The restaurant was a bit of a greasy spoon, but the people were accommodating. I am thankful to have known him.



Robert A.



Andrey B.

Scott Ortiz

January 11, 1966- March 14, 2011

We lost another member of our CHIRS community in March. Scott Ortiz was a regular member of the Billiards group for many years and will be missed by the group. Our thoughts and sympathies go out to Scott's family and friends.

SELF DEFENSE CLASS AWARDS!



Kim G.



David M.



Neil D.



Frank G.



Igal G.

This Winter, our Self Defense classes were presented with certificates of completion for the levels they have been working on.
Thanks to Munir and Sensei Rob for all your hard work and guidance!



Mike V.



Rob M.



Sensei Connie



Julian H.

ARTICLES OF INTEREST

My Story

It was an eve much like tonight when it all happened and there was no sign of change, but the best things are unexpected. What am I talking to you about? You will just have to wait and see.

I am a man living in Canada, with my family, and I have had a hard childhood. I will tell you that I am the only known survivor of an ABI in the interventricular artery This is when the main vein for life in the human body pops.

I am not a ghost or spirit talking to you from the great beyond but I'm flesh and blood like you. The only difference is that I know what it's like to see your life flash before your eyes.

I was sleeping in my bed and at approximately 5:30 am I woke up with pain in the upper right hemisphere of my brain; the interventricular artery had blown up. People sometimes do not live without oxygen going to the brain, but someone was looking out for me. I still have very bad headaches every now and then but I'm still recovering.

I wish you all lots of love and good health.

Shadi H.

Our Trip to Paris

The Eiffel Tower was built between 1887 and 1889 in Paris, France. The building process was not very safe because it was more open with very few platforms for workers to stand on. Safety precautions included guard rails and screens, so they didn't have very many injuries. There was, however, one incident where a person fell to his death.

The public did not like the appearance of the Eiffel Tower when it was first built. They thought it was an eyesore. In William Watson's US Government Printing Office publication of 1892 *Paris Universal Exposition: Civil Engineering, Public Works, and Architecture*, one woman was quoted as saying "And during twenty years we shall see, stretching over the entire city, still thrilling with the genius of so many centuries, we shall see stretching out like a black blot the odious shadow of the odious column built up of riveted iron plates" (Wikipedia, 2011).

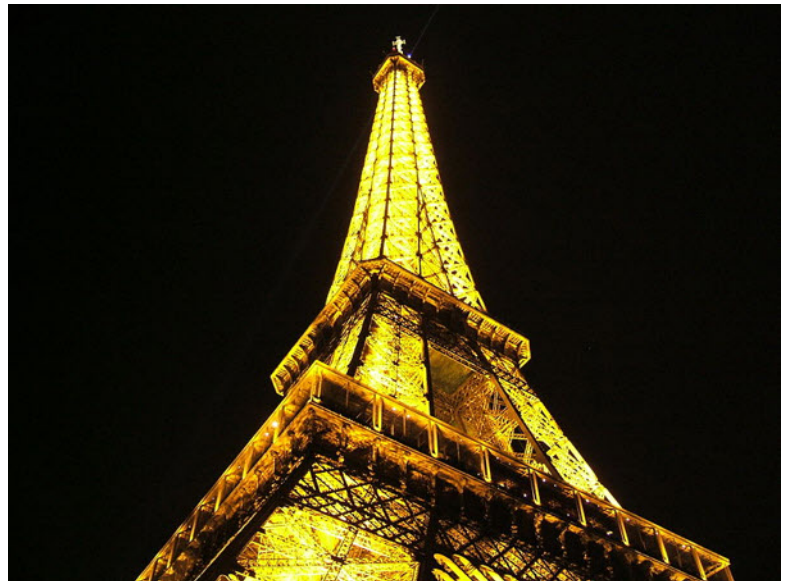
It still stands today, with many tourists going up in the elevator to see the views of the city. My mom, my brother and I went to visit the Eiffel tower on the tour of Paris. We saw the whole city of Paris from the second deck of the Eiffel tower. It was a really exciting experience to see that. We really enjoyed our trip.

Peter S.

Our Aging Planet

Our planet is very old. Just look at the tsunamis that have rocked our world over the last few years. All the naysayers' predictions are coming true. Japan and Indonesia have recently felt the unimaginable force of these ocean earthquakes. Otherwise benign volcanoes have suddenly erupted causing mass chaos and layers of ash that have settled over entire countries. Nothing seems safe anymore. Who knows what Canada will have to endure someday? It is only a matter of time before northern Canada's polar bears become extinct. It is not inconceivable that someday our cold water and salt water fish will be gone. This is the cold, hard truth. It is almost too late to fix the unimaginable damage man has inflicted on one small planet in the universe.

Jill H.





Annual St. Patricks Day Walk/Run/Roll

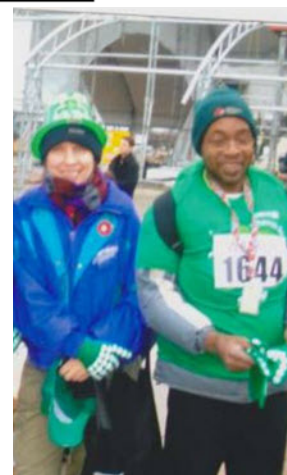


Pictured from left to right- Sarah, Lisa, Paul, Andrea, Adam, Rob, Amanda, Yolanda, Hanna, Keith, David, Roy, Vanessa, Andrey, Pete, Elizabeth, Kelvin, Lorraine, Shannon.

Photo courtesy of Keith E.



On Sunday March 3, 2011 CHIRS had 25 participants come out to the 11th Annual Achilles St. Patricks day walk. The walk is for people with disabilities to raise funds for their own organization. It was a cool, drizzly day, but people were in good spirits, excited to do the walk and had a great time joining in with the wider community. After the walk there was much celebrating with chili and music provided by the Achilles group. Our major fundraisers were Andrey B, and Ann-Marie C but altogether all of the participants raised over \$3000 to put towards programs and equipment for CHIRS.



Ann-Marie C. proudly displaying a pledge cheque for \$100.00 from the Mayor of Toronto Rob Ford who sponsored her for the St. Patrick's Day walk.
In total Ann-Marie raised \$1836.45.



BOCCE CHAMPIONS!!



This year, as usual CHIRS registered two teams in the Youth Bocce Tournament. Everyone was very excited to participate. Most of the athletes on our two teams arrived early and were eager to get started. There was a real buzz in the air as people started to arrive. For the first match of the day CHIRS 1 was pitted against CHIRS 2. Everyone knew that they were in for a tough match as we were about to play an opponent that we knew very well. As expected it was a close match with CHIRS 1 ultimately coming out on top, relegating CHIRS 2 to compete in the consolation rounds. And eventually, CHIRS 1 came away victorious.

In all our rounds we took the opportunity to get to know, cheer, and joke with our competitors from across the city. We found our fellow athletes to be competitive and good sports in the process. Ultimately the greatest reward was to participate with our fellow athletes and to enjoy the day getting to know each other. Of course, when competing our competitive juices were flowing and we played to the best of our ability. Our teams left the day feeling good about their abilities. But most of all we enjoyed a day of friendly competition with friends old and new.

Roy A.



CHIRS GOT TALENT!!!



ARTICLES OF INTEREST

Family Day

It is good to celebrate Family Day regardless of your political beliefs. It is important to celebrate family everyday because family is crucial in one's life. Family is essential as they are there through thick and thin, and paramount because no matter what they stick together. CHIRS is a part of my life and I consider it my family. The people at CHIRS are friends that are there to listen and to help each other. For the most part, people in general are polite and friendly. I really appreciate what the Premier did by creating a day that people can spend as they wish, a day to spend with family. On family day I went to Sheena's kitchen to have good food and to spend time with people I really love. I went with my mom, dad and a close family friend. I really appreciate every day, because it is good to celebrate life. We only have one life to live and it is important to remember to carpe diem (seize the day). It is essential to celebrate life, especially if you have a case of the blues. If you are feeling down or depressed about life in general, it is good to talk to someone about your problems.

Andrey B.

Coping with a Brain Injury

I just let everything formulate then cautiously proceed unlike previous.

My saving grace is my guitar where it allows me to vocalize, which I have apparently lost the ability to do after having my cerebellum run over.

I now concede that there is much more that life has to offer, without my pulling off some asinine stunt.

My world, our world is still trajectorized towards eternal damnation, in my humble opinion.

When it comes to basketball, I can still slam with the best of them. Perhaps not with the same gravitational force I had in grade 10, enabling me to smash the backboard vs. St. Mikes. Now I'm content just scrimmaging and playing for fun. Playing games of h.o.r.s.e keep me entertained.

It's been 16 years, and within those 16 years, I've learned to appreciate the significance of life.

Dave B.

Could you Please Stop the Noise?

I'm trying to saccade

They say that they will only know for sure what happened to me after they autopsy my brain,

Since I told them I need a brain biopsy like I need a hole in the head.

They didn't laugh at that either.

I was also asked if they could tell me whilst I am still alive,

What it is I have, Would I like to know?

I told them I don't really care.

As long as the pills work, I am no longer curious.

Besides, when people say to me "What's wrong with you?" I can still say "I don't know."

Evi K.

CHIRS at the Movies

(No Chick Flicks Please!)

I was recently given the responsibility of choosing movies for the CHIRS movie club. I was thrilled, of course, and have set about "educating" my fellow residents on the wonders of cinema. I have blithely chosen the movies I like (although some of them are 20 years old). Some of the time there have been about three people (and me) left by the end of the movie. I admit that a lot of people have to catch buses or wheeltrans, but what about that cinematic gem Moonstruck? What a classic! Oh well, hope springs eternal. And I can only hope that my audience will grow in leaps and bounds. I'll be turning them away by midsummer. Upcoming movies will include, Walk the Line, Meet the Parents, and Good Will Hunting. No chick flicks Please!

Jill H.

SPORTS!

Baseball History

I used to play baseball and I really enjoyed it. I was a pitcher and we would win a lot of games. Most people don't know a lot about baseball so I'm going to give you some background. Baseball was created by a group of people, not just by one individual. Back in the 14th century, Russia played a game called Lapta, which is similar to baseball. The first baseball club was formed on September 23, 1845. The goal of Lapta is to hit the ball with a short stick and then run back and forth to opposite boundaries before getting hit by the ball.

The first organized baseball game was played on June 19, 1846 at Elysian Field in Hoboken, New Jersey between the Knickerbockers and the New York Nine club. Baseball was very important because it was a form of release to the people. It would let them forget their troubles for a period of time. They would relax for a little bit.

In 1866, Charles A. Peeverly wrote, "The game of baseball has now become beyond question the leading feature of the outdoor sports of the United States ... It is a game which is peculiarly suited to the American temperament and disposition; ... in short, the pastime suits the people, and the people suit the pastime."

If I had to offer an answer, I would suggest that baseball helped America emerge from the Great Depression by giving its citizens a time of distraction from the financial woes of the country. Many were able to forget that the stock market had crumbled, even for only a few hours, while they watched baseball.

George Herman Ruth, Jr. also known as "Babe", "The Great Bambino", "The Sultan of Swat", and "The Colossus of Clout", was an American Major League baseball player from 1914-1935. He is widely regarded as one of the greatest baseball players in history. Many polls place him as the number one player of all time. The Babe's home run record of 714 was broken by another great, Hank Aaron in 1974 (756). Barry Bonds has now overtaken the lead with 762 homers. So now I think Barry Bonds should be called "The Sultan of Swat", "The Hammer", or maybe something more fitting like "The Bay Bomber". I think this nickname is perfect because he is hitting the ball in the Lower Klamath River.

Finally, on August 7th, 2010 my favorite second baseman of the Toronto Blue Jays, Aaron Hill hit me two homeruns. I was at the game and I knew he was going to hit at least one. The first homerun nearly hit a security guard and the second one actually landed in the section that CHIRS was sitting. It was a great game!

Anthony T.



March Madness

64 teams, one title!

Ever since I was yay high my older brother and I watched something entitled March Madness. March Madness is an American Nation Wide College Basketball Tournament in which all the college teams play each other for superiority. The tournament takes place throughout the year, with the finals in March. This is when the best surpass the rest! My favorite team is The Michigan Spartans.

In the month of February, every team plays their basketball in hopes of being invited to the big dance. Only the best of the best make it in, and I'm rooting for North Carolina. They are in a rebuilding year, but I think they could go all the way. I know the road won't be easy because there are a lot of good teams out there who are all fighting for the same prize.

My predictions for 2011 are:

1. Kentucky
2. Michigan
3. Louisiana State
4. Notre Dame

Kentucky, Michigan, LSU and Notre Dame may Yahweh be with You! (Biblical reference)

Dave.B.

***Editors Note: The actual top four teams in the tournament were: Kentucky, Connecticut, Butler, and VCU. with Connecticut being the final champs. Dave got One outta four. That isn't bad!*



MENTOR UPDATE

This is a new feature in the BBN. Each month we will have stories, recipes and updates on the Mentors of the Month!

MENTORS OF THE MONTH!

Tom (March)

Mentor Duties

Hockey Night @ the Club Organizer ,
Official Mentor Photographer, 2010 Team
Leader CHIRS Olympics 2010 Spring
Baseball Team Leader, Special Event
Volunteer

What People Say... “When he takes something on he really takes it on” “He had a laugh that filled up the club” “If you were Tom’s friend then you had a good friend.” “He knew what he wanted and told it like it is!” “He was tough on the outside and soft on the inside.”



Lorraine (April)

Mentor Duties

Club Coverage on Thursday Mornings,
Hobby Club Mentor, Mentor Pantry Area
Supervisor, The MIX Community Club,
Kitchen Coordinator, CHIRS Special Event
Organizer

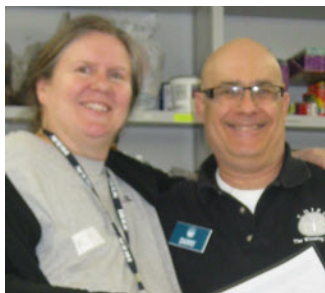
What People Say... “She is a wonderful model for people in our community.” “The MIX would not run without her.” “She is always so organized and is always thinking of other people.” “She cares so much and never looks like she is running down.” “She is a mother to many and an asset to CHIRS!” “You can always count on Lorraine...rain or shine!!!”



Marcy (May)

Mentor Duties Club Coverage Thursday
AM, Friday Games Group Team Leader,
MIX Lounge Volunteer, Special Event
Volunteer

What People Say... “She accepts people for who they are” “She is a happy go lucky bubbly person.” “She is very fair and moral and goes above and beyond to help” “Her knitting has really improved!” “Marcy is very good at helping people remember the rules” “She is honest and sincere...you know where you stand with Marcy!” “She has a very professional telephone voice...you can always count on her for a friendly hello”



Mentorship

“The vacation had to eventually end,” says Alisha’s father “I guess you’re right, Dad,” realizes a saddened Alisha . “Besides, it’ll mean returning to mentors who’ve missed you since you’ve been gone,” her father continues. When waving one last goodbye out the car window a rush of clarity rested with Alisha. “Are you okay?” asked her father when noticing her change of expression. “I’m better than ever Dad,” she replied . Her now puzzled father concentrated on driving while saying, “tell me more.” Alisha turned to her father and said, “It’s simple really. I’ll only collect what I invest.” He contemplated the meaning of those words for the entire journey back home. Once relaxing on the sofa, Alisha and her father each heard the telephone ring.

“Hello!” Alisha answered. “I’m reminding you of tomorrow’s monthly mentor meeting,” said Alisha’s best friend . “I realized while my father drove that I will only get back from the mentorship program what I put into it,” Alisha told her best friend . “Does that mean we can expect you tomorrow? We haven’t seen you since I don’t remember when,” asked Alisha’s friend.

“Really glad to see you,” said the mentors’ supervisor when greeting Alisha. “I’m trying to make an extra effort.” Alisha said. “I hate being the bearer of bad news, but I’m afraid we’ve heard complaints from other mentors about your involvement.” “The talent show will be my chance to shine,” boasts Alisha . That night Alisha went home and diligently continued writing a story she had nearly finished. Having now completed the story meant sharing it during talent night. With only one night remaining until talent night an aura of confidence exuded from Alisha. The next day came with anticipation, and when finally her time to shine came, she was showered with thunderous applause after bravely reading the words she had eloquently constructed.

Zia L.

THE BACK PAGE



POETRY PAGE



The Memory (In Hebrew and English)

ךירכ מינותיעב ביוחמ ונתיאמ דחא לכ לש בלב האושה וורכיז
תוכמסה לש ותיעה.נבל

הנוילעה

מיטושפ מישנא לש ךירכה תא

The memory of the Holocaust in the heart of all of us is bound in white sandwich papers. The paper of the highest authority and the sandwich of simple folks Listen.

Igal G.

Le Tourbillon de le Vie

Le tourbillion de la vie
Is an illusion.
It's only Maya.
You just fall off
And you get back onto the wheel.
Would you choose the red or the blue pill?
There is no spoon.
There are no pills.
No spoon to bend.
No pills to bend the mind
Into shape.
I've lost my mind,
So the spoon bends on its own.
Though it's all Maya.
So,
How can norms determine
Whether I was hallucinating or not
Since it is all a grand hallucination?
I am not.
Neither are you.
Though there is no such thing as nothing,
There is no such thing as something.
We are all so wrapped up in the tourbillion de la vie,
We don't notice we are just leaves thrown around in the wind,
Getting off then back onto the wheel,
Not knowing when it will all end.
Not wanting to know.
Do leaves care about where they end up?
Why should we?
We are, after all, just leaves swept up in the tourbillion de la vie.
So says I.

Evi K.

CHIRS Theme Song

(Based on the song "Free to Be You and Me")

There's a place that we go
Where the doors are seldom closed
In sun, rain and snow, all the programs are a go.

There's programs west and programs east
A variety to suit your recreational needs
So come on in but before you seat
It's important to sign the attendance sheet!

CHORUS

Here at CHIRS where some programs are free
And most others for a nominal fee
In a place that's critique free
And you and me are free to be, you and me.

We once came and toured and looked
This song is proof that we're now hooked
So be respectful and take note
Your Mentors play an important active role
Just take their lead and you will see,
You too can be who you want to be
So come on in and you will see
CHIRS is a really nice place to be!

CHORUS

Here at CHIRS where some programs are free
And most others for a nominal fee
In a place that's critique free
And you and me are free to be, you and me.

Sandie N.

