

THE BRAINY BUGLER

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March 2010

Hedy Chandler wins the Professional of the Year Award from the Ontario Brain Injury Association!

Hedy Chandler, Executive Director of CHIRS has been honoured with the Professional of the Year Award from the Ontario Brain Injury Association (OBIA) for her outstanding contributions to improving the lives of those living with the effects of acquired brain injury. In addition to being CHIRS Executive Director for nearly 25 years, Hedy has participated in various committees for brain injury services at both the provincial and national level.

Hedy's hard work, innovative ideas and dedication to enhancing the lives of persons affected by acquired brain injury continues to inspire us all. Well done and congratulations to Hedy for receiving this prestigious and much deserved award.



BBN has gone Electronic!

You are currently reading the first publication of The Brainy Bugler that is available in an electronic version. You can access the electronic version at www.chirs.com. If you would like to receive an e-mail update when a new issue is out, please e-mail us at bbn@chirs.com. Also, if you would like to continue to receive a paper copy of the BBN, please let us know.

Thanks for helping us make the BBN a more environmentally friendly publication!

-The BBN Team



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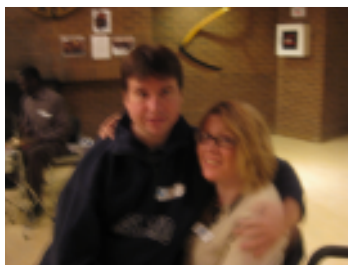
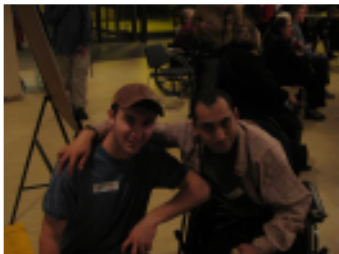
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CHIRS Holiday Party!



CHIRS Holiday Party 2009!

CHIRS recipe for a good party? Good people, good music and good food—this year’s Holiday Party had it all! The CHIRY Balladeers opened with a lively singalong then we were invited inside for dessert, and a chance to chat & socialize. The dessert contributions were so plentiful that the room was lined with tables of tasty treats, and many lively conversations were overheard as folks shared recipes and stories about their families food traditions. The party hit a more somber note as the Self Defense group said a heartfelt goodbye to Sensei Jack, then we were back into party mode as we reflected how good it felt to be together, and celebrate the season as a community.



Editors' Note: Jen was actively involved in CHIRS programs until she and her family moved north to Barrie. Since then, she has stayed in touch by writing articles for the BBN. Here is her latest installment which formerly included the eventful road trip to and from Miami, however had to be edited due to space constraints.

I know you haven't heard from me for quite awhile, however I would like to share with you the wonderful holiday I had aboard the Norwegian Pearl. Not to sound too uppity, but I described it best when I called it a "bargain basement cruise". Though, I must say the shopping onboard was spectacular. I spent way too much money shopping. Also, there was a casino on board where I spent way too much time and money. There were nineteen of us, so it was a spectacular feat to get everyone together. The adventure started with the check-in where they searched everyone before boarding. They even took off my bag and searched it. Little did we know, they forgot to give it back and my dad had to go back and get it. We went to our so-called suite. To get into the suite there was a bump to wheel over. The bathroom was big, but that was the only big thing in the room. In our suite, there was a king-sized bed and a wall bed (where my dad had to sleep). The wall bed pulled down and a ladder at the head of the bed pulled down and over our table and chairs. This made it very cramped and difficult to use our balcony. The evening entertainment was spectacular with live shows every night! We tried a different restaurant for every meal. Unfortunately, the food was awful! No matter what we tried, the food was disgusting. Our first stop was Samana, but I chose not depart the ship. The next stop was St. Thomas, which was fabulous! We did a little shopping and sightseeing. Then, we stopped in a place called Tortola. They definitely were not used to having people in wheelchairs shopping there. There weren't any sloped sidewalks. Further, their cabs are trucks rather than cars. One driver wanted to tie my very expensive electric wheelchair to the back of one of the truck-cabs! Needless to say, I did not take them up on it! The streets were out-and-out dangerous and NOT wheelchair friendly. There were huge diverts in the roads right beside the sidewalks, making it very hard to maneuver around. A highlight of our adventure was the New Year's Eve bash. The party was held on the very crowded pool deck. We had a nice time. This may have been due to the fact that there were nineteen of us, so we could create our own party, which we did! . New Year's Day was a recuperation day. There was an option to head to a beach called Great Stirrup Cay, which is off the shore of Miami, but we decided not to go. The next day we went on a route march to get off the ship and embark on our journey home to Barrie. We arrived home January sixth. See ya on the next adventure.

Jennifer (of the Great White North)



Mentors' Group

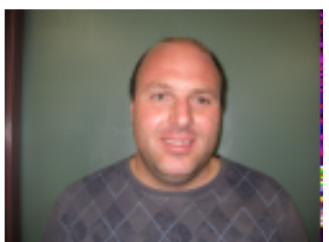
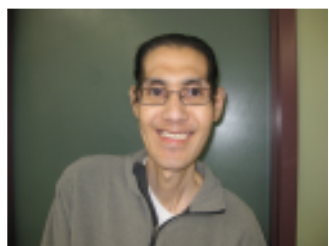
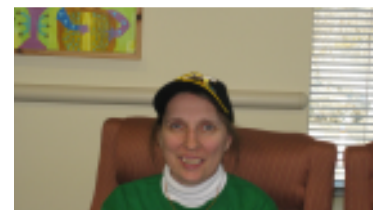
The CHIRS Mentors are a dedicated group of client volunteers who take a leadership role in CHIRS Adult Day Services programs. They act as a direct link between the staff and the services provided at CHIRS.

In 2009, they logged a total of 3055 hours. This is a huge number, but they are so much more than the numbers...

Mentors are the smiles who greet people at door, the helping hand who makes sure that no one is going to slip on the ice.

Mentors are the encouraging word who helps someone get through warm-ups and workouts, the trusted soul who makes sure the coffee is fresh and the strong fingers who don't stop until the last grimy pot is cleaned.

The Mentors are the ones who put out the chairs, hang up the decorations, reorganize the pantry, push for a greener space, alert when the paper towels need replacing, fold the laundry, feed the fish, pull the weeds, and make sure the milk is never sour. Mentors help make CHIRS a community, not just a community service.



THE BRAINY BUGLER

Fishing Group

Our new summer fishing program ended successfully this September, when our group caught a fish! We fished all summer, from accessible docks at Humber Bay Park East. All equipment was provided, and our group enjoyed a wonderful time relaxing by the water. We hope to see more folks out next summer down by



THE BRAINY BUGLER

The CHIRY Balladeers

The CHIRY Balladeers are a performing group of clients and staff who are participants at the music programs at the CHIRS. They have been performing at a variety of facilities for more than 15 years. To date, they have performed at the West Park Health Care Center, Kipling Acres, Heritage Home, Gooderham Home (Community Living Toronto) and the CHIRS Annual Picnic and Holiday Parties. They perform popular songs from the 60's, 70's, 80's, 90's, the new millennium and original music written by the Balladeers past and present.



Sunday Outing Club!

The ADS department has been organizing events across the city most weekends since January 2009. We have explored inexpensive ways to enjoy the city, such as outings to the movies, Riverdale Farm, art exhibits, karaoke, live concerts, dog shows, museums and brunch in High Park. The group meets at a designated spot close to the outing each week, then enjoys a great cultural and social experience together.



BBN Writers

A Poem Not Written

I awoke this morning
 And decided not to write a poem
 I thought of all the school children
 Forced to study poems
 In “Anthologies” or “Collected Works”,
 So why should I add another?

Yes, I decided not to write a poem,
 And saved them all that study
 I thought of all the children
 Who now could go out and play
 Because I did not write a poem
 And saved them all that work

Instead, I decided to take a rest
 And sort out all my thoughts
 I decided what my poem would not be about
 And what it would not say

I thought of all the children
 Who would not have to work
 I lay out on the sunny lawn
 And celebrated their freedom

*Ron M*The Music Stopped

“Play one from her new album” I hollered to the D. J.
 My father shook his head, pointed his finger and said “Remember, everyone has their own tastes”.

He did have a point, as the D.J. had just played my last two requests consecutively. So, I shifted aside and welcomed other requests. When I became irritated with those other requests I intended to inform the D.J. I could not see him beyond the multitude of people which prompted me to follow the music. While negotiating through the crowd, some of the people cleared a pathway for me, so I said “Thanks” and didn’t hesitate. I now found myself adjacent to the stage which was within earshot. While pretending to dance, I hollered “When are you going to play one worth dancing to?”
 “You need to broaden your spectrum of songs worth dancing to” said the D.J.

*Zia L*Plentiful Regrets

“It’s too late to call anyone,” says my mother while my father motions me to my bedroom.

Our parents believe that no phone calls are to be placed after 10:00 pm. It is now past 10:00 pm. Rather than objecting, I obligingly started to my bedroom.

As I walk to my room, I suspect my brother must be awaiting me in the doorway smiling. You see, whoever reached the bedroom first got the choice of where to sleep.

“Guess who’ll be sleeping there?” says my smiling brother while pointing to his favourite spot.

“Something else is on my mind,” I say while eyeing the bedroom telephone.

“It’s too late,” warns my brother after realizing what has captured my attention.

Still, I lift the receiver, and that deception now allows me to revel in my trickery, until hearing, “You’re asking for trouble!”

“Not if they don’t know,” I respond to my brother.

Zia LCasa Loma

The man who built Casa Loma was Sir Henry Pellat. Sir Henry Pellat was born in 1859 in Kingston, Ontario. He was a man of enormous wealth who had founded the Toronto Electric Light Company in 1883. In 1903 Sir Henry was chairman of 21 different companies. He was in the military and a member of the Queen’s Own Rifles. In 1905 Sir Henry Pellat was knighted for his outstanding military services.

Casa Loma was a dream of Sir Henry’s which originally started as a hunt club. He had 25 acres that he wanted to use. He started building Casa Loma in 1911 with the help of architect E.J. Lennox. It took 3 ½ years to build at a cost of \$3.5 million. Unfortunately, Sir Henry’s wealth quickly evaporated due to poor business decisions. The city of Toronto took over possession of the house in 1924 due to the huge taxes owing on the property. The family remained on the property but in a house much smaller beside Casa Loma.

Casa Loma is currently a tourist attraction that draws many thousands of visitors each year. My family and I always go to Casa Loma around Christmas. There is a huge Christmas tree in the front lobby and a very nice theatre show. Last time I was there, they had Snow White and the Seven Dwarves. On the upper levels of the castle, they had Santa’s Workshop with all the elves and Santa Claus making toys. Downstairs, in the dungeon, they often have the figures of Harry Potter made of Lego. So, there is always plenty to see at Casa Loma.

Peter S

Slumdog Millionaire

Well, where to start? This movie does not begin at the beginning. Or does it? It was given eight Oscars out of the nine for which it was nominated. After seeing it I know why. People may say it's hard to follow, possibly, since it jumps from past to present and in between. But don't memories work that way anyway? And this film is all about memories.

If you don't know the plot already, it's about a kid who is about 18 years old, with no real education to speak of, who wins the Indian version of the famous "Who Wants to be a Millionaire?". He gets all the questions but the last correct, just before they have to go to commercial. Typical of TV, always leaving you wanting more. So, the cops, and the people involved in the show figure, "what the ...?" How does some nobody from nowhere know so much?

Some might think the same of me, since I could answer all the questions myself, though I am only a Canadian girl from Scarberia, who moved to North York, the daughter of Greek immigrants.

That's the beauty of the film, besides the songs, direction, dialogue and editing. The fact that he came up with all the answers from real life experience. Word to the wise guy, from someone who knows. I have a pretty good education myself, but my best writing comes from life experience and travel, both of which the main character of the film has a plenty.

There's also a love story, a story about true brotherhood, and a story of true independence. All of which I can relate to.

Word to the wise guy. There is no secret to good writing.

There is one formula for drama, comedy, poetry, etc.

Here it is: (shhh....) pretty simple really, every good story is about an ordinary person thrown into extraordinary circumstances.

Evi K



So You Think You Can Dance?

"Dance movements come from the mind transcended through the thought process and are then transferred onto the dance floor!"

I love to dance as all my friends and people around me find out. I was watching the television (my friend, I do not give up the remote too often). This show is a competition featuring couples performing many genres of dance.

Each week the couples are eliminated until it is down to two couples. This is when I tuned in. Watching these dancers gracefully move to the Latin, Hip/hop, classical, disco styles of music thrilled, amazed and left me in awe. When two guys did a hip-hop routine one of the judges uttered excitedly the quote at the beginning of my article.

I know for me to try to dance in the ways that these dancers did would not work as I have two left feet (and I step on ladies' feet too). Then I started to think about the work that I don't see behind the scenes with all the sweat, frustration and getting the timing right that produced the final result.

Now I want to tell you the definition of how I dance. I feel sounds and vibes from hearing the music and that dictates my form of dance, I also watch other people and like to incorporate parts of their style I feel I can do. Ta dah!!!

Robert A



BBN Writers- This I Believe

This I Believe is based on a 1950s radio program of the same name, hosted by acclaimed journalist Edward R. Murrow. Each day, Americans gathered by their radios to hear compelling essays from the likes of Eleanor Roosevelt, Jackie Robinson, Helen Keller, and Harry Truman as well as corporate leaders, cab drivers, scientists, and secretaries—anyone able to distill into a few minutes the guiding principles by which they lived. The BBN writing group participated in a writing workshop based on this concept and engaged our members in writing and sharing the core values and beliefs that guide their daily lives.

After all our trials and disappointments, **I believe** my husband and I will grow old together.

I believe I am developing a steadfast philosophy of life and that my children will come back to me after their years away. This **I believe**.

I believe that my family will always give me unconditional love.

I believe that my old friends are the best friends.

I believe our planet will save itself (in the nick of time).

This **I believe**.

Jill H.C

The thing **I believe** in is family, because you do inherit most of your thoughts, feelings, working ideas, and concepts of love and hate. You get a lot of ideas about relationships from your family.

On August 15, 1986, I was in a motor vehicle accident which killed 3 people in the car we hit. I was in a coma for 16 weeks and spent the next six months drifting in and out of a coma. My family were the only ones who stood by me while I recovered from my coma. During my recovery my dad and I built a cabin at our cottage for me to sleep in.

That was a few years ago and I think I am ready to build on a washroom now. An Envirolette Composting Toilet system would be my choice.

All in all my family has stood by me. They've always been there through the bad times, and have helped me to see things more clearly.

My family has supported my decisions and I have taken their views into my decision making. If it weren't for family giving me support after my accident, I don't know where I'd be. **I believe** in family.

Scott M



This I Believe!



Faiths and beliefs or vice versa,

I believe that what does not kill us makes us stronger.

I believe this because I have been to hell and back three times and counting.

I believe that faith is something in which we believe, or know exists, even though we have not tasted, touched, heard, seen or smelt it.

I believe something other than myself brought me through my illness, seeing as I was totally out of it.

I believe everything my parents tell me, since they are the only people I know that have never told a lie.

I believe we cannot make it on our own.

I believe that for all the points of the compass, there is only one direction, and time is its only measure.

I believe my nieces will be better people than I will ever be.

I believe there is an afterlife, since the people I lost belong in a better place.

I believe we should help the living, since the dead are, well, dead.

I believe in the future, since I know what happened in the past and the present is always around.

I believe that there are more realities than death and taxes.

I believe that there is such a thing as true happiness, since sadness cannot last forever.

I believe that there are people out there who have a larger cross to bear.

I believe that my pappou Michael existed, only because my father told me so.

I believe there is more to life than what we can see, smell, hear, touch, and taste.

Most of all, **I believe** in belief.

Evi K

Budgeting a Belief

Well I wasn't always strong physically or even mentally but as I grew up and met incredible people, I learned not to be selfish and instead to be reliable. I've learned that through emotional or even physical struggle there is always a clear and present danger. With each struggle there's always a way to persevere and conquer that ultimate goal. After my injury it was very difficult for me to allow family and friends to share or even to converse with me.

The reason is that people who are confused are without understanding. Now I can say I have understanding, and when I do get confused, I don't stay dazed for long without asking my parents or someone I care about for some guidance.

When a person is stubborn, the results aren't good for your health. So as I move forward in my life, there are life experiences to share and learn from.

One example is a time when I first began work and started to earn an income. My father is someone who likes to be in control and since he has some knowledge about saving & budgeting, he wanted to handle mine. Well I didn't understand this but now that I have some independence and have struggled to save, I can see that he was trying to help.

Now **I believe** I should manage what I spend. But with this responsibility and independence comes some comments from the boss who keeps trying to come out of retirement. In response, I reward my father with 1/3 of my pay cheque, and give him some control back. When I share what I have done I am satisfied and more importantly proud of my accomplishments and my father. The gift of sharing your beliefs with someone is rewarding, and can be a blessing in disguise, so don't be nervous or ashamed.

So with all that I've shared let me now show some of you my path to independence...

Anthony T

Too Much Violence in the World

My dad was in the war, World War II. He mentioned his experience to us. It wasn't something he wanted to do; if you didn't join you would be shot. He was in the navy first then on land after. He ended up in the hospital because he stepped on a mine. My dad did not want us to experience what he went through.

When went on a family trip to Vienna, my father was upset when he went through a metal detector and set it off because of the metals that were in his leg. The guards did not recognize his army number in his passport. It wasn't until an older officer checked into it and discovered that my dad was an army veteran.

Consequently, long after the war, my dad lived the rest of his life in a never ending circle of violence. For the rest of my dad's life, whenever he saw a gun or someone carrying one, it would turn his stomach. Mentally my dad was trapped in a war that he did not choose. **I believe** there is too much violence in the world!

Peter S



Friendship

My favorite memory of friendship is spending time with my son. My son was overseas for a year and I would always think about him. Then he came back, and now we spend time together.

On Thursday, someone said to me one of most meaningful and kindest things. I was making a lunch and all the customers were happy. I decided then to make different and healthy food.

The most meaningful part of being a friend is to know when your friend needs private time. Friendship is give and take. When needed, help your friend. If you need help ask your friend for help. Friendship is not a bank, if you need support ask your friend.

Touraj S

Being Positive

Be positive towards other people including your family and friends you care about. Love a lot because they will always be there for you no matter what the circumstances. Through good times and bad even through accidents and injury no matter what problems arise, family and friends will always be there for you. I think being positive towards others is important so that I can be positive towards myself and you should be positive towards other people because it shows. Being positive towards other people, having a good attitude and making new friends along with the others that you already have is what **I believe** in.

Shannon Y

GRATEFULNESS as I See It

I was thinking the other day and it took many tries and crumpled pieces of paper thrown into the garbage bin. My topic to write about is GRATEFULNESS and it goes on and on but I'm not going to be that mean (I could!!) because I want people to read my article. To begin with I am so GRATEFUL for my health and where I am today. My wife who went through what I went through and much more, dealing with things she did not understand. When I was in this situation I had no control over I received many cards, prayers, phone calls and visits from loved ones. I am truly GRATEFUL; you could even say eternally GRATEFUL. Every day I wake up and I put my feet on the floor I begin what you and I might call my GRATEFULNESS mantra. I'm GRATEFUL for the day (sun rising/sun setting) and the fact I am alive, I have 5 senses that my higher power gave to me. Further, there are wonderful friends and people in my life who I enjoy being with.

I have heard a song that was used in the movie "Monty Python" written by Eric Idle and it goes "Always look on the bright side of life", and that makes sense to me. This is why I believe that GRATEFULNESS applies to my life. In a book I read from time to time it says "when two or more people gather in my name and pray for others needs I will hear them and honour their petitions." What an amazing thing, for I had a whole group of loved ones praying for me, and all I have to say to that one is ...

THANK YOU I AM SO VERY GRATEFUL!

Robert A



BBN Writers - How Music Connects Us



Music for the Masses

Music is a form of expression, and helps to get people through tough times. Many people are faced with adversity but through difficult times music is a way of helping build bridges.

Through the power of music people get a release from angst or pressure.

Music is a way of bringing people together.

People can smile, laugh or cry as a form of releasing endorphins. Certain songs can be uplifting and can convey a certain message which can change the world one step at a time.

Andrey B

How Does Music Connect People?

A good melody often has people smiling, tapping their feet and dancing. I grew up in a small town of two hundred and fifty people in Manitoba. Every fall, the community would have a “Scotch Concert” with lots of kilts, singing, a big lunch afterwards and an old time dance that lasted into the wee hours. I often wonder if the Scotch Concert has survived. Even the youngest children would be young adults by now. Sometimes I catch myself singing a snatch of one of those old time tunes and remember dancing a waltz, standing on my dad’s shoes. Those old time dances are still close to my heart and I often find myself tapping my toes to an old time tune.

Jill H

Music has the Power to Connect Us All

Music is more than just lyrics; it is the incorporation of tones, rhythms, emotions and passions. We respond to these tones, these beats and these sounds in ways that differ from one individual to another. But the fundamentals of these sounds, of all music, touch us in many different ways.

We can listen to an opera in a completely different language from our own, and be moved to tears. Or we can listen to a rhythmic, heavy bass-beat and find ourselves jumping around the dance floor for no reason other than the simple fact that we almost find ourselves needing to.

From the simple jingle, to the eerie music that seeps into our subconscious in horror films, music touches us. It affects our thoughts and behaviours. It connects us through the messages lurking within the sounds and rhythms. Music is probably the universal language for the simple reason that, no matter what dialect you speak, we can all feel the rhythm, the emotion and the passion behind everything we hear.

It’s music that sets the tone for a movie. It’s music that draws different cultures together. And it is music that has the strength to connect people like nothing else.

After all, you can find music in many ranges; from the beauty and grace of an Italian opera, to the bouncy fun of TV jingle. And, no matter what music we listen to, we find ourselves connected in some way or other.

Rochelle D

How does music connect people?

Music does not represent a part of the world, it is universal. It has no language, so music connects people in the rhythm. Also, it helps people relax by listening to various kinds of music, like oldies, blues and jazz. I like to listen to the blues, it makes me happy. I listen to music because it expresses my feelings.

We can also be linked by musical instruments as in the project “Six String Nation,” where a guitar is made up of materials from different parts of Canada. This guitar travels around the country and is played by all kinds of people.

It is another way that music unifies us.

Scott M

Music Unites Us

How does music connect people?

When the CHIRY Balladeers perform in the community, people have a great time with each other. They enjoy the music and its beat.

Everybody has a very good time with each other. For example, people are moving and grooving to the different sounds of the music. Everybody is dancing about in different styles and rhythms.

Peace, love and happiness are felt by everyone throughout the room. The rhythm of people dancing and having a great time makes me feel good. People feel the beat of the music inside themselves and happiness is shared.

Everyone being together and performing happily makes for a great time.

Shannon Y

How Does Music Connect People?

Music unifies people, through notes and timing, blending them subconsciously. Music acts as a channel of communication. It has no logical explanation, because it all boils down to the feelings parlayed! Music is nostalgic and may provide subconscious flashbacks. To me music is a synonym for elation!

Dave B

Ways by Which Music Connects Us

- Other people like to listen to my music.
- Music brings people together.
- Music is a universal language that everyone can appreciate, regardless of their language.
- We perform different types of music in our music group.
- Music makes us feel better.
- We like listening to music in the morning.
- We enjoy listening to other people's music.
- Everyone has their own taste of music.

I enjoy the music that I hear throughout science fiction television shows and movies such as the Star Wars movies. I like to listen to music from the Star Trek soundtracks. The London Symphony Orchestra performed a majority of the score for the Star Wars films. Occasionally, an orchestra will feature notable wind ensemble instruments, such as the euphonium, the saxophone, the alto clarinet, and the baritone horn.

Peter S

A Novel Concept

Information is a highway and sometimes I see it but I choose not to go down it. Sometimes that highway I ignore is the way I should have gone! Someone introduced me to a website by a chap who has a novel concept: a guitar constructed with many items from across Canada, depicting this great country of ours. The guitar is famous because on the body there are many artifacts from Canada's regions and then for each item there is a picture and the story of its history. Even the guitar strap has a part of Canada on it. This guitar has moved all across Canada to promote the spirit of music and how through this spirit we are better off. What really flips my mind, though, is that the guitar has been taken to many venues nationally, so people old and young have had access to this resource. This went national and thereby showed that yes music unites us, yes music breaks barriers and encourages people to have a love for each other and no hate, no racism. This, to me, is the essence of our existence and the reason we live our lives. I call this a "novel concept."

Rob A

Music Unites Us

Music makes you know you're alive and that life is worth living. It can also quell a lot of fear in the soul. Music can bring back good memories in your life. Music makes the world come together.

Tony F

How Does Music Connect People

Stevie Wonder sings in the song "Sir Duke" – "Music is a world within itself; it's a language we all understand." Music is instrumental in affecting peoples' moods. Music can get people charged up. It can ignite feelings of melancholy, sadness and happiness. Music can evoke memories, people often associate feelings or memories with a certain song. The same song can bring feelings of happiness to one person but feelings of anger, frustration, or regret to another person. Music is very personalized, meaning it can invoke memories, positive or negative, in people wherever they are.

Music is often used to bring people together to create a feeling of harmony or get people to agree to a common end. Many companies have a 'theme' song to unite employees. Countries have national anthems to unite their citizens.

Although it is illegal, it has been alleged that subliminal messages have been encoded into musical pieces to influence people into buying certain products. Sometimes products become associated with certain songs because the advertiser uses the song to sell the product in their commercials. This is a lasting and subliminal method of advertising

Mike V

The Toxic Avenger Stage Play**Theatre review by David M & Brian H, Nov 28, 2009**

The story begins with Melvin Ferd the Third who is a nerdy, environmental activist who wants to rid his New Jersey town, Tromaville, of the toxic waste that is being dumped by a big industrial corporation. Melvin is also in love with pretty blonde librarian, Sarah, who also happens to be blind and doesn't love him back. With Sarah's help, Melvin discovers that Mayor Babs is the owner of the big corporation dumping toxic waste. The Mayor doesn't want this information to leak out so she gets her goons to dump Melvin in a vat of toxic waste! He escapes, after being mutated, as the stronger, more muscular, green, and gooey Toxic Avenger!!

The Toxic Avenger sees the goons trying to harass his love Sarah, and saves her from them by ripping off their limbs, but since she's blind she doesn't know this. She falls in love with The Toxic Avenger who she nicknames "Toxie", not realizing that it is actually Melvin. Everyone is on the hunt for The Toxic Avenger and Toxie is on the hunt to destroy all offenders of the environment. The only way to destroy Toxie is to pour bleach on him which the Mayor did, but he was revived with the grossest, slimiest, sludgy liquid around...water from the DON RIVER! The audience went wild with non-stop laughter over this! (There were a few mentions of Toronto and the river in the show). In the end Toxie saves Tromaville from toxic waste, the Mayor lost her job and Sarah realized how much she really loved Toxie and didn't want to lose him regardless of how he looked or his past actions.

Brian: "The storyline and the singing were good. It was very funny and the actors were very talented. They did an excellent job with their costume changes. I was especially impressed with the actor who played Mayor Babs and Melvin's Ma. She had to play both characters in the same scene. Amazing!"

David: "I liked the message that people with differences can find love and that all people including those with disabilities deserve to be loved."

OVERALL RATING: *** (3/4 star rating)

Funny Creature

Not sure, enduring
The pains is a strange and mysterious
Pressure indeed.
Running about on your clean floor,
or jumping on your spread bed.
Hearing this, you probably won't have
Funny Creature, running about,
on your clean floor or jumping on your spread
bed.
But adults should know Funny Creature,
running about on your clean floor,
or jumping on your spread bed.
That's all there is to tell of Funny Creatures.
Ruined your life.
Hearing this from teenagers,
and children of 11 and 12
who tell of this strange fare.

New Friends

New friends,
New friends are loving and sweet.
Sometimes you've got problems with your new friends.
Do whatever you prefer.
If you got problems with your new friends,
Do whatever you prefer.

Donna W.

Donna W.

THE BACK PAGE

QUIZZY'S CORNER VOLUME 1

- 1) Which band would I be calling if I asked the following question; 'Hey Operator, make the telephone talk to me?' _____
- 2) Complete the album title; 'Welcome _____'
- 3) Which Canadian Music Hall of Fame inductees penned the song, 'Rock & Roll Is A Vicious Game?'
- 4) For one concert, the group Led Zeppelin were forced to perform under another name. What was the name they used?
- 5) Which platinum selling album of the seventies was voted number one in cover design?

By Gary H



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Quizy's Corner Answers: 1) Coney Hatch, 2) Back My Friends To The Show That Never Ends, 3) April Wine, 4) The Knobs, 5) Breakfast In America

