

# THE BRAINY BUGLER

Volume 14 Issue 2

Summer 2010

## MESSAGE FROM THE EXECUTIVE DIRECTOR

This edition of the Brain Bugler Newsletter brings us a fabulous reflection on what's been happening at CHIRS over the past few months. Each picture tells a story that brings a smile to my face and each article helps me appreciate each writer even more than before.

In addition to what you will read about in the BBN, we had a successful summer experience program run through our Adult Day Services which allowed many new people the opportunity to experience what the city and CHIRS has to offer. We also ran a well attended time-limited psycho-educational family education and support group through our Clinical Department.

The Board of Directors has had some changes as well. Dr. Patricia Johnson has stepped down after many years as a Board member and most recently as the Chair of the Board. We are very grateful for her years of support and leadership. Bob Brent has been elected as the new Chair of the Board and is looking forward to supporting CHIRS through the next few years. Thank you Pat and welcome to your new role, Bob.



Bob Brent

Newly Elected Chair CHIRS Board

Plans are well underway for a great Halloween Dance – Ghoulfest – on October 26 at Earl Bales Community Centre. This is a collaboration between the Brain Injury Society of Toronto and CHIRS. Call our office for tickets – 416-240-8000 ext. 601. Hope to see you there.

*Hedy Chandler*  
Executive Director



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](mailto:chirs@chirs.com)

Website: [www.chirs.com](http://www.chirs.com)



Inside:

- 2 6 Crazy Guys.
3. Articles
4. Announcements
5. Stories and Biographies
6. Family Picnic
7. Family Picnic
8. Food and Culture
9. Food and Culture cont'd
10. East Coast Road Trip
11. A Work in Progress
12. The Back Page!

## 6 Crazy Guys take on Queen's Park

Who are the 6 Crazy Guys? The self-proclaimed 6 Crazy Guys are: Michael V., Gary H., David M., Hamid N., Tom T., and Scott M. They originally were presented on a CBC Radio One program called , Out Front in a six part series discussing the impact of Brain Injury (you can hear the radio program at <http://www.brainline.org/content/2009/08/five-crazy-guys.html>).

On May 28, 2010, the 6 Crazy Guys were invited to speak at a Provincial Program Branch Meeting at Queen's Park. The topic of the presentation was Making Connections and Partnerships after Brain Injury. The guys completed a 20 minute presentation and answered questions for an additional 10 minutes. "Our goal was to educate non-brain injured people about brain-injured people," said David M, "[people] should know that living with a brain injured person is like living with a non-brain injured person because we all have our ups and downs."

Some of the partnerships discussed included those the CHIRS employment team has made and those the Adult Day Services team has made to provide people with brain injuries with meaningful things to do. "We got our point across...it is nice to have connections to things like employment but it would be nice to have more connections." explained Scott about how he felt about the presentation.

The presentation was well received and many audience members stated they learned a lot from the guys and were impressed with their ability to laugh and joke about what it's like to live with a brain injury.

"I feel it is important to feel a connection to the community...when people see me in person [at a presentation] I want them to see me like I am not much different from them. I can make jokes and make them laugh and they don't have to feel sorry for me" Hamid explained, "I felt proud of what I was doing for myself and the rest of the brain injury community."



From Left to Right- Mike V. , Gary H., David M., Hamid N., Scott M.

## Victoria Falls: A “Nature” Special

Well, to say that the forces of nature are God’s work is a matter of faith. Watching this special on Victoria Falls in Africa was a feast for the senses. It showed the sheer power of the water itself, in terms of what damage it does when rivers overflow and when it makes them go dry. The fact that the falls themselves give refuge to the animals that live beneath it, from the largest, being the baboons, to the very smallest fleas they eat. The rivers that the Falls give life to are the life-waters to fish, and the eagles that prey upon them with such speed that a camera must be slowed down to show it, to elephants that prey on nothing at all, and alligators that prey upon anything and everything.

Speaking of preying upon anything and everything, there is one man who only lives on what the river gives him. He fishes for a living, and eats various berries, grasses, etc. He has been doing so since childhood. He is the same age as my father. He also lost his father the same age mine did, 13.

I had to go outside to have a cigarette, because the whole beauty of the documentary, not just the cinematography of the African wilds, but also of the story of the man who is so much like my father, brought me to tears, the one thing I never let my parents see.

Which brings me to the whole issue of faith; yes I said the f-word. I have faith that there is a God, because as my priest taught me there can be no house without an architect, a watch without a maker, and also because of what Kierkegaard said. He also puts it plainly. If the earth is such an amazing place, just imagine Heaven. It’s one million times more beautiful and happy.

So says I.

*Evi K.*

## REACH FOR THE STARS!

I was very interested in astronomy from a young age. I used to write articles and stories on that topic as well as the topic of telescopes. In grade six, I wrote about the science of astronomy, with illustrations. I received an A+ for that assignment. I received a small telescope when I was only 12 years old. It was a good beginner’s telescope, nothing fancy or high-tech, just a telescope. I actually co-built a telescope with my father when I was 18. Something about looking at the sky was entrancing for me. I don’t think the skies are as clear now, because of pollution, both light pollution and smog. The telescope we made was made of plywood and mirrors and formica. Today, I own at least four telescopes. It is strange, but a full moon can ruin stargazing, because it shines too brightly to see the stars and planets. Now I have many fond memories of outings with my parents to look at stars.

*Andrey B.*

## In My Life

There are places I remember,  
all my life though, some have changed.  
Some forever not for better.

Some have gone and some remain  
All these places have their moments  
With lovers and friends I still can recall  
Some are dead and some are living  
In My Life, I’ve loved them all.

*-The Beatles*

Alzheimer’s Disease

Words to songs are a big part of my life. Songs to represent good times and songs that speak to me during tough, challenging times. At this present time Alzheimer’s Disease and how it affects people who suffer from it is a concern. The disease has many stages and affects the brain causing loss of memory, difficulty in finding the right words and what people are saying, trouble in performing previously routine tasks, personality and mood changes.

Alzheimer’s has no boundaries, is global and does not discriminate who it affects.

My aunt in Ireland has it, and it started first by forgetfulness (slight memory loss) now it has progressed to where her memory has totally failed her and she has to have 24 hour care in her home as well as people to look after her best interests. A very good friend of mine said something I think you all should know, “We’re here for a good time, not a long time, so have a good time, the sun doesn’t shine every day.” This is how I remember my aunt to be before Alzheimer’s.

*Rob A.*



## PETER ROBERTS' GRADUATION

On May 13, 2010, at the Toronto Police Academy, Mirjana and myself went to Peter's graduation from the Police Academy. We attended with Peter's family.

First we saw the Scottish Pipers who were leading the new recruits. The graduates marched into the room looking very proud and relieved. Peter (who was a former long time CHIRS staff), was at the end of the line, so we were able to get a good view of him. He looked handsome and proud in his new uniform.

There were a lot of speeches, including the Police Chief. Each graduate marched in front of everybody and received their badge. When Peter's turn came we cheered very loud. Everyone's background was announced, and they talked about Peter's involvement with the community, including CHIRS. It was nice to hear the background of all the new graduates.

I was honoured to be invited to watch this very important event with Peter's family and friends. It was a very exciting day. We met Peter after the ceremony and congratulated him.

Now I have a buddy in the police force!!! Peter helped us so much at CHIRS, now he's helping everyone to keep Toronto a safer place

*Lorraine M.*



Peter Roberts, former CHIRS staff (centre)



Gail C.

Shannon Y.

## BASEBALL!

On Saturday July 23<sup>rd</sup>, PHABIS held their annual baseball tournament at Dunton Park in Mississauga. The game was a lot of fun, as clients and staff got to socialize, play baseball and win some amazing prizes. CHIRS and PHABIS clients decided they want to join together to defeat the staff. In an epic extra inning battle, the clients took the 13-12 victory. Shannon was awarded a prize for Most Sportsmanlike player and Gail was given the honour of Most Valuable Player. We can't wait for PHABIS to come to our diamond to play against us later on this summer.

## ROAD TRIP

The scenery's unfamiliarity prompted Conchita to turn to Santiago and ask, "Are you sure of where we're going?" A chuckling Santiago said, "We ate here only Monday!" "Yeah, but this time we have a time constraint," said Conchita while returning that chuckle. An unaffected Santiago said, "Calm down! You'll still meet your boss for lunch." After listening to himself, Santiago sought evidence to support his claim, but only after delivering a weather forecast would the radio grant him a traffic report. The meteorologist then passed the microphone to traffic reporter Crystal, who then advised, "Use the highway. Accident on Fever at Jefferson," Santiago said nothing, but widening within him was a smile, for he now had assurance for already using the highway. Although, the volume of cars prompted Conchita to repeatedly tap the dashboard's clock while stressing, "Time is wasting away."

"Your confidence isn't misplaced. Time will tell," said Santiago rolling his eyes. Santiago then spotted they urgently needed gas, and if he didn't stop to partially refill the tank he doubted upholding his promise. He presumed he would find a gas station so got off on the upcoming exit. When following that exit he noticed confusion etched on Conchita's face, so he then responded, "We won't make it without more gas!" Santiago continued searching for a gas station he began shrugging his shoulders while adopting a defeated expression, until Conchita began beaming while pointing to a gas station that was situated behind Santiago. When arriving at the restaurant Conchita's eyes immediately darted to her wristwatch, and she then discovered that Santiago had kept his promise. From outside the restaurant, but still inside the car, the two peered through a glass window encasing the restaurant, and noticed that a table was empty. Before Conchita and Santiago made their way inside the restaurant they each flung their arms when noticing Conchita's boss now outside his car and headed towards them. "Where have you been?" asks Conchita "The inside roads slowed me up!"

*Zia L.*

## LOCAL ARTIST - LYNN B

Art came after her accident at an early age. It started as a suggestion to get her engaged in an activity which allowed her hidden talent to come out! Lynn started with a drawing class to learn and see what art was all about. Her interest in art gave her the motivation to earn a BA with a Fine Art major and she continued to provide art through her work.

Lynn has worked with all types of mediums and enjoys watercolour, acrylic paint, pastel, ink with canvas and all different types, sizes and textures of paper. Drawing, painting, sculpting and photography are some types of art she enjoys and has created. Lynn loves taking pictures because it is calming and relaxing. From those images of landscapes and people she has created pieces which she have been displayed in galleries and have been sold at art fairs. For Lynn, art is something she has worked on and is always learning about. Her knowledge of the art world is always evolving and changing. She allows her imagination to take her to another place, and she always enjoys seeing how her piece will take shape.

*Lynn B. And Teri G.*



# CHIRS ANNUAL FAMILY PICNIC 2010!



This theme for this year's Family Picnic was A Country Fair. In addition to our usual festivities we also had contests for pie making, nature photo taking and for best animal call.

As well we had a Mentor's midway and the Hobby group created authentic replications of some of the largest vegetables ever grown. The fantastic day (once again the rain stayed away!) ended with a concert by the Chiry Balladeers and a great juggling performance by Nick and his family that left everyone with a smile on their face.

Congratulations to our contest winners

Pie Making: AAH Cooking group

Animal Call: Sandra S

Nature Picture: Tom L





**Community Head Injury Resources Services Toronto (CHIRS) 62 Finch Avenue West, Toronto, Ontario M2N7G1  
Tel: (416) 240-1149 Web Site: [www.chirs.com](http://www.chirs.com) E-mail: [chirs@chirs.com](mailto:chirs@chirs.com)**

# **FOOD AND CULTURE!**

## **TASTE OF THE DANFORTH REVIEW**

The Danforth hosted its 15<sup>th</sup> annual festival of Hellenic music, food and culture. While held in the heart of Toronto's Greek town, the festival includes restaurants from a variety of cultural backgrounds thereby allowing visitors to sample food from Japan, India, Thailand, Italy and just about anywhere else you can think of.

To start my review I will begin with one of my favourite things to do, eating. The food item I had was the old fashioned Gyro. I found it to be a little salty, but other than that, it tasted good. I also had a slice of watermelon and found it to be very sweet, soft and juicy just how I like it. Therefore, I give the food a 4 out of 5 rating.

The next review is for the entertainment. Now this involves rating the music, dancing, games and rides. Music was very upbeat and the bands performed some Greek, rock and roll and movie classics. People were dancing in the street and on stage, but the best part was me taking a picture with a bunch of lovely Greek female dancers. There were games such as, the fish pond, the shooting target and string pull for prizes. These games were fun but I preferred not to play. There were also rides such as, merry go round, climbing wall and Ferris wheel. They were created for the kids so I could not go on them, but it's okay I didn't have any interest in them anyway. Therefore, I give the entertainment a 4 out of 5 rating.

The last aspect of review is the crowd. The crowd in the morning was scarce, which allowed me to move around more freely. As the afternoon came the crowd began to increase, thus making it harder to move and difficult to enjoy myself. The crowd at times was pushy because of the large amount of people walking the street. Some of the crowd was smiling, dancing and singing to the music which made it fun. Therefore, I give the crowd a 4 out of 5 rating.

All-in-all, the experience was positive and I would definitely go again next year, but I will make sure that I go in the early morning.

*Peter S.*

## **VIVE LE FRANCAIS!**

While authentic French cuisine may seem a luxury available only in fine dining restaurants, or tucked away Bistros, the truth is that with a little patience and some fresh ingredients almost anyone can prepare French foods. The key is fresh ingredients, thought that's true of all good cooking, and baking, for that matter. Less spice and more herbs are utilized in most French cooking, leaning to the savoury instead of the spicy, creams and cheeses, sweet and savoury sauces, tender and sweat meats. Smaller meals of pastries and cheese, or even just pastries and coffee replace the full breakfast, lunch and even supper we lean toward in North America.

French food history is just as rich as the pastries known from the country. And, while the relatively young cultures of North America do have distinct flavours and treats, there is something to be said about the richly developed palettes of our European neighbours.

From a tasty croissant and a cup of coffee in your kitchen, to the delicately prepared desserts at a French restaurant, anyone can enjoy the taste of authentic French cuisine. And, if you're feeling ambitious, why not Google a recipe here or there and try your own hand at making some delicious French treats. And always remember that you can easily put your own personal twists and tweaks to your favourite recipes. After all, we have different palettes, and different ways to express our culinary appetites.

*Rachelle D.*



## AUSTRIAN CUISINE

For many hundreds of years, Austria was at the center of the multi-ethnic Habsburg Empire. This empire included not only Austria itself, but also incorporated parts of Italy, Germany, Hungary, Croatia, (today known as the Czech Republic) and various Balkan regions.

As a result of this history, Austrian cuisine has been very much influenced by that of neighboring countries, and although Austria does have its own unique recipes, Austrian cuisine does also include other dishes in common with the country's neighbors. Some popular Austrian recipes include:

Wiener schnitzel, which is a slice of meat, dipped in wheat flour, eggs and bread crumbs and then deep fried. The traditional meat for Wiener schnitzel is veal, but other meats such as pork or turkey are sometimes used nowadays. After cooking, the dish is traditionally served with potato salad and lemon. The phrase "Wiener schnitzel" is German for "Viennese cutlet".

Knodel is Austrian dumplings. They may be eaten as a side dish or used in soup. Knodel can be made in various ways, from adding potato, dry bread or with bacon added.

Tafelspitz is beef and root vegetables, cooked by boiling.

In short, there are many interesting Austrian dishes, and you might be surprised at how much the country has to offer.

*Peter S.*



## MONTREAL!

What I would do if I went to Montreal?

I would go to enjoy the different kinds of food they serve there and meet new people. I would also go to different restaurants every day and try different kinds of food, just to see what it tastes like and see if I would recommend it to different people. And I would go to enjoy anything and everything Montreal has to offer. For instance going to the zoo and looking at different styles of clothing and different things the people do every day. Meeting new people and seeing the different places and the beautiful architecture in the area would be nice. Also I would go to different cafes and check out some of their concerts, which would be anything and everything, and have a great time while staying there!

*Shannon Y.*



## ASIAN HEALTHY CHOICES

Other cultures can open your eyes to different foods and cooking methods. In our fast paced society we lose sight of healthy choices. By researching other cultures you will notice a better diet resulting in fit people. Maybe this has to do with eating scorpions and beetles. More likely it can be attributed to the steady diet of fish, rice, tofu, tea and home cooking. It is a global world and it is good to learn from other cultures.

*Andrey B.*

## TRAVEL

### EAST COAST ROAD TRIP

When planning a holiday, there's no need to spend your life savings. That's not to say you can't do that if you'd like to, but if you're a little more money-cautious, you can still have a fantastic adventure!

My wife and I recently took a little time off to spend traveling. Where we went was, roughly, our own backyard; we traveled to, and through Canada's east coast. And let me tell you, we had an unbelievably good time.

Over the months leading up to our trip, we collected Air Miles which we redeemed for gas cards, started a Road Trip change jar, and asked for gift cards as birthday presents. We also did some research for places to stay, attractions to visit, and all sorts of other information, too.

Once the day came, we set off with a cooler filled with food, sleeping bags and extra blankets, two tents—one a small pop-tent, and the other a larger-take-more-time-to setup up version. Both tents would prove to be very useful as the trip went along.

Our first destination was Quebec city. It's a long trek to the Quebec border, but a beautiful one. It took the better part of the day to do the drive through our hometown province. Now, one of our goals for this trip was to sleep in a WalMart parking lot. This is acceptable in La Belle Province, so once it was dark, we followed our GPS's direction to the nearest WalMart and after seeing a few RVs in the lot, hunkered down for the night. And though it may seem odd to sleep in a WalMart parking lot in your car, you'd be amazed to see how well you sleep after a long day of driving in a straight line.

That morning was spent in Old Quebec where we browsed the shops and wandered the cobblestone streets. We stopped at a little Chocolaterie (a store that not only sold exquisite chocolate treats, but also made them on site), and bought some delectable treats, and kept on our merry way of visiting the old city. Now, though knowing some French is a plus when traveling to Quebec, most shopkeepers do speak English, so you shouldn't have too much trouble if you're polite about it.

Our next destination was New Brunswick! More specifically, Fredericton. Now, after driving through Ontario and Québec, the size of New Brunswick is almost minuscule. However, the landscape is absolutely beautiful along the Trans-Canada Highway, there aren't subdivisions and Condo collectives, but instead there are breathtaking lakes, streams, and mountain ranges so green you almost find yourself wondering if you're not traveling over a post card.

One thing we didn't count on, was that we were not traveling in peak tourist season. This meant that many tourist attractions were not open yet. As such, we had a tough time finding our shot glass for the province's capital, Fredericton. The acquiring of a shot glass from each of the provincial capitals was the primary ambition for our Road Trip. After visiting a few stores, and even making a run to the airport in search of the shot glass, we decided to make a second stop in Fredericton on the return trip, hoping that the more shops would be open in a few days. Lucky for us, the shops were open on our way home and so we were able to get our Fredericton shot glass.

PART TWO CONTINUED IN THE NEXT BRAINY BUGLER!

*Rachelle D.*



## A Work in Progress

This song was written by a group of us in Voices and Vibes. It was written for a play that is being performed by the Drama club here at CHIRS. We got together as a group and started brain storming ideas about the song and voted which lines would be performed. As a group we all decided the lines we all preferred and at times it was difficult to decide which ones. At some point we eventually decided that the lines we chose were good and it got our point across. The song that was written meant a lot to the whole group. I performed the song for Community Idol and won first place!

*Shannon Y.*



It's about progress not perfection

'Bout going in the right direction

It's about the journey not the destination.

It's about progress not perfection

'Bout going in the right direction

Never lose your determination.

It's a second chance on the one way road.

Never stop, although you've been slowed.

Be in the moment, smell the flowers

Watch the sunset, thru the showers.

A work in progress, a lifetime to evolve

Lavish in success, most problems you will solve.

There is more to life then you can see.

There are more reasons to be than not to be.

On my life the sun has shone.

No more shouting "what the hell is going on."

What the hell is going on?

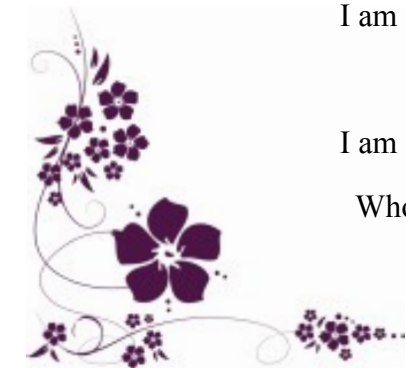
What the hell is going on?

I am an unfinished work, not quite done.

I got to walk before I run.

I am an unfinished work, not quite done.

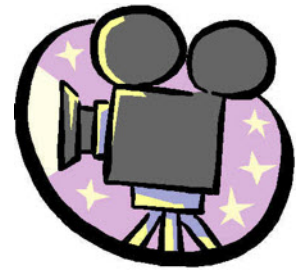
Who says you have to be number one.



# THE BACK PAGE

## FRANK AT THE MOVIES!

Frank G. is an avid movie go-er who will be reviewing movies for each issue of the Brainy Bugler.



### The Switch

I went to see the movie called The Switch starring Jennifer Anniston and Jason Bateman. It was a very very funny movie. It made everyone laugh. I would recommend it.

5 out of 5 Franks

### Eat Pray Love

I went to see the movie called Eat Pray Love starring Julia Roberts. It was a very funny movie. I recommend it.

5 out of 5 Franks

### The Expendables

I went to see the movie called The Expendables; starring Jet Li, Sylvester Stallone, Jason Statham, Terry Crews, Randy Couture, Dolph Lundgen, Giselle Itie, Eric Roberts, David Zayas, Steven Austin, Director Sylvester Stallone, Mickey Rourke, and Arnold Schwarzeneger.

The movie was funny, it also had a lot of action including martial arts plus it had a lot of action/adventure to it. It also had a lot of violence, plus it was based on a true story. I would recommend it.

5 out of 5 Franks

### Piranha 3D

I went to see the movie called Piranha in 3D. It was very scary and freaky. Part of it was funny. It was about human beings swimming in the ocean. All of a sudden they are getting eaten by piranhas.

4 out of 5 Franks

## POETRY CORNER

### Emotional Me

*Emotional me I can help but be  
Passion in fission for all who see to see  
Soft wet feeling drips down my cheek  
Does that say I am very weak  
On that things look bleak*

*Not so, No way, with purpose  
And for reason for I am human  
Sensing, seeing things  
Reality to me.  
Good, bad, happy, sad.  
Let them out, all about  
I am not afraid  
Of the real me!*

Rob A.

### HALLOWEEN DANCE!

WHERE?- EARL BALES COMMUNITY CENTRE

WHEN?- OCTOBER 23, 2010

TIME?- 7pm-9pm

COST?- \$5.00 (includes refreshments)

PRIZES FOR BEST COSTUME!

SEE AOS STAFF FOR DETAILS