

# THE BRAINY BUGLER

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## BIG NEWS!

# The Mentors Take over the Clubhouse!



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*Read the article on page 11 for more on the story.*

- Inside:
2. Donation/ In Memory
  3. Articles
  4. Crusin for the Holidays
  5. Day Tripping
  6. Hallowe'en Dance
  7. Annual Holiday Party
  8. East Coast Trip
  9. Articles
  10. Articles
  11. ClubHouse Re-opening
  12. Frank At the Movies



## MANY THANKS!!

Christine Forrest and her colleague Glenn presenting a generous donation to CHIRS from the Cowan Foundation.

### IN MEMORY OF Michael Bradley

August 20, 1953 – December 20, 2010

We regret to announce that one of our previous ADS and ACSS clients, Michael Bradley, passed away on Monday afternoon, after a short and courageous battle with cancer.

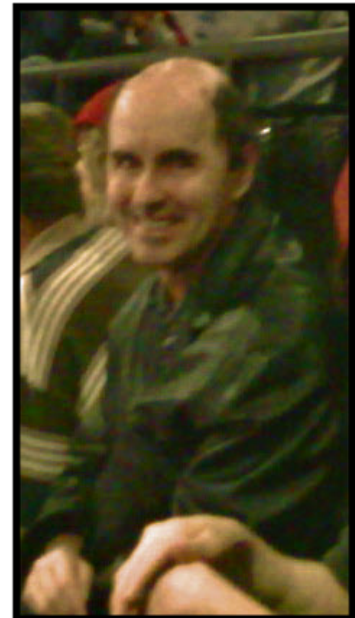
Michael had been involved with CHIRS since approximately 2002. More recently he was an enthusiastic participant of Monday Cooking Club, Friday Cooking Club, Relaxation Group, Hobby Club, Community Discussion Group, and Voices and Vibes. Because of changes to his health this fall, Michael had not been involved in programs in the last few months. Michael was known for his friendly smile, warm personality, his many interests and a sense of humour that will be missed by all who knew him.

On behalf of the staff and clients at CHIRS, we would like to express our sympathy to his family and friends.

### What Does (the CHIRS program) “Writer’s Block” Mean to Me?

I daydream almost constantly during my day. Many people might call this a waste of time and or energy. Yet I was an engineer for some considerable time, and have often identified myself as such! As a man of science I despise waste, be it of material or time. I value these thoughts even though no one else may. I do not consider it time wasted but rather time allotted for my brain to rest and relax so that it might be useful when called upon later. Further, I am allowed to listen to the thoughts of others which though usually different from my own are no less valuable. I seek clarity of thought in this program. I seek to discard that which is trivial or self serving in order that I may eventually discover my own path in this life. I am sure there are an infinite number of paths from which to choose and it is the process (the search), not the result which will bring me satisfaction and joy!

*Michael B.*



**Editors Note:** *This article was written by the BBN group in reference to a group call ME to WE, which supports the human race thinking as a group/globally instead of just the individual.*  
[www.metowe.com](http://www.metowe.com)



***If I could change one thing in the world it would be... ?***

**Andrey B.** “It’s really hard to pick one thing, but it would be to alleviate poverty and hunger”

**Rob A.** “Give peace a chance” (John Lennon)

**Igal G.** “Increase faith in a higher power”

**Scott M.** “Every child of the world should be given the opportunity/ have the right to education”

**Shannon Y.** “No war. Peace, love and happiness for everybody”

**Rosalind R.** “Believe in yourself and improve water quality. “The chance for everyone to have equal access to water”

***Which areas do you think the world needs to improve on?***

Health, education, the environment (less pollution), clean drinking water, less materialism, changing priorities, less exploitation, work together as a human race.

***What can you do today to make changes in the world?***

Quit smoking \* Stop littering \* Clean up your environment \* Smile at people \* Raise awareness \* Increase communication with higher powers (pray more intelligently) \* Support a Cause \* Be yourself – being real, kind \* Practice random acts of kindness \* Have a positive attitude \* Educate!



## Life Is a Roller Coaster

The title for this piece that I write captures the essence of the word “life”. As we live we experience so many things, some of which we would rather not have, but in retrospect, they helped us grow as a person. Even the things that come our way which are good we learn!

To be able to enter a house that is dimly lit with one small light and see guitars on the wall, hear music (no words) playing soft soft, understanding that the reason you are there is evident by the fact a chair is in front of a lowered microphone and then a bigger standing microphone where you can sing into. You start to get the picture of what is about to happen. If you are paying attention then you see that the big standing microphone has a cord that goes under a door leading into a room. You have entered the home recording studio zone.

The reason you are here is to help record a song (backup singer to the lead vocal). A guitar player sits in the chair and does his magic, both playing and singing. The lead vocals are outstanding and then backup singers follow suit. Did I forget to mention the sound technician and computers in the room? Well, as he looks at the computer screen, he listens to the sound quality and when he feels it’s needed, he adjusts levels. We do many takes and we finally can hear what the song sounds like.

Our part is finished, but now it’s time for our friend, the technician to work his mumbo jumbo on our song. The computer, with its recording capabilities, is a great thing as it has many tracks that you can add instruments, mesh voices, add parts, remove parts and at the end of it all...“Thank you for the music, the song we’re singing and thanks for all the joy it’s bringing.”

Thank you Mr. Technician man.

*Anonymous*

## CRUISE'N FOR THE HOLIDAYS

I know you haven't heard from me for quite a while, however I had a wonderful holiday aboard the Norwegian Pearl. The adventure started with the three days that it took to get to Miami to take the cruise. We mostly stayed in Red Roof Inns. The rooms were large and clean.

We started with a drive to Tennessee where we went through a winter wonderland. It was picture perfect. We stopped in Columbus Ohio, very uneventful, then we stopped in Kentucky at a Walmart where the adventure began. It was like stepping into the Twilight Zone: the security guards were walking around with big loaded guns offering help, and you had to get used to the American twang before heading out. The next stop was Kennesa Georgia; we stayed in a Comfort Inn where we heard something. As it turns out the pipes in the toilet area burst causing a flood in the room! There we were at six in the morning heading out.

Our next stop was Ft. Pierce Florida where we stayed in a beautiful room...non-handicapped... however it was very nice with full concierge service. We got up the next morning (Dad got us breakfast in the lobby) and we were off again. Our final stop was Hollywood Florida, where we stayed for three days in a very nice efficiency suite right on the beach. On Christmas Day, we woke up in sunny Florida and we went for a drive and a walk on their version of a boardwalk – it was gorgeous.

Our next stop was “The Cruise”, not to sound too uppity I described it best when I called it a bargain basement cruise. The shopping onboard was spectacular. I spent way too much on shopping. There were nineteen of us, so it was a spectacular feat to get everyone together.

The adventure started with the check-in where they wanted to search you before the cruise so they took all your paraphernalia and then you were searched. They even took off my bag and searched it and little did we know, they never put it back (my Dad had to go back and get it).

We went to our so-called suite. Well, to get into the suite there was A BUMP. The bathroom was big but that was the only big thing in the room. There was one king-size bed and a wall bed (where my Dad had to sleep). The wall-bed had to be pulled down and a ladder was set up at the head of the bed which pulled down and over our table and chairs. The way the bed was set up it made it very difficult to use our balcony.

The evening entertainment was spectacular, live shows every night then we tried different restaurants every meal. Unfortunately the food was awful--no matter what we tried, it was disgusting. There was a casino onboard where I spent way too much time and money.

Our first stop was Sanana. I didn't depart but the next stop was St. Thomas. It was fabulous so we did a little shopping and sightseeing. Then we stopped in a place called Tortola and went shopping. They are definitely not used to having people in wheelchairs. There were no sloped sidewalk cuts to go up on. They take trucks and make them into cabs. One driver wanted to tie my very expensive electric wheelchair to the back of one of the cabs, needless to say I didn't take him up on it! There were out and out dangerous streets NOT wheelchair friendly and there were huge holes in the road right beside the sidewalk, making it very hard to maneuver around.

Our next adventure was at the New Year's Eve bash. We had a nice time, however, it maybe due to the fact that there was nineteen of us so we could create our own party and we did. The party was held on the very crowded pool deck. The next day was a “re-coup day”. There was a choice of going to the beach but we decided not to go. The next day we went on a route march to get off the ship. Our next stop was Key West where we actually saw mile 0 on a sign. I had never been to Key West before. It was fascinating.

The rest of the road trip was OK but uneventful. We arrived back to Barrie January sixth. See ya on the next adventure.

*Jennifer (of the Great White North)*



# DAY TRIPPING!



Niagara Falls- Pictured left to right : Tom, Hamid, Laura, Sarah, Shannon, Sarah, Sudhir, Jill, Mike, George, Danny, Scott



Toronto Zoo - Pictured left to right: Tom, Maria, Neil

# Hallowe'en Dance

The Planning Committee for the CHIRS Hallowe'en Dance this year had a contest in partnership with BIST to name the dance. Pinky from BIST thought of CHIST (CHIRS and BIST together) and John S. from CHIRS thought of Ghoulfest, so the flyers said "CHIST presents **GHOULFEST 2010**".

The Ghoulfest was located at the Earl Bales Community Center. The live band was called the Faded Genes which was a really great band. People were asked to dress up (there was a prize for best costume). I was asked to be the MC and Pinky was the D.J. The music was great, the costumes and food were just wonderful and people had a wonderful time.

*Shannon Y.*



# Annual Holiday Party

## MIX AND MINGLE 2010

We were all having such a good time, we forgot to bring the camera, and take pictures of this year's event! So, we have to ask you to use your imagination...close your eyes and picture this...

A large community centre room, with a wall of windows overlooking a golf course-like park. There were rows of tables, with snowmen candles lit up on each, and snacks to share amongst the guests. The CHIRY Balladeers lead the caroling while servers walked around with trays of appetizers. Festive punch in hand, guests mingled and admired the Cardsharks table with all its' wares.

Then...The Entertainment!

Rob A.'s poem touched our hearts as he spoke of what the holidays meant to him. Danny S., accompanied by friends, sang of his love for the world. Wayne and Jack's talents shone as they gave us a musical background of festive tunes, while we caught up with old friends and colleagues.

One of the highlights was the video made by some of the Aldebrain clients with Rowen's direction, entitled **'Twas the Night before Christmas at Aldebrain**. The Cardsharks raffle of some beautiful prizes went to some very happy winners, including Rob A. and Wayne, our music man! The finale was a presentation bringing together the Mix and Mingle theme of the party. Dave showed how the CHIRS community mixes and mingles, by using a lighthearted slideshow created by some of the mentors, clients and staff. And Then... When we thought it couldn't get any better, the back wall disappeared and lo and behold there were desserts! Of every size and shape imaginable! Thanks to all who contributed.

So lots of food, music, laughter and friendship...what more could we ask for? Overall a successful event. Everyone seemed to have a fantastic time. Many thanks go all who helped make it an event to remember!



*Photos Courtesy of Rose G.*



*David M. And Ian C. from Twas the Night Before Christmas at Aldebrain*



## East Coast Road Trip Part Two!

*Editors' Note: Continued from the Summer 2010 Brainy Bugler, we last left Rachele in Fredricton...*

When looking for places to stay, it's good to have some options written out. You don't need to have reservations, because that would put you a specific schedule, but having some options along the way is handy if you want a valid place to spend the night. A great option for that are KAO's, campgrounds found throughout the country, and they're wonderful to stay at. They're clean and safe, and have decent rates, especially when you just show up and ask for a slot same-day.

Our next stop was Halifax. For Halifax we had a couple destinations in mind: The Halifax Citadel, and the Keith's Brewery. Both proved to be a lot of fun. While in Halifax, we made a stop at Peggy's Cove. I've never been anywhere near the ocean, and let me tell you, it's an amazing experience to see up close. My wife told me that on clear days, you can see England from the rocks. But unfortunately, it was a gray and foggy day. But it was still an amazing experience!

Now, after traveling by land for this entire trip, it was time to cross the Atlantic Ocean and visit Prince Edward Island. This was fun as we decided to take the ferry to get to the Island, and then use the Confederation Bridge to come back.

The ferry ride was fun, because you drive your car onto the boat, and it almost feels like you're driving your car into the belly of a whale! But, once safely onboard, you can travel the deck and look out into the ocean, keeping your eyes open for whale or dolphins. Sadly, we didn't see anything except the waves and the water, which was still amazing.

Prince Edward Island itself is a semi-strange place. The first thing you see from the bow of the ferry is this spot of red coming up on the horizon. As the ferry gets closer, you spot lighthouses and red soil. When we disembarked from the ferry, I was amazed to see that the dirt really was red! And though this may seem like nothing, when you see and touch it, it's a really neat thing. The island itself is tiny, but there's so much to see and do that you get caught up in it all. If you're not browsing the shops and enjoying the calm of it all, you can spend your time visiting the Anne of Green Gables attraction. And let me tell you, there's no shortage of Anne of the Island. Like all visitors to PEI, we found ourselves walking through the landscape that Lucy Maud Montgomery described so well. It was a beautiful place to go, and it was a wonderful way to get our last shot glass. Sadly though, we couldn't find any that said Charlottetown, so we settled for PEI. (A few shopkeepers told us they didn't make shot glasses with Charlottetown on them.)

And after spending the night at a KAO, enjoying some raspberry cordial, honey sticks, and chocolate covered chips, we made our way on the Confederation Bridge. And though traveling on the ferry made me a little nervous, the bridge that traveled over the ocean really didn't freak me out much!

And that was it. From Ontario to Prince Edward Island, we started the drive home, giving us the option of making some stops along the way that we'd missed on the first journey. And what a journey it was! We stopped at each of the Maritimes' capitals, collected our shot glasses, slept in tents, motels, and Wal-Mart parking lots, and all on a modest budget. It was the most fun, and the greatest adventure I've had so far. And I look forward to next trip, the West Coast, in a few years.



*Rachele D.*



## Batman's Vehicles: From the Past to the Present

### Batman and his "Classic" vehicles

**Batmobile:** The Batmobile was originally a red car, used by Batman for crime fighting. It went from red, to blue, to white, to black. Featuring wing shaped tail fins, the Batmobile had rocket launchers in the back and a parachute used for slowing down.

**Batcopter:** I always thought this was one of Batman's most interesting vehicles. It was first introduced in 1966. I was born in 1963, so it is quite old. Adam West used a stunt double when filming in the Batcopter. I always thought he did his own stunts.

**Batboat:** The first time the Batboat was used was in 1946 to capture Professor Moriarty. The boat included a harpoon, a titanium cable, a launching grapnel, and homing torpedoes.

**Batcycle:** The Batcycle made its first appearance in the original t.v. series and the 1966 Batman film.

### Batman and his "New" vehicles

**The Tumbler:** It's a four-wheeled vehicle that looks like a cross between a Lamborghini, a Hummer, and a military tank. The new shape does not have the wing shaped fins like the older models. The Tumbler is two feet wider than the older models, but shorter than the classic car. The tires are double the size at 44 inches instead of 22 inches.

**The Batpod:** This is a motorcycle used in the film The Dark Knight. Batman rarely uses a motorcycle, but this one was designed for this film. It has 20 inch tires and the engine is in the hub of the wheels.

There was another motorcycle called the "BatBlade" in the movie Batman and Robin. It could be used in any weather. However, it was only in briefly, as Batgirl stole it! I have an autographed picture of George Barris, the man who designed the first few classic models of the Batmobile. In Hobby I did a painting of the Batmobile, the Batcopter and the Batboat classic models.

*Peter S.*



## Which way to Sussex?

"Toronto to Ottawa is beyond Wheeltrans' jurisdiction," I said, hoping Aliza, this trip's organizer, arranged for alternate accessible transportation. "I'm ahead of you," replied Aliza. Amidst curiosity's grip I said, "Tell me more!" "Meet outside my house at 8:00 tomorrow morning and it'll make sense." Once Aliza had finished speaking I began to turn away from her when my rumbling stomach prompted me to drive my wheelchair directly back home.

When obeying my hunger at home it occurred to me how upholding my bargain with Aliza meant relying on Wheeltrans. Arranging for a bus tomorrow meant calling today. After greeted with a busy signal after each of my repeated attempts I eventually got through to a person. To that voice I then said, "I need a bus leaving from my house and destined to arrive at 26 Cedar Crescent for 8:00 tomorrow morning."

As people steadily gathered at Aliza's house the next morning they each wore anticipation across their faces. "Why have you gathered us all here?" I asked when first seeing Aliza. Aliza's answer was a smile while pointing her hand. When shifting my attention in that direction all I saw was an abandoned road. When the dust settled I noticed a big bus obscured by the debris. "There it is!" said a beaming Aliza.

"Is it accessible though?" Aliza only nodded her head, but often people have varying degrees of accessibility, so I inspected it for myself, and when now again looking at Aliza I asked, "Which way to Sussex?"

*Zia L.*



*Peter is seen here with his painting of all three Batman vehicles.*

## On My Own

Once Upon A Time there was a boy named Anthony. He lived with his parents in a home that he had gotten used to with two older brothers, Giovanni and Mario and a pet dog named Kira. Tons of memories and many friends, parties and family gatherings, but that's not forgotten. Just remembered and cherished because my parents are happy and excited to see one of their boys moving out on his own. Surprised, with who and how the youngest of three has moved out first. The joy of being on your own is when Mom & Dad come to visit and they see that everything is just fine and that beautiful word JOY can reside with the Momma and Papa. As they feel this astounding feeling that is new with them and it is "he'll be alright" and that he can make it alone.

As for my living at home, I had great support and didn't have to worry about necessities. There were things that I accomplished at home like starting my first job and of course school. But with these experiences I have some knowledge to learn and to save. If I have any questions I can always call the Chief [my Dad] and he can help me out and give me some helpful advice. The chores that come with living on your own like shopping for food, drinks, cleaning products, and the necessities to being a young person, are responsibilities to take ownership of. And at the end I'm satisfied and approved by the nurturing spectators... my parents and the March of Dimes. The observers are my two older brothers, they are watching me to see how well I'll do. And they will always give me a few laughs when I tell them that I'm doing just fine and they need the freedom of responsibility. The support is great, inspiring the objectives of the day then the week and ultimately the whole month.

So Thank-You to my parents for letting me go and to my brothers for their continuing support with laughs and for "The Brick" (the March Of Dimes) for making me more efficient. Thanks to CHIRS for giving me the format to lay it all down.

*Anthony T.*

## Opa!- The Joy's of Greek Cuisine

I like Greek people and I *love* Greek food. Give me calamari or moussaka any day of the week and I'll be in heaven. Greece used to be a vibrant, seafaring country, its people fit and healthy. Then the fish grew a little more scarce and suddenly Athens (at least) was flooded by a plethora of fast food restaurants, including Wendy's and McDonalds. On the Greek islands, however, especially the smaller, more remote ones, traditional Greek food still flourishes. There is always a small restaurant with an open kitchen and pans filled with lemon roasted potatoes. My husband, children and I visited Greece almost fifteen years ago and I came home with recipes for moussaka (layers of eggplant with tomato sauce) and pastitsio (noodles with meat and béchamel sauce). Of course there are Greek pastries, too. Baklava is a rich pastry made of layers of phyllo dough filled with nuts and honey. Of course, the fish and calamari are great. Hardly a day went by when we didn't have a plate of these lightly breaded and fried squid. We loved Greece and especially the warm welcomes we were met with in every village we wandered into. It has an unforgettable place in our hearts. Opa!

*Jill H.*

## Living in the East Coast

I used to live in Newfoundland and New Brunswick. I was too young to remember much about Newfoundland, except for picking blueberries. I remember more about New Brunswick, which was around the time I was in grade three to grade seven. I remember going to the beach for the day and collecting clams for soup and buying fresh lobster from the back of the truck, which we would have for dinner. We used to eat more seafood when we lived out east, that is what I miss most. I was more active and had no bad habits, like drinking or smoking, but, that's when I was young!

*Scott M.*



# The Clubhouse Grand Re-Opening

*Cont'd from the front page*

Like many great ideas, the idea of having the Mentors take over the Club came more or less by accident. A handful of Mentors have been helping ADS staff run the Club since 2003, but up to now, staff were taking the lead.

In the spring of 2010, the ADS staff decided to change the coffee counter schedule in the Club. We decided that the counter would be closed during off-peak hours. The thinking on our part was that this time would be better served for staff to focus on activities in the club.

These changes were met by a great amount of concern amongst the CHIRS members. Overnight, the suggestion box filled with complaints about the change: "I could always count on a coffee before program", "I just wanted a pop and the club was closed", "...It was one thing in my life that I could count on..."

At the next Mentor Meeting, after reviewing the suggestion box, the Mentors brainstormed different ways in which they could help keep the coffee counter open during off-peak hours. After some debate, they proposed to take more shifts and run the counter, keeping it open from 9:30-4:30 all day. These ideas were presented to the ADS team, and accepted.

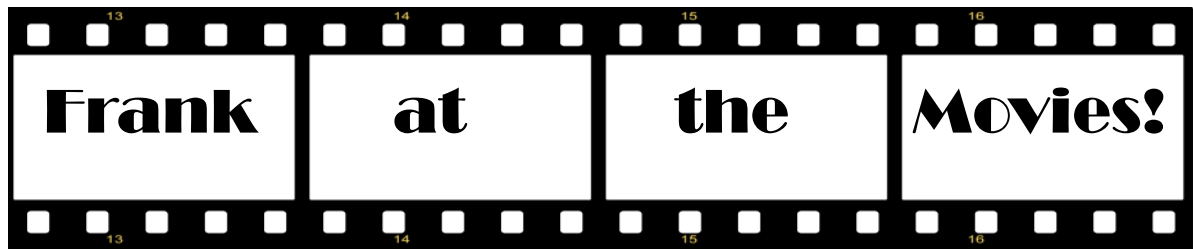
To the surprise of no one, the Mentors stepped up to the challenge with skill and passion. And, the passion spread as Mentors recruited their peers to join the Mentorship team. Over the next few months, the Mentors demonstrated the skills, dedication and spirit to take the lead in running the club, making it more vibrant, in fact, "the place to be".

In October 2010, the "keys to the club" were passed from the ADS team to the Mentors and the Club was officially re-opened on January 24, 2011. Currently, the Mentor team: runs the coffee counter; prepares lunches; keeps the club space clean and safe; cleans laundry and dishes; helps with shopping. And the Mentors have also started to run activities in the Club, hosting everything from dance lessons to trivia contests and movies. Every day is a new challenge. Every day is a new learning experience. With their energy and vision I can honestly say that I am excited and optimistic about what lies ahead for tomorrow.

*David S.*



# THE BACK PAGE



*Frank G. Is an avid movie go-er who reviews movies for the Brainy Bugler*

## **The Social Network**

The Social Network was about a man who created Facebook. It had a lot of new actors in it. The man was emailing his friends and sending messages on Facebook. Some of his friends were friendly, others became violent, and were mean to him. But all the rest was good, although part of it was not good. After, when his friends on Facebook got messages from him, they started to joke around with him but at the end they started to hurt each other which was the scary part. But the rest was good.

**3 out of 5 Franks**

## **Unstoppable**

I saw a movie called Unstoppable starring Denzel Washington, Chris Pine, Rosario Dawson, Ethan Suplee, and Kevin Dunn. It was full of action/adventure, and was a suspense/thriller. It was about the train that they were driving that would never stop because the train had no brakes. Also the train crashed through traffic vehicles because the train was going out of control. There was one other train that was moving on its own with no one operating it and it crashed and flipped over and caught on fire. Part of it was scary and part of it was a little bit funny.

**3 out of 5 Franks**

## **Stone**

I went to see the movie Stone starring Robert De Niro and Edward Norton. The movie was funny, sad scary, and hilarious! It was about Edward Norton who was charged and arrested for starting fires in houses. He was then put in jail. Afterwards Edward Norton wanted to get out of jail, but Robert De Niro said no to him. Edward was pleading to Robert that he won't start fires any more. He then let him out of jail and he started another housefire. He then got put in jail for life.

**2.5 out of 5 Franks**

## **The Secretariat**

This movie stars Diane Lane and John Malkovich. It was about their horse named Secretariat who kept winning horse races and they were cheering their horse to win the race. Part of it was funny, and part of it was a little scary when the people were being shot and killed. But luckily they survived by hiding in a safe place. The best part was that they won the horse race. It was based on a true story.

**4 out of 5 Franks**