

# THE BRAINY BUGLER

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## Mentors Make Magic!



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The Mentors Appreciation Dinner is an event hosted by the ADS and administration staff to show the Mentors how valued all their contributions are to the CHIRS environment. Our Mentor team is dedicated and has a work ethic that is symbolic of whom they are as individuals. Mentors dream big, achieve greatness, believe in themselves, and truly make our club a second home to all clients. Usually Mentors are involved in executing our events at CHIRS, but on this particular night the staff asked them to sit back, relax and enjoy.

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## Articles Of Interest

### Being an Ambassador

With a new year comes new opportunities, and for me I am looking forward to my role within the CHIRS Ambassador Program. As an Ambassador my role will be to meet new clients who come to CHIRS and answer any questions they might have and also to make them feel welcome. Also I can let new clients know about the various programs that CHIRS has. In order to be a good Ambassador I'm looking forward to trying some new ADS programs that I have never tried before so I can share my experiences with others. I'm feeling confident about the team I'm working with at CHIRS which makes me optimistic about 2018. Living with a disability for me, means many complicated challenges so having the right support people in my life is very important. I had my first meeting with a new CHIRS client within the Ambassador program. I was a little nervous beforehand as I didn't know what to expect and I wanted to do well and make a good impression. I think it went pretty well, it helped that Salma from ADS was with me so we could work together. I enjoyed it and was relieved when it was finished that it had gone quite well. When I first came to ADS I was a little nervous and I would have liked to have someone to show me around – I'm glad I could do that for somebody else today. I'm glad to be of help to others, it always feels good to help someone else.

*Simon A*



### Filming at my House

In 1988, a CBC tv show based on the fictional character Ramona Quimby was filmed at my family's old house in Scarborough. Ramona followed the story of the day to day life of an eight year old girl. My house was in the Cliffcrest area, at the top of the Scarborough Bluffs. The Bluffs (including Bluffer's Park), is a beautiful area on the shore of Lake Ontario, where time almost stops. (I visited the area about ten years after having left, and very little had changed.) The filming took place over a few months and both the house and neighbourhood was used for all the out-door scenes. They built a replica of the house at the studio for all the indoor shots.

Beverly Cleary is the author of the Ramona series. We were told that she chose our house because it reminded her of her childhood home. The show consists of ten episodes, even though the filming took a few months. I remember coming home on the bus every afternoon and the rest of the kids often swarmed to the windows just to see what was going on. The actors and camera crew were often still hard at work. When this happened we couldn't go inside our house, so we had to go over to our neighbours house across the street. One day when my sister Kathryn was home sick, she got to watch the filming from inside the house. She insists that in a particular episode, when the curtain moved, it was because she was peeking through the window. Before filming, they built a temporary back addition to the house. We always had to use the front door, even before the crew was at work.

Ramona was played by Sarah Polley. We got to meet her and the entire cast. She has acted most of her life. She was 8 by the time she played Ramona. Polley acted as "Sara Stanley" in the TV series, "Road To Avonlea" (1990-96) which is the role she is best known for. She has starred in various feature films, and is now a director. She had a film called "Take This Waltz" at TIFF in 2011. In 2003, she convincingly played a woman with terminal cancer in "My Life Without Me." She also acted alongside Helen Mirren in "No Such Thing," in 2001. If I knew in 1988, that Sarah Polley would become the superstar she now is, I would have become better acquainted with the young star.

*Roseanne W.*



# Up in The Club!



## Winter Experience 2018

*This past quarter, CHIRS was able to offer a time limited set of events called Winter Experience. The main focus was on offering opportunities for community clients to get out and get active. Here's a selection of some of the special events:*

**Winter Rhythms:** On February 16, CHIRS hosted a dance party in the spirit of staying active and fit during the winter months. The dance party was led by our awesome dance instructor, Yvonne. Everyone had a great time!

A group of CHIRS clients went on a community outing with BIST to the Hockey Hall of Fame on February 20th. Everyone learned about history of hockey in Canada. Some of our members took a shot at the goal post at the Fame Simulator.

CHIRS Drama Group partnered with a Mentor group to host a Murder Mystery Dinner Party on February 27. Members of CHIRS Drama Group each had a role to play in the murder mystery and they worked hard at practicing over a month and a half beforehand. The Mentor group created a 4star menu to accompany the entertainment. Hors d'oeuvres were served, a toast was made, and the horrible "murder" committed. After a break to enjoy the wonderful dinner, the guests worked together to solve the crime. Who needs Sherlock Holmes when you have Leanna!

Paint Nite was a great chance for everyone to socialize while having the opportunity to be guided through the painting process. The night had a creative and fun atmosphere. Different interpretations, different perceptions and different abilities added to the fun of Paint Nite.

Scrumptious Sundays encourages cooking simple healthy meals and recreating them with recipes. One Sunday our guest Chef Peter Graben aka "The Manchef" taught the group how to make salmon and rice with his passion and enthusiasm.



# TOASTMASTERS

## Introduction

(( *Cough, cough* ) Ladies and gentlemen, that was a simulation of only one of many horrible effects of tobacco:

1. Smoking cigarettes can damage most parts of your body.
2. It can shorten your life by more than a decade
3. It hampers your social life and the people around you.
4. It has a high financial cost to you and to Canada.

Impact on Health: Fifty chemicals in Tobacco smoke can cause cancer.

There is a chart that shows the many types of cancer that tobacco can cause, primarily lung cancer and mouth and neck cancer but also pancreatic and dozens other types of cancers. You can see that smoking causes chronic disease in almost every part of the body, especially heart, arteries, lung and bones.

It can cause pneumonia, asthma, strokes, heart disease, hip fractures, gum infections, miscarriages, premature births, erectile dysfunction and many other painful problems. Such problems may occur even years after smoking is stopped.

My uncle Ralph was addicted to cigarettes. Even after diagnosis, he smoked until his lungs failed. My grandfather Opa, another heavy smoker, had emphysema and died, as did my daughter Laura's grandmother and my Lisa's mother.

Smoking causes pain and suffering not just for the smoker but also for the family and care providers that have to make personal sacrifices in the care of smokers in failing health.

Cigarettes Kill: The World Health Organization estimates that tobacco causes about 6 million deaths each year, with 600 thousand deaths from second hand smoke. A jumbo jet of smokers 'crashes' every hour. Smokers' lives are shortened by an average of 13 years or more.

Social Cost: Tobacco companies promote smoking as 'cool'. The truth is- Smoking is NOT cool. Smoking causes bad breath; not good for kissing or close contact. Smoking causes erectile dysfunction. Smoking is bad for the family; it sets a bad example for the children. Second hand smoke is dangerous, especially for children.

High Financial Cost: One pack of 25 cigarettes costs about \$12; one pack per day costs about \$4,380 per year; \$4,380 per year invested in a tax free savings account at 5% would grow to \$146,000 in 20 years. What could you do with \$12 per day?

The conference board of Canada estimates that tobacco use costs the Canadian economy more than 16 Billion Dollars per year. That is equal to \$450 for every man, woman and child in Canada.

If you don't like pain and suffering,  
 If you love life,  
 If you value family and friends,  
 If you want lower taxes and higher savings,  
**QUIT SMOKING TODAY and DISCOURAGE EVERYONE FROM SMOKING.**

*Mike V*

# ANNUAL HOLIDAY PARTY 2017





# Hallowe'en Dance!



## THE MENTOR PAGE

*This year's theme was "Mentors Make Magic". When the Mentors arrived in the basement, they entered a room filled with confetti and paper stars to symbolize that they are the true stars of CHIRS. A hearty meal and cupcakes were served and the Mentors were then entertained by a magic trick that left them wondering if there was a hole in the glass, a secret door, or an accomplice? Some are still wondering, how did Dave do that? As staff we are inspired every day by the Mentor team. The energy, positivity, and enthusiasm that they bring to the club each day is truly magical. We are so blessed to be working with you! Congratulations Mentors! Thank you for these magical moments!*

Salma A



# Staff Stuff!

At CHIRS, we take fun very seriously! Thanks to our staff wellness committee, there's always an event or contest going on. Individual teams will sometimes share their pics of team building events. And even training events are opportunities to connect and share.



*Black History Month*



*Olympic Pride (Finch)*



*Gingerbread House making!*



*Olympic Pride (St. Georges)*



*Candygrams from Aldebrain Team 3*



*Self Defense Class with Sensei Rob at Aldebrain*

# What's going on at Aldebrain?



*Gab and Eat Group*



*Shirt Painting*



*Games Night*



*SuperBowl Chili Party*



# St. Georges Holiday Party



# THE BACK PAGE

## Crickets

I listen to night sounds  
To hear a cricket or two.  
I just hear the trains.

Maybe the weather,  
Or maybe something like that;  
Maybe it's just me.  
Something's affecting feelings,  
Something, I just can't name it.  
Just what could it be?  
Weather can't be the reason  
Why I get this way.  
It must be something changing,  
A change within myself

That stops me  
From hearing  
Crickets at night time.  
*Evi K*



## Resilience Perseverance and Resolution

We have this day how do we make it count.  
Today I feel very good about how our presentation in Voices and Vibes went and how it was received. In Voices and Vibes we present and discuss music, video and ideas. There seemed to be a connection between the way the ideas were put together and the way it was interpreted.

Resilience, Perseverance and Resolution. For me those are major words and concepts in my life and I hoped that they would be of some benefit to other people in similar situations.  
*Brett R*



## In Memory

John Weilgus  
January 2, 1953 – January 14, 2018



## SAVE THE DATE!

Annual Picnic  
June 9<sup>th</sup>, 11-3  
72 Finch Ave West

