

LearnABILITY



Newsletter April 2014 issue 4



Music

Joe Kure



If you ever ask me what I like to listen to – but not including TV

I love music – but only so much. I do like a whole bunch of it though. Some examples are I like are Classical, Jazz, Pop, rock (various types), international. Mostly when I listen to the radio, I switch channels many times due to commercials. Why – I love music. Some stations I listen are 97.3, 96.3, 99.9, and CHUM FM104.5. In the morning I do listen to 680news – why not? While I do listen to the radio for music, I do like to know the weather, and some news. When I remember I listen also to a CBC radio station, 99.1. It has ideas, some music, talks with other people, and humour. I even buy some music on my iPod.

When I do take Relaxation program at CHIRS, I share some of the songs after we do a few thoughts and mediation. We close our eyes, try to sit up straight, and listen. Hint – some of the songs from the person in charge I don't like as much. I did notice that the songs during Relaxation session we are more into the songs/music, not many distractions mentally. Also the mind thinks more on the songs for me.

So there you have it – what I like to listen to.



How to Sleep Well at Night

Written by Dawid Seczyk

I don't sleep well at night. I'm not tired much. I go to bed but my brain stays awake. I lay there my body gets rest but I still keep thinking. It's been like this for 7 years – since my injury. This not being able to sleep makes me very tired.

I don't know if these tips will help you but it's worth a try;

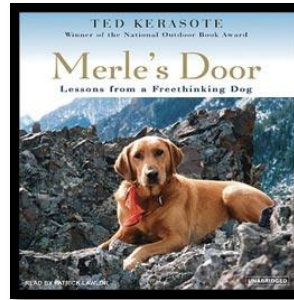
- Drink warm milk 15 minutes before going to bed
- Wake up and go to bed at the same time every day
- Avoid naps during the day
- Sleep somewhere you feel safe
- Don't do stuff which will make you think a lot before bed
- Get outside during the day – natural light can make your brain feel sleepy at night
- If you can't sleep get out of bed and do something relaxing
- Don't look at your clock it will keep you awake
- Take a warm bath or shower
- Listen to calm music before going to bed
- Talk to your doctor.



Book Review – “Merle’s Door”

Elisabeth Coulson

Libraries and book stores are full of animal books, ranging from how to care for your new pet to how to care for your senior pet, or zoo anthologies or cozy cat mysteries.



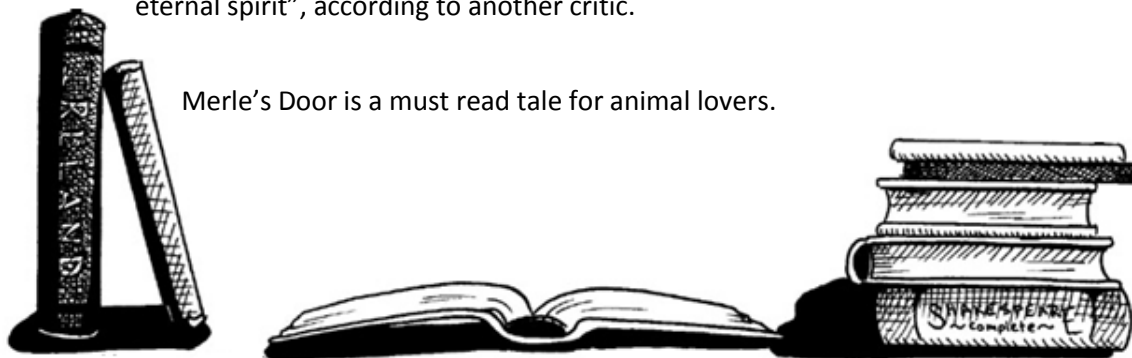
One of the best researched, and written is “Merle’s Door”. It has been described by critics as being perhaps “the best book written about dogs.”

Merle is a large reddish-gold dog of uncertain parentage. Ted Kerasote, the book’s author, encounters him during a hike in the desert. Ted himself is the ultimate outdoors man – hiker, hunter, climber, fisherman, and cyclist. He has excellent writing credentials, including several books and numerous magazine articles for such publications as “Audubon” and “National Geographic”.

The story of “Merle’s Door” describes the life of man and dog from that chance meeting to Ted’s extensive preparation for Merle’s funeral and burial. At times beautifully written -at one point, Ted writes of Merle “as he (Merle) led our horses through his dreams”. The book as a whole bridges the gap between the animal and human worlds, as Ted teaches his readers more and more about Merle’s generosity of mind and spirit.

The book’s final chapters are not the sob story typical of animal stories. It is joyous, as it celebrates the life of Ted’s dog and friend, and triumphant as he writes “brilliantly of Merle’s eternal spirit”, according to another critic.

Merle’s Door is a must read tale for animal lovers.



Awesome Spaghetti Sauce

Larry Eyres

Ingredients:

2 Gallon Pot
5lb medium ground beef
1lb ground pork
6 large onions – chopped
4 heads medium garlic minced
½ cup dried basil
½ cup dried oregano
One package dried onions
48oz can of plum tomato
One medium can of diced tomato
1 large carrot – finely grated
6 bay leaves
3 tbsp crushed chilies
3 cans of tomato soup
2 cups sugar
6 packages of Frenchies spaghetti seasoning
3 green peppers - seeded and finely chopped
2 red peppers – seeded and finely chopped



Directions:

Brown well the ground beef and the ground pork
Add all ingredients together in the pot, stirring well
Let simmer for 6 hours, stirring often
When you have desired thickness turn to low and serve when ready

Freezes well for future use!

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Hyperbaric Oxygen Therapy

Everardo Quiel

Hyperbaric oxygen therapy (“HBOT”) is a therapy you might not have heard of...Sliding into a large tube and breathing oxygen. No pills, no needles, no pain, just relax and breathe.

Might sound “state of the art” but HBOT has been around for centuries dating back to the 1600’s. However, it was not until the mid1800’s that HBOT became clinically used to alleviate many pains and the signs of varied degenerative diseases. HBOT was first introduced to North America by the US military after World War 1. Later, in the 1950’s it was discovered that the use of HBOT had many health benefits. Actually, HBOT has been offered at the Toronto General Hospital since 1964.

Before you begin treatment, you will be asked to change into a 100% cotton outfit called scrubs. It is important that the person treating is not wearing street clothes as this can cause static electricity.

You will then meet the Certified Hyperbaric Technician (“CHT”). This is the person trained in the use of hyperbaric medicine. You will lie down on a stretcher/bed. The CHT will give you a blanket and pillow so you are comfortable. He will then place a special bracelet on you. This is a safety feature to control static electricity. You will be rolled into a large, clear tube called a chamber and your treatment will begin.

Each treatment is about 70 minutes. During your treatment, you may watch a movie, relax, or sleep. The only feeling you will have is a short popping in your ears. This lasts only about 10 – 15 minutes of the whole treatment.



What happened to Flight 370?

On March 8th 2014 the airplane left Malaysia going to China. All of a sudden the plane turned and went to other direction. It was terrible and dangerous. All of a sudden the plane flew into the Indian Ocean. It was so terrible. All their families were so joyful that they were almost there. Now they announced that the airplane crashed into the ocean but they can't find where in the ocean when they crash, it was really sad. The families were so worried and angry. Now they still haven't found the plane. It's a modern day mystery.

Jessica Nwosu



Art Corner

Art Created by Raven Crow



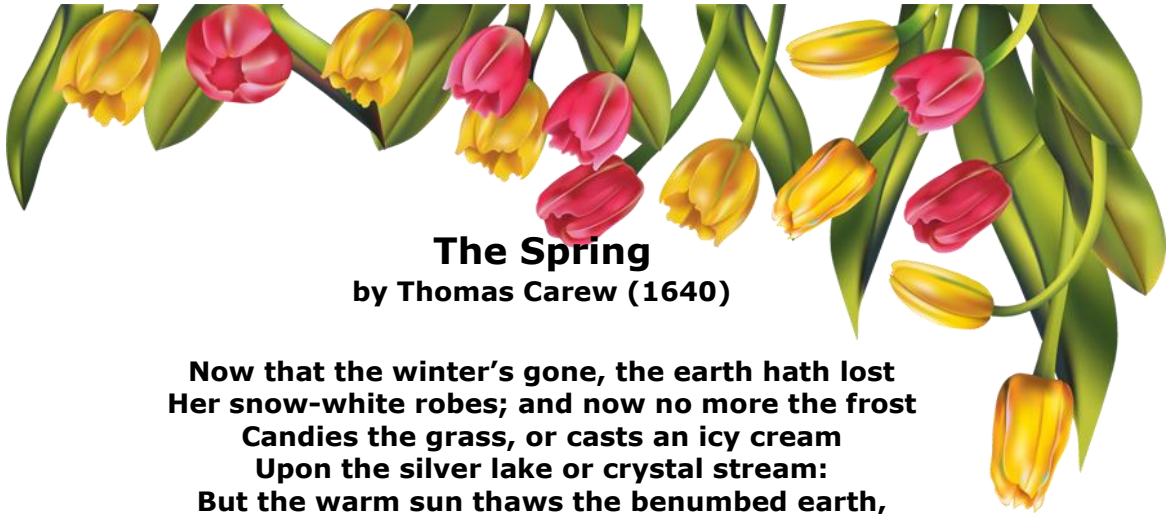
The Medicine of the Totems



The Mystery Eagle

We would like to take a minute to say good bye to one of the staff, Emily Rogers. She will be missed greatly and we wish her all the best in her future.

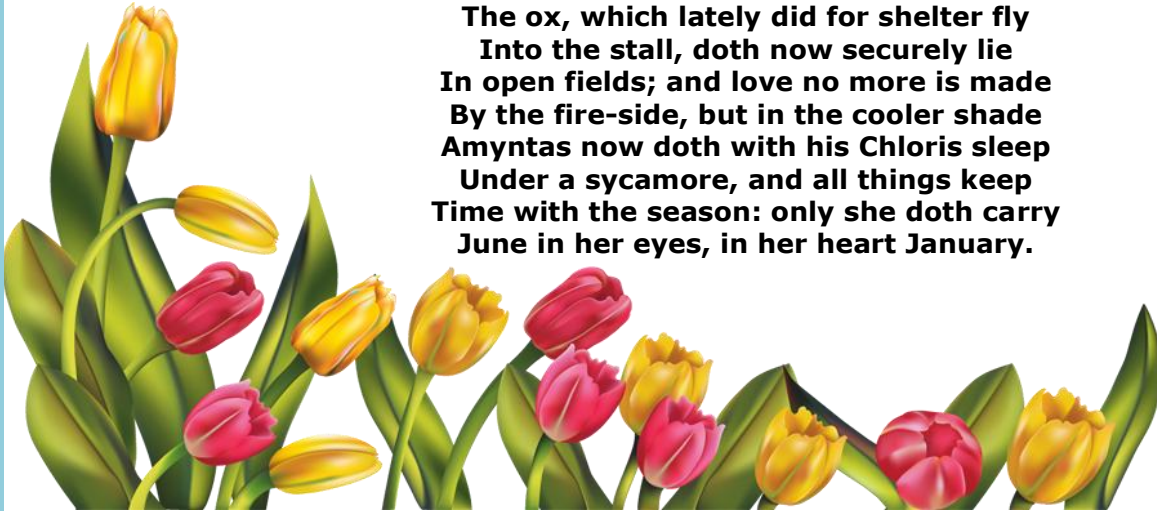




The Spring

by Thomas Carew (1640)

Now that the winter's gone, the earth hath lost
 Her snow-white robes; and now no more the frost
 Candies the grass, or casts an icy cream
 Upon the silver lake or crystal stream:
 But the warm sun thaws the benumbed earth,
 And makes it tender; gives a sacred birth
 To the dead swallow; wakes in hollow tree
 The drowsy cuckoo and the humble-bee.
 Now do a choir of chirping minstrels bring,
 In triumph to the world, the youthful spring:
 The valleys, hills, and woods in rich array
 Welcome the coming of the long'd-for May.
 Now all things smile: only my love doth lower,
 Nor hath the scalding noon-day sun the power
 To melt that marble ice, which still doth hold
 Her heart congeal'd, and makes her pity cold.
 The ox, which lately did for shelter fly
 Into the stall, doth now securely lie
 In open fields; and love no more is made
 By the fire-side, but in the cooler shade
 Amyntas now doth with his Chloris sleep
 Under a sycamore, and all things keep
 Time with the season: only she doth carry
 June in her eyes, in her heart January.



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