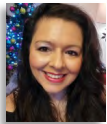


PRESS FORWARD CLIENT MAGAZINE

Quarterly Magazine

Winter 2022

WINTER WONDER!



• Anjula

In this issue, we focus on diversity, and some wonderful traditions that cause us to celebrate our holidays in different ways. We're also "wrapping up" the fall and launching into our winter programs! There are many fun groups and activities to join—something for everyone! If you read about a program or activity you'd like to attend, just send an email to shane.stanissa@mindforward.org and he'll add you to the list!



Our Name

We chose the name "Press Forward" because of its connotations of perseverance during struggles, because "Forward" is part of the organization's name, and because we are "Press", publishing a magazine.

Some Articles In This Issue:

Inspirational Story: [Walking for the First Time in 17 Years](#)

Local Winter Events

[CP Holiday Train](#), [Illumi](#), [Distillery Winter Village](#), [Cranberry Christmas Market](#), [Springridge Farm](#), [Light Up the Square](#), [Mind Forward Events](#), [Festival of Trees](#), [Gift of Christmas Play](#), [Outdoor Skating](#), [FIFA on the Big Screen](#), [Canada's Wonderland Winterfest](#), [New Year's Eve](#), [The Book Christmas Show](#), [Christmas Song Sing-a-Long](#), [Christmas Market \(Brampton\)](#), [Stackt Holiday Hills](#), [Friday Harbour Christmas Market](#)

Mind Forward Calendar

Holiday Traditions from Around the World

[The Christmas Pickle \(Alanna\)](#), [New Year's Resolutions \(Anjula\)](#), [Chanukah \(Xiao\)](#), [Chinese Lunar New Year \(Xiao\)](#), [Diwali \(Xiao\)](#), [Nativity Scenes \(Ann\)](#), [Christmas Cards \(Anjula\)](#), [Family Traditions \(Ryan\)](#)

Favorite Holiday Foods

[Chicken Relyeno or Galantina \(Digna\)](#), [Ryan's Pulled Pork](#), [Grandma's Baked Beans \(Jessica\)](#), [Christmas Crack & Recipe Hack \(Alanna\)](#), [Christmas Stollen \(Ann\)](#)

CARE: Client Advisory Resource Executive

Spotlight on [Andrew](#) & [Dylan](#)

Our Talented Creators

[Ryan & Photography](#), [Digna & Travel](#), [Xiao & Life Hacks](#), [Alanna & Home Decor](#)

Letters to the Editor: [Liz & "Behind those Eyes" \(Poem\)](#)

Entertainment & Activity Pages:

[Canada & the World Cup](#), [Anjula & Family Stars](#), [Xiao & Grid Art](#), [Other Activities](#)

Letters to the Editor

If you have a question or wish to comment on any of our stories or articles, please feel free to write to us at:

ClientNewsletter@mindforward.org

Your questions or comments could be featured in our next newspaper!

Also, if you would like to submit a story, photos, or artwork for the newspaper, send us an email with a description, the pictures, or the article you would like to submit!

In This Issue

- [Local Winter Events](#) 6
- [Holiday Traditions](#) 26
- [People & Groups](#) 46
- [Entertainment & Activities](#) 62



Inspirational Feature

Update on Alanna



Alanna

After 17 years in a wheelchair, Alanna took her first few steps. She now walks 1 km a day without assistance.

Here is an update on what's happening with Alanna!

My future definitely seems more **SECURE** now. It's still quite unknown and unreliable - **DIFFERENT** we'll call it.

Before I was all about working hard **ENOUGH** on everything to get back to "normal". Now, while I still want a few things to improve, to get back to close to "normal", I've **DEFINITELY** learned to appreciate my new situation more. I now take time to "smell the roses".

I've learned to be more **ACCEPTING** of my new life, while still (yes, after all these years) working **REALLY** hard!

You start by realizing that the word **ENOUGH** is a **BAD WORD**. Nothing will ever be enough, you can never *have* enough, you can never *be* enough, you can never *do* enough, **NOTHING** will never be **ENOUGH**!

I'm finally finding some of the "**RIGHT**" things to do. I go to a new rehabilitative physiotherapy gym, work with a Speech Language Pathologist, and attend a vision rehab clinic.

I work with a new team, including some **VERY** helpful people!

Not to say that they're better than my previous teams. They share **MY** goals. I'm at a different level of functioning.

Do what's "right" FOR YOU!

Here's an original article published a couple of years ago with a few updates.

Alanna's motto:
The most important thing you
can do is **NEVER GIVE UP!**

On Christmas Eve in 2004, I was headed to Montreal on the 401 going east. I stopped for coffee, phoned my parents, and noticed it was getting snowy.

I was back on the highway, and it started snowing more heavily until there was a white out and visibility dropped to 0%. Suddenly, my car spun out, went airborne, and flew backwards into a ravine.

I was unconscious while the rescue team used the jaws of life to get me out of the car.

I spent three weeks in a coma. When I woke up, I thought I was still in the ravine and was going to freeze to death. I was de-lusional, and time was mixed up, as I thought I had work appointments at the same time. My family and others stayed overnight at the hospital with me.

I was brought from Kingston Hospital after three months to Montreal Neurological Re-hab Institute. I spent a year as an in-patient, then another year as an out-patient.

I owe my acute, immediate recovery to my excellent health. I had never smoked, so my lungs were in **VERY** good shape. I pro-gressed gradually from a liquid diet to solid food, and today I have a very healthy diet.

My brain injury was similar to shaken baby syndrome. My neck ligaments needed to be fixed, as I was looking up all the time for the first few years. I really struggled with my limbs, and still have difficulty with my leg that **WAS** in a splint. My balance is off, due to where my head was hit, I've lost mobility, and certain skills.

(Continued on following page)



[Alanna showing improvement with her walking](#)



[Alanna is still able to enjoy activities such as horseback riding](#)

When I finally did talk, I would ask odd questions, like asking my mother, “Are you a woman?”

Alanna has written her updates in green

I'm still hemi-plegic (**Hemiparesis**, or unilateral paresis, is weakness of one entire side of the body. **Hemiplegia** is, in its most severe form, complete paralysis of half of the body.), but there has been MUCH improvement.

This includes improvements in vision, speech, and cognitive functioning.

I still cannot walk independently, but overall my steps and balance have greatly improved!

For the longest time I didn't talk. However, I'd learned the sign language alphabet in Girl Guides — one of the nurses recognized what I was doing, and posted a chart so I could communicate with visitors. When I finally did talk, I would ask odd questions, like asking my mother, “Are you a woman?”

Before my accident, I was an executive, involved in charity work, with an active social life. So the changes in my life hit me hard. Friends disappeared right away, or over time.

I've always been strong-willed and stubborn, so I am very determined in my recovery. I've done 18 years of physio and still working through lots of therapies.

The thing I miss most is my independence

The thing I miss most is my independence – I have to rely on someone for everything. This is **STILL** an issue.

My goal is to eventually become more independent and be able to live on my own with supports. I would also like to see my friendships and relationships develop more. This is **STILL** an issue.

I am a very determined person, and will keep working hard on those goals.

The thing I miss most is my independence – I have to rely on someone for everything.

Even though I have a degree in Biology, I would also love to become a board game developer. I'm very passionate about it, and have developed a game that I proposed to Hasbro. Future meetings, negotiations, and consultations are being planned for me to connect with the gaming industry.

My vocational plan has taken a **DEFINITE** turn! After reading a friends' work combined with my Speech Therapy reading assignments, a profession in the world of literature; such as Literary Critic, is my new aspiration (Fiction, Young Adult; like a ROM-COM).

My original and only goal when I began at Mind Forward was to make friends. **This STILL IS** my goal.

I have made a couple of friends. There are strong interpersonal connections, but physically we have insurmountable obstacles.

Like **MANY** other TBI sufferers, I lost my friends after my accident; some quickly because I wasn't returning to work or the volunteer job I had. Others lasted **A LITTLE** longer, but after 15 years, they're pretty much **ALL** gone....

Since coming to Mind Forward I have managed to develop new relationships; some closer, others more social.

The biggest gift Mind Forward staff has given me is **INCLUSIVITY!**

It can be **REALLY** hard some days. I know. I'm not special. **AT ALL!**

Always remember the most important thing that you can do is:

NEVER GIVE UP!

LOCAL WINTER ACTIVITIES



Winter can be a difficult time of year for many people who don't have family or friends close by. I know from personal experience, as I've spent some Christmases alone. So our group has put together a list of some local activities that anyone can attend by themselves or with others. Some events are free and some have a cost. Here is what we came up with. Click on a pic to go to the website for more information.



Nov 29 stops in:
Toronto
Milton
Hamilton

[See Article on Page 14](#)

Event Location: Toronto, Ontario

Holiday Train Event Information

Arrival Day	11/29/2022
Arrival Time	8:15PM
Event Start Time	8:30PM
Event End Time	9:00PM
Address	750 Runnymede Road, CP Yard Office parking lot (York, Ontario)



Ongoing
\$20 (or more)
Tickets must be
pre-purchased

[See Article on
Page 16](#)

LOCAL WINTER ACTIVITIES



THE DISTILLERY WINTER VILLAGE!

Tickets are required on Fridays, Saturdays and Sundays after 4:00 pm, and December 27-31 after 4:00 pm. Tickets are \$11 + HST each. Kids 9 and under are FREE of charge

All other times, access is free of charge and tickets are not required.

Ticket time window indicates gate entry time. There is no limit to your visit duration.

❗ Tickets must be purchased online ahead of your visit.

Ongoing

Free or \$11 (depends on Date & Time)

Springridge Farm



7256 Bell School Line

Milton, Ontario L9E 0N7

Tel: (905) 878-4908

Open daily 9am – 5pm including weekends and holidays

Ongoing

LIGHT UP THE SQUARE

Free event
Saturday, November 26
5-9 pm

CELEBRATION SQUARE

PRESENTED BY TD

Nov 26

[See Article on Page 20](#)

Mississauga Arts Council's

Cranberry Christmas Market

Saturday, December 10, 2022
Clarke Memorial Hall

Dec 10

LOCAL WINTER ACTIVITIES

You're Invited to the *Mind Forward* HOLIDAY PARTY

The Canadian Coptic Center

1245 Eglinton Ave W. Mississauga, Ont. L5V-2M4

Sunday December 11th 2022 • 11:00AM – 2:00PM

Contact: Shane Stanissa • Call: (905) 949-4411 Ext 227

• Email: shane.stanissa@mindforward.org

Kindly reply by Friday December 2nd in order to secure
your tickets.

Event capacity is limited. Invitation includes 1 guest. Additional Guests will be put
on a waitlist.

Waitlist is available: additional tickets for purchase

Dec 11

Mind Forward also has some great groups you can join, both in person and virtual

Join us in-person for: Bowling, Movies, Games, Shopping, and more!

Join us online for: Art Classes, Writing Groups, Cooking, and Sports Talk

Learn about: Animals, History, Other Countries, and Current Issues

We'd love to have you join us! Contact shane.stanissa@mindforward.org to join the fun

LOCAL WINTER ACTIVITIES

CreativeHub1352
connect | collaborate | create

MISSISSAUGA

Festival of Trees

Culinary Market

December 9, 10 & 11th, 2022
1352 Lakeshore Rd. E. Mississauga

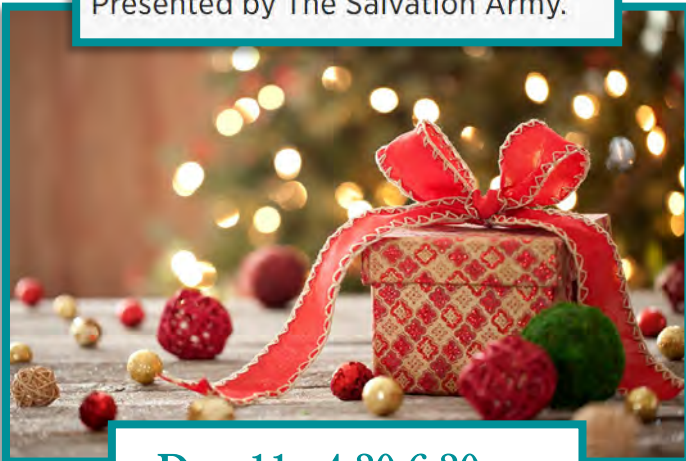
www.creativehub1352.ca/festival-of-trees



Dec. 11 - Open until 7pm

The Gift of Christmas

Presented by The Salvation Army.



Dec. 11 - 4:30-6:30pm

[Living Arts Center](#)

Box Office: 905-306-6000

Cost: Free

Outdoor Skating at Celebration Square



Ongoing

Free

(Skate Rentals & Sharpening for a cost)

LOCAL WINTER ACTIVITIES

FIFA World Cup Qatar 2022™ Screenings

2:00 p.m. - Celebration Square

The City of Mississauga will be showing select games at Celebration Square from Sunday, November 20 to Sunday, December 18.



**FIFA
WORLD
CUP**
Qatar 2022™

Tuesday, December 13

- 2:00 p.m. - Semi-finals

Wednesday, December 14

- 2:00 p.m. - Semi-finals

Saturday, December 17

- 10:00 a.m. - Third-place play-off

Sunday, December 18

- 10:00 a.m. - Final



**Step Into A World Of Holiday
Magic**

WinterFest

Step into a world of holiday magic, featuring millions of sparkling lights, ice skating, live entertainment and more!

Select nights through Dec. 31.



Canada's
Wonderland
WINTERFEST

Ongoing

Regular Tickets \$30 if pre-purchased

LOCAL WINTER ACTIVITIES

New Year's Eve



Event Details

📅 Saturday, December 31, 2022

🕒 9:00 p.m. - 11:59 p.m.

📍 [Celebration Square](#)

🎵 Music

👥 All Ages

💰 Free

The Book- A Christmas Show

A night of live theatre & music with snacks, face painting & plenty of family fun.

About this Event

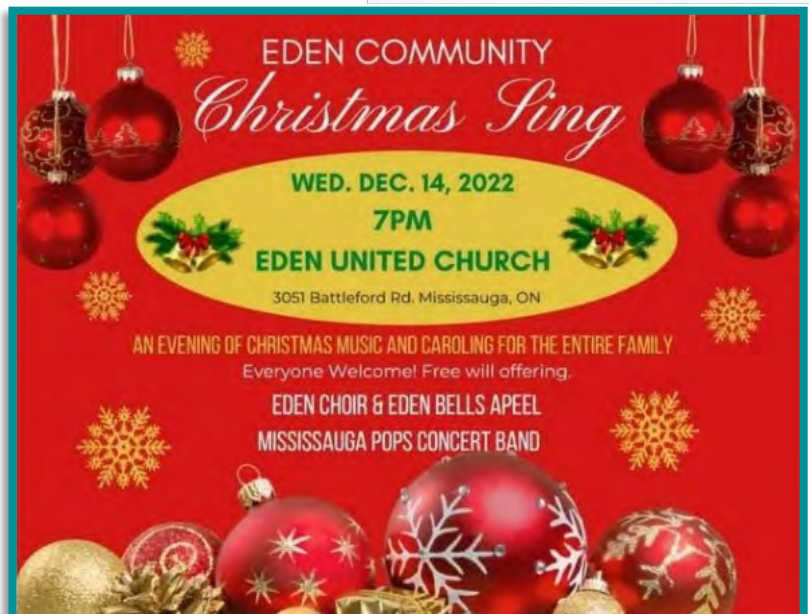
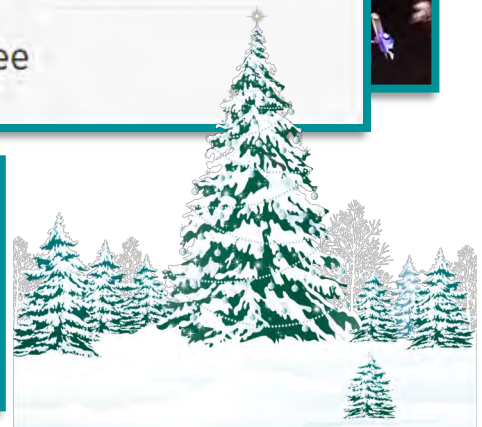
Date & Time

🕒 Fri Dec 23 2022 at 7:00 pm to 10:00 pm

Location

📍 Church 180, 6915 Dixie Road, Mississauga, Canada

Join us for a live production of "The Book", an original Christmas story by Church 180 with a thoughtful message. This show will feature live acting, live music, a children's performance, snacks and family activities.



LOCAL WINTER ACTIVITIES



COCKTAIL INTERNATIONAL
Invites you to
DREAMMEDIA AGENCY'S

CHRISTMAS MARKET

18 DECEMBER 2022

Convention Center Courtyard by Marriott
90 Biscayne Crescent Brampton L6W4S1

Opens 12 noon
Close 12 midnight

FREE
Entry - Parking -
Music - Magic Show -
Face Painting -
Mehndi

Santa Clause will stop
by, don't forget to
take a free picture
with him!

For Volunteership, Sponsorship & Stall Booking
Program Coordinator
Minahil +1 437-339-2977

Logos: cocktail, TORONTO TV, Y MEDIA GROUP, DREAM MEDIA, The Financial Consultants, WAU IMMIGRATION



HOLIDAY HILLS

Supported by Ontario

Bringing 6 weeks of holiday feels to the heart of Toronto.
Vendor markets, games, shops, music, photo experiences + more.
Full info + lineup coming soon.

NOV 18 - DEC 31

Stackt Market

Holiday Hills is BACK. 6 weeks of holiday feels in the heart of the city.

Holiday Hills will transform STACKT into a show stopping winter wonderland where you can immerse yourself in the holiday spirit with a whole roster of cozy, fun + festive activities + experiences.

From November 18 - December 31, Holiday Hills is a FREE festival that will take over a whole city block of Toronto with immersive photo installations and experiences, eye-catching holiday ambience, unique hospitality concepts, small business holiday shopping, community-led events, workshops + family programs.

28 Bathurst Street
Toronto, Ontario
M5V 0R4
Canada

OTHER WINTER ACTIVITIES



CHRISTMAS MARKET - NOV 25 – DEC 23

The tradition continues at Friday Harbour's Christmas Market! Join us from November 25th to December 23rd and experience the European-style market featuring a 40-foot tree, twinkling lights, and chalet cabins offering festive treats and holiday gifts. Sing along with carolers, cozy up in our warming lounges, and take pictures with Santa and his elves!



FRIDAY HARBOUR RESORT
MAIN ENTRANCE IS EAST OF 25TH
SIDE ROAD ON 13TH LINE
3999 FRIDAY DRIVE,
INNISFIL ON,
L9S 0J7

Located near Barrie



CP Rail Holiday Train



• Alanna

Like everything else, the Canadian Pacific Holiday Train has unfortunately been off the rails for two years!

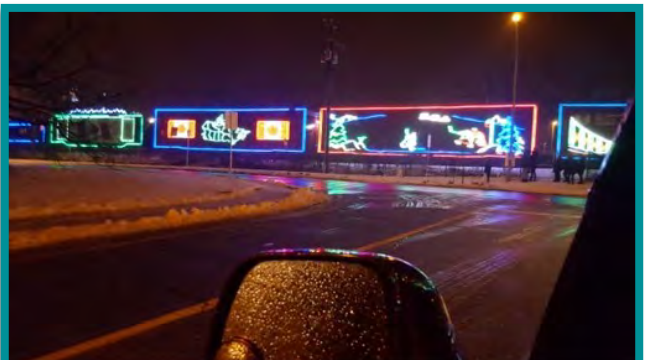
It's rolling across Canada again, entertaining and collecting non-perishables to support local community food banks.

It's quite something to see if you can; the train itself is lit-up with thousands of coloured lights, and musicians and other entertainers play for the crowds.

"The Holiday Train is all about families and communities coming together to celebrate the season and help those in need," as said by CP president and CEO, Keith Creel.



Nov 29 stops in:
Toronto
Milton
Hamilton



Taken from CP Website:

This year's performers will include Alan Doyle, Tenille Townes, Mackenzie Porter and Lindsay Ell, to name a few. Details about this year's artists and which performers will play which shows are available at cpr.ca/holidaytrain.

Holiday Train shows are free to attend. CP asks attendees to bring a cash or non-perishable food donation if they're able. Local food shelves will set up collection stations at each event, with all donations made staying with the local food bank to help people in need in the community. Because local food shelves buy food at a discount, cash donations can go further than food donations to help those in need.



Illumi - A Dazzling World of Lights



Finally Illumi is in Mississauga! This is a magical, captivating and extraordinary night-time outdoor journey created from thousands of towering light sculptures. This is considered the largest light and sound multimedia show in the world. The site extends across 600,000 sq ft or 10 football fields and has more than 20 million bright LED bulbs.



On October 31, Halloween night, I, with my family, went to see Illumi. We were amazed by the lighted jack-o-lanterns, pumpkins, witches, ghouls, monsters, and glowing skeletons. I use a cane as a mobility aid, and I was glad that the walking path was safe and convenient to follow.

Great news for Access 2 cardholders!

Your companion can have free admission upon presenting your Access 2 card at the box office near the pedestrian entrance. Even if I forgot about this promo, I'm still thankful that I was able to witness this marvel.

Outside food cannot be brought into the site. Good thing there are food trucks selling snacks like churros, chips, and drinks. The vendors only accept payments by debit and credit cards (Visa and Mastercard).

If you plan to go, arrive early at the site, wear appropriate and comfortable clothing and shoes, and fully charge your phone battery so you can capture all your magical moments in photos and videos. To better prepare for your visit, you may read the tips on the Illumi website.

Illumi is brought by Cavalia, a Canadian company based in Montreal, with unique specialty in producing large-scale shows and entertainment. This family business incorporates technology, multimedia, and special effects.

When the pandemic shut down the horse-based shows, the company turned to technology, creating illumi. The show has run in Quebec for three years, with more than 1.5 million visitors.



Located at 7174 Derrycrest Drive, Mississauga L5W 1N4, (at the intersection of Derry Road and Hurontario Street via highways 407 and 401), the much-awaited light show runs from September 14, 2022 to January 8, 2023.

It is open on most days, depending on the month, from 5:00 pm to 9:00 pm. It takes about 75 minutes to complete the journey. Parking is free.

A limited number of tickets are available per evening and per time slot. Tickets must be purchased in advance and reserved online at <https://mississauga.illumi.com/schedules-and-rates>.

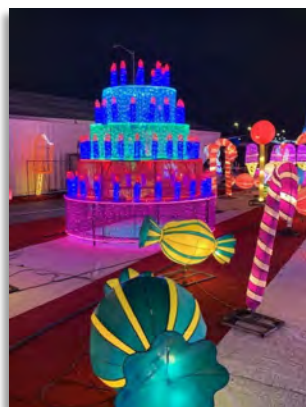


Rates		Weekly Prices starting at	Regular Prices up to
Tickets can also be purchased in person at the venue box office (subject to availability. Regular prices apply).			
Rates vary by date and time slot.			
Ticket prices will increase based on high demand.			
All sales are final.			
Limited quantities			
General admission (13 and up)		\$19 ⁰⁰	\$36 ⁰⁰
Seniors (65+)		\$17 ⁰⁰	\$33 ⁰⁰
Children (5-12 years)		\$14 ⁰⁰	\$24 ⁰⁰
Toddlers (0-2 years)		Free	Free
A service fee of \$2.50 per paid ticket and the taxes are not included.			
Prices are subject to change without prior notice.			
All sales are final.			
It is necessary to get a ticket (free of charge) for your toddler aged 2 and under during the transaction process.			

I admire Normand Latourelle, Creator and Artistic Director of Cavalia, who takes pride in the immersive worlds they have created –with the intention to bring people together to experience joy and amazement in a unique, magical, and mesmerizing setting. He is uplifting millions of people!

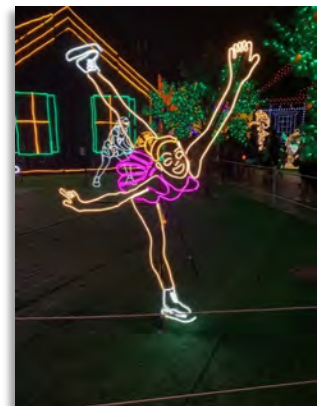
We enjoyed a grand and imaginative journey around the world. We saw the Tree of Lights, made up of 44,000 interactive light spheres, standing 47 m high; the Infinite Poles, a frozen landscape in which penguins mix with whales, and igloos inhabit an infinite forest of stalagmites; the Colourful Animal Kingdom, a safari of lights with the most majestic animals; the Cavalia Horses, a tribute to Cavalia’s inaugural shows and their troupe of white horses which provides an epic, magical ride surrounded by beauty, mystery, majesty, and horsepower.





The soundtracks of breathtaking sceneries enhanced our mood and brought back memories. These technological displays are widespread throughout the grounds, which gave us numerous opportunities to take pictures and videos. No wonder, I see postings on social media raving about Illumi.

Illumi also features seasonal changes, including Halloween and holiday displays, drawing guests back for multiple experiences throughout the season. This is the season to be with family and friends and to be merry. Illumi is a great venue to experience both!

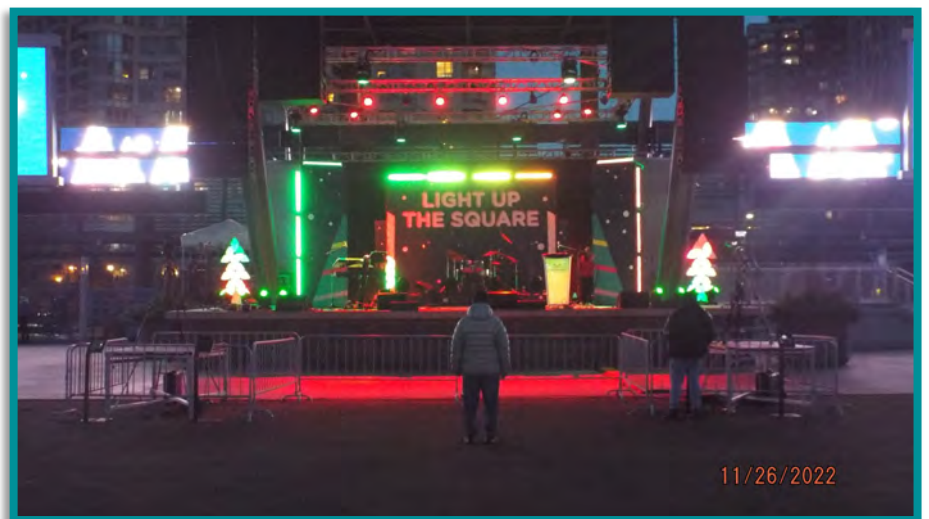


Light Up the Square

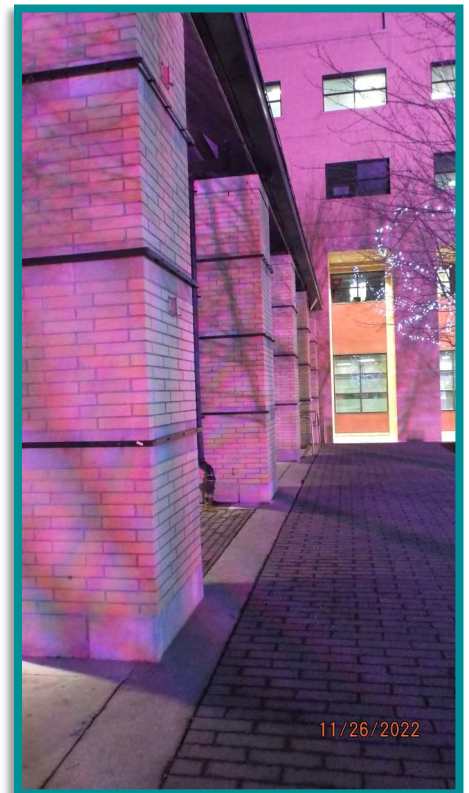


• Anjula

Light up the Square at Mississauga Celebration Square was a great event! There were many lit up displays, the Coca-Cola Santa truck was there, and there was outdoor skating. They had free hot dogs for everyone, free gloves, and other free items you could get from the various booths.



There was outdoor skating, and you could walk through the rainbow rings and take photos. People were given free lanterns to add to the “virtual picnic” and to also take home with them. We had delicious churros, and there were plenty of fun things to do.



Mind Forward Nov & Dec Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00					
10:00	CW In Person Orangeville	CW In Person Brampton	Jumpstart 10-11	Conversation Street 10-11	Jumpstart 10 -11
11:00	Bowling 11am-12pm Wild Life Adventures 11-12	Halton In Person Trivia Fun 11 - 12 MH Mall Walkers 11:30 – 1:30	MH In-Person Games 10am-12pm Halton In Person Around the World 11-12	MH In-Person Games 10am-12pm Halton In Person Discovery 11 - 12	MH In-Person Games 10am-12pm Watercolour Card Making 11 - 12
12:00					
1:00	CW In Person Orangeville	CW In Person Brampton Mindful Music	Halton In Person Games Group	Halton In Person Euchre (lower level) 1pm-3pm	Games Group 1 - 2
2:00	MH Monday In Person 2pm-4pm	MH In-Person Games 2pm-4pm & MH Movies at Theatre	Culinary Creations 2 - 4 MH In-Person Games 2pm-4pm	Movie Club 2-3 MH In-Person Games 2pm-4pm	Client Newsletter 2 - 3
3:00	Book Club 2 – 3 Sports Talk 3 - 4	Halton In Person Movies		Drawing With Friends 3-4	Figure Art 3 – 4:30
4:00	All Virtual Groups Red	MH In Person Groups Black	Halton In Person Green	CW In Person Purple	

Mind Forward Program Descriptions



Wild Life Adventures
Monday 11:00 – 12:00 PM

WILDLIFE

Clients will learn about different wildlife every week. We will watch short videos and have question and answer period at the end of each group. We will also pick what animal we want to learn about for the following week.

Mind Forward Program Descriptions



Book Club

Monday 2:00 – 3:00 PM

READING

Do you love books? Are you looking for others who have the same passion and want to read and talk about books in a positive and nurturing environment? If so, then this group is for you. Book Club will meet once per week to read books based on an agreed-upon reading list. Every week, the facilitator will review the previous week's chapter(s) and the group will have an engaging discussion about characters, plot and themes. Next, participants will be encouraged to read a portion of the following chapter(s) aloud to the group. At the conclusion of the book, the group will watch the film adaptation and have a final discussion.



Sports Talk

Monday 3:00 – 4:00 PM

SPORTS

We will meet up each week and discuss the sporting events that took place the past week. We will watch highlights and get into discussions sports fans will love. We will be talking about upcoming sporting events and let clients know which sporting events they can be watching until our next group.



Mindful Music

Tuesday 2:00 – 3:00 PM

MUSIC

Mindful music listening can be a wonderful way to reduce stress and reconnect with your body and breath. If you find mindfulness challenging, the addition of music can help you stay focused, while simultaneously helping you to connect with music as a source of strength and creative energy. Music can also be a powerful way to experience the present moment or take you back to a different time or place. Each week, participants will choose three songs from different genres and the group will listen to these songs and watch the music videos. We will then discuss the feelings and emotions evoked by the music in a safe and inviting environment.



Jumpstart Reboot

Wed & Fri 10:00 – 11:00 AM

EXERCISE



Around the World

Wed 11:00 – 12:00 PM

VIRTUAL TRAVELS

Mind Forward Program Descriptions



Culinary Creations

Wednesday 2:30 – 4:00 PM

SIMPLE COOKING

Culinary Creations is for those people who want to come together to share their love of cooking, eating and food in general. It was also designed to encourage participants to make more meals at home, or even get out of a culinary rut of only preparing the same few foods over and over again. Each week we will prepare a delicious breakfast, lunch, dinner, or snack recipe using a maximum of five ingredients. Participants will be encouraged to share new and creative easy-to-follow recipes to be included in a ten-week meal plan. Prior to each group, the facilitators will share the ingredient list required for that week's recipe. There's lots of fun to be had when we roll up our collective sleeves and get something delicious done!



Conversation Street

Thursday 10:00 – 11:00 AM

CHAT WITH US



Discovery Group

Thursday 11:00 – 12:00 PM

LEARN INTERESTING FACTS



Movie Club

Thursday 2:00 – 3:00 PM

COMMENT ON MOVIES

Calling all movie buffs! There are so many benefits of watching movies. They can inspire social change, they help us process difficult life lessons, they are a social experience, they help us appreciate art, and they reduce stress. In this weekly group, participants will watch a popular movie on Netflix in the days leading up to the group and come prepared to dissect the film with their peers. Facilitators will lead conversations to explore characters, uncover themes and examine plots. Everyone will also discuss their personal experience watching the movie. All participants are welcome to offer movie suggestions (available on Netflix) and after viewing the trailers for three films, the group will vote on the next week's movie.

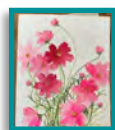


Drawing with Friends

Thursday 3:00 – 4:00 PM

LEARN TO DRAW

Mind Forward Program Descriptions



Card Making For Clients

Friday 11:00 – 12:00 PM

CRAFTS FOR OTHERS

Turn your art into an act of kindness and join this group to make greeting cards for your peers. A handmade card is a simple yet meaningful way to brighten someone's day, making them feel special and reminding them that they are not forgotten. At the start of each 10-week session, participants will receive a kit containing a variety of art supplies and card making materials. Every week the facilitator will lead participants in creating different watercolour paintings



Figure Art

Friday 1:00 – 3:00 PM

ACRYLIC PAINTING

Figure Art is a new virtual, acrylic painting group supported by staff that is focused on helping clients to create their own painting masterpieces, step by step. We are using video tutorials created by many different artist, painters, professionals and amateurs who are passionate to share their painting skills and techniques. With these video tutorials and our dedicated staff members, we teach our clients basic knowledge of using variety of tools for the adventure of making their own painting. Participating in our virtual painting group gives everyone a chance to paint and relax in the comfort of their own home, instead of traveling to our HO location where we also provide creative painting.

The Figure Art group is held on every Friday at 1 pm and is 2 hr long session. Here, clients can enjoy this time and socialize, not only paint. They can also ask questions about steps presented, they can exchange their experiences and share their achievements too. Desire to find new interests and to grow them into their own signature creations are bringing our clients to passion of art and painting. Devotion to adopt new learnings and experiences are leading our clients to new creative endeavours. When clients complete their painting, we ask them to sign them with initials, take a picture of it and email it to staff facilitator Sasha. Majority of client's paintings are posted on MF blog and web site, where we welcome all our clients, friends, family members to take a look at these special and unique creations.



Client Newspaper

Friday 3:00 – 4:00 PM

WRITING AND DISCUSSION

"Press Forward" is the name of our Client Newspaper. Our name means: to persevere in spite of obstacles. As ABI survivors, we have all had to press forward in our recovery and overcome challenges. The Client Newspaper enables us to have a voice and write about things that are important to us.

Join us, to:

- Engage in vibrant discussion, share ideas, and participate in an online group setting.
- Build team communication, leadership, and collaboration skills.
- Discover talents you didn't realize were there.

...all while having fun!

We're always looking for fresh ideas and new personalities to add to our fun group.

If you are interested in discussion and/or writing, please feel free to check us out on Zoom at 3pm on Fridays!

HOLIDAY TRADITIONS



The Christmas Pickle (European Tradition)

Now you can explain the mysterious increase in Christmas ornaments that look like pickles!

- Alanna

Unsurprisingly, the exact origin story behind the Christmas Pickle is largely unknown. Originally a German tradition, the name is something completely unpronounceable; Weihnachtsgurke, so it became “American-ized” to the Christmas Pickle.

This is a lesser-known Christmas tradition to North Americans, but it is gaining popularity.

How it works is that a pickle ornament is hidden somewhere among the other ornaments on the Christmas Tree.

The finder receives some “bonus”; a bonus gift or the gift of being lucky the following year.

Now you can explain the mysterious increase in Christmas Ornaments that look like pickles!

Oh, Pickle!

Somewhere in the Christmas tree, is a pickle for you to see. If you find it quick, you are sure to have a year full of luck from Saint Nick!





New Year's Resolutions (American Tradition)

Did you know the average person eats a full bathtub full of sugar every year?

Have you ever made a New Year's Resolution that you haven't kept?

According to the Journal of Clinical Psychology, 45% of the population make New Year's Resolutions, but only 4% of the population keep them each year.

The definition of "resolution" is "firm determination" (TheFreeDictionary.com)

The definition of insanity is doing the same thing over and over and expecting a different result (Albert Einstein)

So, it seems that nearly half of the population are "firmly determined" to go "insane" every year!

I tend to divide resolutions up into three different types.

1. **Projects:** goal-setting (most common)
2. **Processes:** habits
3. **Perspectives:** the way we approach life

We're all familiar with [goal-setting](#), and [Xiao has written a wonderful article on it in this newspaper](#). However, what about the other two types of resolutions?

Did you know the average person eats a full bathtub full of sugar every year?

I found out a number of years ago, that if I stopped taking sugar in my tea as a **habit**, that was two cups less per month, and **24 cups** less of sugar a year!

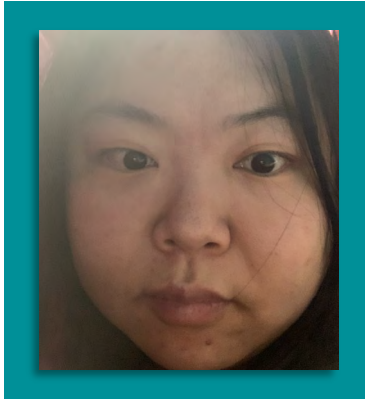
If you're a soda drinker, if you cut out one can a day of pop, that works out to be **32 pounds** less of sugar a year, just by changing a small habit!

The third type of resolution, **change in perspective**, can be the most powerful type of resolution to change your life.

In the last issue I showed a comic of myself after my ABI taking a shower with my winter hat on. Making "mistakes" like that continually used to frustrate me. Then one year I made a New Year's Resolution, to "laugh at my mistakes and realize they make life interesting."

Here's my challenge to you for the New Year. For every negative thought you have about yourself, immediately think of 3 positive things about yourself.

Think of the negative thought as the "trigger". Write positive things out about yourself ahead of time. Get into the habit and see where this year takes you!



Chanukah (Hanukkah, Jewish Tradition)



• Xiao

“Chanukah,” pronounced “haa-nuh-kah” (with a hard “ha” sound) is a festival traditionally followed by Judaism followers, which is a religion observed by Jewish populations, originally descending from a family of Semitic people hundreds of years before the C.E. common era and later spreading to all nations and languages.

It celebrates a historical event in one instance of Jewish history in which Jewish military opposition to the Seleucid capture of Jerusalem, succeeded by the Jews and the Jews drove their Seleucid opponents out of their holy and biblically sacred Jewish city. The Jewish army of Maccabees fighters recaptured Jerusalem under the leadership of a man named Judah, who was named after the fourth child of “Jacob,” or “Yakov,” In the book of Genesis. The Maccabee Jewish army then celebrated their repossession of Jerusalem by lighting candles as a memorial.

But while the Jewish people only had enough oil to light the menorah for one day, the menorah lit for 8 days, a miracle from G-d. It became a symbol for the freedom of religious expression against human oppression. The Jewish bible says that the heavenly creator makes more miracles than can be counted and this is an annual reminder of G-d’s faithfulness in a long chain of miracles that the Jewish G-d has created for His people.

The Chabad foundation is a group based on the Jewish words, “Chockmah,” meaning wisdom, “Binah,” meaning understanding, and “Da’at,” meaning knowledge, and it copies the triple word sequence from a Jewish proverb about the three in the teachings of King Solomon, the third king of the Jewish nation. The Chabad group popularized the 8 branch and 9 slot candle holder menorah shape, from the traditional 7 slot candle menorah shape and repurposed the freshly configured 8 branch and 9 slot candle prototype as the currently coined symbol for the 8 days of Hanukkah combined with the transcendent power of the “shamash.” As mentioned before, this holiday celebrates the freedom of religious expression against human oppression.

Note: Out of respect, the divine name is written with a hyphen to replace the letter “O,” in “G-d.” This tradition is called the Tetragrammaton and has been used in Jewish religion for centuries. In this tradition, “Hashem,” or “The Name,” becomes a substitute for “G-d.”

Chinese Lunar New Year (Chinese Tradition)



Not being an avid astrology buff due to the non predictive nature of my personal religious tradition, I can nevertheless celebrate the psychological aspects of my Chinese culture, one being the Chinese Zodiac.

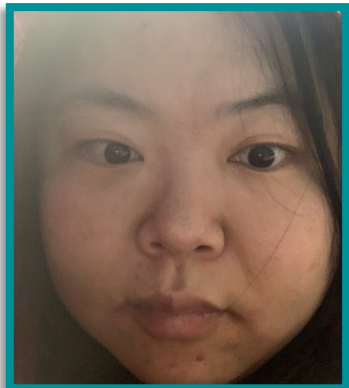
In China, there are 12 zodiac years that function based on the rotation of the earth around the sun, and not on the constellation of the stars as it is commonly used in traditional views on astrology.

Our astrological figures are animals, both real and mythical, and not star signs in the night sky. Our zodiac is an expression of personality and not detailed personal prediction, even if it is briefly used for that too.

This year in 2022 is the year of the tiger, which is for people born exactly this year, 12, 24, 36, 48, 60, 72, 84, 96 years ago who are still alive to today and the tiger is associated with ideas like knowledge, truth and wealth and riches.

Rather than being egotistical, it is focused, contemplative, ambitious, powerful, strong, and quietly dignified. It is focused on combat power and change and it is at home in nature and in the matrix within social communities.

The tiger can be used as a sign of wealth and image consciousness, both for men and women, and as an example of courage, strength and boldness and it is a substitute for the lion which is missing from Chinese astrology.



Diwali (South Asian Tradition)



• Xiao

Diwali is a scattered and widespread celebration primarily dominant in the south Asian locations and traditions of the globe and crosses the lines of varied cultures and religions in the region. It is coined globally as “the festival of lights.”

It commemorates the triumph of good over evil and is both a theological expression and a cultural or sociological period of community gatherings, personal solace, joyous decorations, devotional prayers and sweetened food and celebratory dining and divinity celebration.

In traditional Hindu legend or religious retelling, it is the climatic feasting after the penultimate death of the demons by the great Hindu celebrated deity, called the Lord Krishna, the celebration of lord Rama’s return to the city after killing Ravana, and a public appraisal of gratitude to Lord Vamana for defeating Bali.

People adore supplications to Lakshmi, an auspicious divinity that brings good fortune, and serve her with customary rituals called Puja’s in their home, while pleading or requesting success, joy, comfort and material bliss.

In mainstream South Asian religious culture, this festival is divided into five, 12 or 24 hour celebrations during a consecutive week and each segment of the quintet five, involves a different ceremony and subset ceremonial series of customs, actions, prayers, food or offerings to the divine hosts that bless and direct this occasion. As well, some regional locations have slight differences in the day and time of this celebration by a 24 hour time difference.

It is celebrated with dynamic clothing colours, lights and personal lamps, fireworks, and speciality desserts. As well as extensive house cleaning and home preparation prior to the event.

Nativity Sets or Creche (Italian Origin)



• Ann

It's a representation of the scene of Jesus Christ's birth. The nativity scene is displayed at Christmas, with the manger, Mary, Joseph, and the three wise men, Shepherd and the animals. On Christmas morning Jesus is put in the manger in the stable. Mary and Joseph are placed beside the manger. This Nativity set (above) was handmade in ceramics and was given to me by a friend many years ago.

On Christmas Eve, our family goes to church, and also opens a Christmas gift as a tradition.

The First Nativity Scene in Italy

Saint Francis of Assisi is credited with creating the first live nativity scene in a cave in Greccio, Italy, in 1223 in order to cultivate the worship of Christ. He himself had recently been inspired by his visit to the Holy Land, where he'd been shown Jesus's traditional birthplace.

This Nativity – known as a '**presepio**' in Italian, after the Latin word for 'crib' – used living people and animals. St. Francis wished to emphasize the simplicity and poverty of the baby's entrance into the world.

Today, many people and churches show nativity scenes (live pageants or other stationary sets) during the Christmas season, and the tradition has become worldwide.

Christmas Cards (English Origin)



Created in 1843 by John Callcott Horsely, for Henry Cole. This is recognized as the first Christmas card ever sent. Since that time, sending Christmas cards has become a worldwide tradition.

• Anjula

Mind Forward is selling prints of hand-crafted Christmas cards made by clients, to raise money for supplies for programming (such as art supplies). If you are interested in purchasing cards, they are \$5.00 for six beautiful cards, bundled with envelopes and a ribbon. Please contact Natasha.Pastores@mindforward.org to place your order.





**\$5 for a set of 6 uniquely
beautiful handmade cards**

(created by your Day Program peers from Mind Forward)

To purchase / pre-order your Mind Forward holiday cards set, email
natasha.pastores@mindforward.org

Our Artists: *Faye, Digna, Angula, Jessica, Will, Anna, David, Nat*

My Family's Traditions



• Ryan

My family traditions weren't always about the food we cooked. When I was younger, it used to be all about the gifts we got each year. I remember one Christmas, when it was warm, we each got our own battery operated jeeps to drive up and down the block.

Every year when I was a kid at Christmas time my brother would always examine the gifts making sure he didn't get stiffed for the amount of gifts each of us got. Only recently, in the last 20 years, has Christmas become more about the food that we cooked rather than what gifts each person got that year. We had to cut somewhere we decided that it was more important to be surrounded by loved ones than the amounts of gifts that we all got.

One of the best Christmases was when I was in my teen years and we had a pig roast in our backyard. We had our neighbors/my friend and his family over Christmas eve. That year it was 24 degrees outside in shorts and t-shirt almost feeling like you were somewhere tropical.

In my early teens the tradition of getting gifts became less relevant and more about what we cooked for Christmas eve and day. First time we did a big variety of surf and turf was in 2014 when I still lived in Mississauga my mom made a seven course tasting menu. We had our family friends over every Christmas Eve every year. Since then we always try to do something a little different and push the limit of our abilities of cooking delicious food.

These days Christmas Eve is all about the food and when you sit down to eat it's set up like a 5 star restaurant. On Christmas Day we just slow cook something all day and take our time unwrapping our gifts which is usually new PJ pants, socks or soft clothes my mom's friend calls it.

This year we are starting a new tradition as my mom lives in Florida now everything else stays the same cooking etc, the only difference is the location. I'm looking forward to these new traditions. As well as sharing all the delicious food from Christmas Eve and Christmas Day.

I find Christmas is much better now than when I was a kid. Sure when you are a kid getting gifts is awesome. As you get older it becomes less about the gifts and more about the experience you share with the ones that you love and consider or call family.

Yes, family is by blood but not everyone's blood relatives or immediate family is there for them. In short you can also choose who is in your family and whom you decide to spend it with. I hope that everyone has a great and fantastic Christmas this year.



\$5 for a set of 6 uniquely beautiful handmade cards

(created by your Day Program peers from Mind Forward)

To purchase / pre-order your Mind Forward holiday cards set, email natasha.pastores@mindforward.org

Our Artists: Fay, Digna, Angula, Jessica, Will, Ann, David, Nat



\$5 for a set of 6 uniquely beautiful handmade cards

(created by your Day Program peers from Mind Forward)

To purchase / pre-order your Mind Forward holiday cards set, email natasha.pastores@mindforward.org

Our Artists: Fay, Digna, Angula, Jessica, Will, Ann, David, Nat



FAVORITE HOLIDAY FOODS

“NEWSIES” FAVORITES

Here are some favorite Holiday Foods from our writers and reporters at Press Forward, paired up with their favorite holiday movies!

Digna - [Chicken Relyeno or Galantina](#), Last Holiday, Home Alone 1, 2, 3

Alanna - Anything Eggnog, Last Christmas

Ryan - All Food, Love Actually

Shane - Turkey Melts, Fatman

Ann - Stollen, National Lampoon's Christmas Vacation

Xiao - Ginger Cookies, A Christmas Carol

Paul - Curried Goat and Rice; Planes, Trains, and Automobiles

Nigel - Black Rum Cake, Home Alone

Anjula - Anything Chocolate, It's a Wonderful Life

Pat - Turkey (dark meat) with Gravy, Home Alone 3

Jessica - [Baked Beans](#), Strawberry Rhubarb Pie, Broccoli Salad, Christmas Vacation

Frank - Mom's Apple Pie, Home Alone

Sara - Eggnog, Holidate





MY FAVOURITE HOLIDAY FOOD

- Digna

My favourite food during the holidays is chicken relyeno or chicken galantina. We usually just buy this from the supermarket as it takes a lot of time and effort to make it from scratch.

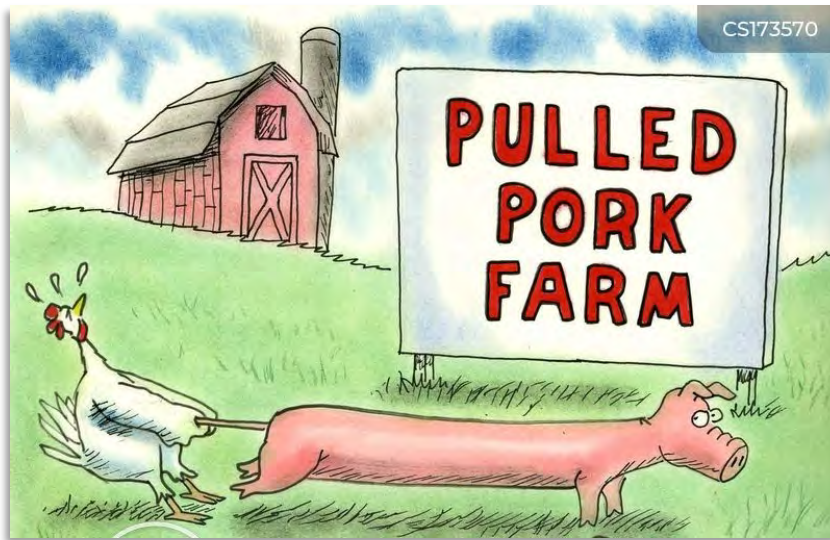
Chicken galantina is deboned seasoned chicken stuffed with spices, sweet ham, pineapple, and cheese. This is a dish best enjoyed cold and paired with bread or rice, whereas chicken relyeno is also stuffed chicken but is roasted and served warm.



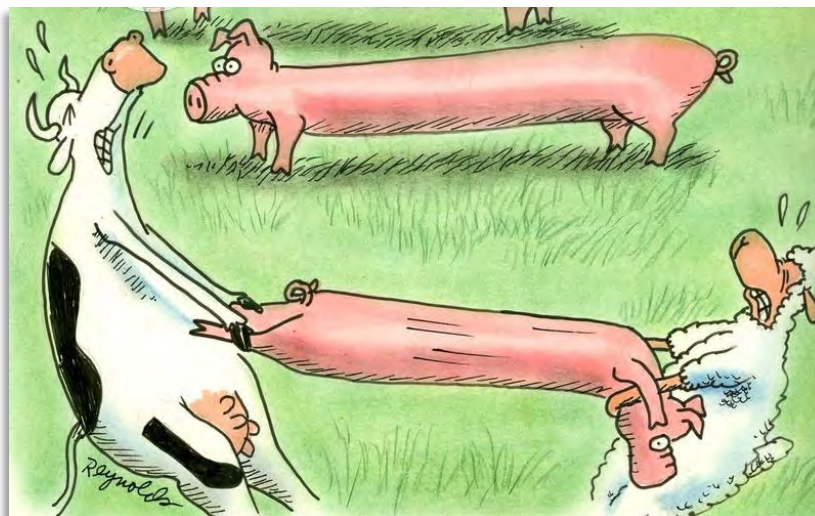
Ryan's Pulled Pork



- Step One: Start with a decent size boneless pork shoulder depending on the size all depends on the overall cook time. Prep is the same whether you are using an oven or a crockpot. Crockpot may take longer because of the slow cooking it is meant for. As well as making sure you have the necessary ingredients, you need two packets of pulled pork seasoning, bay leaves, fresh garlic one pack is fine, Oregano, herb seasoning, basil two containers of beef broth name brand or store brand is fine. You need bbq sauce of any brand depending on how you want it to taste afterwards. As well as a high potent alcohol I usually use Rittenhouse 90 proof 50% alcohol (whiskey) helps with flavor and tenderness. (Alcohol is optional if you don't want to use it.)
- Step Two: Preheat the oven to 225 degrees, once that is done start prepping the pork shoulder.
- Cut a pocket in the fat of the pork shoulder, place the bay leaves in the fat pocket, cut up two pieces of garlic in half to make four pieces of the garlic inside the fat pocket of the pork shoulder. Take a cooking pan big enough for the two containers of beef broth, place the pork shoulder in the pan with the beef broth, pour a shot of whiskey (Rittenhouse) into the broth, add the oregano, basil, dill weed, herb seasoning and thyme in the broth apply the pulled pork season on the top for a dry rub cover it with tin foil and place it in the oven for approximately 6-10 hours varying on size of the pork shoulder you manage to get.



- At around hour 5 check to see how it is progressing, take it out and take off the tin foil and place it back in for another few hours.
- After it is done in the oven take it out and grab some tongs to help pull it apart, once it is all pulled apart. Grab a frying pan again big enough to fit all the pork in that you pulled apart you will place it in the pan add the bbq sauce and the second packet of pulled pork seasoning on low to medium heat and stir around for 15 minutes until the bbq and pulled pork seasoning is fully coving the pork throughout.
- Simply after that if you want to make a sandwich with pulled pork or eat it on its own it is fine as well.
- Just enjoy





Recipe: Grandma's Baked Beans

• Jessica

***Put hot water in the bean pot before starting the recipe and then pour it out at number 6.

Step 1

Soak beans overnight in cold water, 4 cups of beans in a large pot

Step 2

1. In the morning drain the water off the beans and rinse well
2. Add fresh water to the beans and 1 teaspoon of baking soda
3. Cook beans on stove until the beans have softened. Approx. 20 minutes. While the beans are cooking you will need to skim off the foam.
4. Drain beans once cooked and sit aside.

Step 3

1. 1/2 pound of bacon. 250 g of bacon cut into small pieces
2. Chop 1 medium size onion finely
3. Fry the bacon and onion together just enough to remove some of the grease from the bacon.
4. Drain any grease from the bacon and add the bacon and onion to the beans



5. Add the remaining ingredients to the beans:

3 tablespoon brown sugar

4 tablespoon molasses

3/4 bottle of ketchup

1 tsp dry mustard

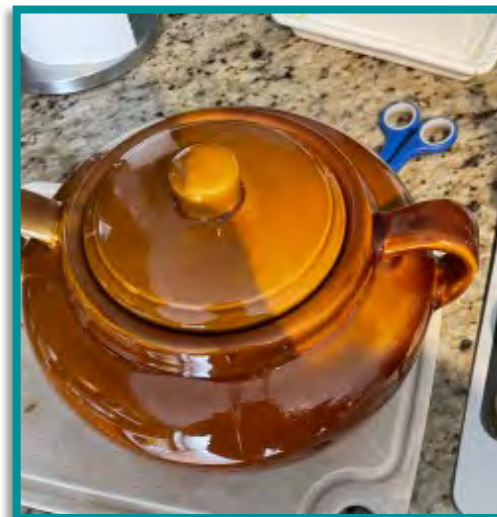
1 tablespoon of vinegar

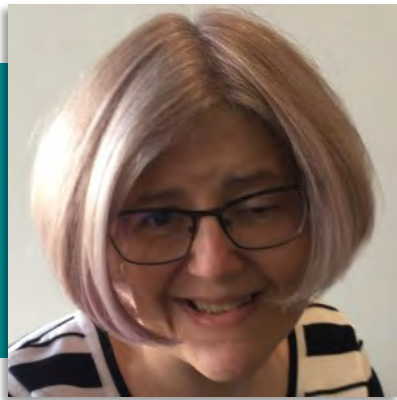
1/2 cup of water - salt to taste

6. Stir all the ingredients together and put in bean pot and cover.



7. Bake at 250 for 3 to 4 hours





Recipe: Christmas Crack



• Alanna

CHRISTMAS CRACK RECIPE

This sounds **CRAZY**, but it's a **FUN**, **FAST** and **EASY** party favourite, that we're **SURE** you'll be addicted to.

INGREDIENTS

- 35-40 saltine crackers
- 1 cup Butter or Margarine
- 1 cup Brown Sugar
- 1 teaspoon Vanilla extract
- 1 cup Chocolate chips

Then, **GO NUTS** (only if you want...).

Prepare as is, or the list of possibilities is endless.

- Replace Saltine with Graham Crackers
- Add candies, more chocolate chips, butterscotch chips, peanut-butter chips, M&Ms, nuts, rice Krispies, marshmallows, coconut, cheerios

DIRECTIONS

Line 1 large or 2 small pans with aluminum foil, spray with non-stick spray and arrange the saltines salt-side down in a single layer.

In a medium saucepan, melt the butter and brown sugar together and boil until it turns a caramel color, about 2-3 minutes.

Remove from the heat and add one teaspoon pure vanilla extract.

Pour over the crackers, covering them evenly.

Put the pan into the oven and bake for about 5 minutes, or until just bubbly, watching carefully.

Remove from the oven and pour more or add new goodies over the crackers.

Cool completely.

You can put the pan into the freezer for 15 to 20 minutes to get completely cold.

Break up into pieces.

Store in an airtight container.

Recipe Hack

Here's an EASY recipe hack.

Do you have a favourite family recipe, wish you had some way to make it a little more festive for the holidays?

Just add a holiday favourite twist!

A splash of eggnog? A dash of Nutmeg? A sprinkle of cinnamon?

Christmas Crack





Ingredients

1 tbsp. active dry yeast
2/3 cup warm milk (110 F, 45 C)
1 large egg
1/3 cup white sugar
1/2 tbsp. salt
1/3 cup butter, softened
2 1/2 cups bread flour
1/3 cup currants
1/3 cup sultana raisins
1/3 cup red candied cherries, quartered
2/3 cup diced candied citron
6 ounces marzipan
1 tbsp. confectioners' sugar
1 tsp. ground cinnamon



Recipe: Christmas Stollen

- Ann

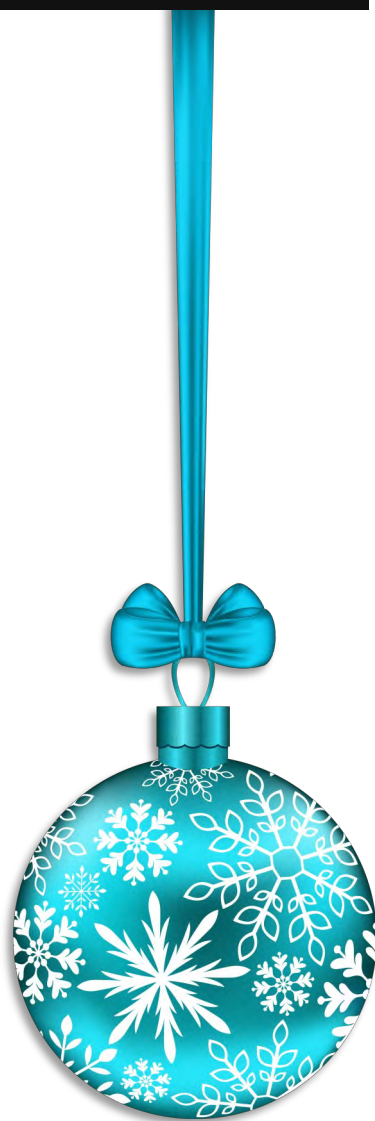
Stollen is a cake yeast-like bread of German origin made at Christmas. The most common stollen is Dresdner Stollen from the city of Dresden Germany.

Dresden stollen is known as a Christmas specialty made from a sweet yeast dough mixed with milk, sugar, butter, raisins, and rum or brandy. It is shaped oblongly tapered at each end with a ridge down the middle and decorated with candied fruits.



Directions

1. In a small bowl, dissolve yeast in warm milk. Let stand until creamy, about 10 minutes.
2. In a large bowl, combine the yeast mixture with the egg, white sugar, salt, butter, and 2 cups bread flour, beat well. Add the remaining flour, 1/4 cup at a time, stirring well after each addition. When the dough has begun to pull together, turn it out onto a lightly floured surface, and knead in the currants, raisins, dried cherries, and citrus peel. Continue kneading until smooth, about 8 minutes.
3. Lightly oil a large bowl, place the dough in the bowl, and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour.
4. Lightly grease a cookie sheet. Deflate the dough and turn it out onto a lightly floured surface. Roll the marzipan into a rope and place it in the center of the dough. Fold the dough over to cover it; pinch the seams together to seal. Place the loaf, seam side down, on the prepared baking sheet. Cover with a damp cloth and let rise until doubled in volume, about 40 minutes. Meanwhile, preheat oven to 350 degrees F.
5. Bake in the preheated oven for 10 minutes, then reduce heat to 300 degrees F, and bake for a further 30 to 40 minutes, or until golden brown. Allow loaf to cool on a wire rack. Dust the cooled loaf with confectioners' sugar, and sprinkle with the cinnamon.



PEOPLE & GROUPS

Important Email Addresses

Questions about Programs: Shane.Stanissa@mindforward.org

Client Advisory Resource Executive: ClientAdvisory@mindforward.org

Letters to the Editor: ClientNewsletter@mindforward.org



CLIENT ADVISORY RESOURCE EXECUTIVE

What is CARE doing?

Giving Clients a Voice

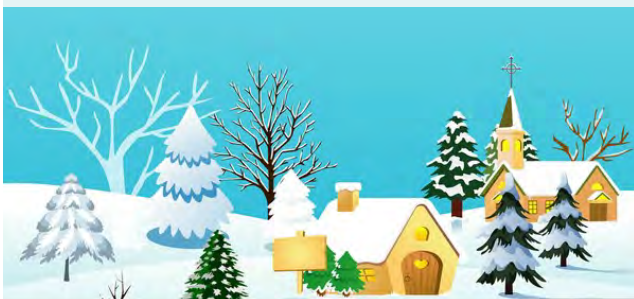
Who are we?

We are all clients who have lived with an ABI.

What do we do?

We advocate for positive changes with the senior staff at Mind Forward.

We also are informing and encouraging the community to become more involved with people who have disabilities.



Holiday Update

How can you get involved?

There is a business letter on how to donate gift cards to MF that will help clients directly.

For example, if someone moves into an apartment and has nothing, they will need basic living items. Sometimes there may be emergency need for essentials for other clients. The staff also likes to hold events with gift cards as prizes.

If you could take a letter and pass it to someone with a business who may want to help, it would be greatly appreciated!

Contact Ashley Budd for more information at:

Ashley.Budd@mindforward.org

(905) 949 4411 ext. 240

Client Advisory Resource Executive

CARE

MIND FORWARD
Brain Injury Services

Are you ready to CARE with us?



Flora



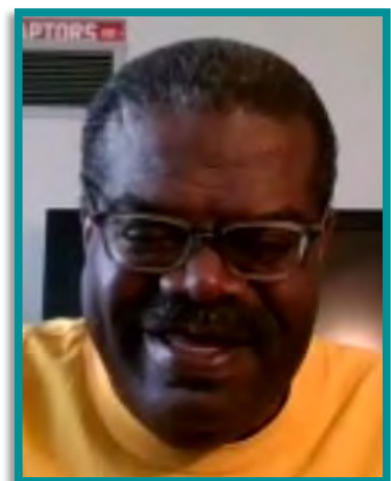
Frank



Alanna



Anjula



Nigel



Andrew

Interview: Andrew

Nigel—Where do you see yourself in 5 years?

I'm actually going back to school full-time for massage therapy. My last week is in September 2022.

Nigel—After you leave. What is something you would like your colleagues would say about you?

That I'm a hard worker, funny, known to be good with clients.

Nigel—After 10 years in the workforce, at Mind Forward, what are your feelings about going back to school?

Nervous but excited, a bit scared of failure because it's such a big change, but I know I can get through it.



Spotlight

Andrew doesn't judge. He listens.

-Ann

Digna—What is your inspiration in life?

I admire my family. My sister is very similar to me. We have a similar educational background and a very similar job path. My mom is a nurse and my dad is an engineer, so I sometimes feel pressure to succeed. My family is very important helping me become the person I am today.

Nigel - You have a nice temperament. What's your secret?

A good upbringing. Strong mentality. I believe a lot comes from our mind. I'm very disciplined and self-conscious and aware, and I can regulate myself and pull back quickly.

Nigel - What keeps you so grounded?

I'm introverted by nature - I need to be alone, maybe listen to music, or workout if I have an off day. Most times I just need alone time.

Nigel—When is your Birthday? Aug. 30th. I'm a Virgo.

Digna—Who or what has been the most impactful in terms of growth?

Fellow staff members and all the clients that I support.

Xiao—What is your fave program or event at Mind Forward?

The Holiday Party, the music group we used to do. It was nice to see the choir perform and clients with families.

Xiao—Do you find music to be healing?

Yes, it's cathartic. Songwriting is a way to heal yourself, as you put words to music.

*Andrew, I can tell you like
your job. I want to go to your
personality school.*

-Ann

Xiao - Do you come up with your own chords or draw inspiration from other artists?

I have artists that help shape my sound and music. I like Dallas Green, incredible voice, great guitar, great songwriter. It inspired me to write.

Nigel - Your love from music came from him?

Stemmed mainly from him. I was in high school, then started listening to acoustic stuff and wanted to be like this guy. Age 15 I started learning guitar.

I like anything with smooth vocals.

Xiao—Do you read music?

I do, not very well. Making music I don't need to write my notes, etc. I just use tabs or chords. I never had much theory. I'm taking vocal lessons online right now and learning about music theory (note-reading).

Nigel—10-15 years ago if you started over - if you hadn't heard Dallas Green... would you have pursued guitar?

I think so - I was listening to others, too with similar roots - e.g., Ed Sheeren.

Xiao - Do you have a CD or one song at a time?

I write one at a time. Released two on spotify/youtube. Soft music.

Xiao - What type of themes do you like to read in poetry?

I started poetry because I wanted to learn more about it. The classes I do are also to inform myself. I find it similar to songwriting. It's very poetic (songwriting).

What countries would you like to travel to?

Italy and other places in Europe I would like to visit.

Have you been to the Philippines?

Yes, twice.

Thank you, Andrew!



Spotlight

Interview: Dylan



Dylan

Digna - Who do you look up to for inspiration?

My dad is a very interesting person, introverted, with a logical mind. He's not a super-educated guy, or a huge thinker, but whenever I need help with something I go to my father. He's everything I've always wanted to be as a person, logical, thoughtful, and caring.

Nigel - Do you have aspirations of working at Boundless?

It would be very difficult to leave Mind Forward, and it has to do with the clients and people, and everyone I've made connections with. It's my fifth year anniversary.

A camp environment would be fun at some point in my life, but I'm happy with Mind Forward.

Shane - What's your favorite activity at Boundless?

Not the giant swing. My favorite in general is the last conversation we have before going home. There's lots of emotion.

Shane - What's your favorite Boundless memory?

We were kicking the soccer ball and Nigel ended up on his butt. Nigel was laughing so hard.

Nigel - Boundless or Mind Forward - what can they do better?

The toughest part is the first ride to get to Boundless, people don't know each other yet, and they're trying to get to know people a bit, part of our job is to try to help them get to know each other. We want them to have a good time bonding together at Boundless.

Nigel - You're a Waterloo grad - with an undergrad and Masters in Kinesiology. What other areas do you have experience with?

I've worked with concussion and brain injury research.

I find geriatrics to be interesting, although it's an area I didn't study. Older people have fantastic stories, you'll learn something from them. I love constantly being able to learn.

Shane - Mind Forward's not the only place you work. What is your other job? What made you get into it?

I ref hockey. As a kid, at 13 years old, I got into reffing hockey and decided not to play any more. I thought it would be interesting to see a different side of it. You learn different perspectives - playing, coaching, and reffing.

I try to make sure everyone gets along and don't murder each other. It's nice to get to know all the coaches, and there are moderate disagreement, good exercise, and it's good money. I've been reffing hockey since I was 14. I reffed soccer at 12 years old.



Shane & Dylan

A bit of leeway with initial reactions is fine, but if someone crosses a line, I'm less understanding.

My job is to help people have a good time playing and watching, while keeping the integrity of game.

Shane - What was the craziest thing you've ever seen when reffing?

I did see a person (too young to know any better), in a fight, then tried to headbutt a person. It was a child, and they got a suspension.

I've reffed men's leagues, women's leagues, and local leagues. I've reffed high level women's hockey - they can skate, and they sure have speed.

I decided not to play hockey at 13. I'm athletic and was captain of the rep team local, I was a good player, but didn't care to be part of what hockey was turning into - hitting versus playing.

I love the direction now - there's less fighting, hooking, more speed, skill, and it's better than it ever has been before.

Nigel - Fill in the blank. My fave sport is ____ .

That would be volleyball (to play) I'm in multiple leagues, indoor and beach, with men and women.

Nigel - If we were taken over by aliens and had to have someone in our population speak to the aliens, who would you choose?

Barak Obama - he has dealt with a lot of things in his life, and would be a good advocate.

Nigel - Do you have a pet?

No, I have two roommates and they both have dogs. I'm the fun uncle.

Our Talented Creators

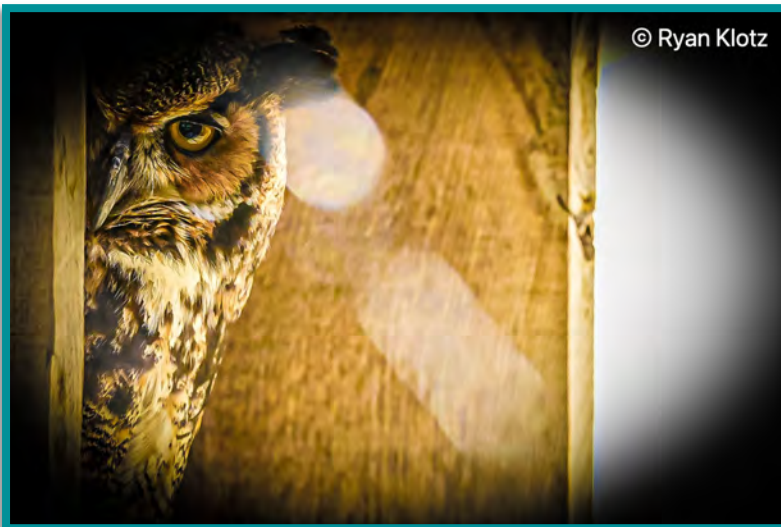
Interests, Hobbies, and More

When people find something to be passionate about, it helps to uplift their spirits and to propel them further in recovery.

This section focuses on the talented “Creators” of Mind Forward. We hope they provide inspiration for others, and give them ideas for future hobbies and interests!

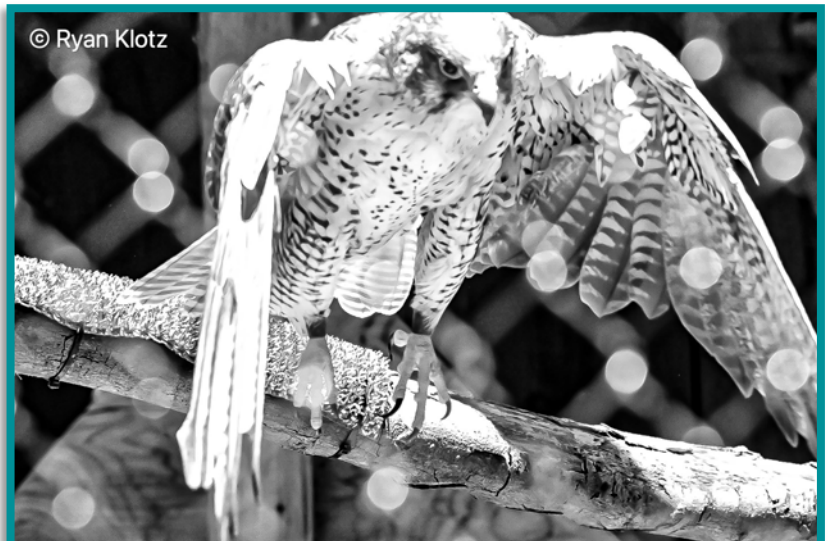
If you would like your talent or interest to be featured in an upcoming issue of “Press Forward”, just let us know! Contact us at ClientNewsletter@mindforward.org

Ryan & Photography



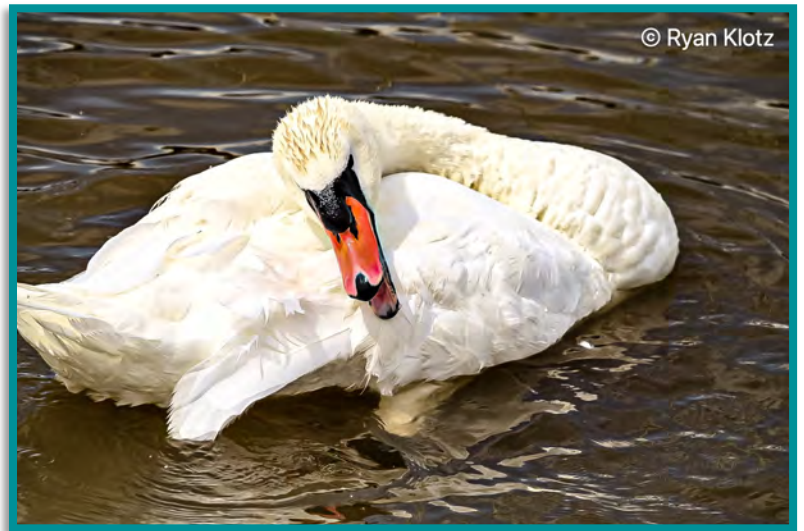
Owl, Peregrine Falcon, Rapture

The owl, Peregrine Falcon, and Rapture were taken to the Mountsberg Conservation area in the Rapture Sanctuary where all the injured birds that got hit by vehicles or other means are there. As for they can not fend for themselves out in the wild due the severity of their injuries.



Mute Swan

The mute was taken back in the springtime of this year at Tannery park in oakville.



Red Moon

The moon shot was taken back in July but considering how it looked, I thought that it would be a cool feature for the fall newsletter.





UNDERGROUND RIVER PALAWAN PHILIPPINES

• Digna

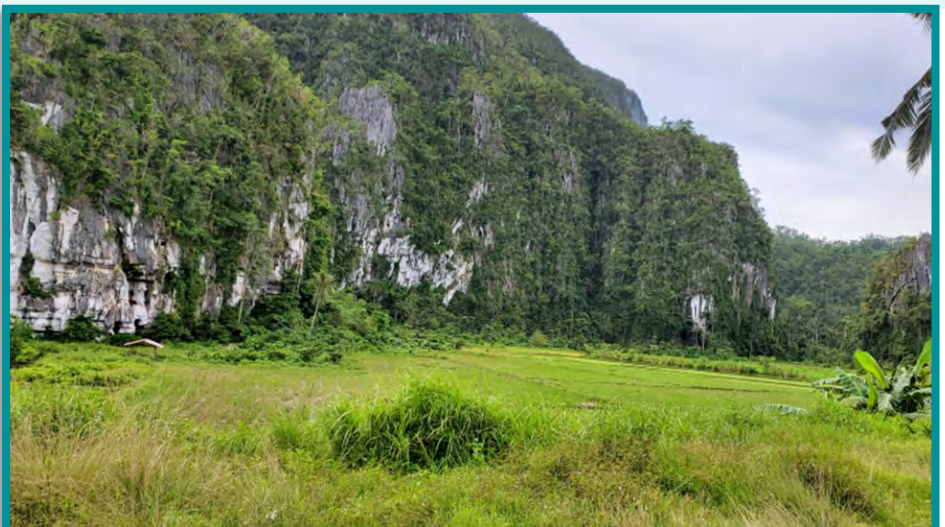
For years, I wanted to tour the Underground River located on the western side of the Saint Paul Mountain Range (which is a protected area) in Palawan, Philippines. This is formally known as the Puerto Princesa Subterranean River National Park.



A trip here, not just in the river itself but in the surrounding fields, is a wonderful opportunity to see nature in its pure, uncorrupted beau-

Palawan is the largest province in the country, with Puerto Prince-
sa as its capital city. Palawan is
known as the Philippines' Last
Frontier and regarded as the
Philippines' Best Island.

Join us for
Around the World!
Every Wed 11am on Zoom



On September 21, 2022, we finally did the tour! We saw spectacular limestone cliffs, lush greeneries, birds, monkeys, and stretches of white-sand beaches. We were, however, cautioned by our tour guide to be alert when the monkeys are around as they are naughty and notorious for snatching things from sightseers.

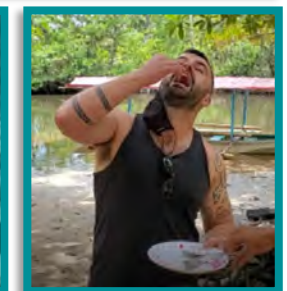
In 2012, the Puerto Princesa Underground River was officially named as one of the New 7 Wonders of Nature. The New 7 Wonders of Nature is a movement that aims to highlight awareness of natural wonders and preserve it so that future generations will still get to see them.



We had to wait four hours to go inside the cave. It's a good thing that there are activities like zip lining, lunch buffet, and mangrove forest tour, to pass the time. We took the mangrove tour via paddle boat and ate lunch. We learned about the life cycle of mangroves as well as the differences between male and female trees. The local tour guide also explained that the roots filter the water, help prevent soil erosion and protect the environment and other living things.



The mangrove tree trunks also serve as home to the famous Palawan delicacy "tamilok." The boatman took a branch and demonstrated how these are harvested then challenged us to eat them. Only 2 of our companions from Ireland accepted the challenge. They said it's not that bad and actually tastes like oyster. True Irish bravery indeed!



Tamilok is commonly known as woodworm or shipworm and is eaten raw as a local exotic dish. It is served fresh and can be eaten straight after it has been dipped in spicy vinegar. It is a shell-less mollusk and is related to oysters, hence the similarity in flavor.

LOCO FOR BALUKO

•Digna

I have a new favourite food, and it is called baluko. If it's your first time encountering this word, let me tell you more about it.

Baluko is a native delicacy in Sorsogon, Philippines. It is actually the pen shell (Pinnidae) whose meat looks like a hybrid of scallops and mussel with some tentacle-like extensions. This mollusk has a long, triangular or wedge-shaped shell and attached to rocks or shells in sandy, shallow ocean bottoms.

A stiff pen shell can be up to 12 inches long and 6.5 inches wide. It has a brown or purplish-brown color and 15 or more radiating ribs that fan out across the shell. Just from its size and its taste, this definitely feeds a village!

I fondly recall the first time I tasted the dish. It was prepared by my brother-in-law. He initially added salt and vinegar, boiled it then cut the meat from the shell into bite size pieces. In another pot, he boiled the coconut milk, added the ginger, onion, chillies, winged beans. Once the vegetables are cooked, he added the baluko. On the following days, he used other cooking styles like adobo, crispy fried, which were also delectable.



When in season, baluko is available almost anywhere in the city. The locals and tourists love this and they go to the market and/or to the restaurants. For me, I can eat this anytime, anywhere.

People from Sorsogon also make beautiful and unique Christmas trees out of the shells.

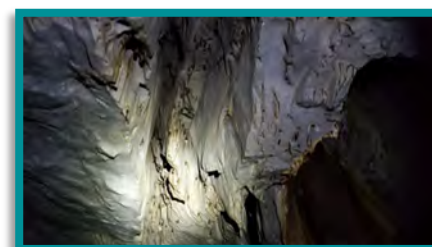
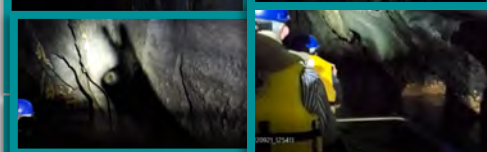
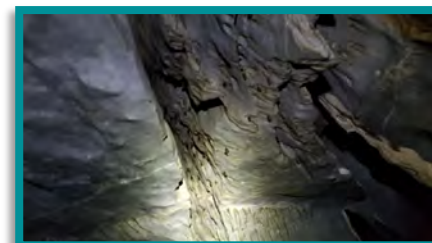
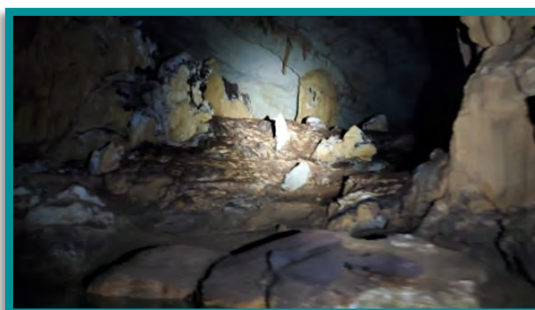
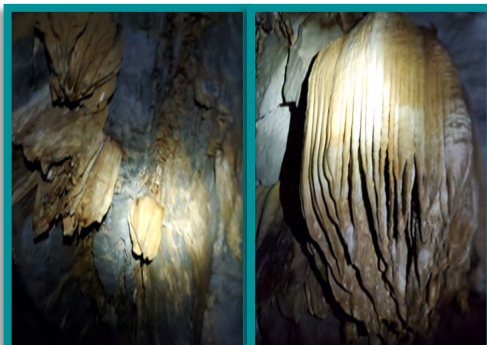
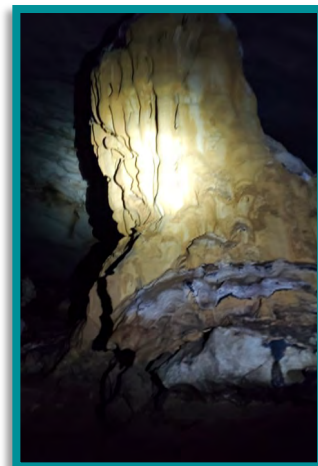
Baluko is just one of the many foods the province has to offer. After all, Sorsogon is called the Land of Kasanggayan, which means life of prosperity. Sorsogon is a picturesque, refreshing place, teeming with rich natural resources, friendly, courteous, responsible, and peace-loving citizens.



We then proceeded to the dock to take the first of 2 boats that would take us to the Underground River. We were given life vests and useful tips and information about the place. When we reached the shore, we got off the boat, dipped in knee-deep water still wearing our vests. We strolled and followed a trail leading to the dock where another boat will take us to the underground river.

Before we boarded the second boat, we were given audio device with ear plugs for us to listen to facts and trivia about the river and asked to wear the helmets we were provided while navigating the cave. We were also instructed not to make any noise while inside the cave so as not to disturb the bats living there.

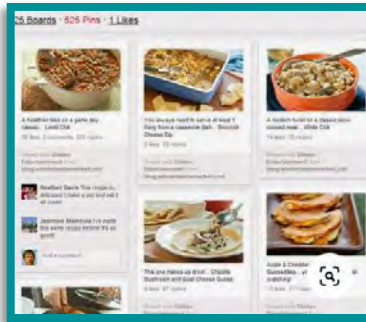
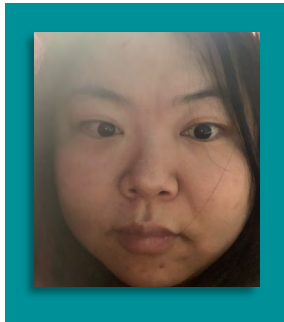
When we finally boarded the boat and started to enter the cave, a mixed feeling of excitement and anticipation engulfed us. The boatman guide was also funny and lively which made the trip even more exciting. Once inside the cave, we were in awe as we marvelled at the sights, sounds and the complex cave structure. We felt water dripping, heard the sound of living creatures like bats, insects, crabs.



From time to time, our guide would point out different shapes that resemble vegetables, fruits, animals, religious figures, sea creatures, and even human forms.

The tour lasted about an hour, but the experience felt like forever. This adventure tour was indeed an experience of a lifetime!

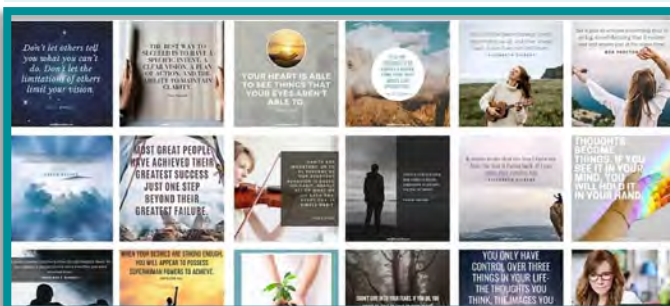
Xiao & Life Hacks



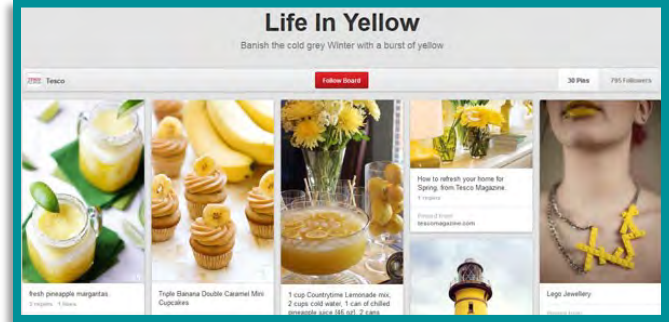
Pinterest is a free social media app that you can download on any computer, laptop or cell phone device that uses internet and has online digital capacity, as long as you have an email address and a personally chosen password for your new Pinterest account.

To get a Pinterest account, do a Google search of Pinterest by typing it into the Google search engine and click on the pinterest link and then verify you want to create an account. You will be asked to confirm your identity by proving the email address you give them for logging into your new account is yours, so you just go into your email to click the confirmation link. Make sure to write down your new password.

Pinterest has many benefits and the user experience improves with time because as you tell the electronic technology what you like and don't like, it becomes smarter and more intelligent when it recommends images, videos and products that match your personal interests. I will give you examples from my own account (next column).



The Benefits of Pinterest



As a person with limited income, I try not to commercialize my Pinterest content and I have a “buyer beware,” mentality. I assume that anything too beautiful or useful might be unreal and deceptively presented. My Pinterest account includes: mental health quotes, social relationship wisdom, religious quotes from my tradition and the traditions of other faiths, psychological information, positivity mantras, and work-out videos and food recipes.

I know women who try to indicate their relationship status by including images of bridal gowns and wedding dresses on Pinterest. I know professional artists who rely on Pinterest for art tutorials. I know people who collect images of things they want people to buy them for Christmas and I know people who use Pinterest as their personal vision board where they outline vacations they've been on or hobbies and foods that they like.

I use Pinterest to get outlines of books I don't have the funds to buy, or notable quotations from scripture. I learn food ideas such as making your own sorbet with ice, fruit and honey in a blender. I've used Pinterest to learn about the nutritional benefits of different fruits and vegetables and I collect videos of funny land animals and beautiful ocean creatures to satisfy my curiosity or desire for laughter.

Goal Setting

How to Set New Years Resolutions

21 Questions to map your future in 2023:

- 1 - What is one thing you would like to do better as a person?
- 2 - What would you like to learn more about?
- 3 - What habits would you like to improve?
- 4 - What types of friends do you want?
- 5 - What types of hobbies do you want to continue?
- 6 - What type of relationship do you want with your family?
- 7 - What type of tasks do you want to train for?
- 8 - What type of person do you like?
- 9 - What type of person do you want to be?
- 10 - What are some daily activities you repeat after you wake up?

- 11 - What are some daily activities you repeat when your getting ready for bed?
- 12 - What are some dangerous events or things you need to avoid?
- 13 - What do you dream of for your current life?
- 14 - If you were to divide your imagined life into 8 parts, what would they be?
- 15 - If you were going to prioritize your 8 life purposes, how would you rank them?
- 16 - What strategies would you use to grow your 8 mini dream plans?
- 17 - What are your motives for pursuing each of these 8 mini goals? Are your motives healthy?
- 18 - How would these 8 mini goals direct the overall focus of your life and time?
- 19 - What would you do daily / weekly / monthly to achieve these 8 mini goals?
- 20 - What would you use to track or measure your success?
- 21 - Where will you keep this personal goal analysis manual for future use and editing and event documenting?

*This is data I collected from a Harvard psychology professor through an online Google list.

*The data had been modified to match the interests of people that are not currently employed, practicing paid labour or participating in vocational and academic training



Alanna & Home Decor

Think Pink!

Even at this time of year.

If you're looking for something new to add POP to your holiday décor - PINK might be just what you're looking for!

Mid-century pastels are gaining popularity in home décor, and having a major influence on Christmas decorations.



To the Editor

Behind Those Eyes

A whisper of the soul,
A memory from the past,
A glimpse into the future,
Are found behind those eyes.

A past forgotten,
A future unknown,
A promise unspoken,
Are found behind those eyes.

If the day comes,
When I do not see your face,
I will find you,
Behind those eyes.

Elizabeth Karapetsas

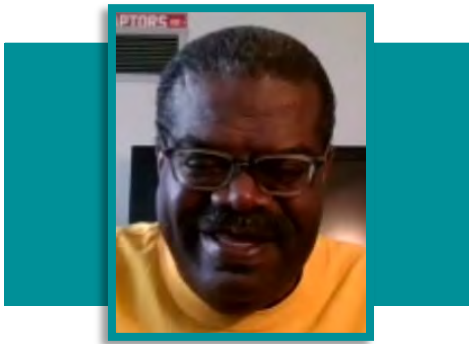
Thank you, to Liz, who submitted this original poem “Behind Those Eyes” to Press Forward!



Photo of tree at Square One
(Anonymous)



ENTERTAINMENT



• Nigel

Comparison of how team Canada got to the world cup and how most teams had to arrive there

John Herdmen used to coach the female team and then John Herdmen 2 years ago decided to move over to the men's team to see if he could help them improve.

One of Herdmen's best abilities is to get all of these great players able to play well together. He has tremendous people skills. Along with that, it's rare when you have 4 or 5 players at their peak playing in the same year helping Canada's chances to do well this year. This may be described as the 'Golden Age' of Canadian soccer.

He's great at getting his players to play on both sides of the field. Having that kind of versatility will help the team be flexible and have players be able to play multiple positions on the field. For example, Alfonzo Davis plays as a defender but is one of Canada's top offensive threats.

Team Canada to the World Cup

Group F Power Rankings

8. CROATIA

After reaching the final of the World Cup four years ago, the sense had been that Croatia was a fading force, particularly after a slightly tepid showing at the Euros (at least up to its extraordinary 5-3 defeat to Spain in the last 16). But Zlatko Dalić's side topped a tough Nations League group featuring both France and Denmark and has lost just one of 11 games since the Euros. Luka Modrić, Ivan Perišić, Domagoj Vida and Andrej Kramarić perhaps have one last tournament left in them.

15. BELGIUM

This is still Belgium. This is still the side of Kevin De Bruyne, Romelu Lukaku, Thibaut Courtois and Eden Hazard. It is still capable of devastating attacking football, as it showed in beating Poland 6-1 in June. But it is also still the Belgium of Toby Alderweireld and Jan Vertonghen, and having a pair of center backs with a combined age of 68 is rarely a recipe for success. The golden generation has grown old, and the next generation seems nowhere near the same quality.

FIFA World Cup Qatar 2022™ Screenings

2:00 p.m. - Celebration Square

The City of Mississauga will be showing select games at Celebration Square from Sunday, November 20 to Sunday, December 18.



FIFA WORLD CUP

Qatar 2022™

Tuesday, December 13

- 2:00 p.m. - Semi-finals

Wednesday, December 14

- 2:00 p.m. - Semi-finals

Saturday, December 17

- 10:00 a.m. - Third-place play-off

Sunday, December 18

- 10:00 a.m. - Final

19. CANADA

Canada topped the final round of Concacaf World Cup qualifying, losing just two of its 14 games and going unbeaten against Mexico and the U.S., and it has in Alphonso Davies probably the highest-profile star in its history. But recent results have been less impressive. There was a Nations League defeat to Honduras and a 2-0 friendly reverse against Uruguay in Bratislava that highlighted the lack of experience against sides from outside Concacaf. The group, though, for Canada's first World Cup appearance since 1986, is relatively kind. Canada goes into the tournament on a high after an impressive win over Japan yesterday.

22. MOROCCO

Vahid Halilhodžić, for the third time, has been fired as coach shortly before a World Cup for which he had qualified a nation, but the general feeling in Morocco has been of relief, not least because his departure has paved the way for the return of Hakim Ziyech to the squad. Walid Regragui has taken charge and had a promising start in the September friendlies with a win over Chile and a draw against Paraguay. Beat Georgia 3-0 yesterday.

Players to look for:

Alfonzo Davis #17

Borjan #1

Hoilett #19

Eustaquio #7

David #20

Canadian Team Strength and Weakness

Strength

- The team is versatile and can throw out several alignment combinations at teams. Also several player combinations. No one embodies that more than Alphonso Davies one of the best left backs in the world who is Canada's most dangerous forward. He is often an attacking left back for Bayern Munich. He can play several positions including mid field. Can see him dropping back to defense in the World Cup late in the game if Canada has the lead.
- Canada has great team chemistry, guys who like each other, play for each other and play together. Some teams have several players who are premier players on their league teams but will be asked to take on different roles and that may be problematic ie France, Brazil.
- Canada has no pressure. On the world stage there is no expectations for Canada as Belgium and Croatia are very strong team and are expected to go deep in the tournament. This is a fairly talented team playing with 'house money' which makes them dangerous.
- They are well coached. This means that they can employ several strategies and problem solve in the middle of tough games. There is a lot of continuity coaching-wise so the team and players know their job. For instance, the same can't be said for Morocco who got a new coach 4 months ago.

- The location of the World Cup should help. The tournament is not being held in the home continent of the powerhouses from South America or Europe. Also the heat in Qatar is a great equalizer.

Weakness

- Experience: Canada simply cannot match up with the top teams in terms of world-class experience. They are a young team and a lot of players have not been exposed to the level of competition they will face in the World Cup.
- Canada top to bottom does not have the level of talent that the top European and South American teams have. Davies, David, Buchana and Kone have world-class type talent. But a lot of the Canadian players could not make many of the teams in the World Cup. Qualifying through CONCACAF is simply not on the same level as qualifying in Europe.

Road to victory:

Belgium and Croatia are the class of this division. The current FIFA ranking has Belgium at #2 Croatia at 11 and Morocco at 22 and Canada at 41. These rankings are suspect. No way Morocco is better than Canada. It is also questionable if Belgium is actually better than Croatia. One thing is certain Belgium is not the 2nd best team in the world. They are vastly overrated.

How can Canada get out of this division?

There is no other way to put it: the first game of the World Cup is the most important game the Canadian soccer team has ever played to this point. It is the first game of the World Cup but more important it is the most winnable upset. Belgium is the most explosive team in the division. Their offense is creative and deadly but the defense is slow and old. Belgium can be a Jekyll and Hyde act. They can be scary good with their pace, skills and creativity. They can also be sloppy and sometimes they implode. For instance in 3 day span in June this year they lost to the Netherlands 4-1 then hammered a Lewandowski led Polish squad 6-1.

How does Canada beat Belgium? Make this a war of attrition. Contest Belgium every inch of that 120 yard field. Stifle them don't give them any space. Make them work hard to move the ball. How they play Kevin De Bruyne is the key. Send two men at him all over the field make him give up the ball. If De Bruyne has space and time to be creative it will be a long day for Canada.

Who can forget his jaw-dropping end to end rush to set up the winning goal in the dying minutes of the game against Japan in last World Cup. That put Belgium in the quarter finals. He is one of the 5 best players in the world... the guy is a wiz. If De Bruyne goes for a run in the penalty area and Lukaku is open...that ball is in the back of the net. This simply cannot happen. The Belgium games goes through De Bruyne. Canada had to take him out of the play. They cannot not go to sleep on this guy for a second. Lukaku is less of a problem. He is an elite finisher who is physically imposing.

The Canadian defense cannot allow themselves to be intimidated. They should actually be physical with Lukaku. Chip him, bump him, run in front of him. Someone may end up taking a vicious elbow. That's ok 'take one for the team'. This could be a red card. Lukaku is a 'prima donna' and probably thinks he will get multiple goals against Canada. But he can become unhinged if he gets frustrated. He has a short temper. Canada has to be smart, play him physical without drawing a penalty. Also if Lukaku is pushed physically he will get tired. He probably has 75 minutes in him as he is coming back from an injury and not in full form. Not that he was ever been the fittest guy to begin with. Eden Hazard is not that big a problem as he has had a horrible year and a bunch of nagging injuries. He can be tough if De Bruyne is allowed to create.

The rest of the offense is manageable if pushed physically it is not a matter of if but when will Belgium make a mistake. If the game is a high pace physical contest that old defense will start to wilt in the heat. Then Canada will definitely have a chance to penetrate the soft Belgium under belly. The game has to be physical and ugly. Any pretty, creative game and Canada is in trouble.

There is very little strategic avenue that will give Canada an advantage over Croatia. Croatia led by Luka is more talented, more experienced, more disciplined and can be as gritty as any team. Croatia is not as explosive as Belgium but there is no 'gimmies'. This is a tough-as-nails team. If Canada beats them it will be by some fluke or they simply played the perfect game. A 0-0 tie would be a great accomplishment.

Canada should beat a disorganized and less talented Moroccan team. Even great teams struggle with a coach that has only been at the controls for four months. Morocco is not a great team.

It will be a great upset if Canada can get out of this.

ACTIVITY PAGES

Anjula & Family Stars

Instead of Family Trees

I remember feeling like I never fit in as a child, because I didn't have a perfect family tree like some of my classmates did. I had no traditional family tree information of either biological parent, and felt like I didn't fit in anywhere.

One thing people love about this page in my children's book "Why Is Skin Color Different?", is it makes it inclusive for everyone who doesn't have a "traditional" family tree.

The child is the "family star", and the houses go around the edges, to make up the different "houses" in the child's life. The nuclear family, extended family, or even friends can be put in the houses — anyone important to the child, plus meaningful traditions (e.g., totem pole to represent heritage, Christmas tree for a tradition).

Once it is filled out, it can be cut out and folded into a box lid! A second blank copy can be cut and folded to make the bottom of the box. It becomes a small box to put things important to the child. The blank pattern that can be photocopied is in "Why is Skin Color Different?" I've also included it on the next page.



Aidan's dad had been sick for a while, so he showed his home as being at the hospital. Aidan also included one of the elders from his clan.

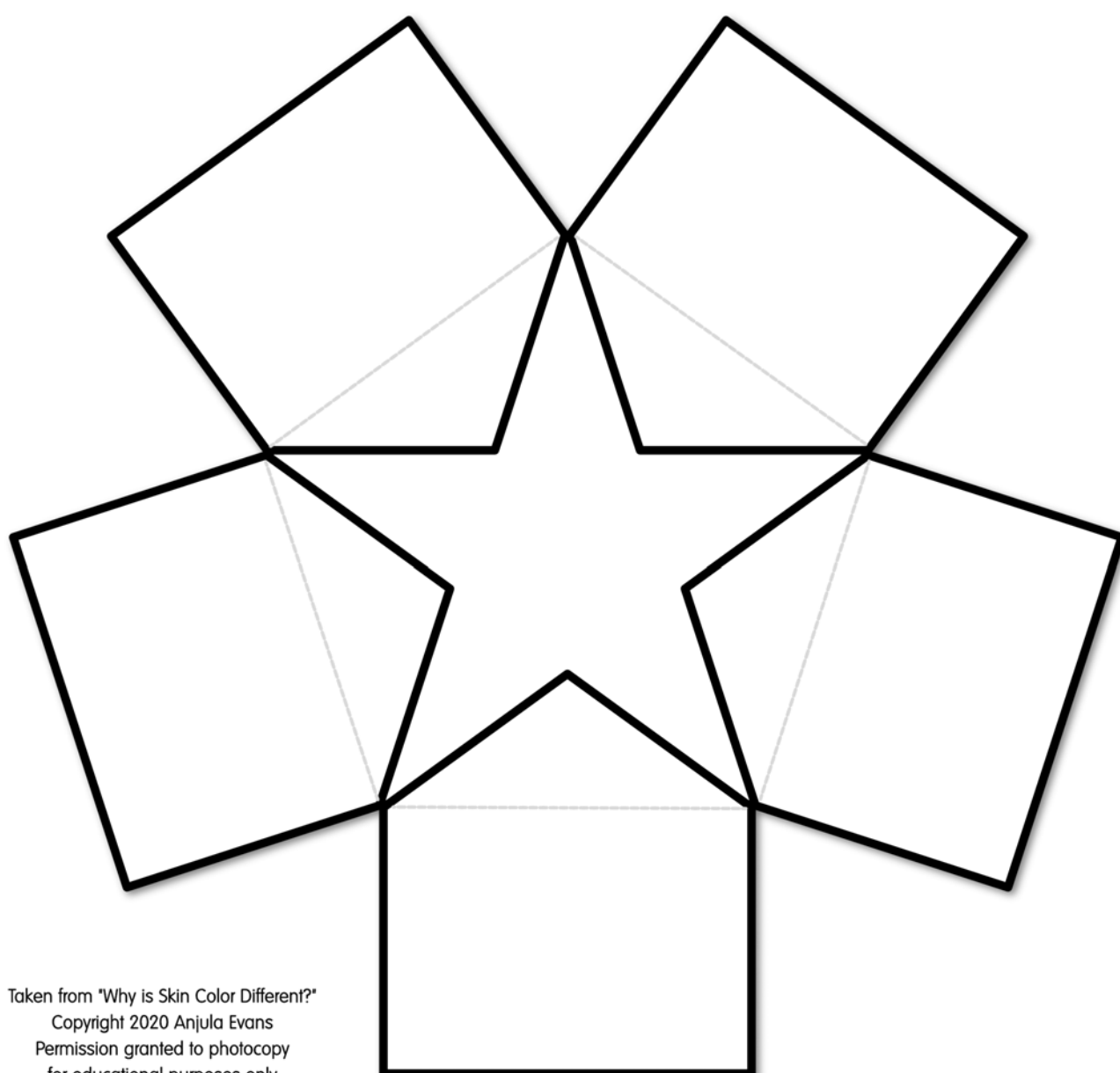


Family Stars Template

Trace or photocopy the pattern below, then fill in your family pictures and traditions.

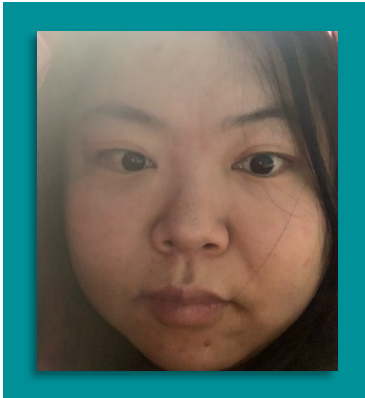
When you are finished your family star, cut it out, fold on the grey lines, then tape the sides, so it forms the lid for a box.

Make a second copy for the bottom of the box, and you have a box in which you can put things that show which traditions are important and special to you!



Taken from "Why is Skin Color Different?"
Copyright 2020 Anjula Evans
Permission granted to photocopy
for educational purposes only

How to Get a Life-Sized Image from a Christmas Card



Life-Sized Artistic Craft Plan

As a kid I did a craft I absolutely loved. It's a project my teacher got the class to do when we were grade five.

She gave us a large selection of Christmas cards to choose from and we selected our favourite ones.

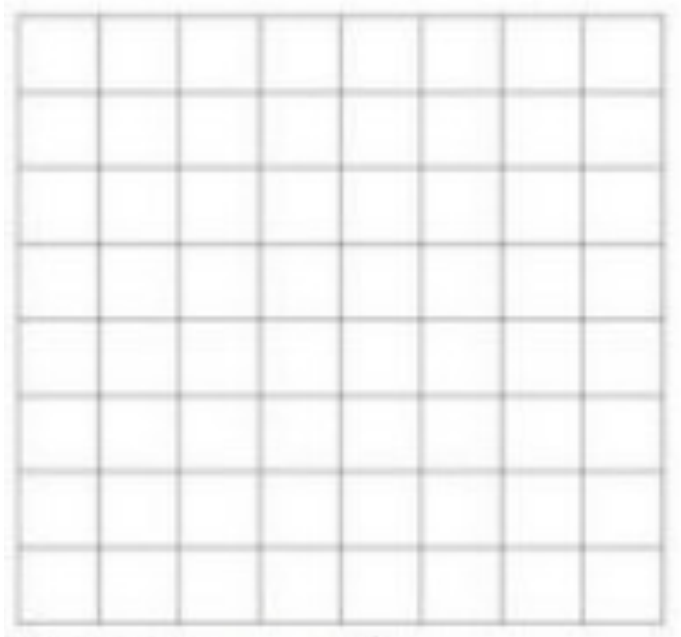
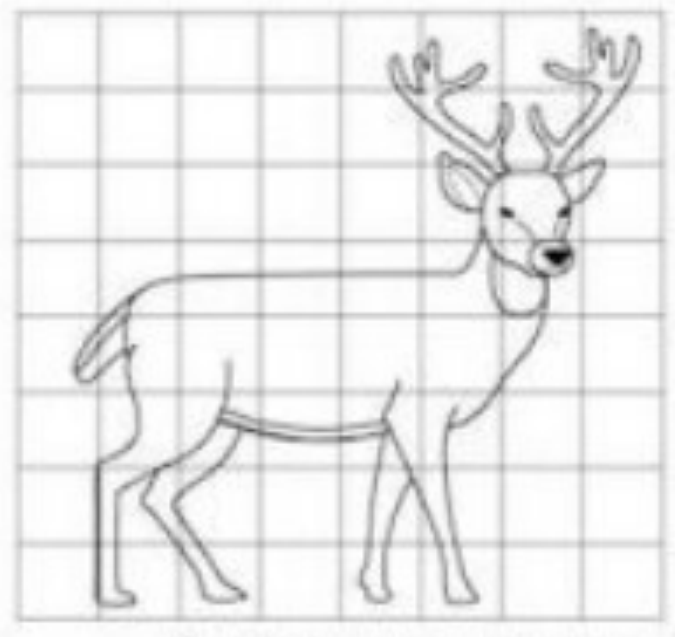
Then we drew a grid on the rectangular portion of the card that we desired to amplify using a fixed measuring device to make sure all segments across and down are the same length and width. We marked the grid across and down with letters and numbers in each singular sequence direction.

Then we created bigger grid squares on a large canvass for painting with letter and number markings for each square that match the smaller image.

Using this grid, you are able to reproduce a personal replica of the smaller art piece from your holiday card in a larger size.

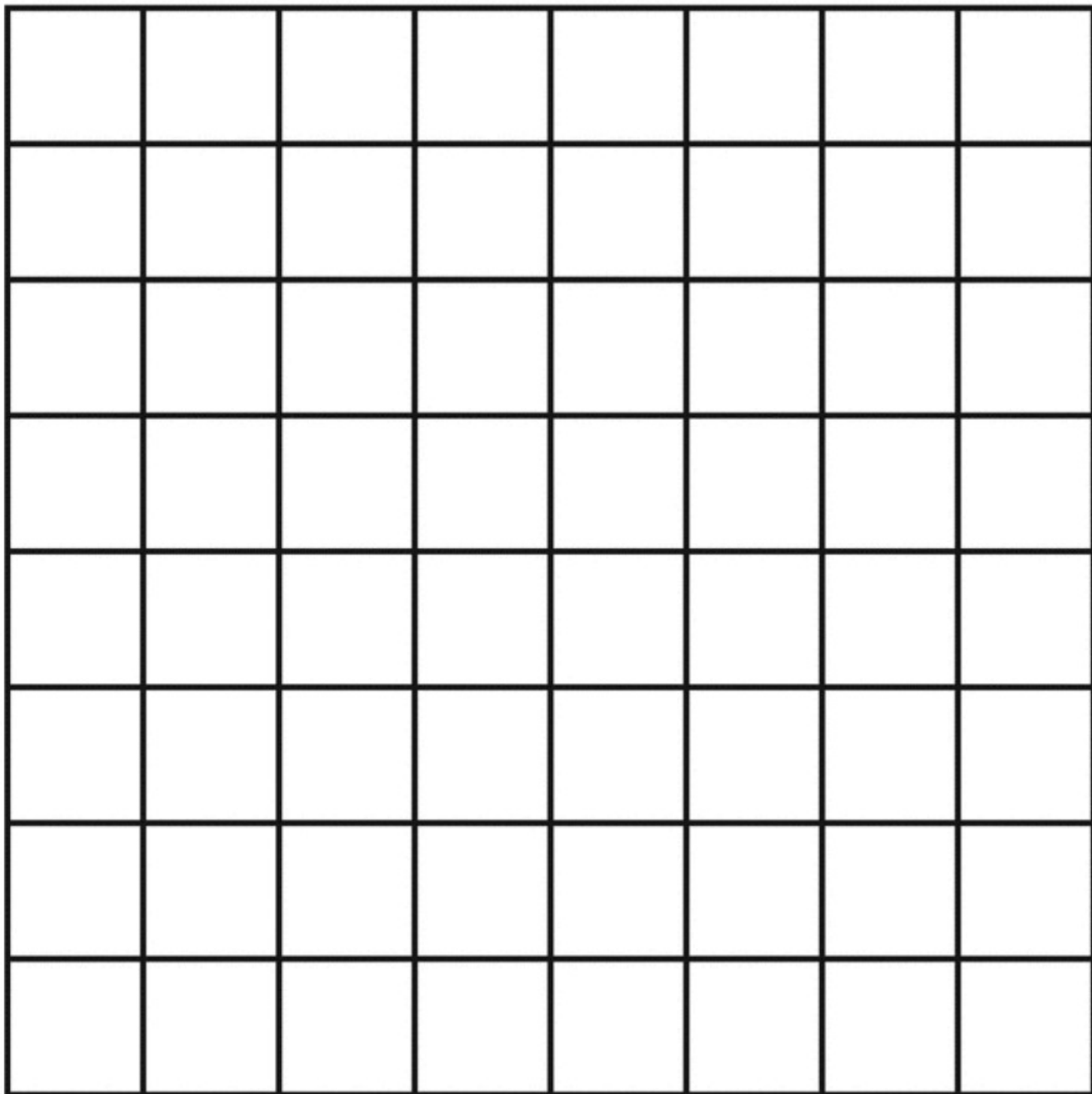
One you've sketched it out in pencil, it's time to colour the image using painting colours that mimic the original image you found. I recommend acrylic but remember that acrylic dries darker than it is when it's wet.

Now you have a holiday painting project from used greeting cards.



Example of a Larger-Scale Drawing

Copy the deer into the grid below it. To make a larger drawing, use the larger grid.





CHRISTMAS WORD SEARCH



O P R I N L I G G Q Q R G L U N H Z E F
C H Z Q E J A O R E I N D E E R I R L Q
M B M O L S Z T V W U P O B N D T T V V
N H N J O L L Y N U Y E N M I H C C E U
X P M N P P S F I A G K A C L Y V H S Z
D L A E H X C E L B S F P G C E T Q E G
Z O M N T H E D A Y S G N I T E E R G M
S D Z I R V T Q P S G S B W C C P W V Q
P U I Z O V A J A E O R U A C F S O G S
G R E H N X R L B P Y N N N H R S O I L
B N Z C S T B H J O M D P I M O A B V M
Y M I S T L E T O E Y R D E E S M C I U
G O C N O R L D K C O Q O N R T T W N B
W K Y Q C Z E J A G O V T D R Y S D G Q
L O R T K L C N I C G P N R Y L I N X S
J N X J I R E F B A V A P J E H R D C Z
X L W O N H T A E R W V I I L E H A Y E
W L R D G Z G Y L D J C G N X E C M B O
M Y A D I L O H L S U H J A W N Z A M J
I X P D B T V H S K M W S E L D N A C U

BELLS
CANDLES
CANDYCANE
CARDS
CELEBRATE
CHIMNEY
CHRISTMAS

RUDOLPH
SANTA
SEASON
SLEIGH
STOCKING
TREE
WREATH

ELVES
FROSTY
GIFT
GIVING
GREETINGS
HOLIDAY
JOLLY

JOY
MERRY
MISTLETOE
NOEL
NORTHPOLE
REINDEER

To have your name put in a draw to win a free gift card, count the ornaments in this magazine issue, and send the number to shane.stanissa@mindforward.org



WINTER TRIVIA QUIZ

1. How many times a year does the sun set and rise in the Arctic?
a. Every day b. Once c. Twice
2. What ratio of people buried in avalanches survive the ordeal?
a. One in Four b. One in Ten c. Everyone
3. The largest iceberg ever recorded worldwide was 207 miles long and 62 miles wide. Where was it found?
a. In the Atlantic b. In the Pacific c. In the Arctic
4. What is the name for trees that have always have leaves during winter?
a. Oaks b. Pines c. Evergreen
5. On which other planet in the Solar System have scientists observed snow falling?
a. Mercury b. Venus c. Jupiter
6. How tall was the world's largest snowman?
a. 122 feet 1 inch b. 100 feet 10 inches c. 110 feet 3 inches
7. The Winter Palace can be visited in which city?
a. Snag b. Saint Petersburg c. Frazer
8. Which fruit has a variety called 'Winter Banana'?
a. Banana b. Pineapple c. Apple
9. Which country has won the most medals throughout Winter Olympic history?
a. Norway b. China c. India
10. In fiction, where is the land of talking animals and mythical creatures that one White Witch has ruled for 100 years of deep winter?
a. Westeros b. Middle earth c. Narnia
11. Chionophobia is the extreme dislike or fear of what?
a. Winters b. Snow c. China
12. Snowflakes usually have how many sides?
a. Six b. Eight c. five
13. What is wind chill?
a. Temperature of the wind b. How the air temperature feels on the skin
c. Temperature of the wind on water bodies
14. What is a chinook?
a. wind chill b. a type of snowflake c. warm winter wind
15. The largest snowflake ever discovered was about the size of a dinner plate.
a. True b. False

Answers in the next issue of Press Forward!

Mind Forward Brain Injury Services

Mind Forward Brain Injury Services (previously Peel Halton Dufferin Acquired Brain Injury Services) is a non-profit charitable organization, completely funded by the Ministry of Health and Long Term Care (MOH & LTC), the Mississauga Halton Local Health Integration Network (LHIN) and Central West LHIN to provide community based rehabilitation and life-long support for adults whose lives have been touched by acquired brain injury.

Since incorporating in 1992, Mind Forward has been committed to offering services to all individuals touched by brain injury (including clients, family members and caregivers) based on an assessment of the individual's needs and through a team approach to service planning and goal-setting. The client and significant others are welcomed as members of the program planning process, along with our staff and other experts.



Contact Us

Give us a call for more information about our programs

Mind Forward Brain Injury Services

176 Robert Speck Pkwy.

Mississauga, ON L4Z 3G1

905-949-4411, extension 221

info@mindforward.org

Visit us on the web at
www.mindforward.org

Mind Forward Brain Injury Services

Mind Forward Brain Injury Services

176 Robert Speck Pkwy.

Mississauga, ON L4Z 3G1

PLACE
STAMP
HERE