



Hey Jude!

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The New St. Jude Garden

By David Livingston-Lowe
Operations Manager

St. Jude's just got a little bigger this year. Yes, we have some new residents (welcome!) and we may even have gained a pound or two, but that's a subject for another editorial. This spring, we received a garden plot reserved for agencies that serve people in the Regent Park area. Part of the Regent Park revitalization includes the wonderful new park (there is finally a park that is actually called "Regent Park") and various types of community garden opportunities. The CRC Regent Park Community Food Centre started its Regent Park Communal Garden this year, and St. Jude's is the proud steward of a 3 m X 3 m allotment that we have agreed to care for and use with and for residents of St. Jude's.

The Regent Park Communal Garden is located at the east side of the intersection of Cole St. and Sackville St. – that's one block north of Dun-

das St. If you're walking along Dundas, the garden is just behind the Eastern Orthodox church. Our plot is labelled, so you can easily find it in the southeast quadrant of the Communal Garden. When we first saw our plot in the spring, it had poor soil, and was still full of construction rubble, stones, nails, and clay. Determined staff members decided to



work to amend the soil and plant some seedlings. We amended the soil with home-made compost, which is a combination of last year's tree leaves and yard waste
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mixed with vegetable and fruit scraps from the Dundas kitchen. We even added some nutritious coffee grounds from dinnertime! Your kitchen waste has been turned into natural fertilizer that will feed plants that we hope you will enjoy. In the garden you will see beans, tomatoes, zucchini, chives and other herbs. You will also find nasturtiums, an edible flower that adds beauty and brings necessary pollinating insects, but whose leaves and flowers add a peppery taste to a salad. When you visit the garden, pick a nasturtium leaf and try it!

Our residents at the Gerrard St. building have enjoyed their own garden for several years now and it has flourished, providing nutritious food to several residents who volunteer their time in their garden. Our Oak St. residents also have their own garden right in front of the 40 Oaks building. Now,

residents of our Dundas and Milan program have a vegetable garden to call your own as well. It may not be outside your front door, but it is a short 350 m from the Dundas building. There are tools and water



on site.

How to get started? Why not walk over on a cool evening or in the morning after breakfast and have a look at what's there? Take a friend, too. How about starting a gardening group for Dundas-Milan like we have at Gerrard St.? When you divide up duties, the work becomes easy, and you don't need any experience to get started with a garden plot.

What a pleasure it will be to

grow a few vegetables and herbs that you can enjoy at activities or even at dinner sometimes. This year, the garden is already planted and waiting to be enjoyed. But it's not too early to think of what you might like to grow there next year. One of our neighbours introduced me to his Malabar spinach. What about bok choy that you can boil up or stir fry, or tasty coriander to add flavour to a soup or sandwich? There are many hardy, simple plants that we can grow in our plot.

Gardening can be a therapeutic activity – a chance to think about the world around us and to marvel at how a small seed can become a thing of beauty with just a little care. We thank the CRC Regent Park Community Food Centre for their gift to us and we can show our appreciation to them by caring for our plot each spring and summer, and by protecting the nutritious soil from the cold in the autumn and winter

Programs benefit people with low income

By Michael O.

1. The City of Toronto's Welcome Policy provides a fee subsidy to help low income individuals and families access the City's recreation pro-



grams. Torontonians receiving social assistance automatically meet the income requirements for the program.

There are three ways to apply for the Welcome Policy: call the Welcome Policy application line at (416) 338-2000, pick up an application at any City of Toronto recreation centre, or download the appli-

cation from the city of Toronto website, www1.toronto.ca. To apply for the Welcome policy you will need to confirm your identity, your residency and your income. For those on ODSP this generally means a birth certificate or driver's license, rent receipts that show your address and your name,

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Mrs. Bock's Retirement Party



A large group of residents, current and former Board members, staff and guests attended an event at Dundas on July 30 to say goodbye to Mare Bock, and celebrate her 24 years of service, hard work, and dedication to the community. There were several tributes given and gifts presented, and a large cake and other refreshments were served as people socialized.

More scenes from the party



Programs (continued from page 2)

and an ODSP (or other) government benefit stub, *including a copy of your drug card*. You can apply at any time and the allocation is good for a year. Once you have been approved for the Welcome Policy you will receive a letter in the mail, and can use it to register for all of the City of Toronto's recreation programs.

Registration for programs begins during the first weeks of September, December, March and June. The programs are listed in the *Toronto Fun Guide* which is published in February and August, and is available at recreation centres and online. Space is limited so register early. You must reapply for the Welcome Policy each year and an application is usually sent to you in the mail when it is time to reapply. I have had a Welcome Policy application for several years and use it to swim for free at my local pool.

2. The Toronto District School Board's Continuing Education program, entitled "Learn4Life," offers general interest courses for adults 18 years of age and older in many areas. These include art, business & finance, computers, crafts, dance, fitness, food, hobbies, interior design, languages, music, self-development, sewing, sports, theatre, film & TV.

They publish a calendar of

courses four times a year coinciding with the four terms; Spring, Summer, Fall and Winter. This brochure can be picked up at local libraries, or you can go www.learn4life.ca. You can register for programs online, by phone at (416) 338-4111, by fax, by mail, or by



visiting them in person at their Keele and Eglinton-area office. (The address is Continuing and International Education, 2 Trethewey Drive, 3rd Floor). If you are on social assistance, for example ODSP, you will be required to show a social assistance document to qualify for the reduced rate of \$10 per course. If you are paying in cash you must go to the 2 Trethewey Drive office. Many of the courses have an additional \$5 or \$10 materials fee. Courses are offered at local high schools in the Toronto area at night during the week and run for approximately 8 weeks.

I have taken two French courses through this program and found them to be very good.

My Story

By John R.

I was born in 1956 in Toronto.

I am the youngest of four children. I have a brother and two sisters. My mother was a housewife and my father worked as a manager in a store that sold baby products. We moved out of Toronto to a small town called Queensville (north of Newmarket) when I was 12 years old.

Something significant that happened in my family was my father's passing. He died at a young age of 52 as a result of heart attack. As a family, we were very strong and we were determined not to let this get to us. My brother was the oldest child. He was always looking out for us, and he is a very selfless person. By the time I was in grade 8 or 9, I aspired to be an astronomer. I graduated from the University of Waterloo in 1978 with a Bachelor's Degree in science. Then I went to University of Toronto for graduate school. This was when I started getting sick. I had trouble concentrating in school.

When I was about 22 years



old, I was admitted to the York County Hospital in Newmarket. I started group therapy as an out-patient here for three months. At this point, I only

received medication to speed me up. I was not diagnosed yet. Soon I got a good job at the Science Centre in exhibit development.

I found that my interests gradually shifted from astronomy to music. When I was about 35, my life was like that of a drifter's. I had no plans for the future and I was doing small odd jobs here and there and writing songs. Around this time, I was living in a boarding house called Pembroke Lodge. I started getting hallucinations and I was admitted at St. Michael's Hospital. This was where I met my girlfriend Patricia. My art therapist, Isabel, noticed I had musical skills and she suggested that I play guitar for the patients.

Then I started volunteering at the hospital doing music therapy once a week. Before long, I went back to school. I took a math course at Ryerson University and got an A-. I started attending music therapy group regularly and I played for an hour every week for patients at the hospital. I also started going to Progress Place so I could learn job skills. I got dishwasher and filing positions through Progress Place.

In 2010, I started getting symptoms once again. I was admitted at St. Michael's Hospital in Toronto for two months. The new medication I was given there helped me with my symptoms. I started seeing a social worker and psychiatrist regularly. I was

getting involved with different activities like painting, art therapy, Isabel's song writing group, and the hospital's peer support group. Once I accepted the diagnosis, I learned to appreciate myself and my abilities more, and found it easier to socialize.

I am happy living here at St. Jude Community Homes! I take pride in my apartment, and I am always doing what is necessary to take care of it. Things are pretty stable here at St. Jude's. I like the barbecues, the coffee outings, dish duty, etc. One of my hobbies is collecting stamps. I like to keep myself active and busy. I try to attend computer lessons at Progress Place on Sundays. My family is also my greatest support. My brother is always watching out for me.

My dream for the future is to have a job in a year, something steady and part-time. I also hope to get better at painting in the future. Something that makes me want to wake up to every day is being there for my girlfriend Patricia. Patricia and I support each other-- she doesn't think twice about helping me when needed. People here at St. Jude's are friendly. I like going to John D's music nights at Dundas. I make sure I go to the mandatory meetings. I feel like I belong here.

Having dinners together with others, wishing each other well; it's little things like this that are important. I am a

positive person and I try to stay positive. I know that I have to watch my finances. But I have lots of support to keep me positive and motivated.

Vegetarian Pasta Recipe

By Philip S.

Ingredients:

- 1 – Half a block of firm tofu
- 2 – 4 cups of pasta (I prefer Rotini, but any will do)
- 3 – Half a can of tomato sauce



- 4 – A tablespoon of cooking oil
- 5 – A pinch of salt

Directions:

- 1 – Dice the tofu into cubes.
- 2 – Turn on saucepan to medium high heat, add oil making sure you soak the whole pan.
- 3 – Throw in the tofu cubes, fry gently making sure to stir regularly until they start to turn golden brown.
- 4 – Pour tofu cubes into a separate bowl.

5 – Fill a pot half full with water, turn to a high heat, wait until it's boiling.

6 – Add pasta and salt, cook for about 15 minutes or until the pasta is tender.

7 – Drain water from pot using a colander or a lid.

8 – Mix pasta, pasta sauce, and tofu.

9 – Enjoy.

An Introduction To The Internet

By Patrick

The internet is a great tool for doing research and has many uses as a source of entertainment. However, learning how to use the internet properly can be a bit daunting. Of course, one great way to learn to use the internet is to take courses and workshops. You can sign up for free workshops at your local public library, and there are organizations in the community that offer free or low-cost training on using computers and the internet. So getting started requires the use of some basic internet skills. This article covers these basic skills as well as some uses of the internet.

The internet is a single source collection of websites which are created by people, and as such the amount of information and files it contains is vast. The internet is a power-

ful research tool. One useful way to do research using the internet is to use online encyclopaedias, such as Wikipedia.org. The internet also has websites that mainly store videos such as Youtube.com and Vimeo. You can use these for listening to music, and the websites often let you search for music videos by artist or genre. You can also use the internet to upload (transfer) your own images and videos to internet websites. Other uses for the internet include social networking, banking and shopping, gambling, making money online, looking for



and applying for jobs, marketing, and online education—also known as distance education.

With the internet you can search for websites and look up information on practically any subject imaginable. This can be done using a search engine such as “Dogpile” or Google. Using a search engine requires going to a website such as www.google.com or www.yahoo.com. Once you have done a search, you are presented with a list of links to websites that should be rele-

vant to the subject at hand. You simply click on each link to find out what it's about. The search options allow you to narrow down your search results by various criteria, for example, looking for videos or images only, searching for websites that are within a certain time frame, or by using advanced search options or search tools.

To do a more extensive, and specific search with Google, you just type in “advanced search options” and go from there. In doing this, you can do a search based on entire phrases, you can search for websites that contain any word in a list of words, you can exclude websites that contain any word in a list of words, or you can search for websites that contain certain numbers, for example. Using the advanced search options for Google, one can also search for websites of a certain language, or you can search for terms appearing anywhere in a webpage or in the URL (address) of the webpage. You can also search for information or websites by region of origin.

Another useful internet tool is email. Email is an online form of communication which is done in a text format. To use email one must first create an email address using an email provider such as Yahoo or MSN. Once an email account has been created, one has access to a private inbox where email messages you

have received are stored. By providing someone with your email address, you give them the ability to send emails to your account. Some useful tools of email include reply buttons that allow you to automatically compose and send email replies to the sender, and forwarding tools to forward an email to a group of email addresses. Another use of emailing is to send entire files and documents using the "attach" button.

A major danger of the internet is computer viruses. A computer virus is a malicious program that can interfere with the normal use of your computer, and in some cases can allow someone else to gain access to your email account or to steal personal and financial information. To deal with the threat of infecting your computer with a virus, you should use anti-virus software and avoid malicious websites. Computer viruses can also be transferred through infected files via email, and this is usually protected by your anti-virus software.

As another note of caution, not all sources of information on the internet provide accurate information. To validate the credibility of a website or piece of information, look at the qualifications of the writer or the organization, and look for the date the website was created. You can also check if the author cites sources of information and if the website's links are reputable.



This Toronto sign at City Hall became popular with citizens and tourists alike during the Pan Am and Parapan Am Games. Below, the official Pan Am mascot, a porcupine named PACHI. (Photos by Rocan)



Recipe For Green Smoothie

By Bob

Place the following ingredients in a regular 6 cup blender, then use pulse and low and high speed to blend into a smoothie.

-Baby Spinach (2 ounces, rinse first) If you have medium sized hands, grab 2 large handfuls of spinach; if you have a small hand grab 3

large handfuls; and if you have a large hand grab a large handful.

-English cucumber (6 oz.)

Take a plastic wrapped cucumber and remove plastic and rinse. Cut the cucumber in half (about 5 1/2 inches or a bit more; use thickest part of cucumber). Slice up before putting in blender.

-Avocado (2 oz.) Take an avocado and cut in half. Use a tablespoon to remove half the avocado.

-1/2 cup of blueberries

-1 whole egg (optional)

-2/3 cup water

-1 packet Splenda sweetener (optional)

-1 cup orange juice – no pulp, and calcium and vitamin D fortified preferred

Notes:

1. The egg adds protein and many vitamins and minerals but is well camouflaged by the greens and other ingredients.
2. Makes 3 1/2 glasses or 4 smaller glasses.
3. I find you need to blend on high speed for a minute and pulse about 2 dozen times.
4. There is a considerable amount of healthy pulp in the recipe.
5. The cups are in imperial measure.
6. Keep green smoothie cold and covered in fridge

Limerick

By Bob

I long for the days of the high
pressure shower
Where no speck of dirt could
ever cower
It left your flesh
Clean and fresh
Feeling happy and and bright
as a flower.

Three Poems

By Aldene

Dog Poem

I once had a dog named Fritz.
We'd go to the Royal Ritz.
He loved a tickle,
But he would trickle,
And I never beat him up
Because he was a good pup.
He was well rewarded for his
tricks.

Cat Poem

I once had a cat named
Bandit,
Many times I could not stand
it.
She would cough up fur balls
Usually in halls
Oh what a pity
Poor little kitty
To her, her food I would hand
it.

**A New Day, A New Beginning**

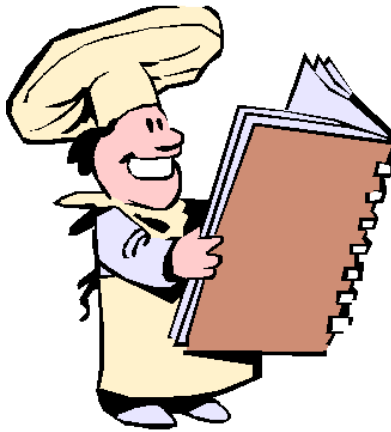
Try to emphasize the positive,
Try not to dwell on the
negative.
Making resolutions,
Keeping resolutions,
Breaking resolutions,
Then perhaps a long life you
shall live.

Recipe For Pumpkin Loaf

By Susan

Ingredients

3/4 cup canola oil
1 cup white sugar
2 eggs
1 cup pure pumpkin in a can
1 1/2 cups flour, sifted



1/2 tsp salt
1 tsp baking powder
1 tsp baking soda
1 tsp cinnamon
1/2 cup raisins
1/4 cup chopped walnuts

Method

1. Grease loaf pan

2. Combine oil with sugar
3. Beat in eggs and pumpkin
4. Sift dry ingredients
5. Add raisins and nuts
6. Stir into pumpkin mixture

Bake 1 1/2 hours at 350.

Breakfast Wake Up

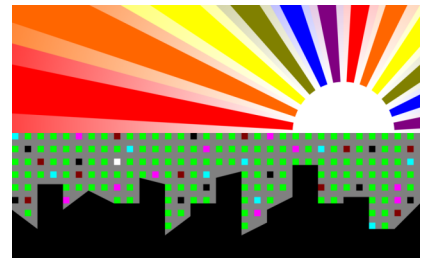
By Deirdre

What do I wear?
What do I wear?
Comb my hair!
Come downstairs
Everyone's there!
Everyone's there!
Ahhh.....

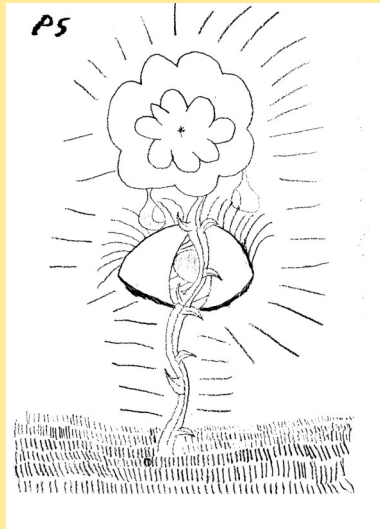
Okay, calm down
and focus on
your food; breathe, and smile
And thank God.

Oh, I know
what I'll do
Just wear the
same comfortable
thing each morning
Yeah, I know, I don't
care, I don't care.

Peace to all!



Resident Artwork



Blossoming Eye, by Philip St.



The Eye of The Tiger,? by Deirdre



Starscape, by Fred



Thunderbird of Nature's Fury, by Fred

Artwork by Catharine



Vince, Simon, Haley, and Sean were among 14 residents who attended an ice cream social in the backyard at Milan in early July.