

The HIRRS Circulator

September 2012 Issue 4

Dear Readers,

We're proud this is our fourth issue. We hope we've done a good job. It seems that we are getting better because we haven't heard any frowns. If you have any thoughts about what we're writing about, please let us know. Believe us, we want to know! We hope you enjoyed our previous issue and we look forward to any feedback or suggestions you may have to keep the readers informed as to what we're trying to accomplish.

Since our last issue, one of our Day Programmers, Daria M, left to get her Masters of Fine Arts in Poetry. She left behind her legacy to us, as you can see in this issue's poetry page. We kept on in the art direction and took up photography as well and want to show what our new Photo Group has accomplished.

In conclusion, we hope you enjoy the pictures which are forthcoming and the rest of the issue.

Sincerely,

The Masterminds

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At the Brooke Meadow BBQ

Thanks Brooke Meadow!

By Andre B, Horace B, Davo H & Patrick K

A big thank you to Brooke Meadow house for hosting the two barbecues on August 3rd and September 21st. Every one of us went to Brooke Meadow to eat, play, whatever we wanted to do. Everybody got a chance to go. We were so grateful to have been invited to enjoy the great food and the great company. There was so much delicious food: hamburgers, hot dogs, kabobs, fruit salad, pasta salads, and potato salads. It was a very enjoyable experience and will be something we are looking forward to in the future.

Spotlight On...

C&O Family Chess Center

By Jason L

For the people who do not know me, I love to play chess. I must say I am not good or bad. But I love to play with people that can possibly beat me. A couple years ago, when I was getting beat all the time I could not say that because I did not know that getting beat would make me better, but I sure did learn. I took chess lessons from Omar Pancoast to get better so that I could beat everyone. Now that I'm better I don't want to beat everyone. Thank you to Mr. Pancoast for helping my chess improve to where it is now. We were sitting down trying to figure out who to interview next and I thought of Mr. Pancoast, who taught me that winning is not everything. It's the only thing. I just wanted to make a joke right there. That's funny. But seriously, he showed me that winning is not everything and I sure have learned that getting beat constantly is the way to get better. Now I am better thanks to Mr. Pancoast. Here is my interview with Mr. Pancoast, my chess coach! We also played a game of chess. I will tell you who won, but first let me lick my wounds.

Q: I am not sure what your company's name is. Will you please let the reader and myself know what it is and what it is about?

A: *The C&O Family Chess Center* is a **U.S. Chess Federation (USCF)** Scholastic Affiliate. The C&O Family Chess Center began in 1990 as part of a Gaithersburg based, family run, business which had provided early childhood and pre-school education, tutoring, and chess instruction to area families for nearly 30 years. In addition to individual and group chess instruction for all ages, we currently offer scholastic and summer chess programs to individuals, public and private schools, as well as home-school families.

C&O Family Chess Center is also the principal sponsor of The Chess Club at Lakeforest Mall which provides a meeting place for chess players seven-days-a-week.

Q: Why did you start playing chess?

A: I started playing chess because my family got a chess set for Christmas when I was in the fifth grade and it was fun. As a kid, chess was just a fun pastime. Any kid could learn but we were all really bad players. At that time there weren't any programs like the one I run now.

Q: Do you feel chess is a good game for all to play?

A: Chess is a great game for those who enjoy a mental challenge, like to solve puzzles, or like to compete. While it is not for "everyone" it IS for anyone who is willing to spend some time to learn and improve. Parents want kids to play because it "makes kids smarter" and improves school performance. But kids only want to play because it's fun.

Q: How long have you played chess?

A: I started to play chess seriously in 1969, after graduating from college. I was introduced to chess as an educational

tool when I was training to be a VISTA Volunteer in Chicago. I was going to work with "at risk" high school students in a depressed area of Michigan. I learned how chess was another activity (I was trained as an artist) that could be used to engage students and help them learn to interact with others in a more productive way than they were used to.

Q: How long have you taught chess?

A: I am a USCF Life Member, Certified USCF Chess Coach and am a full-time, professional, chess teacher with more than 40 years of experience. I was, formerly, a vice-president of the Maryland Chess Association where I was responsible for club development. I specialize in teaching chess to beginners and intermediate players regardless of age. I also coach adults who "used to play" and want to get back into it (*"It's never too late to have a happy childhood!"*). I provide instruction to individuals and groups in schools, libraries and other locations, and by E-mail. I also conduct chess camps every summer. Currently I coach scholastic chess clubs at a number of local schools, both public and private. Readers can find out more (including free instruction in the basics) on my web site, www.chesscenter.net.

The game is over and no surprise, he won. I must hurry up. I am playing chess on the computer. Be safe.



Tim C

HIRRS Cleaning Crew

By Tim C

Typed by Trish D

Work is good. I'm good at doing my work. The boss is good. He has his heart together by God. So thank you for the job. I throw out the recycling and trash. I clean the toilet and sink and the mirror. We work for an hour for \$7.25 an hour.

Spotlight On...

Svetlana G & World of Travel Group

By IC

Perhaps it is unwise to admit to favorites, but every week I look most forward to the Monday afternoon class with Svetlana Guttenburg. The "World of Travel" group started last summer and has been running ever since. It is designed to bring a broad knowledge of the world's cultures to HIRRS clients by teaching geography, world history and specific customs. However, the subsidiary goal is to develop or improve cognitive skills such as reading comprehension, spatial skills (with a map), short term/long term memory, and attention.

The class is one hour long and it is split in two halves. The first part is spent participating in readings and discussion, while the second is for watching videos provided by Svetlana from YouTube or the library. Svetlana's motivation for separating the class into reading, discussion, and video as opposed to just learning the subject through one method, reflects her belief in "active knowledge." The idea "when you work with information you retain it better" drives her thoughts when she teaches this class.

Svetlana's videos, paperwork and discussions cover both urban, and suburban or rural territories in each country or region. Svetlana says she aims to give a "holistic picture" of the area or country we are studying. "I talk about history, geography, a little bit about the political systems around the region," she explains.

One of the countries we studied under her guidance was Russia and the former Soviet Union. Svetlana came to America from Russia in 1998; so when we studied Russia it was a special experience for me and I think for the other group members as well. I found myself wondering, how was this for Svetlana, teaching about her former home? Her answer: "It was fun. I like to teach and I don't feel like this group is teaching but when it was about Russia it did feel this was. And I do like to share knowledge. It's my country and I love it. There is so much to be proud of -- space... sports... Baryshnikov."

It was this knowledge of international conflict, that influenced Svetlana's perspective of the war against Iraq, which began shortly after her arrival in America. "I was extremely disappointed with the ways the US dealt with this problem." When asked why, Svetlana observed that innocent Muslims faced great mistreatment in our country. This realization drove her to focus extra time on the subject when we covered Islamic countries such as Morocco, Pakistan, and Jordan, as well as a monument, the Taj Mahal in India whose religion is also Islamic--news to me as I thought all of India was Hindu.

When our studies concentrated on the Caribbean, HIRRS president Rick Hunter visited our class. Rick lived in Trinidad for part of his childhood and brought many of his memories to share with us. My favorite was his story telling how in Trinidad pennies were exactly the same size as the US dime. People would take the pennies to the US and use them in vending machines – the equivalent of less than a penny.

While Rick was busy making a killing on the foreign exchange, Robert Cousland, Director of Rehabilitation, was leaving his home in Australia to spend extended time in both Japan and China, regions where he speaks the languages fluently. My favorite Robert story was how he was walking the street in Nanjing, China where he saw dead and skinned dogs hanging in an outdoor market waiting to be cooked and eaten. This sparked Robert's interest and he asked the friend he was with about it. "This isn't how you do it," the friend had said, "dogs killed by others aren't reliable." "You didn't know if it was a sick dog," Robert tells me. The friend told Robert how you should grab a dog off the street and look in its eye to check for health.

Robert stares me down." Only then do you know whether you can take an iron bar to it." I admit I flinched.

While I admit these first hand stories by HIRRS staff were the most enjoyable, at the end of it all the knowledge we have gained and are continuing to gain in the study of "the big picture" will have the most relevance to our lives and hopefully if even a tad, provide a recovery to others. For this newly gained wisdom, we owe Svetlana a lot...



Svetlana G

Where Are They Now?

Nathan Adams

By Jason P

Today, Tuesday 9/4/12, I have interviewed Nathan Adams. He and I talked about what he has been doing and what I have been doing. The questions I have asked he answered right on target. Here is what he and I talked about:

Q: What have you done since you've left HIRRS?

A: I attend another program.

Q: Have you had a job since you have left here?

A: I work for the Developmental Disabilities Association Quality of Life survey.

Q: What do you do at your job?

A: I go around to different organizations and ask people about the services they receive.

Q: Do you enjoy your job?

A: Yes. I enjoy it because it gives you something to do.

Q: Do you work for a strong organization?

A: Yes, it is a strong organization.

Q: Are you still living in Bowie?

A: Actually, I live in Severn, MD now.

Q: What are your flaws?

A: I don't think I really have any flaws that I can think of.

Q: What do you do in your spare time?

A: Pretty much I've just been hanging around the house. I'm hoping to start a pool league with my dad since we're not bowling this fall.

Q: Are you playing cards?

A: Yeah I am! I could beat your butt any day of the week.

Q: What are your favorite games?

A: Speed and Uno – you should know that!

Q: Are you playing poker?

A: Maybe a little bit of black jack every now and then.

Q: Are you bowling?

A: Well, my normal league isn't meeting this fall, but we might be able to hook up with a league in Odenton.

Q: Is bowling still your favorite sport?

A: Yes

Q: Do you have your own ball?

A: Yes I do. I've got two of them. You're gonna have to come and watch me bowl sometime.

Q: What's your average?

A: 143

Q: Do you ever go on vacation?

A: Yes. I just got back from vacation. We went to Williamsburg, Virginia.

Q: Bush Gardens?

A: No, I didn't go there. I went there for a family reunion.

Q: Where's your favorite destination?

A: Probably being at the Field of Screams with you.

Well, that was a successful interview!



Nathan A & Jason P

Daria M

By Patrick K

I am interviewing Daria because I want to find out how she has been since she left. The whole staff at HIRRS is asking how she is doing because she was here before. She was important and cared a lot about us and we would like to know how things are going. Also because I care.

Q: Where are you living?

A: Right now I am still at home in Trinidad with my parents but I am taking a little holiday in London. I go home in a week and then on to New York City. I am staying with my sister who lives there until I find my own apartment.

Q: Are you still living in the same setting?

A: No.

Q: What does your place look like?

A: My parents' house in Trinidad is nice. My family moved while I was away in Maryland so it is new to me and my sister's place is spacious by NYC standards. Not bad at all.

Q: What type of people do you have around?

A: These days I am surrounded by family and have also reconnected with some old friends. Some of my close friends I made while in DC came to visit so I am surrounded by good people. I hope that I am surrounded by more good people (and good poets) when I move to NYC. I will be in a creative writing programme taking classes with other poets.

Q: What have you been doing since you left?

A: Reading, traveling and spending time with my family. I've read some great books. The latest is called *The White Woman on the Green Bicycle* by Monique Roffey. I highly recommend it. I have gone to Barbados for their Crop Over festival and to Tobago, Trinidad's sister island and now, as I have said, I am in London.

Q: What is school like, ups and downs?

A: I start school early next month, but I anticipate lots of ups and downs, yes. School is tough and it will be hard to get back into the groove after working at HIRRS.

Q: What time do you get up?

A: That depends on the day.

Q: How long are you going to be away?

A: My grad courses span two years but I am hoping to visit HIRRS sometime next month or in early October. I miss the staff and clients! Since I left, I have been traveling, reading a lot and spending time with family.

Photo Page

Photo Group, led by Michael C, aims to have participants look outside the box and see everyday objects in a more creative way. Here are the results from their first few meetings:



By Mark S

For the photo above, participants were asked to photograph a piece that represented "isolation" and were taught techniques such as cropping and using telephoto options to isolate the subject.

For the photos to the left, participants were asked to shoot a model or the public and reviewed the proper etiquette for taking a person's picture, including getting permission to publish the photos.



Andre B
By Mark S



Davo H
By Andre B

In the photos below, participants were asked to look at a staff member's car and then photograph it in a way that either improves it or makes it more interesting to look at.



By Andre B



By Mark S

Outings

Homestead Farm

By Daniel M

Typing by Trish D

When I woke up on Thursday morning I got excited. I remembered that I was going to a farm to pick peaches. I found out these peaches were the most famous peaches in all Maryland. The thought of picking one made my palate water. I saw one on the ground and took a bite and it was so juicy and sweet. I walked with Tim to the peach trees and me and him picked one. Oh ya! I almost forgot about the animals but then again that could be another story. Sneak preview -- they were friendly and nice. The end.



Daniel M, Patrick K & Tim C
At Gallery B

Great Falls

By Vicki B

On Friday, September 14, there was an outing to Great Falls Park, MD. It was a perfectly glorious day for hiking accessible trails. We had plenty of bright, beautiful sunshine. There was no wind, bugs, mud, or humidity to hinder our hike along the C&O trail and the plant habitat restoration. We hiked over rocks and water to reach our final destination – a spectacular view of Great Falls, VA. We noticed that VA had three lookouts, while MD only had one. Taking a trip to the VA side to see the difference between the two would be interesting. We learned that the MD side offered barge trips, which highlight canal history. There are barges between the MD tavern and Georgetown, DC. Seeing donkeys and historically dressed folks was quite unexpected and surprising. We ate lunch at the picnic area, listening to babbling water. There was a refreshment stand and restrooms available in the park. Everyone enjoyed being in nature and at a historical site. Consensus was Great Falls is worth a second outing. Thumbs up by all; and sneaking in walking, too. Healthy.

Recent Outings

June 13, 2012	Great Falls
June 19, 2012	Joe's Record Paradise
June 21, 2012	Movie: Snow White & the Huntsman
June 27, 2012	Mini Golf
July 5, 2012	Movie: The Amazing Spiderman
July 12, 2012	Gallery B & Marin-Price Gallery
July 20, 2012	Basketball & other games
July 23, 2012	Bombay Bistro Indian Buffet
July 31, 2012	Movie: The Dark Knight Rises
August 3, 2012	BBQ at Brooke Meadow
August 9, 2012	Homestead Farm
August 17, 2012	Walk in the park
August 22, 2012	Mini Golf
August 24, 2012	Movie: The Bourne Legacy
August 28, 2012	Movie: Sparkle
September 5, 2012	Wheaton Mall
September 14, 2012	Great Falls
September 19, 2012	Bowl America

The Bourne Legacy

By Eric M

Typing by Trish D

HIRRS went to see The Bourne Legacy movie at Rio AMC Lowes. I liked the part when I saw new characters in the movie because I didn't see Jason Bourne in this movie. But I liked the movie. I didn't like the chasing part because it too long. It was so boring to see that part. I would like to have other people see this movie because it is a good movie to see on DVD when it comes out on DVD.



Ben G & Vicki B
At Great Falls

Creativity Section

Members of Creative Expression Group were asked to write a poem in which each line begins with the same sense (I hear, I see, I touch, I smell, I taste...). These are the results:

I see a bunch of geese
about 25 of them
I see them all walking together
I see them all across the street
I see the geese across the street
from HIRRS
I see them with happy looks on
their faces.
By Marie D

I see a baby in its premature state
I hear nothing, for embryos can't communicate
I see what is to come
I hear swishing
It's got me wishing,
that I could bring it home.
By Trish D

I see rivers flowing
I see children playing
I see time passing
I see people walking
I see heads turning backwards
I see tails wagging
I see houses being built
I see traffic
I see family reunions
I see casseroles cooking
By Horace B

I see me interested in learning.
I see me attending college for awhile.
I see me interested in romance.
I see me interested in getting a girlfriend or
maybe a wife.
I see me getting a degree.
I see me becoming a manager.
I see me taking a long vacation.
I see me going to Amsterdam.
I see making good money.
I see me learning in school and how to do so.
I see fire.
I see rain.
By Nicholas M

I see people driving to work.
I see people walking past me.
I see adults holding children's' hands.
I feel like I should be a parent doing the same thing.
I see parents parking the car.
I see the family grocery shopping.
I see the family driving away to go home.
The family gets home and puts away the groceries.
The family prepares dinner.
The family has dessert.
The family watches television.
The family says good night.
And like most families
The same thing will happen again tomorrow.
I pretty much see the same story
Different day.
By Jermaine L

I hear silence of the world.
I hear the voices that are clear.
I hear children playing on the playground.
I hear church bells ringing.
I hear my mother in the kitchen.
I hear the word of God coming from your lips.
I hear the pain coming from your head injury.
I hear water rushing from the falls.
I hear life all around me and that's why I'm alive.
By Mark S

I touch a boy that I know.
I touch and feel his pain.
I touch to see his grief.
I touch and I am sad.
I touch his scars.
I touch him but he does not touch back.
I touch and it makes me strong.
I touch because it makes me alive.
I touch and it still makes me sad.
I touch and it still makes me strong.
I touch because he can feel.
I touch myself to know how far I have come in my
injury.
I touch and I am proud.
I touch and I am alive.
I touch and I am strong.
I touch Desmond.
By Desmond O

Reflections

Rudy's Reflection

By Rudy Washington

My name is Rudolph Washington and I want to tell you my story. I grew up in D.C. and through certain circumstances, I ended up in and out of the penal system for various crimes. I was greedy back then and got caught up in selling narcotics. I somehow convinced myself I was doing right by my family and new born child. Boy was I wrong! Then came the car accident that changed my life. It left me blind in my left eye and paralyzed. I can look at the accident as a blessing now because I get to be a part of this great program, HIRRS. I can honestly say that I did not have that outlook towards the beginning of my physical rehabilitation. I was determined however to push through this tough time telling my Grandmother, "We are going dancing Grandma, you'll see!". The year I spent in physical rehabilitation in Pennsylvania was the hardest thing that I had ever done pushing me beyond what I had previously thought capable of myself. So I kept my word and while I didn't dance like I used to, my Grandmother got her dance. I would love to say I was a changed man at that point in time, but I had not yet let go of my old ways. So once again I landed back in jail. After going through all I had in Pennsylvania I realized I was meant for something greater in life than being a "drug dealer". I needed a change. When I got out I was ordered to a program called drug court. This is where my change really went into action. What seemed like a negative was actually a positive. I was looking for some guidance, support, and direction which I found in the rooms of Alcoholics Anonymous. This was a catalyst for the change I had been seeking and I took to this program like a magnet. I studied the AA text like I was studying to get a PhD and it paid off. I can tell you what a different life it is today. Now I'm going to get my GED, still going to AA meetings, and I'm living in transitional housing waiting to move into a new housing program, HOC, which provides group housing for people with disabilities. I hope to get into college to study Communications, so I can work in Broadcasting. I hope to get an internship at a radio station or TV station so one day I can get on a production team where I can make my own plays and movies and write books. I hope to get into fashion, but that's an extra. I want to travel around the world. I understand that I had to go through everything I went through to get to this point where I'm at in my life. I think I'm more settled in making smart choices today and I owe that to all my support teams that I've built to help me get to this point now. I know it's about me having my priorities straight, but it's also about having those individuals who care and put their effort in giving me the motivation to do the right thing and I can say that I'm grateful for that support. That's where I'm at today.



Rudy W

Volunteering at the Red Wiggler Farm

By Davo H

Typing by Trish D

The Red Wiggler Farm is a farm in which people put plants in the ground, under the hot sun with water pipes running through the rows of plants to keep them fed. There's a lot of walking so it's vital to have a handy water bottle. Andrea and Kara are the main lead farmers that pretty much run the place. I go there to pick tomatoes and haul produce to the big, old, red farm. I like picking tomatoes the most because I pick many and occasionally taste one.

My Birthday

By Liz K

My birthday is September 12. I had a party September 9th. My friends who were there were Amy, Jess, Laura, and Kim. We had pizza and cake. My mom made a hot milk cake. I loved it. We watched Happy Feet 2. It was fun. I got gifts like a wallet, nail polish, an assignment book, money, and birthday cards. I asked for I Love Lucy. I'm not sure I will get it yet. My birthday is on Wednesday. Once when I was young I wore a princess crown on my birthday. It was special to me. I loved it. This year was the best because I asked for I Love Lucy.

Reflections



Horace B

Horace B's Autobiography

By Horace B

I was born in Wilmington, North Carolina in 1953. I lived in Wilmington for most of my childhood. Wilmington was a port city. It was a place where people did a lot of fishing and had large families. People in Wilmington were very friendly and supportive. They were people you could count on and trust. I went to J.T. Hoggard High School and New Hanover High School. My favorite subjects in school were English, Math, and Geometry because each of these subjects challenged me to do and be the best I could be under any and all circumstances. For fun as a kid, I played basketball, football, jogged, and continued to do all of those things which continued to stimulate me as a young lad. My family was a very loving family and we all participated in any and all outings as a total and complete unit. We went on picnics, had fishing trips, and other exciting and rewarding adventures. We also took vacations to such places as The Big Apple and Bean Town. I had two sisters. My sisters are older than I. They both work and try to live positive, productive and progressive lives. After graduating from high school, I sought to further my education by going to college at North Carolina A&T State University and majored in Psychology. Right now I live in Washington, D.C. in a group home with six other young men. I like to stay involved with each of my roommates and we all try to continue to stimulate each other by being as supportive as we can for one another. My son Nigel is a very smart and intelligent young man who is a go getter who strives to be the best that he can be under any and all circumstances.

The Life of Desmond Ofordire

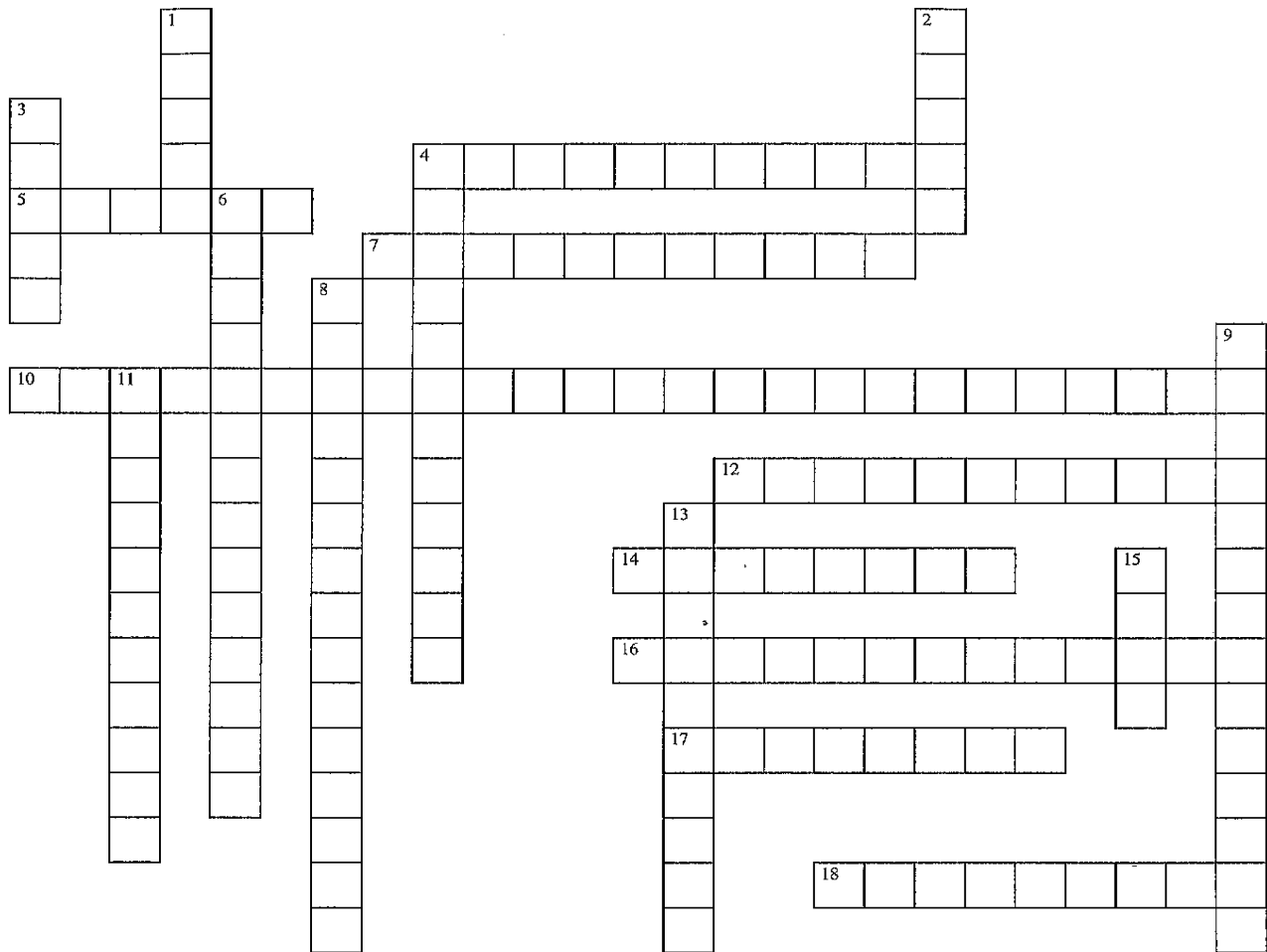
By Desmond Ofordire

My mother gave birth to me on November 5th. At the age of seven, I had my accident. I fell out the window and fell three stories on concrete because my brother and I were playing. I could have died, but my neighbor saw what happened and called 911. I was taken to the hospital as quickly as possible. At Children's Hospital, I began my recovery phase. Because of my injury, I lost my memory and did not know who my father was. I am not sure how long I was in a coma. My dad prayed for me to get better every day and I did. After a couple of days I regained my memory. I knew who my father was again. But he waited a couple of days before he enrolled me in school. The name of my school was Shap Health. My first grade teacher's name was Ms. Lasswell. I stayed in school until I came of age. Then I was moved to Roosevelt High School. It was a lot tougher but I got the hang of my classes and then I was brought to HIRRS. It was a rough change because they did things I was not used to, but since coming here I have been happy because I have been given opportunities I never would have seen living where I was. Here I feel safe, protected and happy. That's my story.



Desmond O

Activities



ACROSS

- 4 Where do we go bowling when we bowl?
- 5 In Horace B's poem, what is flowing?
- 7 This band wrote the songs "Iris," "Name" and "Long Way Down."
- 10 This is a song called "Never Say Never." Who is the artist and who sings with him?
- 12 This artist wrote the album "In City Dreams."
- 14 Where did Daria spend her summer?
- 16 This former Beatle's wife died from cancer.
- 17 How old is Peggy Lipton?
- 18 This drummer drummed on the song "Swing Swing Thing."

DOWN

- 1 In Marie D's poem, what does she see across the street from HIRRS?
- 2 "Trick or ____!"
- 3 Where does Tim C work?
- 4 Where were the HIRRS barbeques held?
- 6 Where does Davo H volunteer?
- 8 A guide to find out what information is in what section of the newsletter.
- 9 "It's been _____, and I've been working like a dog."
- 11 This artist wrote the album "The Wild Heart."
- 13 Where was the outing on September 14th?
- 15 How many flaws does Nathan think he has?