

Stroke Recoverer's Review

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Recovery or the editor
of Stroke Recoverer's
Review. Reserves the
right at any time to
make changes as it
deems necessary.
It is the purpose of this
periodical to share a
variety of viewpoints
mostly from stroke
survivors.

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AUGUST Month in SRABC-DELTA BRANCH



August has been a profitable month for SRABC - Delta Branch. Photo shows our branch president, Jack Simpson (sitting) and Marilyn behind him (secretary) accepting a cheque from half the proceeds of the Beach Grove Ladies Golf Tournament with the other half going to Delta Mental Health. Over \$6,000 was deposited from this source during our Summer break. Funds will be used to support the regular weekly program's communication classes as well as physical exercise facilitation twice weekly. —Submitted by Karel Ley



Tsawwassen Walking Group who gathered for a wine and apple tasting fun night in August with all proceeds going to the SRABC - Delta Branch. There was a \$20 attendance fee plus a raffle which together raised \$355.00. The main prize for the raffle was to have the receipt written in the winner's name and a variety of other prizes were won including bottles of wine, sports clothing, and other treats donated by participants and community business partners. Submitted by Karel Ley

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RECIPE: Beef Stifado

Ingredients:

- 2 tbsp Butter
 1 tbsp Olive oil, divided
 2 lbs..... Beef stew meat, cubed
 1 medium... Onion, chopped
 2 cloves..... Garlic, minced
 1/2 cup..... Red wine
 1/4 tsp Ground cinnamon
 1/4 tsp Ground nutmeg
 1 tsp White sugar
 1 strip (4 inch x 1 inch) Fresh orange zest
 1 can (14.5 ounce) Diced tomatoes
 1/2 cup..... Water
 1 tbsp Olive oil
 1 lb Pearl onions, peeled

Directions:

1. Heat half of the butter & half of the first tbsp. of olive oil in a large skillet over medium-high heat. Brown half of the beef cubes on all sides, & place into a large saucepan. Repeat with the remaining butter, olive oil, & beef. Stir the onions & garlic into the oil remaining in the skillet, & reduce heat to medium; cook & stir until the onions has softened & turned translucent, about 5 minutes. Pour in the red wine, & bring to a simmer, then scrape the onions into the saucepan with the beef.
2. Season the beef with cinnamon, nutmeg, sugar & orange zest. Pour in the diced tomatoes & water. Cover, & bring to a simmer over medium-high heat; then reduce heat to medium-low & continue simmering 1 hour.
3. Meanwhile, heat the remaining tbsp. of olive oil in the skillet over medium heat. Stir in the pearl onions & cook until they are browned, stirring frequently about 20 minutes. After the beef has simmered for an hour, add the pearl onions, re-cover & continue simmering 20 minutes.
4. Remove the lid & simmer, uncovered until the stew has reduced & slightly thickened about 10 minutes. Remove the orange zest before serving.

FROM GUY R.—R.I.P.**GUY RADONICH**

(Jan 5, 1955 – Aug 19, 2010)

Guy, a long time member of Templeton Stroke Recovery, passed away at Royal Columbia Hospital on Thursday, August 19th, 2010.

Born on January 5, 1955. He was one of four children. He worked many years at United Grain

Growers operating a computer and had only retired this past year at age 55.

During our visit with him on August 18th, he spoke excitedly about his plans to move to a more accessible home. It was getting increasingly difficult to get from his vehicle to his living quarters.

A regular contributor to our newsletter, a major Christmas Party volunteer and our current Treasurer. He will be missed. Shared our Debbie's love of dogs and computer. Though he attended meeting irregularly, he was our treasurer and felt happy he belonged to us.

A Memorial Service will be held at the North Burnaby Branch of the Royal Canadian Legion at 4358 Hasting Street, Burnaby.

Guy's mother was a sister to the late Tom Murray, who also belonged to Templeton Stroke Recovery.

—Submitted by Kiyoko Akeroyd
 Templeton Stroke Recovery

"There's life after stroke"

ENCOURAGEMENT by Loy Lai

"Everyone has inside them a piece of good news. The good news is you don't know how great you can be! How much you can love! What you can accomplish! And, what your potential is!" - Anne Frank



Aren't the 'good things that comes to those who wait' just the left-overs from the people that got there first.



Someday everything will all make perfect sense. So, for now, LAUGH at the confusion, SMILE through the tears, and KEEP reminding yourself that everything happens for a reason.



Instead of giving myself reasons why I can't,
 I give myself reasons why I can.

—Submitted by Loy Lai
 Templeton Stroke Recovery

DIRECTOR'S MEETING INFORMATION PACKAGE!

Branch directors received information for the Sept. 26th meeting. One month in advance as requested. This meeting replaces the Naramata meeting canceled in June. A positive step forward was made by inviting coastal directors, Gordon Brown, Martha Hutchinson, and myself, Debbie Chow to the governance committee meeting August 6, 2010.

Restructuring of our association is a major change which in turn will govern our bylaws and policy changes. The Executive Committee (EC) have been working on it a long time and want to vote on a new plan at the AGM. We need to act as a collective and come up with suggestions on how we want to be governed. We agree on the goal to operate effectively and efficiently with greater branch input. We need to find what will work for us to that end.

We, Turtles need to begin discussion prior to the meeting. Unfortunately, the best means of sharing ideas is on the Internet. Please find someone in your branch to help communicate your thoughts. The suggestions from the invited directors are not included and should be discussed further online.

Details including a map are available online at TurtleTalk.ca (Director meeting Info Sept 26, 2010) or from your Branch Director.

—by Debbie Chow
Branch Director
Templeton Stroke Recovery

THIS IS SO FUNNY...

It will boggle your mind.

1. While sitting on a chair, lift your RIGHT foot off the floor and make clockwise circles with it.
2. Now, while doing this, draw the number '6' in the air with your RIGHT hand. Your foot will change direction!!!

You will keep trying it at least 50 more times to see if you can outsmart your foot. But you can't and there is nothing you can do about it.

—Submitted by Pam & John
Hedderson, Campbell River,
Vancouver Island

HYMN #365

This is a hoot...

A minister was completing a temperance sermon. With great emphasis he said, "If I had all the beer in the world, I'd take it and pour it into the river."

Wit even greater emphasis he said, "And, if I had all the wine in the world, I'd take it and pour it into the river."

And, then finally, shaking his fist in the air, he said, "And, if I had all the whiskey in the world, I'd take it and pour it into the river."

Sermon complete, he sat down.

The song leader stood very cautiously and announced with a smile, nearly laughing, "For our closing song, let us sing Hymn #365, 'Shall We Gather at the River.'"

Smile, life is too short not to! And, see you at the river!

—submitted by Carol Roycroft
Burnaby Stroke Recovery

SENIORS QUOTES...jokeonly



I just can't get started until I've had a piping hot pot of coffee in the morning.

Oh, I've tried other enemas, too.



GEEZER (ge-zer) noun. Slang.

Not young. Not dead. Somewhere in between.



I believe in having sex on the FIRST DATE. At my age, there may not be a second.

LIFE IS EASY.

It's the freakin' people who make it difficult.

—submitted by Karel Ley
Delta Stroke Recovery

STILL MORE JOKES...

- What's the best way to carve wood?
Whittle by whittle.
- What's more dangerous than pulling shark's tooth?
Giving a porcupine a backrub.
- Where do tough chicken come from?
Hard boiled eggs



WHY is it illegal to park in a handicapped parking space but it's ok to use a handicapped washroom?

BOREDOM by W. Stephan, NSSRC—West Vancouver Group

Is it a 'thing' that 'descend' on you? That you can 'escape' or 'flee' from? Or is it unavoidable on long road trips, at formal social gatherings or on long flights? We can sleep or imagine that we are somewhere else, doing something else. But now, thanks to various social networks, there might be an alternative if you can connect to the Internet.

Believe it or not, there are things you can do to relieve your boredom that don't involve the Internet: read, clean house, exercise, call friends and exchange jokes and more.

You don't know any jokes?

How about these:

- What do you call a dog on the beach in the summer? A hotdog.
- What do you get when you cross a cow with a trampoline? A milkshake.
- What do you get when you cross a wolf with a snow man? A frostbite

So, you think that these are rather lame jokes? I don't blame you; I think so, too. How about reading an ad for counseling for boredom? Only \$75/hour. Now, you are outrage! See it worked; you are not bored anymore.

To combat boredom any controversial subject will work to get a lively discussion going. It does not involve the Internet and can be initiated during train or plane travel or whatever boredom hits. Remember day dreaming? Of course, not! Not in the age of I-Pads and I-Pods.

With any of these, you can read, watch a movie or listen to music wherever or whenever you want. Entertainment to fight boredom is often a solution and therefore is most desirable.

Here is a suggestion to cure boredom that I am sure your partner will approve of: sort the accumulated junk, clean things and throw out or give away unneeded items. This is really effective, all are happy and boredom is banished. It can even be done sitting down.

Not happy yet? How about gardening if you are able to do so? Cleaning, gardening, it all seems to be work. But, don't give up yet. Did you consider video games? There are many that are free. I like 'free.' Games that promote lowering your reaction time, as in shooting things, are beneficial. Ignore the 'Shooting,' it is just a game and also provides a good excuse to play these games or should I say 'reaction training'?

But be warned, there is a website 'Cures for Boredom Gone Wrong.' The site warns: insanity like you've never seen it before, as in: 'where is that strange noise coming from? It warns that: In desperation to avoid boredom you start yelling at the computer screen and eventually turn into a sobbing mess and ask for confirmation that there is a chance to regain some sanity. Do you really want to risk fighting boredom?

—by Werner Stephan, NSSRC,
NSSRC - West Vancouver Group

CREATING A GOOD NEWSLETTER..

Series of newsletter making:

by JoseSuganob

Step 4—

By this time, you have a basic newsletter template.

On our Templeton newsletter, front page, newsletter title "Stroke Recoverer's Review," voted by our member to be one. I used the Microsoft's Wordart for the title.

The lead story headline is 2 font size larger than the inside text and bold.

← Like **BOREDOM**, headline is Trebuchet MS style, font size, 11 points, and Bold.

The article text is Book Antiqua style, font size, 11 points.

"If you want to catch the reader's attention, place an interesting sentence or quote from the story like this."

You can also use Italic, to catch reader's attention but don't use underline because, for example, this newsletter, , is also an e-newsletter, so, if you use an underline, the readers might think it's a hyperlink and might click it.

Before I forget, use only two fonts on the newsletter. I've seen newsletter in which the layout person just bought a new package of fonts and wanted to try out all 500 new type styles in one newsletter.

Instead, newsletter editors should follow the lead of major newspapers. These publication use only one type style and type size for the main text of their articles & only one or two styles of fonts for headlines & subheads