



MBIA NEWS

WINTER/SPRING 2008

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In This Issue

Christmas Party	Page 2
Touring Winnipeg with Heartland Travel	Page 3
Winnipeg Groups & Services	Page 4
Support Meetings in Manitoba	Page 5
Active Physiotherapy Program & Globe Supports MBIA	Page 6
Events	Page 7
Members Corner	Page 8
Just for Fun & Who am I?	Page 9
Recipes & In Memory	Page 10
Fun Zone	Page 11
Sponsors	Page 12

OFFICE NUMBER

975-3280



"If I break my legs, I'll get some wheels to do my walking.

If I break my voice, I'll let my fingers do the talking.

If I break my eyes, I'll buy a dog to guide my way.

But what will I do if I break my brain?"

MBIA CHRISTMAS PARTY

by

Brian Campbell

The members, staff and board of MBIA celebrated their Christmas Party on Friday, December 14 at Canad Inns Polo Park. In spite of cold, blustery weather outdoors, warm spirits



prevailed indoors, where more than 80 people came out to enjoy a traditional turkey dinner with all the fixings, including black forest cake for dessert. Val Bergeron hosted the evening, including leading everyone in a rousing chorus of Rudolph the Red Nosed Reindeer. Val thanked everyone for coming out to enjoy celebrating the

season together, led everyone in thanking past board members for their hard work and thanking all who made the Christmas Party possible, including the serving staff of Canad Inns Polo Park and the staff of



MBIA; then finished off with a round of Frosty the Snowman.

Val also shared microphone duties with Events Coordinator Brian Campbell to help give out Christmas gifts to MBIA members and their children. Canad Inns provided a door prize of a two night stay at Canad Inns Grand Forks and a double pass to Splashers of the South Seas Waterpark, which was won by Linda Taylor.

After dinner, everyone enjoyed visiting and wishing each other a Merry Christmas, before finally heading off for their homes. The party finally closed down shortly after 9:30 as the last of the happy partiers headed on their way, warmed by the joy of the season that the party reflected.



To all who joined us, we at MBIA hope you had a wonderful time, to those who couldn't make it, we missed you and hope you can join us next year. To all, have a Merry Christmas and a very Happy New Year. We look forward to getting together with you for more happy occasions in 2008.



TOURING WINNIPEG WITH HEARTLAND TRAVEL

by

Brian Campbell

In the last few months, Heartland Travel has been a great supporter of MBIA by collaborating on some very exciting tours of Winnipeg and sharing the profits and publicity of these tours.



Heartland first got together with MBIA by hosting our second annual Heads & Haunts Ghost Tour on Saturday, October 27th.

Heartland provided a guided tour on a highway motorcoach which took 44 riders to some of the best known haunts of Winnipeg. The tour started at the VIA Rail station at the corner of Main and Broadway, and traveled around the city's spookiest locations; from Hamilton House

to the Vaughan Street Jail. People got out at Elmwood Cemetery for a little photography and communication with the spirits, then went on to finish the tour at one of the haunted ballrooms of the Fort Garry Hotel. As suggested, many pictures taken during the tour had a few added surprises. Many thanks to Kristen and Nicole, our spooky tour guides, for their tales of our ghostly history.



The next collaboration was for our first annual Christmas Lights of Winnipeg Tour. This was actually two tours, Wednesday, December 12th and Wednesday, December 19th. Tour guides, Shannon and Heather led us through the brightest and most festive areas of our city from the Forks to



Linden Woods, accompanied by Christmas carols. The tour took riders through downtown Winnipeg and around both private and public light displays, with a stop at the Manitoba Electrical Museum to look at their display of All That Glows Then and Now, which included not only the Christmas lights of years gone by, but a glimpse of Christmas Lighting yet to come. Thank you Shannon and Heather for this vision of the beauty of a Winnipeg Christmas.



The Heartland Travel tours were a wonderful addition to our regular MBIA events, bringing both funding and attention to our organization. MBIA extends its gratitude to Don Finkbeiner and all the staff of Heartland Travel for their generous and entertaining support and we look forward to collaborating on many more exciting tours of our city in the future.

WINNIPEG GROUPS & SERVICES

EMPOWERMENT Series ...

Informative Speakers...

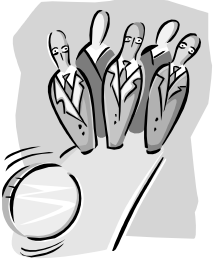


The Empowerment Series is a monthly lecture series at which guest speakers address topics directly related to brain injury and relevant to our members.

Meetings are held on the 3rd Thursday of every month @ 7 pm.

HEADWAYS

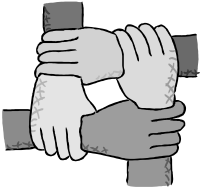
Social Activities...



Headways provides an opportunity for MBIA members and other brain injury survivors to participate in social and recreational activities with their peers. Some of the events organized for Headways include potluck dinners, movie and games nights, leisurely walks, boat cruises and picnic lunches.

SUPPORT GROUPS....

Feel Understood...



Survivors Group for all members. Meetings are held on the first three Wednesdays of the month.

PEER SUPPORT....

Get Help or Get Involved!



Volunteers in the Peer Support Program offer an understanding and hopeful presence to the families of individuals who are experiencing the acute stage of a brain injury. These trained volunteers, many of whom have experienced a loved one sustain a brain injury, are dedicated to supporting the emotional needs of the family and survivor for up to one year.

Discussion Group....

A Safe Place to Share

Limited to 12 group members, this group meets from 2:00 to 4:00 on Tuesday afternoons. Themes are facilitated and related to issues one is faced with when living with a brain injury. Members must register for these discussions.

Call 975-3280 if you want more information about any of these services.

SUPPORT MEETINGS IN MANITOBA

Brandon and Area

LOCATION: Town Centre (Public Health Office)
A5 - 800 Rosser Avenue, Brandon

DATES: 3rd Monday of each month 7:00 p.m. until 9:00 p.m.

Covered parking off 8th Street & Princess Avenue
and elevator access from the parking lot

Steinbach and Area

For more information about the meetings and group, please call:
Ethel Teetaert at 204-326-6710

Dauphin/Parkland Region & Area

For information about the meetings, and group, please call:
Myra at: 204-638-4702


 Wishing you a rainbow
 For sunlight after showers-
 Miles and miles of Irish smiles
 For golden happy hours-
 Shamrocks at your doorway
 For luck and laughter too,
 And a host of friends that never ends
 Each day your whole life through!



"What do you mean you wish your father
could have heard you play...WHO do you
think you're playing on?"

WE NEED PEOPLE WITH NEUROLOGICAL IMPAIRMENT WHO WOULD LIKE TO PARTICIPATE IN AN ACTIVE PHYSIOTHERAPY PROGRAM!

If you would like to work on improving:

- Walking
- Balance
- Arm and leg movements
- Strength and endurance
- Transfers

and are willing to attend therapy 2- 3 times week from March to May 2008, the University of Manitoba School of Physiotherapy would love to hear from you!

Treatment will be provided by a licensed physiotherapist with the assistance of third year physiotherapy students.

For further information contact:

Dr. Tony Szturm at 787-4794 or Cristabel Nett at 452-2608.

GLOBE SUPPORTS MBIA

by
Brian Campbell

Starting in June 2007, Globe Cinemas has been promoting MBIA by having a display set up in the lobby of their theatre on the third floor of Portage Place, displaying coin boxes, and selling promotional items such as brain key chains and awareness bracelets. Globe also displayed posters for the Umbrella Walk, Heads & Haunts Ghost Tour and the Christmas Lights of Winnipeg Tour.

Not only did their efforts bring awareness of MBIA to Globe patrons and brought us at least one new member, they also raised nearly \$200. In addition, Globe and Landmark Cinemas donated 20 doubles passes to Globe and Towne Cinemas to the MBIA Christmas Party.



MBIA would like to thank Globe manager, Bong Villarba, and all of the staff at Globe Cinemas for their ongoing support. We appreciate your help and look forward to continuing our partnership into the New Year.

EVENTS

Knitting Classes: Sharon Olson will be teaching members how to knit starting Jan 14 2008. Classes will be from 1 – 4 p.m. every Monday afternoon starting Jan 14/08 and ending May 12/08. All supplies will be provided.
Please phone 975-3280 if you plan to attend.



The MBIA Valentine's Party & Potluck
will be held in room 203-825 Sherbrook St. on
Thursday, February 7th, from 6:00 p.m. to 9:00 p.m.



Please RSVP 975-3280

Come out and feel the love that only comes from getting together with friends



MARK YOUR CALENDARS

The 6th Annual Heads Up Dinner and Auction will be held on
Thursday, June 5, in Riddell Hall at the University of Winnipeg.



Join us for a good food, wonderful entertainment and an exciting auction
in support of MBIA and WATSA

Print Pro

MEMBERS' CORNER



MALT SHOP MAYHEM
by
Charles M. Coyle

Malt shop mayhem is a reflection of a current CD purchased by little old you. The number of songs in all is thirty. Each song played brings back thoughts and or teenage wants all to the back of my mind.

Take for example the first song; "Big Girls Don't Cry", the singer song writer, Frankie Vallie and the Four Seasons are and or were all blind as a bat. I personally know a few big girls that do cry.

Then you have Ben E King singing a love song "Stand By Me". You love me I know my love. But if you're tired, you'll just sit there.

"Dream Lover" by Bobby Daren reminds me of me, because all I ever do is dream, dream and dream.

Then there's a song by of all groups the Drifters, "Save The Last Dance For Me". why should I, we haven't gotten around to the first one yet. But I guess it's like Bobby Freeman wants to know, "Do You Wanna Dance".

That alone makes me wonder like the Shirelle's ask "Will You Still Love Me Tomorrow?"

That all just reminds me of the church a cross the street sung by the Dixie Cups, "Chapel Of Love".

You hardly ever go with me "Downtown" like the song sung by Petula Clark.

I'm a lot of ways love I know your just waiting for this "Magic Moment" like it's sung by the Drifters.

But sooner and or maybe much, much later you'll realize, "I Only Have Eyes For You", as is sung for you by the Flamingo's.

Yes love it's a very, very well known fact at times as sang very explanatory by Joe Jones, "You talk Too Much".

Then after all the "Tears On My Pillow". As is sung by Little Anthony and the Imperials, that you've put there now and or then. You brake down like Barbra Lewis and said to me "Hello Stranger" all because your saying to me like Jerry Butler and Betty Everett, "Let it Be Me".

All it really took for me to fall for you as I did was just as Doris Payne, "Just One Look".

I still crave as Jerry Butler and the Imperials sing so romantically, "For Your Precious Love". Everyone knows better than to say anything bad about me baby or answer to me not the song singers, The Coasters.

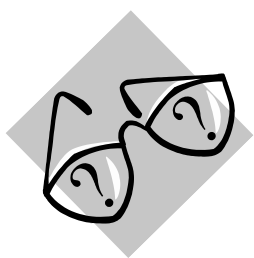
Linda "Since I Met You Baby" a sung by Ivory Joe Hunter in his little verbal ensemble. All we ever need is each other day to day. Time and time again and or what ever else comes our way. And so on, and so on, and so on.



JUST FOR FUN!

April	May
April Fool's Day	Melt
Bloom	Mother's Day
Bud	New leaves
Buddha's Birthday	Plant
Cherry blossom	Plow
Crops	Seed
Daffodil	Shower
Earth Day	Sprout
Easter	Thaw
Farmer	Tulip
Flower	Wake up
Grow	Warm
June	

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



Who am I?

Let's find out how many of you can figure out who this young lady is.



MEMBERS' CORNER

Recipes

CHILLI CON CARNE

1 lb ground beef
 1 Onion, chopped
 1/2 tsp Chilli powder
 1/2 tsp Garlic
 28 oz can of crushed Tomatoes
 1 Can Tomato paste
 1 Can Kidney beans

Brown meat, and cook onions, until transparent.

Add rest of ingredients except for kidney beans.

Simmer 1/2 hour.

Add kidney beans for five minutes.

Serve on rice.

IN MEMORY

In Memory of Dennis Brown

The saddest day in life is the day you lose a friend
 Your life will go on without them but your heart will never mend.

We lost someone, someone special and kind,
 He is out of our sight, but always on our mind.

You wait to see him, with his happy smile
 Will he enter the room? Will he stay for awhile?

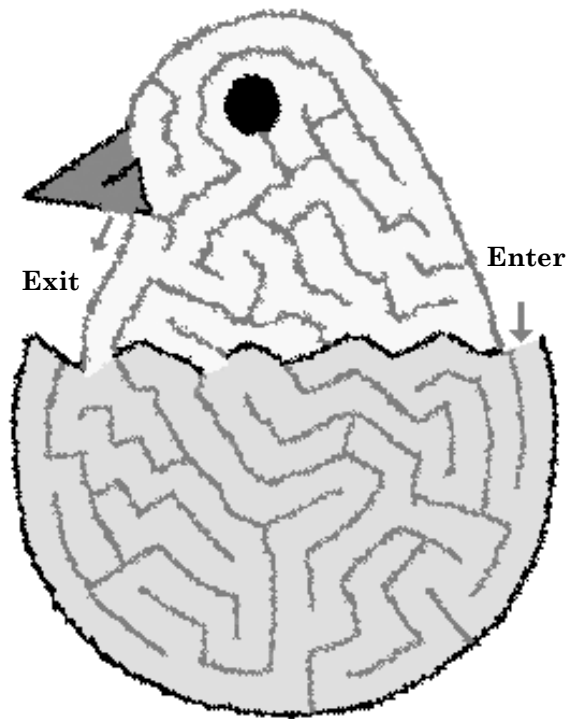
It's sad to say, this will not be.
 A gentle soul named Dennis, was taken from you and me.

So take the time and say a prayer
 For this gentle giant who isn't here.

N. L.



FUN ZONE



FIND THE DIFFERENCES



Answers: 1. Girl's hand is hidden behind snowman 2. Snowman's hand is missing a thumb 3. Pattern on jacket sleeve is missing 4. Snow on mountain peak is missing 5. Cabin door is coloured in 6. Boot tread is coloured in 7. Snowman's arm has moved 8. Tree has moved 9. Snowball on ground has moved 10. Pipe on cabin roof has moved 11. Snowman's hat is taller 12. Icicle on roof is longer



Coffee Night is held on the fourth Wednesday of every month at **The Pony Corral**, on St. Mary Avenue at Kennedy Street in downtown Winnipeg. It's a great opportunity to be with friends, engage in conversations, and have a good time.

SPECIAL THANKS TO OUR VOLUNTEERS, SPONSORS & SUPPORTERS FOR 2007/2008

<p>The Asper Foundation Academy Florist St. Boniface All Charities Campaign Alpine Animal Hospital Argus Athletic Therapy Services Ltd. Assiniboine Credit Union Bayshore Gifts in Glass Brad Hebert Cambrian Credit Union Canada Safeway Canadian Tire (Regent Ave.) Canad Inns Carlos & Murphy's Cassidy Ramsay Chapel Lawn Funeral Home Clarus Canadian Springs Computer Boulevard CORE Training and Therapy Costco Dave's Quick Print Domino's Pizza Earl's on Main Eastern Nissan (Steinbach) Elizabeth Simpson EDS Canada Ltd Fabutan Fantasy Lake Golf Course Flower Affair Glen Bergeron Globe Cinemas Great West Life Assurance Grapes H&R Block Headingley RCMP Health Science Center Holiday Inn Airport West Holy Trinity Anglican Church IMAX</p>	<p>Joanne Cohoe John Sherby Kathy Labossiere Keg Steakhouse & Bar Kern Hill Furniture & Appliances Lawson Sales & Service LCL Spas & Billiards Leaders General Jobbers Ledingham Pontiac Buick GMC Manitoba Athletic Therapists Assoc. Manitoba Electrical Museum Manitoba Hydro Manitoba Lotteries Manitoba in motion Manitoba Nurses' Union Manitoba Pork Council Manitoba Public Insurance McDonald's MGEU Mordyck Auctions Nolan's Home Furnishings North West Company Olive Garden Olwyn Lewis Papa George's Restaurant Paramedic Association Of MB Pick-a-Flick Print Pro Priority Electronics Prairie Theatre Exchange Princess Auto Ltd. Province of MB Transportation and Govt. Services RBC Royal Bank RCMP Communications Centre Red River Co-Op Red River Exhibition Park Rice Financial</p>	<p>Round Table Steak House Rumor's Comedy Club Safety Services Manitoba Seven Oaks General Hospital Sierra Systems Sobey's Sports Medicine Council of MB Staples (Steinbach) Sun Life Financial The Fort Garry Hotel The Manitoba Museum The Shoe Guy Tim Horton's Brier Transcontinental Spot Graphics True North Entertainment University of Winnipeg Warehouse One The Jean Store Wawanesa Insurance Western Canada Aviation Museum Winnipeg Fire Paramedics Services Winnipeg Foundation Winnipeg Goldeyes Winnipeg Police - Traffic Division Winnipeg Regional Health Authority Winnipeg Sun Workers Compensation Board</p>
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**Did you know more than 3,000 individuals are diagnosed with a brain injury every year in Manitoba.
Help them by becoming a proud sponsor of MBIA, call 975-3280 for more information.
Together we can make a difference.**