

# BEYOND 21 GAZETTE – THE PLACE WE BELONG

November 2021

AT THE 11<sup>TH</sup> HOUR, OF THE 11<sup>TH</sup> DAY OF THE  
11<sup>TH</sup> MONTH THE GUNS FELL SILENT



**THEY SHALL NOT GROW OLD  
AS WE THAT ARE LEFT GROW OLD  
AGE SHALL NOT WEARY THEM  
NOR THE YEARS CONDEM THEM  
AT THE GOING DOWN OF THE SUN  
AND IN THE MORNING  
WE WILL REMEMBER THEM**

On November the 11<sup>th</sup>, Beyond 21 Participants gathered at the Hub's flagpole. Gerry K, said the words written above, at the 11<sup>th</sup> hour of the 11<sup>th</sup> day of the 11<sup>th</sup> month, the guns fell silent. When he finished everyone said the other poem "They shall not grow old". Then we had a minute of silence, followed by Last Post and Oh Canada. Then everyone placed their hand painted poppy rocks around the flagpole.

## Return of B21 – Tim

Before COVID I used to go to Cornwall for Beyond 21 one or two days a week. I also was able to go to a Community Living day program in Morrisburg for the rest of the week. For the first year of COVID (2020) I had to stay home with my mom and dad all the time. We have a hobby farm with animals and gardens to look after. Collecting eggs is one of my daily chores plus giving scraps and weeds to the chickens and pigs. There is always something to do on a farm. So, I was busy even though there were no day programs. The worst part was not seeing my friends. I did not see anyone from B21 or Community Living for the longest time.

Mom would take me grocery shopping, but it was hard to have friends there after Jeff moved. Jeff worked part time at the Winchester Foodland and I also saw him at Community Living. Dad would take me on errands in Chesterville on Saturdays but it's not often that your friends are at the post office or pharmacy at the same time as you.

I was thrilled when we heard B21 was going virtual with Zoom sessions. I love to eat. I signed up for cooking on Tuesdays with Margaret and Angela and crafts on Thursdays with Cathy and Kathleen. I looked forward to Tuesdays and

Thursdays. It was great to hear the voices of my friends again. I could say "What's up Gerry" and he would answer. Not only that, but we had fresh lunches on Tuesdays instead of leftovers. It wasn't easy for me to see and recognize people's faces on the computer screen, but I could hear and recognize their voices which was just as good.

My parents were helpful with the food prep and cooking and also with the crafts. They were happy to see my friends and some of their parents too, because I don't tell my parents much about what happens at B21.

The best part was being able to return to the great new B21 building in August and see my friends again. Even though it is only one day a week for me it is much better than no day program at all. It does not look like Community Living in Morrisburg will start a day program again, so all they offer me now is an occasional outing with some of my friends. Last week I got excited because I thought it was Friday (my B21 day) on Monday. I was ready to go and thinking about my friends until Dad burst my bubble by saying it was four more days until Friday!

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## CORNWALL IN HISTORY

### *The Cornwall Post Office – Jean*

I am Jean, and I love history. I am going to tell you a great story about history of the post office in Cornwall. First off, I want people to know it was a great place. Built between 1882 and 1885. It cost more than \$47,000 to build it. It was torn down in 1955 to make way for the



Seaway Administration Building,

In this picture you can see all the bricks and dust flying around when



they were taking it down.

The Post Office was moved to the location of the current Library at the corner of Second and Sydney St. When it was torn down the clock from the Post Office was saved and put in storage for many years. In



1992 a tower was built at the entrance to Lamoureux Park and the clock was added to this tower.



The post office was moved to the site of the current Library at the Cornwall of Sydney and Second St.

In 1953, the post office was a good place to get or give mail, pay money and get stamps. I like to see the post trucks; they look really cool. In this 1949 picture from the Cornwall Community Museum website shows the three oldest mail men.

Alfred Gagnier, Joe Fox and Midas Dumond.



In 1995 the post office moved to their new building in Time Square on Second St.

Overtime the way we get mail has changed. People would go to the post office to get their mail by walking or taking the streetcar. Today, most mail comes right to us. Sometimes we still need to go there. Mail was an important way to get information to another person, especially for our soldiers. It is a lot easier today. I hope you enjoy reading my story of important history. Have a nice day.

### *Baking with Emma*



Hi, my name is Emma and I want to talk about my journey and learning to cook and bake. Thank you, Chef Margaret, for teaching us the skill on Zoom while we were at home because of the pandemic.

Here is my story! I never cooked or baked before, and I didn't know where to, or how to start. With the help of my support worker and Margaret's awesome skills, I learned to mix the ingredients. I feel like have a purpose in life. We have made many different recipes, and I loved all of them. My favourite is Chocolate Chip Cookies and the

Tea Biscuits. I always have one after it's baked. I feel so proud of my new journey and accomplishments. I continue to cook and bake every week with my support worker and love every minute in the kitchen. I am now doing table settings, and I serve plates to the tables. Something I have never done before, and I love it! I especially love and feel proud when everyone enjoys my food. Thank you, Beyond 21 for your support on zoom and especially Margaret, for sharing her delicious recipes and guiding me towards my passion in life. Love, Chef Emma



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## **DON'T LIMIT ME -Alex**

I'm Alex. My birthday is September 17, 1994. I was born in Cornwall, ON. And then taken to Ottawa because I was born so small, and I needed extra care. When I was four, my family was told that I was Diabetic. Then when I was a teenager, I was diagnosed with Celiac Disease. With both of my conditions I must be careful what I eat. Starting at 4 years I had to pick my finger at least 3 times a day, sometimes more. After we did that, Mom would give me a needle with insulin. When I was in high school, I got an insulin pump and then Mom didn't have to give me needles. Only if the pump isn't working right, then I still get the needle. 3 or 4 years ago I got a Free Style Libre, which is a sensor that measures my blood sugar through an app on my phone. Since then, I don't have to pick my fingers anymore. It's important that I test my sugar and take my insulin before I eat. Since they contain sugar, I've never tasted Ketchup, Ice Cream Cones, Cake, Candy, and because of the Celiac Disease, I can't have regular Cereal, regular Bread, Gravy, Pizza, Beer, all these things contain wheat and that would make me very sick. I am allowed to have the Gluten Free version.

Now I'm older I go to Beyond 21 in Cornwall. I really enjoy going there, friends and staff are great and nice.

On the days I don't come to Beyond21, Grandma and I run the road all the time and we have fun.

My favourite sport is Basketball. My favourite team is The Wildcats Team from High School Musical. I like to sing and dance. I'm getting a Wildcat Jersey.

Don't limit me, I'm just the same as you, I do the same things you do, I like the same things you like.....I am just careful what I eat and take medicine to keep me from getting sick.

## **Independence through Cornwall Transit -Dylan**

Hi, I'm Dylan and I enjoy riding the transit bus, because it makes me feel independent. When COVID came the seating arrangements changed, but I didn't mind that, I liked it. Most of the time I sit by myself on the bus. Since the city got the new buses, I always find the bus a smooth ride. I take the bus to get me to my favourite place, Beyond 21. Every month I buy a bus pass that costs me \$65.00. With this pass I can ride the bus as often as I want to in that month.

My daily trip to Beyond 21 is the same every day. The bus stop is at the corner on my Nana's Street. I get on the bus and show the driver my

pass and take my seat. It takes about 15 minutes to get to my next stop at the corner of Pitt Street and Second St. where I change buses. After changing it's about a 20-minute ride to Pitt and Tollgate where I get off and walk the 2-minute walk to Beyond 21. I have an alarm set on my phone for 2:45, that reminds me it's time to leave Beyond 21 and walk back to my bus stop for the trip back home.



I have never missed an exit or a bus! So far, I am the only Beyond 21 participant that comes by bus independently.

## **Life on the Farm - Robyn**

Hi, my name is Robyn, I work on a farm. In the morning I go feed all my cows, I have too many to count. I feed them hay, meal, and water. If the Calves are getting stuck backwards, me and my mom go help them. Most of our cows have names, like Linden, JJ and Lucky. We didn't get a chance to name the rest yet. Some more animals that I have are my three dogs, their names are Abby, Rosy and Max. Sometimes I have to yell at them to come back home. In the summer I help my mom cut grass, and drive tractors but not on the road (that makes me nervous), we pull wagons and pick up hay. In the winter I drive around my snowmobile on the farm with my

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mom, we each have our own. When I work on the farm with my parents, I feel very happy, and like a hard worker. I like to help my parents and my neighbours. I like Mondays and Wednesdays;



my tutor comes over to help me work in my book and takes me for lunch. I like to make people laugh, if you ever see me, say hi and I might make you laugh.

## Birthstones – Sam

January – Garnet



February – Amethyst



March – Aquamarine/Blood Stone



April – Diamond



May – Emerald



June – Alexandrite/Pearl



July – Ruby



August – Peridot



September – Sapphire



October – Pink Tourmaline/Opal



November – Golden Topaz/Citrine



December – Blue Topaz/Blue Zircon/ Tanzanite



## Birthdays

### **November**

November 14<sup>th</sup> – Katrina

November 19<sup>th</sup> – Ryan

### **December**

December 4<sup>th</sup> - Cathy

December 7<sup>th</sup> – Jennita

December 24<sup>th</sup> Jen (Todd's Support Worker)

December 27<sup>th</sup> Amber (Student)

## Joke of the Day

*Why do Seagulls fly over the sea?*

*Because if they flew over the bay, they'd be called bagels!*

## MUST SEE MOVIES FOR NOVEMBER/DECEMBER BY HUNTER

Ghostbusters Afterlife – November 19<sup>th</sup>

Spiderman, No Way Home – December 17<sup>th</sup>

## MUST SEE CHRISTMAS CLASSICS

The Bishop's Wife

It's a Wonderful Life

Miracle on 34<sup>th</sup> Street (1947 Edition)

Elf

The Polar Express

Christmas Vacation

Christmas with the Kranks

Jingle All the Way

Home Alone 1990

The Grinch (2000)

Muppets Christmas Carol

Jack Frost

The Santa Clause

A Christmas Story (1983)

## OUR FAVOURITE CHRISMTAS SONGS

All I want for Christmas is You – Mariah Carey (KM)

Santa Claus is Coming to Town – Frank Sinatra (HR)

Grandma Got Run Over by a Reindeer – Elmo & Patsy(GK)

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November 2021

O Holy Night – Michael Crawford (MV)  
Frosty the Snowman- Jimmy Durante (MF)  
Holy Jolly Christmas- Burl Ives (RW)  
Where are you Christmas -Faith Hill (KE)  
It's Beginning to Look a Lot Like Christmas –  
Perry Como (SV)  
Silent Night (PP)  
Jingle Bells (IC)

## **MUST SEE CLASSIC CHRISTMAS**

### **TV SHOWS**

Frosty the Snowman  
Rudolph the Red nosed Reindeer  
The Grinch

## **Celebrating Dutch Christmas – Shelby & Matt**

Saint Nicholas is the patron Saint of, among other things, children. The figure of Santa Claus, and his role during Christmas, is largely based on the Dutch Sinterklaas

December 5 and 6 are Sinterklaas/St. Nicholas' Eve and Day in the Netherlands, when Saint Nicholas, also known as *Sinterklaas*, visits children and brings them presents.

St. Nicholas celebrations include family gatherings, exchanging presents and treats, and festive songs dedicated to the



Saint. In the three weeks leading up to St. Nicholas, children leave a shoe by the fireplace in the evenings and sing a song for Sinterklaas in the hopes that in the morning they will find a small gift from him in the shoe. Gifts are usually small and can be a mandarin orange or candy.

At this time of the year, St. Nicholas is seen with his helper, *Piet*, in shopping centers, schools and hospitals throughout the Netherlands.

## **CHRISTMAS EVENTS**

***Cornwall Christmas Parade –  
November 20<sup>th</sup>, 5 pm***

### ***Holiday Sparkle***

Holidays Sparkle will be a walk-through event in Cornwall's Lamoureux Park, beginning December 9<sup>th</sup> until December 23<sup>rd</sup>

## ***ALIGHT AT NIGHT***

Located at Upper Canada Village, Morrisburg is one of Ontario's largest outdoor light festivals, that is usually full of excitement, cheer, and classic family fun, this year brings changes to Alight at Night as some activities have been paused. **NOT** included this year is the life-size toy train rides, visits to the bakery, horse-drawn wagon rides, and old-fashioned carol singing at Christ Church. In their place, several returning and new activities will be featured including the popular Sound and Light Show at Chrysler Hall, enhanced visual storytelling illuminations displayed at the Village Cheese Factory and at Christ Church along with holiday tunes.

Tickets go on sale in a staggered approach starting November 23<sup>rd</sup> and will be available exclusively online at [www.AlightatNight.ca](http://www.AlightatNight.ca). Tickets are date and time-specific to ensure nightly attendance is kept at safe levels. A limited number of tickets will be available each night. We ask guests to please visit our social media pages for the next ticket release date.

**Accessibility Nights** Accessibility Nights will be back this year and is the only exception to online purchases. Guests or groups with physical limitations can ride in the comfort of their own vehicles to view Alight at Night on December 9<sup>th</sup> and 16<sup>th</sup>. Reservations must be

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made ahead, by calling 1-800-437-2233 or locally at 613-543-4328.

## ***Magic of Lights***

Wesley Clover Park  
411 Corkstown Rd  
Ottawa

**Dates:** November 19, 2021 - January 8, 2022  
(\$20./vehicle)

**Times** 5 PM - 10 PM  
Dec. 2nd - Jan. 8th: \$25

## ***Enchanted Holiday Drive***

December 1 – 23, 2021

[www.enchantedottawa.ca](http://www.enchantedottawa.ca)

## ***Taffy Lane in Ottawa***

For some free fun this December, you won't want to miss seeing the colourful twinkling lights on Taffy Lane in Ottawa. The street in Orleans is famous for having elaborate decorations that are sure to put you in the holiday spirit.

## ***Quote of the Season***

If speaking kindly to plants helps them grow imagine what speaking kindly to humans can do.

WWW.LAURENYLOVES.CO.UK

## HOW THE GRINCH STOLE CHRISTMAS

LMGNHLP UHDLWRKSLJSSXLQJHT  
URHVTGNKXWMDHEARTMVFLDGRKP  
FXRQSPASBKJKYZTTNOCFLGNFP  
KQCCSZDAGHLMXDCNFXAAUQQII  
AFKEIEYBNDJSTFEIRXSDUYUML  
JUQLNEXHXKMSMQRVGSFTZZHIIO  
NULODJBGWFERIEHQDVIKQFECK  
DCILIVOXUZAMIZUJKMRZRSNWO  
RIRINUGGOLJHVRRQWLDOONPHQ  
WNMUGNMHLHPOTKZLJBAFGAWOE  
BDIJIWBSAGFSZENZGLTLSOMKRVK  
MYFSDZAKSQPGYNODHRTSRWWIQ  
CLDTQSBUEPPUDDINGUZZBSPWWLJ  
YDSQGDNNFUWDYTUIJJEENWDLG  
EUDCTVBLGUPKTYAOLGAUASLEU  
TWDKPFZIOVHSEWTXWDSLSSESQFXY  
DHEINAWJMNVOGRINCHYTSUPWRS  
ODRNTJFRGYGUSLSEAKZJMOZYT  
RZTGXSCACCHRISTMASKPFYRVJ  
KITSGKMAXKYJIWDQEESSOGEHLQK

GRINCH  
MAX  
GINNY LOU WHO  
PUDDING  
FEAST  
DR SEUSS  
WHOVILLE  
SINGING  
HEART  
CHRISTMAS  
STOCKINGS  
ROAST BEAST



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