

# April 2021 Newsletter



Can't believe it is already April 2021! What wonderful gains we have made in the Hopkins Clubhouse Community so far this year! As shared and you have experienced we have been able to collaborate with in-person work using the clubhouse space all the while maintain the thriving Virtual Clubhouse Zoom platform, in so many unique ways.

In Q1 we opened up **Hospitality** specific to **Food Service**. Over the course of 3 months we have been able to experience staff and members working along side each other in the following:

- Scheduler (member calls)
- Data/Survey Collection
- Janitorial (cleaning/sanitization of the clubhouse)
- Dishwasher
- Prep-cook
- Chef
- Expedite (food packaging)
- Pick-up window

## THE FANN REPORT

WITH CLUBHOUSE DIRECTOR,  
JAMIE FANN



We also continued **Business Communication** efforts specific to the following:

- Data Collection
- News/Communication lead:
  - Radio Broadcast
  - FB posts
  - FB live
  - Newsletter
  - Photographer/Video (WeVideo and Instagram)
- Reach-out efforts:
  - Calendar stuffing
  - Community Mailings (cards)
  - Member 2 Member Reach-out

Lastly, we continue to keep up on the **Virtual Clubhouse** and the important connection that brings to numerous community members in a variety of ways throughout the week. As we move into Spring and explore prospects

to utilize the clubhouse safely, inside and outside, along with maintaining our virtual opportunities we will need your input! Appreciate the community coming together as we talk out what work is best for us to engage.

Here are some upcoming things to look out for in **April**:

- **Front Desk Assistant:** Using skills and talents to support administrative clubhouse tasks (Ex. Mailers, reach-out, etc)
- **April Food Service:** Come to April 7th DMM at 1pm to voice your desire for meal and volunteering for work!
- **Maintenance and Janitorial:** Always looking for daily or weekly support to come clean the clubhouse to ensure TOP NOTCH sanitation and cleanliness of our clubhouse.
- **Specific Projects:** Including, but not limited to: Painting identified walls throughout the clubhouse, Outdoor Spring Clean-up
- **Socialization:** Ex. Walks, Meditation, outdoor connection

Thank you!

Jamie Fann, Program Director



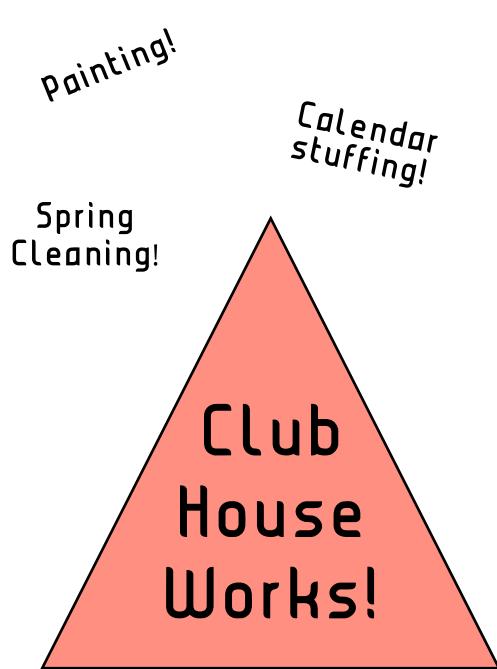
handing out monthly  
meal pickups!

Patio  
Posse  
Gardening!



making outreach cards!

Video  
projects!



contributing to the newsletter!

"WHAT EXCITES ME THE MOST ABOUT THE FUTURE OF OUR VIRTUAL REALITY IS THE INNOVATION HERE..."

"OUR SPIRIT OF INNOVATION AND OUTSPOKEN LEADERSHIP INSPIRE ALL OF US..."

"WITH BATTLING PRESSURE, TO TRANSFORM TECHNOLOGY SOLUTIONS INTO THE DREAM WE SHARE..."

"THIS PROJECT IS DEDICATED TO THE SUCCESS OF OUR PEOPLE THROUGH LEADERSHIP AND SETTING THE PACE FOR TOMORROW..."

"WE TOGETHER GAIN A GLOBAL PERSPECTIVE IN STRATEGIC COMMUNICATIONS AND BECOME A SOCIALLY RESPONSIBLE LEADER AND INNOVATOR IN OUR INDUSTRY ANYWHERE IN THE WORLD..."

"STRAIGHT FORWARD AND POSITIVE THINKING GOT US HERE. AND IT'S WHAT WILL FUEL A FUTURE OF POSSIBILITIES ..."

Sincerely yours truly... Donnie L.

and more...!





# Wag of the Week

-with reporters Benson H. and Zoe H., straight from the News-couch of Channel K-9

**Benson:** Hey, it's me, Black Lab Benson, along with my colleague, Yellow Lab Zoe, back on the News-Couch at Channel K-9. Hey, Zoe, what news have we got this time?

**Zoe:** Well, I have a mystery to report.

**Benson:** A mystery? I love a good mystery. (Sniff? Wag?)

**Zoe:** This concerns a serious issue, one occurring not all that far from our News-Couch.

**Benson:** What? Did I miss something?

**Zoe:** I have to report the ongoing disappearance of...KIBBLE!

**Benson:** Kibble? Disappearing? That's a real crime!

**Zoe:** I don't know how it happened, but I think there's a hole in the bottom of my breakfast bowl.

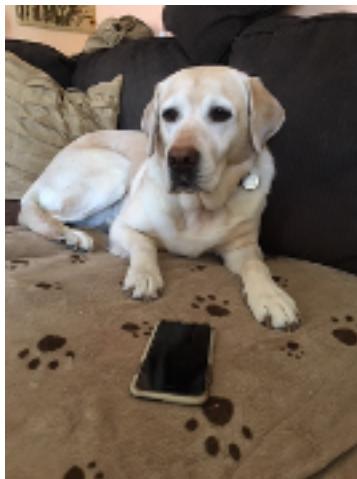
**Benson:** A hole? In your breakfast bowl? I haven't noticed anything different about my breakfast bowl. Or my dinner bowl.

**Zoe:** My dinner bowl is fine too, but, in the morning? There's not as much kibble as there was all winter. There must be a hole in the bottom the kibble is falling through!

**Benson:** Have you investigated the area around your bowl in case anything just spilled out? Wait! Never mind that. I've investigated the area around both of our bowls in case anything spilled out. A very thorough investigation too, and- nope! Nothing. Just clean floor. I can report that not one kibble has escaped, and believe me, I'd know.

**Zoe:** But the kibble must be going somewhere, because my breakfast sure seems to have shrunk! Just like the snow outside! Just like my harness!

**Benson:** Your harness? What about it?



**Zoe:** Well, my human was getting me dressed for a workout the other day, and she told me "Oh, gee, Zoe, your harness is really getting tight! It's almost too small for you!"

**Benson:** Zoe, as an investigative reporter, with a real nose for news, I have to sniff out all the possibilities. Is there any chance that your harness isn't getting smaller, but that perhaps, you are getting... well, bigger?

**Zoe:** Wait a minute! Are you telling me I'm getting... FAT?

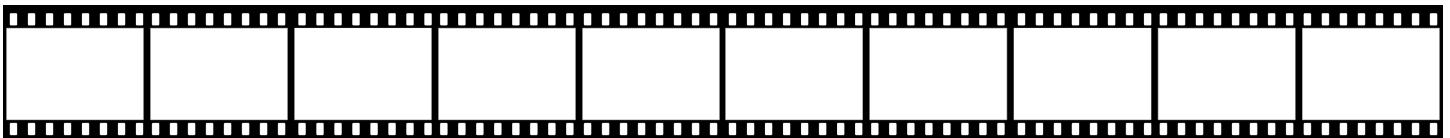
**Benson:** Well....Like the plants on the table by the window? Like the sun that has been growing brighter and bigger and yellower for a while now? You're yellow too, so...

**Zoe:** I'll have you know, I am NOT fat! I have had a very heavy winter coat on. It takes up a lot of room under my harness. But my human and I have been going on more and more long workouts in the nice warm air lately.

This loosens my coat. And she has been brushing me, so I am now shedding down to my sleek summer coat. Besides, since the snow has been shrinking in that nice, warm air, the brown ground that was under the snow is getting bigger and bigger. On my walks, I was able to sniff out the truth of that. And... Since the brown ground is getting bigger, kibble, which is brown, will make my breakfast get bigger as well. And, because my harness is also brown, it will grow, too, and my human won't say it is tight on me anymore!

**Benson:** Um...Well...Okay, Zoe. Whatever you say. And- (Wag, wag, tap!) -that'll do it for us here on the NewsCouch today! So, until next time...

**Zoe:** Keep wagging!



## Mike's Corner

An Excursion into Celluloid:  
RE: Alfred Hitchcock,  
the Cinematic Genius

Alfred Hitchcock was born in England in 1899. This connoisseur of suspense cinema did some of his earliest work in the 20s and 30s. For example, his early silent film masterpiece, "Easy Virtue," came out in 1927 and paved the way for later successes. In 1934 Hitchcock chose Peter Lorre for his sound era masterpiece, namely, "The Man Who Knew Too Much."

Success after success followed with such timeless films as "Suspicion," circa 1941 and "Shadow of a Doubt." Both had similar plots and solidified his position as the master of suspense unequaled.

It was around this time that Hitchcock started making cameo appearances in his movies. One film that comes to mind is his 1954 epic suspense thriller, "Dial M for Murder," which starred Grace Kelly and Ray Milland. He even did a lavish color remake of "The Man Who Knew Too Much," this time starring Jimmy Stewart and Doris Day in 1955. It was also around this time that his new, "Alfred Hitchcock Presents" anthology television series made its golden debut. This show ran for 5 seasons and was an instant success. Still greater movies bearing his name came out; movies like "Vertigo," "North by Northwest," and his only horror film, the masterpiece of macabre, "Psycho."

As his career progressed even further movie titles like "Frenzy," in 1972 and "Family Plot," of 1976 appeared on the film scene. Incidentally, "Family Plot" was Hitchcock's last critically acclaimed film as well as his very last.

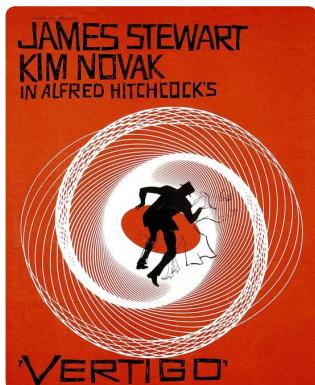
Alfred Hitchcock passed away in 1980 and so did the end of an era. While there were many other great directors, most notably Orson Welles and Rod Serling, none of them could quite replicate the cinematic genius of Alfred Hitchcock or his legacy of brilliance on the silver screen.

This is my summary on the life and career of Alfred Hitchcock. So gather up the popcorn and watch a good Hitchcock film.

And bye for now,

Sincerely,

Michael Fridgen



# Shame

by Jeff H

At my most rational, I approach being diagnosed with a mental illness as a chance event that happened to me. Based on what I know of current research, it had a lot to do with genetics and with something in my environment—perhaps a virus, perhaps stress, nobody knows for sure. But what is clear is that it is not my fault. I hardly intended this, and I have been trying to deal with its arising in a responsible way. So far so good.

But I, like most people, am not always rational. Since having a bad bout of delusions and hallucinations five to seven years ago from which I've recovered, I have moments of searing shame. They are usually triggered by a memory of some minor rudeness or inconsideration on my part from years ago. I first cringe at my minor failing and then think, "Everybody hates me." I may partly think this from paranoia, I don't know. But then I need to work myself out of the hole.

I was talking to my therapist about this last time we met. We concluded that I am projecting onto others some degree of self hatred and shame. I assume people hate me because, at certain times and in certain ways, I hate myself. Why? Because I have a diagnosis. At times, I feel deep shame and self disdain for being a man with a mental illness. I don't feel good about myself when these times occur.

My therapist made a good point. She said that of course I would feel this way sometimes because I am just echoing the stigma towards mental illness in the greater society. People fear us and hate us. Generally, most people only hear about mental illness in the rare instances when someone commits a crime. And this is rare: the vast majority of people with mental illness are not violent or dangerous and, in fact, are in greater danger of being a victim of a violent crime than neurotypicals. That said, the perceived link between mental illness and violence is strong, even if undeserved.

I think my therapist is right. When I feel this shame, the derision the larger society feels towards people like me is just blowing right through me. Her advice was to notice the feeling, acknowledge it, examine it fully, and then notice what else is going on in my life. This is good advice: these feelings of shame will never go away. They come with the territory of being an aware person with mental illness.

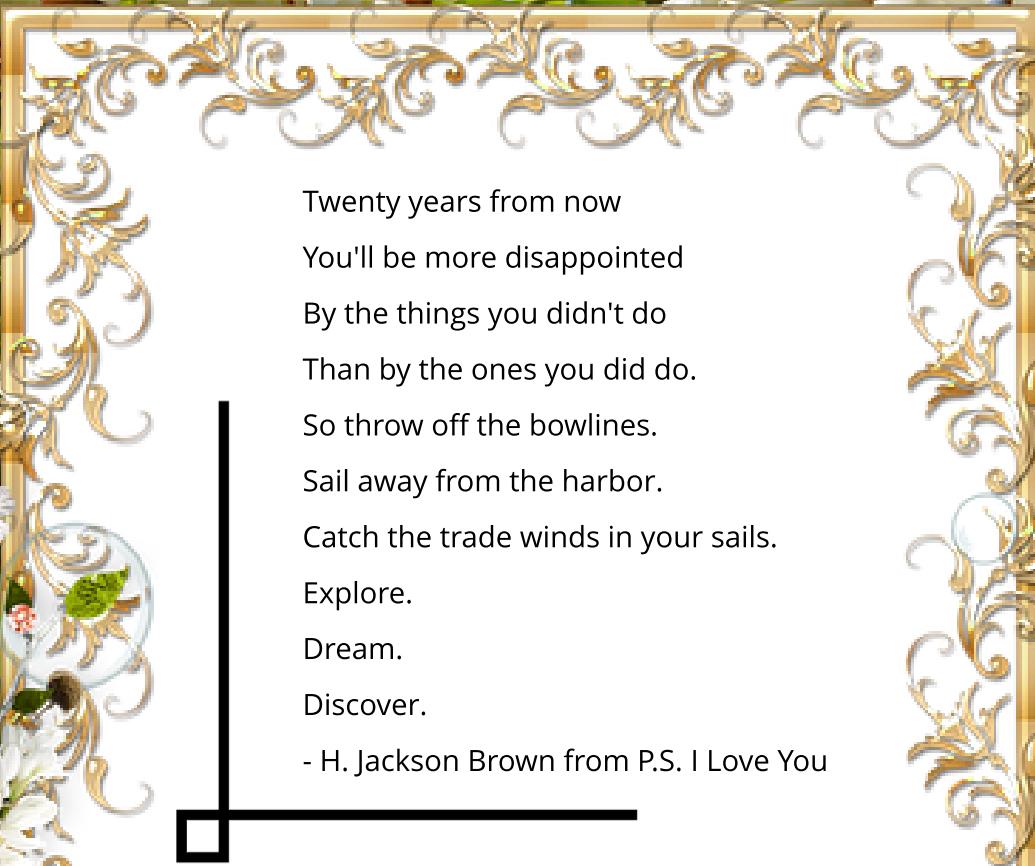
In my case, the feelings are magnified by my knowing I never came close to realizing my early promise in the race of life. As a student, I was poised to have a conventionally successful life. Instead, in middle age I came very close to being homeless as a result of my delusions. Part of me blames myself for this situation, however irrationally.

Would I blame myself if I had muscular sclerosis or some other disabling physical illness? Probably. But it probably wouldn't be so acute. Society pities people who have physical difficulties; it doesn't fear and shirk them. It is impossible to shut out entirely the voices around you. And sometimes they speak right through me.

That said, I am happy to report that most of the time I get on just fine without shame. I enjoy my day by associating with friends, writing, reading, listening to music and so on. But there are those uncomfortable moments. I don't like them. But I will always have to deal with them. Stigma against the mentally ill will not go away any time soon.

*If you would like to read more from Jeff, he blogs under the pen name "Jay Paul" at schizoa.blogspot.com*





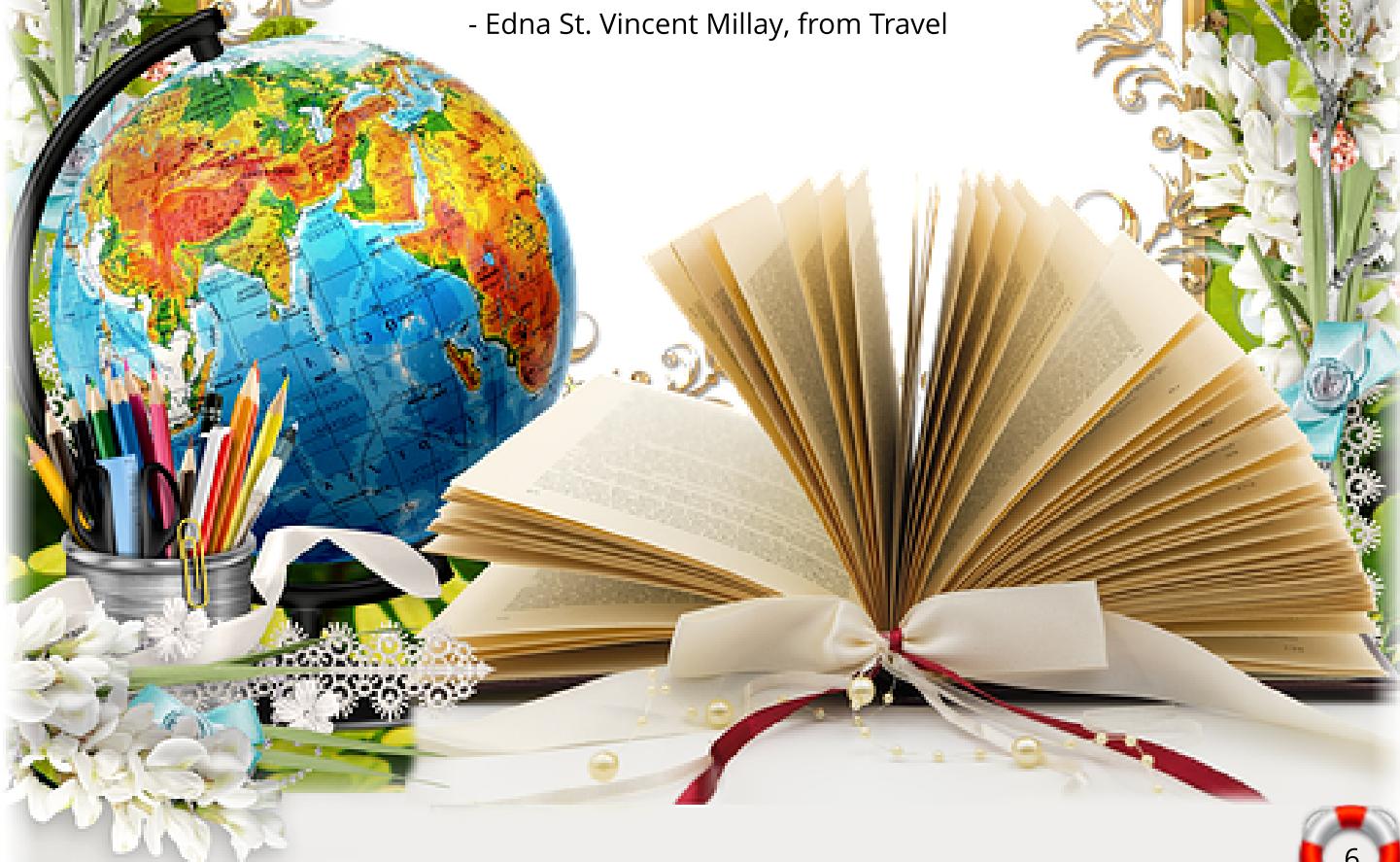
Twenty years from now  
You'll be more disappointed  
By the things you didn't do  
Than by the ones you did do.  
So throw off the bowlines.  
Sail away from the harbor.  
Catch the trade winds in your sails.  
Explore.  
Dream.  
Discover.

- H. Jackson Brown from P.S. I Love You

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My heart is warm with the friends I make,  
And better friends I'll not be knowing,  
Yet there isn't a train I wouldn't take,  
No matter where it's going.

- Edna St. Vincent Millay, from Travel



# Spring

BUDS  
DAFFODILS  
FLOWERS  
GRASS  
RAIN

G F S Q O I I S L S U R

E D U R Y G N D M B K V

B T A P T I Q E K D I F

RAINBOW  
SEEDS  
SPRING  
TULIPS  
UMBRELLA

S K N F A G H E H P B C

P T D R F B W S Q P R J

I S R E W O L F D T L S

L F H Z F G D S A N U M

U X U U F R R I D J T Z

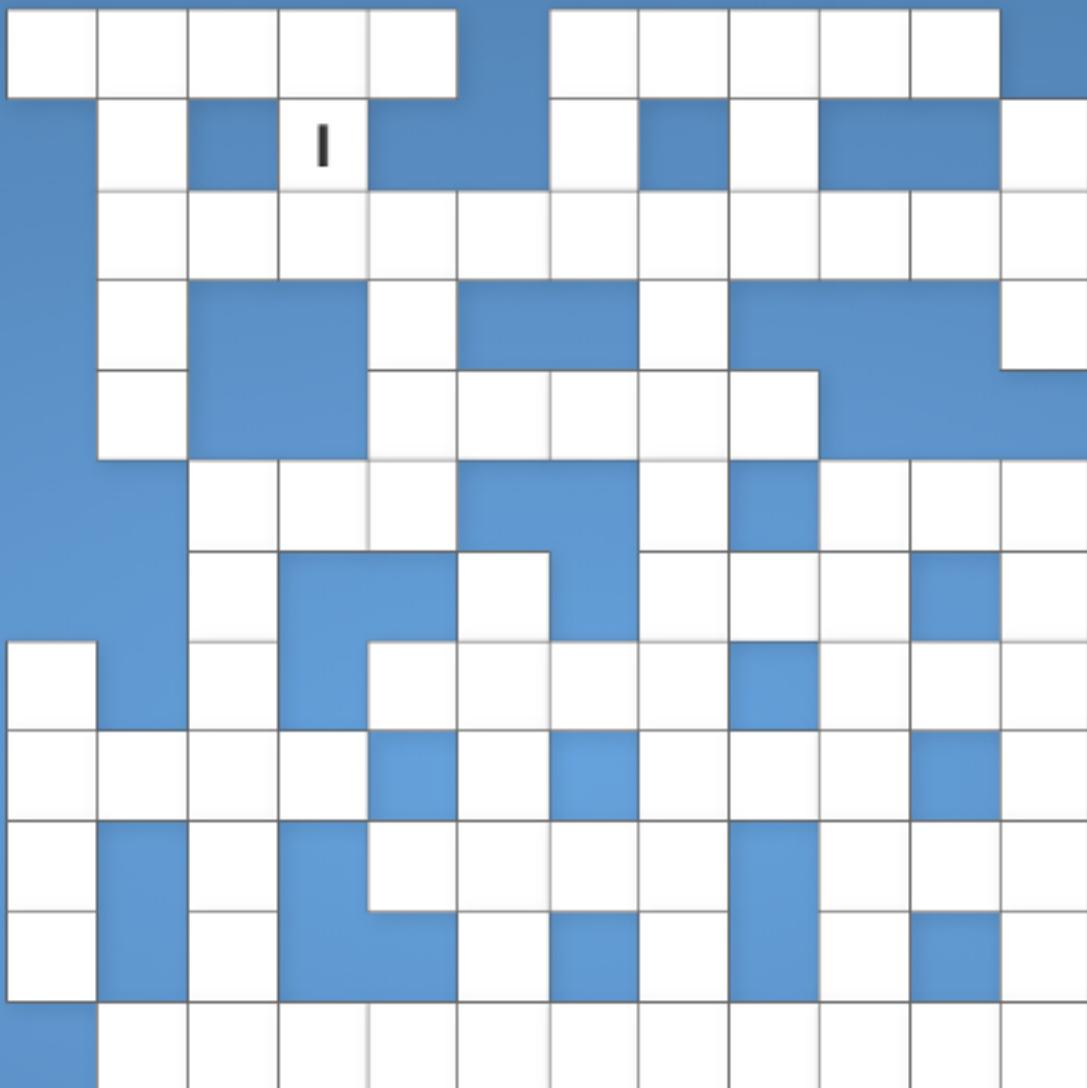
T H C U Z A J A L U T V

U M B R E L L A S S S B M

B N S M G N I R P S M K

R A I N B O W D J A C P

## FILL-INS



BIN BOT CAR EAT ELK ITS SAT SKI SOL  
VIE CELL DEBT ICKY PAIR RUSH ADOBE BYLAW  
DECRY VISTA JAGUAR BULLISH LATERAL  
SKETCHY LEADERSHIP CANDLELIGHT  
CHLOROPHYLL



# How Did You Name Your Pet ?

Nate O: For Pet Names: My current cats are named Castor and Pollux- These are the Gemini Twins. My previous cat was named Gemini. Of course they all have their loving nick names too. Gemini Gin was called Gemi (Jemmy) or woodtick by my dad (small head, big body). Castor Bean goes by Mr Bean. Pollux goes by Miss Polly or Pollyanna. We have a fish that is named Captain Swimmy (the IV...)

Jeb below



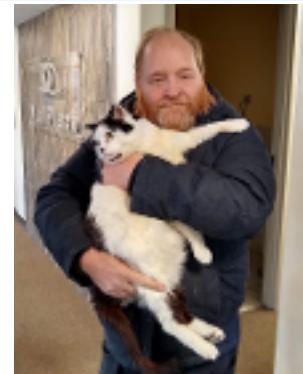
Robin H: Back in 1863, a grey-coated confederate General, (James Ewell Brown )- J E B Stuart, got lost on his way to Gettysburg, and arrived there on July 4, two days late for the battle, contributing to the Union's victory. A century and a half later, a young grey-coated kitten got lost on the streets of New Hope. After being rescued by a friend, he at last arrived at our house on... July 4! He contributed the purr-fect amount of fun to the place. His name... well- Lost? Grey coat? Arriving on July 4? Of course! He was named General Jeb Stuart! But since that's quite a mouthful, he was usually just called "Jeb". Lesson learned? Never name a cat anything that outranks you! Ironically, years later, we learned he was actually a Russian Blue!



Pierrot above

Vickie R: Windy, because when I rode her it was like riding the wind.

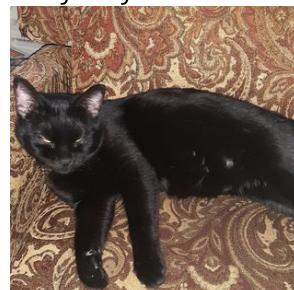
Kevin F: Big Poppa was so named when I adopted him. Come to think of it, I have had 4 cats and never renamed any of them. I've had 2 dogs and renamed them both. My Dachshund was renamed Boudin. It is a creole sausage down in New Orleans.



Kevin and Big Papa above

Ann G: Newton, my bird, was adopted by me from a friend who was allergic to him. I know that if I got him a buddy, I would name them after another scientist. I'd like to think that Newton was named after Sir Issac Newton.

Connie S: Crybaby aka Baby. I adopted him from a friend right before the original lockdown. He came with the name. Yes he definitely lives up to it. Picture of him laying in my chair.



Donnie L: I have a baby kitty named Kirby. My stepson looked on-line for pet names and we liked "Kirby."

Jax E.: Luna after Luna Lovegood from Harry Potter."

Luna below

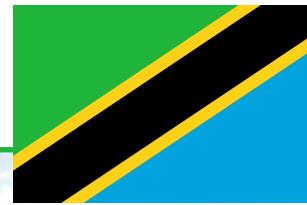


Mary S.: My cat is named "Sebastian." My great great grandfather had that name. Sometimes I call him "Sir Sebastian." He's kind of wild and bossy and he gets me laughing. Sebastian is a colorful name and he is a spunky cat.



## Africa!

by Jamie Fann



I recall, as a small child, dreaming of traveling to Africa. My mother had a book in her library about Africa, which I remember being enthralled with the pictures of all the animals, land, and people. My mother stated that I would meticulously study the book, entertaining myself for hours. I was delighted when I made my dream, of going to Africa, come true in November 2013.

My travel companion and I flew into Nairobi, Kenya and this is where the adventure began! As soon as we landed, we headed to the jeep where we drove 6 hours on unstable and hazardous



roads towards the border of Tanzania. There we would enter the Maasai Mara National Reserve and before us was the Great Serengeti and the distant sighting of Mt. Kilimanjaro. It did not matter that we had just travelled hours by plane and car, we were ready for the safari!

We entered the park (cue Jurassic Park Theme Song) for a dusk drive through the savannah. My friend Nic and I were captivated! No words were spoken between us as we gazed throughout the vast and open land seeing zebra and wildebeest running along side the jeep. The sunset was magnificent, as we spotted the silhouette of two giraffes as the sun fell behind them. Before it went completely dark, we headed back to camp and I could not wait to wake up to experience what we would encounter in our quest come the morning.

To give you a little background, the Maasai Mara National Reserve is an area of preserved savannah wilderness in southwestern Kenya, along the Tanzanian border. We had come during the migration period and were expected to see lions, cheetahs, elephants, zebras, black rhino's, hyenas, giraffes, wildebeests, ostriches, and hippos. The landscape has grassy plains with rolling hills and is crossed by the Talek and Mara rivers. The area nearby is scattered with villages of Maasai people.

Morning broke with the sounds and smells of wild animals and open wilderness! With only a canvas tent structure protecting us from our surrounding, we grabbed our gear and headed to the jeep for the safari adventure I had only dreamed of until now. With cameras and binoculars on hand we set off into the savannah with our first encounter being that of lionesses and her cubs! What was even more amazing was seeing a lion just a few feet away. My

heart felt like it was going to jump out of my chest. Being that close to lions in an open jeep was quite the experience, to say the least.

Being in the open savannah tends to get quite warm. I remember it not even being 12:00pm and we had already encountered lions, elephants, zebras, wild dogs, hyenas, giraffes, wildebeests, ostriches, and hippos. We were on a mission to find the cheetah and the black rhino. However, due to the heat, we had to take a shady break by a lone tree. It was there we saw the rare black rhino. At first, we thought it was a huge boulder, but using our zoom lens camera, sure enough, it was a black rhino! As the afternoon wore on and our escapade was ending for the day, we never did find that cheetah, but what an experience we had seeing all the other animals!

With each day of our safari allowing us to experience new things, we ended it on the 3rd day by visiting a nearby Massai village. This was a wonderfully inviting group of people. The Maasai people stand proud in the savannah with their red blankets and painted shields.

The Maasai people originated in South Sudan. They speak Maa and their main occupation is raising cattle, but the Maasai have also been known for centuries as impressive hunters and warriors. With cattle herding still the main activity of Maasai people, traditionally, the Maasai diet consists mainly of raw meat, raw blood, and milk. The leather is used to fashion Maasai shields and cow dung is used to start fires, cement their huts and much more. During our visit to the village, we were invited into their homes, shown how they live in the savannah and even taught one of their traditional dances carried out by warriors called "aduma or aigus". The Maasai warriors form a semicircle and take turns

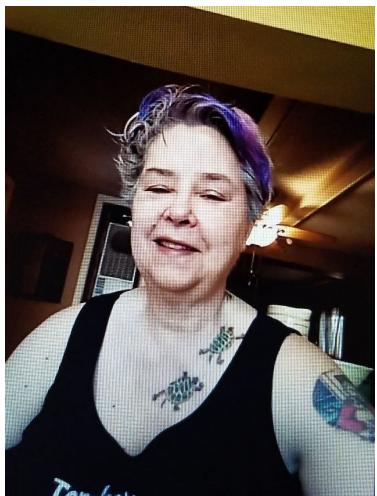
jumping at the center, as high as possible, without letting their heels touch the ground. We were honored to be shown parts of their culture, engage and learn.

This is just one of my many stories during my time in Africa. My ability to travel to Africa certainly brought my childhood dream to life.

Was there a place you read or heard about, as a child, that you dream of going?

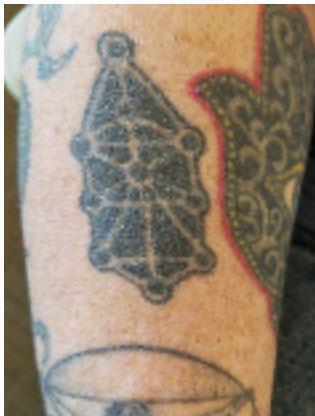


## Teal's turtle tattoos



Turtles in and of themselves are spiritual animals and revered by native members . Tattoos of turtles bring charm and peace.

Pam L's tattoo



A symbol used on the pages of ancient texts.

## Member Tattoos!

Samantha's tattoo



Here's a photo of one of my tattoos. It says "It takes strength to be gentle and kind" and it is a lyric from the song "I Know it's Over" by The Smiths which is probably the one slightly hopeful line in an otherwise very sad song. It's one of my favorite songs and I like that line because it reminds me that being kind and vulnerable is usually seen as weakness in our society, but really it's a good thing and a sign of strength. Also, you really don't realize how pale you are until you take a photo of your own arm.

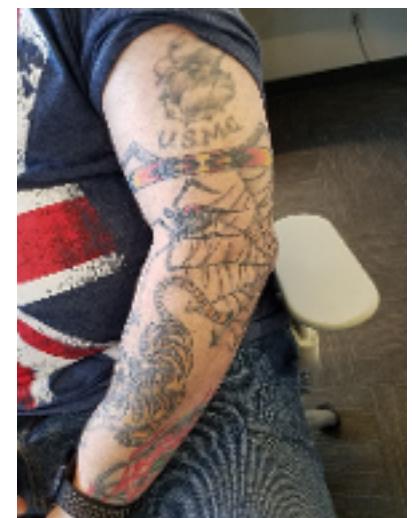
Joe T's tattoos



The phoenix stands for how I can and do rise above my mental health struggles and how I rejoin the rest of the world as best as I can.



The dragon represents longevity, living a long life and mysticism.



The USMC is for the Marine Corp. The Spider represents my mental illness and the web represents how my mental health is trapped by the web. The tiger represents strength.

## Continuation of Joe T's tattoos



The Vitruvian Man, also known as The Da Vinci Man, represents balance - what everyone hopes to achieve in life.



The letter symbols are Chinese. They stand for spirituality, serenity, harmony and happiness. The yin yang symbol is about opposites attracting and opposites repelling each other.



Chumash is the all-seeing eye and is for luck and protection.



The star of David. This signifies my birth religion.

A little history of Tattoos, from the Smithsonian Magazine, says that "humans have marked their bodies with tattoos for thousands of years. These permanent designs—sometimes plain, sometimes elaborate, always personal—have served as amulets, status symbols, declarations of love, signs of religious beliefs, adornments and even forms of punishment."

The earliest known tattoos were found on the "Iceman," a mummy that was discovered around the Italian-Austrian border in 1991. Carbon dating shows the Iceman to be 5,200 years old. According to the scientists who examined the Iceman, the placement of the various tattoos on his body indicated that they were applied to specific areas, around the joints, to relieve joint pain....so the tattoos were essentially an early form of therapeutics.

Tattoos found on the bellies of some female mummies, were also thought to be a form of therapeutics.....serving to protect the women and their fetuses during the difficult time of pregnancy and child birth.

So, why do and did so many people and cultures mark their bodies with tattoos? The Smithsonian says, "it seems to have sprung up ... as a permanent way to place protective or therapeutic symbols upon the body, then as a means of marking people out into appropriate social, political or religious groups, or simply as a form of self-expression or fashion statement.



## March Meal A-MAZES!

Another successful monthly meal was had and enjoyed by over 30 members.

Big thanks to all who helped make it happen, from coming in to the club to cook, or clean up; to making phone calls, and handing out meals to those who came to pick theirs up and even to helping deliver meals to members who couldn't get to the club to pick theirs up! It takes a village, or rather, a Clubhouse! The deadline to sign up for the April meal is Friday, April 23rd.

The recipes for March's meal are listed on this and following pages. Enjoy!



### Alton Brown's Ramen Noodles with Peanut Sauce: Hopkins Clubhouse Edition

#### Ingredients:

4 cloves minced garlic  
2 tbsp fresh grated ginger  
2 tbsp soy sauce  
1 tbsp black chinese vinegar or worcestershire sauce  
1 tbsp toasted sesame oil  
1 tbsp chili oil  
1 tbsp dark brown sugar  
1/3 cup creamy peanut butter  
1/4 cup chicken broth  
1/4 cup chopped scallions  
1/4 cup chopped peanuts  
4 packages ramen noodles, minus seasoning packets



#### Instructions:

Step 1 - In medium saucepan, bring to a boil 2 quarts salted water.

Step 2 - In the meantime, in a food processor or blender, blend first 7 ingredients, then add peanut butter, blend in while mixing, slowly drizzle in the chicken broth till smooth.

Step 3 - Boil noodles according to directions. Drain well.

Step 4 - Toss in a serving bowl with the sauce and garnish with scallions and peanuts.



## MATCHA GREEN TEA JELLY

*servings: 3 prep time: 15 MINUTES cook time: 5 MINUTES total time: 20 MINUTES*

*course: DESSERT cuisine: ASIAN*

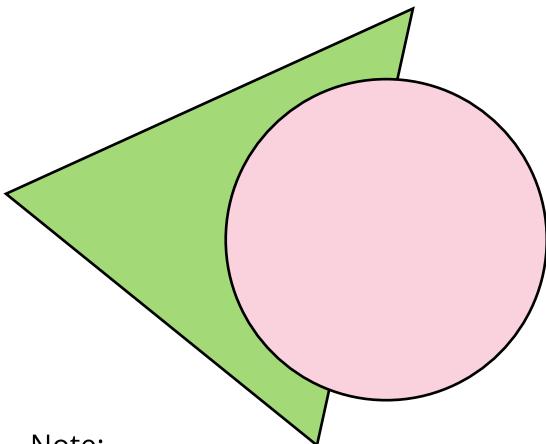
This is a matcha green tea flavored jelly topped with sweetened condensed milk. It is a light and refreshing dessert.

### Ingredients:

1 cup + 6 teaspoons water (divided)  
2 packages of unflavored gelatin (each individual pack is .25 oz.)  
3 tablespoons granulated white sugar (or less, to taste)  
1 tablespoon premium matcha powder (see note)  
3 tablespoons sweetened condensed milk

### Instructions:

1. Using a mini whisk, dissolve matcha powder in 2 tablespoons of boiling hot water.
2. In a small saucepan, add 1 cup of water, matcha mixture, and sugar. How much sugar you want to add depends on your personal preference. Since the gelatin is topped with sweetened condensed milk, you may want to only lightly sweeten the matcha jelly. Bring mixture to a low boil and continue to whisk for about 20-30 seconds. Turn heat to lowest setting.
3. In a small bowl, add gelatin powder. Slowly pour in 1/4 cup of boiling water, whisking the entire time so that the gelatin dissolves into the water. If you don't whisk while pouring, your mixture may have chunks of gelatin. Pour liquid gelatin mixture into your saucepan. Whisk a few times, until gelatin is completely mixed in and dissolved. Turn off heat.
4. Pour gelatin through a very fine mesh strainer and into small cups. The strainer will catch any clumps of matcha powder that may remain. Refrigerate gelatin for several hours until firm.
5. Keep gelatin in the fridge until ready to serve. Pour a layer of condensed milk into each cup before serving.



### Note:

It's important to use a high-quality matcha powder so the jelly has a deep green color. Maeda-En Universal Quality is recommended.

## Sesame and ginger rice balls

You don't have to head to Chinatown for this regional Sichuan treat - try it at home!

### Ingredients:

- 2 cups reduced-fat milk
- 2 whole star anise
- 1 cinnamon stick
- 2 teaspoons orange rind, finely grated
- 1 cup sushi rice
- 1/4 cup caster sugar
- 1/4 cup coconut cream
- 2 tablespoons sweetened condensed milk
- 1/4 cup glace ginger, cut into 5 mm pieces
- 1/2 cup sesame seeds, toasted

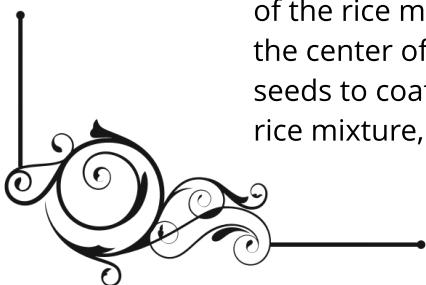


### Method:

Step 1: Combine milk, star anise, cinnamon and orange rind in a medium saucepan over medium heat. Bring to a boil. Stir in the rice. Bring to a boil. Cover with a tight-fitting lid. Reduce heat to low. Cook for 18 minutes. Set aside, covered, for 10 minutes to stand.

Step 2: Stir in the sugar and coconut cream. Transfer to a medium bowl. Set aside for 30 minutes to cool.

Step 3: Line a baking tray with non-stick baking paper. Stir in the condensed milk. Use wet hands to roll 1 tablespoon of the rice mixture into a ball. Insert a piece of ginger into the center of the ball and roll to enclose. Roll in sesame seeds to coat. Place on the lined tray. Repeat with remaining rice mixture, ginger and sesame seeds.



### Allergens

Contains Vegetarian, low carb, low kilojoule, Lower gi, and High protein.

# COLORING PAGE!



## Special Report



This is Yellow Lab Zoe, reporting to you tonight, straight from the News-Couch here at Channel K-9. This has been a long, strange series of breakfasts and dinners, with few places to go, and few humans to see in between. Those rare people we have gotten to sniff "hello" to, were all hiding their shy faces behind masks. Snow has melted, grass has grown green, days got long and hot, then leaves fell and the snow came down again. Now that snow has gone. Brand new grass is starting to appear and more people are not just walking past the yard like in the last hot summertime, but coming in through the gate. It seems that these strange days were coming to an end. During these hard, confusing times, some of the most fun and tail-wagging joy for me and for my colleague, and fellow reporter, Benson, has been the chance to pad our way through this pandemic with you, just as we have guided our humans through it. But it is my sad duty to announce tonight, that Benson has been asked to report to Rainbow Bridge. The News-couch seems so big, and there is no sniff, tap-tap wag to listen to, but it has been such a privilege to have worked hard beside him and to have played with and shared many bones with him. He will be missed. He will always be loved. So, until next time, think of him, and...

Keep wagging.





Celebrating a birthday this month:

### Happy Birthday to you....

Patty E.  
Thomas F.  
Margaret J.

Laura K  
Brian S

# OUR STAFF



### Staff Numbers

Jamie- (952) 529-0392  
Jonathan- (952) 300-5378  
Nate- (952) 529-1166  
Samantha- (952) 406-9284  
Julie- (612) 790-8107  
Lilly- (952) 529-1009

### Need Assistance?

Staff are available M-F 8-4:30

### Other mental health supports:

**COPE:** 612-596-1223  
**Wellness in the Woods Warmline**  
844-739-6369 Sat-Sun: 5pm-9am  
**Minnesota Warmline**  
651-288-0400 Mon-Sat: 5pm-10pm

### April Newsletter Crew:

Beth, Debbie,  
Curtis, Julie

Jamie F	Jeff H	Joe T.	Kevin F
Benson & Calynn H	Mike F	Nate O	Ann G.
Zoe & Robin H	Beth B	Laura K.	Mary S.
Samantha	Donnie L	Jax E.	Connie S.
	Teal G.	Vickie R.	Julie KR

### Contributors