THE VOICE

Housekeeping

1. No School: November 5th (1/2 day) and 6th (full day)
2. Remembrance Day: November 11th, no school
3. Pro-D Day: November 27th, no school
4. Annual General Meeting: November 26th
5. Spirit Day: November 26, wear your CHSC T-Shirt
6. Purdys Chocolate Sales: Purchase by November 26th (see page 6)

Why is our logo the butterfly?

The butterfly has been represented in the deaf and hard of hearing community largely in part because some species of butterflies are in fact deaf or don't "hear" in the way we typically think of hearing. Butterflies are also symbolic of transformation. After all they start out as caterpillars and then emerge a completely different species.

Children who attend CHSC undergo a type of metamorphosis. They start their journey with limited or sometimes no access to the sounds in their environment and through advanced hearing technologies and the support of our incredible programs, these children can learn to listen and talk and participate fully in the hearing world!

The second defining characteristic of our logo is our spiral tail. This spiral represents the shape of the cochlea, an important structure in the inner ear that transmits sounds from the environment directly to the brain.

Hearing loss is complex. Some of our children have one or two cochlear implants, while others wear hearing aids, bone conducting hearing aids, or rely on amplification technologies in their environment. The devices act as gateways to sound, but they are only a tool. The butterfly magic happens through our immersive listening and spoken language programs that transforms a child from the non-hearing world to one full of spoken language, laughter, music, and hope!

CBC Podcast: How a deaf, silent film actor pioneered closed captioning

CBC's "The q" with Tom Powers aired an interesting podcast episode back in early October about the history of closed captioning. Although closed captioning as we know it today, made its debut only 40 years ago, its roots stretch much further than that.

Emerson Romero, a deaf, silent film maker from Cuba in the early 20s is attributed as the father of closed captioning. Narrator Jaipreet Virdi, takes listeners through the life of Emerson Romero and his fight to make Hollywood movies more accessible to the hearing impaired.

Click to Listen

Why it's important to wear hearing aids all day-even at home (article published in Healthy Hearing Oct 12, 2020)

In this article, Temma Ehrenfeld, recounts her experience with not wearing her hearing aids for a prolonged period of time (approx. 6 weeks) after suffering a bout of COVID-19 this past spring.

"When I did put my aids on again for dinner at a table on the street, everything sounded way too loud-much like when I first got my hearing aids 20 years ago and it was excruciating to wear them on the streets of New York".

The article articulates the consequences of not wearing your hearing aids on brain processes and emphasizes the importance of wearing your hearing aids during all waking hours.

As Dr. Palmer (president of the American Academy of Audiology, professor at the University of Pittsburgh, and director of audiology for its health system) puts it "The Brain isn't good at trying to listen in two ways- through the hearing loss and through the amplification system. The ear is a doorway to the brain, it doesn't make sense to have it partially closed part of the day".

Full Article Click Here

Recipe Corner

Healthy Slow Cooker Creamy Tortellini Vegetable Soup

Recommended by our Office Administrator Sumeet!

Ingredients

- 1/4 cup extra virgin olive oil
- 1 yellow onion, chopped
- 2-4 cloves garlic, minced or grated
- 2 tablespoons fresh thyme leaves (or 2 teaspoons dried)
- 1 tablespoon dried basil
- 1 tablespoon dried oregano
- 1-2 teaspoons fennel seeds (to taste)
- 1 teaspoon smoked paprika
- 1 pinch crushed red pepper flakes
- kosher salt and black pepper
- 2 tablespoons tomato paste
- 6 carrots, chopped
- 4 celery stalks, chopped
- 1/2 cup dry white wine (substitute apple cider vinegar, chicken broth, or white wine vinegar)
- 6 cups low sodium vegetable broth
- 4-6 cups roughly chopped kale
- 1/2 cup whole milk or heavy cream
- 1/3 cup grated parmesan cheese, plus more for serving
- 1 pound fresh cheese tortellini

Slow Cooker Instructions

1. Heat the olive oil in a large pot over medium heat. When the oil shimmers, add the onion, garlic, thyme, basil, oregano, fennel, paprika, and a pinch each of salt and pepper. Cook 5 minutes, until very fragrant. Remove from the heat and add to the bowl of your crockpot. Stir in the tomato paste, carrots, and celery.

2. To the crockpot, add the wine, broth, and a pinch of red pepper flakes. Cover and cook on low for 6-8 hours or on high for 4-5.

3. During the last 15 minutes of cooking, stir in the kale, cream, parmesan, and the tortellini.

4. Serve the soup topped with additional parmesan and fresh oregano, if desired.

For alternative cooking options Click Here

Fun-Raising

Purdys is Back!!

Kids Corner

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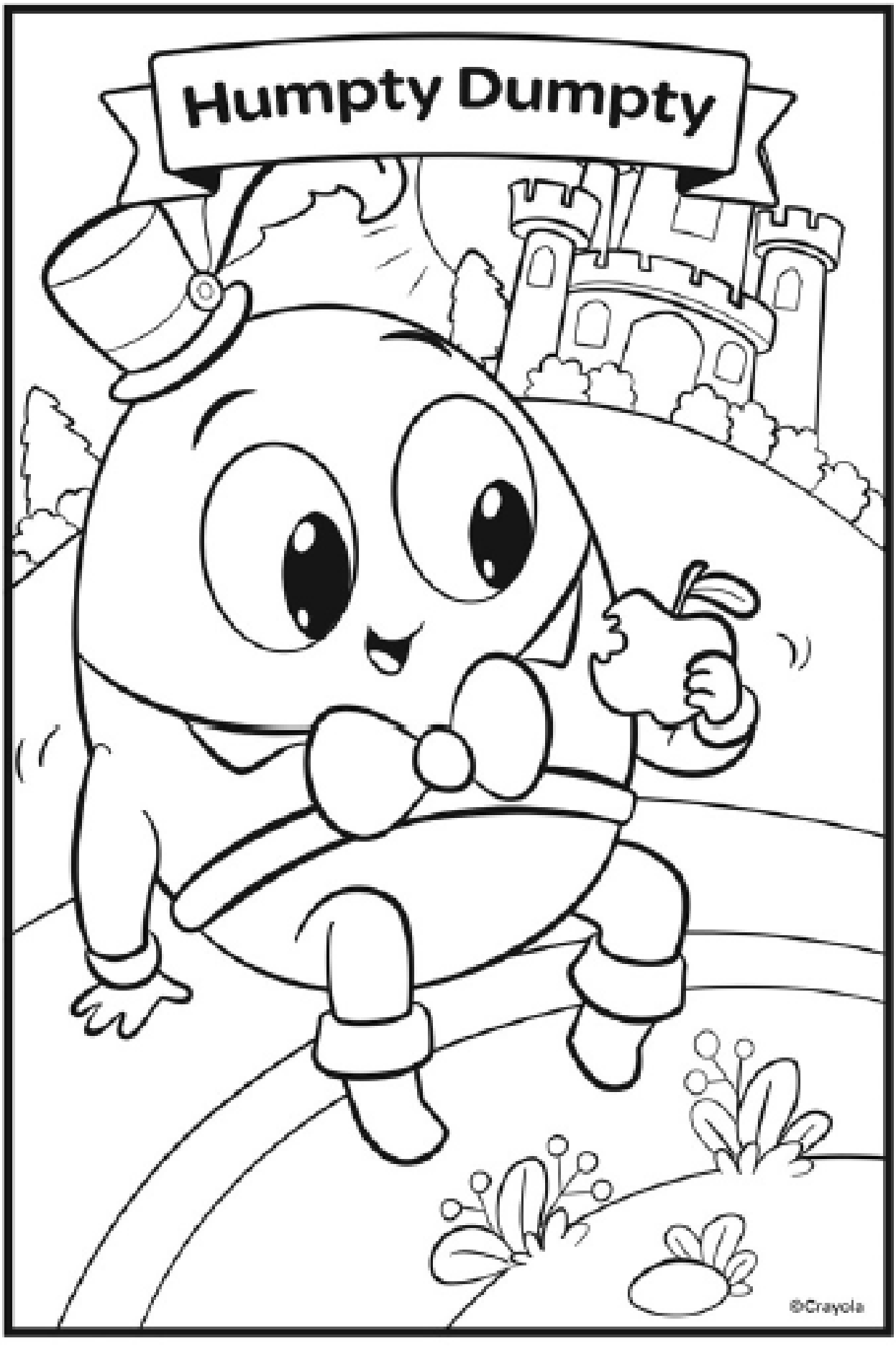
Humpty Dumpty
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