

JUNE 2021

NEWSLETTER

IN THIS ISSUE:

- June Birthdays
- June Program Calendar
- Weekly Virtual Programs
- Other Programs & Supports
- Mental Health Writing Event
- New Addition to the Our Place Team
- Peer Support Lines
- Mental Health & Crisis Resources
- From the Kitchen of Our Place
- Fun Fact: Summer Solstice
- Mental Health Tip of the Month
- Writing Group Submissions
- Crossword
- Mandala



OUR PLACE COMMUNITY OF HOPE

1183 Davenport Road | 416-598-2919

info@ourplacecommunityofhope.com | www.ourplacecommunityofhope.com

June Birthdays

Our Place Birthdays

Nathan H. – June 1
Rosalee E. – June 13
Carlos R. – June 17
Joshwua G. – June 24
Christian H. – June 25
Jeffrey D – June 30

Famous June Birthdays

Marilyn Monroe – June 1, 1926
Anderson Cooper- June 3, 1967
Mark Wahlberg – June 5, 1971
Natalie Portman – June 9, 1981
Paul McCartney – June 18, 1942
Nicole Kidman – June 20, 1967
Chris Pratt – June 21, 1979



If you want to celebrate your birthday with us, let us know!

Meals

Meals to-go are served Monday-Friday between 2:00pm and 5:00pm.

Reminders:

- To make sure that everyone gets a meal, we are not able to give more than one meal per person. Seconds will only be given between 4:45pm and 5:00pm, *if we have enough. They are not guaranteed.*
- If you have a dietary restriction, please let us know before 12pm on the day you are coming so that we can do our best to accommodate you.
- Please be patient with us as we grab your meal, snacks and drink... we are going as fast as we can!

During the pandemic, we are asking for your cooperation with the following:

- * Practice social distancing (maintain a 6ft distance from others) while waiting in line for your meal. We also strongly encourage you to wear a mask while waiting to protect yourself and those around you.
- * Please do not approach the table until the person in front of you has left.
- * *Masks are mandatory while picking up your meal.* Need a mask?? No problem! Just ask us for one.
- * If you are not able to wear a mask due to a medical condition, please wait on the "x" in front of the table. Your meal will be placed on the table. Once staff are back inside and the door is closed, please take your meal and step away from the table so that others can safely get theirs.

We *really* appreciate your patience and understanding during these strange times. We know that wearing a mask is not fun and is more difficult for some than others. Please be mindful of the fact that people around you may be more vulnerable to the virus than you are, and so by wearing a mask and keeping your distance, you are helping to keep them safe.

We want to do everything we can to stay open to continue to offer meals and support, which is why we have these policies in place.

Computers, WiFi and/or Phone Use

These services are currently *unavailable* until further notice.

Weekly Check-Ins

Let us know if you are interested in receiving a weekly supportive phone call from staff to check in and see how you're doing.

JUNE 2021 PROGRAM CALENDAR

OUR PLACE PROGRAMS JUNE 2021				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>TO-GO MEALS 2-5</p> <p>Virtual Name that Tune! 12:30 - 1:30</p> 	<p>TO-GO MEALS 2-5</p> <p>Virtual Trivia/Card Games 3:30-4:30</p> <p>*CLOTHING DRIVE! ON JUNE 15 AT 2:00PM*</p>  	<p>TO-GO MEALS 2-5</p> <p>Virtual Meditation 3:15 Online Peer Support 3:30-4:30</p> 	<p>TO-GO MEALS 2-5</p> <p>Virtual Anger Management Women: 2:30 Men: 3:30</p> 	<p>TO-GO MEALS 2-5</p> <p>Online Writing Group w/Peter 1:30 - 2:30</p>  <p>VIRTUAL LIVE MUSIC w/Kevin & Chas 3:30 - 4:30</p>
<p>To Go Meals</p> <ul style="list-style-type: none"> * Everyone welcome * Free of charge! * Seconds not served until after 4:45 & are Not guaranteed * If you have a dietary restriction, call before 12pm and we will do our best to accommodate you * Coffee served on <i>Thursdays</i> as we are able * Please wear a mask 				
<p>Virtual Programs & Appointments to Use Computers/Phone/Wifi</p> <ul style="list-style-type: none"> * Appointments to use Computer/Phone/Wi-Fi are currently unavailable. * All virtual programs use Zoom - see staff for sign-up information * If you need help downloading Zoom/learning how to use it, just ask us! * There is an option to <i>phone in</i> to all Zoom groups. 				

NOTE: Programs and hours may change without notice in response to Public Health's COVID-19 safety recommendations.

1183 Davenport Road | 416-598-2919 | info@ourplacecommunityofhope.com | www.ourplacecommunityofhope.com

Our Place Weekly Online Programs

Name that Tune! – Mondays at 12:30pm

This is an hour to talk about some tunes. We'll listen to music and try to guess the artists and song titles.

Link to join Name that Tune via Zoom:

<https://zoom.us/j/92357132760?pwd=ZWltaXlsK3dQaXpnTTgydnNaWUd4Zz09>

Join by phone, dial: **647-374-4685**.

When prompted, enter in the Meeting ID: **923 5713 2760**

Trivia & Card Games – Tuesdays at 3:30pm

Casual, fun programs that will be rotated bi-weekly. One week will be trivia with friends! The other week will be time to gather and chat over Zoom while playing online cards together. Card games will be decided by consensus on the day of, with a focus on Euchre and Crazy Eights.

Link to join Online Trivia & Card Games via Zoom:

<https://zoom.us/j/93121462646?pwd=dJxM2R1eEdSMElL3VTa0x2b0tBUT09>

To join by phone, dial: **647-558-0588**

When prompted, enter in the Meeting ID: **931 2146 2646**

Meditation- Wednesdays at 3:15

Peer Support Group at 3:30

Guided meditation will begin by 3:20pm. No experience is needed. Come as you are. All mics will be muted during the meditation.

Peer support meetings are a time to connect with others for support, encouragement, and hope. We'll learn from each other's experiences in conversations. We'll talk about relaxation, managing emotions, self-compassion, and self-acceptance. We'll look at positive steps that you could try to have a better life.

Link to join Peer Support Group via Zoom: <https://zoom.us/j/94221242340>

To join by phone, dial: **647-374-4685**

When prompted, enter in the Meeting ID: **942 2124 2340**

Anger Management – Thursdays at 2:30 (Women's) and 3:30 (Men's)

This virtual Anger Management course is for anyone who is interested in getting a handle on their anger and strong emotions.

The training utilizes Cognitive-Behavioural tools and techniques to help individuals navigate tough situations. With topics such as Communication, The Cycle of Violence, and Learning from Mistakes, participants can dive deeper into the root of their anger and learn more about themselves in the process.

There are also many opportunities for individuals to connect the lessons with their past and/or current experiences, as open discussion is encouraged. This group operates from a trauma-informed perspective, and aims to provide a safe, open, and non-judgmental space for individuals to explore their emotions and find new ways to grow.

To Sign Up: Email info@ourplacecommunityofhope.com or call the Our Place office: (416) 598-2919. To complete your registration, Tia or Clarence will call you to introduce themselves and have a quick chat with you.

Writing Group – Fridays at 1:30pm

Writing Group with Peter (a professional journalist!) is a time to connect with others, build friendships and get creative together.

Everyone is welcome to join in and no experience is necessary!

Link to join Writing Group via Zoom:

<https://zoom.us/j/93536287038?pwd=RVpzR1pMSGcxQ01UQXZ6YVBHTlI0UT09>

Join by phone, dial: **647-374-4685**

When prompted, enter in the Meeting ID: **935 3628 7038**

Live Music w/ Kevin and Chas– Fridays at 3:30pm

Join us as we welcome back Kevin and Chas! Every Friday, come listen and sing-a-long to all their greatest hits!

Link to join Live Music via Zoom:

<https://zoom.us/j/93816554001?pwd=ZEllbmNjQ214QXhhNFliUX FkWFFnUT09>

Join by phone, dial: **647-374-4685**.

When prompted, enter the Meeting ID: **93816554001**

Other Programs & Supports

Nicotine Replacement Therapy

Thinking of quitting smoking?? Talk to staff about how you can access support and free Nicotine Replacement Therapy with no wait.

Community fridge and pantry

A community fridge and pantry at Dupont and Ossington can be accessed by anyone in the community. Free food is available and the public can contribute by donating food or by volunteering. The fridge and pantry at 888 Dupont can be found along the east side of the building, just north of the sidewalk. The fridge is maintained, cleaned, and disinfected twice daily by a hard working team of volunteers.



This fridge is provided by Akin, Community Fridges Toronto, and TAS. More details are posted on the Akin web site: <https://www.akincollective.com/fridge>
A map of other community fridges is posted on that web site.

Our member, Patricia Reid, was featured in a CBC story about this community fridge titled "[How outdoor community fridges are changing life for those facing hard times](#)"

Mental Health Writing Event



On June 17th at 6:30pm there will be an online launch event for a collection of writings related to mental health titled *Brilliance Is the Clothing I Wear*. This free online event will be a celebration of InkWell's writers and community, complete with music, readings, door prizes, and more!

InkWell is a creative writing program for people living with mental-health or addiction issues that is led by professional writers with lived experience of mental illness.

The latest anthology from InkWell celebrates the brilliance found in madness, creativity, and connection by featuring poetry, fiction, and creative non-fiction from 28 writers who are part of InkWell's community writing workshops. "With themes of nourishment and desire, grief and hunger for a new world, these are fierce writings from the margins: honest, defiant, funny, and wise."

To register for the June 17 event, visit <https://www.eventbrite.ca/e/inkwell-anthology-launch-brilliance-is-the-clothing-i-wear-tickets-151958990431>

New Addition to the Our Place Team

Welcoming Jessica back!

Thanks again to Canada's Summer jobs, we were able to invite Jessica back to Our Place as staff. We are happy to have her!

A note from Jessica:

"Hello everyone! My name is Jessica and I hope you are all keeping well. You may remember me from earlier this year when I completed my placement at Our Place. I'll be joining the team as a part time staff member at Our Place. I'm excited to get to know you all better and see you all again!"



Peer Support Lines

Need someone to talk to who has lived-experience with mental health issues?

Check out a Peer Support Line. A volunteer will listen to you talk about your day or what's happening in your life. These are not crisis lines so you can call if you're doing OK and just want to talk.

Krasman Centre: 1-888-777-0979

Available any time every day, 20 mins/call

Mood Disorders Association: 1-866-363-6663

Available 9:30am to 5pm. 30 mins/call

Progress Place:

416-323-3721 - 12pm to 8pm

416-960-9276 - 8pm to midnight. 30 mins/call



Mental Health & Crisis Resources

1. Call **911** if you are in immediate danger or need urgent medical support.
2. Canada Suicide Prevention Helpline: **1-833-456-4566**
3. Text **WELLNESS** to 741741 to access the Crisis Text Line. Provides immediate support.
4. Wellness Together: **1-866-0445** (24/7). Provides free counseling and support.
5. Gerstein Crisis Centre: **(416) 929-5200** (24/7). This is a community-based crisis service for adults age 16+ in Toronto who are dealing with mental health issues and/or substance use issues and are currently in crisis. Also offers online face-to-face support, wellness groups, short term follow-up support, and referrals to other services.
6. Crisis Services Canada: **1-833-456-4566** (24/7) or text **START to 45645** (4pm-midnight). This is support for people who are thinking about suicide.
7. Distress Centre of Greater Toronto: **(416)-408-4357** (42/7). They provide emotional and crisis support.
8. St. Michael's Homes: **(416) 926-8267 ext. 110**. Addictions Services for men.
9. Assaulted Women's Hotline: **(416) 863-0511** or **1-866-863-0511** (24/7 crisis line)

If you or someone you know is in immediate danger, call 911.

From the Our Place Kitchen

Jessica's Family's Sloppy Joes!

INGREDIENTS

- 2 lbs ground striploin beef
- 1 chopped onion
- 1 chopped pepper
- 1 chopped garlic
- Hamburger Buns

INGREDIENTS FOR SAUCE

- 1 can of tomato sauce
- $\frac{3}{4}$ cup of ketchup
- $\frac{1}{2}$ cup of water
- Drizzle $\frac{1}{4}$ cup of maple syrup
- Drizzle $\frac{1}{4}$ cup of Dijon mustard
- 1 tbsp. Worcestershire cup

- 2 x $\frac{1}{4}$ chili powder
- 1 can of kidney beans

INSTRUCTIONS



1. Fry with olive oil- onion, salt, beef, chopped pepper and chopped garlic. Fry until all ground beef liquid is gone.
2. Add all ingredients for sauce. Simmer for 15 minutes.
3. Toast buns and serve. Sandwich style.

Zoe's Zucchini Brownie

INGREDIENTS

- 1 $\frac{1}{2}$ cup of shredded uncooked zucchini
- $\frac{1}{2}$ cup of sugar
- $\frac{1}{2}$ tps of salt
- 1 cup of all-purpose flour
- $\frac{1}{2}$ cup of unsweetened cocoa powder
- $\frac{1}{4}$ tsp of baking soda
- 2 tbsp. of canola oil
- 1 $\frac{1}{2}$ tsp of vanilla extract
- 1 large raw egg, scrambled



DIRECTIONS

1. Preheat oven to 350F. Line an 11 x 7- inch baking dish with parchment paper.
2. In a medium bowl, stir together zucchini, sugar, and salt; let stand 5 minutes (there should be liquid pooling at the bottom of the bowl).
3. Meanwhile, in another medium bowl, whisk together flour, cocoa powder, and baking soda. Stir oil, vanilla, and egg into zucchini mixture. Stir in flour mixture (batter will be thick). Spread batter

evenly into prepared pan. Bake at 350F until a wooden pick inserted in center comes out with a few moist crumbs, 22 to 25 minutes.

4. Using parchment paper, lift brownies out of pan; cool on a wire rack. Cut into 15 pieces. Enjoy!



Fun Facts: Summer Solstice

- Summer solstice- June 20- is the longest day of sunlight in the year, and the first day of summer.
- The word, “solstice”, comes from the Latin word sol (sun) and solstice comes from the Latin word, “stare”, which means to stand or stop.
- Summer solstice is celebrated around the world. Celebrations dates back to ancient pre-Christian traditions that marked the occasion by worshiping the gods of the Sun and the Earth.
- In ancient Greece, summer solstice marked the start of the new year, and a month-long countdown toward the Olympics. On solstice, Greeks also honoured the god Cronus, the patron of agriculture. Celebrations included feasts and games.
- Many Native Americans celebrated solstice with a Sun Dance.
- Today in Sweden, summer festivals (called Midsommars) take place across the country. Most citizens leave the cities to visit family in the countryside.
- Gatherings also take place every solstice at Stonehenge in England. The ancient rock structures called Stonehenge were designed around the light of the solstice. The sunrise on summer solstice aligns perfectly with a circle carved in stone at the site.

[Scientific America](#)
[Reader’s Digest](#)

Mental Health Tip of the Month: Summer Blahs

By Kathryn Dorrell

Summer is the best season of the year. Our moods and spirits are lifted and we are feeling at our best... right? No, not everyone feels this way, in fact some people are prone to mental health challenges in the very months that others enjoy so much.

The Centre for Addiction and Mental Health (CAMH) states on its website that “summer depression” occurs when people experience the opposite of seasonal affective disorder (SAD): the summer triggers anxiety and depression, or makes existing symptoms of these illnesses worse.

People who struggle with anxiety and depression may experience difficulty with less structure in their schedules as so often happens in the summer, according to the University of New Hampshire. The university states the expectation “to be care free, and the pressure to be having fun socially... can become overwhelming.”

The CAMH says the symptoms of summer depression include:

- Sad and low mood
- Feeling anxious
- Feeling agitated
- Reduced appetite
- Difficulty sleeping and insomnia

I find summer is frequently the most challenging season for my mental wellbeing. I don't like the heat and humidity, so I'm indoors more often and exercise less. It's light outside later in the evening and this disrupts my sleep. And it seems like everyone else is loving the hot weather, planning vacation days and fun things to do, so I often judge myself for not feeling at my best. Well-meaning friends have even questioned why I don't feel better than usual because summer in Canada is regarded as the season most people wait for all year long. (I prefer fall and winter to summer.)

When I reflect on my summer routine, it makes sense that I may struggle more because I am not giving myself the things that boost my mood—and are known to be good for everyone's mental health:

- Fresh air
- Time in nature
- Exercise
- Good sleep/regular sleep schedule
- Being kind to myself
- Having a community of people who understand how I am feeling

Taking care of our mental wellbeing in the summer is like putting on sun screen; it is something that we need to remember to do to protect our health. Here are a few things I plan to do this summer so I stay mentally fit:

- Walk—or do another exercise—first thing in the morning when it is cooler
- Find shady places to hangout in outside so I am in nature
- Eat healthy foods regularly, even if the heat is lowering my appetite
- Drink lots of water (being dehydrated can make us feel emotionally and physically unwell)
- Make sure I am sticking to a regular sleep routine and going to sleep with my fan on
- Remind myself that I am not alone if I am not feeling happy just because the sun is out and the temperatures are high
- Reach out and talk to people if I am feeling unwell.

I hope this information and tips help you have a healthy mind this summer.

Sources:

[CAMH](#)

[University of New Hampshire](#)



Writing Group Submissions



Word cake

By Bill, Dina, Josh, Kathryn, Lisa, Mary (Peter's sister) Peter, and Toban

On May 20, the writing group baked its second word cake. It was a warm, sunny afternoon, and here is what we made.

Ice cream, creamy, sprinkles, cone.
Butterscotch, DQ, chocolate-coated at Tom's, Tom's Dairy Freeze.
Chocolate has to be on the list.
Memories, motorcycle ride to DQ.
Pleasure, we don't talk dirty here, we stay clean.
Standing up in the back of a convertible,
going down the highway before seat belts were invented when I was four.

Frozen. Brain freeze. KD. Kraft dinner.
Orange, butter, and add ketchup. Salty, microwave.
Tastes the best when you don't fart around.
Fried ice cream, have you ever heard of that?
Fried ice cream with the KD.
Kraft dinner with wieners, you can't have one without the other.

Bacon-maple donut, sounds like the CNE.
Baked Alaska, a cookie-cream dessert.
Mint chocolate chip, bubble gum.
Pandemic isolation ice-cream maker.
Fifteen pounds of weight gain not from ice cream.

Keep Your Head Up

By Josh



Keep your head up. You're stronger than you know.
You've come so far. There's so much more to go.
Keep your head up. Don't give up on yourself. You've come so far. You worked so hard.
When your birthday comes around, here's a bag of marbles in case you lose them.
It's the thought that counts.
Well, if it's the thought that counts, what's the greatest gift of all?

Here comes the count, the count to four:
number one, get a good night's sleep; number two, eat a good breakfast; number three, come to class
warm; number four, work your ass off.

There's four things you need to know. There's four things you need to know.

Here comes the count, the count to four:

number one, meet the new trainer; number two, work your ass off; number three, teach me how to say goodbye; number four, don't eat for one month due to a broken heart, lose 30 pounds in water weight just from tears alone.

There's four things you need to know, four things you need to know.

Here comes the count, the count to four:

number one, yes, Josh you got this; number two, this is your last set; number three, drink water if you have to; number four, take your beautiful rest.

Four things you need to know, four things you need to know.

Here comes the count the count to four. Number one, keep your head up!



Summer time is fun in the sun. The birds and the bees fly into the flowers and the trees. The flowers are planted in the Spring. And the birds begin to sing.

The grass begins to grow. But not very slow.

The Children in the Summer time are out of school. They usually like to swim in the pool. Children sometimes like to play a favourite sport, which is sometimes tennis at the courts. The Children sometimes have to study in Summer school. That is the golden rule.

As Summer time ends it is very sad.

The Teachers will be teaching again and the Teachers will be glad.

Death: What you need to know

By **Kimberly Acevedo**

We are going through difficult times at the moment. Across social media you are hearing about death, whether it be from COVID-19, or natural causes, or violence, etc. In April, I lost two people who I was really close to. Going to a funeral during a pandemic is tough and sadder. Friends and family cannot gather to say good-bye and to pay their final respects. One of them we have buried already, while the other one has not been buried yet.

If you are on OW/ODSP they will pay for your funeral; if you are not, then it can be costly. On CPP, they will help you with \$2,500 and your family must come up with the rest of the money. You can try and apply for funeral expenses through OW, but you must show you cannot afford to pay the rest. You will have to prove that you do not have any assets, property, etc.

I know many of us do not want to think about this, but we do not live forever. Plus no one knows when it is our time to leave this earth. A lot of us think it is not going to happen to me, but it might sooner than later. I am not rushing anyone's death, but this is important.

Please talk to your loved ones about your funeral and final wishes. Do not leave it up to them to decide for you because losing you will be hard enough on them. I know some of us do not have good

relationships with our loved ones. Regardless, someone will be responsible to plan your funeral. You need to let them know your final wishes. There is so much to be done when someone you love passes on. I have witnessed this two years ago in May when my grandma passed away. I watched my mom and all the preparations that had to be done.

Maybe write a letter about how you want your funeral, including burial or cremation. This is important. Also, give a copy to your doctor, or friend, or family. Please, no one needs the stress and aggravation of planning a funeral and to have the stress of looking for funds after you pass on. Many of you will not take my advice. I just wanted to let you know what is involved. Stay safe, and God bless you.

Handprints vs. Footprints

By Pedro Vallejo



I find there is a beauty in the way random thoughts can paint a vision. I do not claim to be a prophet or visionary, but I have experienced something somewhat strange. I've experienced it a few times and I don't know if it was a vision, daydream, or hallucination. The big picture is hazy but it keeps getting clearer, but more often than not it leaves me puzzled and confused. I'm still not sure about what it means.

In the vision there is a Judge like presence that emanates might and order. His voice carries authority and it calls upon me to take the stand. The voice knows me and the only thing I can do is abide and consent. The voice addresses me and seriously asks me to answer.

"So! - You claim to have all the facts? "

The words of the voice fade but the essence of the question remains. Deep down inside my soul, I could feel the reply surface to answer the claim.

"I do – I do," I reply – "I have all the facts!"

I provide a scroll in my right hand which I place down on the ground next to me. The scroll needs its own story to do it Justice. I then see myself performing a handstand and while standing on my hands – I state the following, "my feet are a dangling participle in space or heaven, and I hold in my hands, the world and everything in it - as a witness." I actually have the whole world in my hands. I then plant my feet on the ground again and I arise and stand in a new heaven and new earth.

The View from The Barber's Chair

By Bruce Baker

My favourite place to get my hair done in Toronto still stands today! This gives me hope that nostalgia and a love of history are still alive and well. The Barber Shop I know and Love is the Terminal Barber Shop at 594 Bay St. where I first arrived by bus to Toronto. As I was reading the blog, I soon discovered that not much at all has changed other than ownership which after close to a century and a bit is not surprising. The oldest barbershop in Toronto has kept its history wonderfully as much as the quality of the haircuts they do.

In this shop sit four barbers' chairs awaiting their daily rounds of customers to sit upon them. Unlike the new fancy hairstylist sterile plastic chairs, the Terminal chairs are lavish timepieces, the oldest being manufactured in Chicago in 1895; and, of course, behind them a barber who has to be a businessman, politician, psychologist, and a philosopher, while still being able to craftily manoeuvre a sharp pair of scissors and a straight razor around your head without cutting it off.

Sitting in the chair the nostalgic mind begins to wander through time. Visualizations come to mind of those who have sat on these magnificent thrones before us. You see a barber's chair is more than a chair. It's a pure statement of trust and total equality. Prime Ministers, Premiers, businessmen, and actors have all sat in these chairs. Those who we hold as near gods have graced this establishment for years. Yet, in those same chairs sat many of those who struggle to meet their needs every day or deal with life's other curveballs. For a brief moment in time every few weeks they are held in the barber's skillful hands, joyfully discussing the news of the day and the dreams of tomorrow. Like a few weeks before, your hair falls to the floor mingled with those of the presumed elite to be swept up by the barber along with all the thoughts and minglings that came with it. Your thirty dollars plus tip buys you far more than a shave and a haircut. It's one of those brief moments in time where one feels empowered thanks to the hands of a skilled mediator behind a pair of scissors. The bible tells the story of Samson who got his power and strength when he grew his hair. I disagree. I think it's when we shed our hair that we shed our inhibitions, fears, and anxieties. We become clean.

Images: All images in this newsletter are free, downloadable files from
<https://pixabay.com/>

**** A big thank you to Writing Group volunteer, Kathryn for her help with the newsletter this month and to everyone who contributed! ****

If you would like to contribute to the Our Place newsletter, please email info@ourplacecommunityofhope.com. We would love to hear from you!

THE FUN SECTION!

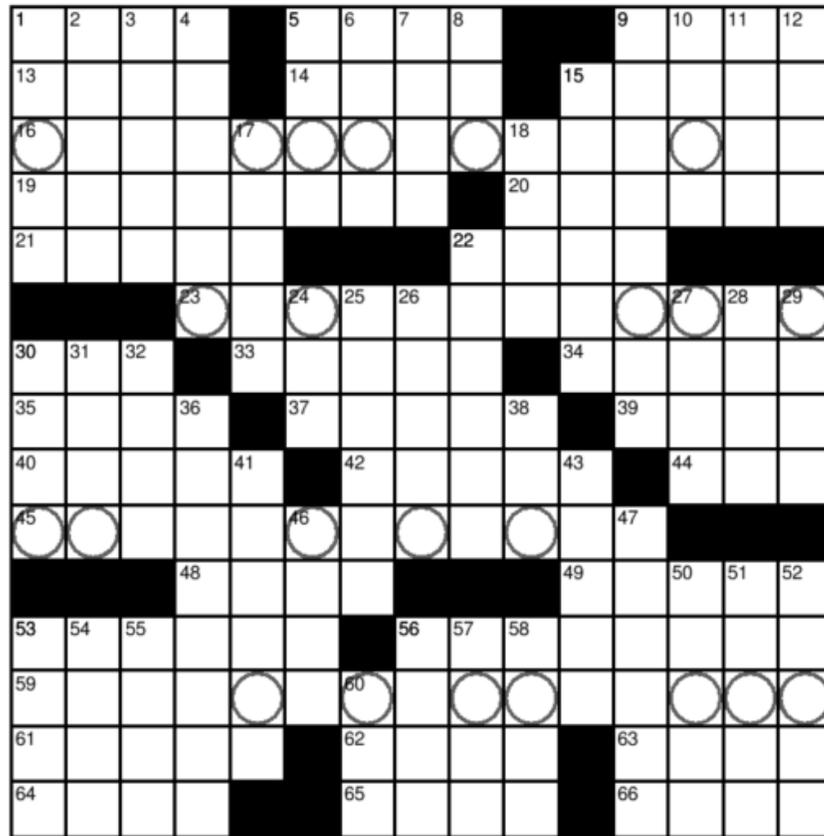
Try to solve the crossword puzzle, or color in the mandala!

Social Circles

Robert Stockton

ACROSS

1. TV's Galloping Gourmet
5. The celebrated Dan'l Webster, e.g.
9. "Rock and Roll All Nite" Rockers
13. Here in Havana
14. Clara, to Samantha Stephens
15. Popular Christmas display
16. Panhandlers, perhaps
19. Feature of Edward Cullen
20. Popular Christmas display
21. Unalaska native
22. Folk/rock star Suzanne
23. Meritorious
30. Even backwards, she's still part of the family
33. WWE champion wrestler, Randy
34. Cosmic "Kaboom"s
35. Prefix with war or hero
37. Participants in a diplomatic meeting
39. Drop
40. Pictures on a desktop
42. Little Bighorn braves
44. Former Bush spokesman Fleischer
45. WB drama set in Capeside, Massachusetts
48. "Typee" sequel
49. Contradict
53. Like some ropes or reptiles
56. Participate
59. Arcsine to sine
61. Low land in the Highlands
62. Stop sleeping



© 2009

- | | | |
|---|---|---|
| 63. Humerus neighbor | 12. Cheek | 38. Noted T-Rex at the Chicago Field Museum |
| 64. OS part | 15. River by Ho Chi Minh City | 41. TV star Suzanne |
| 65. Metallica hit "Nothing _____ Matters" | 17. Emcee's offering | 43. Mediterranean corsair's ship |
| 66. Makes recompense | 18. Offed | 46. Drowns |
| | 22. He might hawk at a Cardinal's game | 47. Maintained |
| | 24. Location of 63 across | 50. Boxer Ali |
| DOWN | 25. "Yea, verily" | 51. Alanis Morissette subject |
| 1. Initial for Konstantinos Karamanlis | 26. Like a certain Doctor's screwdriver | 52. Old lab heaters |
| 2. Splenda rival | 27. Rating for HBO's "Deadwood" | 53. Short smokes? |
| 3. Capital of Belarus | 28. Kind of clip, or something to clip | 54. Just |
| 4. Irk | 29. Hairy himalayan | 55. Burl treading the boards |
| 5. Kind of time or card | 30. Announced | 56. Nonstick cookware brand |
| 6. Goes on the lam | 31. Ancient pyramid builder | 57. Black and white sea-birds |
| 7. Burden | 32. Lade | 58. Prop for a marriage proposal |
| 8. Volkswagen hatchback | 36. Cheeky | 60. She on the lea |
| 9. Qantas logo critter | | |
| 10. Crawl (along) | | |
| 11. Editors "never mind" mark | | |

This puzzle was created using CrossFire (<http://beekeeperlabs.com/crossfire>)

