

## Gifted and with Exceptionalities

(by O.S.)

There are more and more physically and mentally challenged children in the schools of North America. What will happen to them? Where will they go and what work will they do after graduating? What will happen to the ones who have exceptionalities and are also gifted? This adds extra layers of concern and challenge in meeting their needs.

To start, physically challenged children who are intellectually gifted are relatively easier to provide for. They may do regular school work and may be involved in withdrawal, congregated or accelerated gifted programs.

When a child has other challenges along with giftedness, things get more difficult.

This is a real case. This child has been diagnosed with: Tourette's, ADHD, hyperactivity, panic attacks, sensory defensiveness, a sleep disorder, obsessive/compulsive disorder and is identified as gifted in self-concept, writing, researching, English & Math. He is under various medications for some of the above.

What to do? To be fully functioning, people need skills. Knowledge and facts are not enough. If the situation is so severe as to impair learning, the goal should obviously be find an "in" to develop quality of life. Efforts can also focus on developing skills.

Here is a suggested approach from a processing skills approach:

1. Observe and list all the things the child can do reasonably well and in a relatively normal way.
2. Note the behaviors that challenge or interfere with normal behavior.
3. Use these (and others of your choice) as a template to help identify specific strengths: self-awareness, creativity, researching, higher-level thinking, communication, spirituality, and leadership. List individual skills that are missing or weak. These receive attention to enhance the ability of the child and affect, improve and/or change productivity.
4. Small doses of skills accumulate and grow stronger through practice.

With an emphasis on skills, the needs of gifted learners with other exceptionalities are more likely to be met. Learning "how to" skills instead of knowledge and facts empowers them to improve self-direction, enjoy more meaningful independent living and produce in a meaningful way as contributors to society and the workforce.

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### Amazing Websites

**Matchmaking Service for Lonely Farmers**

[www.farmersonly.com](http://www.farmersonly.com)

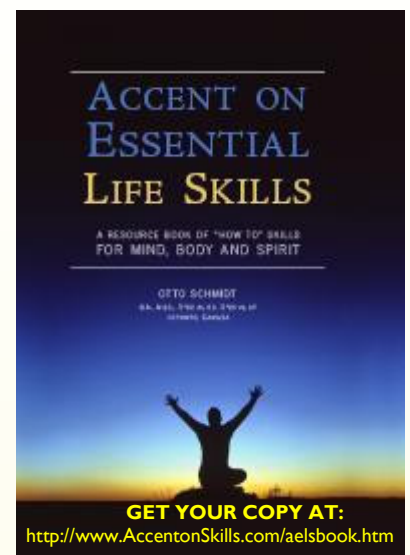
**Second Life** (3D online digital world created by you the residents) <http://secondlife.com/>

**Experimental Musical Instruments** (exceptional!!) <http://www.windworld.com/>

**Odd Music Gallery** (more experimental instruments!!) <http://www.oddmusic.com/gallery/>

**Wonders of Carrot Juice** (an eye-opener!) <http://www.living-foods.com/articles/carrotjuice.html>

**Experimental Math** (learned journal - far out ideas!) (<http://www.expmath.org/expmath/contents.html>)



## News and Views

### Let's Celebrate!

June 1 – World Milk Day

June 4 – International Day of Innocent Children Victims of Aggression

June 5 – World Environment Day

June 17 – World Day to Combat Desertification and Drought

June 17 - Father's Day

June 20 – World Refugee Day

June 21 – Nat'l Aboriginal Day/First Nations Day

June 21 – first day of summer. Summer solstice. Longest day in the year – northern hemisphere.

June 24 – St. Jean de Baptiste Day (Quebec)

June 26 – International Day against Drug Abuse and Illicit Trafficking

June 26 – U.N. International Day in Support of Victims of Torture

June 30 – Full Moon

This is also the month for special recognition of: Brain Injury, Adopt-a-Cat, Dairy, Great Outdoors, Fireworks Safety, Bike, Seniors.

### Travel Safety and Health Advice (from an article by Dr. Jay. S. Keystone in the Toronto Star)

About 97% of world travelers make bad food or drink choices within the first 72 hours of their stay. This may be a choice of ice, water, alcoholic drink, a salad, or curbside food.

With travel increasing, aging and wealthy retired people traveling more for pleasure and/or volunteering their services in the world, it is important to know what to do and not do when out of your own country. Here are some good tips:

1. **Vaccines** - get immunization for tropical diseases, diarrhea (most serious problem affecting about 50% of travellers), influenza, Hepatitis A and B, typhoid.
2. **Risks are Still High in Luxury Spots** - contaminated water and food, unsterilized medical or cosmetic equipment, spa equipment.
3. **Take Bug/Mosquito Repellent** - malaria and dengue fever are found in Africa/Asia/Central & South America and are spread by mosquitoes.
4. **Visiting Relatives Can be Risky** - they may be off the tourist routes and people may give contaminated food/water when your guard is down.
5. **Be a Cautious Driver** - 70% of fatalities are caused by injuries and 40% of these are from accidents. Stay off rural roads after dark, avoid poorly maintained cars, watch for bad drivers in other countries.

### Population Control

(by O.S.)

As populations increase and people become more intelligent, there is greater difficulty in controlling and influencing them. People are more literate, aware of the world, in wider communication with others, more analytical and less accepting of information from those held traditionally to be "experts". Here are ways populations can be controlled:

**Advertising** - has become very devious and dependent on exact clinical experimentation to influence people to be rabid consumers. People do believe what they see repeatedly.

**Mind control**—experiments are ongoing to find ways to control people's thinking. Workers can then be made more compliant and productive. Trauma-based techniques are used. Microscopic electronics injected into humans during inoculations is another way that is being investigated.

**Electro-Medicine** - some scientists believe that there is an additional circulatory system that can be easily affected by electrical stimulation, etc. in order to alter perceptions and decrease or increase resistance to specific stimuli. (cellphones???)

**Drugs and Pharmaceuticals** - natural and nutritional therapies are often put down as being unscientific despite having been used successfully for many centuries. Pharmaceutical companies make expensive efforts to control people by creating "diseases" in order to establish new markets for drugs.

Drug dependency is control when it can be used to kill off segments of society - e.g. euthanasia - almost at will by a highly powerful and protected medical and pharmaceutical world. Think anxiety, ADHD, cholesterol, and the many "disorders" that now get medicated.

**Diversionsary Tactics** - to diffuse emotions about war, other problems are allowed to rise up and become a diversion, e.g. illegal immigration, home security, etc. Infatuation with the rich and famous diverts attention away from serious issues.

**Language Control** - much of media language is sanitized to remove emotional impact e.g. sortie v. bombing mission, collateral damage v. dead humans, insurgent v. resistance fighter. Political correctness removes emotions relating to words e.g. challenged vs. disabled, Holiday tree vs. Christmas tree

**Food Control** - whoever controls seeds controls the world's agriculture. Monsanto company controls major seed supplies and genetically modifies them so growers must buy company stocks or use its products to activate/stimulate seed growth.

<http://educate-yourself.org>

<http://www.alkalizeforhealth.net/Lelectromedicine.htm>

<http://www.whale.to/b/population.html>

<http://www.radioliberty.com/pca.htm>

<http://www.sfgate.com/cgi-bin/article.cgi?file=/chronicle/archive/1999/09/20/BU94986.DTL>

[http://www.archive.org/details/Population\\_Control\\_None\\_Darc\\_Call\\_it\\_Genocide\\_by\\_Dr\\_Stanley\\_Monteith](http://www.archive.org/details/Population_Control_None_Darc_Call_it_Genocide_by_Dr_Stanley_Monteith)

### Computer Top Tip

To have better control of all your files and documents, access the central organizer called the Windows Explorer. To put the icon on the desktop, open "Start", open "Accessories" and find "Windows Explorer". Make sure the desktop is visible. To produce a shortcut, keep the highlighting on the words "Windows Explorer" but do not click on it yet. Press and hold down the "Ctrl" key and then press and hold down the left mouse button. Keep holding down both while dragging the icon ghost to the desktop. Release and the icon should be there as well as still in the start program menu. Open the Windows Explorer window several times and locate different key file areas that you use all the time. Now you can just click and start any at any time.

The organizing factor on the left side of the bar is yellow file folders only. Right side shows yellow sub file folders and all their documents - not just some. If you open the various file folders on the left to show the many sub file folders, it is now easy to highlight, click and hold down the left mouse key and drag documents from the right side to the left and into new file folders. Dragging and dropping of sub file folders and documents can only be done from right column to left.

**Windows Explorer Guidebook** <http://winbeginners.com/articles/explorer.htm>

### Travel Light and Reduce Stress

(from Canadian Press)

Tips to make travel a little easier and a lot lighter:

- wear the heaviest or bulkiest pieces instead of packing them
- take clothes that can do double duty e.g. zippered pants that become shorts
- use the inside of shoes for storage of small things
- simplify personal care products
- depending on where you go, bring first-aid products but most people usually just use sun block
- develop a written packing list to avoid missing necessities but also keeping a minimum
- check in faster by not wearing metal and slip on shoes
- be careful with germs to avoid illness

### Reduce Business Travel Stress

<http://www.travelpost.com/articles/business-travel-tips.aspx>

### Stress Reduction for Diabetics

[http://www.diabetic-lifestyle.com/articles/nov01\\_trave\\_1.htm](http://www.diabetic-lifestyle.com/articles/nov01_trave_1.htm)

### Tidbits of Trivia

- it is possible to die of water intoxication. Electrolytes become too diluted to sustain life.

- studies have shown that mineral-laden dust from a single valley (Bedele in Chad) in North Africa is blown across the ocean and provides almost half of

the dust that fertilizes the South American rainforest

- the average person makes about 2000 decisions daily.
- Australia has the largest source of mineral sand in the world.
- The average human has over 1,500 dreams every

year.

- The average person takes seven minutes to fall asleep.

- Every person shares a birthday with at least 9 million other people in the world.

- Each day, blinking causes the human eye to be closed for about 1/2 hour.

## Interesting Reading

### Commonwealth Writers' Prize for best book.

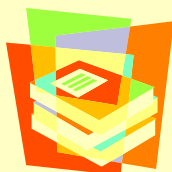
**Friends of Meager Fortune** by David Adam Richards. (about a lumber family on the banks of the Miramichi River in New Brunswick)

Runner Up: **Vandal Love** by D.Y. B  chard, which follows generations of a French-Canadian family of giants across North America as they struggle to find their place in the world.

On the short list were *Fabrizio's Return* by Mark Frutkin, *The Emperor's Children* by Claire Messud, *The Unfortunate Marriage of Azeb Yitades* by Nega Mezlekia, and *Chutney Power* by Willi Chen.

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### Enrichment Headquarters Featured Topic

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schools, leadership, teens in crisis, activism,  
entertainment, money matters, travel, much more.*  
<http://www.discoverteenergy.com>

### Thoughts on Creativity

(by O.S.)

There are many people who think that they can't get  
any more creative than what they are. Wrong!!

The first consideration is originality. It is ok to think  
of yourself as creative if it is an idea you have never thought  
before even if it is already out there in the world.

Secondly, it is important to capture and write down  
ideas when they pop up. Listing will show you just how  
creative you are over a stretch of time. Paper never for-  
gets. Save creative ideas to work on later.

Another way to be more creative is to look at things as  
if you have never seen them before. Be an alien! What  
can you change? What can be replaced or altered?

Take a risk and go way out into the creative zone.  
Draw and use colours with abandon. Scribble and see  
what turns up in the art. Look for the unusual in the usual.

Just before going to bed is a good time for creative  
thoughts to appear. Write them down. Visualize yourself  
in scenarios and act out virtual creative solutions.

Notice, observe and read that which you would not  
normally observe, notice or read. Just BE more creative!

## The Educators of the Gifted Organization (EdGO)

[FORMERLY Educators of the Gifted of Ontario -Teachers Association for the Gifted of Ontario (EDGOTAGO) Toronto, Canada]  
Toronto, Canada

**Our mandate:** assist educators of gifted children in public, separate, private schools, & home schooling.

**Register:** Teachers in regular classrooms with gifted children, gifted program administrators/coordinators &  
facilitators, and home schooling parents are encouraged to register with us. Give us your details and full contact  
information: [mail@edgo.ca](mailto:mail@edgo.ca)

**Communication:** Use our website resources, subscribe to our “Gifted Voice” newsletter, attend our confer-  
ences. We can assist in many areas of gifted education. Share your ideas and concerns as we are also a member of  
a government special education advisory committee. **Our website is:** [www.edgo.ca](http://www.edgo.ca)



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### Overcoming Hypersensitivity

(based on an article by Fr. Ron Rolheiser, Catholic Register)

We all experience hurt, betrayal, trauma, and other bad things in life. How we handle them is another thing.

Sensitive people can be severely hurt emotionally and intellectually. Hypersensitivity can lead to silence and depression. Emerging from the hurt and pain restores confidence, personal resiliency and hope.

Happiness depends on the ability to “go with the flow” and accept hurts and injustices. The everyday experiences of give and take will happen to each of us.

Our society seems to be getting more and more sensitive and individuals are more and more easily hurt. People are easily bruised by hostility, criticism, and being left out.

The impulse is to withdraw and go silent. This then leads to increased caution and paranoia with regard to associations, safety, and general interaction in the community. Pettiness spawns pettiness. The more sensitive we become, the more we feel the positives and negatives of life.

Which part of your person do you draw from? Do you look forward to finding fault with others when they “victimize” you? Do you choose to live positively with love in your heart for others, despite what they do?

It is suggested that many of our counselors and psychiatrists should be more vocal in telling people to stop being so sensitive. People need to become more toughened to life, accepting of the fact that sometimes bad things will happen to them. Assertiveness training could also be valuable. Balance a hurtful comment yourself with a withering response instead of running to a human rights ombudsman for comfort or a law suit. Take action to let others know you have been hurt instead of running away and cowering like a child or appealing to others for help.

Tibetan Buddhism suggests a bowl is the image for resentment. It is full of our anger, bitterness, disappointment and disillusionment. As we hold the bowl, we can choose to tip it forwards and away from us or towards us and be covered with the poison. Our happiness depends on which way we tip the bowl.

Wise words: Whenever you feel stung, sit and wait until the pain softens enough so that you can face others with warmth again.

### **Thoughts on Sensitivity**

<http://talentdevelop.com/intensities.html>

### **Fortifying Sensitive Children**

<http://sheknows.com/about/look/7083.htm>

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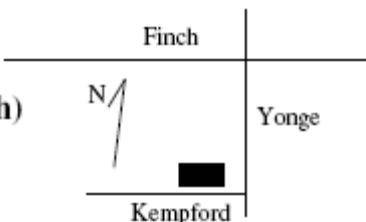
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**\*\*Week 3: July 23 - 27      \*\*Week 4: July 30 - August 3**  
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**Published by:  
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**We welcome contributions  
to this newsletter  
articles or ideas, jokes,  
wise words, creative efforts,  
letters, trivia.**

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## Jokes of the Month

Two campers are walking through the woods when a huge brown bear suddenly appears in the clearing about 50 feet in front of them. The bear sees the campers and begins to head toward them. The first guy drops his backpack, digs out a pair of sneakers, and frantically begins to put them on. The second guy says, "What are you doing? Sneakers won't help you outrun that bear." "I don't need to outrun the bear," the first guy says. "I just need to outrun you."

There's always one of my uncles who watches a boxing match with me and says "Sure. Ten million dollars. You know, for that kind of money, I'd fight him." As if someone is going to pay \$200 a ticket to see a 57-year-old carpet salesman get hit in the face once and cry. (Larry Miller)

## What Will They Invent Next?

### Walk Man Mechanical Exo-Skeleton

A set of metal braces, arms and legs attach to a person who may be incapacitated. The computer adjusts to gait and movements so that the person can lift objects, walk without support and move relatively normally in most environments. This is great for the handicapped, the infirm, weakened elderly people.

<http://www.time.com/time/business/article/0,8599,1129522-5,00.html>

## Wise Words of Wisdom

"Success is going from failure to failure but keeping your enthusiasm." - Winston Churchill

"It is not how much we do, but how much love we put in the doing. It is not how much we give, but how much love we put in the giving." - Mother Teresa

Failure is only the opportunity to begin again more intelligently.  
- Henry Ford

If you have made mistakes, even serious ones, there is always another chance for you. What we call failure is not the falling down but the staying down.- Mary Pickford

"Live in such a way that you would not be ashamed to sell your parrot to the town gossip." - Will Rogers

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