




A New Heights' Publication
BIRD'S-EYE VIEW
Volume Six

MONTHS WITH A J EDITION!



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Find the rocks!

From the date this Bird's-Eye View is published, until the next edition, you can find painted rocks hidden around New Heights!

The winner will sign the rock and give it to Mark until it's time to hide it again!

See Mark for a hint on where you can find any 1 of the 5 rocks. Only 1 rock per person.



New Heights Needs You!

Please come in with fun activities that all of New Heights can participate in for the BEV. Similar to Find the Rock but not exclusively.

Brandon S.A. found the past rock above the fridge, get hunting now!

Attention New Heights

Liz N is interested in hosting a scrapbooking workshop. If you have interest, Liz will be in the art room on Wednesdays from 10-2 for open art hours and would be happy to help you with scrapbooking. Binders will be provided! Please bring your own pictures.

Summer is Here!

This summer I am excited to go out on my parents' boat, it is a lot of fun! We usually use an anchor at the middle of the ocean and swim for a little while. We tell jokes and stories using an adlib book. We normally go back to the dock and eat.

Cathryn A.

The nice warm weather, wearing shorts, and t-shirts, and capris. Easy going times, kicking back and enjoying life!!

Mindy R.

Summer is my favorite time of year! I don't have to wear heavy clothes. Taking short trips to different places is so much fun!! I don't get to the beach because it is so far away. My family is also busy with work and my grandsons, so we do not go out to places during the summer.

Kristin H.

It has to end, too hot!!

Anon

The trees are dressed in their leafy greens, with a touch of life and strength.

The houses are filled with happy sounds, music, laughter, children playing, animals decorating their patios, and family members socializing in activities and barbeques. The atmosphere is filled with rich smells and different cultures. What I like about summer is that even though the time is short and passes quickly, you see more movement in the town. Where you can appreciate how we are blessed with what we have.

Brenda S.

Summer; what I like about it is being able to go to the ocean and being able to go swimming in the salt water. Looking for sea glass, sea shells, sitting in the sand; toes in the sand, listening to and watching the waves splashing in and out; seagulls squawking.

If I can't make it to the ocean, I do have a pool where I live. I enjoy being at the pool because of the privacy it provides. Also, if I need anything I'm right there to get it. I usually have Sammy, my dog, with me (not in the pool though, although he would love swimming with me!) I also like to lay on the raft and look at the clouds; listening to the birds "talk" or even sometimes have the radio on.

Antoinette M.

My reason for excitement when the summer arrives is the chance to go to the shore and revel in the beauty of the waves with their ebb and flow. It is also a time that I adjust my time to include camping trips. I would love to be able to visit all the waterways where I can camp nearby and even get some fishing in. I am more of a catch and release person, because I wouldn't know what kind of fish I was consuming, so better to be safe than to get into trouble for eating something the conservation officer would be angry at me for. My main purpose is to go and de-stress, anyway. I always carry what I need, so the fishing would only be for fun. Sometimes, I bring a net and "shoreline". I also bring a snorkel mask so I can put my head in the water and see what is on the bottom, or do some shallow swimming. I am very conscious of the area, and take out what I bring in. Garbage is garbage, not to be left as part of the landscape. - Dolly H.

Jae Kwon Do Belt Test



The Tae Kwon Do belt test was a good one! All who are a part of Tae Kwon Do came in to test from white belt, to yellow belt and orange belt. But the one belt that was hard for a 58 year old man who pulled it off getting his blue belt. My name is John, I am 58. I've been doing Tae Kwon Do on and off but found out I can still do it. I'll be working on getting the high belts, but happy all worked so hard to get their belt. - **John Z**

"It helps boost my confidence, and I enjoyed learning my form." - **Katie**

"It gives you the opportunity to learn to get along with people in a group. Also, my son is a fire fighter, and he said it is a good thing that people learn to do Tae Kwon Do. He said he had to learn self defense as a fire fighter." - **Kristin**

"We had to practice forms which require memorization and lots of practice.

Form is your motions, you motion through the pattern of the things you learn at lower levels. You put the things you learned at lower level together into different patterns. Those are your forms. This is

how you learn to defend yourself and others."

- **Jessica**

Tae Kwon Do is about being confident in your ability to defend yourself.

"I felt good about breaking two inches of boards at the test.

Our highest ranking member, John, waited three years to test for his belt. He helped others the whole time and had a great deal of patience. We are really proud of him.

I felt good about my hand techniques and punching abilities." **Bob V**

"It gave me a feeling to keep going." **Bill F**

Everyone gives each other good advice and help.

We are a very supportive group, always encouraging and supporting each other.

Grace came from World Champion Tae Kwon Do and helped us. She was good at demonstrating and we wish she would have done more outside.



Below, Zion N. receives his orange belt from Grace.



Wendy and her student, Grace, put on a show of kicks and punches. Featured above is Grace showing off her high kick.



Above, Glen A. and Jess A. show off their 10 motions as they test for their yellow belts.



To the left, Kristin H. performs a standing kick for her orange belt test.

To the right, Jessica A. executes a kick for her yellow belt.



Our Favorite

My favorite animal is my cat, Snoopy. I named her Snoopy because she snoops a lot. She is good at finding bugs on the floor. She points it out to me so that I can find it and whack it. When it is time for her to eat, she gets a lot of energy. She plays with her toys first, flipping them up in the air. Then she gets her tail going which makes her run around! Sometimes she goes so fast that she hits the wall, or the window, with her head! The next thing she'll do is run off to the bedroom. I think she was embarrassed that I saw her, so she ran and hid.



Barbara H.

I like cats. They are so cute. I like looking at cats on Facebook, the little kittens are sweet.

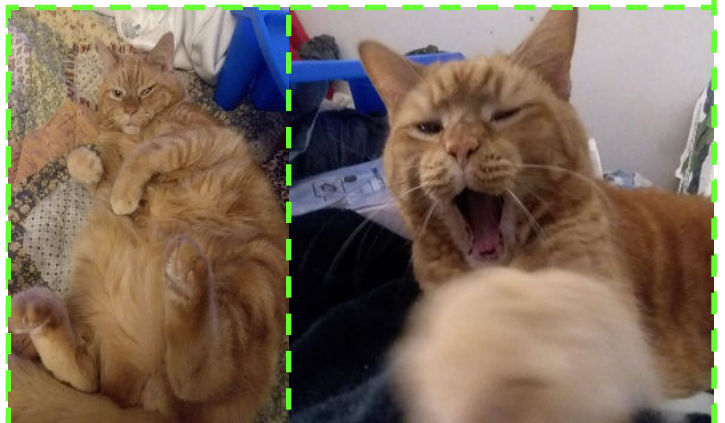
Mindy R.



Pictured is former editor Greg and his dog Charlie Boy! I've heard his dog was quite lovable and a tad rambunctious. And I mean look at those faces! Pure joy :)

My favorite pet was Mr. Kitty - an orange tabby male that looked like Morris from 9 Lives cat food and Garfield. Mr. Kitty showed up in my yard one fall day and started talking (meowing) at my daughter and I. I was talking with my neighbors about him; nobody knew where he came from. We knew he was someone's pet because he was so friendly and well fed. One neighbor and I did some posting on Facebook and called animal control to see if anyone lost their cat. My daughter and I, plus the others in my household, fell in love with Mr. Kitty. So, we decided to take him to the vet after about a month of him being the "neighborhood cat", to make sure he was healthy and he was!!! We took him in. Mr. Kitty was like a dog in a cat's body. He would come to me when I called; when we got Sammy (our dog, 4 months old) we were training him. Every time I would say, and it was only when I would say it, "No Sammy!!", Mr. Kitty would come from his spot and start hissing and hit his claw at Sammy and it seemed like Mr. Kitty was saying "listen to my Mom". There were a lot of good memories with Mr. Kitty. I had him for about 8 years before he got sick with kidney disease and passed away March of 2023.

- Antoinette M



Furry Friends

Mitchell was a bulky cat who sneezed all the



time and if I gave him a necklace, he would put it in his water bowl...cats are quirky. Below, one picture is of my sweet cat Olivia,

and the other was a photograph of her after she had

to go on "vacation" to two different homes while her mistress had new floors and the walls painted. She was petrified and frankly quite upset.



You may be too young to remember Mr. Ed on TV. This quirky horse was at Roger's Park. It was a rule not to feed them or pet them. I

called this cutie from the other side of the field. I leaned near him and he kissed me.

- Keven N



You ask me what my favorite animal is. There is no such thing. I respect them all.

There are plenty of things I DON'T like, but that's a different story. Bugs, insects, and creepy crawly things are not even something I want to discuss!

As long as you are talking about animals, I have experienced many a pets in my lifetime. I had two brothers and a sister. That, combined with lenient parents that allowed us to bring home all of the class pets "for the summer", most of which did not return to school in the fall. We also adopted friends' pets, if they moved and could not take them. At one point, a feral cat lived under our porch, gave birth, then moved the whole brood to another location. You must understand, I had two homes where stuff would happen. During the school year, I walked the few blocks to / from school, and since my parents were "pack rats", garbage day was a boon for me. I brought home a bird's nest one time, and within a week, one of us found a robin's egg that she must have tossed out, but of course since we already had the nest, we brought it in and tried to hatch it. After a while, there was a discussion on life and death, and we were allowed to process the fact that the poor little egg was probably not going to give us a hatchling.

Dolly H

On this day, Peggy's cat Ansal gave birth to five baby kittens. Four white & one black. She had them at 5:00 PM. A Newtown Hook & Ladder firefighter helped bring them into the world. My name is John Z. and I helped bring them into the world. I'll be keeping an eye on them as they grow. She will be staying at a friend's house where they will have more room to grow. -John Z

Vacation in Vermont

Finally, my chance to exhale

My home away from home,

Looking forward to the next tale

Where to travel? Where to roam?

My quiet and peace are found here

It is where my mind can rest,

Alleviation of my angst and fear

A reprieve from the daily test.

Morning walks, at times never a soul

It is as if time is just for me,

I feel at ease, almost whole

Moments when I feel carefree.

I stay back sometimes to be alone

I decide to do my own thing,

Perhaps I go hiking on my own

Or just see what the day may bring.

Sitting outside, sunbathing on the deck

Listening to nothing but the wind and birds,

Nothing to handle, noth-

ing to check

No need to watch my back nor words.

Then there are days of heavy rains

They truly never bother me,

I listen as they pound the window panes

A soothing sound, a sweet reverie.

There's so much amazing food

Always something new to taste,

So good, it tends elevates my mood,

Adding inches to my waist.

Serenity found all around

I can never get enough

This is where my sanity is found

Returning home is always rough.

Imagining a beautiful future here

One day perhaps fortunes will bring,

A quaint house with a running brook near

Content and not wanting for anything.

Jeffrey Umansky



I have nothing fun for you today.

I am tired and have nothing fun to say.

No, honestly

My ability to inspire and heal, is not within in me.

A rhyme is all I can do to make you say hooray.

Hopefully it did, and doesn't leave you in dismay...

For that would make for a fowl soiree.

June & July

By Dolly H

Summertime, oh my!

The end of the year for those in school,

No more following those **** rules!

Time to oversleep, or do as you wish

Some go away, to camp and fish.

Eating well, all those garden things,

Finding time to park on the swings.

Finally, time to enjoy family night-

The best part is a movie with fright!

Then we can cuddle and be comforted.

Oh, no Ma; I don't want to go to bed!

Soon to be over, as time does pass-

No, I don't want to think about returning to class!

But the year rolls by in the blink of an eye

So don't fret - the changes will help you not be so shy.

You've grown and learned lots of things

Which will help you in your conquering

All that awaits you as you mature;

All you need to do now is knock on the door.

The best of luck in your future...

Its Farly

It's 2:30 in the morning
The neighbors have made it clear
They are snuggled with their loved ones
I guess I am the only lonely one that lives here
I fear where my mind wanders
When I close my eyes
Sleep has never been easy for me
But that is no surprise
I've been a mom - always on alert
Picking children and myself up
Away from the dirt.
I flutter from my old life
To what I'm living now...
All I have left
Is just a furrowed brow



Ice Cream

By Dolly H

There is a sweet treat that I am familiar with
It is sometimes served in a cone, or a dish.
It is always eaten cold, to help you on a summer
day
But "eat" it quickly, or you will surely pay!
Let it be your break away from trials and trouble
It can be your salvation, if you consume it on the
double.
There are times that we get so involved with stuff
That all we are left with is a dish of mush.
So enjoy it when it comes-
That's the best time - it doesn't run!
Unless you like it soft, or maybe your teeth
Would rather enjoy the quiet peace
Of a smooth concoction...

Warm, fair sky, calm breezes.

Bare and tender feet, sand and waves to ride into the
shore on my stomach.

Practice swimming, supposed to be fun, not to forget.
All I need is a towel and a suit.

Bring a lunch and not a litter bug. Maybe a permission
pass at local tennis court.

No certain clothing, not sure where this park is. Walk,
catch bus, part ways.

I will move my bicycle down the stairs. Good to go for
a walk.

Go explore.

Find a salamander under a stone at a little brook.
Make a dam across with stones.

Go and sniff the breezes out in the sun.

Some time cool breeze, heard said delicious.

Let us go search for a snake.

A snake was found not far from Danbury Police Sta-
tion.

Not sure what kind. Not sure what is going on with
snakes these days. Alright.

Wren ♀

The Tale of Two Wolves

An old Cherokee is teaching his grandson about life. "A
fight is going on inside me," he said to the boy. "It is a
terrible fight and it is between two wolves. One is evil
- he is anger, envy, sorrow, regret, greed, arrogance,
self-pity, guilt, resentment, inferiority, lies, false pride,
superiority, and ego."

He continued, "The other is good - he is joy, peace,
love, hope, serenity, humility, kindness, benevolence,
empathy, generosity, truth, compassion, and faith. The
same fight is going on inside you - and inside every
other person, too."

The grandson thought about it for a minute and then
asked his grandfather, "Which wolf will win?"

The old Cherokee simply replied, "The one you feed."

Submitted by Keven N

Music & Writing

Walking in the wilderness. Just the woods and smelling the fresh air as I look up to see how high this particular tree is. I start to wonder how many storms this tree made it through, how many nests have been made?

How old are you?

I keep walking as I keep looking forward as birds fly past me I wonder where they're going?

Just the wilderness and me. I hear some streams of water nearby that give me peace. I sit and start to meditate under the bright sun as the cool, crisp air breezes by brings comfort to my soul.

Jay-R B.

I don't know what kind of music this is but its very relaxing. I'm into music like this when I go to bed at night

It reminds me of my adolescence when I used to go to the beach and watch the sailboats on the ocean.

It kind of reminds me of soft, quiet music from heaven. I'll probably hear it when I get there.

It brings a great solitude and peace as well

Clayton P.

I feel like dancing Ballet at a dance studio. Watching the moves and admiring all the kicks and hand movements. How they make it so relaxing to watch. They're very talented and go with the music so peacefully and relaxing.

I feel so relaxed looking at the ocean with waves, very loud and doing some deep breathing. My mind is so at peace, then soaking up the sun getting some vitamin D.

Sitting at the beach as the sun slowly rises over the coast. Enjoying the cool breeze, knowing the sun will come and bring the heat. The bright red shines over the settled water, barely grazing our eyes. Just enough to make us squint. As the day continues, we nap and swim and watch as people come and go, until we're able to watch the sun set across the horizon, until entirely covered in darkness. We sit in sweatshirts and reminisce on the day.

A song that always makes me think of her. An incredibly confusing and difficult relationship that I've loved being a part of. I wish it was easier and that it would just find its path. I guess that's the thrill of it. I think we'll always be a part of each others lives, I really just don't know to what extent.

I think that's okay

On the way down. Going down, falling down, not being able to get back up isn't easy.

Where did all the hope go? What was I chasing? Safety, security, respect? It was all a dead end. Where did it lead you? The same dead end in a state of terror, loneliness and confusion.

What is it now? The cycle, the endless cycle. Preparing itself, never improving. All the data in the world and nothing to show for it. Yes, the robots are coming but they wont make things better. We've been waiting and waiting. Nothing happens.

Is it freeze time yet? I think so but I don't want to go. How could it be any worse? Are these wounds self inflicted? And to think that the worst is yet to come. I want to cry but I cant. - ANON

Early Bird or Night Owl

I like going to bed more when it is raining because such a day gives us a more relaxed contrast of light and a calmer atmosphere.

Besides, the sound of the rain is like natural music that brings peace to your mind, and rest to your body and soul.

The home becomes warmer and more welcoming to share and just speed up time in a good way.

Brenda S.

I like to go to bed at about 9:30 pm. Mainly because I like to read biographies in my quiet hours. I get sleepy reading. The TV is usually on while I sleep. -**Kristin H.**

When I get tired after 11 o'clock news. 11:30 is a good time to watch TV and relax.

Mindy R.

If I had it my way, I would go to bed late and wake up early. That way you get the best of both worlds! Sadly my body doesn't agree with me...

If I had to choose one, I would be a night owl. I enjoy the fact that the day is "never ending".

I use to be an "early bird" in college, however. On the weekends I would wake up around 9am and go downstairs while my roommates were still sleeping and have my cereal on the couch and watch some TV, yes like a child watching their cartoons. Isn't that all that college students are?

I miss the freedom of living with my buddies and seeing their tired faces at noon while I've already been up for a few hours and "productive".

Nowadays, I enjoy reading and writing in my journal before I go to bed. I do not, however, enjoy waking up early. I'm trying to enjoy it.

Mark R.

Bucket List Items

I would like to sky dive. I had the opportunity to while in the Outer Banks and would like to do so there because of the view of the bay and the ocean. I'd also like to meet a famous person out in public. Not something I can control but it's just kinda fun to be able to say "I met BLANK!" I think climbing Mt. Everest would be cool. I won't do it but it would be cool. I'd like to live in a different country for an extended time. **Mark R.**

My bucket list used to include dangerous things, they were a MUST! But I never got to any of them, so at my age now, they are all a bust! Since I am now retired I think my next plan is to visit places that intrigue me, letting me see lots of parts of this country. Certain states I will not venture to - too much negativity in the news! I am also looking for a next nesting place, where I can gently rest my poor, tired, old face!

I want to visit all 50 states. As a long haul trucker, I drove in 47 of the lower 48. What do you think is the one state I missed? I like to ask people that question. Just about no one guesses it on the first try. I never got a load to Alaska or Hawaii.

I especially want to visit Hawaii because my good friend Charles A. moved there. I met Charles at New Heights. He had just returned from Hawaii on vacation and he said: "Jim, one day I'm moving there!" It took him 5 years but Charles accomplished his bucket list item. That feat always impressed me.

So what state did I miss? It was Washington state. I once had a load to Portland, OR and I thought about crossing the Columbia River to go to Washington but I wanted to be dispatched there so I could say that I actually visited there, not just drive through.

Jim C.

Last Page Laughs!

Why did Tigger stick his head in the toilet?
He was looking for Pooh!

*A family of tomatoes were out for a walk and the baby tomato starts falling behind so the father yells out:
"Son, Ketchup!"*

What did the number 0 say to number 8?
Nice belt.

**Where does a polar bear put his money?
In the snowbank!**

***J was addicted to the hokey pokey...
But I turned myself around***

A woman on the bus asked me if I have any pets, I replied that I have a goldfish. She followed by asking "Any hobbies?"
Usually just swimming.