Hi all,

This is your Self Advocacy President Coleen Baucom with some exciting news! St. Madeleine Sophie’s Center is starting up the monthly Gazette paper this month. We need your stories, articles, photos, and artwork for future issues!

We would like to have young writers come up with an article or story about the Month of May. Several events occur in May, such as Mother’s Day, Padres Opening Day, are two I can think of. You can also write something about a movie or TV program that may be of interest to share with SMSC students. I hope everyone is willing to write a short article about the month of May. Kara Gonzales is the Gazette contact, her email is kgonzales@stmsc.org.

Thank you,

Coleen Baucom
Gardeners Coleen Baucom, George Cline, Reg Oberg, and Cody Yeargain are making new friends and showing off their gardening skills at Magnolia Gardens, a community garden in El Cajon. Twice a week they plant, weed, and water while enjoying nature. They get competitive when *grub hunting*, digging for June bug larvae known as a foe of the garden. When a caterpillar crawled onto Coleen’s leg, she gently placed it on a milkweed plant after learning that the leaves are the only food source of the soon to be monarch butterfly. In a lively discussion they weighed the merits of chicken, sheep, and steer manure as nutrients for the soil. As gardeners, they are caring for winter crops including broccoli, cauliflower, cabbage, bok choy, and radishes and can identify each plant by sight as well as determine its need for water and fertilizer. It’s all in a day at Magnolia Gardens, a space where they can get their hands dirty, share friendly banter, and gardening tips while tasting the picks of the day: fresh garden-to-table treats!

**Coleen Baucom**

“I love to garden and to be outdoors. I look forward to seeing animals while gardening. At home I grow tomatoes and cucumbers for my pet pig, Harlem and lettuce for Turbo, my tortoise!”
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St. Madeleine Sophie's Center
Alternative Service Programs
STAYING CONNECTED
Cooking & Baking with Mike Bacon and Fermin Vasquez
Mondays 5—6PM on Zoom

A Sense of Purpose

Mike Bacon and Fermin Vasquez are joined every Monday by a loyal band of followers who have discovered the joy of cooking while staying at home. During the one hour class two recipes are presented in a step-by-step process for our home-chefs to follow. Mike noted, "Most of the students taking our classes have never worked in the kitchen on campus, so it's great to see the level of interest they bring each week!" The class has a friendly atmosphere where kitchen tips are given, questions are answered, and words of encouragement are expressed. It ends with everyone sampling their finished dishes one-at-a-time under the watchful eyes of their buddies on Zoom, reaffirming the goals of the class - making mouthwatering food while connecting with friends!

Festive Aprons
Lorraine &
Kelsey Wammack
Chris Bradshaw tried his hand at an Asian menu during SMSC’s Monday’s cooking Zoom. He made wontons for the first time and did a great job filling them and frying them. It was also his first time ever frying anything on a stove! His parents said they were delicious, and Chris especially couldn’t get enough of those wontons!! He also made a delicious Lo Mein dish. Congratulations to Chris on yet another successful and delicious culinary endeavor!

Lo Mein Noodles

INGREDIENTS:

8 ounces Spaghetti noodles or Lo Mein egg noodles
1 tablespoon olive oil
2 cloves garlic, minced
2 cups cremini mushrooms, sliced
1 red bell pepper, julienned
1 carrot, julienned
1/2 cup snow peas
3 cups baby spinach

FOR THE SAUCE

2 tablespoons reduced sodium soy sauce, or more, to taste
2 teaspoons sugar
1 teaspoon sesame oil
1/2 teaspoon ground ginger
1/2 teaspoon Sriracha, or more, to taste

DIRECTIONS:

1. In a small bowl, whisk together soy sauce, sugar, sesame oil, ginger and Sriracha; set aside.
2. In a large pot of boiling water, cook noodles according to package instructions; drain well.
3. Heat olive oil in a large skillet or wok over medium high heat. Add garlic, mushrooms, bell pepper and carrot. Cook, stirring frequently, until tender, about 3-4 minutes. Stir in snow peas and spinach until the spinach has wilted, about 2-3 minutes.
4. Stir in egg noodles and soy sauce mixture, and gently toss to combine.
5. Serve immediately.
What’s my experience during Covid-19
By: Cali Williams

I've been very safe & wearing my facemask whenever I do go out, that's only when me & my parents need some air and at times a scenic drive around town even when I go to spend the night at my grandma's house (my dad's mom) to me it's been very hard to be staying at home & not always want to hang with my friends but i do stay in touch by either using facetime and zoom with some of them while i was home the three of us got vaccinated as of this month and next month we will get our second dose yeahhhh! anyways also I've been using zoom for different meetings (SDPF meetings) so on I also sometimes often help my parents with babysitting my new nephew he is very fast at crawling walking climbing things and keeping my parents on their feet and to me that’s really funny at times he keeps me on my feet as well anyways i mostly am in my room just doing zoom classes also doing art on my Ipad & playing with my Iphone while I listen to music but the main thing is that I'm not as lazy as much now i do some stuff around my house sometimes, also the main thing that i love doing is having girl time & being a sous chef with my number one girl that is my mom that i love & care about i also love having family time with my parents and having game nights with them even staying up late @ 10:00 also sleeping in as well, I love my family and friends plus a special program case manger (Kara) that i care about.

How I feel about zoom classes
By: Cali Williams

I like the classes that I take on zoom, and also I made it into an very easy schedule for me to remember on each day of the week, but I may not like zoom & is not always my favorite way but i do understand why we have to use it, to me the classes are very fun to be apart of, it's ok for zoom to be my new normal way of life to stay in contact with, also I'm glad to see all my friends as well. so that I really feel like that I'm busy that's a good thing to me, what I really want to say is thank you for all the helpful zoom classes that kept me going instead of watching tv & being lazy all day long, this really gives me something to do in the mean time until we get back to program soon, I'm glad that i started my new class on Friday night (fun Friday) that is really fun and I enjoy it, now these classes are very enjoyable to be in, it feels really good to see all the smiles on my friend's faces.
Quotes of the month
By: Cali Williams

1. I’m going to stand outside so if anyone asks I’m outstanding.
2. Life is too short to see yourself as anything but beautiful.
3. There is so many colors in the rainbow of people that can paint a new picture everyday.
4. Not all of us in the world are the same, that’s why we are unique & wonderful in our own way.
5. The more you practice the more better you get.
6. Always follow your dreams & believe in yourself also know that you are a shining star in your own way.

Tail-Waggers
William Hopkinson & Elvis

William loves his dog, Elvis named after the famous rock’ & roller’, Elvis Presley. Elvis like a lot of our canine friends, likes to spend his evenings under the covers where it’s his job to keep his owner warm at night!

Dogs and people share a special bond!
Send photos of your tail-wagger and tell us a story about your dog.
Email to Kara Gonzales: kgonzales@atmsc.org or Text to: 619-654-3679
My interests of airplanes go back to when I was a little kid, I just love airplanes and their colorful liveries! I use Microsoft Paint and have done over 200 drawings since 2015.
Unsprings was an old western town in the middle of nowhere. It was a sad day for the people of Unsprings. A drought had forced them to quickly load their wagons and leave town in search of water.

John was the sheriff of Unsprings. John and his family were the last ones in Unsprings. They just wanted to take 1 last look at their hometown before they left for good. While in Unsprings for the last time, John decided to take one last look at the sheriff and jail office.

The Deputy. On our work days, the deputy was always the one in the office. In fact, the deputy always put a nice, fresh cup of coffee on John’s desk so it would be there, waiting for him, when he arrived. But today, John knew for a fact that his deputy would not be in the office. John also knew that there would be no fresh cup of coffee, waiting for him. How did John know? Because he knew that his deputy left town, without saying goodbye to him. I guess, “thought john” all these years, working together meant nothing to him... not even a goodbye or a cup of coffee. Inside the office John noticed that the deputy’s desk was barren. No typewriter... no crime reports... no incident reports. It was as if the deputy was never there.

As for John’s desk, it had a typewriter on it. When business was slow, John would type nothing but gibberish, just to pass the time. Next to John’s desk was his chair. He would usually sleep in the chair when he grew tired of typing gibberish. He knew for sure that he would not miss that. Just now, John heard the wind, howling outside. To John’s surprise, the wind blew into the office, blowing all the unlocked jail cell doors, back and forth. Luckily the jail cell doors were empty. (Of course the jail cell doors were unlocked. It doesn’t make sense to lock doors when there’s no prisoners inside.) That’s how bad the wind was outside. The wind in John’s opinion was his cue to leave. John then left the keys to the office on his desk. He didn’t need them, anymore. John then left the office for good, leaving the front door unlocked and opened. Why should the door be closed and locked. The office was empty. It’s not like there was anything worthwhile to steal. Unless someone wanted to steal a typewriter.
20th Annual
MORNING GLORY BRUNCH
April 17, 2021
$4,350 in Cash Prizes
Benefiting our Garden & Aquatic Programs
Featuring a Virtual Frog Race Live on Zoom

TO PURCHASE FROGS VISIT MorningGloryBrunch.org

For more information contact
Joe Perucca 619.442.5129 • Ext: 332 jperucca@stmsc.org
Katie Pennell 619.442.5129 • Ext: 115 kpenell@stmsc.org

$50 - One Frog
$125 - Three Frogs
$200 - Family of Five Frogs
$300 - Group of Eight Frogs
$500 - Army of Fifteen Frogs