

PHDABUZZ

Where something is always abuzz.

Powerful, Promising Signs

With the sun shining past the trees and into PHD ABIS Head Office downstairs, the warm breath is welcomed on flowers and seeds being planted.

Since the end of April, a group of about 8 clients, assisted by the wonderful PHD ABIS staff, have been vigorously working to plant seedlings with high hopes of positive results. In and around the patio grounds, you can snatch a glance at the pots and notice the fight of the beginning process towards precious life. While your breath is taken away by the guided beauty of growth, you catch yourself looking at the plants in the ground, and may find a few small flowers there settling in the soil.

In the future, PHD ABIS clients are hoping to see outside a mixture of Zinnia flowers,

Petunia, Daisy, Marigold, and a loft of Impatiency flowers, to name just a few. Watching the growth of such beautiful flowers is truly magical.

Reaching back into mind of the ancient Greek philosopher, Aristotle, he described three types of souls in the living organisms on earth:

1) Plants possess a vegetative soul- they are responsible for reproduction and growth.

2) Animals in turn, have both a vegetative and sensitive soul- they experience the likes of both reproduction and sensation.

3) Humans have a vegetative, sensitive and rational soul. Their developmental instincts are focused in the direction of growth, reminiscent of

Upcoming Events:

June 2: "Avenue Q" - Musical Comedy at Stage West

June 16: Mississauga Waterfront Festival at Memorial Park down on Lakeshore.

Café Menu:

June 4: Turkey Sausage on a bun with Coleslaw

June 11: Favourite BLT with Fruit Salad

June 18: Best Egg Salad Sandwich with Cucumber Slices

June 25: BBQ Hamburger with Salad

forming truth in moving forward, and allowing your path to be marked by the natural beauty inside.

Have a look at the pictures of the progress below!

~Shannon Schilling



Summer 2013 Fun-Spiration

Summer 2013 has finally arrived! After what seemed like a winter that would last forever and a spring that wasn't quite sure it wanted to get here, summer 2013 has finally arrived and we have some fun ideas to help you make the most of it. The following list is a suggestion of local festivals, events and activities to help you interact with others outdoors and a chance to make some new friends or a chance to catch up with old friends:

1. **ACTIVITY:** Every Thursday at 8 pm, you can catch a **free movie at the Mississauga Celebration Square** (300 City Centre Drive). As long as the weather is good, all you need to do is bring a blanket or chair. COST: FREE.
2. **FESTIVAL:** On Saturday, June 1st at 4 pm, there will be a special event to celebrate "**Buddha's Birthday**" at **The Mississauga Celebration Square** (300 City Centre Drive). Buddha's birthday is similar to the celebration of Christmas for Christians. The event will consist of celebrations through inspirational speeches and cultural performances of dance, song and devotional chants. COST: FREE.
3. **FESTIVAL:** On June 14th-16th, Port Credit will host its annual "**Mississauga Waterfront Festival.**" The festival boasts music, lights, arts & crafts, an artisan market and interactive games. COST: FREE
4. **CONCERT:** On June 21st at 8pm, the Mississauga Celebration Square (300 City Centre Drive), will proudly presents **Canadian rapper, producer and Juno Award winning hip hop artist Classified.** Joining Classified on stage will be Mississauga's up-and-coming urban superstar, Khadijah Lopez, followed by the very talented local rap duo Smash Brovaz. COST: FREE.
5. **FESTIVAL:** On Saturday June 22nd at 6 pm, the Mississauga Celebration Square (300 City Centre Drive) will host "**Hangama**", a festival celebrating **South Asian culture.** COST: FREE.
6. **FESTIVAL:** On Saturday June 23rd, the Mississauga Celebration Square (300 City Centre Drive) will host its fifth annual "**South Asian Canada Day**", a chance to experience South Asian culture, food and music. COST: FREE.
7. **EVENT:** On Monday, July 1st at 4pm, the Mississauga Celebration Square (300 City Centre Drive) will be celebrating **Canada Day.** COST: FREE.

All of the above have free admission, but food and drinks will have to be paid for separately. Everything is weather permitting, so as long as the weather is good the show will go on! So get out there and enjoy the sun, don't forget your sunscreen! Have fun!

~Georgina Pimenta



Movie of the Month: Star Trek: Into Darkness

When the crew of the Enterprise is called back home, they find an unstoppable force of terror from within their own organization has detonated the fleet and everything it stands for, leaving our world in a state of crisis. With a personal score to settle, Captain Kirk leads a manhunt to a war-zone world to capture a one man weapon of mass destruction. As our heroes are propelled into an epic chess game of life and death, love will be challenged, friendships will be torn apart, and sacrifices must be made for the only family Kirk has left: his crew!!

I had to see this movie in order to grasp the effort of the author of the weekly series that portrays the pros and cons of the human race!! The author, Gene Roddenberry had such a great concept of the human race in his fantasy focused novels, on his productions of the weekly television series Star Trek: The Next Generation and Deep Space Nine, as well as his movie productions. If you are a science fiction lover and part of the large "Trekky" nation, Star Trek: Into Darkness will not will not leave you disappointed. Even if you are new to the long-standing franchise, this movie may open your mind to a whole new love of science fiction. My rating: 8 out of 10 butterballs ~John Brereton.

"Do you know what a pain you are? You think the rules don't apply to you. There's greatness in you, but there's not an ounce of humility." ~Chris Pike

Joke of the Month: How would you find Will Smith in the Snow??? By searching for **FRESH PRINTS!**