

Turning Wind's March Newsletter

Weather in Montana Turning Winds

The weather here has been pretty warm, about 20-40 degrees each day. The sun has been out a lot and it is so wonderful to have during the winter. Staff say the roads have been pretty good to drive on. It has lightly snowed a couple days and hasn't been cloudy as it used to be. All of us love having the sun and beautiful blue skies.

-Lisa



Fun Facts:

Alfalfa (mainly used for farming) may be grown indoors. Seeds are not only loaded with healthy vitamins and minerals, but are also used in Chinese dishes they may also be a substitute for Brussels sprouts.

Are there any big time fishers? Here's a challenge, "The Greater Amberjack". It is not only the fastest of the fast swimming game fish species, but also weighs more than 150 pounds. They grow up to be 5 feet long and live in tropical regions.

-Drew



Work Projects:

Work projects are a daily activity that are done in order to take care of the property and the house. There is a variety of work such as: painting, taking garbage to the dump, clearing brush, digging stumps and cutting wood to keep the house warm. Everyone participates to keep every thing running.

Communication is one of the most common areas that all the residents struggle with. Communication helps with safety, but also helps with family communication as well.

Working in the wilderness is one of the greatest experiences for us. Residents learn about different kinds of trees and how to make fire out of pitch (sap) and goats beard (tree moss). We also get to learn about how to work. Work helps us with our physical and mental strengths at Turning Winds.

Most of the residents here at Turning Winds were lazy at home and had no goals for themselves. The work teaches residents how to be productive and aware of what is going on around them.



The residents here at Turning Winds have learned and continue to learn from the experiences they have gone through. Work projects have improved communication and started a new healthy physical and emotional strength.

-Scott D.

Positive Commentary:

Adam – Adam is a hilarious and fun individual to be around. He is a person that brightens mine and everyone else's day, plus he always has a smile on. Along with his great personality, Adam's caring ways make him a terrific friend and resident.

Jason - Jason is quite the energetic person. His radiant personality and humor is something every body loves. Jason's humor is only matched by his great sense of caring for others. He has earned respect and is always an available friend.

Alex L – Alex L is one of a kind. He is one of, if not the funniest person I have ever met. Everyone views him as a great leader and a great friend. Alex is also a great teacher with great intellect and wisdom.

Scott G – Scott is smart, really smart. Scott's intellect and genius is some thing to be admired. Scott is a great leader and person to look up to with his great attitude and moral respect for every one.

Hayden – Hayden is a great and positive leader. He always has a positive attitude and works hard. Many residents look up to him. His progress shows that he has come a long way and is still going.

James - James gives great advice and acts very respectful towards everyone. He never hesitates to show that he cares either. He is a great leader and brings a lot of positive energy to the group.

KC - KC is a great person to be around and to talk to. His great words of wisdom are equally matched to his persona. His intelligence is greatly appreciated and he never hesitates to help a resident out.

TJ - TJ is very intelligent and great to talk to. He has given Texas a wonderful name although he sometimes

overdoes the "Texas Talk". He also has a great sense of humor and is definitely one of a kind.

Kyle - Kyle is very nice and is a really fun person to be around. Many residents here enjoy his presence. He is athletic and strong and has full potential of becoming a great leader.



Brock - Brock is a clever and an astute young man. One thing that people most admire in Brock is his great sense of humor and he always has time to be classy. Many appreciate his presence as well.

Lisa - Lisa is mindful of others. Her caring and kind attitude make it pleasant to be around her. Ever since she has been preparing to go on TREC her attitude and willingness to change has increased.

Matt - Matt is a good friend and is very easy to talk to. His generosity and empathy is really special. He is also becoming an excellent leader and pushes himself to be more physically fit each day.

Scott D - Scott is very mellow and is very comforting to be around. Many residents agree that he is not only loyal, trustworthy, and bright, but is a potential leader who may guide many in the right direction.

Greg - Greg is clever and funny. He is comical and most residents agree that he is a great pleasure to talk to. He always has a positive attitude and his determination to better himself is something to be admired.

Vlad – Vlad is very kind and a worthy person. Many are thankful for his help and are extremely glad that he is a resident here at Turning Winds. He is a hard worker and will never hesitate to get things done.

Zach - Zach is an absorbent learner and can take feedback admirably well for a somewhat newer resident. To top it off, he also has great self-reliance and humors the group in almost every ripe moment with something funny.

Alex M - Alex is a wonderful friend. He is witty and quick to do something that will bring the group's attitude and enthusiasm level up. He is bright and intelligent and shows signs of a leader-in-the-making.

Drew – Drew is very creative. He brings an element of kindness and caring to the group and can be counted on to pick himself right back up after he has fallen into any trouble. He is determined and has much potential.

Ethan - Ethan is very cheerful and enthusiastic. His creative attitude has helped him come a long way. He has also turned his actions into more positive ones since he has been here.

Joe - Joe is funny and has a sharp and clever sense of humor that makes everyone laugh aloud. He is also polite and creative. Joe is a huge part of the Turning Winds community and makes each day much more interesting.

Neil- Neil is very wise and kind. Not only that but he is also intelligent and bright. His humor brings joy to the group and increases the attitude and enthusiasm wherever he goes.

Jon- Jon, a newer resident, immediately brought a caring and respectful presence to the group. He has a great sense of humor and is respectful. Jon will become a great leader.

Cody- Cody is our newest resident and is fitting right in. He is extremely funny and has a witty personality. He shows great potential and brings a great presence to the group just by being here at Turning Winds.

Jessica- Jessica is polite, kind, and extremely understanding. Her diligent attitude is admirable and great to be around. She is always friendly, no matter what the situation may be.



Natalie- Natalie is a positive and inspiring person. Her leadership and cheerful personality is reflected upon everyday in her actions. Her humbleness is something to envy.

Danielle- Danielle is very cheerful and happy. She has made a lot of progress since she has been here. She never hesitates to share her feelings or stand up for what's right.

Emily- Emily has a sassy sense of humor that everyone loves. Her energetic personality brightens every day. She can also admit her faults but will turn around and correct herself.



Alex K- Alex is very confident in herself and it shows in her actions. Not only is she clever, many of the newer residents look to her as a leader and a role model which is intensified by her friendliness.

Jenny C- Jenny is a creative and spontaneous person. Her witty personality brings such joy to the group and anyone that she is around. She can also say whatever needs to be said when the time comes.

Jennifer- Jen is greatly intelligent and wise. She is a role model and a definite leader. Her respect and kindness is a gift to everyone, as well as her sympathy and well being wherever she is.

Jenny H- Jenny brings such guidance and leadership to Turning Winds. Every day she exerts herself and shines with confidence and courage. She is an excellent leader and shares her experience 24/7.

By T.J

Interview with Alex L.:

I had the privilege of interviewing Alex who is an 18 year old graduate here at Turning Winds. In the past three months, Alex has devoted a lot of his time and effort to his work and has accomplished a lot!

After two and a half months of hard training, Alex set off for a week of TREC to "Hells Canyon." After his experience, he says he has really been able to get to know himself. Alex quotes that TREC was "A life changing experience!"

Two days after returning back from TREC, he was caught by surprise when he was called outside to help John Senior carry some things inside from his car, but instead he was joyfully greeted by his parents. That's when he found out he had successfully graduated the first phase of the program!

Alex has also finished his G.E.D. and is enrolled in an English college class. He plans on earning 3 credits before he leaves. Alex recently had his 18th birthday and had the choice to leave. Fortunately he has enough will power and plans on staying until he is ready.

A week or two after TREC, Alex had discovered he had gotten poison oak. He claimed that the reason that it's spreading is because he has dreams that staff had bought him a medicine that allows him to scratch, and then he wakes up itching. Alex says that all day he tries really hard not to itch, but then when night comes, he feels all his hard work has gone down the drain☹.

Alex is really excited about going home. He is really "gung ho" about starting a new relationship with his parents and having another chance at life. One of Alex's fears about going home is coming across some unhealthy, unsafe people that might lead him down the wrong path, but he is also interested about meeting new happier and healthier friends. When Alex returns home he plans to go to college somewhere on the east or west coast, he is not sure which one yet!

By: Zack

Poetry:

We go through this process
With an open mind
We never know what we are looking for
Never know what we'll find.
There are so many things wrong here
Not every one so kind
To fix these things feels impossible
But in time this will not be so.
When we start to fix ourselves
We fix the world.
One person at a time every one is here for a
Reason but some say they have no clue.
I say I have changed and
I was just like you
I could not do it by myself
Because I did not know me.
If you say you have no clue, ask someone what they see

-Joe

About Joe:

Joe has come far in this program. He has faced struggles that ordinary people wouldn't even dare to face. He is bright and intelligent and is

a leader at heart.

Recipe's: Shrimp Creole

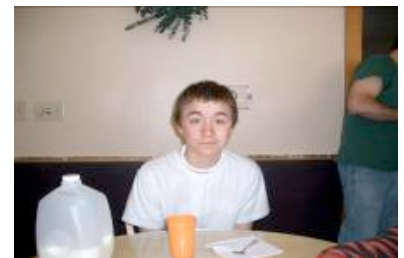
2 medium onions chopped
3 cloves garlic minced
3 stalks celery chopped
1 14 ½ oz. can of chicken or vegetable broth
1 tbsp lemon juice
20oz. canned crushed or chopped tomatoes
1 bay leaf
3 or more drops Louisiana hot sauce (Tabasco)
1 tsp. Mrs. Dash onion and herb seasoning
1 tsp. Mrs. Dash garlic and herb seasoning
¼ tsp. celery salt
¼ tsp. white pepper
1 tsp. spike seasoning
1 and ½ pound uncooked shelled shrimp

In a medium size pot or Dutch oven, sweat onions, garlic and celery until soft and browned.

Add broth and lemon juice, and then add tomatoes and spices. Simmer for at least one hour.

Add shrimp and simmer until shrimp are pink and opaque (3-5 minutes). Remove bay leaf before serving. Sprinkle with chopped parsley.

By: Chef Jason



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