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The Consumer/Survivor Information Resource Centre

Distributed through generous support from CSRU Program (Community Support and Research Unit) of
CAMH (Centre for Addiction & Mental Health)

BULLETIN

*Information for consumer/survivors of the mental health system,
those who serve us, and those who care about us.*

August 15, 2006
Bulletin 329

C/S INFO CENTRE DROP-IN HOURS: 1-4 Monday-Friday. PHONE HOURS: 9-5 Monday-Friday
LOCATION: 252 College Street, 3rd Floor, Toronto, ON

MAILING ADDRESS: c/o CAMH, 250 College Street, Toronto, ON M5T 1R8

TEL: 416 595-2882 FAX: 416 595-0291 E-MAIL: csinfo@camh.net

CAMH Records Are More Accessible

It has come to my attention that the charges for looking at your clinical records differ from general hospital to CAMH. Why is this so and why does CAMH get diminished in stature to the general hospitals when the former runs under budget in operational costs while the general hospitals are cash cows at the trough?

CAMH charges \$25 to look at the records while North York General hospital charges \$50 and the per piece photocopy cost is 25 cents and \$1 respectively. Something wrong in Hogtown methinks.

My perspective is that it should be made as cheap as possible to refer to records in a freedom of information age and the ethic of a knowledgeable consumer most in tune with his or her own needs.

Mel Starkman
Archivist
Psychiatric Survivors' Archives, Toronto

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**If you are not already receiving The BULLETIN regularly, you can receive it free by mail or e-mail.
Contact us at csinfo@camh.net or 416 595-2882. The Bulletin is published on the 1st and 15th of
every month. Please send announcements and job postings as far in advance as possible.**

New Warnings about Combining SSRI's and Migraine Medications

The Food and Drug Administration (FDA) of the United States has issued new warnings - July 2006 - about combining the anti-depressants known as SSRI's (selective serotonin reuptake inhibitors) or SNRI's (selective serotonin/norepinephrine reuptake inhibitors) with a class of migraine medications known as triptans. The combination can result in a life threatening condition known as serotonin syndrome in which there is too much serotonin in the nervous system.

The symptoms of serotonin syndrome include restlessness, hallucinations, loss of coordination, irregular and rapid heart beat, rapid changes in blood pressure, increases in body temperature, nausea, vomiting, diarrhea and overactive reflexes.

The Anti-depressants included in the warning are Celexa, Fluvoxamine, Lexapro, Paxil, Prozac, Symbyax, Zoloft, Cymbalta and Effexor.

The Triptans included in the warning are Amerge, Axert, Frova, Imitrex, Maxalt, Maxalt-MLT, Relpax, Zomig and Zomig ZMT.

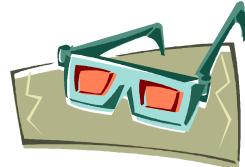
The FDA warns patients not to go off any medication without speaking to their doctor.

Wellness and Recovery Newsletter – A reminder about the new quarterly publication that we do in conjunction with CRCT - Community Resource Connections of Toronto – It isn't an automatic subscription for anyone who gets the Bulletin. Our second issue is now out. It's free to receive, but you have to tell us you want it. If you haven't already, call us at 416 595-2882 or email us at csinfo@camh.net.

Free & Low Cost Events

Tuesday, August 15th

Jurassic Park Movie. Free. Creature Features outdoor screening. 3-D glasses for the first 300 patrons. Yonge-Dundas Square, Yonge St. and Dundas St. E. Info: 416 979-9960 or www.ydsquare.ca. 8:30 pm.



Toronto Gala Monster Concerts. Free. Twenty pianists play works by Rossini, Mozart, Liszt & others on ten pianos simultaneously. Nathan Phillips Square, 100 Queen St. W. Info: 416 338-0338. 7:30 pm.

Gypsy Flame Band. Free. Summer music concert. Barry Zukerman Theatre, Earl Bales Park, 4169 Bathurst Street. Info: 416 395-7876 or www.toronto.ca/events. 7:30 pm.

Wednesday, August 16th

Older Women's Network Book Discussion Group. Free. A discussion on the book, *Nightingales: The Extraordinary Upbringing...* by Gillian Gill. Northern District Library, Room 224A, 40 Orchard View Blvd. Info: 416 393-7610. 2:00 pm.

Family Storytelling Event. Free. Storyteller-in-residence Dan Yashinsky brings stories from around the world and around the block, and will pass his legendary talking stick to grandparents, teens, kids and anybody with a story to tell. All welcome. Gerrard Ashdale Library, 1432 Gerrard Street East. Info: 416 393-7717. 7:00 pm.

The Grange Historical Walk. Free. ROM walk explores the Grange neighbourhood. Meet at the corner of Dundas Ave. W. and McCaul St. Info: 416 586-8097 or www.rom.on.ca. 6:00 pm.



Thursday, August 17th

Tea Brewing Ceremony. Free. Learn about brewing and serving tea. Bata Shoe Museum, 327 Bloor St. W. Info: 416 979-7799 ext 242 or www.batashoemuseum.ca. Free admission, 5:00 – 8:00 pm. Tea demonstration, 6:00 pm.

Heartbeat of Japan Concert. Free. Dynamic and festive drumming by the Kiyoshi Nagata Ensemble, featuring Japanese taiko drums, bamboo flutes and shamisen (three-stringed lute). Toronto Music Garden, 475 Queen's Quay West. Info: 416 973-4000. 7:00 pm.

Friday, August 18th

Celebrate the Beach. Free. Music, cultural diversions, shopping and kids activities. Queen Street East from Woodbine Ave. to Neville Park. Info: 416 693-2242. 6:00 – 10:00 pm.

Breaking Loose Movie. Free. Tea and Entertainment presents this 1994 documentary about one man's unique approach to horse breaking. Refreshments served. Auditorium, North York Central Library, 5120 Yonge St. Info: 416 395-5639. 2:00 pm.

Ho-Hai-Yan Taiwanese Cultural Festival. Free. Opening Ceremony with dance troupe, Zu-Yun Cultural Music & Dance Troupe presenting, on the Seashores. The Ho-Hai-Yan Festival celebrates the music, dance film, visual art, food of Taiwan, continues to Aug. 20th. Harbourfront Centre, 245 Queens Quay W. For events and times contact, 416 973-4000. 6:00 pm.

Saturday, August 19th

Not So Pro Volleyball Tournament. Watch as teams compete at this fun weekend of volleyball by the beach. Continues to August 20th. Ashbridges Bay Beach, foot of Coxwell Ave. Info: 416 693-6244. Sat. 9:00 am – 6:00 pm. Sun. 1:00 – 5:00 pm.



Foods of the Settlers Demonstration. Free. Learn and sample how grapes were used in the early 1800's. Toll keeper's Cottage, Davenport Square Park, northwest corner of Davenport Rd. and Bathurst St. Info: 416 515-7546 or www.toll-keeperscottage.ca. 11:00 am – 2:00 pm.

Jerk and Jazz Festival. Free. Presented by Camp Jumoke and Visions of Science this festival showcases Caribbean music and food, kids games and more. Queen's Park. Info: 416 431-1222. 1:00 – 10:00 pm.

Sundown Beach Satsang/Bhajans/Kirtan Music Event. Free. Join in the fun and energy. Bring a musical instrument (guitar, tabla drum, flute etc.) and your singing voice. Invite others. Hubbard Park, 42 Hubbard Blvd., Beaches. Info: 416-690-5510. 8:00 pm.

Sunday, August 20th

The Danforth Walk. Free. ROM walk explores the Danforth neighbourhood. Meet at Danforth and Cambridge Ave. (east of Prince Edward Viaduct). Info: 416 586-8097 or www.rom.on.ca. 2:00 pm.



Swing Shift Big Band. Free. Big Band music featuring the music of Sinatra. Mel Lastman Square, 5100 Yonge Street. Info: www.toronto.ca/special_events/serenades/events or 416 395-0490 7:30 pm.

Monday, August 21st

Regent Park Focus Youth Photography Project Exhibition. Free. Black and white photographs by youth project participants document the demolition of Phase One of Regent Park Revitalization. Exhibition continues to Aug. 31st. Parliament Library, 269 Gerrard St. E. Info: 416 393-7663. 10:00 am – 5:00 pm.

Tuesday, August 22nd

Russian Folk Theatre. Free. Barry Zukerman Theatre, Earl Bales Park, 4169 Bathurst Street. Info: 416 395-7873. 7:30 pm.

Godzilla Movie. Free. Creature Features outdoor screening. 3-D glasses for the first 300 patrons. Yonge-Dundas Square, Yonge St. and Dundas St. E. Info: 416 979-9960 or www.ydsquare.ca. 8:30 pm.

Wednesday, August 23rd

East Travels West: All-Stars of the Former Soviet Union Concert. Free. An evening of music and celebration of new Yiddish culture with musicians from Russia, Ukraine, Belarus and Estonia, including the Kharkov Klezmer Band, Di Minsker Kapelye and the Dobranotch Band. Barry Zukerman Amphitheatre, Earl Bales Park, 4169 Bathurst St. Info: 416 395-7873. 7:30 pm.

Thursday, August 24th

Sushi Workshop with Chef Shoji. Free. Learn how to make refreshing and healthy vegetarian snacks. Registration required. Barbara Frum Library, 20 Covington Rd. For information and registration contact: 416 395-5440. 1:00 – 2:00 pm.



7th Annual Toronto Buskerfest. PWYC (voluntary donation). This annual festival includes top buskers from Canada, Australia, France, the Netherlands and Japan. Festival continues to Aug. 27th. Festival is located Front St. between Church St. and Jarvis St. Includes Market Lane, Market Square and Brezy Park. For more information on events and times contact: 416 964-9095 or www.torontobuskerfest.com. Thursday and Friday, 12:00 noon – 11:00 pm. Saturday, 11:00 am – 11:00 pm and Sunday, 11:00 am – 6:00 pm.

Compose Me Music Concert. Free. Improvisation by Lori Freedman (bass clarinet/clarinet), Allison Cameron, Chris Paul Harman, Martin Arnold (composers). Toronto Music Garden, 475 Queens Quay W. 416 973-4000. 7:00 pm.

Friday, August 25th

Documentary Films. Free. Tea and Entertainment presents, Faces of the Hand (1995) a NFB film which takes you on a visual journey through the human experience of the hand and the Light History of the English Language (1997). Refreshments served. North York Central Library Auditorium, 5120 Yonge St. Info: 416 395-5639. 2:00 pm.

Global Grooves Music Concert. Free. Featuring the Nigerian/blues music of Ndidi Onukwulu and Madagascar Slim. Yonge-Dundas Square, Yonge St. and Dundas St. E. Info: 416 979-9960. 6:00 pm.

Poetry Reading and Music. Free. Poet Lillian Allen and others. Yonge-Dundas Square, Yonge Street and Dundas Street East. Info: 416 979-9960. 8:00 pm.

Saturday, August 26th

Parkdale Arts and Crafts Festival. Free. Performances, interactive workshops, visual arts, kid's activities and more. Parkdale Town Centre, Queen Street West and Cowan Ave. Info: www.parkdaleliberty.com. 10:00 am – 6:00 pm.

Indie Unlimited Festival. Free. Celebrating DIY (do it yourself) scene culture through electronica, rock and alt-country, fringe theatre, literature, blogs and future of music forums. Festival continues to Aug. 27th. Harbourfront Centre, 245 Queens Quay W. For events and times contact: 416 973-4000 or www.harbourfrontcentre.com. 6:00 pm.

Sunday, August 27th

Unforgettable Brothers of Song Music Concert. Free. Sunday Serenades presents the memorable melodies of Nat 'King' Cole and other Motown, blues and soul musicians with performer Rudy Mayes. Mel Lastman Square, 5100 Yonge Street. Info: www.toronto.ca/special_events/serenades/events or 416-395-0490. 7:30 pm.

Pedestrian Sundays. Free. Kensington Market's car-free Sundays present the Kensington Community Air Show throughout the market. Kensington Market, several streets south of College Street, west of Spadina Avenue, north of Dundas Street and east of Bellevue. Info: 416 531-7564 or www.pskensington.ca. 12:00 noon – 10:00 pm.

Monday, August 28th

Book Club. Free. Featuring the book, The Reader by Bernard Schlink. Bloor/Gladstone Library, 1101 Bloor Street West. Info: 416 393-7674. 7:00 pm.



Tuesday, August 29th

King Kong Movie. Free. Creature Features outdoor screening. 3-D glasses for the first 300 patrons. Yonge-Dundas Square, Yonge St and Dundas Street E. Info: 416-979-9960 or www.ydsquare.ca. 8:30 pm.

Klezmer Concert. Free. Musicians from Russia, Ukraine, Belarus and Estonia, including members of The Kharkov Klezmer Band, Di Minsker Kapelye and The Dobranotch Band, collaborate to create a true klezmer summit. Barry Zukerman Amphitheatre, Earl Bales Park, 4169 Bathurst St. Info: 416 395-7873. 7:30 pm.

Wednesday, August 30th

Spadina Museum Historic Garden Tour. \$6.00. Walk explores the historical grounds of the Spadina Museum. Spadina Museum, 285 Spadina Rd. Info: 416 392-6910 or www.toronto.ca/culture/spadina. 1:30 pm.

Yoga and Meditation. Free. Gentle physical exercises, breathing and meditation techniques. Bring your own mat. College/Shaw Library, 766 College St. Info: 416 393-7668. 6:30 – 8:00 pm.

Thursday, August 31st

Antony and Cleopatra Play. PWYC. Shakespeare in the Rough outdoor performance. Play runs to Sept. 4th. Withrow Park, south of Danforth Ave., between Pape Ave. and Chester. Info: 416 556-6226. Performances, Wed. – Sun. 2:00 pm.

Tai Chi. Free. Outdoor Tai Chi practice for the beginner or the experienced. Weather permitting. Wear comfortable clothing and soft shoes. Victoria Memorial Square, Portland and Niagara St. Info: 416 392-6907 or www.fortyork.ca/events. 7:00 pm.

Announcements

August Deadlines:

If you want to apply for a full conference scholarship to the **Making Gains Conference 2006** in Toronto, November 5-8, 2006, your application must be in by August 31, 2006. For more information and an application form e-mail, makinggainsaccess@ofcmhap.on.ca.

For the **CAMH Learning Bursary**, it's Friday August 25, 2006. Contact Sarah Manson at CAMH, 250 College Street, 8th Floor, Room 820 or 416 535-8501 X 4407.

Toronto Parks, Forestry & Recreation has many programs starting in the fall, but if you want to apply for their **Welcome Policy**, which allows you to join for free, you have to show proof of need about a month in advance, so you should be working on this in August as registration begins in early September. Call the Welcome Policy Info Line at 416 338-2000 or get the forms at www.toronto.ca/parks.

Toronto District School Board's classes don't start until October, but don't be fooled! Registration starts Monday August 21st. With proof of Social Assistance or GAINS income, you can attend a course for \$10 registration fee. (Materials extra, if applicable). Call 416 338-4111 or email communityprograms@tdsb.on.ca

“Stand Up for Mental Health” presents... A New 14 Week Evening Course

By laughing at our own difficulties, we can rise above them. Participants will learn how to: face their own particular mental challenges, use humour to cope with their illness and communicate more effectively. This **free** course is limited to 15 people. There will be a short interview to assess suitability, and commitment. The course will conclude with a **“Comedy Showcase”** in December featuring a brief comedy routine by each participant, in front of friends, family, guests and other supportive individuals. The course will be held **every Wednesday evening, 7:00 – 9:30 pm** from **September 6 until December 6, 2006** at the **Mood Disorders Association of Ontario**, 40 Orchard View Blvd., Suite #215.

The deadline for applications is August 23rd

**For more information contact: Michael Cole, Project Director, Stand up for Mental Health Program
c/o Mood Disorders Association of Ontario, 222-40 Orchard View Blvd., Toronto, ON M4R 1B9
Fax: 416 486-8127, Phone: 416 486-8046**

12th Annual Don River Run for Recovery Sunday, August 27 10:00 am at the Brentcliffe Road Site of CAMH

This annual event presented by the Centre for Addiction and Mental Health has a new twist this year:
A-Way Express Courier is their Community Partner !

You can participate in the 10 km Run, or the 5 km Run/ Fun Walk or
You can volunteer on the day at water stations, registration tables, etc. or

You can pledge and sponsor a runner or
You can bring donations of running shoes or sweats for the client fitness program at CAMH

Proceeds go to the Wellness Program at A-Way Courier and the Fitrap Program at CAMH, whose mandate is to promote physical fitness in addiction and mental health clients as a vital part of their recovery, health and well-being. To sign up, forms are available at the host Running Room, 2629 Yonge Street or

www.runningroom.com.

To volunteer on race day, call John Malcolm at CAMH 416 535-8501 x 6032 or
Pam Lahey at A-Way Courier 416 424-2266.

Bulletin readers can pick up an entry form at the C/S Info Centre, 252 College Street

Physical Activity for Consumer Survivors (PhACS) is dedicated to providing an outlet that promotes wellness through fitness and social activities to consumer/survivors.

PhACS update: A "NEW" walk/run group has been added to our regular schedule:

Wednesday at 7:00 pm - Tim Horton's, 481 Danforth Ave (at Logan Ave). Don't forget our Sunday group at 10:00 am - The Riverdale Perk, 633 Logan Ave (at Withrow).

Our walk/run group has a 3 - 5 km circuit that anyone can do. There is no registration and no fee required... you become a member as soon as you participate in our activities.

Come to our social/business meeting held every two months at The Riverdale Perk to find out more about PhACS's activities. Next meeting is Thursday, September 14, 2006, at 6:30 pm. For more information contact: 416 604-6973 or www.accentonability.org/phacs.htm for new developments.

The Leadership Project presents a FREE Conference day for Consumer/Survivors

Recovery PSY-'COZY'-UM 2006

A day to talk about: Our Struggles and Strengths / Our Stories and Environment / Our Health and Human Rights / Our Creativity and Courage / Our Contacts and Connections / Our Involvement with Peers

Making Recovery Happen in our communities. Exploring possibilities and actions in an interactive setting with local facilitators. Our 'Open Space' Sessions will include international guests.

Wednesday, November 15th 2006 from 8:00 am – 7:30 pm

United Steelworkers Hall, 25 Cecil St.

(1 block south of College and Spadina St. – east on Cecil St. – 3 blocks)

Registration is necessary as seating is limited. Refreshments and Entertainment are provided.

For registration forms email: heinz_klein@hotmail.com

For more information contact: 416 482-4103 ext. 510 or
e-mail, heinz_klein@hotmail.com and meliqstarkman@yahoo.ca.

PSY-'COZY'-UM is a Pre-Conference leading up to the Leadership Project Conference

International Recovery Perspectives: Implications, Innovations, Implementation

Critical and creative explorations of groundbreaking approaches in Mental Health Recovery

Thursday, November 16 and Friday, November 17, 2006

Hart House, 7 Hart House Circle, University of Toronto

Cost for the conference is \$300.00.

There are a limited number of subsidized seats (\$40) for Consumer/Survivors and Families on a limited income. Contact Brian McKinnon at bmckinnon@iprimus.ca or 416 285-7996 ext. 227 for more information and a registration form.

Job Postings

This is a mini – posting that we squeezed in. If you would like to see the full posting, you can drop in to C/S Info at 252 College Street or call us and we can read it to you, or if there's time before the closing date of August 24th, we can mail it to you.

Community Resource Connections of Toronto

Hostel Outreach Worker Permanent Part Time 3 Days Per Week

Mental Health Case Management position working mainly with women who are homeless and have serious mental health difficulties.

Houselink Community Homes, a non-profit organization providing housing and support to people who live with serious mental illness or otherwise marginalized, is currently seeking to fill the following 2 positions:

Member Employment Facilitator – Full-time, Contract until March 31, 2007

(The position is under development with a possibility of renewal)

Duties and Responsibilities: hiring, training and supervision of member workers; facilitating a range of opportunities for members to develop working skills; coordinates the work of members through liaison with maintenance coordinators and support staff; ensures that work is completed efficiently and effectively and that maintenance standards are maintained; ordering, maintaining inventory of supplies and distribution.

Qualifications and Experience: hands on experience as a professional cleaner and maintenance worker, additional experience in painting, landscaping or general maintenance is an asset; understanding of employment issues faced by psychiatric survivors, and the ability to promote positive interaction; strong organizational, leadership, monitoring and interpersonal skills; experience working in employment and training programs, including, but not limited to, programs mandated to serve psychiatric survivors; a strong commitment to employment for people with disabilities, Recovery values and principles, anti-poverty and anti-racism work; Good computer skills, including use of the Internet; excellent verbal, written communication and listening skills; valid driver's license and access to an appropriately insured car or van.

Salary is \$39,226 per annum, pro-rated to the length of contract, plus benefits

Please send cover letter and resume, Quoting File # MEF224 by August 18, 2006 to:
Hiring Committee, Houselink Community Homes, 805 Bloor Street West, Toronto, ON M6G 1L8

Community Development Coordinator – Full Time Permanent

Duties and Responsibilities: provide assistance, counsel and support to the Houselink membership; identify larger social issues and liaise with other interested grassroots groups; provide organizational assistance and support in advocating the needs of low-income people; supervision of a Wellness Recovery worker and student supervision; oversee organizational Recovery initiatives, plan, develop and coordinate programs.

Qualifications and Experience: excellent verbal and written communication skills, listening skills, group work and facilitation skills; strong leadership and supervision skills; knowledge of issues related to homelessness, housing, income support, and mental health reform; experience with grassroots community development, networking, empowerment of low-income and marginalized communities; knowledge of and commitment to Mental Health Recovery values and principles and works from a strengths and anti-discrimination perspective; knowledge of mental health issues, housing, homelessness, income support, diverse cultural issues and other issues that affect the membership; excellent computer skills including email, word processing and the Internet.

Starting salary is \$44,449 per annum

Please send cover letter and resume, Quoting File # CDC224 by August 18, 2006 to:
Hiring Committee, Houselink Community Homes, 805 Bloor Street West, Toronto, ON M6G 1L8

For more information about these positions and see the complete job descriptions at www.houselink.on.ca

No phone calls please. Only those selected for an interview will be contacted.

Applications are encouraged from psychiatric survivors, Aboriginal people, people with disabilities, people of colour, gays, lesbians and women.



GERSTEIN CENTRE

Community Crisis Worker Training Position Available Consumer/Survivor

The Gerstein Centre is offering a **training position** for a **consumer/survivor of the mental health system** who has demonstrated an interest in the mental health field, but due to his/her own mental health issues, has experienced barriers to employment.

The position is a **one-year contract** designed to train the individual as a **Community Crisis Worker**, to work as part of a team providing telephone support, mobile team visits, and supportive counselling in the residential setting. While most of the training will be on-the-job, workshops, conferences and educational opportunities will be a part of the training. The trainee will receive one-to-one supervision.

Applicants must have:

- experienced barriers to employment due to personal mental health issues
- at least 6 months of full-time employment, volunteer work or educational experience in any area within the past year
- a demonstrated interest in the mental health field
- a good support system for themselves
- a personal philosophy compatible with that of the Gerstein Centre
- working ability to speak, read and write English
- flexibility, with an ability to work under pressure
- availability to work shift-work including nights, weekends and holidays

How to apply:

Please send your resume to:

Nicki Casseres
Coordinator of Training and Education
Gerstein Centre
100 Charles St. East
Toronto, Ontario
M4Y 1V3
Fax: (416) 929-1080
Email: admin@gersteincentre.org

Deadline for applications:

Friday, August 18th, 2006

Salary:

\$36,236. plus benefits

We regret that only those selected for an interview will be contacted.

Our Annual General Meeting will be September 28, 2006 in the Meeting Centre, Room 2029 at the Russell Street site of CAMH. Please mark the date and stay tuned for further details. It's free to become a member of the Consumer/ Survivor Information Resource Centre. Please fill out this form and get it back to us by mail, email or by dropping it off to us at 252 College Street.

General Members Application

Consumer/Survivor Information Resource Centre of Toronto

If you have a membership, you must renew your membership before the end of every two years for your membership to be in good standing.

The Goals of the Consumer/Survivor Information Resource Centre are:

1. To provide assistance and information to consumer/survivors of the psychiatric health care system.
2. To provide a physical facility where consumer/survivors can go to obtain information from their peers (other consumer/survivors) in a format accessible and appropriate to the consumer/survivor community.
3. To provide information outreach services to consumer/survivors in the community.
4. To assist consumer/survivors in utilizing other resources, such as mental health services and information services.
5. To identify gaps in the information resources available to consumer/survivors and to develop, or promote the development of new information resources to fill those gaps.
6. To support the use of advanced information-sharing techniques amongst consumer/survivors and among groups providing information to consumer/survivors.

I agree with and support the goals of C/S Info Centre. I would like to become a member of the Resource Centre. It serves the Greater Toronto Area and there is no charge.

Regular Member from the Greater Toronto Area only (consumer/survivor)
 Associate Member (Non-voting). This category is for anyone who is not a consumer/survivor.

Signature_____

Date_____

Name (please print)_____

Organization (optional, if applicable)_____

Address_____

City/Prov._____ Postal Code_____

Phone (____)_____ Work Phone (____)_____

Fax (____)_____

Email_____

YOUR APPLICATION MUST BE RECEIVED AT THE C/S INFO CENTRE AT LEAST 48 HOURS PRIOR TO THE ANNUAL GENERAL MEETING IN ORDER FOR YOU TO BE ABLE TO VOTE.