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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.*

November 1, 2007

Bulletin 357

C/S INFO CENTRE DROP-IN HOURS: 1-4 Monday-Friday. PHONE HOURS: 9-5 Monday
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

THE VIEW FROM HERE: *Guest Appearances*

LANA FRADO ADDRESSES THE NEW MENTAL HEALTH COMMISSION OF CANADA

Recently *Lana Frado, Executive Director of Sound Times Support Services, was asked to present to a panel of Canada's new Mental Health Commission. She, along with other service providers and consumer/survivors, was asked to comment on the Commission's three priorities geared to improving the lives of consumers and survivors across the country. The Commission's three priorities are as follows:*

- *Launch of an anti-stigma campaign*
- *Creation of a Knowledge Exchange Centre*
- *Promotion of the development of a national mental health strategy*

Here's what she said to the panel on our behalf....

It is imperative that the work of Canada's new Mental Health Commission results in meaningful change in the lives of individual mental health consumers and psychiatric survivors. While the three priorities of the Commission are admirable, there is also considerable danger that the priorities, unless directed by people with direct experience of the mental health system, will lapse into yet another moribund contribution to the current system.

It is our hope that the anti-stigma strategy proposed by the Commission focuses on the right of consumers and survivors to live free from discrimination: that the rights of consumer and survivors under the Charter and provincial human rights legislation are enforced. Historically, anti-stigma campaigns of the type traditionally seen in mental health have not been undertaken by other equity-seeking groups. Rosa Parks refused to give up her seat and move to the back of the bus: she didn't lend her face to a poster campaign. Gays, lesbians and gender minorities fought back against police brutality at Stonewall: they didn't design a fridge magnet. Key to these movements for social justice was that any action taken was led by the people directly affected. While public education campaigns have a role, our movement too, is a movement for social justice and must grow beyond a simple focus on hurtful remarks and negative stereotypes to the

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Lana Frado (cont'd.)

reality of discrimination and rights violations. In the case of anti-stigma campaigns, the medium needs to be the message. We cannot inadvertently re-stigmatize consumers and survivors by, on the one hand espousing our rights and capabilities, and on the other having the campaign designed and driven by individuals acting in our best interests, financially benefitting from those efforts while our community remains poor and silent. We expect investment in our consumer/survivor community in order that we may design and implement our own anti-stigma and anti-discrimination strategies. In this we include traditional public education but also innovative and creative approaches, such as legal activism, consumer and survivor self-organizing, artistic and creative work, and documenting, reclaiming and celebrating our history and diversity in order to lay the foundation for our future.

Knowledge exchange efforts by the Commission are commendable. Our concern is that the considerable expertise of consumers and survivors will once again be marginalized. It is our experience that peer support, self help and consumer/survivor delivered services continue to be relegated to those margins. We would like to remind the Commission that our own means to recovery and those supports we provide our brothers and sisters have been documented in a century's worth of struggle for the right to self determination and choice. Formal peer support initiatives have been funded in this country for decades, far longer than newer models of service delivery such as Assertive Community Treatment, Intensive Case Management and Early Intervention. Yet, our efforts and our successes are neglected by both provincial governments and the mainstream mental health system. We continue to be referred to as an "emerging" practice, allegedly lacking in documented outcomes or best practices. This is simply not true and serves to demean our efforts and to justify our neglect as active participants in our own system. Knowledge exchange must be considered in the broader context of other disciplines outside clinical outcomes, provider driven research priorities, and peer-reviewed journals contributed to on our behalf by academics "living without mental illness". The move toward redefining what constitutes "knowledge" within both the sciences and social sciences has left mental health behind. The knowledge generated by consumers and survivors cannot continue to be relegated to the discourse of "personal experience". We have analyses, theoretical frameworks, ideologies and service design and delivery mechanisms that merit investment and equitable access to research opportunities.

We also commend the Commission on its effort to develop a national mental health strategy. For too long, regional disparities have hindered the ability of consumers and survivors to organize nationally and share knowledge and strategies. This lack of focus has resulted in inconsistent policies and legislation with regard to mental health service delivery and the role of consumers and survivors within those systems and has undermined advocacy efforts. A national mental health strategy should consist of a review to ensure that consumers and survivors across the country have equitable access to services and supports in their home communities. Central to this would be the expectation that every city, region, territory and province of Canada would include a well-resourced network of consumer/survivor initiatives. We would hope that the foundation of the national strategy be economic and social inclusion whereby the gaps in opportunities for consumers and survivors to fully participate in Canadian society are addressed. It is our belief that in order to succeed in this endeavour the Commission must think broadly, outside the traditional paradigms of mental health services, to include employers and educators, the criminal justice system, municipal governments, and all aspects of Canadian society where we have been denied access for far too long. And that first and foremost consumers and survivors are provided with resources and opportunities to lead the way.

*Reprinted with the permission of Sound Times Support Services.
For more information on Sound Times, visit their website at www.soundtimes.com.*



Wish List

We have someone who is in need of an upright or canister vacuum cleaner. We've also had re-run requests from the person who wanted a mixer for baking, and from the person looking for a Vitamix machine and any musical instruments for a youth group. Please contact the centre if you have any of these items to donate. We may also have a line on a donation of several computers to the centre, so call and let us know if you are in need of one.

If you have something to donate for our Wish List, or you would like to make a request for something, contact the centre at 416 595-2882 or email us at csinfo@camh.net

BOOK REVIEW by Pat Capponi

Reprinted from *The Globe and Mail* with permission of the author.

A PROMISE OF HOPE: The Astonishing True Story of a Woman Afflicted With Bipolar Disorder and the Miraculous Treatment That Cured Her. By Autumn Stringham. HarperCollins, 283 pages, \$21.95.

BIPOLAR EXPLORER

I approached this book with a healthy dose of skepticism, simply because of its bold subtitle – *The Astonishing True Story of a Woman Afflicted With Bipolar Disorder and the Miraculous Treatment That Cured Her* – which is more suited to a bottle of Mrs. Hailey's Wondrous Elixir than to a serious work.

That said, there are lots of good reasons to read this autobiographical effort: for the writing, for the story and for the experience of bipolar disorder the author so harrowingly details.

Alberta writer Autumn Stringham takes us back into her early childhood and to a mother she once adored, who married at 18 and had child after child after child, in spite of crippling depression, mood swings and the subsequent inability to care for her infants. Autumn and her elder sister, 8 and 9, were expected to take care of the brood, while her father went to work and her mother shut herself off in her bedroom.

In an eerie resemblance to the story of Andrea Yates, the woman who drowned her children in a bathtub, Stringham writes of the time her exhausted mother piled six children into a car and headed down to the lake, intent on murder-suicide, losing her nerve at the last moment, even as the water sucked at the tires. There were more children to come, nine altogether, leaving the reader to believe that birth control might have been a greater cure, a greater relief, for Autumn's mother, who eventually committed suicide.

Raised in this environment, faced with a parent who could smile one moment and rage the next, Stringham and her younger brother, not surprisingly, found themselves in difficulties later in life. Manic depression, or bipolar disorder, is believed to be inherited, but the reader wonders about learned behaviour, and how much that played into Stringham's subsequent diagnosis: nature versus nurture, an unending debate.

"When she's dark and dangerous and on the prowl, I've learned to be submissive. When she's been spending money and is fake and breathy and giddy, I am even more careful. It means a quick temper. It means a fast, hot rage. At times like this, I humour her. Smile. Be pleased with her. Above all, I don't give her any offence to remember when she flips to the dark side. Because she will remember."

Autumn marries, and while she's pregnant with her first child, her husband is diagnosed with a brain tumour. He survives, but Autumn is losing herself. Her feelings toward her new child change from moment to moment, and she is eventually diagnosed with bipolar disorder and placed on lithium, among other drugs. Calling herself baby-hungry, determined to get pregnant again, she stopped taking her drugs and, in days, found herself in full-blown psychosis. In striking, intimate and lyrical passages, Autumn Stringham brings us into her madness, into the world of the psychiatric ward.

It's around this time that her desperate father, Tony Stephan, breaks his silence, and finds himself revealing all to a hog-feed salesman he encounters in the halls of his church. He tells this man, David Hardy, about his daughter and his son, a young man now showing signs of the same illness, and as the feed salesman listens, he comes to believe that the symptoms Stephan described were mirrored in his own experience of "ear-and-tail-biting syndrome", something that happens when pigs are crowded together in close quarters, and which can be cured by a dose of vitamins and minerals.

Pat Capponi (cont'd.)

The two men experiment with a human version of the formula, and when they're satisfied, administer the first dose to Stephan's son. He shows immediate signs of improvement, so Stephan forces Autumn to take the same mixture with the same results: freedom from symptoms.

Their story doesn't end there. Hardy and Stephan formed a non-profit company, Truehope Nutritional Support, to market EMPowerplus, and soon snagged the attention of Health Canada. The one study the company had been able to persuade a doctor to undertake was shut down, and soon the drug itself was embargoed. Charges flew back and forth, there were threats of imprisonment, and a trial. Stephan was eventually vindicated and the supplement placed back on the shelves. Health Canada is made the villain in the piece, but surely we need some policing and regulation of the claims and the contents of even miracle drugs.

In a telling segment of the book, Stringham, now cured, speaks to a woman who wants to be taken to hospital, and Stringham, though she acquiesces, views this as a choice to be ill, a choice because, of course, the supplement works. And therein lies the problem. In an afterword to the book, Dr. Charles Popper of the Harvard Medical School states: "We cannot know whether Autumn's response was due to the ingredients of EMPowerplus or due to psychological, situational, accidental, or random factors. And we cannot assess the side effects and potential risks ... while many people assume that vitamins and minerals are safe, these micronutrients can have serious toxic effects if employed improperly."

Autumn Stringham's wrenching is a common one, her complaints psychiatric patient: the lack of difficulty staying awake, the muddled despair of ever returning to oneself.

While many of us many lament Big psychiatric treatment, at least there bodies out there, and the side effects who wish to know them. And many stopped searching, stopped waiting special pill that will eliminate mental normality. Instead, we've gone to behaviours, learned self-discipline others and found, if not a miracle, some measure of calm where once

Pat Capponi is a Toronto writer, activist and psychiatric survivor. Her new Dana Leoni mystery will be published next spring.

THE ASTONISHING TRUE STORY OF A WOMAN AFFLICTED WITH BIPOLAR DISORDER AND THE MIRACULOUS TREATMENT THAT CURED HER

A PROMISE OF HOPE

AUTUMN STRINGAM

*With an afterword by Charles Popper, M.D.
Harvard Medical School*



experience of anti-psychotics universal in the world of the emotion, the weight gain, the thought processes, the

Pharma's stranglehold on are studies and regulatory of every drug listed for those of us have frankly moved on, for the magic bullet, that illness and return us to work on ourselves, on our and the art of reaching out to some measure of peace, was chaos and terror.

A Promise of Hope can be ordered through Caversham Booksellers. Call 416 944-0962, email eric@cavershambooksellers.com, or visit www.cavershambooksellers.com. Quote ISBN 978-0-00-200884-6. The book is also available at most Indigo stores.

WHERE DO YOU TURN FOR SUPPORT?

The Consumer/Survivor Information Resource Centre is interested in running ‘testimonials’ from consumer/survivors on services and supports in the Toronto area that have been helpful to them in their recovery, or in accomplishing specific life goals. We’d like to hear your stories—we want to know who you call and where you go, why you have used (or still use) a particular service and what it has meant to you. Why do you like it? What makes the staff or volunteers helpful in your opinion? How has it made a difference in your life? Whatever you’d like to tell us about that service! So send us your thoughts on who rocks in the help department. Send your comments by email to csinfo@camh.net, by mail to Consumer/Survivor Information Resource Centre, c/o CAMH, 250 College Street, Room G-22, Toronto ON M5T 1R8, or call us at 416 595-2882 and we’ll do the writing.

EMERGING INTO THE LIGHT by Grace Cherian

Summer 2000 is indelibly etched in my memory. I had said goodbye to friends in university. I was living and working alone. Isolation gripped me. For 28 years, bipolar disorder, with its many ravaging faces, had stalked me.

During manic phases, I’d lost jobs, squandered money I didn’t have, and engaged in unhealthy relationships. Depression had left me so debilitated that I’d hidden under my bedcovers for days.

But that particular summer, depression wrapped itself around me like an iron cloak I could not shake off. Living became unbearable. I had only one recourse—suicide. One night, I swallowed a lethal dose of drugs and lay down for what I thought was the very last time.

My family found me in a coma and rushed me to hospital. The doctors told Dad, “She will remain in a vegetative state for life. You’ll have to send her for warehousing.”

Miraculously, I emerged from the coma. But my muscles had grown flaccid through disuse; I had to learn to walk again. First I used a four-wheeled walker, then a pair of crutches, and finally a cane.

“You won’t be working for a long time,” my family doctor pronounced, after my hospital stay. He filed the papers I needed to receive benefits from the Ontario Disability Support Program. Over the years I believed I would *never* work again!

Then I heard about Biz Futures—a program designed specifically for adults with disabilities who wish to start and manage their own small businesses. I contacted Maureen Kelly, the Coordinator of the Program, and gradually I became a student. Experts taught us every aspect of self-employment, and I graduated in December 2006.

Today I engage in my twin passions of writing and editing. I still struggle with the challenges of bipolar disorder, but I try to keep my mood stable by taking medications and exercising. Writing is a solitary activity, and I ward off the isolation by meeting regularly with a supportive network of friends.

With my mood disorder, it’s not feasible to work in an office from 9:00 to 5:00. But running my own business has given me the flexibility to work around my illness. Thank you, Biz Futures, for equipping me in every way to become self-employed. Choosing to work again has greatly empowered me: I enjoy a renewed sense of healing, self-esteem, pride, and dignity.

Grace Cherian is a freelance writer and editor. She specializes in medical issues. You may visit her website at www.gracecherian.com.

BIZ FUTURES SELF EMPLOYMENT DEVELOPMENT PROGRAM

LAUNCH YOUR BUSINESS! Have a business IDEA? Living with a disability? Want the freedom of being your own boss? Eligible for ODSP Employment Supports? **BIZ FUTURES CAN HELP!** Learn how to launch and manage YOUR business! Develop a practical and effective Business Plan! Comprehensive in-class instruction! Ongoing business advisor support!

FREE INFORMATION SESSIONS run throughout the year! Spots are limited!

Contact: Maureen Kelly, Toronto Business Development Centre

1071 King Street West • 416 345-9437 • mkelly@tbdc.com • www.tbdc.com

ANNOUNCEMENTS

Inclusion of an announcement is *not* an endorsement of the views of any organization or individual.

NEW HILARY M. WESTON SCHOLARSHIP FOR SOCIAL WORK STUDENTS

The government of Ontario recently announced the creation of the Hilary M. Weston Scholarship, an annual award administered through the Honours and Awards Secretariat of the Ministry of Citizenship and Immigration. Designed to commemorate Weston's term in office as Lieutenant Governor of Ontario (1997-2002), the \$7,500 scholarship will be presented to applicants who are enrolled in a graduate-level social work program at a publicly funded Ontario university. Successful candidates must have a documented commitment to mental health issues, as well as outstanding academic achievements. Two awards will be granted each year. The deadline for applications is December 15.

For more information about submission guidelines or to download an application form, visit
www.citizenship.gov.on.ca/english/honours.

TOUCHED BY FIRE OPEN HOUSE

A showcase within a celebration – displaying the finest painting, drawing and photography created by people with mood disorders.

Doors open Saturday, November 17, 2007 at 1:00 pm.

Light refreshments will be served

The Gladstone Hotel, 1214 Queen Street West

For more information visit www.touchedbyfire.ca

Touched By Fire will be on display until Tuesday, November 20, 2007

CRCT HOLIDAY HAPPENINGS 2007 EDITION



Once again this year, Community Resource Connections of Toronto (CRCT) is producing its popular Holiday Happenings publication which lists many free and inexpensive things for consumer/survivors (and everyone else!) to do in Toronto during the month of December and on New Year's Day.

If all goes well, we hope to have this new edition of Holiday Happenings completed and posted to our web site www.crct.org sometime on or shortly after December 1, 2007 in Adobe Acrobat (.pdf) format. Watch the home page of CRCT's web site for a link to the online version of Holiday Happenings. Feel free to download the publication and make as many copies of it as you wish.

If your organization plans to hold an event, or you know of any such events which could be listed in Holiday Happenings (there is no charge for listing an event in Holiday Happenings), please send the information to Glen Dewar at CRCT as early as possible.

Email gdewar@crct.org, fax 416 482-5237, or phone 416 482-4103 x 229.

A-WAY COURIER

A-Way Courier has re-opened their waiting list for the position of courier.

To apply, please come to our office at 2168 Danforth Avenue and fill out an application.

Please note, email and faxed applications are not accepted.

THE REVA GERSTEIN LEGACY FUND

Thanks to the generous donation by Reva's sons, Irving and Ira Gerstein, the Gerstein Centre will set up the Legacy Fund to honour Dr. Gerstein's commitment to psychiatric survivors. The fund will be used to help projects that are run by and for psychiatric survivors that reflect Reva's interest in education, research and other projects that support the independent spirit of the survivor community.

The funds will be dispersed annually by a Committee consisting of the Executive Director of the Gerstein Centre, the Chair and Vice Chair of the Gerstein Centre Board, and a representative of the psychiatric survivor community who is not a member of the Gerstein Centre Board of Directors. The Committee will determine the process for receiving applications and insure that the spirit of the Legacy Fund is honoured.

The initial Committee shall consist of Paul Quinn, Executive Director; Jennifer Orange, Chairperson; Henry Roth, Vice Chair; Pat Capponi, Psychiatric Survivor Advocate. **The Legacy Fund** will allocate a total of \$10,000.00 annually for one time projects. Each project will have a budget of \$500.00 to \$4,000.00. **Who May Apply:** Applications will be considered that are from any agency or group that is run by and for psychiatric survivors or from any individual psychiatric survivor. **How to Apply:** An initial application should consist of a one page outline of the project which should include who will benefit from the project and an expected budget and timeline. It could also include how the project will be monitored. Applications should be emailed to admin@gersteincentre.org or sent to:

The Reva Gerstein Legacy Fund
100 Charles Street East
Toronto, ON M4Y 1V3

DEADLINE FOR APPLICATIONS IS 5:00 PM ON FRIDAY, NOVEMBER 30, 2007

CSI PRESENTATION ON PEER SUPPORT TRAINING

The **ONTARIO RECOVERS CAMPAIGN** invites you to attend a presentation involving special guests from Consumer/Survivor Initiatives (CSIs) that provide **PEER SUPPORT TRAINING** to their members. The presentations will highlight the peer support curricula that has been developed; they will address the benefits for those who have received the training as well as for those who receive peer support; they will address some of the problems/challenges that are encountered in this work, and they will address the impact their work is having in the local mental health system and on the LHINs. Some discussion on strategies for the recognition and funding of peer support training will follow.

Representatives from these organizations will be presenting: Mental Health Rights Coalition, Hamilton; the Haldimand Norfolk Resource Centre; the Self Help Alliance, Guelph/Cambridge/Kitchener; the Support Network, Hastings/Prince Edward; and Like Minds, Barrie/Midland – Central East.

We'll be meeting from 1:00 pm to 4:30 pm on Wednesday, November 21, 2007 in the Kenora/Nipigon Room, MacDonald Block, Queen's Park. The street address is the 2nd floor at 900 Bay Street (and Wellesley Street) in Toronto. This is a short walk west from the Wellesley subway station. For more information call 416 285-7996 x 227.

JOB POSTINGS

DISABILITY RIGHTS PROMOTION INTERNATIONAL (DRPI)

WOULD YOU LIKE TO BE PART OF AN EXCITING OPPORTUNITY TO HELP ELIMINATE HUMAN RIGHTS VIOLATIONS AGAINST PERSONS WITH DISABILITIES? YOU CAN DO SO BY BECOMING A DISABILITY RIGHTS MONITOR!

Monitors will be required to participate in a Training Seminar at York University from November 16th through 20th. Responsibilities will involve conducting monitoring interviews in the field with a partner; each pair will conduct approximately 25 interviews lasting 2 to 3 hours. Monitors are responsible for safeguarding the confidentiality of the data collected, relaying the data collected and reporting regularly to their supervisor. Funding is available to support the involvement of monitors (eg. disability-related accommodations and adaptations, transportation, room and board costs for training if required). Monitors will receive \$100.00 per day during training and will be compensated for their time conducting interviews in the field at a rate of \$20.00 per hour, to a total maximum of \$2,000.00.

THE FULL POSTING CAN BE VIEWED AT THE C/S INFORMATION RESOURCE CENTRE

IF YOU ARE INTERESTED IN BECOMING A MONITOR, CONTACT IPHIGENIA MIKROYIANNAKIS AT
imikroyiannakis@gmail.com **or 416 995-6676**

COMMUNITY RESOURCE CONNECTIONS OF TORONTO

Community Support Worker (Case Manager), Early Intervention in Psychosis (Full Time Permanent)

CRCT is a community mental health organization that works with people with severe mental health problems by working directly with them and indirectly through our community work. In order to serve the increasing diversity of individuals we work with, the successful applicant will have an understanding of anti-oppression work and a familiarity with issues affecting ethno-racial communities. We encourage applications from people with direct experience with the mental health system, people of colour, Aboriginal people and persons with disabilities. Personal disclosure will be held in confidence. This is an exciting position in a new program called COPE which provides early intervention with youth (14-35) experiencing a first episode of psychosis. This position will be to provide mental health case management in Scarborough.

Job Responsibilities:

- Provide culturally competent intensive community support to 10-12 youth who are experiencing a first episode of psychosis
- Work in partnership with clients to assist them to meet their basic needs and to identify and realize their personal goals
- Provide culturally competent support, information, health teaching and hope building to clients, family members and significant others
- Assist clients to maintain/develop a supportive network
- Facilitate access to required services, resources and supports
- Develop and maintain collaborative relationships with key partners, supports and resources in the community such as schools, hospitals, settlement organizations, youth-serving agencies and other agencies

Qualifications:

- A degree or diploma in health or social services (ie. social work or social service work, nursing, occupational therapy, medical training – registration in Ontario is not required); and at least one of the following:
 - direct personal experience of the mental health system;
 - at least one year recent significant work experience with people with serious mental health problems, preferably with youth
- Fluency with a second language and/or an in-depth knowledge of cultures relevant to the Scarborough area and an understanding of the migration/settlement process is a significant asset
- Effective oral and written English
- Understanding of the key principles of Early Intervention in Psychosis with youth as well as knowledge of mental health treatment, recovery and policy
- Knowledge of culturally appropriate approaches that are youth oriented and that engage families
- Experience working with both traditional mental health services and other agencies/organizations that may support individuals experiencing first episode psychosis
- Basic competency in a Microsoft environment
- Having worked with organizations that serve ethno-racial communities and youth is an asset
- Child welfare, children's mental health and/or substance abuse treatment experience are an asset
- **A valid driver's license, car and third party \$1 million business insurance is required for this position**

Salary Range: \$47,39.00 to \$52,160.00 + Benefits

Reply in writing by November 6, 2007 to: Hiring Committee, Community Resource Connections of Toronto, 366 Adelaide Street East, Suite 230, Toronto, ON M5A 3X9. Fax: 416 482-5237; Email: hiringcommittee@crct.org.

For information about CRCT and its programs, please visit <http://www.crct.org>. **WE THANK ALL APPLICANTS FOR THEIR INTEREST, BUT NO PHONE CALLS PLEASE.**

THE RENDEZVOUS WITH MADNESS FILM FESTIVAL CELEBRATES ITS 15TH ANNIVERSARY

NOVEMBER 8 THROUGH 17, 2007

WORKMAN THEATRE, 1001 QUEEN STREET WEST (AT OSSINGTON AVENUE)

RWM explores the facts and mythologies of mental illness and addiction. Each program focuses on a different theme. After the films, we host a panel discussion involving the filmmakers, artists and people with professional and personal experience with mental health care. People like you. We hope you will join us and share your perspective.

For more information and a complete line-up please visit our website at www.rendezvouswithmadness.com. For group tickets and prices and for gala tickets please contact Shannon Quesnelle at: (416) 583 4339 ext 7 or shannon_quesnelle@camh.net. Pay What You Can (suggested minimum \$2) is offered to those unable to pay the regular price. Regular tickets are \$10 and can be purchased in advance at www.ticketweb.ca or at the door one hour prior to screening.



Free & Low Cost Activities

We will make every effort to indicate if a venue is not wheelchair accessible, but we suggest that you call or email ahead to ensure that your needs will be properly met. If you have any information about places that aren't accessible, please call the centre.

THURSDAY, NOVEMBER 1

West Toronto Junction Historical Society: *Union Station*. FREE. Derek Boles gives an illustrated talk on the history of the Toronto Union Railway Station. Toronto Public Library, Annette Street Branch, 145 Annette Street. 7:30 pm. For more information call 416 763-3161.

FRIDAY NOVEMBER 2

Toronto Reference Library 30th Anniversary Celebration. FREE. This all-day, free celebration will be kicked off by Mayor David Miller, CityTV's Kevin Frankish, City Librarian Jo Bryant, library architects Raymond and Ajon Moriyama, followed by a cake cutting. Events scheduled for the day include readings by authors Austin Clarke and Katherine Govier, musical performances, poetry readings, a meditation workshop offered by the Consumer Health Information Service (CHIS), and much more. Toronto Reference Library, 789 Yonge Street. Festivities begin at 10:30 am. For more information visit <http://www.fiftymilesofideas.ca>.

Gladstone World: *Loka*. FREE cover charge. This new World Music series hosted by the Gladstone Hotel will feature the sounds of Brazil, Portugal, Africa, Cuba, the Middle East, and more. This week: the finest in Irish and Celtic traditional music featuring Loretto Reid on Irish flute and concertino. Gladstone Hotel, Melody Bar, 1214 Queen Street West. 9:00 pm. For more information call 416 531-4635 or email info@gladstonehotel.com.

SATURDAY, NOVEMBER 3

Day of the Dead Festival. FREE. Experience this unique Mexican tradition that joyfully remembers ancestors by bringing their memories to life. Come celebrate this tradition with music, dance, food, family activities and more. Harbourfront Centre, 235 Queens Quay West. For more information call 416 973-4000; for a complete schedule of events (and Day of the Dead recipes!), visit www.harbourfrontcentre.com.

SUNDAY, NOVEMBER 4

Day of the Dead Festival Continues. FREE. The celebration continues throughout the day at Harbourfront Centre. For more information call 416 973-4000; for a complete schedule of events visit www.harbourfrontcentre.com.

MONDAY, NOVEMBER 5

This is Not a Reading Series: Jan Wong Launches *Beijing Confidential*. FREE. In conversation with Matt Galloway of CBC Radio, Globe and Mail columnist Jan Wong will reveal the strange tale of her return to China in search of a woman named Yin Lubyi, whose life she thought she ruined in 1973. Gladstone Hotel, 2nd floor, 1214 Queen Street West. 7:00 pm. For more information call 416 531-4635 or email info@gladstonehotel.com

TUESDAY, NOVEMBER 6

Tea and Books. FREE. Join library staff and discuss new books or timely favourites. Light refreshments served. Toronto Public Library, Palmerston Branch, 560 Palmerston Avenue. 2:00 pm to 3:00 pm. For more information call 416 393-7680.

WEDNESDAY, NOVEMBER 7

Work and Life Balance for Women. FREE. Glenda Muir from re:Organized Living discusses the many roles and responsibilities of women today. Come and learn eight simple steps to make life just a bit easier. Toronto Public Library, Don Mills Branch, 888 Lawrence Avenue East. 7:00 pm. Register in person or by calling 416 395-5710.

THURSDAY, NOVEMBER 8

Rendezvous with Madness Film Festival. \$10.00 or Pay What You Can. For fifteen years Rendezvous with Madness has shown ground breaking films and videos on mental illness and addiction. Celebrate with them as they continue to show thought provoking films that redefine 'normal'. Post-screening panel discussions involve filmmakers, artists, and people with professional and personal experience with mental illness and addiction. The Festival runs through November 17 at the Workman Theatre. For more details, see the announcement on page 8 of this issue of the Bulletin.

FRIDAY, NOVEMBER 9

Holocaust Education Week. FREE. Come watch the movie *Watermarks* directed by Yaron Zilberman. Toronto Public Library, Barbara Frum Branch, 20 Covington Road. 2:00 pm to 4:00 pm. For more information call 416 395-5440.

SATURDAY, NOVEMBER 10

Knitting for Beginners. FREE. Learn the basics of knitting at this monthly workshop. Toronto Public Library, Annette Street Branch, 145 Annette Street. 2:30 pm to 3:30 pm. To register call 416 393-7692.

SUNDAY, NOVEMBER 11

Remembrance Day Ceremony. Open to All. Every year, Torontonians gather to pause and remember all those who fought to protect our freedom. Toronto Old City Hall, Cenotaph, 60 Queen Street West at Bay Street. 10:30 am. For more information call 416 392-8191.

Monkey Toast: The Improvised Talk Show. Pay What You Can. *Now Magazine* has called Monkey Toast "the best comedy deal in town". Recently nominated for four 2007 Canadian Comedy Awards, the show features a cast of some of the best comedy improvisers in the world. The Gladstone Hotel, Ballroom, 1214 Queen Street West. 8:00 pm to 10:00 pm. For more information call 416 531-4635 or email info@gladstonehotel.com

MONDAY, NOVEMBER 12

Launch of White Ink: Poems on Mothers and Motherhood. FREE. White Ink is a unique collection of poems on mothers and motherhood, by some of the finest poets of the late 20th and early 21st centuries. Unsentimental, unflinching and edgy, White Ink registers the social and political changes, as well as the imaginative pulse, of recent history through the figure of the mother. Spanning multiple cultures, ethnicities, genders, and languages, White Ink is a landmark anthology. Gladstone Hotel, Ballroom, 1214 Queen Street West. 9:00 pm. For more information call 416 531-4635 or email info@gladstonehotel.com.

TUESDAY, NOVEMBER 13

Fundraising Party. \$10.00. The Safer Crack Use Coalition of Toronto is organizing a party to raise money to send Safe Crack Kits to Ottawa, where city council cancelled funding for this important public health program, over the objections of the city's Medical Officer of Health, researchers and health advocates. There will be live entertainment and a silent auction. Goodhandy's, 120 Church Street at Richmond Street. 8:00 pm. For more information email safecrack@gmail.com.

Monthly Homeless Memorial Vigil. Donations Welcome. Meet to remember all those who have died on the streets of Toronto as a result of homelessness. A free lunch will be served inside the church after the vigil. Church of the Holy Trinity, 10 Trinity Square, behind the Eaton Centre. 12:15 pm. For more information call TDRC at 416 599-8372, or Church of the Holy Trinity at 416 598-4521.

WEDNESDAY, NOVEMBER 14

Seniors' Wednesday Afternoon at the Movies: *The Taming of the Shrew*. FREE. Based on the play by William Shakespeare, this 1967 movie stars Elizabeth Taylor, Richard Burton and Michael York. Rated G; 122 minutes. Toronto Public Library, Brentwood Branch, 36 Brentwood Road North. 3:00 pm to 5:30 pm. For more information call 416 394-5240.

Hump Day Bump. No Cover Charge. Dance at the Gladstone Hotel's neighbourhood queer night with DJ'd music. The Gladstone Hotel, Melody Bar, 1214 Queen Street West. 9:00 pm. For more information call 416 531-4635 or email info@gladstonehotel.com.



Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, "I will try again tomorrow."

~Mary Anne Radmacher