

PLEASE  
SHARE,  
POST, COPY,  
DISTRIBUTE,  
SUBSCRIBE



### 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.*

**February 15, 2008**  
Bulletin 364

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

LOCATION: 252 College Street, 3<sup>rd</sup> 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](mailto:csinfo@camh.net)

## *THE VIEW FROM HERE: Fighting the Good Fight*

Once again, the indomitable Linda Chamberlain is standing up for the rights of people who have the label "mentally ill". She and eight other members of the Dream Team have filed a complaint with the Ontario Human Rights Commission against the Liberal provincial Member of Parliament, Tony Ruprecht. In an August 2007 letter to the the Toronto Committee of Adjustment, Ruprecht argued against a supportive housing project going into his riding, saying that his community already "had enough seriously mentally ill patients and others roaming the streets" and "crazed individuals stealing items outright and urinating in front of their shop doors." In his correspondence he refers to the development not as housing, but as a "mental health facility".

The project never did get off the ground because A.I.S., the sponsoring agency, did not get funded to go ahead. Is this a coincidence? We will probably never know. However, Ruprecht's comments remain out there in the public discourse and must not go unchallenged.

Enter the nine wonderful people who are bringing the matter out into the open and exposing Tony Ruprecht for the destructive force that he is. "We want to stop politicians, or any one else, from using this language", Linda Chamberlain said in an interview. If Mr. Ruprecht had made these comments about an ethnic group, they would have been widely condemned.

Others think so, too. Listen to this, from Phil Hozer, of Voices From the Street. In a letter to Ruprecht, he says "It is shocking that a person in your position can be so completely insensitive to

### Table of Contents

The View  
Pages 1 - 2

Wedding Bells  
Page 2

Wish List  
Page 2

Announcements  
Pages 3 - 4

Job Postings  
Page 5 - 6

Activities  
Pages 7 - 10

persons suffering mental health problems and people with addiction issues" and "Your comments, far from being helpful to a community, help to further the misconceptions about mental health that we are trying so very hard to correct. The stigma that is attached to mental health/addictions prevents many from getting the help that they need. Your comments have contributed to that issue."

Ruprecht has a long history of opposition to people with mental health issues living in 'his' community. In another letter to Ruprecht, Pat Capponi reflected on how it was his inflammatory and insensitive comments about mental illness at a meeting twenty-five years ago that started her advocacy career. She remembers him saying how "terror-stricken" people - including his mother - were about us, and how "people didn't feel safe on full moon nights". Pat ends her letter with, "Twenty-five years on, our community of psychiatric survivors has grown into an empowered, fighting, wonderful group who've overcome hate talk like yours to stand tall and firm, while it seems you haven't grown an inch. Shame on you, Tony."

Shame indeed, Tony. And to those of you who have taken on this battle: Thank You. You help us all stand taller. Keep fighting the good fight!

---

## *Wish List*

Hi Bulletin Readers,

This issue we have a reader who is hoping someone has a relatively new sewing machine or serger they would like to part with. We also have a donation of an answering machine, and an old turntable and speakers.

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](mailto:csinfo@camh.net).

---

# Congratulations!



**Wedding Bells will be ringing next February.**

**Chris Whittaker and his fiancé, Mari Lu, have set a date of February 7, 2009 for their upcoming nuptials. Chris, who is well known in the Consumer/Survivor community and a former Executive Director of The C/S Info Centre, is wished our very best for every happiness as he embarks on this new chapter of life.**



## ANNOUNCEMENTS

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

### TAX CLINIC

**The C/S  
Info  
Centre's  
Annual  
Tax  
Clinic is  
kicking  
into high  
gear !!**

You are probably aware that we do income tax returns for low income people who need help preparing their returns all through the year. This time of the year, we get really busy again doing the current year's taxes for people. So call for an appointment if you meet the following guidelines set by the Canada Revenue Agency:

- Low income is defined as a maximum of \$20 - \$25,000 for people with no dependants, no more than \$25 - \$30,000 for a couple or one adult with a child, and \$2,000 for each additional dependant,
- No self employment income,
- No rental income, ie. no one pays rent to you,
- No complicated returns,
- No widowed people with the tax returns of a deceased spouse,
- No bankruptcies,
- No capital gains.

Collect all your paperwork, T4's, T5007's and other income slips, rent receipts or a letter from your landlord saying how much rent you paid in 2007, and give us a call to set up your appointment.

Please don't call until you have everything in hand.

***Appointments will start on March 5, 2008***

### FREE MEAL PROGRAMS IN TORONTO

If you're having difficulty making ends meet, there are places in Toronto that can help by providing free nutritious meals. These are drop-in services; there is no calling, no referral, no interview and no assessment needed.

WHERE	WHEN
Toronto Lawyers Feed the Hungry Osgoode Hall, 130 Queen Street West	Wed. 5-6:00 pm/Thurs. 6:45-7:30 am/Sun. 10-11:00 am
St. Stephen's Community House 260 Augusta Avenue 416 964-8747 x 0	Mon.-Fri. 7:30 am-3:30 pm/Sun. 8-11:30 am
Toronto Friendship Centre 323 Dundas Street East 416 368-8179	Mon.-Fri. 6:00 am-2:00 pm
The Stop Community Food Centre 1884 Davenport Road, Rear Entrance 416 652-7867	Mon.-Tues., Thurs.-Fri. 9:00 am-3:00 pm
Canadian Red Cross Our Lady of Lourdes Church, 41 Earl Street 416 480-0195 x 2206	Mon. 8:30-10:30 am; Wed. 5:30-8:30 pm
Covenant House (Youth 16-24 years) 20 Gerrard Street East 416 598-4898	Mon., Tues., Thurs. 1:15-4:00 pm; Wed. 4-8:00 pm; Fri. 3-5:00 pm

*Source: 211Toronto.ca (2007)*

## BEING SCENE 2008: A CALL FOR ART

**Workman Arts** is making its annual call to artists who have received services from CAMH to have their works considered for exhibition in **Being Scene 2008**. Specifications: maximum size 94 inches x 46 inches; two dimensional; for submissions of works on paper you are encouraged to frame at least 1 work.

Exhibited work will be selected by a jury. Submit 1 to 4 works, Monday to Friday, 10:00 am to 4:00 pm, by **March 13, 2008** to: Cheryl Saracini, Workman Arts Office, 1001 Queen Street West, Toronto ON M6J 1H4. Telephone 416 583-4339.



## RAISE YOUR VOICE!

**Voices from the Street**, a collective of individuals who use their personal experiences with homelessness and poverty to educate the public and push for change, is looking to recruit new members.

**YOU GET:** 12 weeks of intensive training in public speaking, leadership, conflict resolution, diversity, and facilitation ~ A small cash honorarium of \$60 per week for participating ~ A TTC Metropass ~ A hearty lunch on the days you are training ~ Childcare subsidy ~ A connection to others who have similar experiences and a desire for change.

**YOU GIVE:** Your time (every Tuesday, Wednesday and Thursday between 10:00 am and 3:00 pm from March 18<sup>th</sup> to June 5<sup>th</sup>) ~ A desire to speak openly and publicly about your personal experiences with homelessness and poverty ~ An ability to work well with others and a respect for diversity ~ A passion for social justice and a desire for change ~ Your leadership skills back to your community.

If you are interested in becoming a member of Voices from the Street, please submit a letter (legibly written or typed) detailing why you would like to join, what you feel you would bring to the group, any leadership experience you have, and details about your previous or current involvement in the community. Letters should be submitted by February 22, 2008 to: VOICES FROM THE STREET, C/O ONTARIO COUNCIL OF ALTERNATIVE BUSINESSES, 203-1499 QUEEN STREET WEST, TORONTO, ON M6R 1A3. FAX 416 504-8063; EMAIL [speakersbureau@bellnet.ca](mailto:speakersbureau@bellnet.ca).

## HEARING VOICES NETWORK

It has come to my attention that some consumer/survivors who identify as "voice-hearers" are interested to begin a Hearing Voices Workshop in Toronto, leading toward a Hearing Voices Network similar to that operating in the British Isles and Europe for so many successful years. Of course our Network would be tailored to our local needs and potential. All those interested in the phenomenon would also be invited; with the proviso that eventually a separate voice-hearers only group that meets on its own would be established. This would provide the freedom and privacy necessary to encourage those who identify as hearing voices to safely feel that they could share experiences and explore strategies to cope.

For years I have conducted such a workshop at Sound Times Support Services for Sound Times members, but it is time to grow beyond those parameters and blaze trails in the underbrush of the GTA. All those interested feel free to be in touch with me in confidentiality and for information at [mel@starkman@yahoo.ca](mailto:mel@starkman@yahoo.ca) or 416 760-4780. I was a voice-hearer and have studied the phenomenon through wide reading as well as through my experience and that of others. I stand prepared to facilitate a 'kick start' to organizing around the subject.

Mel Starkman

## JOB POSTINGS

### TORONTO EAST COUNSELLING AND SUPPORT SERVICE EXECUTIVE DIRECTOR

Toronto East Counselling and Support Service (TECSS) is a non-profit charitable organization providing case management and employment services to adults living with significant mental health issues. TECSS is committed to providing services and programs that are recovery-focused and promote health and wellness. The agency is looking to hire an Executive Director with exceptional leadership, program development, change management, and administrative capability. This position requires an individual who can communicate effectively with a wide range of government and community stakeholders.

#### Qualifications:

- Over five years management experience within the non-profit sector
- Extensive understanding of mental health issues and a demonstrated commitment to building mental health services that are recovery focused
- A master's degree in Health Administration, Social Work, or equivalent combination of education and experience
- Human resource management experience
- Experience working with Community Partners within a collaborative and inclusive framework
- Strong leadership and excellent communication skills with a commitment to team building and supervision within a multi-disciplinary team, partnership development, collaboration and building cooperative working relationships to build integrated health services
- Experience working as an Executive Director would be an asset
- Experience in financial management would be an asset
- Experience working with a Board of Directors and managing staff within a unionized environment would be an asset

This position reports directly to the Board of Directors. Salary depends upon demonstrated successful previous performance in the non-profit sector. (In your cover letter, please state salary expectations). Hours are 35 per week. An excellent benefit package is included. TECSS is dedicated to achieving a workforce that is representative of the community we serve. We thank you for your interest, but only candidates selected for an interview will be contacted. **Application deadline: February 24, 2008.**

**Please send applications to:**

Hiring Committee, Executive Director  
Toronto East Counselling and Support Service  
955 Queen Street East, 3<sup>rd</sup> Floor  
Toronto ON M4M 3P3  
Email: [info@tecss.com](mailto:info@tecss.com)

We prefer that you email your cover letter and resume to [info@tecss.com](mailto:info@tecss.com)  
For more information visit <http://www.tecss.com>

---

### THE RAGING SPOON CATERING DRIVER/DELIVERY PERSON

**The Raging Spoon Catering is looking for a consumer/survivor to join their team  
in the position of Driver/Delivery person**

**Hours:** Part-time/casual/flexible hours **Salary:** \$9.50 per hour (to start) **Qualifications:** Must be a consumer/survivor and possess a Class G License with no restrictions **To Apply:** Fill out an application at The Raging Spoon Catering, 761 Queen Street West (west of Bathurst Street).

***For more information contact Michael at 416 504-6128.***

**EXECUTIVE DIRECTOR**  
**CENTRE FOR INDEPENDENT LIVING IN TORONTO (CILT) INC.**  
**www.cilt.ca**

CILT, the largest consumer-governed resource centre for people with disabilities in Ontario is seeking a hard working, energetic and innovative leader. Operating on the independent living philosophy, CILT affirms the right of persons with disabilities to control their own lives and live independently. CILT is an accredited member of the Canadian Association of Independent Living Centres. Based in Toronto with a staff of 17, CILT offers a wide range of independent living resources for people in the region. CILT also manages the Direct Funding Services Program for the Province of Ontario.

A challenging and rewarding opportunity for the right person, the Executive Director reports to the Board of Directors and is responsible for the overall management and program delivery of the Centre with management of a \$25 M budget. (S)he will implement the policies and mandate of the Board, be the voice of the Centre and represent CILT to media, government representatives and related agencies.

CILT seeks a professional who is a strong originator, communicator and implementer of ideas. This individual will possess excellent interpersonal and communications skills with the capacity to work with a broad range of stakeholders. Building effective relationships and networking with members, donors, business, government, other agencies and the disability community is essential. We are seeking a highly motivated and energetic team builder with a creative and innovative approach to problem solving, implementing business strategies and delivering results.

The ideal candidate will have a graduate degree in a relevant field or demonstrated equivalent skills and abilities, plus relevant professional development in leadership and management. (S)he will have a demonstrable track record of program leadership and development as well as experience with not-for-profit organizations. Experience and knowledge of disability issues is crucial. The successful candidate will have effective public speaking and interpersonal skills as well as proficiency in MS Office, use of the Internet and various databases.

**Application Deadline: March 14<sup>th</sup>, 2008.** Apply in confidence to: Personnel Committee, c/o Centre for Independent Living in Toronto, at [info@cilt.ca](mailto:info@cilt.ca) and/or by mail at 205 Richmond St. W. Suite 605, Toronto Ontario, M5V 1V3.

For a detailed job description, contact Ms. Andrea Murray, Inquiries Generalist at [info@cilt.ca](mailto:info@cilt.ca). CILT offers a competitive salary and benefits package, commensurate with experience, and an excellent work environment. ***CILT is an organization with a strong commitment to the philosophy of independent living and the principles of access, equity and diversity. People with disabilities are encouraged to apply.***

---

**ONTARIO COUNCIL OF ALTERNATIVE BUSINESSES**  
**is looking for psychiatric consumer/survivors for our**  
**BOARD OF DIRECTORS**

The Ontario Council of Alternative Businesses (OCAB) is a non-profit organization that advocates for employment opportunities for psychiatric consumer/survivors and operates three Social Purpose Enterprises: The Raging Spoon Catering Company, Out of this World Café, and Parkdale Green Thumb Enterprises. All of our businesses are managed by and employ psychiatric consumer/survivors. We also house "Voices from the Street", a speakers bureau comprised of people who have experienced poverty, homelessness and mental health issues.

We are looking for volunteers for our Board of Directors; people able to commit 3 to 5 hours per month for a minimum two-year term. OCAB is committed to equity principles and would like to broaden the diversity of our Board. ***We are particularly interested in hearing from individuals from diverse ethno-racial communities who have personal experience of the mental health system.***

To learn more about this volunteer opportunity, please contact:  
Patricia or Joyce at 416 504-1693 or  
[pfowler@on.aibn.com](mailto:pfowler@on.aibn.com)

---

## FREE AND 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.*

### **FRIDAY, FEBRUARY 15**

Community Theatre Night. FREE. The Friendly Spike Theatre Band wants you to join them at the Community Theatre Night. Play development, announcements and presentations. A meal will be served. May Robinson Auditorium, 20 West Lodge Avenue (one block east of Lansdowne, one block north of Queen Street). Everyone welcome! Please confirm your attendance with [friendlyspike@primus.ca](mailto:friendlyspike@primus.ca) or 416 516-4740.



### **SATURDAY, FEBRUARY 16**

Evelyn Gregory Library 40<sup>th</sup> Anniversary Celebration. FREE. Join us for cake, special guests, crafts for children, book sale, and surprises throughout the day. Toronto Public Library, Evelyn Gregory Branch, 120 Trowell Avenue. 10:00 am to 4:00 pm. For information call 416 394-1006.

Beat the February Blues with Laughter Yoga. FREE. An introduction to Laughter Yoga with Denise Rackett. Find out the many ways this gentle exercise can benefit you. All are welcome! Toronto Public Library, Wychwood Branch, 1431 Bathurst Street. 10:30 am to 12:00 noon. For more information call 416 393-7683.

### **SUNDAY, FEBRUARY 17**

Hart House Sunday Concerts. *Conrad Chow and Boyon Koh: Valentine's Day Spectacular*. FREE. University of Toronto, Hart House, Great Hall, 7 Hart House Circle. 3:00 pm. For more information call 416 978-2452.

Jazz Vespers: *Dixie Demons*. FREE; donations welcomed. Featuring the sounds of clarinet, trombone, trumpet, banjo and tuba. Christ Church Deer Park, 1570 Yonge Street. 4:30 pm. For more information call 416 920-5211.

### **MONDAY, FEBRUARY 18**

Antonia Pascoal's *My Black is Beautiful* Exhibition. FREE. Exceptional ways of portraying African Art style. More than 20 original paintings on acrylic and canvas. Celebrate Black History Month and experience the rich legacy of African Art and heritage. The Gladstone Hotel, 2<sup>nd</sup> Floor, 1214 Queen Street West. 12:00 noon to 5:00 pm. For more information call 416 531-4635 or email [info@gladstonehotel.com](mailto:info@gladstonehotel.com).

Aging in Place. FREE. Spectrum Health Care and Lifeline present information on helping seniors stay in their home. Refreshments provided. Toronto Public Library, Alderwood Branch, 2 Orianna Drive. 12:00 noon to 2:00 pm. Register by calling 416 394-5310.

### **TUESDAY, FEBRUARY 19**

Jazz at Noon: *Rob Cappelletto Jazz Quartet*. FREE. York University Faculty of Music, ACE Lounge, 219 Accolade East, 4700 Keele Street. 12:30 pm. For more information call 416 736-5186.

Scam Seminar for Women. FREE; donations welcome. Recognize it. Report it. Stop it. That's the goal of a seminar for women on identifying different scams circulating throughout the city. Topics include door-to-door sales, telemarketing scams, renovation contracts and identity theft. Scarborough Women's Centre, 2100 Ellesmere Road, Suite 245. To register call 416 439-7111. Visit [www.scarboroughwomenscentre.ca](http://www.scarboroughwomenscentre.ca) for more information.

Health Pursuits Reading and Study Group. FREE. Read recommended books and learn about Fibromyalgia, Chronic Fatigue, Asthma, and other conditions. Discover what we can do to help ourselves. Toronto Public Library, North York Central Branch, 5120 Yonge Street, Room 2/3. 6:00 pm to 8:30 pm. Register by calling 416 395-5649.



Amateur Night at Yuk Yuk's. \$3.00. Enjoy two great comedy shows at a great price! Humber School of Comedy students perform at 7:30 pm, and at 9:30 it's New Talent Night for Up and Coming Amateurs. Yuk Yuk's Comedy Cabaret, 224 Richmond Street, West of University Avenue. Reservations are not required; arrive any time after 7:00 pm. For more information call 416 967-6425.

## **WEDNESDAY, FEBRUARY 20**

Uptown Author Series Celebrates Black History Month: *I've got a home in Glory Land*. FREE. Archeologist Karolyn Smardz Frost brings to life the true story of Thornton and Lucie Blackburn, runaway slaves who found freedom at the end of the Underground Railroad and eventual prosperity in Toronto. Toronto Public Library, North York Central Branch, Room 1, 5120 Yonge Street. 2:00 pm. To register call 416 395-5660.

Older Women's Network (OWN) Book Discussion. FREE. This month's discussion features the novel *Mrs. Dalloway* by Virginia Woolf. Toronto Public Library, Northern District Branch, Room 224A, 40 Orchard View Boulevard. 2:00 pm to 4:00 pm. For more information call 416 393-7610.



Artist Trading Card Session. FREE. Don't miss out on this fun way to meet other artists and start your own unique art collection! The Gladstone Hotel, Melody Bar, 1214 Queen Street West. 6:30 pm to 9:00 pm. For more information call 416 531-4635 or email [info@gladstonehotel.ca](mailto:info@gladstonehotel.ca).

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.ca](mailto:info@gladstonehotel.ca).



## **THURSDAY, FEBRUARY 21**

Queer Within These Walls: A Literary Lunch Event at George Brown College. FREE. Local queer writers will read from their novels on themes of working and living within mental health institutions. The event features Debra Anderson, author of *Code White*; Farzana Doctor, author of *Stealing Nasreen*; and Pat Capponi, author of *Last Stop Sunnyside*. Authors will have books for sale and be available for signings. Short Question & Answer period afterwards. George Brown College, St. James Campus, 200 King Street East, 4<sup>th</sup> Floor Foyer. 12:00 noon to 1:00 pm. For more information call 416 415-5000 x 4069, email [positivespace@georgebrowncollege.ca](mailto:positivespace@georgebrowncollege.ca) or visit [www.georgebrowncollege.ca/positivespace](http://www.georgebrowncollege.ca/positivespace).

Afternoon at the Movies. FREE. Relax and watch a fabulous film! Toronto Public Library, Barbara Frum Branch, 20 Covington Road, 3<sup>rd</sup> Floor, Room B, Auditorium. 2:00 pm to 4:00 pm. Call 416 395-5440 for titles.

Employment Assistance. FREE. Need help finding a job? Talk to a YMCA Employment Services Information Warehouse worker. Toronto Public Library, Downsview Branch, 2793 Keele Street, Main Floor. 2:00 pm to 4:00 pm. For more information call 416 395-5720.

Author Reading and Book Launch. FREE. Award-winning author Charlotte Fielden presents her latest novel, *An Age Without a Name*, the last book in her Weil trilogy. Refreshments and sweets compliments of Starbucks. Toronto Public Library, Brentwood Branch, 36 Brentwood Road North. 7:00 pm to 8:00 pm. Register by calling 416 394-5240.

The 8 O'Clock Show. No Cover Charge. A hilarious new comedy night featuring seasoned performers and up and comers in the Toronto comedy scene. The Gladstone Hotel, Art Bar, 1214 Queen Street West. 8:00 pm to 10:00 pm. For more information call 416 531-4635 or email [info@gladstonehotel.com](mailto:info@gladstonehotel.com).

## **FRIDAY, FEBRUARY 22**

Job Connect Workshop: *Mock Interviews*. FREE. Polish your interview skills by rehearsing in a mock interview setting. Centennial College, 1450 Midland Avenue, Suite 300, Scarborough. 10:30 am to 12:00 noon. Space is limited; call 416 289-5000 x 7540 to register.

Public Information Session: *Understanding Eating Disorders*. FREE. Dr. Blake Woodside, Director of Inpatient Eating Disorders Program at Toronto General Hospital, will present and answer questions on this important topic. Toronto Western Hospital, Auditorium, 2<sup>nd</sup> Floor West Wing, 399 Bathurst Street (just north of Dundas). 1:00 pm to 3:00 pm. For more information or to register contact Bonnie Perciballi at 416 340-3055 or [bonnie.perciballi@uhn.on.ca](mailto:bonnie.perciballi@uhn.on.ca).



## **SATURDAY, FEBRUARY 23**

Hungarian Writing and Friendship Circle. FREE. Participants discuss their own written material or other published works. Conversation is in Hungarian. Toronto Public Library, Barbara Frum Branch, 20 Covington Road, 3<sup>rd</sup> Floor, Room A. 2:00 pm to 4:00 pm. For more information call 416 395-5440.

## **SUNDAY, FEBRUARY 24**

Monkey Toast: The Improvised Talk Show. Pay What You Can. *Now Magazine* has called Monkey Toast "the best comedy deal in town". 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](mailto:info@gladstonehotel.com).

Prodigal Sundays with the Backstabbers. FREE. The Backstabbers Country Stringband is a Queen West institution; its members having purveyed their own original take on old time acoustic country music for almost a decade on that street. *Prodigal Sundays* will showcase the Backstabbers doing their thing the way nobody else does it: mining the best of the old school and making it new again. The Gladstone Hotel, Melody Bar, 1214 Queen Street West. 5:00 pm to 8:00 pm. For more information call 416 531-4635 or email [info@gladstonehotel.com](mailto:info@gladstonehotel.com).



## **MONDAY, FEBRUARY 25**

The Natrel Rink. FREE. Enjoy music while you skate on the waterfront at Canada's largest artificially cooled outdoor ice rink. The rink stays icy in temperatures up to 8C. Indoor lockers and change rooms on site; hot food and drinks at EATS (closed Mondays); skate rentals on the premises (a drivers' license, credit card, passport or birth certificate is required for rentals). Harbourfront Centre, 235 Queens Quay West, south of York Quay Centre. 10:00 am to 10:00 pm. For more information call 416 973-4866.

Osteoporosis Support Group Meeting. FREE. Amy Peters of Sunnybrook speaks on the topic of *Balance Control and Osteoporosis*. Scarborough Village Recreation Centre, 3600 Kingston Road (at Markham). 10:00 am to 12:00 noon. For more information call 416 396-4051.

## **TUESDAY, FEBRUARY 26**

York University Department of Music. *Jazz at Noon: York University Jazz Orchestra*. FREE. York University Department of Music, ACE Lounge, 219 Accolade East, 4700 Keele Street. 12:30 pm. For more information call 416 736-5186.

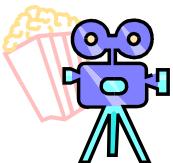
French Language Book Club. FREE. Read and discuss selected books in French. This week's discussion will feature *La petite fille de Monsieur Linh* by Philippe Claudel. Toronto Public Library, Richview Branch, 1806 Islington Avenue. 7:00 pm. To register call the French Services Specialist at 416 395-5762.



Java Knights. FREE. ACT Toronto and the Gay West Community Network have formed a partnership to present *Java Knights* – a monthly west-end social event designed to bring forth a group of individuals interested in discussions on various topics of interest. The Gladstone Hotel, Art Bar, 1214 Queen Street West. 7:00 pm to 10:00 pm. For more information call 416 531-4635 or email [info@gladstonehotel.com](mailto:info@gladstonehotel.com).

## **WEDNESDAY, FEBRUARY 27**

Computer Training: *Move that Mouse, Web Basics I and II, Web Basics for Seniors, and Email Made Easy*. FREE. Choose your course and book a one-hour training session. Toronto Public Library, St. James Town Branch, 495 Sherbourne Street. 11:00 am to 12:00 noon; ongoing Wednesdays until March 26<sup>th</sup>. For more information and to register call 416 393-7744.



DVD Wednesdays: *Mansfield Park*. FREE. The Mood Disorders Association of Ontario (MDAO) hosts a movie afternoon, complete with popcorn! Each screening is limited to 10 viewers; sign up is required. MDAO, 36 Eglinton Avenue West, Suite 602. 1:00 pm to 3:00 pm. For information and sign up call 416 486-8046.

The Social Economy Centre (OISE/UT) Lunchbox Speakers' Series. *Aboriginal Homelessness: It's Uniqueness and Challenges*. FREE. Join Peter Menzies (Clinical Head of Aboriginal Services at CAMH), Harvey Manning (Executive Director of the Native Men's Residence), Leslie Saunders (Coordinator of the Meeting Place at St. Christopher House), and Barbara Hurford (Aboriginal Services Therapist, CAMH) as they present on issues ranging from intergenerational trauma to interventions with Aboriginal peoples who are homeless. Bring your lunch and a mug; coffee, tea and water will be provided. Ontario Institute for Studies in Education, University of Toronto, 252 Bloor Street West, Room 12-199. 12:00 noon to 1:30 pm. For more information contact Lisa White at [secspeaker@oise.utoronto.ca](mailto:secspeaker@oise.utoronto.ca) or visit <http://socialeconomy.utoronto.ca>.

Rogers Centre Annual Job Fair. FREE. Check out the job opportunities as Stand Attendants, Warehouse Workers, Food Vendors, Beer Vendors, Cash Room Workers, and Dishwashers. You must be at least 16 years old to apply. Go to the Rogers Centre Gate 8 VIP Entrance. 3:30 pm to 6:00 pm.

University of Toronto Bookstore Reading Series: *In the Realm of Hungry Ghosts: Close Encounters with Addiction* by Gabor Mate, MD. FREE. Join Gabor Mate for a reading from his new book and a discussion about the epidemic of addictions in our society and what is needed to liberate us from their hold on our emotions and behaviours. University of Toronto, Innis Town Hall, 2 Sussex Avenue. 7:30 pm. For more information call 416 640-5836.

Eating Locally Workshop. FREE. Join experts in local food and gardening to learn how you can reduce your dinner's carbon footprint – and what's good to eat around here. Toronto Public Library, Riverdale Branch, 370 Broadview Avenue. 7:00 pm. For more information call 416 393-7720.



### **THURSDAY, FEBRUARY 28**

RONA Job Fair. FREE. Seneca Employment Resource Centre hosts a day-long Job Fair with home improvement retail giant RONA Canada. Seneca Employment Resource Centre, 3660 Midland Avenue, 2<sup>nd</sup> floor, Scarborough (southwest corner of Midland and McNicholl). 10:00 am to 7:00 pm. For more information call 416 293-3722.

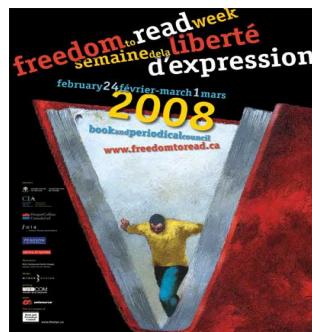


11<sup>th</sup> Annual Noon Hour Choir and Organ Concerts: *Bach Children's Chorus*. FREE. Roy Thomson Hall, 60 Simcoe Street. 12:00 noon. For more information call 416 872-4255.

Job Connect Workshop: *Resume and Cover Letter*. FREE. Get helpful advice to freshen up your resume and cover letter and make them more effective. Centennial College, 1450 Midland Avenue, Suite 300, Scarborough. 10:30 am to 12:00 noon. Space is limited; call 416 289-5000 x 7540 to register.

### **FRIDAY, FEBRUARY 29**

Public Information Session: *Understanding Post-Traumatic Stress and Post-Traumatic Stress Disorder*. FREE. Patti McGillicuddy, MSW and Research/Education Associate with University Health Network, will present and answer questions on the topic of PTS and PTSD. Toronto Western Hospital, Auditorium, 2<sup>nd</sup> Floor West Wing, 399 Bathurst Street (just north of Dundas). 1:00 pm to 3:00 pm. For more information and to register contact Miu Lin Wong at 416 303-5800 x 2661 or [miulin.wong@uhn.on.ca](mailto:miulin.wong@uhn.on.ca).



Keep Toronto Reading 2008: PEN Canada Freedom to Read Week Event. Sliding Scale \$5.00 to \$10.00. PEN Canada and the Toronto Public Library will be honouring Freedom to Read Week with readings and performances by a diverse line-up of writers, artists, activists, and musicians. The event is based on a new anthology, *Writers Under Siege: Voices of Freedom from Around the World*. Hosted by CBC Radio's Garvia Bailey, the evening will include readings by Clayton Ruby and Shirley Douglas and a musical performance by the talented Waleed Abdulhamid Kush. PEN Canada works on behalf of writers, at home and abroad, who have been forced into silence for writing the truth as they see it. Toronto Reference Library, Atrium, 789 Yonge Street. 7:30 pm. For more information contact Josh Bloch at 416 703-8448 x 23 or email [jbloch@pencanada.ca](mailto:jbloch@pencanada.ca).

## **WORDS TO LIVE BY**

You may be right, I may be crazy.  
But it just may be a lunatic you're looking for.

Billy Joel