

BULLETIN

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

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

February 15, 2009 Bulletin 388

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The Obligation To Privacy Does Not End at CAMH's Doorway

That really snowy Friday before Christmas I left CAMH in the late afternoon and had to wait about a half hour for the Ossington bus. I had obviously just missed one, as there were only 2 people in the shelter when I got there. The two of them were strangers but they were joking around with each other, laughing at the antics of the driver across the street stuck in the snowdrift across the entrance to the pay parking.

A few more people came along as time passed, and one of them knew the young man. She warmly cried out to him, "So, you're an outpatient, now!" He agreed with this declaration and said he was doing OK, in response to her next question.

She obviously cared about him and didn't understand that she had outed him to all assembled in the bus shelter as a patient of the hospital, whether in- or out. Until then he was just a guy with a sense of humour. He could have been a student, a staff, a volunteer, a doctor, anyone connected to the hospital, or in fact not connected at all, just happening to be at Ossington and Queen.

As staff people, you keep in mind that inside the hospital you have a duty to respect the privacy of CAMH's patients. As one of those patients, I want to remind you, that duty does not end at the front door.

Helen Hook
Coordinator
C/S Info Centre

Newsbytes

Toronto Council Recommends Ban on Smoking in Playgrounds. Toronto City Council has made smoking in Toronto playgrounds, splash pads, wading pools, Riverdale Farm, and High Park Zoo, illegal. The ban will go into force when the province sets the amount of the fine, which the city is hoping will be \$305. Thoughts are that even though these spaces are outdoors, there is still a serious risk of harm to children, partly because children breathe faster than adults, especially when active. While acknowledging that it may be hard to enforce, the feeling is that people will self-enforce, parents can call in a report and parents, even some children, will comment to smokers that it is no longer permissible to smoke in these areas. The City will spend \$16,000 on signs for 832 playgrounds and will embark on a public education campaign. (Vanessa LU, City Hall Bureau Chief, January 28, 2009, Toronto Star). For full story visit <http://www.parentcentral.ca/parent/article/578385>.

Contraband Tobacco Convictions and Fines. The Ministry of Revenue reports that 3 people were convicted and fined a total of \$184,650 for Tobacco Tax Act offences on January 8 in Cornwall, Ontario by the Ontario Court of Justice. In the past two years, approximately 58.1 million contraband cigarettes have been seized by investigators and inspectors. For full story visit <http://ogov.newswire.ca/ontario/GPOE/2009/01/28/c3483.html?lmatch=&lang=e.html>. Read about the Tobacco Tax Act at (<http://www.rev.gov.on.ca/english/taxes/tt/index.html>). Learn more about Smoke-Free Ontario Strategy at (http://www.mhp.gov.on.ca/english/health/smoke_free/default.asp).

Increased Numbers of Canadians living with Alzheimer's or a Related Dementia. A recent study by the Alzheimer Society and RiskAnalytica: *Rising Tide: The Impact of Dementia on Canadian Society* reports that more than 71,000 Canadians living with Alzheimer's disease or a related dementia are under 65 years old. Other early findings of the report include that approximately 500,000 Canadians have a form of dementia, 72 percent of people with Alzheimer's or a related dementia are women, and within 5 years another 250,000 Canadians could develop the illnesses. (January 5, 2009 Alzheimer Society Media Release). For full story visit <http://www.alzheimer.ca/english/media/putyourmind09-release.htm>. For more information about Alzheimer's disease visit www.alzheimer.ca.

Possible Eli Lilly Settlement over Zyprexa. The International Herald Tribune reported on January 31, 2009, that the drug company Eli Lilly will pay more than a billion dollars to settle a civil and criminal investigation by the US government into its off-label marketing of the drug Zyprexa. Eli Lilly has already paid 1.2 billion in 30,000 lawsuits concerning the severe weight gain caused by Zyprexa and its link to diabetes. (For the complete article visit <http://www.iht.com/articles/2008/01/31/business/30cnndrug.php?page=2>).

Rooming Houses to be allowed in all Municipal Wards. Toronto's planning and growth management committee told municipal officials to draft a zoning by-law that will allow rooming houses in all 44 municipal wards. Rooming houses are currently banned in Scarborough, North York and East York. The move is the result of 7 years of advocacy by the HomeComing Project, a Toronto grassroots movement that includes non-profit housing providers, psychiatric survivors, urban planners, human rights lawyers and citizens (the HomeComing Community Choice Coalition). The project manager of HomeComing, Paul Dowling, sees the proposed change as a positive step. (Opinion, *Human Rights Trump Property Rights*, Carol Goar, The Toronto Star, Monday, January 26). For full story visit <http://www.thestar.com/article/576479>. For more information about HomeComing visit www.homecomingcoalition.com.

CINOT Program Expanding. As part of its Poverty Reduction Strategy, Ontario's Children in Need of Treatment program (CINOT), is expanding to include children up to 18 years old and to provide out of hospital anesthetic coverage for children from 5 to 17 years of age. CINOT is designed to provide dental services for children whose parents lack dental coverage and cannot afford urgent dental care. It includes such dental treatments as fillings, scaling, extractions and sedation, and preventative treatment. The child must be referred by a dentist or dental hygienist. Visit <http://www.mhp.gov.on.ca/english/news/2008/cinot.asp> to learn more about CINOT. Call 416-392-7401 to find out if your child qualifies and for a referral to a local community dental clinic. (Source: December 18, 2009, Ministry of Health Promotion News Release).

Contents

Obligation to Privacy Page 1

Newsbytes Page 2

C/S Info Session on ODSP Page 3

Yak & Snack Page 4

Wish List Page 4

C/S Online Page 4

Job Postings Pages 4 - 6

Announcements Page 7

Places To Go... Pages 8 - 10

Our Next

Consumer/Survivor Information Session

Will be on
Thursday, February 19, 2009
2:00 - 4:00

Malcolmson Lecture Theatre
1001 Queen Street West

ODSP

The Ins and Outs of ODSP
What You Are Entitled To
What Changes When You Turn 60 and then 65
The New Disability Savings Plan
Institutions & Discharge Entitlements

Barbara Marwood & Marta Ingus from Ontario Disability Support Program
and Ida Maccarone and Anita Persaud from CAMH's Income Maintenance Office
will be here to share information and to answer your questions.

Yak & Snack

Join us for the next Yak & Snack to be held on Friday, March 13th from 2 - 4 pm at CAMH, 1001 Queen St West. We are getting together to chat about our pets and companion animals. Don't forget to bring pictures if you have them! Mark us on your calendar of fun things to do in March. Give us a call to tell us you are coming, so we have a good idea about how much snack to buy.

Wish List

Readers have offered a toaster with wide slots (good for bagels), miscellaneous baking tins, a pair of women's leather ice skates size 9, a flipchart stand and a cork bulletin board suitable for hanging on a wall. We have requests for a vacuum cleaner and a microwave.

If you can fulfill a request, would like to make a request or have an item (in good condition) you would like to donate, please give us a call at 416-595-2882 or email us at <mailto:csinfo@camh.net>.

C/S Online

<http://kristinbell.org/>

Kristin Bell chronicles her experiences living with schizophrenia, and the strategies she employs to deal with stress, medication, stigma, and more, through her popular videoblog.

Computer Help Available

Free over the phone or online technical support for fellow survivors. Help with repairs, upgrades, installations, networking. Coaching in MS Office, PhotoShop, etc. Virus and spyware scans and clean-ups. Contact Martha at gandier47@hotmail.com or call the C/S Info Centre at 416-595-2882 and we'll put you in touch.

Job Postings

The Krasman Centre seeks a Part-time Drop-In Centre Worker

for their new Alliston location to provide drop-in centre services and programs within a peer support framework. The applicant should identify as a consumer/survivor or otherwise have direct, personal, lived experience of mental health challenges or extremes.

12 hours/week, including evenings, holidays and every Saturday.

Send resume and cover letter, outlining your fit for the position to tayna.shute@krasmancentre.com or fax it to 905-780-1960. No telephone calls. To learn more about The Krasman Centre visit <http://www.krasmancentre.com/>.

Please apply as early as possible. **Posting closes February 20, 2009.**

George Brown College is accepting Applications for the
Construction Craft Worker Extended Training Program

Application Deadline: February 19, 2009

For more information call 416-415-5000 x6790 or email auged@georgebrown.ca.

City of Toronto is Hiring

Hiring Now

The City of Toronto is currently recruiting applicants for summer and part time jobs. Application deadline is February 14 but they accept late applications. Visit <http://www.toronto.ca/parks/hiringnow/index.htm>. Applications must be submitted on-line.

Hot Jobs

The City posts jobs that are not part of the annual August and February recruitment and that need to be filled immediately. Be sure to check out Hot Jobs on a regular basis for current vacancies. The Hot Jobs include part time, contract, and full-time positions. Visit <http://www.toronto.ca/parks/hiringnow/hotjobs.htm>.

Ongoing Recruitment

The Toronto Public Service accepts resumés for future opportunities. Resumés are kept on file for 12 months. You must resubmit your application after one year if you still wish to be considered for employment or if you have a change of address or a revised resume. If you have a change of address or a revised resumé, please resubmit. Visit <http://wx.toronto.ca/inter/hr/jobs.nsf/on-going+recruitment>.

Native Child and Family Services of Toronto seeks a Cleaner/Maintenance Worker

This is a contract, full time position.

Application deadline is February 19, 2009

Quote Competition # FA-02-09-01

Only individuals residing in Scarborough and who are receiving Social Assistance may apply to this position (as per funding agreements). The Cleaner/Maintenance worker reports to the Facilities Manager, works as an integral member of the Scarborough Project Team, and is responsible for the inside and outside maintenance of several sites.

Listed Qualifications include (but are not limited to):

High school diploma; knowledge of building/property maintenance; able to pass police records check; understanding of the unique dynamics within the Aboriginal culture. WHIMIS training considered an asset.

Forward detailed resume and cover letter to Human Resources Specialist, Native Child and Family Services of Toronto, 30 College St., Toronto, ON, M5G 1K2. Fax: 416-928-0706. Email: hrncfst@nativechild.org. Visit <http://www.nativechild.org/> for full job posting. (Note: This job is posted on CharityVillage.)

Asian Community AIDS Services seeks a Women's Support Worker

This is a contract, part-time position (21 hours/week), starting immediately.

Application deadline: February 20, 2009

People with HIV/AIDS and people from the East and Southeast Asian Canadian communities are encouraged to apply. The Women's Support Worker works in collaboration with the Support Program Coordinator to plan, implement and evaluate women's support services, and to provide counseling, information and case management, along with other responsibilities.

Listed Qualifications Include (but are not limited to): A degree in social work, social services, counseling, public health or 2 years of practical knowledge/work experience in these areas. Knowledge of issues faced by East and Southeast Asian women, especially those living with HIV/AIDS. Email: support@acas.org or visit <http://www.acas.org> for full job posting. (Note: This job is posted on CharityVillage.)

Freedom's Kitchen – Casting Call and Job Opportunity

Have you recently been in conflict with the law or have you had problems with addictions? Are you finding it difficult to re-integrate into the workforce because of your past hardships? If so, this is the TV show for you! A top Toronto Production Company and top Toronto Chef are casting 24 raw-recruits interested in a career in the restaurant industry for a new, food-centric documentary television series. Our top chef, who was once a hard-drinking, drug-taking, troubled youth, was given a second chance and believes everyone deserves the same. If you are interested and currently looking for employment please send some information about yourself and a photo to: newkitchencrew@gmail.com.

Phone calls will not be accepted.

LOFT Community Services seeks Relief Workers

These are contract, part time positions in the Metro Toronto and York/Durham Regions.

Application deadline: 2/17/2009

LOFT provides supportive housing, community support and street outreach for homeless youth, adults and youth with serious mental health and/or addictions issues and those living with HIV/AIDS, and vulnerable and frail seniors. Relief staff are an integral part of a team that offers a variety of functions in support of physical, social and mental well being of residents within a safe and supportive atmosphere. Some of these positions may involve exposure to second hand smoke in resident rooms.

These positions are an invaluable way of gaining work experience and many relief staff have become permanently employed by LOFT.

Bree-Anne Wilson
Human Resources
LOFT Community Services
205 Richmond Street West
Suite 301
Toronto, Ontario M5V 1V3

Fax: 416-979-3028

Email: humanresources@loftcs.org

For more information visit <http://www.loftcs.org/>.

Community Resource Connections of Toronto seeks a Housing Support Worker

This is a 15-month contract position. Community Resource Connections of Toronto (CRCT), Mental Health Court Support Services is currently looking for a Housing Support Worker who will provide support to individuals with serious mental health problems who are in conflict with the Criminal Justice System. The housing is offered in partnership with a supportive housing agency through rent supplements.

Please send your cover letter and resume by noon on Wednesday, February 18, 2009 to:

The Hiring Committee
Community Resource Connections of Toronto
Mental Health Court Support Services
366 Adelaide Street East, Ste 230
Toronto, Ontario M5A 3X9
Fax: 416-482-5237
E-mail: hiringcommitte@crct.org
No phone calls please.
For more information visit: <http://www.crct.org/>

Communications Specialist

Application Deadline: February 25, 2009.

The Canadian Centre for Community Renewal (CCCR) requires a committed, highly skilled person to help enhance and expand the organization's capacity for targeted, effective communication with a variety of constituencies. This full-time position requires significant abilities and experience in research, writing, editing, and the design and management of an Internet presence, as well as teamwork. If you want an environment where you can leverage your skills for positive social change and action, this is a unique opportunity. CCCR will consider candidates outside of British Columbia. The Communications Specialist works from home office. Visit

http://www.cedworks.com/files/pdf/free/CCCR_Communications_Posting.doc.

Madison Avenue Housing and Support Services seeks Executive Director

Application Deadline: February 20, 2009.

Reporting to the Board of Directors of Madison Avenue Housing and Support Services (MAHASS), the Executive Director is responsible for ensuring that the mission and goals of the organization are met in a manner that reflects its policies and values.

Forward applications to: The Selection Committee, c/o Mario Nigro at selectioncommittee@mahass.on.ca. For full job description visit <http://www.mahass.on.ca/>.

ANNOUNCEMENTS

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

The Friendly Spike Theatre Band presents: Community Theatre Development

May Robinson Auditorium
20 Westlodge

(one block east of Lansdowne, one block north of Queen)

Friday Nights at 6:30 pm to 9:30 pm from February 20, 2009 to June 2009

Plans include developing theatre works, which will be presented at MAD Pride Toronto celebration at Metro Hall in July 2009! Participants are encouraged to bring ideas that they would like to transform into a theatre context. Special thanks to May Robinson Auditorium and Apartments, Toronto Arts Council, Community Arts Program, and The Friendly Spike Theatre Angels. For information call 416-516-4740 or friendlyspike@primus.ca. Free!

Wheelchair Accessible

Houselink invites You to celebrate the Book Launch of *Many Voices and Images: Stories from Survivors*

Monday, February 23, 2009

6:30 - 8 pm

Parkdale Activity Recreation Centre
1499 Queen Street West

For more than 30 years, Houselink - a pioneer in the Canadian Supportive Housing movement - has been committed to the principle of giving psychiatric/consumer survivors a voice. This unique book project, *Many Voices and Images*, is rooted in that principle. Inside, the voices of Houselink members take on a variety of forms - including memoirs, poetry, and art - to share their poignant and moving stories - stories of personal demons, struggles with poverty, substance abuse and homelessness. And stories of recovery, dignity, personal triumph, and the importance of supportive housing as a fundamental right. The project is lead by Houselink with the support of the Toronto Arts Council. Our community kitchen cooks will be catering the event. PARC and the Dream Team are co-sponsors of the book launch.

The printing of this book was made possible by a grant from the Toronto Arts Council. For more information call Naomi at 416-539-0690 x258 or <mailto:naomibe@houselink.on.ca> or call Scott Russell at 416-539-0690 x247 or scotru@houselink.on.ca. A short information session will be held from 5:30 – 6:15 pm to highlight Houselink's work as a leader in supportive housing and recovery.

ODSP Action Coalition Leading the Way: Developing a Poverty Reduction Strategy for People with Disabilities

April 2 and 3, 2009

Central YMCA
80 Grosvenor St.

April 2: 9 am (registration) to 4 pm.

April 3: 9:30 am – 3:30 pm

Registration deadline is March 2, 2009. This forum will explore the kinds of changes needed to significantly reduce the poverty of people with disabilities in Ontario. This conference is intended for coalition members and others who wish to contribute to developing policy ideas and actions to improve the lives of low-income people with disabilities.

Fee for Organizations: \$50.00 Per Person/Fee for ODSP Recipients: FREE

Funding is available for travel, accommodation and accessibility costs to allow ODSP recipients from all regions of the province to attend. For further information and to register call Naomi at 416-539-0690 x258 or email naomibe@houselink.on.ca. For information about accessibility issues email Laurie Letheren at letherel@lao.on.ca or call 1-866-482-2724 x232. Wheelchair accessible and scent-free.

PLACES TO GO... PEOPLE TO SEE...

Free and Low-Cost Events for February 15 - February 28

Art/Exhibits

February 15 – March 8. Tuesdays through Sundays from noon – 6 pm. **Visual Arts at York Quay Centre. Fashion No-no** - Joanna Berzowska, Linda Imai, Andrea Ling, Annie Thompson, Dorkenwald — Spitzer, Hilly Yeung; **It's a Beastly World after all** - part of SHIFT - a festival of Canadian and Dutch arts, Felieke van der Leest; **United We Stand** - Rob Southcott; **Monument** - Erika Jacobs; **Beautifying the Hunt** - Annie Tung and Einav Mekori; **You can't get there from here** - Anna Lindsay MacDonald, Gwen MacGregor, Benny Nemerofsky Ramsay, Flavio Trevisan; **Mountain Man** - Elinor Whidden; **The Old Guard is Dead!** - Daryl Vocat; **Architecture:** - Building on History, Goldsmith Borgal & Company Ltd., E.R.A. Architects Inc., Taylor Hazell Architects Ltd., Peter Sibbald; **And sunlight thronged the glass** - Service Canada Pavilion - Virginia Mak. York Quay Centre. 235 Queen's Quay West. All exhibits are FREE. Visit <http://www.harbourfrontcentre.com/whatson/today.cfm?id=1048>.

Now until July 5. Mondays – Thursdays from 10 am – 5:30 pm. Fridays from 10 am – 9pm. Saturdays and Sundays from 10 am – 5:30 pm. **Housepaint**. Presented by the Institute for Contemporary Culture. The first exhibition on the subject of street art in a major Canadian museum. Drawing attention to issues of poverty and homelessness, this groundbreaking exhibition is collaboration between ten street artists in memory of the former residents of Tent City. Each artist has painted a colourful canvas house in their personal, exuberant style. In addition, five artists will respond to the previous installations by creating an original new work in the gallery over the course of the exhibition. Tent City, a shantytown that stood on five acres of undeveloped land on the shores of Lake Ontario, spontaneously arose in the late 1990s. Its residents were evicted without warning in 2002. Curated by Devon Ostrom of them.ca, Housepaint is on display until July 2009, at which point the canvas houses will be auctioned, with proceeds going to Habitat for Humanity. Royal Ontario Museum. 100 Queen's Park. For more information, updates on the exhibition, to register for the auction, or to add your own comments, please call 416-586-8000 or visit <http://www.housepaint.ca/>. Wednesdays from 4:30 – 5:30 pm are free admission (except for special exhibitions) at the ROM.

With a valid adult Toronto Public Library card, you can borrow a **Sun Life Financial Museum and Arts Pass (MAP)** for your family at 24 library branches. Quantities are limited and borrowing rules apply. The MAP is free and allows you to visit the ROM and a variety of other cultural venues in Toronto. For more information visit http://www.torontopubliclibrary.ca/spe_ser_museum_arts_pass.jsp or call the Toronto Public Library Answerline at 416-393-7131.

February 5 – March 7. Wednesdays – Saturdays. 11 am – 5 pm. **Michael Dudeck**. Pari Nadimi Gallery. "Winnipeg's Michael Dudeck was born in 1984, but he already claims to be a witch doctor, as well as a trans-disciplinary artist. While his assertions are precocious, it is notable that someone so young is engaged in such things: explorations, in the traditions of Hermann Nitsch and Carolee Schneemann, into pagan iconography through the baring and alteration of the human body. For the opening of this exhibit, Dudeck is transforming the gallery into a "ritual precinct" brimming with eros and thanatos. The installation he leaves behind will resonate similarly, combining drawing, sound art and sculpture consisting in part of deconstructed mannequins and bone-and-hockey-tape cocoons. Artwork prices TBA.—David Balzer". 254 Niagara St. Call 416-591-6464 or visit <http://www.torontolife.com/guide/arts-and-entertainment/art/michael-dudeck/> and visit <http://www.parinadimigallery.com>. FREE

Dancing

Saturdays from 7 – 11 pm. **Saturday Night Dance Club**. Ballroom and line dancing, refreshments, door prizes. Birkdale Community Centre. 1299 Ellesmere Rd. Everyone welcome. Licensed. Admission: \$6

Festival/Celebration

February 15 from 2 – 7 pm. Last day of the seventh annual **Winterfolk Music Festival**. Six stages in four Danforth establishments - The Black Swan Tavern (two rooms), The Willow Restaurant (two rooms), Dora Keogh and Mambo Restaurant (between Broadview and Chester subway). Affords a great chance for local roots music fans to beat both the February blahs and the recession blues. The performances are FREE. Visit www.abetterworld.ca. FREE

February 16 from 11 am to 4 pm. **Family Day Festival**. Outdoor attractions including the renowned Ken Jen, petting zoo, DJ, skating and scavenger hunt. Indoor events include magic shows, reptile shows, storytelling, arts and crafts and a silent auction. Along Queen Street East near Kew Gardens Visit <http://www.beachbia.com/> or call 416-693-2242 for more information.

Film/Movies

February 18 at 3 pm. **Silk**. (112 minutes - R*for violence, sexuality, coarse language and nudity). Based on the novel by Alessandro Baricco starting Michael Pitt and Keira Knightly. Toronto Public Library. Brentwood Branch. 36 Brentwood Rd. North. Call 416-394-5240. FREE

February 20 from 1:30 – 3:30 pm. **Armchair Travel**. Slide presentation with raconteur Irwin Patterson. Free refreshments served during intermission. Toronto Public Library. Hillcrest Branch. Auditorium. 5801 Leslie St. Call 416-395-5830. FREE

Lecture

February 18 from noon – 1:30 pm. **Lunchbox Speakers' Series. New Canadians and the Social Economy**. Speakers: **Farhia Warsame** will speak about her experiences in developing and growing and supporting, Social Purpose Enterprises. **Maryam Alefi Kurmall** will talk about the creation of the Afghan Women's Catering Group, a collective of immigrant Afghan women who are either unemployed or underemployed. **Jamila Ama** will explore the reasons why social enterprises are developed, how to choose and evaluate the right social enterprise, as well as other complimentary services or products that can be added. Ontario Institute for Studies in Education. University of Toronto. 252 Bloor St. West. Room 12-199. For more information call Lisa White at secspeaker@oise.utoronto.ca or visit <http://socialeconomy.utoronto.ca>. Bring your lunch and a mug – coffee, tea and water will be provided. No registration required. FREE.

Music

February 15 at 1 pm. **HarbourKIDS Music** with Bite/Jeunesses Musicales Ontario. Ache Brasil. Brazilian dance, music and martial arts/acrobatics presenting Brazil's cultural heritage. Harbourfront Centre. Brigantine Room. 235 Queen's Quay W. Call 416-973-4000. FREE

February 26 at 6:30 pm. **Evening Music. Brahms: viola sonatas**. Katharine Rapoport, viola. Toronto Public Library. Northern District Branch. 40 Orchard View Blvd. Call 416-393-7610. FREE

Canadian Opera Company. Four Seasons Centre for the Performing Arts. 145 Queen St. W.

Call 416-363-8231 or visit <http://www.coc.ca/performances/concerts.html>. All performances are free.

- February 19 at noon – 1 pm. **Vocal Series: Czech Program**. Czech arias and art songs. Richard Bradshaw Amphitheatre. FREE
- February 24 at noon – 1 pm. **Jazz Series: Midwinter Latin Heat**. Latin music for a winter's day. Humber Latin Big Band, Luis Mario Ochoa, conductor. FREE
- February 26 at noon – 1 pm. **Dance Series: String Trio Classics**. Music for string trio by Beethoven and Schubert. FREE

February 22 at 2:00 pm. **City of Toronto Sunday Concert Series**. Brian Rose Little Big Band. Scarborough Civic Centre. 150 Borough Dr. Call 416-486-3011. FREE

Recreation

February 16 at noon – 4:30 pm. **Drop-In for Family Day Discovery**. Join us in the historic kitchen as we prepare delicious hot chocolate and bake sweet treats over the open hearth. Experience hands-on activities in our Discovery Gallery and make a craft to take home. Just steps from North York Centre subway stop. Gibson House. 5172 Yonge St. Call 416-395-7432 or email gibsonhouse@toronto.ca. Child: \$2.62 Youth: \$3.10 Adult: \$5.48 Senior \$3.10 (plus GST)

February 22 at 1 – 3 pm. **In the Footsteps of the Black Victorians – A Walking Tour**. Discover Black History in Toronto by walking through parts of Old York where African-Canadians carved a community through struggle and triumph. Learn about different Black leaders such as Mary Ann Shadd Cary, the first female Black editor in North America, and William Peyton Hubbard, a City of Toronto Alderman and Acting Mayor. This easy walking tour starts and concludes at Mackenzie House. Mackenzie House. 82 Bond St (Dundas Station). Call 416-392-6915 or machouse@toronto.ca. Child: \$2.38 Youth: \$2.62 Adult: \$5.71 Senior: \$2.62 (plus GST)

Ongoing. **Toronto Public Skating**. For times and locations call 416-338-0338 (Monday – Friday, 8 – 5 pm) or 416-338-7465 (24 hours a day) or visit http://www.toronto.ca/parks/recreation_facilities/skating/skating.htm. FREE

Volunteer

Ongoing. **Speaking Out with Pride**. Tell your story. Make a difference. Join our Speakers' Bureau. The 519 Community Centre is looking for ten to fifteen LGBTTQ folks 50+ to join our Speaker's Bureau. The goal of the Speaker's Bureau is to address discrimination based on sexual orientation and gender identity in organizations that provide service to seniors. Interested? Contact: Older LGBTTQ Programs Coordinator at 416-355-6787 or email senior@the519.org. FREE

Workshops

February 17 from 7 - 8:30 pm. **Launching and Running Your Freelance Writing Business: A Panel Discussion for Freelancers & Start-Up Scribes**. Learn what it takes to run your business as an independent, whether you are just getting started or need a boost to your client base. Successful freelancers aren't just born, they are made! Panel members Luigi Benetton, Luigi Benetton Communications; Dawn Boshcoff, President BOSHmedia Communications; and David Johnston, Executive Director PWAC; share the secret ingredients for success. World's Biggest Bookstore. 2nd Floor. 20 Edward Street. (1 block north of Dundas St.) Email Sharon Aschaeik, VP Professional Development at s.aschaeik@pwactoronto.org. \$10/Networking to follow.

Monday, February 23 at 3 pm. Jack Cunningham will be with us to present on **Mindfulness**, a method of bringing greater awareness to everyday life. Light refreshments available. Older LGBTT Program. The 519 Church Street Community Centre. 519 Church Street. 416-355-6787. FREE

February 28 from 2 – 4 pm. **Workshops for Young Creative Writers**. Workshop with Toronto author/editor Emily Pohl-Weary. Toronto Public Library. Riverdale Branch. 370 Broadview Ave (at Gerrard). FREE

March 3 from 3 – 8 pm. **Income Tax Seminar**. Discussion about the tax system and what you need to know about completing your Canadian income tax return. Toronto Public Library. Burrows Hall Branch. 1081 Progress Avenue. Call 416-396-8740 to register. FREE

February 18 from 7 – 8 pm. **Caring for Your Eyes: It's Never Too Early**. An eye care specialist will discuss taking care of your eyes, including dealing with dry eye and preventing/coping with macular degeneration. Lifestyle factors and new treatments will be covered. Registration required. Toronto Public Library. Don Mills Branch. 888 Lawrence Ave. East. Call 416-395-5710. FREE

Writers/Books

March 20 Deadline. CALL FOR SUBMISSIONS. **NISA's 7th Annual BrainStorm Poetry Contest**. If you are a writer who has experienced mental health difficulties or mental illness, you are eligible to enter our poetry contest. All subjects are acceptable. We want to showcase the talent and creativity of mental health consumers, so choose your best work. The writers of the top three poems will be awarded monetary prizes of \$250, \$150 and \$75, respectively, and their poems will be published in the Spring 2009 edition of [Open Minds Quarterly](http://nisa.on.ca/index.php?option=com_content&task=view&id=341&Itemid=1) magazine. Poems meriting honorable mentions will be published in a later issue. Visit http://nisa.on.ca/index.php?option=com_content&task=view&id=341&Itemid=1. \$10.00 entry fee for up to 3 poems.

February 26 at 1:30 – 2:30 pm. **Gail Nyoka**, novelist and playwright, will inspire us with her gift of words and imagination. Toronto Public Library. Barbara Frum Branch. 20 Covington Rd. Call 416-395-5440. (Limit 150 people). Visit torontopubliclibrary.ca/blackhistorymonth. FREE

February 25 and March 25 at 2 pm. **Adult Book Club**. Participants meet monthly to discuss selected books. Toronto Public Library. Cliffcrest Branch. Cliffcrest Plaza. 3017 Kingston Rd. Register in person or call 416-396-8916. FREE