

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 (CSRU)
of the Centre for Addiction & Mental Health (CAMH)*

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Centre News

About 50 people attended our recent C/S Information Session on ODSP. Many brought pen and paper, which was a good thing because there was a lot of information. Barbara Marwood and Mara Ingus from Ontario Disability Support Program and Ida Maccarone and Anita Persaud from CAMH's Income Maintenance Office provided an in-depth overview of ODSP benefits, how employment affects ODSP benefits, the new disability savings plan, institutional and discharge entitlements, and more. They paid special attention to what happens when an ODSP recipient turns 65. They covered many details that may not be widely known, or that are a source of some confusion, including various special benefits and how decisions concerning individual cases are made. The strong attendance and the volume of questions from the audience point to a need among low-income consumer/survivors as well as mental health workers for more information on how to navigate the social assistance system. A good understanding of ODSP and OW makes it possible for low-income consumer/survivors to steer a course through social assistance programs with confidence rather than apprehension.



Barbara Marwood & Mara Ingus (Ontario Disability Support Program),
Ida Maccarone and Anita Persaud (CAMH's Income Maintenance Office).



Anita Persaud takes questions from the audience.

Newsbyte

Social Assistance Recipients Experience Poorer Health than the Non-poor. *Sick and Tired: The Compromised Health of Social Assistance Recipients and the Working Poor in Ontario*, a report produced by the Social Planning Council, with the University of Toronto and the Wellesley Institute, was released February 9, 2009. The report, which examines health and income data from more than 24,000 working-age Ontarians, reveals that people receiving social assistance have worse health than the non-poor. People receiving social assistance have more diabetes, heart disease, chronic bronchitis, arthritis, rheumatism, mental health and other health problems. SA recipients attempt suicide 10 times more than the non-poor and 1 in 10 had contemplated suicide the year leading up to the study. The working poor experience poorer health than the non-poor too, with more diabetes, heart disease, chronic bronchitis, migraines and other health problems. Recommendations to the provincial and federal governments include an independent review of OW and ODSP; a national poverty reduction strategy; restoring EI as a universal social program; ensuring equitable access to health care across income and poverty status and taking action to bring Canada in line with its commitment to international treaties on the human right to food. (Source: Backgrounder - *Sick and Tired: The Essentials*.)

<http://socialplanningtoronto.org/wp-content/uploads/2009/02/sick-and-tired-backgrounder.pdf>). For more information contact Christopher Wulff at 647-654-3160 or chris@socialplanningtoronto.org.

Yak & Snack

Join us for the next Yak & Snack on Friday, March 13 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. The room is still to be determined so please give us a call for details. Snacks will be provided.

Wish List

Subscribers have requested a birdcage, toaster, air purifier, food processor, warm mist humidifier, kettle, a serger and laptop computer.

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://www.housingconnections.ca/>

Housing Connections helps people apply to the central waiting list for rent-geared-to-income housing in Toronto (rent is pegged at about 30 percent of income). This includes rent-geared-to-income units as well as rent supplement and housing allowance units in cooperatives, private non-profits, supportive housing, Toronto Community Housing buildings and private market buildings. You may apply on-line. The site also contains answers to frequently asked questions. Note: Housing Connections is **not** a landlord.

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.

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Job Postings

Psychiatric Survivors' Archives, Toronto seeks a Research Assistant

Interested in organizing a catalogue of historical documents? Then the Psychiatric Survivors' Archives, Toronto has a job for you!

The Psychiatric Survivors' Archives, Toronto (PSAT) is looking to hire an unemployed psychiatric survivor for a four-month contract from May to August 2009 to compile a guide to holdings for our archives. The research assistant should have computer skills and be able to transfer information to a computer data system for organizational and retrieval purposes. The work hours will be flexible and under the supervision of a trained archivist.

Along with organizational skills and the ability to take instruction in archival principles, the successful candidate will be handling rare, fragile material and will work in a small, enclosed space in a basement.

The outcome of the project will be to comprehensively describe on paper and our website PSAT's historical documentary collection.

If enthusiastic about this opportunity please contact Mel Starkman at meliqstarkman@yahoo.ca.

Applicant should write in 250 words or less why you are interested in this position to

Psychiatric Survivors' Archives, Toronto
280 Parliament Street
Toronto, Ontario M5A 3A4

on or before the **March 23, 2009 closing date.**

PSAT thanks the Reva Gerstein Legacy Fund for funding this employment opportunity.

The Salvation Army, Hope Shelter (Toronto) seeks a Counselor/Life-skills Coach

Application Deadline: 3/13/2009

This is a full time position.

\$18.46/hour

Years Experience: 3 years working experience with population

Objectives: • To provide supportive counseling and case-management services to a maximum of forty (40) male residents of The Salvation Army HOPE Shelter. These individuals have been identified as chronic shelter residents; the majority suffering from chronic mental illness and/or addictions • To develop, organize and implement a life-skills program for the above clientele, as well as the general shelter population.

Listed Qualifications Include (but are not limited to): - Training and Experience in Case-Management - Certificate in Life-Skills Coach Counseling - Experience in operating groups for target population(s) - Thorough understanding of homelessness issues and available resources - Minimum of three (3) years working experience with Homeless and Mentally ill populations.

For complete job posting visit <http://www.charityvillage.com/applicant/jobs.asp>.

Contact by Email: employment@hopeshelter.org

Note: This job is posted on Charity Village.

The Self-Help Resource Centre (OSHNET) seeks a Resource Coordinator

This is a permanent, part-time position, 0.4 F.T.E. reporting to the Executive Director. Only those being considered will be contacted.

Purpose: To plan, implement, disseminate, evaluate and produce resources needed for effective delivery of services.

Listed Qualifications Include (but are not limited to): Relevant Post Secondary education; knowledge and understanding of self-help/mutual aid strategies and health promotion; experience in resource production, editing,

collation and coordination; resource coordination experience in the social service or health sector; high level of computer skills including Windows-related software (experience with Publisher or other desktop applications an asset), internet, list serve and e-mail proficiency; excellent written and verbal communications skills; ability to work independently with little supervision; willing to learn and accept new challenges; ability to manage multiple priorities in a busy, small office environment. Must be a team player. French or a second language an asset.

Application Deadline: April 3, 2009

To view the complete job posting visit www.selfhelp.on.ca.

OSHNET will hire before deadline if a suitable candidate is found.

ANNOUNCEMENTS

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

ARCH Disability Law Centre Call for Participants

Are you a person with a disability living in Ontario who has comments and questions about getting legal help and services?

Description

ARCH Disability Law Centre is doing a yearlong needs assessment to understand the legal needs of people with disabilities. The information gathered will be used to improve the services and programs at ARCH and help others in the legal system to make their services more accessible to people with disabilities.

Participants Needed

If you are 18 or over, and are a person with a disability living in Ontario, we encourage you to participate in a survey, focus group or interview.

Contact

If you are interested in participating, or want more information about the project, please call Jenny Clement, Community Legal Worker, at ARCH Disability Law Centre at 416-482-8255 x 223 or email clementj@lao.on.ca.

Accommodations

Upon request, all efforts will be made to meet your individual needs.

Don't miss this opportunity to make your opinion count!

A Mental Health Strategy for Canada: MHCC Online Consultation

The Mental Health Commission of Canada invites you to contribute to the development of a mental health strategy for Canada.

Canada is the only G8 country without a mental health strategy. The Mental Health Commission of Canada has been given the responsibility to work with Canadians to address this gap.

An important part of this process is for the Commission to hear from as many individual Canadians as possible that have been affected by or are interested in mental health issues. The Commission is also committed to engaging with organisations or groups who are active in the area of mental health, mental illness and addiction.

With this in mind, the Commission has launched an extensive online consultation process to allow you, or your group or organization, to learn about and provide input on this very important topic. For more information and to contribute to the development of a mental health strategy for Canada visit www.mentalhealthcommission.ca/strategy.

Are You Living with Diabetes?

The Toronto Central Local Health Integration Network invites you to attend a FREE presentation to learn and share your experiences about diabetes care in Toronto.

Expert speakers include Dr. Ian Blumer, Diabetes Specialist; Ram Krishna, Regional Chair of the Canadian Diabetes Association and Dr. Tara Kiran, Staff Physician at Regent Park Community Health Centre.

Highlights will include tips and tools on staying healthy, interactive booths & displays, prizes and gift bags and a healthy breakfast and lunch.

Tuesday, March 10 from 9 am – 1:30 pm. 2nd Floor, 89 Chestnut Street (East of St. Patrick subway; South of Dundas St. East).

Register Online at <http://www.healthnexus.ca/events/LHIN/registration.html> or call Cola at 416-921-7453 x 252.

St. Christopher House Financial Advocacy & Problem Solving Program Free Income Tax Clinics March and April 2009 EFILE Available

Call **ONE** of these locations:

- Parkdale Intercultural Association Call Kim at 416-536-4420 x 21.
- Parkdale Community Health Centre. Leave message on voice mail at 416-537-2455 x 242.
- Queen West Community Health Centre. Leave message on voice mail at 416-760-2205.
- St. Christopher House. Call reception at 416-848-7980.

To qualify, your income must be less than \$25,000 if you are single and \$30,000 if you are a couple or single parent with 1 child under 18 years (add \$2,000 for each additional child).

You must bring income slips (wages, social assistance, ODSP, pension, EI, etc.); proof of rent and landlord's name; expense receipts (donations, tuition, medical, child-care, TTC passes, etc.) and your own interpreter if needed.

The 1st Annual Tanis Doe Award for Canadian Disability Study and Culture

President Marcy Epstein of the Canadian Disability Studies Association-Association Canadienne des Études sur l'Incapacité (CDSA-ACEI) is pleased to announce the inauguration of the annual Tanis Doe Award for Canadian Disability Study and Culture, which will be awarded at the CDSA-ACEI annual meeting in Ottawa, Ontario, this upcoming May.

Named for the activist and professor Tanis Doe, who died in 2007, this award honours an individual who dares to "speak the unspeakable" in advancing the study and culture of disability, and who has enriched the lives of Canadians with disabilities, through research, teaching, or activism.

Letters of Nomination should be sent as an email attachment in MS Word format to cdfa.acei@gmail.com.

Deadline for nominations is Tuesday, March 10, 2009.

The winner of the 2009 Tanis Doe Award will be acknowledged at the 2009 CDSA-ACEI conference and will receive a commemorative plaque plus \$100 (Canadian dollars).

Any individual can submit a nomination, but an individual may only submit one nomination in any award-cycle year.

Queen West Community Health Centre ID Clinic OHIP Kiosk – for people who are homeless

Queen West Community Health Centre
168 Bathurst Street (Queen & Bathurst)

As of January 2009 our ID clinic dates are changing. The new dates will be the 2nd Monday of every month from 10 am – 1:30 pm. March 9, 2009 is the date of the next clinic. Note: There may be a long wait and we appreciate your patience. For more information please contact Judy at 416-703-8482 x 114.

For folks living in the Parkdale and North Riverdale areas of Toronto... A University of Toronto Family Food Study

Are you interested in sharing your thoughts on food in exchange for over \$100 in grocery and other gift certificates?
We are looking for people who:

1. Live in **South Parkdale** (between Queen and the lake, between Atlantic and the lake) or **North Riverdale** (South of the Danforth, North of Gerrard, West of Pape, East of the Don Valley) and have lived there for 2+ years.
2. Live in a family with **both a teenager and one adult** who can participate.
3. Can devote 3-4 hours of their time to be interviewed and take a few food photos.

We're offering \$120 in gift certificates as compensation for your time.

All of your information will be kept absolutely confidential.

Please note that **only** individuals living in South Parkdale or North Riverdale are eligible for the study.

For more information on how to participate, email familyfoodstudy@gmail.com or call 416-946-5911.

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

Free and Low-Cost Events for March 1 - March 15

Art/Exhibits

Feb 18 - March 14. Wednesday - Saturday from 12 – 6 pm. **Secret Identity**. Presented by [Ontario College of Art and Design](#). Jewelry design students from across Canada reveal their "secret identities" at an upcoming exhibition at the Ontario College of Art & Design (OCAD) Student Gallery. Secret Identity brings together students from jewellery and metalsmithing programs across the country, including George Brown College (Toronto), Georgian College (Barrie, Ontario), New Brunswick College of Craft & Design (Fredericton), Nunavut Arctic College (Iqaluit), NSCAD University (Halifax) and OCAD, to reveal their hidden selves through courageously intimate works in metal and jewellery. "The work by these students demonstrates unlimited creativity and innovation," says organizer Robert Mitchell, an associate professor in OCAD's Material Art & Design program. "We're delighted to have so many design colleges and universities from around the country participating." The designs presented in Secret Identity are some of the best in the country, showcasing Canada's emerging talent in jewellery design. OCAD Gallery. 285 Dundas Street West. 1st Floor. Visit www.ocad.ca. FREE

January 22 - March 8. **Iris Häussler**. "Shoppers who'd rather not think about where their stuff comes from will find multidisciplinary artist Iris Häussler's new installation, *Honest Threads*, a mite challenging. Häussler has gathered a bunch of garments from Torontonians—ones with personal resonance for their owners—and will be lending them out for discrete periods of time. In a potent move, Häussler situates her project as a faux boutique in Honest Ed's and is commissioning members of the city's immigrant populations—many of whom rely on the store's inexpensive merchandise—to be her lenders, and to tell their stories in the boutique through text and photos. Artwork not for sale. Presented by Koffler Gallery.—*David Balzer*". Honest Ed's. 581 Bloor St. West (at Bathurst). Call 416-636-1880 or visit <http://www.kofflerarts.org> or visit <http://honesteds.sites.toronto.com/>. FREE



February 26 – March 4 from 11 am – 7 pm. **On Thin Ice**. Presented by: Wildland's League. A multi-media installation featuring Ontario's Polar Bears. Polar bears are majestic symbols of arctic wilderness and innocent victims of the impact of climate change. Ontario is in a unique position, sitting on 22.6 million ha of Peatlands in the Northern Boreal Forest, which has the potential of releasing 23.5 billion tonnes of carbon into the earth's atmosphere should this land be opened for development. *On*

Thin Ice, featuring images of Ontario's Polar Bears taken by photographer Robert R. Taylor, is an informative and interactive presentation which allows people of all ages to learn more about what we can do to help stave off the worst impacts of climate change and help save Ontario's Polar bears. We will be showcasing the poster work regarding this theme from some of Sheridan College's emerging student artists. Hotshot Gallery. 181 Augusta Ave. Call 416-979-7574 or visit www.hotshotkensington.com. FREE

Festival/Celebration

March 7 and March 8 from noon – 5 pm. **JCCC Annual Haru Matsuri (Spring Festival) 2009.** Presented by Japanese Canadian Cultural Centre. Spring is to arrive early at the Japanese Canadian Cultural Centre! The theme of this year's festival is the kimono and will include beautiful exhibits and demonstrations on how to put on a traditional Japanese kimono, as well as activities and entertainment for the whole family. Japanese Canadian Cultural Centre. 6 Garamond Court. (northeast of Ontario Science Centre). Don Mills and Eglinton. Admission Fees: Adults: \$5 Youths: \$2 Seniors: \$2 Family Pack: \$12 (2 adults/2 children). For more information call 416-441-2345 or email jccc@jccc.on.ca or visit <http://www.jccc.on.ca>. Open to the public.

March 15 at noon. **Annual Toronto St. Patrick's Day Parade.** Presented by St. Patrick's Parade Society of Toronto (SPPS). This parade is known as one of the largest St. Patrick's Parades in the world. Starts at St George and Bloor St. near the old U of T Varsity Stadium and continues along Bloor Street down Yonge and finishes on Queen Street at Nathan Philips Square. The parade is expected to take approximately 1-1/2 hours to pass any given point. For more information call 416-487-1566 or visit <http://www.topatrick.com/>. FREE

Film/Movies

Ongoing. Mondays & Tuesdays from 1 – 7 pm. Wednesday to Saturday from 10 – 10 pm. Sunday from noon – 5 pm. **NFB – Mediatheque.** View films from the National Film Board's collection at the personal viewing stations. NFB, Mediatheque, 150 John St. Call 416 973-3012 or visit www.nfb.ca. FREE

Friday, March 6 at 6 pm. **Anastasia** (1997). 95 minutes. Rated F. Friday Night at the Movies! Toronto Public Library. Auditorium. Parkdale Branch. 1303 Queen St. West. Call 416-393-7686 or visit www.torontopubliclibrary.ca. FREE

Friday, March 6 to Sunday, March 8. First-Run Documentary: **Who Does She Think She Is?** This new film about the lives of women artists will have its Toronto premiere at the Revue. Director Pamela Tanner Boll and artist Janis Wunderlich, who is featured in the film, will join local artists in a panel following the screenings. Director Boll enters the worlds of five women, aged 27 to 65, and records how they grapple with the challenges of parenting, being mates, creating art and surviving economically in a world where art is a commodity, and women's art is undervalued. She and co-director Nancy Kennedy, editor of the Sundance winners *Why We Fight*, *Thank You and Goodnight* and *Riding the Rails*, have created a complex and searingly honest portrait of the challenges the women face, placing their individual stories in the context of women's self-expression in visual arts and music through the ages. Revue Cinema. 400 Roncesvalles Avenue (three blocks south of the intersection of Bloor and Dundas Street West.) For information about the film, visit <http://www.whodoesshethinksheis.net/>).

Members: \$6.50. Non-Members: \$12.50 (includes a 6-month membership, meaning all further tickets are just \$6.50). Children: \$5. Seniors: \$5.

Sunday matinees are \$5 for everyone, no membership required.

Lectures/Symposiums

March 10 from 7 – 9 pm. **2009 Phyllis Clarke Memorial Lecture.** The 2009 Phyllis Clarke Memorial lecture marks the 20th anniversary of this event. This year's speaker is Leo Panitch, Canada Research Chair in Political Economy. The focus of his comments will be on what Marxism has to contribute to our

immediate understanding of the deepening crisis now confronting the global economy. This event will be taped by TVO for later broadcast as part of their "Ideas" series. The Phyllis Clarke Lectures are co-sponsored by the Dept. of Politics at Ryerson University and CUPE Locals 233, 1281 and 3904. POD 250 Jorgenson Hall, Ryerson University. Gerrard St. East at Victoria - Second floor. Email Bryan Evans at b1evans@ryerson.ca or visit <http://www.rabble.ca/whatsup/2009-phyllis-clarke-memorial-lecture>. FREE

March 6 from 10 – 4 pm. **Strong Immigrant Women, Strong Canada Symposium.** The ACSDC's International Women's Day symposium underscores the importance of integrating immigrant women into the labour force as part of ensuring a stronger Canada. Guest speakers at this year's event will highlight the achievements of African immigrant women in Canada and reflect on the health, employment and poverty challenges faced by African Canadian women. The event will bring together women from diverse backgrounds and provide an opportunity to share experiences and exchange ideas. African Canadian Social Development Council. 215 Spadina Avenue. Suite 127. Call Lilian Ndangam at 416-658-5100.

March 5 from 7:30 – 9:30 pm. **Beauty (Mis)Represented: What's the matter with airbrushing advertisements?** Is photo-manipulation in advertising benign and irrelevant, or damaging and indefensible? Join Media Action Média in its first public discussion, featuring: Shari Graydon (Media Action Média); Stacey May Fowles (Shameless Magazine); Tonika Morgan (Medina Collective); Ivan Pols (Ogilvy & Mather). In Partnership with The Centre for Women's Studies in Education and Shameless Magazine. Ontario Institute for Studies in Education. 353 Bloor St. Room 5-280. Email Nicole at info@media-action-media.com. FREE and wheelchair accessible.

March 5 at 6:45 pm. **Dr. Marie Battiste: Indigenous Knowledge: Roots and Routes to Learning.** Presented by Ontario College of Art and Design. Dr. Marie Battiste, a Mi'kmaq educator from Potlo'tek First Nations of Unama'kik, Nova Scotia, has worked actively with First Nations schools and communities. Dr. Marie Battiste has worked as an administrator, teacher, consultant, and curriculum developer, advancing Aboriginal epistemology, languages, pedagogy, and research. She is Professor and Director of the Aboriginal Education Research Centre (AERC) at the University of Saskatchewan and Co-director of the Aboriginal Learning Knowledge Centre, a national project of the Canadian Council on Learning. "Indigenous knowledge is part of the collective genius of humanity," says Battiste. "Despite the long and sustained use of Indigenous Knowledge around the world, little is understood about it, because Eurocentric foundations of knowing have dominated education in what I have called 'cognitive imperialism.'" According to Battiste, indigenous peoples now comprise about 5% of the world's population (370 million), embody 80% of the world's cultural diversity, occupy 20% of the world's land surface and know and nurture 80% of the world's biodiversity. Their accumulated experience, wisdom and knowledge represent over 5000 languages and cultures contained in more than 70 nation-states. Battiste's presentation will offer a foundation for understanding what indigenous knowledge is, what processes for learning are critical to its continued use, and how it can be respectfully brought into learning environments in indigenous communities and beyond. Ontario College of Art and Design, 100 McCaul Street. Call 416-977-6000 or visit www.ocad.ca. FREE

Music

March 1 at 8:30 pm. Toronto Mass Choir. **Power-Up Concert.** Toronto International Celebration Church. 190 Railside Rd. Call 905-794-1139. Freewill offering

Recreation

Thursdays at 1 pm. Anishnawbe Health Toronto's Enaadamged Kwe Program offers **Yoga**. "Our mission is to improve the health and well being of Aboriginal People in spirit, mind, emotion and body by providing Traditional Healing within an intradisciplinary health care model." 179 Gerrard St. East. Call to register. Space is limited. Call 416-920-2605 x 270 or visit <http://aht.ca/files/Yoga%20flyer.pdf>. FREE

Ongoing subject to weather conditions. Toronto's Winter City Festival. **Tim Hortons Ice Breakers.** Grab your skates and head over to Toronto's famous outdoor skating rink at Nathan Phillips Square for these

rink-side activities. Skate rentals and indoor change rooms are available to visitors. Please note that all children under age 6 need a CSA approved helmet before going on the ice. Nathan Phillips Square. 100 Queen Street West. Call Rink Hotline 416-338-RINK (7465). FREE

March 7 from 1:30 - 4 pm. **SUMO Robot Challenge 2009**. Presented by Ontario College of Art and Design. One of the most anticipated annual events at OCAD, the SUMO Robot Challenge features homemade robots in competitions ranging from tug of war, dancer/painter, autonomous, and full out, head to head combat!

Long before the proliferation of robot wars and other similar robotic events that are commonplace today, the SUMO Robot Challenge has invited OCAD artists, designers, local high school students and the general public to compete against each other in competitions that push the limits of their imaginations, electronic, mechanical and fabrication skills. Begun in 1992, the SUMO Robot Challenge is an adrenalin-packed event that is not to be missed!

All proceeds raised go towards scholarships for OCAD students. Ontario College of Art and Design, 100 McCaul Street. For more information call 416-977-6000 or visit <http://www.ocad.ca>. \$5.00

Ongoing. Mondays from 12:30 – 1:30 pm. **Learn to Meditate Mondays**. Get Into Your Right Mind. Live life abundantly by starting the week off on the right foot with a profoundly grounding & relaxing half-hour walking & sitting meditation using mantra, movement & awareness. A simple & effective tool to manage life's stresses that everyone can practice. Drop-In. Ralph Thornton Centre. 765 Queen St. East. Call Marlene Kennedy – Certified Rubenfeld Synergist at 416-406-0054 or visit www.YourBodyTellsTheTruth.ca. FREE

Ongoing. **Toronto Field Naturalists (Since 1923)**

- March 1 at 2:30 pm. Lecture – Your home and native garden: Creating beautiful natural spaces in the places where we live work and play. 1519 - 2 Carlton Street.
- March 4 at 10 am. PORT UNION WATERFRONT TRAIL – Nature and Birds. Approx. 3 hours.
- March 7 at 10:30 am. ALLAN GARDENS - LAUNCH OF THE WRITING GROUP – Nature Arts.
- March 10. HUMBER BAY PARK EAST – Birds
- March 14 at 10:00 am. COLONEL SAMUEL SMITH PARK – Birds
- March 15. SPRING CREEK - HIGH PARK – Lost Rivers
- March 17. ASHBRIDGE'S BAY – Birds
- March 21. HIGH PARK – Nature Walk
- March 24. TORONTO ISLANDS – Birds
- March 28. LESLIE STREET SPIT – Birds

Annual Membership Fees: \$40 Single \$30 Senior Single \$30 Student \$50 Family (2 adults - same address, children included) \$40 Senior family (2 adults 65+)

Membership includes eight issues a year of the Toronto Field Naturalist newsletter, over a hundred guided walks per year, and eight informative lectures a year. New members may join at any time. For more information or to become a member call 416-593-2565 or email office@torontofieldnaturalists.org.

Workshops

Saturday, March 14 from 2 - 3:30 pm. **Women's Health and Acupuncture**. An information session on the uses of acupuncture in women's health. Acupuncture focuses on underlying causes of illness and uses a holistic approach to wellness. Unless otherwise indicated, all programs are free. Tokens are provided for women who otherwise would not be able to attend the workshops and groups. Childminding may be available with advance notice. We regret that some programs may not be wheelchair accessible. The North York Women's Centre. 201 Caribou Road. To register call the NYWC at 416-781-0479 or email info@nywc.org. FREE

Writers/Books



March 3 at 7 pm. **The eh List Author Series: Lee Gowan**. Presented by Toronto Public Library. Lee Gowan reads from *Confession*, a "searingly powerful novel that portrays how one fateful, brutal day in the life of a young prairie man reverberates far beyond imagining — a

brilliant portrayal of the struggle between fate and faith." Toronto Public Library. Walter Stewart Branch. 170 Memorial Park Avenue. Email media@torontopubliclibrary.ca or visit www.torontopubliclibrary.ca. FREE

March 17 from 7 – 10 pm. CANADIAN WRITERS IN PERSON. A Series of Free Public Readings. **Debra Anderson's Code White** (McGilligan Books, 2005). Here is a blurb about the book from her website: "Alex wakes up in a psychiatric ward covered in mud, with no memory of how she got there. Detailing her life after a sudden manic episode, Alex reports the often hilariously bizarre details of her days while trapped on the inside. Stubbornly insisting on control, Alex scopes her ward-mates, skirmishes with the staff for information on her treatment, and stays true to her high-femme identity. Alex is a witty, neurotic narrator, negotiating dyke drama on both sides of the locked doors, and seducing characters and readers with the machinations of her lively, complex mind." York University. Accolade West Building. Room 109. Call Professor Gail Vanstone at 416-736-2100 x33957 or email stars@atkinson.yorku.ca or visit <http://www.atkinson.yorku.ca/cdnwriters>. FREE and open to the public.

Literature for Our Time Speaker Series – An Hour of Talk and Conversation. Sponsored by the Department of English at the University of Toronto, Victoria University, and the Canada Council for the Arts. Bader Theatre. Victoria University. 93 Charles Street West.

- March 6 from 3 – 4 pm. **Karen Solie, Modern and Normal** (Brick, 2005). Solie has been described in the Globe and Mail as "one of the best poets of her generation." FREE
- March 20 from 3 – 4 pm. **Sam Lipsyte** is the former frontman for the noise-rock band Dungbeetle and the current Director of Undergraduate Creative Writing at Columbia University. Our featured work is Lipsyte's wickedly funny, wickedly smart second novel **Home Land** (Picador, 2004), a New York Times Notable Book and winner of the first annual Believer Book Award. A taste: "Some nights I picture myself naked, covered in napalm, running down the street. But then it's not napalm. It's apple butter. And it's not a street. It's my mother."

All are welcome. Visit <http://individual.utoronto.ca/nickmount/readingscurrent.htm>. FREE

Noteworthy Dates for the Month of March 2009

March 1. **Ash Wednesday.** The first day of Lent for Western Christian churches.

March 8. **International Women's Day.** The United Nations began observing this day on March 8, 1975, during international Women's Year.

March 14. **Sikh New Year's Day.** Beginning of the year 537 of the Nanakshahi Era in the Sikh faith.

March 14. **Holi (Hindu).** A joyous festival in the Hindu faith, dedicated to Krishna or Kama.

March 21. **International Day for Elimination of Racial Discrimination.** Proclaimed by the United Nations in 1966.

March 21. **Zoroastrianism's Now Ruz.** New Year's Day in the Fasli calendar. Celebrates the renewal of the world and creation of fire, which is symbolic of Asha or righteousness.

March 21. **Spring Equinox/Solstice.** Signifies the beginning of spring. In many Aboriginal communities across Canada, Solstice is an acknowledgement and celebration of Turtle Island (North America) changing seasons.

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