

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)*

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The Taiwanese Delegation

By Helen Hook

Six people came to visit Canada and learn more about how we do things here, especially in regards to business and csi's (consumer/survivor initiatives). In the time they were in Toronto, they must have visited dozens of places. Three were Consumer/Survivors and three weren't. That's not counting the baby and the spouse who accompanied them everywhere.

It was great fun to entertain them, even if I wasn't really who they came to see. They were at 1001 Queen St to hear from Diana Capponi about CAMH's Employment Works! Program and getting us crazies working. I tagged along to tell them all about the Info Centre and Linda Chamberlain told them all about CAMH's peer support initiative. Also along were two students from the Work and Career Counselling Program at George Brown College who are doing their placements at the hospital. We saw them all again on Saturday, at the Bed Push at the Mad Pride festivities.



They have a pretty big farm in Taiwan. It's organic and they sell organic produce and herbs in a store they have. As far as they know, it's the only CSI in Taiwan. They frequently get asked why they don't start a café or a restaurant, like our Out of This World Café or Raging Spoon.

One of the great things about meeting people from other places is the sense of community you get that's bigger even than the feelings you get from attending Mad Pride. We really are everywhere. We're moving in the same directions everywhere. We want the same things

everywhere: a home - a real home, that's safe, secure, affordable, bug-free, decent looking and ours; a job - that's safe, secure, pays us real wages, not token stipends, that challenges us and uses our talents, that we have some control over, that will give us some accommodation if we need it, yet recognizes that we don't ask for special lower standards; and a friend - someone or more than one person who we can relate to, who will accept us as we are and not judge us, who we can be mutual supports for and with.

I had a lot of fun meeting these wonderful people and I felt a real sense of community with them, even though we all had so much to say that their translator had to work really hard for most of the time we were together. HH

Newsbytes

Denial of ODSP for “addiction only” applications ruled discriminatory. In a recent Ontario Divisional Court decision (Director v. Werbeski and Tranchemontagne), the denial of ODSP to people whose only condition is addiction was found to be discriminatory and contrary to the Ontario Human Rights Code. This decision has important ramifications for those who have been denied benefits in the past, have appealed a denial to the Social Benefits Tribunal, or have been discouraged from applying. Addictions cases currently scheduled to be heard are postponed while the Disability Adjudication Unit develops criteria for deciding on cases. ARCH urges those involved in an appeal to contact their local community legal office and suggests it may be wise to “make sure that you have provided enough evidence to both the SBT and the Disability Adjudication Unit (DAU) to show that the addiction is a substantial one that has lasted more than one year and has a substantial impact on your ability to take care of yourself or function in the community or function in the workforce”. You may want to apply now if you have not done so in the past. It is not yet known how the decision will affect those who have been denied benefits in the past. (“New ODSP Practice for Persons with Addictions”, by Dianne Wintermute, Staff Lawyer, ARCH Disability Law Centre, ARCH Alert, July 22, 2009). Visit http://www.cleonet.ca/instance.php?instance_id=4233 to read the article.

Sharp Rise in U.S. spending on mental health. The US Department of Health and Human Services reports that the cost of treating mental health in the U.S. rose from \$35 billion in 1996 to \$58 billion in 2006. The number seeking treatment for mental health problems went from 19 million to 36 million. Antidepressant use almost doubled between 1996 and 2005. Spending on mental illness is rising faster than any other health care category and across all demographic groups. “U.S. Spending on Mental Health Care Soaring - Rate of increase now outstrips that for heart disease, cancer, data shows”. HealthDay News By E.J. Mundell, Wednesday, August 5, 2009. Visit http://www.nlm.nih.gov/medlineplus/news/fullstory_87788.html to read the article.

Wait time for seeing psychiatrist exceeds guidelines. The June 2009 Wait Time Alliance Report Card, *Unfinished business – Report Card on Wait Times in Canada* reports that the “overall median wait time to see a psychiatrist for major depression is 5.7 weeks”. This is almost 2 weeks longer than the guideline set by Canadian Psychiatric Association. The report notes that a higher percentage of psychiatrists (37%) than physicians (23%) report they often refuse referrals. Visit http://www.waittimealliance.ca/June2009/Report-card-June2009_e.pdf to view report.

Antipsychotic drugs pose risk for diabetic seniors. A study by Women's College Research Institute of 13,817 diabetic seniors in Ontario treated with antipsychotics between April 1, 2002 and March 31, 2009 reveals that seniors with diabetes who take the antipsychotics are 50% more likely to be hospitalized for hyperglycemia. Principle researcher of the study, Dr. Lorraine Lipscombe, concludes that alternatives to antipsychotic drugs should be considered for this group. The study is published in the July 27 issue of *Archives of Internal Medicine*. (“Antipsychotic Drugs Have Significant Risks for Seniors with Diabetes”, July 2009. “Women's College Research Institute.”). Visit http://www.womensresearch.ca/news/news/antipsychotics_diabetes.php to read the article.

Scientists investigating gene defect as cause of epileptic seizures. A University of Leeds study has proven that something wrong with a gene called ATP1A3 causes seizure in mice. A defect in this gene produced an imbalance of sodium and potassium that scientists believe is a cause of epileptic seizures. Mice with an inherited form of severe epilepsy were found to have this gene. The offspring of effected mice mated with mice that have an extra copy of the non-defective version of the gene do not have epilepsy. Mouse and human versions of the gene are very closely matched. The discovery has led to investigation of whether the ATP1A3 gene is involved in human seizure disorders. (“Scientists Find Way to Stop Epilepsy in Mice - Blocking bad gene kept disease from being passed to offspring”, Medline Plus. HealthDay By Robert Preidt, Tuesday, August 4, 2009. SOURCE: University of Leeds, news release, Aug. 3, 2009. Visit http://www.nlm.nih.gov/medlineplus/news/fullstory_87725.html to read the article.

Sustained-release atypical antipsychotic approved by U.S. FDA. A long acting version of a drug used in the treatment of schizophrenia has been approved by the U.S. FDA. Invega sustenna (paliperidone palmitate) is a once-monthly injectable atypical antipsychotic produced by Janssen, a division of Ortho-McNeil-Janssen Pharmaceuticals. (“Sustained-Release Antipsychotic Approved for Schizophrenia - Invega Sustenna injected once monthly”. Medline Plus, HealthDay News, By Scott Roberts, Monday, August 3, 2009.) Visit http://www.nlm.nih.gov/medlineplus/news/fullstory_87673.html to read the article.

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The Night I Wore Winter Boots to Bed

By Arlene Kearn

Some of us have been through the shelter system in Toronto. Maybe we were there for a short time, perhaps even for a longer period of time. We were there not because it was our first choice, but because it was a last resort.

One winter several decades ago I found myself at the door of a shelter. Circumstances had forced me to seek temporary shelter. It was cold outdoors; I felt I would die if I slept on a park bench in freezing cold weather.

Several months prior to my shelter stay I had been deemed by the Children's Aid Society (Northwestern Ontario) unable to care for my daughter, then 13, due to an episodic psychiatric disorder. Unemployed at the time, I was not financially equipped to offer my daughter even her basic needs of food and shelter. To complicate matters, I was in the process of separating from my husband, a United Church clergyman. There was no offer of support of any kind, so basically I was on my own.

When I found myself at a Toronto shelter, my thoughts were mainly about my daughter and how much I missed her. The only money I had would, I reasoned, buy a bus ticket to the place where my daughter lived (she was by this time in foster care). It did not matter at the time if I would be able to find the necessary funds to return to Toronto after a visit with my daughter; what was important to me was the chance to see her again. I had been a devoted mother, and I missed her terribly.

At the Toronto shelter I shared a room with several other women. Rather than leave my precious money with shelter staff, I decided to put it in my winter boots which I wore to bed. If that sounds paranoid, I hasten to say it was justified in my case.

As it happened I did purchase a bus ticket and was soon on my little journey. Once in the city where my daughter lived, I was permitted to see her for thirty minutes, supervised.

Suffice it to say it was a gift to be able to visit with her, even though the visit was supervised and lasted only thirty minutes.

I remember having been invited to dinners while I was married to a minister and chatting with officials and other important people in the community on a variety of topics. Now my situation was very different; it had "turned on a dime" as the saying goes. It is going on 32 years since I last saw my daughter.

During that time I gave birth to a son who once remarked, "Nobody could ever replace my Mother!" His testimony is enough for me.



Arlene Kearn

Some readers might wonder if I am bitter or angry. I was, but I am not now. I have learned to forgive those who, I feel, have been unfair to me and to my daughter. In order for me to move forward, I had to forgive.

I no longer sleep in a shelter now. I have my own bed. I do not have to wear winter boots to bed in order to safeguard my assets. My vault is my bank account. When I have sufficient funds I will buy another ticket to see my daughter. This time I will not require a supervised visit, thank you very much.

Wish List

A subscriber has an assortment of books, crockery, wine glasses and some furniture for someone who can pick the items up. We are pleased to report that the bikes have gone to good homes. We have received a request for a VCR to replace the one a subscriber obtained through the Wish List several years ago and that has finally wore out.

The Woodgreen Community Centre has produced an excellent resource manual on dealing with bedbugs. It is a 52 page document. Go to their website and click on The Bedbug Resource Manual link to read it online or download it for free. Note: We've printed 3 pages of handouts from it and you're welcome to come and get them.

COMMUNITY ANNOUNCEMENTS

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

Dear Subscribers,

Could you please let us know about any upcoming or ongoing mental health and/or addictions-related support groups or workshops that you come across? You are one of our best resources for accessing this information. Thank you!

Opportunity for Advancement Committee & Board Volunteers Needed

Opportunity for Advancement works with women in disadvantaged life situations. While poverty is an issue for almost all of the women with whom we work, other factors create additional barriers to well-being & equal participation in society.

We have been leaders in the development of feminist group work models that address personal issues within a broader social context. Our approach recognizes both the strengths of individuals and the support that comes from the group process. Our programs enable participants to build self-esteem, reduce social isolation, explore the roots of problem situations, learn and share information and skills, and set new goals for themselves.

We are presently interviewing volunteers for positions on the board and on several OFA committees. If you are a woman and interested in becoming an OFA board/committee member or learning more about OFA, call our office and speak to Joanne Green or visit our website at www.ofacan.com. For more information leave a message at 416-787-1481 x 223.



Ontario Council of Alternative Businesses

Seeks 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. We operate 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. Please respond by August 28.

Patient Built Wall Tour

1001 Queen Street West (Queen and Ossington)
Monday, August 24 and Wednesday, August 26
5 - 7 pm

Everyone is welcome to attend a historical tour of the 19th century patient-built asylum boundary walls located at the present day Centre for Addiction and Mental Health (CAMH).

The purpose of this tour is to remember the contributions of the women and men who lived, worked, and died in the Toronto Insane Asylum, as represented by the boundary walls that they built and which stand as an enduring testament to their abilities. We can use the past to challenge the discrimination experienced today by people who have a psychiatric history.

Meet at 5 pm just outside the FRONT DOORS of CAMH. If you arrive late and the tour has already started, go along the length of the wall to join us. The length of the tour is approximately two hours and is outside so please dress appropriately.

Please note: Since the tour is on the grounds of a mental health facility, in order to respect people's privacy, we will not be going into the buildings. This tour is wheelchair accessible.

You can read about the history of the patient-built wall on the Psychiatric Survivor Archives web site:
<http://www.psychiatricsurvivorarchives.com/wall.html>.

Parkdale Drug Strategy Presents: Change the Label 5 Cents at a Time

Gladstone Hotel
1214 Queen St. West
Saturday, August 29
(10 pm - Closing)



The event will be an all night fundraiser and will be attended by MPP Cheri DiNovo and other activists in Parkdale. The fundraising proceeds will go towards helping fund harm reduction strategies in Parkdale. Together we can find a 'Made in Parkdale' solution to issues of drugs and alcohol in our community! We are asking the Bar, along with local patrons, to donate 5 Cents per drink towards local harm reduction initiatives in Parkdale.

Join us in the launch of The Parkdale Drug Strategy's 5 Cents a Drink Campaign!

For more information about this event please visit
<http://www.gladstonehotel.com/events/show.cfm?id=1989>.

Provincial Conference on Women's Mental Health

Sponsored by Women's Mental Health Program, the University of Toronto, Women's College Hospital, and Centre for Addiction and Mental Health

Please join us for our first provincial conference on women's mental health. The conference will consist of a full day of paper presentations, symposia, poster sessions and a plenary address by Dr. Kimberly Yonkers, Associate Professor at Yale University. Our aim is to share ideas and foster dialogue.

Medical Sciences Building
1 King's College Circle
University of Toronto
Saturday, October 17th, 2009

Learn about the latest research in women's mental health in Ontario.

Registration Fee: \$50 if you register for this one-day conference (lunch included) on or before September 15.

\$20 for students who register on or before September 15.

Contact: Susan O'Rinn, ttpresearch@wchospital.ca, 416-323-6400 x 4185

Register online at <http://www.gifttool.com/registrar>ShowEventDetails?ID=1607&EID=5174>.

Job Posting

Please note that we have a bulletin board at the Centre where we post jobs that we don't receive in time to include in the *Bulletin*. We also regularly post many upcoming employment workshops and training opportunities around the city. It may be worthwhile for jobseekers to drop by periodically and check the board. Please note also that the job postings in the *Bulletin* are abridged versions that include a website address or contact number for accessing the complete posting.

Bellwoods Centres for Community Living Seeks a Scheduler

Date Ad Posted: 7/20/2009

Application Deadline: 9/20/2009

Bellwoods Centres for Community Living Inc. is a charitable, not-for-profit organization providing community and client needs based support services and independent living education programs for people with physical disabilities.

We are currently seeking a highly organized, self-directed individual to fill a fulltime permanent position as a Scheduler for our Outreach Services.

Responsibilities:

The successful candidate will be responsible for ensuring that the appropriate support services are scheduled in accordance with our individual client service agreement commitments. Additional responsibilities include maintaining the scheduling software and related booking availability data in an accurate and timely manner based on the needs of clients and staff.

Qualifications Include:

- completion of post secondary or equivalent education in relevant social service
- administrative or business applications is required
- previous data entry experience along with a good working knowledge of computer software such as, but not limited to, Word & Excel is essential

Submit resume to: Alicia Drzewicki, Human Resource Coordinator, Bellwoods Centres for Community Living Inc. at hr@bellwoodscentres.org.

Applicant should quote Job# CVJuly09.

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

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

Free and Low-Cost Events for August 15 - August 31

Art

Monday to Saturday from July 22 - August 23 at noon - 5 pm. **Noise Ghost**. In the exhibition *Noise Ghost* — named after an Inuit poltergeist — curator Nancy Campbell brings together the lovely, often unsettling works of Toronto artist Shary Boyle and Cape Dorset artist Shuvinai Ashoona through a selection of drawings by both artists, installation work by Boyle, and an excerpt from a documentary on Ashoona by filmmaker Marcia Collins. Justina M. Barnicke Gallery. Hart House. University of Toronto. St. George Campus. 7 Hart House Circle. Call Barbara Fischer at 416-978-8398 or visit www.jmbgallery.ca or www.events.utoronto.ca/index.php?action=singleView&eventid=3948. FREE

Festivals

August 21 – September 7. Grounds are open 10 am – midnight. Buildings are open 10 am – 10 pm. **2009 Canadian National Exhibition**. Call 416-393-6300 (Fun Line) or visit www.theex.com. Tickets are \$5 every Monday, Tuesday, Wednesday and Thursday after 5 pm. Children get in for \$2 after 5 pm on Mondays. The \$5 admission includes entry to Ontario Place. The following events are free with admission:

Bandshell Performances:

August 21: *Spirit of Woodstock* (Canned Heat, Mountain and Johnny Winter) • August 22: *World Classic Rockers* (band members from Steppenwolf, Lynyrd Skynyrd, Santana and Boston) • August 23: *50 Years of Motown* (The Miracles, the original Vandellas and a tribute to Marvin Gaye) • August 27: Petula Clark • September 3: *Matt Dusk - Indie Weekend* • August 28: The Creepshow and The Planet Smashers • August 29: Winter Gloves and Tokyo Police Club • August 30: Shiloh & Faber Drive • September 4: André-Philippe Gagnon • September 5: The Pointer Sisters

New and Old Favourite Events:

- Three Shows Daily at 1 pm, 4 pm and 7:30 pm. **The IAMS SuperDogs Show**. Hall D of the Direct Energy Centre.
- September 5, 6 and 7 from 12:30 pm – 4:30 pm. **Canadian International Air Show**. Waterfront south of the Bandshell.
- 3 pm daily. **World's greatest hypnotist**: Mike Mandel. Variety Stage.
- Daily at 6 pm. Mardi Gras Parade. CNE Grounds.
- Daily. **The Garden Show**. The CNE Garden Show is home to the largest flower and vegetable growing competition in Canada. Heritage Court. Direct Energy Centre.
- Daily. CNE HorseCapades. A delightful and free introduction to horses, the CNE interactive horse program returns for its fifth consecutive year.
- Two Shows Daily at 2 pm and 7 pm. **Aerial Acrobatics and Ice Skating Show**. Ricoh Coliseum Building.
- Two Shows Daily at 2 pm and 7 pm. **Grand Illusion and Escape Artist Show** featuring Ridgeway & Johnson. Variety Stage.
- August 21-22 at Sunset. **Canadian Forces Musical Salute**. Performance of Tchaikovsky's 1812 Overture. Visitors encouraged to wear red in support of our troops. BMO Field.

August 27 from 2 pm – 10 pm, August 28 from noon – 11 pm, August 29 from 11 am – 11 pm, August 30 from 11 am – 8 pm. **The 10th Annual Scotiabank BuskerFest**. Over 40 top street entertainers and buskers from Canada, the United States, Hungary, Sweden, New Zealand, Australia, Japan and England providing an awesome spectacle of jaw-dropping sight, sound and up close and personal entertainment, silent comedy and slapstick, daredevils and magicians, high skill circus acts and a wide variety of music, clowns, contortionists, acrobats, aerialists, puppets and fire shows. The Historic St. Lawrence Market Neighbourhood. Front Street and adjacent side streets from Jarvis to Yonge. Visit <http://www.torontobuskerfest.com>. FREE (voluntary donation to support Epilepsy Toronto appreciated)



August 23 from noon - 4 pm. Todmorden Mills Heritage Museum & Art Centre's **Dog Days of Summer**. Back by popular demand. Todmorden Mills is going to the dogs! Bring your favourite pooch and enjoy an afternoon of doggie fun. Participate in contests and games, learn about canine health and wellness, shop for treats and trinkets, and more. Call 416-396-2819 or visit todmorden@toronto.ca. FREE admission

August 15 - August 16. All day. **Filipinos Making Waves**. The largest annual Filipino mainstream Summer festival in Toronto will once again present its national pride. Hosted by Focus Philippines and Friends Cultural Arts & Music, the festival will feature concerts, an impressive array of talent, visual art exhibits, fun-filled activities, shows, craft and food booths and cultural performances. Expected to draw huge crowds. Yonge Dundas Square. Visit www.ydsquare.ca. FREE

August 21 from 7 pm – 11 pm. August 22 from 2 pm – 11 pm. August 23 from noon - 11 pm. **TD Canada Trust Festival of South Asia**. Takes place on Gerrard Street East between Greenwood and Coxwell. Gerrard street closes at noon on Saturday to midnight on Sunday. Visit www.festivalofsouthasia.com. FREE

August 28 - August 30. **TELUS TAIWANfest: A New Journey at Harbourfront**. Explore the evolving Taiwanese concept of marriage through multicultural and cross-generational perspectives. Taiwan and Canadian artists of Taiwanese heritage are showcased in music, visual arts, culinary arts and fashion events. Harbourfront Centre. 235 Queens Quay West (Lower Simcoe Street & Queens Quay West). Call 416-973-4000 or email info@harbourfrontcentre.com or visit www.harbourfrontcentre.com. FREE

August 22 and August 23 from noon – 8 pm. **Toronto Chinatown Festival 2009** presented by Toronto Chinatown Business Improvement Area. Streets will be closed during the festival hours for you to enjoy multicultural cuisine, music and dance performances, kung-fu shows, product sampling, a street market filled with unique Asian merchandise and crafts, and fun-filled interactive games and prizes. Chinatown Neighbourhood. Spadina and Dundas. Call 416-260-9800 or email focus.pr@focuscomms.com or visit www.focuscomms.com/Chinatown_Festival.htm. FREE

Film and Photography



July 2 – September 5. Monday – Friday from 8:30 am – 7 pm. Saturday from 11 am – 3 pm. **Ice Huts**. Photography Exhibition by Richard Johnson. As with its distant cousins the native Teepee and the Igloo, the Ice Fishing Hut has its own essential purpose. It must be weather resistant and transportable, giving basic shelter and access to the ground beneath it. The 24 beautiful images in this remarkable exhibition are a wonder to behold. Toronto Image Works. 80 Spadina Ave. Suite 207. Call 416-703-1999 or email gallery@torontoimageworks.com or visit <http://www.torontoimageworks.com/gallery.html>. FREE

August 18 from 7 – 9 pm. Doors Open at 7 pm. Plaque Presentation at 7:30 pm. Silent film at 8 – 9 pm. Heritage Toronto, the Riverdale Historical Society and the Music Hall present a plaque to honour the former Allen's Theatre and present a special showing of **Dollars and Sense, a rare silent film accompanied by live piano**, and starring Madge Kennedy, the star of the 1919 opening night film. 147 Danforth (Broadview and Danforth). Visit <http://www.heritagetoronto.org/discover-toronto/plaque/presentation/2009/08/18/music-hall-90th-celebration>. \$1



August 28 at 6:45 pm. Planet in Focus International Film and Video Festival. Mixed Greens Screenings. **About Water**. Udo Maurer, Austria, documentary, 2007 (82 minutes.) (German with English subtitles). Three stories. Three regions. A "sober and beautifully shot cinematic experience". Gardiner Museum. 111 Queen's Park. Call 416-531-1769 or visit <http://www.planetinfocus.org/mixedgreens/28aug09>. \$7 or PWYC

August 14 – 21. Toronto Afterdark Film Festival. 8 Nights of Horror, Sci-fi, action and Cult Movies! **ZOMBIE APPRECIATION NIGHT SPECIAL**. Regular ticket price is \$12 but if you come dressed as a zombie on August 17 you get in for half price. The Bloor Cinema. 506 Bloor Street West (Bloor and Bathurst). Email tickets@torontoafterdark.com or visit <http://torontoafterdark.com/2009/>.

- August 17 at 6:45 pm. **DEAD SNOW** \$6
- August 17 at 9:30 pm. **THE REVENANT** \$6

Museums



Every weekend until August 30. **Free Weekends at Toronto's Historic Museums continue**. To commemorate Toronto's 175th birthday, the city offers free programming and events at the following locations. (Thanks for the heads up Elizabeth.) Visit <http://www.toronto.ca/culture/museums/freeweekends.htm> for details. FREE

- **Colborne Lodge**: Tour a restored 18th century regency villa. 1 Colborne Lodge Drive (just north of the Queensway). Call 416-392-6916 or visit clodge@toronto.ca. FREE
- **Fort York**: Watch the cannon firing at 12:30 pm, the music of the Fort York Drums (fife and drum corps), and hourly demonstrations of military music, drill, musketry and artillery. 100 Garrison Road (north of Fort York Boulevard). Call 416-392-6907 or email fortyork@toronto.ca. FREE
- **Gibson House**: Enjoy a tour of the historic house followed by samples of the day's cooking in the historic farm kitchen. 5172 Yonge Street (north of the North York Centre Subway). Call 416-395-7432 or email gibsonhouse@toronto.ca. FREE
- **Mackenzie House**: Take part in KidsKrafts from noon until 4:30 pm. See the exhibit, "Toronto's Tumultuous Year: William Lyon Mackenzie as Mayor". 82 Bond Street (two blocks east of Eaton Centre, south of Dundas). Call 416-392-6915 or email machouse@toronto.ca. FREE

- **Montgomery's Inn:** Enjoy traditional hospitality, engaging tours and a stunning exhibition of contemporary photography. 4709 Dundas St. West (at Islington). Call 416-394-8113 or email montinn@toronto.ca. FREE
- **Scarborough Museum:** Experience life in the 1800s with demonstrations, scavenger hunts and impromptu performances. 1007 Brimley Road (in Thomson Memorial Park). Call 416-338-8807 or email shm@toronto.ca. FREE
- **Spadina Museum:** The Austin family's beautiful home begins an exciting transformation. Take a tour and learn all about the changes. 285 Spadina Road (next door to Casa Loma). Call 416-392-6910 or email spadina@toronto.ca. FREE
- **Todmorden Mills:** Community and emerging artists' work will be on display in the Papermill Theatre and Gallery. Enjoy the 9.2 hectare wildflower preserve with walking trails. 67 Pottery Road (bottom of Pottery Road, west of Broadview). Call 416-396-2819 or email todmorden@toronto.ca. FREE

Music and Dance Performances

June 3 - September 30. **Summer Music in the Garden** presented by Harbourfront Centre. Celebrate the Toronto Music Garden's 10th Anniversary with outdoor concerts, dance performances and garden tours. Call 416-973-4000 or email info@harbourfrontcentre.com or visit www.harbourfrontcentre.com/torontomusicgarden.

- Thursdays at 7 pm and most Sundays at 4 pm. Concerts and dance performances. FREE
- Wednesdays at 11 am and on Thursdays at 5:30 pm. Garden tours. FREE

August 18, 20 and 25. Barry Zukerman Amphitheatre. Music and dance performances. (Performances move inside to the Earl Bales Community Centre when it rains). Barry Zukerman Amphitheatre. Earl Bales Park. 4169 Bathurst St. Call 416-392-3846 or visit <http://www.toronto.ca/parks/pdf/zuckerman09.pdf>.

- August 18 at 7 pm. Tuesday Night Live! **Meneka Thakkar Dance Company**. FREE
- August 25 at 7 pm. Tuesday Night Live! **Casablanca Orchestra**. FREE
- August 20. Free activities begin at 5:30 pm. Performance begins at 7 pm. Family Fun Summer Festival! **Rythme Umurisho Toronto**. FREE

August 24 at 12:15 pm. **Music Mondays: Songs about animals!** Kristine Dandavino, soprano; Marianne Turner, piano; Kristen Theriault, harp. Church of the Holy Trinity. 10 Trinity Square. 416-598-4521 x 222. PWYC (\$5 suggested)

Recreation and Fitness

7 Days a Week. **Discovery Walks** is a program of self-guided walks that links city ravines, parks, gardens, beaches and neighbourhoods. Informative signage will help you experience an area's heritage and environment. In this edition of the Bulletin we feature the **Don Valley Hills and Dales Walk**. This route leads you on two overlapping loops through the Don Valley and nearby neighbourhoods. Although you can begin this Discovery Walk at any point along the route, a good starting point is the Broadview Subway Station. From the subway station the tour guides you through the Lower Don Valley. Along the way you can visit Riverdale Farm, Prince Edward Viaduct (Bloor Street), Chester Springs Marsh and Todmorden Mills. Side trips allow you to explore the Cabbagetown and Rosedale neighbourhoods. Visit http://www.toronto.ca/parks/brochures/walks/DW_DonValley.pdf for free brochure. FREE

Workshops



August 29 from 10 am – 6 pm and August 30 from 11 am – 5 pm. **The Secrets Of Bonsai Revealed!** Inspired by nature, the unique art of Bonsai aesthetically captures the beauty and strength of a tree. Throughout the weekend, Misseto Bonsai Club members from Etobicoke and

Mississauga, as well as expert Bonsai artists, will be at Sherway Gardens with a large variety of indoor and outdoor Bonsai to answer questions, offer tips and give demonstrations on how to create perfect Bonsai trees. Sherway Gardens. 25 The West Mall at Sherway Gardens (Hwy 427 & the QEW). Call 416-621-1070 or visit www.missetto.net or visit www.sherwaygardens.ca. FREE

August 22 from 11 am – 6 pm and August 23 from 11 am – 3 pm. **Doggie Day Spa** presented by PawsWay. Come Visit Our Pet Discovery Centre. A first of its kind, PawsWay is a Purina PetCare Legacy Project located in the heart of downtown Toronto at the exciting Harbourfront Centre. Come celebrate the joy of pet ownership at our unique waterfront location. Come to PawsWay for our Doggie Spa weekend and learn priceless beauty tips and how to pamper your pet shamelessly - from grooming to nails to massage! PawsWay. 245 Queens Quay West (Rees Street and Queens Quay West). Call 416-360-7297 or visit www.pawsway.ca. Admission is FREE and dogs are welcome!

Writers/Spoken Word

August 15 at 7 pm. Book Launch. Acclaimed performance artist Staceyann Chin launches ***The Other Side of Paradise: A Memoir***, the story of a woman born Christmas Day in Jamaica to a mother who does not want her. Spoken word artist/dub poet D-lishus opens the launch and DJ JOLA: rnb, reggae, latin. Soca + more sweet stuff performs at the after-party. Sponsored by Toronto Women's Bookstore and A is for Orange (a group for queer Caribbean writers). Blue Moon Pub. 725 Queen Street East. Call 416-922-8744 or 800-861-8233 or email info@womensbookstore.com or visit <http://www.womensbookstore.com>. Visit A is for Orange at <http://www.aisfororange.org/2009.htm>. \$5 - \$15 sliding scale

August 30 from 3 pm - 5:30 pm. **FREE AT LAST II: A SPOKEN WORD & CULTURAL MOVEMENT**. Presented by A.I.M. (Advancing Initiatives for Men - "Advancing ourselves, our families and our community FORWARD"). BACK BY POPULAR DEMAND! Calling all Conscious Spoken Word artists and singers! Register now to perform and express your thoughts by joining the movement. Cultural Center. 2080 Dufferin St. (Dufferin and Eversfield). Call 416-817-2343 or email 2009freeatlast@gmail.com. Everyone is invited! FREE

August 22 from 11 pm – August 23 at 1 am. **Camp Kegedonce celebrates sexuality** at Planet Indigenus. Part of Harbourfront Centre's World Routes Summer Festival 2009. Sex-positive, R-rated romp through burlesque, body painting, music, and spoken word, with readings and performances by Metis writer Gregory Scofield (erotic poetry: *Love Medicine and One Song*, Anishnaabe writer Kateri Akiwenzie-Damm performing selections from the ground-breaking anthology *Without Reservation: Indigenous Erotica*. Mohawk diva Jessica Yee will introduce you spoken word artists from Red Slam. Prizes and give-aways from the Native Youth Sexual Health Network and Good for Her feminist sex store. Harbourfront Centre Brigantine Room. 235 Queens Quay West (Simcoe Street and Queens Quay West). Call 416-973-4000 or email info@harbourfrontcentre.com or visit http://www.harbourfrontcentre.com/worldroutes/festivals.cfm?festival_id=39 for complete schedule of events. FREE

September 1 – October 16. Award-winning Romance novel and novella Writer In Residence Deborah Cooke is accepting **manuscript submissions** to be considered for individual evaluation. Manuscripts will be accepted from September 1, 2009 to October 16, 2009. Mail or bring your manuscript. Deborah Cooke will read from her current work on October 3 from 2 – 3:30 pm at North York Central Library. For details call 416-395-5535 or visit http://www.torontopubliclibrary.ca/pro_wir.jsp. Toronto Public Library. North York Central Library. Language, Literature and Fine Arts Department. Second Floor. 5120 Yonge Street.

To subscribe to the *Bulletin* or *The Wellness and Recovery Newsletter*, call the Consumer/Survivor Information Resource Centre of Toronto at 416-595-2882 or email us at csinfo@camh.net. The Bulletin is published twice a month on the 1st and 15th. The Wellness and Recovery Newsletter is a joint production of Community Resource Connections of Toronto (CRCT) and the C/S Info Centre. It is published 4 times a year. Both are posted on the CRCT website at www.crct.org, and both publications are free to receive. We encourage people to subscribe by email if they can so we have the resources available to mail to those who do not have access to a computer or the Internet.