



# BULLETIN

**January 1 – 15, 2012**

Consumer/Survivor Information Resource Centre of Toronto, 1001 Queen St. West, Toronto  
Phone Hours: M-F from 9-5 / Drop-in Hours: M-F from 9-4  
Tel: 416-595-2882 csinfo@camh.net <http://www.csinfo.ca/>

## RUTH RUTH STACKHOUSE IS HONOURED BY THE CITY OF TORONTO



Community animator Ruth Ruth Stackhouse received a Toronto Access, Equity and Human Rights Award in a special presentation at City Hall on Thursday, December 8<sup>th</sup>, 2011.

The Access Award for Disability Issues is intended to honour people or organizations that have made or are making a significant or ongoing contribution, beyond legislated requirements, to the well-being and advancement of people with disabilities.

Here is the text of the award announcement:

“Ruth Ruth Stackhouse is the founding director of Friendly Spike Theatre Band, a community theatre of psychiatric survivors and people with disabilities. Based in Parkdale, the company is known for its tenacious spirit and for promoting the cultural recognition of the experience of life on the margins of society.

Founded in 1989 with fellow actors Ken Innes and Miles Cohen, the company is named after two dogs, Friendly and Spike. Says Ruth Ruth: "When we started the company, we wanted it to be a welcoming place. Who better to welcome people than two playful and loving dogs?"

After graduating from the American Academy of Dramatic Arts in New York in 1981, Ruth Ruth returned to Toronto to connect with other individuals who had stories of survival and resistance. She turned these stories into theatre, art and learning. Tackling difficult issues and showing exemplary leadership, she transformed some difficult moments in history into community theatre productions.

- 'Angels of 999' (2000), a production on patient labour at CAMH, was written, directed and acted by psychiatric survivors.
- 'Girls of Grandview' (2002) tells the story of sexual abuse endured by young women at the girl's-only facility.

- The Dega and the Delbasid' (2010), a play located in a time where the aged and the disabled were revered in a different way than they are in our current time.
- 'The Walls Are Alive with the sounds of Mad People' (2011) is a theatrical tour around the patient-built walls of the CAMH grounds at Queen and Shaw Streets. It was presented as part of Jane's Walk 2011, the MAD Pride Festival 2011, and at the unveiling of memorial plaques that tell the story of the walls.

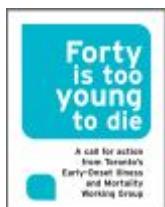
Ruth Ruth has also contributed the 'Labouring' installation — a visual documentation of women's labour and contribution to the psychiatric institution — part of the Ryerson School of Disability Studies "Out From Under: Disability, History and Things to Remember".

In addition to community theatre, Ruth Ruth has been a fully committed activist sitting alongside paid community workers to address issues facing persons with a psychiatric history, disability and violence against women. Ruth Ruth has worked in the Parkdale community with groups such as PAVE (Parkdale Anti-Violence Working Group) and as co-chair of the MAD Pride events in Toronto from 2003 to 2010. For individuals who have struggles with experiences of institutionalization, labels of mental illness, poverty, discrimination and social isolation, she is able to use her personal journey to bring out their own stories, help them find their voice and empower them in ways that no institution is able to do.

Having received an Honours BA from Ryerson University in 2011, Ruth Ruth is currently pursuing her Masters degree in Critical Disability Studies at York University.

<http://www.toronto.ca/civicawards/2011winners.htm>

**Congratulations Ruth Ruth on being recognized by the City of Toronto for decades of community animation, advocacy and activism!**



## 40 IS TOO YOUNG TO DIE

### 40 is too young to die: A call for action from Toronto's Early-Onset Illness and Mortality (2011)

[40 Is Too Young To Die \(2011\)](#) is the recently launched report from the Early Onset Illness and Mortality Working Group. This group seeks to understand why consumer survivor populations suffer abnormally high mortality rates, and what can be done to reverse this trend. From the report launch announcement:

"40 is too young to die" confirms that individuals with mental health and addiction issues are at a much greater risk of exposure to infectious diseases, early onset of chronic diseases and death. Those with serious mental illness and concurrent disorders are more likely to suffer from multiple medical conditions. The report also showcases the direct link between mental health and social determinants of health such as poverty and homelessness which act as hurdles to physical health and contribute to the early onset of chronic or ongoing physical conditions."

The 28-page report can be found on Houselink's website under Services and Programs > Reports at [www.houselink.on.ca](http://www.houselink.on.ca) or click on [40isTooYoungToDiepaper.pdf](#).

Report Launch Announcement: [Mental illness linked to higher mortality rates](#)

## EMPOWERMENT COUNCIL 10TH ANNIVERSARY CELEBRATION

Thursday, January 26, 2012 from 4:30 - 6:30 pm at 1001 Queen St. West, Cafeteria

All current and former clients welcome.

Refreshments provided.



**Voices from the Street in partnership with the Sistering, the Barbra Schlifer Clinic, and the Mennonite New life Centre are looking to recruit women who are interested in using their personal experiences with homelessness, poverty, immigration, violence and legal issues to educate the public and push for social change.**

**YOU GET:**

- 12 weeks of intensive training in public speaking, leadership, conflict resolution, diversity issues, public policy
- Training on issues related to women—violence against women, women and homelessness/ housing, poverty, etc.
- Cash honorarium of \$60 per week for participating, TTC metro pass and or TTC tokens.
- A healthy lunch on the days you are training
- A connection to others who have similar experiences and a desire for change.

**YOU GIVE:**

- Your time ( Tues, Wed & Thurs between 10:00 am and 3:00 pm from March 19<sup>th</sup> to June 8<sup>th</sup>, 2012 )
- An interest in or a curiosity about women's issues
- A desire to speak openly and publicly about your personal experiences with homelessness, poverty and/or immigration and legal issues
- An ability to work well with others and a respect for diversity
- A passion for social justice and a desire for change along with your leadership skills

If you are interested in becoming a member of Women Speak Out, please submit a letter (legibly written or typed) detailing why you would like to join, what you feel you can bring to the group, any leadership experience, details about your previous or current involvement in the community, involvement on issues related to women. Please mention your connection to Sistering, Barbra Schlifer or the Mennonite New Life Centre. Letters should be submitted by February 23rd, 2012 to:

WOMEN SPEAK OUT  
C/O WORKING FOR CHANGE  
1499 QUEEN STREET WEST, Suite #203, TORONTO, ON M6R 1A3  
Phone: 416-504-1693 x 231 FAX: 416 504-8063  
E-MAIL: [lubna@ocab.ca](mailto:lubna@ocab.ca)

For more information, **Information Sessions** will be held at the following locations:

Mennonite New Life Centre: Jan 31<sup>st</sup>, 2012 3:00pm-4:30 pm 2600 Birchmount Rd Scarborough, Ontario M1T 2M5

Barbra Schlifer Commemorative Clinic: Jan 18<sup>th</sup>, 2012 10:00am-11:30 am, at 489 College St, Suite 503

Sistering: Jan 26<sup>th</sup>, 2012 10:00 am- 11:30 am 962 Bloor St W Toronto ON M6H 1L6

Attendance at these sessions is encouraged, but not mandatory. TTC tokens will be available.



## THE CANADIAN DRUG POLICY COALITION (CDPC)

This new coalition will work toward “the development of a sensible and humane way to regulate and control of psychotropic substances in Canada, as an alternative to the failed War on Drugs. The CDPC represents a diverse and growing national network of civil society organizations, individuals that include front-line harm reduction and treatment providers, youth organizations, parents, HIV/AIDS service organizations, people who use drugs, researchers and public health officials. Visit the website of the Canadian Drug Policy Coalition:

[www.drugpolicy.ca](http://www.drugpolicy.ca)

## BOYCOTT NORMAL - UNTIL 5/5/2012 (AND BEYOND!)

MindFreedom International is calling on everyone to "Boycott Normality" with peaceful "creative maladjustment" protests from now until 5 May 2012 and after. That's when the American Psychiatric Association is scheduled to give their blessing to their new label bible, Diagnostic and Statistical Manual (DSM) 5.

On May 5, 2012, while the American Psychiatric Association holds their annual member meeting, two blocks away, MindFreedom will be holding a "meeting" of its own. There will be a counter celebration, mad pride liberty march, and peaceful "creative maladjustment: protest".

**All over the world** You can unite with us through peaceful activism, mad pride theater and protest from any location globally. We hope you will!

<http://www.mindfreedom.org/campaign/boycott-normal>

## INTAR CONFERENCE PRESENTATION SLIDES AVAILABLE

The presentation slides from the Challenging Our Understanding of Psychosis and Exploring Alternatives for Recovery conference (November 3 and 4, 2011) are available on-line at the INTAR and conference websites.

<http://intar.org/2011/12/intar-conference-toronto-nov-3-4-2011-a-success-challenging-our-understanding-of-psychosis-and-exploring-alternatives-for-recovery/>

<http://understandingpsychosisexploringalternatives.wordpress.com/presentations/>

Note that presenter Will Hall did not use slides but you can check the reference material for his presentation in the Harm Reduction Guide to Coming Off Psychiatric Drugs. <http://willhall.net/comingoffmeds/>

## BOOK RECOMMENDATION

I have just finished reading a fantastic book, entitled, *What Disturbs Our Blood* by James Fitzgerald. It describes the author's journey to uncover the story of his grandfather who no one ever spoke about because he had committed suicide when he was 56. Turns out grandfather (Gerry Fitzgerald) was a prominent doctor who completely altered the healthcare landscape locally and abroad. He founded Connaught Laboratories, saved lives with his vaccines for diseases such as diphtheria and worked along side Banting and Best when they discovered insulin. He even worked as a psychiatrist at 999.

This is a heart wrenching and heroic story with wonderful facts about healthcare history in Ontario. It is also a testament to the destructive consequences of secrets and lies that can carry on from one generation to another. Also despicable how the professional community wrote Gerry Fitzgerald out of history, never mentioning him or acknowledging his contributions.

Anyway, I can't say enough about it. Well worth a read.

Here is a clip on the book: <http://www.youtube.com/watch?v=Nvy3Cb9CHhQ>

**Lucy Costa**

(Note: Copies are available at the Toronto Public Library)

# Newsbytes

**Health Canada Public Communication on Strattera (atomoxetine).** Health Canada issued a public communication concerning safety information on STRATTERA (atomoxetine), used for the treatment of Attention-Deficit/Hyperactivity Disorder in children and adults. Atomoxetine should not be used in patients

with severe heart-related disorders and should be used with caution in patients whose underlying medical conditions could be worsened by increases in blood pressure or heart rate. PUBLIC COMMUNICATION, Health Canada Endorsed Important Safety Information on STRATTERA (atomoxetine) Subject: Association of STRATTERA (atomoxetine) with Increased Blood Pressure and Increased Heart Rate October 24, 2011 [http://hc-sc.gc.ca/dhp-mps/medeff/advisories-avis/public/\\_2011/strattera\\_2\\_pc-cp-eng.php](http://hc-sc.gc.ca/dhp-mps/medeff/advisories-avis/public/_2011/strattera_2_pc-cp-eng.php)

**ADHD drugs and Cardiovascular Events.** A study published in the Journal of the American Medical Association reports that young and middle-aged adults prescribed ADHD drugs including amphetamine, atomoxetine and methylphenidate, do not have a higher chance of developing serious cardiovascular events like sudden cardiac death, heart attack or stroke. Stimulants and atomoxetine elevate blood pressure and lead to increases in heart rate. <http://www.medicalnewstoday.com/articles/239053.php>

**Bill C-10 and Mental Illness.** “Justice Minister Rob Nicholson ignored questions Thursday about how a massive new crime bill will deal with Canadians living with mental illness, including young offenders who find themselves being sentenced as adults. The Conservatives voted down this week all 88 amendments proposed by the opposition parties on Bill C-10, including one by Liberal MP Irwin Cotler that would have allowed judges to take into consideration mental illness when handing down new mandatory minimum sentences.” Read complete article **“Tories reject consideration of mental illness in crime bill at** <http://www.ctv.ca/CTVNews/Canada/20111202/mental-illness-crime-bill-ottawa-111202/#ixzz1fraKj6v7>

**The Canadian Psychiatric Association asks the federal government to improve prison services for prisoners with mental illness.** The 2009 statistic is 1 in 10 men and almost 1 in 3 women in federal prisons have mental health problems, an increase of almost double between 1997 and 2009. The problem is expected to worsen with the new Omnibus Crime Bill and the conservative government plans to expand prison space and staff to accommodate the increase. Dr. Gary Chaimowitz, board member of the CPA, says that Corrections Canada cannot handle the needs of people with major mental health issues and that the conditions in which they are housed in the correctional system can be appalling. Read the article and 370(!) comments at <http://www.theglobeandmail.com/news/politics/canadas-prisons-becoming-warehouses-for-the-mentally-ill/article2262589/>.

**New self-help treatment for depression.** Concreteness Training (CNT) has been found to reduce depression from severe to mild in two months. CNT addresses the tendency of a depressed person to over-generalize negative thoughts. It uses exercises designed to shift thinking style. The authors of the study call for further research. <http://www.medicalnewstoday.com/releases/237922.php>

**How meditation works its magic.** A study exploring how meditation produces psychological benefits reports that experienced meditators appear to be able to switch off certain areas of the brain (medial prefrontal and posterior cingulated cortex) associated with daydreaming, mind-wandering, anxiety, attention deficit and hyperactivity, and the like. The study used functional magnetic resonance imaging scans to observe brain activity changes in both experienced and novice meditators. Experienced meditators may develop a less self-preoccupied awareness, even while not meditating. *Published in Proceedings of the National Academy of Sciences* <http://www.medicalnewstoday.com/releases/238050.php>

**Toronto Star Series of articles on women and alcohol abuse.** If you missed it, visit <http://www.thestar.com/topic/AtkinsonSeries-Atkinson2011> to read The Toronto Star’s 2011 Atkinson Series on Alcohol and Women. The theme is why women are driving a growth of alcohol consumption around the world. This is a series of over a dozen interviews and stories about women’s experiences with alcohol abuse, published in November 2011. The Toronto Reference Library (789 Yonge St. 416-395-5577) has back copies if you don’t use computers.

# MONEY MATTERS

**1% increase in OW and ODSP rates.** The 2011-12 provincial budget increased OW and ODSP rates by 1%. Our new rate sheet shows the new basic needs and maximum shelter amounts for selected family sizes and types. These new amounts go into effect in November and December 2011. [www.incomesecurity.org](http://www.incomesecurity.org)  
Read Carol Goar's response in the Star: [Goar: Queen's Park offers crumbs to Ontario's poor](#)

**Child support payments to parents of adults on ODSP.** A recent court decision means that an adult on ODSP whose parent receives child support from the other parent should not have the money automatically deducted from their ODSP benefits, and/or will now be eligible for ODSP. *from* the Income Security Advocacy Centre. Read the fact sheet: <http://www.incomesecurity.org/>

## INFORMATION BULLETIN: TAX FILING, TAX CREDITS & TAX REFUNDS (2011)

**Publisher: Income Security Advocacy Centre**

The way that tax credits are paid to low-income people in Ontario is changing. This bulletin is to tell you about these changes and what you should know before filing your tax return.

If you have a low income – from work or from OW or ODSP – you may have had your taxes done early in the past to get a tax refund before Christmas.

The way this worked is that you could “sell” your lump-sum tax refund to companies that do people’s taxes in order to get the money up front. The company would do your taxes, estimate how much your refund was going to be, and give you that amount – minus their fee.

Then, when your refund came back from the government, the company would get repaid.

Mostly, the refund was for tax credits, like the Ontario Sales Tax Credit, the Energy and Property Tax Credit, and the Northern Ontario Energy Credit.

You no longer get these tax credits as a lump-sum refund at the end of the year. This means these companies will no longer give you any money up-front when they do your taxes.

That’s because the provincial government has gradually changed the way that these tax credits are being paid.

Since July 2010, the government has been paying these tax credits in smaller amounts every three months instead of as a lump sum at the end of the year.

The goal is to give people with low incomes a more stable and steady source of income throughout the year. You would have received the tax credits in cheques or by direct deposit to your bank account. This money is exempt as income from OW and ODSP.

Starting in July 2012, the tax credit money will be sent out every month. This will be called the Ontario Trillium Benefit. Every month, you will either get a cheque or the money will be direct deposited into your bank account.

All of this means that there are no more lump-sum refunds for these tax credits and no up-front money for a company to give you now.

The problem right now is that some people still think they can get a lump-sum refund for these tax credits and are going to a company to have their taxes done. Or, they think that going to a company is the only way to get their taxes done.

If you are thinking about getting your taxes done this way, read the information on the next two pages.

Some of these companies are telling people that even though they can't get a lump-sum refund, the company will still do their taxes for them. But people have to agree to:

- pay a fee for the company to prepare and file their taxes;
- open a "bank account" – which in this instance is owned by a cheque cashing company
- change their direct deposit with the Canada Revenue Agency so that future tax credits and tax-delivered benefits go into this "bank account";
- sign up for a prepaid debit card that they can use to get the money that will go into the "bank account";
- agree to pay the company's fee, and another fee for the debit card, by letting the company take out money from this "bank account" once the tax credits start going in.

In at least one community, one company has been offering a \$25 store gift card as a way to persuade people to agree to this arrangement.

### **Getting your taxes done this way could cause problems and could cost you a lot of money over the long term:**

- All your future tax credits and tax-delivered benefits will be deposited into the "bank account". This includes the provincial tax credits listed on the first page and the HST credit. But it also includes the Ontario Child Benefit (OCB). And it includes your federal tax credits and tax-delivered benefits, like the Canada Child Tax Benefit (the CCTB) and the National Child Benefit Supplement (the NCBS).
- **The company that did your taxes will be paid their fee first, as soon as your tax credits or benefits get put into this "bank account". You might need this money to pay for rent or food – but the company will get paid first.**
- **In order to access your money, you will have to use the debit card you got from the company. But this debit card will charge you a fee of \$2 for:**
  - **every time you buy something with it;**
  - **every time you use it to take out cash from a bank machine;**
  - **every time you try to use it to buy something but are denied (for example, if there isn't enough money on the card);**
  - **every time you try to find out how much money is left on the card.**
- **There is also a \$2 monthly fee for the "bank account" itself.**
- **You'll have to pay all the charges listed above to get access to all your tax-delivered payments for as long as the agreement with the company is in force.**
- You may have to pay other fees, depending on what it says in the contract.

### **You don't have to agree to this in order to get your taxes done.**

#### **There are ways to get your taxes done that won't cost you anything:**

- Contact your provincial MPP (see below) or a local community agency, or ask your OW or ODSP caseworker where you can get your taxes done for free.
- Contact your federal MP for a referral to the Canada Revenue Agency's Community Volunteer Income Tax Program, or check this website for the location of a free tax clinic near you: <http://www.cra-arc.gc.ca/tx/ndvdls/vlntr/nd-eng.html>. Tax clinics run from February to April. Find your federal MP at this website: <http://canada.gc.ca/directories-repertoires/direct-eng.html#mp>. (Note: The C/S Info Centre runs a volunteer free tax clinic for consumer/survivors of the mental health system with low incomes).
- You don't have to get your taxes done now. It is important to get them done, but you have until April 30.

#### **If you have already signed the papers to agree to this arrangement:**

- The Consumer Protection Act says that you have the right to cancel any contract within 10 days of receiving a copy of the papers that you signed.

- If it's more than 10 days since you got these papers, you should immediately contact your local MPP to get help with canceling the agreement.
- You can find your MPP by doing the following:
  - Type in your postal code at this website [http://fyed.elections.on.ca/fyed/en/form\\_page\\_en.jsp](http://fyed.elections.on.ca/fyed/en/form_page_en.jsp).
  - When it takes you to a new page, look for the name of your Electoral District. It might be hard to see – you might have to click on the map to see the name.
  - On that same page, click on “Information on your Member of Provincial Parliament”.
  - You’ll be sent to a long list of all the MPPs in the Ontario Legislature.
  - Look down the list for the name of the person beside the name of your Electoral District – that’s your MPP.
  - Click on their name to get their contact information.

### **While you're talking to your MPP, push for more free tax clinics:**

- Tell them that the government has to take more responsibility for helping people get their taxes done. The more the government puts people's incomes into the tax-delivery system, the more important it will be that people file their taxes.
- Tell them you want the government to fund more free tax clinics for people on low incomes – and that you want funding for this to be announced in next year's budget.

**ISAC is preparing another fact sheet on what tax credits you can expect to receive and how they will be paid. We will circulate that fact sheet as soon as possible.**

Information about the Ontario Trillium Benefit is at: [www.rev.gov.on.ca/en/credit/otb/index.html](http://www.rev.gov.on.ca/en/credit/otb/index.html).

A schedule of when tax credits get paid is at: [www.rev.gov.on.ca/en/credit/benefitpayments.html](http://www.rev.gov.on.ca/en/credit/benefitpayments.html)

**ISAC 1-866-245-4072**

# **Places to go... People to see...**

Free and Low-Cost Events for **January 1 – 15, 2012**

**For TTC information call 416-393-4636 (INFO) or visit the TTC website.**

## **ART EXHIBTS**

Until Jan 14. Tues – Sat from 11 am – 6 pm. **The Suffering of Light**. The gallery's first solo exhibition by acclaimed American photographer Alex Webb and it is presented in conjunction with the APERTURE release of the monograph with the same name. 416- 504-0575 [www.bulgergallery.com](http://www.bulgergallery.com) Stephen Bulger Gallery, 1026 Queen Street West FREE

Until Jan 28. Wed – Sat from 11 am – 5 pm. **Hydroponics – a painting exhibition by Teodora Pica**. Solo exhibition opens at Teodora ART, a new gallery of Canadian and international contemporary art. Pica uses a “hydroponics kit” to grow “mood flowers” by combining light, water and nutrients regulated by the artist’s creative moods. TeodoraART Gallery, 214 Avenue Road 647 340 5832 [www.teodoraartgallery.com](http://www.teodoraartgallery.com) FREE

## **KIDS**

Until Jan 31. **How to Build an Igloo**. Using the NFB's film of the same name this workshop allows you to create a snug, life-sized shelter just like the Inuit in Canada's North using animation instead of snow! Drop by any time we're open for a one-of-a-kind interactive experience. 416-973-3012 [www.nfb.ca/mediatheque](http://www.nfb.ca/mediatheque) NFB Mediatheque ONF, 150 John Street West (Osgoode Station) FREE

## LEARNING

Jan 11 at 2 pm. 2 - 3:30 pm. **Throw it or Keep it: Decluttering Your Paper Records.** If you are looking for advice from a professional organizer, this workshop is for you. Register at 416-395-5440. Barbara Frum Library, 20 Covington Road FREE

Thurs 12 from 7 – 8 pm. Thought Exchange Series. **Black Holes are like Kinder Surprises and Other Short Stories from the Universe.** Hear stories of the Big Bang, dark matter, dark energy, extra-dimensions, parallel universes, and quantum computers with Johannes Hirn from the Dunlap Institute for Astronomy and Astrophysics. Toronto Public Library [Gerrard/Ashdale](#) Branch, 1432 Gerrard St. East 416-393-7717 FREE

## MISCELLANEOUS

**Queer Tarot Toronto.** Queer Tarot is a group of gay and bi guys from the community learning about Hosted by Carlos Rivas. 399 Church St., Room 221 RSVP at [rpires@actoronto.org](mailto:rpires@actoronto.org) or 416-340-8484 x 264 FREE

Sun 1 from 11 am – 2 pm. **Great Canadian Chill and Polar Dip.** Chill plunge followed by Music, Activities, Food & Beverage. It creates smiles and laughter, anticipation and pride. It's not just an event, it's an experience. It's "The Coolest Event on Earth". Lakeshore Blvd. East (southeast of Coxwell Avenue) <http://toronto.thesearesgreatcanadianchill.ca/> Donations to Stopping Kids Cancer Cold accepted

Sun 1 from noon – 4 pm. **Lieutenant Governor. New Year's Day Levee.** The Honourable David C. Onley, and the Museum Administrator David O'Hara are hosting the New Year's Levee at Fort York National Historic Site. Fort York National Historic Site, 250 Fort York Blvd. [fortyork@toronto.ca](mailto:fortyork@toronto.ca) 416-392-6907 FREE

Jan 8. Approximately 8 am – 4 pm. Various time slots. **Rouge Park's 9th Annual Winter Bird Count** . We will be counting and recording as many birds that we see and hear throughout the day being led by an experienced birder! We welcome any volunteers, no matter what your birding skills are. If you would like to participate or if you are an experienced birder and would like to lead a team please e-mail [birdcount@rougepark.com](mailto:birdcount@rougepark.com) or call (905) 713-6007 by January 4th, 2012 so that you can be added to the volunteer list. 905-713-6007 [www.rougepark.com/media/events.php](http://www.rougepark.com/media/events.php) Multiple locations at Rouge Park. FREE

Jan 9 – 14. Various evening classes. **Free dance classes at COBA Studios.** Presented by COBA Collective of Black Artists. COBA studios will be open to the public for one week to experience our various programs for children, teens and adults. We offer open classes to all, from the curious novice to the seasoned dance professional, as well as high quality dance training for children aged 3 and up. With classes in Traditional West African, Caribbean Folk, Contemporary and Dancehall among others, COBA has something for everyone. 416-658-3111 [www.cobainc.com](http://www.cobainc.com) COBA Studios 2444 Bloor Street West (Jane and Bloor) FREE

## MOVIES

**Afternoon at the Movies.** 416-395-5440 Toronto Public Library, Barbara Frum Library 20 Covington Road (Bathurst Street and Lawrence Avenue West)

[www.torontopubliclibrary.ca/detail.jsp?Entt=RDM7559&R=7559](http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDM7559&R=7559) FREE

- Jan 5 from 2 – 4 pm. **Midnight in Paris** (2011). <http://www.imdb.com/title/tt1605783/>
- Jan 19 from 2 – 4 pm. **Ides of March** (2011). <http://www.imdb.com/title/tt1124035/>

## MUSIC

**Canadian Opera Company Free Performances.** Four Seasons Centre for the Performing Arts, Richard Bradshaw Amphitheatre, 145 Queen Street West [www.coc.ca](http://www.coc.ca) FREE

- Tues 10 from noon – 1 pm. **Chinese Traditions: Then and Now.** The Little Pear Garden Collective presents a visually stunning selection of classical and contemporary dance works dedicated to the rich traditions of Chinese performing arts.
- Jan 11 from 5:30 – 6:30 pm. **She Sings He Plays.** A unique presence on the Toronto jazz scene for more than two decades, vocalist Julie Michels re-joins her long-time duo partner, jazz guitarist Kevin Barrett, for a performance of selections from their latest CD. They bring the spontaneity of jazz to classic songs by the likes of Paul Simon and the Beatles, as well as Latin standards and other favourites.
- Jan 12 from noon – 1 pm. **Dances for one two three and four.** Peggy Baker, celebrated dance artist and leader of Peggy Baker Dance Projects, shares the inspiration, working methods and choreographic architecture of a solo, a duet, a trio, and a quartet. Baker performs with a talented group of dancers, including Ric Brown, Larry Hahn, Sean Ling, Sahara Morimoto and Andrea Nann.
- Jan 17 from noon – 1 pm. **In Praise of Women.** Artists of the Canadian Opera Company Ensemble Studio present a vocal concert celebrating music written by female artists, ranging from Hildegard von Bingen to composers of the present day.

Jan 28. Doors open at 2:15 pm. Concert starts at 3 pm. **Free Community Concert by the Toronto Mendelssohn Choir.** Features the full Toronto Mendelssohn Choir, the Elora Festival Singers and up-and-coming conductors. It's a great opportunity to enjoy a wide range of choral music, including large-scale works and chamber repertoire, performed by two of Canada's renowned choral groups. 416-598-0422  
[www.tmchoir.org](http://www.tmchoir.org) Yorkminster Park Baptist Church, 1585 Yonge St. (Yonge & St. Clair) FREE (first come first seated)

## WALK

Sun 15 at 2 pm. **Toddle Down more of the Taddle.** Lost River Walks is a joint of project of The Toronto Green Community, The Toronto Field Naturalists and Hike Ontario. Lost River Walks is an official Ontario Legacy Trail, and has been voted one of the twenty-four best walking programs/trail systems in the province. The walks are led by knowledgeable naturalists. Start at the Labyrinth outside Holy Trinity Church near the Eaton Centre. Led by Helen Mills and Richard Anderson. Finishes at the Distillery District.

<http://www.lostrivers.ca/index.htm> FREE




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