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The Consumer/Survivor Information Resource Centre
Distributed through generous support from CSRU Program (Community Support
and Research Unit) of CAMH (Centre for Addiction & Mental Health)

BULLETIN

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

November 1, 2008

Bulletin 381

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

LOCATION: 252 College Street, 3rd Floor, Toronto, ON

MAILING ADDRESS: c/o CAMH, 250 College Street, Toronto, ON M5T 1R8

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The Consumer/Survivor Information Resource Centre

is pleased to announce that
we are moving to our new home at
1001 Queen Street West on
November 5, 2008.

We'll be very centrally located - right in the Mall,
also known as the Paul Christie Community Centre.

Come On Down and See Us!
Helen & Colleen

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Newsbytes

Incarcerated injection-drug users less likely to kick their habit. The *Vancouver Injection Drug User Study* of 1,603 intravenous drug users over ten years reveals that two-thirds of the users spent time in jail, mostly for drug-related crimes. The results of the research, published in the medical journal *Addiction*, provides strong evidence that injection-drug users who go to jail are more likely to continue to use, and less likely to be treated for addiction, than those who remain in the community. (Source: Andre Picard's "Junkies Stay Hooked Behind Bars", (October 10, 2008 at 10:05 AM EDT.) For full text article visit

<http://www.theglobeandmail.com/servlet/story/RTGAM.20081010.wldrug10/BNStory/specialScienceandHealth/>.

Alzheimer Society welcomes \$15 million funding promise. The Alzheimer Society welcomes yesterday's announcement by the Conservative Party of Canada that they will work with Canada's major neurological charities and provide \$15 million for a four-year study of Canadians affected by chronic, often progressive, brain diseases, disorders and injuries. Alzheimer's and related diseases affect approximately 500,000 Canadians, or 1 in every 13 people over the age of 65. (Media Release: October 10, 2008). For full text visit

http://www.alzheimer.ca/english/media/releases-cons_funding.htm.

Coroner's Inquest jury into death of Mr. Jeffrey James delivers verdict and recommendations. In July 2005, Mr. James collapsed at the Centre for Addiction and Mental Health (CAMH) after being freed from the restraints that had strapped him to a bed for five days. The Coroner's Inquest jury delivered a verdict on Friday, October 10, 2008: Mr. Jeffrey James died on July 13, 2005 at 17:18 hours at the University Health Network, Toronto Western Hospital, of acute pulmonary thromboembolism in a man with medical restraint by natural causes. The jury made 66 recommendations aimed at preventing similar deaths. The verdict and recommendations will be available on the Ministry of Community Safety and Correctional Services website shortly. For full text of Dr. Paul Garfinkel's (President and CEO, CAMH) announcement visit

http://insite.camh.net/newsandevents/camh_insite_news_current_issue/beyond_the_boardroom_main_page/insite_it_em_beyond_boardroom_coronersinquest_verdict39196.html.

Health Canada Advisory on Use of Codeine Products by Nursing Mothers. OTTAWA - Health Canada is advising the public, especially nursing mothers, about the very rare but serious health risk to breastfed babies posed by codeine use in mothers. Once ingested, codeine is converted by the body into morphine. Some people convert codeine into morphine more rapidly and completely than others. The babies of nursing mothers who rapidly metabolize codeine may be at increased risk for morphine overdose due to higher-than-expected morphine levels in breast milk. Codeine is found in prescription and non-prescription products used to relieve pain or to treat coughs. For more information about this advisory call 1-866-225-0709 (toll free). (October 8, 2008). For full text visit

http://www.hc-sc.gc.ca/ahc-asc/media/advisories-avis/_2008/2008_164-eng.php.

Depressed astronauts might get computerized solace. A four-year \$1.74 million project for NASA, sponsored by the National Space Biomedical Research Institute, has resulted in the creation of the Virtual Space Station, an interactive video program based on "problem-solving treatment" for depression. Astronauts' moods and circadian rhythms are greatly effected by space and weightlessness and this can lead to problems as in the case of a 1985 Russian mission that had to be terminated because "colleagues noticed the commander was uninterested in the work and spent hours looking out portholes." Although the program is intended for astronauts, "it could help Earth-bound patients" who may have limited access to a live therapist. (Boston-Associated Press. Jay Lindsay. October 24, 2008.) For full text visit

<http://www.happynews.com/news/10242008/depressed-astronauts-computerized-solace-tec.htm>.

Wish List

This issue the Centre has received a donation of a small (love-seat sized), brown, slightly worn pullout sofa and a 29-volume set of 1987 encyclopedias. We have received a request for a dresser approximately 3 feet wide, 1.5 feet deep and 4 feet tall. If you have something to donate for our Wish List, or you would like to make a request for something, please contact the Centre at 416-595-2882 or email us at csinfo@camh.net.

Yak & Snack

The first Yak and Snack was a great success. We had about a dozen people around the big table in the meeting room of (CAMH) Centre for Addiction and Mental Health's West Wing and Diana Capponi led a spirited discussion about disclosure, resumes, interviews and the new Peer Support positions at CAMH. We all enjoyed bagels, rye bread, turkey, cheese and of course a few veggies.

Join us for the next Yak and Snack on December 3rd. We will meet at CRCT and Yak about Free and Low Cost Things To Do in Toronto. Glen Dewar will lead the discussion and hand out his famous *Holiday Happenings*, an excellent source for events in December and on New Year's Day.

Yak and Snack
Free & Lost Cost Things To Do
Community Resource Connections of Toronto (CRCT)
Boardroom
366 Adelaide Street East, Suite 230 (at Sherbourne)
Wednesday, December 3, 2008
1:30 pm - 3:00 pm

C/S Information Session (CSIS)

The next C/S Information Session is to be held on November 4th. The topic is *What Is Recovery?* It will be led by Greg Kim, of the Consumer Participation Initiative, Canadian Mental Health Association, Toronto Branch, and Chair of the C/S Information Resource Centre.

C/S Information Session **What Is Recovery?**

1001 Queen Street West (CAMH)
Malcolmson Lecture Theatre
Tuesday, November 4, 2008
7:00 pm – 8:30 pm

C/S Online

<http://theicarusproject.net/>

The *Icarus Project: Navigating the Space Between Brilliance and Madness*. Here is what they say about themselves: “The Icarus Project envisions a new culture and language that resonates with our actual experiences of extreme states of consciousness rather than trying to fit our lives into a conventional framework.” If you are interested in a creative web site that explores alternative understandings of “extreme states”, then check it out.

Computer Help Available

Free over the phone or online technical support for fellow survivors. Help with repairs, upgrades, installations and networking. Coaching in MS Office, PhotoShop, etc. Virus and spyware scans and clean ups.

Contact Martha at gandier47@hotmail.com or call the Centre at 416 595-2882 and we'll put you in touch.

Job Posting

Out of this world cafe

Our lunches are getting busier and we want to continue to provide our customers with excellent service.

We are seeking a people-oriented consumer/survivor with a positive attitude who is, or wishes to become, a customer service expert. Reliability is a must. This is a part-time position (potentially 15 hours per week @\$10.00/hour plus tips) working behind our lunch counter.

If you are interested in applying, please visit us in the Paul Christie Community Centre at 1001 Queen Street West. Please call 416-535-8501 x3006 to book a time to come in.

ANNOUNCEMENTS

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

Building Equitable Partnerships Symposium 2008

Reducing Health Disparities Through Collaborative Action Between Diverse Communities,
Policy Makers, and Mental Health & Addictions Service Providers

Presented by Canadian Mental Health Association, Centre for Addiction and Mental Health, Committee for Accessible AIDS Treatment, Multicultural Inter-Agency Group of Peel, and Sistering

Keynote Speakers: Pat Capponi
Winston Husbands,
Dr. Kwame McKenzie
Dr. Cornelia Wieman

Centre for Addiction and Mental Health (CAMH)
250 College Street and 33 Russell Street
November 5, 6 and 7, 2008

For details of location, fees and registration please visit
http://www.camh.net/News_events/CAMH_Events/bep_symposium_2008.html.

Community rates and a limited number of bursaries are available.

Empowerment Council's Patient Rounds

A reminder that the Empowerment Council's Patient Rounds is holding a meeting on November 5th regarding a possible tobacco-free policy at CAMH.

A meeting for women who currently or in the past have received services at CAMH is planned for November 7th.

For more information please call Lucy Costa at 416-535-8501 x3013.

Community Resource Connections of Toronto (CRCT) presents its popular

CRCT *Holiday Happenings* - 2008 Edition

which lists many free and inexpensive things for consumer/survivors (and everyone else!) to do in Toronto during the month of December and on New Year's Day.

If all goes well, we hope to have this new edition of *Holiday Happenings* completed and posted to our web site (www.crct.org) on or shortly after December 1, 2008, in Adobe Acrobat (.pdf) format.

Watch the home page of CRCT's web site for a link to the online version. Feel free to download the publication and make as many copies of it as you wish.

If your organization plans to hold an event, or you know of any events, which could be listed in *Holiday Happenings*, please send the information to Glen Dewar at CRCT as early as possible. (There is no charge for listing an event in *Holiday Happenings*.) Call 416-482-4103 x229 or email gdewar@crct.org or fax 416-482-5237.

RENDEZVOUS WITH MADNESS FILM FESTIVAL

perspective is relative

Join family, friends and clients at this year's
Rendezvous with Madness Film Festival
to celebrate its 16th year!

Workman Arts
1001 Queen Street West
November 6 - 15

For schedule and information please call 416-583-4606
or email info@rendezvouswithmadness.com or visit <http://www.rendezvouswithmadness.com/>.

SOUND TIMES PRESENTS: Exhibition Fall/Winter 2008

Psychiatric Survivor Art *Doors of Perception*

Cabbagetown Community Arts Centre
454 Parliament Street (just south of Carlton)
November 6 – 9

Thursday, November 6 and Friday, November 7: noon – 6:30 pm
Saturday, November 8 and Sunday, November 9: noon – 5:30 pm

Reception will be held on Saturday, November 8 @ 2:00 pm

Call 416-979-1700 or visit <http://www.soundtimes.com/index.html>

ART SHOW A SUCCESS! On October 8, the North York General Hospital Foundation, Mental Health Program and Participants' Council held the *Third Annual Art Show and Sale* celebrating the art, passion, resilience and creative spirit of individuals who have accessed the mental health & addiction programs at NYGH. Many thanks to our talented artists and all the C/S Info readers who came out to support the event.

We look forward to seeing you next year!

Community Legal Clinic of York Region

CALL FOR SUBMISSIONS

- The Community Legal Clinic of York Region (CLCYR) is hoping to prevent landlords from evicting people who are experiencing symptoms related to mental illnesses.
- The CLCYR is partnering with a Canadian law firm to solicit stories from people with mental illnesses who were evicted while they were symptomatic.
- The collected narratives will be used to help the clinic advocate for new provincial laws that will prohibit the eviction of people with mental illnesses solely on the basis of their symptoms.
- The goal is to ensure that the tenancy rights of people with severe and persistent mental illnesses are protected.
- To share your story, contact Dennis Bailey at 905-508-5018 or 1-888-365-5225 x230 (toll-free) or email bailey@dcyr.on.ca.
- For more information about the Community Legal Clinic of York Region, visit www.web.net/~yrlawyer.

ODSP RECIPIENT SUPPORT GROUPS

- Having problems applying for or receiving ODSP/OW?
- Unable to learn about the benefits to which you are entitled?
- Not getting timely service when you contact your local office???

JOIN US!!

Toronto Region ODSP Action Coalition

Contact Sharon Dever,
Co-ordinator and Facilitator

by email: torontodisabilityaction@yahoo.ca

or visit <http://www.geocities.com/torontodisabilityaction>

Anne Johnstone Health Station, 2398 Yonge Street, North of Eglinton
The First Friday of every month. 1:00 pm to 3:00 pm

Flemingdon Health Centre. 10 Gateway Blvd., Don Mills & Overlea Blvd.
The Second Friday of every month. 1:00 to 3:00 pm

Queen West Health Centre. 168 Bathurst Street, South of Queen St. West
The Third Monday of every month. 1:00 to 3:00 pm

The 519 Community Centre. 519 Church St. North of Wellesley
The Last Friday of every month, 1:00 to 3:30 pm.

2008/2009 Influenza Vaccinations

Toronto Public Health offers free influenza vaccinations from October 27 to December 13, 2008 and January 5 to January 8, 2009. All locations are wheelchair accessible.

Please call 1-877-844-1944 for times and locations of vaccination clinics or visit toronto.ca/health for more information.

Diaspora Conference

The causes of mental illness in the African and Caribbean Diaspora in Canada

International Speakers: Dr. Carl Bell, Dr. Gerard Hutchinson, Dr. Craig Morgan

Local Speakers: Dr. Suzanne Archie, Lew Golding, Dr. Kwame McKenzie, Professor Charmaine Williams

33 Russell Street, Room #2029

Monday, November 10th

10:00 am – 5:00 pm

Lunch and refreshments will be provided.

All are welcome.

Call Patricia O'Donoghue at 416-535-8501 x7608 or email diasporaconference@hotmail.com.

CALL FOR SUBMISSIONS

A reminder that submissions to the MEMORIAL DESIGN CONTEST for the Lakeshore Psychiatric Hospital Cemetery, Etobicoke, are due by Monday, December 1, 2008. The contest is open to any psychiatric survivor, consumer, client or current or former patient of the mental health system and anyone who has a relative who is buried in this cemetery.

For details and information package please call "Among Friends" at 416-251-8666 or email deb.quiggin@gmail.com or visit www.psychiatricsurvivorarchives.com/cemetery/index.html.

CALL FOR SUBMISSIONS

Contest: Name That Computer Spot!!

CAMH is having a contest to name the new spot with the 4 computers for the public to have access to email and the Internet. The computers will be in The Mall, which is also known as The Paul Christie Community Centre, and they will be available for people to use for free. The contest is open to clients, volunteers, and staff of CAMH.

Submit your entries in the ballot box in the Mall at CAMH, 1001 Queen Street West

There will be a small prize.

Contest closes Friday, November 7th

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

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

Art/Exhibits

Friday, November 14, 2008 – Sunday, November 16. ART GALLERY OF ONTARIO OPENING WEEKEND.

The fully transformed Art Gallery of Ontario will be open to the public with free admission. Art Gallery of Ontario, 317 Dundas Street West. (Dundas and McCaul). St. Patrick Subway Station. Friday: 4:00 pm – midnight. Saturday: 10:00 am to midnight. Sunday: 10:00 am to 5:30 pm. Call 416-979-6648 or visit <http://www.ago.net>. FREE

Saturday, November 22. LEARN TO DRAW ANIME. Learn the basics of Anime, or improve your skills, with artist Dirk Michiels. For ages 8 and up. Toronto Public Library. Annette Branch. 145 Annette St. (Keele and Annette). 2:00 pm. Call 416-393-7692 to register. FREE

Comedy

Monday, November 3, 10 and 17. MUNCHAUSEN – BASED ON TRUE STORIES. The cast of Munchausen performs rapid-fire improv comedy based on true stories. Savannah Room, 294 College St. 10:00 pm. Call 416-238-7337 or visit <http://www.impatient.ca/>. FREE

Festivals

Saturday, November 1 – Sunday, November 2. THE ROAD TO ASIA. This highly popular two-day festival celebrates the exciting diversity of Asian culture through traditional food, arts and crafts, music, dance and martial arts. The 2007 festival included Laos, Thailand, Philippines, Indonesia, China, Sri Lanka, India, Taiwan, and Japan. Japanese Canadian Cultural Centre. 6 Garamond Court. Take the #100 (Flemingdon) bus from Eglinton or Broadview Subway Station. 11:00 am – 5:00 pm. Call 416-441-2345 x222 or email jccc@jccc.on.ca. \$5.00 for adults. \$3.00 for seniors and students. Free for children under 12.

Saturday, November 1 to Wednesday, December 31. CAVALCADE OF LIGHTS. Captures the magic of the holiday season. Includes brilliant fireworks, sparking lighting displays, and more. Nathan Phillips Square. 100 Queen Street West. (Osgoode Subway Station or Queen Subway Station). Call 416-338-0338 or email spevmkq@toronto.ca or visit http://www.toronto.ca/special_events. FREE

Saturday, November 15. ILLUMINITE. Includes explosive holiday lighting ceremony (7:00 pm), cultural dance groups, Yip's Children's Choir, The John Henrys and a Winter Fashion Show. Complimentary caricature drawings. Yonge-Dundas Square. 12:00 pm – 7:30 pm. Call 416-597-0255 or email bia@downtownyonge.com or visit www.wintermagic.ca. FREE

Lectures

Sunday, November 2. THE TORONTO FIELD NATURALISTS. Illustrated Lectures Series. Helen Juhola and Pleasance Crawford: *The Toronto Field Naturalists - An Illustrated History*. Emmanuel College. 75 Queen's Park Crescent East. 2:00 pm. Call 416-593-2656 or email office@torontofieldnaturalists.org or visit <http://www.torontofieldnaturalists.org/index.htm>. FREE

Wednesday, November 12. LUNCHBOX SPEAKERS' SERIES. *K-Net: An Amazing First Nations Initiative in Telehealth and Online Education*. Brian Walmark, Director of Keewaytinook Okimakanak Research Institute. Ontario Institute for Studies in Education/University of Toronto. 252 Bloor St. West. Room 12-199. Noon – 1:30 pm. Email Lisa White at secspeaker@oise.utoronto.ca or visit <http://socialeconomy.utoronto.ca>. FREE

Music

Wednesday, November 5. SOUNDSTREAMS PRESENTS SALON 21. Maria Guinand, brilliant conductor from Venezuela, speaks about Latin-American program "Social Action through Music" that facilitates integration of children from poor backgrounds into society through choral music. Bata Shoe Museum. 327 Bloor St. West. Call 416-504-1282 or email info@soundstreams.ca or visit www.soundstreams.ca. FREE

Wednesday, November 12. THE GLENN GOULD SCHOOL VOCAL SHOWCASE. The talented students of the vocal department perform opera arias. The Royal Conservatory of Music. Mazzoleni Hall. 273 Bloor Street West. 8:00 pm. Call Tyler Dunham at 416-408-2824 x334 or email tyler.dunham@rcmusic.ca or visit www.rcmusic.ca. FREE

Peer Support

Saturdays from November 8 – December 13. PINK TRIANGLE. Become more comfortable with your sexuality. Join other lesbian, trans, bisexual and questioning women. Facilitated by a trained volunteer from the LGBT community. North York Women's Centre. 201 Caribou Road. 3:00 pm – 5:00 pm. To register call 416-781-0479 (between 10 am and 4 pm from Mon. to Thurs.) or email info@nywc.org or visit <http://www.nywc.org/>. FREE

7 days a week. PROGRESS PLACE WARM LINE. The Warm Line is for consumer/survivors living in the Greater Toronto Area in need of a friend with an empathetic ear, *someone who will really listen*. The Warm Line is operated by survivors who have been there, understand, and are aware of the loneliness and isolation often felt by survivors. Open, from 8:00 pm to midnight. Call 416-960-9276 for the Warm Line. For further information call 416-323-0223 or email theclub@ProgressPlace.org.

Recreation

Every Monday, Wednesday and Friday. DROP-IN FITNESS CLASSES. Mats and weights provided. Eastminster United Church. 310 Danforth Ave. 9:00 am. \$5 per class.

Sunday, November 2 (Rain or Shine). LOST RIVER WALKS. The Waterworks Triangle. Meet outside Dupont Subway Station. A look at the High-level Pumping Station, St Clair Reservoir and Rosehill Reservoir, and their connections to various lost and found creeks, ravines and lakeshores (including a lost reservoir). Led by Wayne Reeves. 2:00 pm. The walk will be for 2 or 3 hours. Visit <http://lostrivers.ca/> FREE

Saturday, November 8 and 22. KNITTING FOR BEGINNERS. For teens and adults. Toronto Public Library. Annette Branch. 145 Annette St. 10:00 am - 11:30 am. Call 416-393-7692 to register. FREE

ONGOING. PHACS (Physical Activity for Consumer/Survivors). 3-5 km routes (30 minutes to 1 hour) that anyone can do. People with diabetes are welcome to join in the activity. For location and times please call 416-604-6973 or visit www.accentonability.org/phacs.htm. Our walks are held rain or shine. FREE

Workshops/Conferences

Friday, November 7. INFO FAIR. The Vocational Services Council of CAMH celebrates Canada Career Week. Get information about available resources. 1001 Queen St. West. Paul Christie Community Centre. 10:00 am - 2:00 pm. Call 416 535-8501 x6897. FREE

Tuesday, November 11. GETTING ORGANIZED. Are you buried under tons of clutter? This seminar is for you. Become organized in your home, office and life. Scarborough Women's Centre. 2100 Ellesmere Road, Suite 245. 6:30 pm – 8:30 pm. To register call 416-430-7111 or email adminassist@scarboroughwomenscentre.ca or visit <http://www.scarboroughwomenscentre.ca/>. \$5.00

Friday, November 14, 2008. UNDERSTANDING DIABETES: Speakers: Dr. Robert D. Silver, Endocrinologist, and Kathy Cohen, Registered Dietitian. Toronto Western Hospital. 399 Bathurst Street (just north of Dundas). 1:00 pm – 3:00 pm. To register call 416-603-5800 x6475 or email evangeline.roldan@uhn.on.ca before November 7, 2008. Note: This presentation will be video-conferenced and we assume your consent when you attend. FREE

Ongoing. INTERNET GENEALOGY. Discover genealogical resources on the Virtual Reference Library. Explore Canadian, English and American census and vital records. Search for obituaries in the Toronto Star and Globe and Mail online. North York Central Library (NYCL). 5120 Yonge St. Call 416-395-5623 to book a free one-hour education session. FREE

Ongoing: Mondays to Fridays. MINI COMPUTER SESSIONS. Learn how to use a mouse, search the Internet, register for free e-mail and more. Classes also available in Cantonese and Mandarin. Riverdale Library. 370 Broadview Ave. 10:00 am and 7:00 pm. To book your session call 416-393-7720. FREE

Writers

Tuesday, November 4. CANADIAN WRITERS IN PERSON. A Series of Free Public Readings. Rishma Dunlop, winner of the Emily Dickinson Prize for Poetry, reads from *Reading Like a Girl* (Black Moss, 2004). Winner of the Emily Dickinson Prize for Poetry. York University. Accolade West Building. Room #109. 7:00 pm – 10:00 pm. Call Professor Gail Vanstone at 416-736-2100 x33957 or email stars@atkinson.yorku.ca or visit <http://www.atkinson.yorku.ca/cdjinwriters>. FREE

Saturday, November 22. PUBLICATION DEMYSTIFICATION. Writer-in-Residence: Karen Connelly. Winner of Governor General's Award. Toronto Reference Library. 789 Yonge St. 1:00 pm – 4:00 pm. Call 416-393-7131 or visit <http://www.torontopubliclibrary.ca/>. FREE

Words To Live By

Send us *your* favourite quotation and we'll make sure that consumer/survivors have the last word. The Centre is pleased to present Cheryl Lamoureux's *Courage Beyond the Trenches*. Thank you Cheryl and congratulations on your first publication.

COURAGE BEYOND THE TRENCHES

The human spirit in times of the chaos of war has been well documented since human nature and war began. Beyond the trenches there exists a different but equally important form of courage called "Hope". Civilians – fallible – young and old, have withstood the gravity of wartime and chaos with valour and optimism. Why is Hope indefatigable in the human heart?

St. Augustine is credited with what may be the most paradoxical statement regarding hope. "Hope has two beautiful daughters", he said. "Their names are Anger and Courage; anger at the way things are and the courage to see they do not remain the way they are."

While we were school children, each of us looked at war as "history" – something to be studied then forgotten. We are not running from bombers on a daily basis yet we know the alternate meaning of 911. We know we are in a prolonged period of war. We remember where we were when the Twin Towers fell. For just a moment we remember how we felt. Perhaps some of us revisit those emotions. Though we were far removed physically from the destruction and chaos we were shocked.

What followed was profound but not extraordinary; people, human beings, became angry and courageous. We all somehow carried on with our lives. We felt differently about the world. All generations preceding ours have, when at war, but we also carried on their legacy of Hope amidst the turbulence. And we do to this day. Within the chaos of the times, lives and doubts, Hope reigns. Nietzsche gives us the luminous thread of Hope with his quote "You must have chaos within you to give birth to a dancing star." Without trials we will never stretch to our capabilities. It is then that we are able to demonstrate Hope in the way we live our lives. This gift of Hope can be passed to others in times of need or we can draw on it or on love or on courage when there is anger. This is the gift the human body is given by the heart.

From Dean Acheson, 1970 Pulitzer Prize winner for History: "The manner in which one endures what must be endured is more important than the thing that must be endured." Hope, along with Anger and Courage, brightens the way to our next step, whatever our journey may be. And while times are unpredictable, Dean Acheson also points out what may be the secret of Hope and that is "Always remember the future comes one day at a time."

Cheryl Lamoureux