



# BULLETIN

Meeting the information needs of Consumer/Survivors in the Toronto Area

January 1 – 15, 2011

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 Fax: 416-595-0291 csinfo@camh.net <http://www.csinfo.ca/>

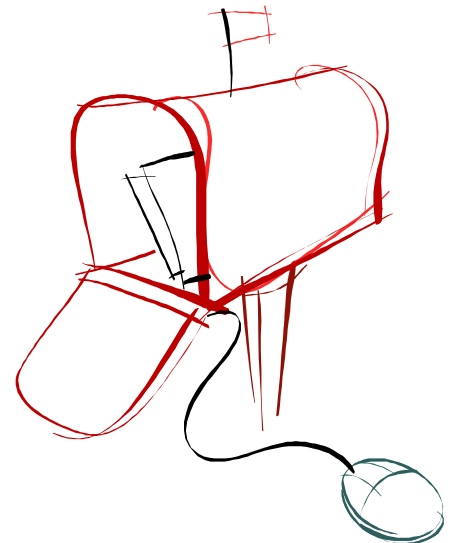
## Where to Get an Internet Connection Cheap

The very best way to get the internet for free is to have a wireless card in your laptop, and go to a library/coffee shop/internet cafe/ community centre that has an open wireless signal. If you go to the library, you will see a sign posted somewhere; mine has it on the front door. If you don't see a sign, ask the librarian. People who can afford it get a Rogers or Bell wireless adapter for their laptop and then they can access the internet anywhere. Other possibilities:

1. Tekksavy.com (starts at about \$22 a month) <http://teksavvy.com/en/res-internet.asp>
2. Pathcom, the \$29.95 one. Great tech support, never any restrictions on how much I download, no problems whatsoever. REAL techies for support, and no wait time at all. No extra billing for all the stuff I download, either. [http://www.pathcom.com/products/highspeed\\_internet.php](http://www.pathcom.com/products/highspeed_internet.php)
3. The other suggestion is to find someone close by who has a wireless connection and offer them a few bucks to join their network. I once had 3 neighbours using my wireless connection so that pretty much paid for my internet... Wired connection is always faster than wireless of course, but Pathcom wireless modem is pretty darn good.
4. There is also: Unlimited Dialup: \$2.95 per month

Unlimited Internet Access Package: • 56k Service • One E-Mail Account • 20 Megs Webspace • Setup & Tech Support • Phone or online activation

Turbo2dialup Package: Web Accelerator - 19X Faster • Only \$2.95 per month extra with an existing 295.ca account • Tech Support



Note: For some community centres where you can use a computer and access the internet for free see the list in Bulletin 430 (November 15, 2010). Thanks for all your help Martha!

### 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 spy ware scans and clean-ups. Contact Martha at [gandier47@hotmail.com](mailto:gandier47@hotmail.com) or call the C/S Info Centre at 416-595-2882 and we'll put you in touch.

# COMMUNITY ANNOUNCEMENTS

## THE 12 WARNING SIGNS OF GOOD HEALTH\*

(If several or more appear, you may rarely need to visit a doctor)

- Regular flare-ups of a supportive network of friends and family
- Chronic positive expectations
- Repeated episodes of gratitude and generosity
- Increased appetite for physical activity
- Marked tendency to identify and express feelings
- Compulsion to contribute to society
- Lingering sensitivity to the feelings of others
- Habitual behaviour related to seeking new challenges
- Craving for peak experiences
- Tendency to adapt to changing conditions
- Feelings of spiritual involvement
- Persistent sense of humor

\*Adapted from a posting on a computer bulletin board in Waldport, Oregon, author unidentified. Reprinted in Whole Earth Review (Winter 1994), a compendium of brash and lofty ideas.

(Thanks to Matthew Christie for sharing this with us.)

## The Flu Shot

The influenza vaccine is available free to anyone over 6 months of age who lives, works or attends school in Ontario. The flu shot is available in doctors' offices, community influenza clinics offered by health units, community health centres, family health teams, community care access centres, hospitals, long-term care homes, pharmacy-based clinics and workplace clinics across the province. To find a flu clinic in Toronto call 416-338-7600. [Find a flu clinic in your community](#). For public inquiries call ServiceOntario, INFOLine 1-866-532-3161. <http://www.health.gov.on.ca/en/public/programs/publichealth/flu/clinics.aspx>

## Take the Ontario Human Rights Commission Survey

(<http://www.ohrc.on.ca/en>)

The Ontario Human Rights Commission (OHRC) has launched an anonymous survey to learn more about the human rights issues and barriers people with mental health and addiction disabilities face. The survey kicks off a broader consultation process on human rights and mental health-related issues.

People with mental health disabilities and addictions are protected from discrimination and harassment in the areas of employment, housing, goods, services and facilities, contracts, and membership in trade, union or

occupational associations. This includes people who have a disability, had a disability in the past, or are believed to have or have had a disability. A diagnosis of mental illness or addiction is not necessary to take part in the survey.

The survey takes approximately 30 minutes to complete.

We will mail out surveys to whoever requests them. Email us at [consultations@ohrc.on.ca](mailto:consultations@ohrc.on.ca) or call Vicky Masellis at 416-314-4526. We no longer require people's names or contact details, just the City and Province. [Click here if you want to fill out the survey about yourself.](#) [Click here if you want to fill out the survey about someone you care about.](#)

## Changes to the Special Diet Allowance

Ontario is revising the [Special Diet schedule](#) - the list of conditions eligible to receive a Special Diet Allowance - to be compliant with the Human Rights Tribunal of Ontario decision and improve accountability measures in the program. The revised schedule is informed by the recommendations of the Special Diets Expert Review Committee.

With these changes, some Special Diet Allowance recipients will no longer be eligible for the program.

CONTACTS: Rebecca MacKenzie, Minister's Office 416-325-5219  
Sandy Mangat, Communications and Marketing Branch 416-212-3262  
Ministry of Community and Social Services [ontario.ca/community](http://ontario.ca/community) <http://www.news.ontario.ca/newsroom/en/>

### Changes to the Special Diet Allowance:

- Medical conditions that the Special Diets Expert Review Committee found do not require a Special Diet Allowance will be removed from the schedule.
- Allowance amounts for other medical conditions will be adjusted to make them proportionate. Most allowance amounts will increase.
- Clients who are eligible to receive a Special Diet Allowance under the revised schedule will be required to submit a new application.
- Recipients will be required to sign a consent for the release of relevant medical information to support their application.
- Staff capacity to identify questionable application forms will be strengthened.
- The ministry will introduce stronger tracking methods and work with municipalities in order to identify questionable trends earlier and take appropriate action.
- There will continue to be a \$250 per recipient, per month cap for individuals who are eligible for more than one allowance based on multiple medical conditions.
- The revised Special Diets schedule will take effect April 1, 2011, and new application forms are expected to be available in February.
- Recipients who qualify for the Special Diet Allowance in March 2011 will continue to receive a payment based on their March eligibility until they submit a new application to qualify under the revised schedule or July 31, 2011, whichever is earlier. All payments under the current schedule will end as of July 31, 2011.
- Further details will be forthcoming.

### What medical conditions are being removed from the schedule?

A number of conditions are being removed from the Special Diets schedule, including: Allergies to Egg; Allergies to Soya; Chronic constipation; Gout; Cardiovascular disease; Congenital abnormalities of the

metabolic type – Adults; Congenital abnormalities of the metabolic type – Infants & Children; Diverticulum/Diverticulitis; Hypertension and CHF and Grade 1 and 2 Ventricular Function; Macrocytic Anemia; Malabsorption; Microcytic Anemia; Post-Gastric Surgery; Prediabetes: Impaired Glucose tolerance; Kwashikor (weight loss condition); and Marasmus (weight loss condition).

**What medical conditions will the revised schedule cover?** The revised schedule will include: Celiac Disease; Chronic wounds and burns; Conditions causing unintentional weight loss/body wasting (with greater than 5% weight loss): Amyotrophic Lateral Sclerosis; Anorexia Nervosa; Crohn's Disease; Cirrhosis; Congestive Heart Failure; Cystic Fibrosis; HIV/AIDS; Lupus; Malignancy; Multiple Sclerosis; Ostomies [e.g. jejunostomy, ileostomy], Pancreatic Insufficiency; Short Bowel Syndrome; Ulcerative Colitis; Diabetes; Dysphagia requiring thickening liquids; Extreme Obesity [BMI > 40]; Food Allergy – Milk/Dairy; Food Allergy – Wheat; Gestational Diabetes; Hypercholesterolemia; Hyperlipidemia; Hypertension; Insufficient lactation to sustain breast-feeding or breast-feeding is contraindicated; Lactose Intolerance; Osteoporosis; Renal Failure

**What do these changes mean for clients currently receiving the Special Diet Allowance?** These changes mean that not everyone who currently receives a Special Diet Allowance will continue to receive it under the revised schedule.

- For those who do continue to qualify for a Special Diet Allowance under the revised schedule, some may receive more while others will receive less than they currently do.
- For a limited number of recipients, changes to the Special Diet Allowance may result in ineligibility for Ontario Works.
- All recipients who qualify for the Special Diet Allowance in March 2011 will need to apply using the new application form. Those who do not apply on or before July 31, 2011 will stop receiving their allowance until such time as they apply under the revised schedule and are determined to be eligible.

**How long will current Special Diet Allowance recipients have to apply under the revised schedule?** The revised Special Diets schedule will take effect April 1, 2011, and new application forms are expected to be available in February. Recipients who qualify for the Special Diet Allowance in March 2011 will continue to receive a payment based on their March eligibility until they submit a new application to qualify under the revised schedule or July 31, 2011, whichever is earlier. All payments under the current schedule will end as of July 31, 2011.

**How will the new application form be different?** The new application form will have fewer eligible medical conditions on it, and clients will be required to consent to the release of relevant medical information to support their application.

**Will the current application form continue to be accepted?** Yes until further notice.

## Lower Rents for 25 per cent of Toronto Renter Households

City of Toronto Media Relations has issued the following:  
December 14, 2010

About a quarter of Toronto tenant households are receiving notices of an automatic rent reduction this week. Tenants should check their daily mail, and act on this valuable information. Addressed to the "Current Tenant", clearly marked "Rent Reduction Notice Enclosed", and in a City of Toronto envelope, these letters contain all the customized information a tenant requires to start paying a lower rent as early as December 31, 2010.

This year, 128,109 Toronto households are eligible for a rent reduction under provincial legislation because the property tax on their buildings has been lowered by more than 2.49 per cent during 2010. This compares to 128,532 in 2009 and 330 in 2008. Municipalities are required to send notices about the tax decrease and rent reduction to landlords of affected buildings by September 15 and to tenants by December 15.

Tenants of buildings with more than six units generally pay about 20 per cent of their rent toward property taxes, so if taxes go down, they are entitled to reduce their rent by 20 per cent of the reduction. For buildings with six or fewer units, the percentage is 15. All rules are established by provincial legislation.

The rent reduction provisions in the Residential Tenancies Act apply only to private rental buildings occupied as residences before November 1, 1991. Newer apartment buildings are not covered. A number of other restrictions apply.

If a household does not receive the rent reduction notice, it is not entitled to automatically reduce the rents. Tenants in buildings with property tax reductions of 2.49 per cent or less may be eligible for a rent reduction if they make an application to the Landlord and Tenant Board. More information: <http://www.toronto.ca/housing>

Tenants can contact 311 with any queries, 24 hours a day, 7 days a week. Alternatively, tenants can contact the City-funded Tenant Hotline at 416-921-9494. The Landlord and Tenant Board have a telephone information line (416-645-8080) for inquiries. The Board's website is <http://www.ltb.gov.on.ca>.

## **NEWSBYTES**

**ODSP has no plans to appeal** the Ontario Court of Appeal's decision that excluding people with addiction and no other mental health issue from eligibility for ODSP is discriminatory. Mental health and anti-poverty advocates were concerned that ODSP might appeal the decision to the Supreme Court of Canada. Those who already have review dates are still subject to medical reassessment. (OPDI NewsToGo Issue #273 - December 10, 2010) <http://opdi.org/>

**Ontario's review of social assistance programs** begins January 2011. The Honourable Frances Lankin, PC, former president of United Way Toronto, and Dr. Munir Sheikh, former Statistics Canada chief statistician, are the appointed leaders of the review. The review will seek a better understanding of how federal, provincial and municipal income security programs can provide improved services. The review is part of a process of creating an action plan to make social assistance more effective. <http://www.cbc.ca/canada/ottawa/story/2010/12/12/ottawa-welfare-review-poverty-advocate.html>

**New Yahoo group for disability-related devices.** Disability author and former managing editor of *Abilities* magazine, Lisa Bendall, has started a new Yahoo group for people with disabilities and their family members living in and around the Toronto area. The group is called Freewheels and is for anyone interested in posting or reading messages that are specifically about gently used disability-related equipment and devices. People who subscribe to the free listserv can swap, donate, buy, sell or make a request for free or modestly priced, used disability-related equipment. <http://groups.yahoo.com/group/freewheels/>

**Aspirin and reduced risk of major depression in women.** Noting an association between inflammatory disease states and depression, researchers asked whether chemicals with anti-inflammatory properties reduce the risk of depression. They found that exposure to aspirin and statins (drugs used to lower cholesterol) was lower among women with Major Depressive Disorder and concluded there is an association between the anti-inflammatory substances and a reduced risk for MDD. The findings are consistent with the theory that immune system dysregulation is involved in the development of depression. Researchers say that statins and aspirin should be investigated as possible agents for treating and preventing depression. <http://www.medicalnewstoday.com/articles/209394.php>

**Depression and Circadian rhythm disturbance.** New research suggests that some people with depression may have a disturbance at the molecular level in the body's circadian rhythm (internal 24-hour clock). Scientists found that people with a history of depression have higher activity levels of a gene (the "Clock gene") involved in regulating circadian rhythm. Disruptions in sleep patterns are a common experience for people diagnosed with depression.  
<http://www.medicalnewstoday.com/articles/207531.php>

**Possible link between depression and low-light at night.** Researchers studied the effect on hamsters of exposure to dim light at night for 8 weeks. The amount of light was equivalent to having a TV on in a dark room. The dim light exposure produced depressive-like behaviour and changes in the hippocampi of these hamsters. There were no changes in cortisol levels. Researchers say the dim light at night may suppress melatonin levels.  
<http://www.medicalnewstoday.com/articles/208427.php>

**Elderly depressed best treated at home.** An Austrian study has found that elderly people with depression may be treated more effectively and cheaply in their homes than as outpatients. The study compared outcomes for 60 people over 64 years of age diagnosed with major depression. Half received 1 year of treatment at home including weekly visits with a treatment team, telephone support, and additional home visits during a crisis. The other half received conventional outpatient treatment. At 3 months and 12 months the people treated at home were doing much better than the outpatient group. <http://www.medicalnewstoday.com/articles/209826.php>

**Social determinants of health linked to Type 2 diabetes.** A York University study reports that men who earn less than \$15,000 per year have twice the risk of developing Type 2 diabetes compared to men who earn more than \$80,000 per year. This risk remains when education level, body mass index, and physical activity are taken into account. Women in the lowest-income category have more than triple the risk of developing Type 2 diabetes than women in the highest-income category. Living in poverty at any time increases the risk by 26%. Living in poverty more often increases the risk of developing Type 2 diabetes. In addition, people living in poverty who develop Type 2 diabetes are the most likely to suffer diabetes-related complications. <http://toronto.ctv.ca/servlet/an/local/CTVNews/20101119/poverty-diabetes-101121/20101121/?hub=TorontoNewHome>

**Diabetes and depression.** Researchers report that diabetes can lead to depression and depression can lead to diabetes. The associations between depression and diabetes were found to be independent of sociodemographic, diet and lifestyle factors. They found a 29% higher risk of depression for women with diabetes than those without diabetes. They found a 17% higher risk of developing diabetes for people with depression, independently of physical activity levels and body weight. Those on insulin had a 53% higher risk compared to women without diabetes. Women on antidepressant meds had an even higher risk (25%) of developing diabetes. <http://www.medicalnewstoday.com/articles/209132.php>

**Health Canada Warning.** Health Canada suspects that counterfeit prescription drugs are for sale on the following websites: [www.northdrugmart.com](http://www.northdrugmart.com), [www.northdrugstore.com](http://www.northdrugstore.com) and [www.pharmacyrxworld.com](http://www.pharmacyrxworld.com). If you have concerns call Health Canada's toll-free line at 1-800-267-9675. <http://www.hc-sc.gc.ca/ahc-asc/media/advisories-avis/index-eng.php>.

**Clinical study of nicotine vaccine to begin.** Cytos Biotechnology has received approval from the FDA to begin a new clinical study of the nicotine vaccine NIC002. A previous Cytos phase II clinical trial showed the vaccine resulted in long-term abstinence from smoking for a subgroup of smokers.  
<http://behavioralhealthcentral.com/index.php/20101105241100/Top-Headlines/dgap-news-new-clinical-study-started-with-the-nicotine-vaccine-nic002.html>

**More youth being diagnosed with eating disorders.** The American Academy of Pediatrics Research reports that a growing number of youth are being diagnosed with eating disorders. They found a 119 percent increase between 1999 and 2006 in hospitalizations for eating disorders in children under 12 years of age.  
<http://www.medicalnewstoday.com/sections/eatingdisorders/>

**Meditation and feeling good.** University of California researchers have reported that meditation improves the health of cells in the human body. The psychological changes that help people cope with stress and feel good increase levels of an enzyme called telomerase that supports the long-term health of cells.  
<http://psychcentral.com/news/2010/11/05/meditation-associated-with-improved-cell-function/20566.html>

# EMPLOYMENT MATTERS

## George Brown College will be hosting our final two Information Sessions for Construction Craft Worker Extended Training (CCWET)

Date: Friday, January 14, 2011 at 2:30 pm  
At: Casa Loma Campus, Building C, C536  
Main Entrance: 146 Kendal Ave.

Date: Friday, January 28, 2011 at 2:30 pm  
At: Casa Loma Campus, Building C, C536  
Main Entrance: 146 Kendal Ave.

### **Application Deadline for the program is February 4, 2011.**

Please RSVP at [auged@georgebrown.ca](mailto:auged@georgebrown.ca) or 416-415-5000 x 6790. Attendance at the info session is not mandatory to apply for the program.

## Street Haven is hiring Casual/On Call Relief Staff (Hostel)

### **Application Deadline: 01/28/2011**

Street Haven at the Crossroads offers a continuum of services to women who face issues of homelessness, mental health, poverty, addictions, social isolation and abuse. We are currently looking to expand the relief team working within the hostel. Street Haven especially welcomes applications from people who reflect the cultural diversity of the community we serve. Visit <http://www.charityvillage.com/cvnet/viewlisting.aspx?id=223514&eng=True&fs=True&fa=False>

# PLACES TO GO...PEOPLE TO SEE

## *Free and Low-Cost Events for January 1 – January 15, 2011*

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

## ART

Wed 5 & 12 from 6 – 8:30 pm. **The Canadian Collection.** Discover Canada through its art. 1,447 items on display in the permanent collection including Inuit art and the Thomson collection. Art Gallery of Ontario, 317 Dundas Street West 416-979-6648 [www.ago.net/canadian](http://www.ago.net/canadian) FREE

Thurs 6 to Sat 29. **Paintings by Michael Smith and mixed media works by David Shapiro.** Nicholas Metivier Gallery, 451 King Street West. 416-205-9000 [www.metiviergallery.com](http://www.metiviergallery.com) FREE

Ends Sun 9. **New Painting Series: "Labels" by Ciba Karisik.** Ciba's art is in many private collections including Alex Trebek, Martin Short, Martha Stewart, and Bono of U2. De Luca Fine Art / Gallery, 1153-A Queen Street West, Unit 203, 2nd floor 416-537-4699 [www.delucafineart.com](http://www.delucafineart.com) FREE

Wed 12 to Wed 26 from 12 - 6 pm (Wed - Sat). **Reverse Osmosis.** Large scale glass and mixed media sculptures by Brad Copping. Xexe Gallery, 624 Richmond Street West 416-646- 2706 [www.xexegallery.com](http://www.xexegallery.com) FREE

Thursdays from Jan 13 - March 3 (except Feb 10) at 6:30 pm. **Quilt Group.** Learn to quilt while working on a community project. Novices to experts welcome. Toronto Public Library, Spadina Road Branch, 10 Spadina Rd. 416-393-7666 FREE

Thurs 13 from 5 – 7 pm. (exhibit runs Jan 12 to Feb 5). **Real Time.** Opening reception of a student exhibition featuring works that consider the omnipresence of computers and the internet in today's reality. Student Gallery, OCAD, 285 Dundas Street West 416-977-6000 x262 [www.ocad.ca/mini/student\\_gallery](http://www.ocad.ca/mini/student_gallery) FREE

Ends Sat 22. **Ice Villages.** Richard Johnson has been photographing ice huts for the past 3 years. Toronto Image Works, 80 Spadina Avenue, Suite 207 416-703-1999 [www.torontoimageworks.com](http://www.torontoimageworks.com) FREE

## FILM

**Tuesday nights at the movies!** New releases. Check listings for current films and show times. Carlton Cinema, 20 Carlton Street at Yonge Street 416-494-9371 [www.rainbowcinemas.ca](http://www.rainbowcinemas.ca) \$5

Fri 7 at 7:30 pm. **Why We Fight.** This film deals with the concept and escalation of the 'military-industrial complex,' particularly in the U.S. Discussion to follow. Centre of Gravity, 1300 Gerrard Street East. 416-938-6030 [www.centreofgravity.ca](http://www.centreofgravity.ca) FREE

Jan 11, 12, 13 & 14 at 2 pm. **Award-winning Foreign Films.** Call library for details on movies to be screened. Toronto Public Library, Taylor Memorial Branch, 1440 Kingston Road 416-396-8939 FREE

## GAMES

Jan 5, Feb 2 & Mar 2 at 2 pm. **Seniors Game Day.** For card sharks, and also for those who like to play Scrabble, chess or checkers. No registration required. Toronto Public Library, Morningside, 4279 Lawrence Ave. East 416-396-8881 FREE

## HEALTH & WELLNESS

**Yoga and Meditation at the Library.** Bring a blanket and wear loose clothing. Main Street, Agincourt, Albert Campbell, Highland Creek, New Toronto, and Barbara Frum branches are holding yoga and meditation classes starting in January. Call 416-393-7131 for dates and times. FREE

## LEARNING

Wed 5 & 12 from 5:30 - 6:30 pm. **Entrepreneurship 101.** A class on the nuts and bolts of starting a business. MaRS Auditorium, 101 College Street 416-673-8100 [www.marsdd.com/ent101](http://www.marsdd.com/ent101) FREE

## MDAO WORKSHOPS & EVENTS

All events held at Mood Disorders Association of Ontario, 36 Eglinton Avenue West, Suite 602 unless otherwise specified. 416-486-8046 x 223 [www.mooddisorders.ca](http://www.mooddisorders.ca)

- First and third Mon afternoon of each month from 1 - 3 pm. Second and fourth Mon from 7 - 9 pm. **New Weekly Comedy Program** with Laughing Like Crazy. Learn how to perform. No need to register - just show up and join in. FREE
- Begins on Wed 5 from 1:30 - 4 pm. **Wellness Recovery Action Planning (WRAP).** A non-medical approach that allows participants to create their own recovery journey and live in wellness. Pre-registration is required. FREE
- Every Thurs starting Thurs 13. **Drumming to Our Own Beat.** No experience necessary; drums and other percussion instruments provided. Pre-registration is required. FREE
- Tues 18 from 7 - 9 pm. **Free Comedy Showcase.** Graduates of Laughing Like Crazy perform. North Toronto Community Centre, 200 Eglinton Ave West [laughinglikecrazy@gmail.com](mailto:laughinglikecrazy@gmail.com) FREE
- Begins on Tues 18. **Mindfulness in Everyday Life.** A five-week program for people who are new to mindfulness or want to practice in a supportive group. FREE



## MUSIC

**Gladstone Hotel**, Melody Bar, 1214 Queen St. West 416-531-4635 <http://www.gladstonehotel.com/>

- Every Fri and Sat from 10 pm – 2:30 am. **Karaoke with Peter Styles**. FREE cover
- Every Wed from 7:30 – 10 pm. **Granny Boots**. Early evening entertainment for queer folk who like to be in bed by 11. Every Wednesday Ryan G. Hinds curates a different theme, host or event – from live music to drag, radical politics to spoken word. FREE cover

**Sunday Serenades for January 2011**. All concerts are from 2 – 4 pm unless otherwise noted. Scarborough Civic Centre, Rotunda, 150 Borough Drive (McCowan & Ellesmere) 416-396-7766

[www.toronto.ca/indulge/albertcampbellsquare.htm](http://www.toronto.ca/indulge/albertcampbellsquare.htm)

- Sun 2 at 12:30 pm. Jimmy Amaro Band (Scarborough New Year's Levee) FREE
- Sun 9 from 2 – 4 pm. Good Times Orchestra FREE

Thurs 6 at 7 pm. **NOW Talks**. Join NOW magazine publisher Michael Hollett in conversation with JUNO award winning artists Maestro Fresh Wes and Platinum Blonde's Mark Holmes. NOW Lounge, 189 Church Street 416-532-7020 [www.nowtoronto.com](http://www.nowtoronto.com) FREE

Fri 7 at 6 pm. **Opera 101: The Magic Flute**. Isabel Bayrakdarian from the cast of the Magic Flute is interviewed by CBC Radio's Brent Bambury. Duke of Westminster, 77 Adelaide Street West 416-363-8231 [www.coc.ca](http://www.coc.ca) FREE

**Canadian Opera Company Free Concert Series**. Four Seasons Centre for the Performing Arts, 145 Queen St. West. 416-363-8231 [www.coc.ca](http://www.coc.ca)

- Tues 11 from 12 – 1 pm. **Winter Heat**. Humber Contemporary Jazz Ensemble with Don Thompson, director FREE
- Wed 12 from 5:30 – 6:30 pm. **The Fifth Season**. Duologue. Jazz with David Occhipinti on guitar and Mike Murley on saxophone. FREE
- Thurs 13 at noon. **Klezmer Meets Classical**. Jacques Israelievitch, violin; Shauna Rolston, cello; Michael Israelievitch, percussion. FREE

Starts Tues 11 from 8:30 pm – 12:30 am. Every Tuesday. **Drummers in Exile**. Annex Wreckroom, 794 Bathurst St. A weekly, open and welcoming freestyle dance-fun-drum circle! [www.drummersinexile.com](http://www.drummersinexile.com) \$2 - \$5 cover

Tues 11 at 12:10 pm. **The Singing Year**. Voice performance class with prize winners Jim and Charlotte Norcop. Faculty of Music, University of Toronto, Walter Hall, 80 Queen's Park 416-978-3750 [www.music.utoronto.ca](http://www.music.utoronto.ca) FREE

Wed 12 at 7:30 pm. **Small Jazz Ensembles**. Faculty of Music, University of Toronto, Walter Hall, 80 Queen's Park 416-978-3750 [www.music.utoronto.ca](http://www.music.utoronto.ca) FREE

## NEW YEAR'S DAY

Sat 1 from noon – 2 pm. **New Year's Day Levee with the Lieutenant Governor of Ontario**. A tradition in Canada since 1646, the levee is a special opportunity to meet the Queen's representative in Ontario and enjoy festive family entertainment. Fort York National Historic Site, 250 Fort York Boulevard 416-338-0684 [www.heritagetoronto.org](http://www.heritagetoronto.org) FREE

Sat 1 at 11:30 am. **New Year's Day Service**. Greet the New Year in contemplative reflection and renew your commitment to the way of peace. Zen Buddhist Temple, 297 College St. 416-658-0137 [www.zenbuddhisttemple.org](http://www.zenbuddhisttemple.org) FREE

## ON-LINE

The Leadership Project recently hosted Paul Baker and Ron Coleman from the Hearing Voices Network and Intervoice to speak on "Setting up and supporting support groups for Voice Hearers". Here are the links to view the taped sessions:

1<sup>st</sup> session: <http://www.youtube.com/watch?v=dbiMyR5aCmY> 2<sup>nd</sup> session: <http://bit.ly/aGsQqRj>

3<sup>rd</sup> session: <http://bit.ly/aovwqw> 4<sup>th</sup> session: <http://bit.ly/bsNSqT> 5<sup>th</sup> session: <http://bit.ly/d1pYtV> FREE

## OUTDOOR FUN

Sat 1 from noon – 3 pm. **The Great Canadian Chill.** Take a dip in Lake Ontario and raise money for Stop Kids Cancer Cold. Ashbridges Bay (Lakeshore Ave. East and Coxwell Ave.) 1-855-93-24455 By Donation

Sat 1 at 12:30 pm. **New Year's Day Hike.** Walk the Leslie Spit with the Toronto Bruce Trail Club. Meet at Leslie Street and Unwin Avenue. 416-763-9061 [www.torontobrucetrailclub.org](http://www.torontobrucetrailclub.org) FREE

Sat 8 from 8 – 11 pm. **World at your Blades.** Skate to a mix of global grooves, world beats and ethno-electro hits. Natrel Outdoor Rink, Harbourfront Centre, 235 Queens Quay West. 416-973-4000 [www.harbourfrontcentre.com](http://www.harbourfrontcentre.com) FREE

Sun 9 from 8 am to mid-afternoon. **Rouge Park's 8th Annual Winter Bird Count.** We welcome any volunteers, no matter what your birding skills are. Call 905-713-6007 by Sat 5 to be added to the volunteer list. Various locations throughout Rouge Park: primarily in east Toronto and east Markham. [www.rougepark.com](http://www.rougepark.com) FREE

## WORD UP!

Upcoming Dates: Sun 9, Sun 16 and Sun 23 from 2 - 4 pm. **The Toronto Writers Co-operative.** Weekly workshops, guest authors, member readings, open mic and publications. Polish, publish and perform your work. Toronto Reference Library, 789 Yonge St., B1-Lower Level 416-395-5577 FREE

<http://madinamerica.com/madinamerica.com/Home.html>

Read the first chapter of Robert Whitaker's controversial ***Anatomy of an Epidemic: magic bullets, psychiatric drugs, and the astonishing rise of mental illness in America*** on-line. The site contains interviews, podcasts, blogs, source documents for *Anatomy of an Epidemic* and *Mad in America: bad science, bad medicine, and the enduring mistreatment of the mentally ill*, and Whitaker's response to criticisms of his argument. Both books are available at the Toronto Public Library with a valid Library card. FREE

Tues 11 at 7 pm. Author Mary Di Michele reads from her new work, ***Tenor of Love***. York University, Room ACW 206, 4700 Keele Street. 416-736-5158 [www.yorku.ca/laps/canwrite](http://www.yorku.ca/laps/canwrite) FREE

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Mailing Address: C/S INFO, c/o CAMH, The Mall, 1001 Queen St. West, Toronto, ON M6J 1H4