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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.*

**July 15, 2007**

Bulletin 350

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

LOCATION: 252 College Street, 3<sup>rd</sup> Floor, Toronto, ON

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

TEL: 416 595-2882 FAX: 416 595-0291 E-MAIL: [csinfo@camh.net](mailto:csinfo@camh.net)

## Autobiography in five chapters



### CHAPTER ONE

I walk down the street and there's a deep hole in the sidewalk. I fall in. I am lost. I am helpless. It takes forever to find a way out.

### CHAPTER TWO

I walk down the same street and there's the same deep hole in the sidewalk. I pretend I don't see it and I fall in again. I can't believe I'm in the same place. It takes a long time to get out.

### CHAPTER THREE

I walk down the same street and there's the same deep hole in the sidewalk. I see that it is there. And I still fall in. It's a habit, but my eyes are open and I know where I am. I get out almost immediately.

### CHAPTER FOUR

I walk down the same street and there's the same deep hole in the sidewalk. This time, very carefully and cautiously, I manage to walk around it.

### CHAPTER FIVE

It finally occurs to me to walk down a different street.

*Author Unknown*

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## Mad Pride Continues!

- **The Artists of Sound Times** present 'One in Five', a multi-media installation on the idea of being Other. Gladstone Hotel, 1214 Queen Street West, Exhibition Room 214. 12:00 noon to 5:00 pm daily, from July 12<sup>th</sup> to July 17<sup>th</sup>. For more information call The Gladstone Hotel at 416 531-4635, email [info@gladstonehotel.com](mailto:info@gladstonehotel.com) or visit the Sound Times website at [www.soundtimes.com](http://www.soundtimes.com)
- **Psychiatric Survivors' Arts and Crafts Fair.** Sunday July 15<sup>th</sup>, 10:00 am to 4:00 pm, Parkdale Activity-Recreation Centre (PARC), 1499 Queen Street West. For more information, call Melinda Montgomery at 416 537-2591. This event is part of the Mad Pride 2007 celebration and is sponsored by PARC.
- **Poetry and Short Reading 'Extravaganza'.** Friday, August 17<sup>th</sup>, 2007 at 6:00 pm at PARC. Share your original works of poetry and short prose at this Mad Pride event, sponsored by Project Parkdale Read and PARC. Registration is necessary; call Hume Cronyn at 416 537-2591 on Thursdays and Fridays, or email [heinz\\_klein@hotmail.com](mailto:heinz_klein@hotmail.com), Topic: PRE 07.



### **PSYCHIATRIC SURVIVORS' SOCCER TOURNAMENT 2007** Hosted by Parkdale Activity and Recreation Centre (PARC) 1499 Queen Street West

On Thursdays at about 1:00 pm, the members of PARC play soccer at Sorauren Park. If you don't belong to an agency team and you want to get some practice and refresh your soccer skills, come on out and join the fun! For more information, contact 416 432-9690, or Hume Cronyn or Zephie James at 416 537-2591. The Tournament will be held in September; location and times to be announced. If you belong to an agency or organization, consider setting up your own team and practice sessions. You can register for the Tournament as an agency team.

**Get active in summer. Kick the ball.**



**VOLUNTEER POSITION**

### **GAMES NIGHT and CLOTHING ROOM VOLUNTEERS STREET HAVEN AT THE CROSSROADS**

Street Haven is currently looking for a female Games Night Volunteer to play a variety of games (card games, scrabble, etc.) with the women of Street Haven every Tuesday from 6:30 pm to 7:30 pm. They are also seeking one female volunteer to assist with the organization of the clothing room. Hours required are alternating Thursdays from 5:00 pm to 7:00 pm. For more information or to apply, call Marie John at 416 967-6060 x 237 or email [mjohn@streethaven.com](mailto:mjohn@streethaven.com). Deadline to apply is August 22<sup>nd</sup>.



# ANGER 101



Anger is one of many emotions that comprise the human condition. In and of itself, anger is neither good nor bad, though many of us were taught that no good could ever come of it. Appropriate expressions of anger can instigate positive change in life circumstances, moving us out of old, self-defeating ruts. Understanding more about what it is and how it can work both for and against us can be an important element of recovery.

Something worth keeping in mind about anger: it is often considered to be a secondary emotion, meaning that before one feels anger, they might have felt sadness, fear or abandonment. The anger is considered to be a reactive or protective response to a more vulnerable, primary emotion. Knowing that your own, or another person's anger, is coming from a vulnerable place rather than an aggressive, punitive place can sometimes help us deal with the underlying causes and act in ways that honour ourselves and others.

Intense anger holds an important message: there is pain here that needs to be addressed – but there are never any reasons or excuses for treating someone in an abusive way because of the misuse of this important emotion. The goal is to acknowledge anger for what it is – a valuable source of information to be managed and learned from – and then respond proactively to redirect this energy into something good.



## WHERE DO YOU FIT?



Anger responses can be placed on a continuum with passive on one extreme end and aggressive on the other. Assertive fits into the middle ground. Passive anger is turned inward; aggressive anger is turned outward. Some people blur the lines between passive and aggressive anger, and their passive-aggressive approach to anger and conflict can be confusing and difficult to resolve.

PASSIVE	ASSERTIVE	AGGRESSIVE
Avoidance	Problem solving	Antagonism
Depression	Resolution	Threats/violence
Anxiety	Open communication	Displaced
Frustration	Optimal health	Complaining
Helplessness		Blaming
Agitation		Rage
Physical illness		Physical stress

### Moving Toward Assertiveness: A Few Small Steps in the Right Direction

#### COGNITIVE APPROACHES

- Learn more about anger; increase your self-awareness and emotional options
- Learn to recognize and label anger; identify your anger signs and the underlying feelings
- Evaluate your beliefs about anger
- Use counter-statements to change angry thoughts
- Evaluate the risks and benefits of various methods of expressing your anger
- Self-reminders of the negative consequences of inappropriate or irrational expression
- Learn about and identify the potential benefits of constructive ways of expression
- Use positive self-talk

## BEHAVIOURAL APPROACHES

- Walk away from situations in which you feel intense anger or are worried about losing control
- Redirect your energy towards an activity or a cause
- Get creative: paint, build, etc.
- Commit to some form of regular physical activity
- Log or journal your angry situations; 'talk' to your anger and find out what it's trying to tell you
- Prepare and practice 'cooler' responses to triggering situations; perhaps write them on cue cards
- Do an anger review at the end of each day

## Anger Worksheet: Know Thyself

- Anger is often indicated by physical symptoms. These may include teeth grinding, fist clenching, stomach in knots, heart or head pounding, sweating, altered vision, nausea, tension, tears, and so on. Physical signs of anger for me are:
- Anger is expressed in behaviours such as shouting, withdrawing, complaining, non-compliance, depression, and physical aggression. I express anger by:
- When angry, our mental processes change. We may go blank, experience racing thoughts, have revenge or suicidal fantasies, or obsess over the situation. When I am angry, I:
- A specific situation that makes me angry (who, what, when, where, how):
- Some of the strategies I can adopt to help me resolve anger are:

## Anger/Conflict Resolution

Here are some of the steps and skills involved in resolving anger and conflict:

- Owning the anger (no one is making me angry, and my anger is no one else's responsibility)
- Diagnosing: How angry am I about the situation? What is the source or cause of my anger? Why am I angry? What do I perceive or believe is happening?
- Sharing: How do I feel? What do I think or interpret the situation to mean for me? What do I need or want to see happen to change the situation? How has the other person's behaviour impacted me? It is important to avoid personal attacks when discussing the situation. Speak from the "I", rather than the "you"
- Asking for a response
- Active listening
- Summarize the issue, defined in terms of "our problem" as opposed to "you are the problem"
- Acknowledging and accepting differences – while understanding that acceptance of another's point of view does not mean you necessarily agree with them
- Problem-solving, which could mean negotiating a solution, a give-and-get contract, or some form of compromise

There are times when it is not possible to confront the other person in a conflict situation: it may not be worth the risk, or it may be that you will not see the person again. Regardless, it is still important for our self-esteem to work through the first few steps, either on our own or with someone we trust. If nothing else happens, we can at least gain the power of insight.

*Adapted from: R. Brought.*



**Anger is like electricity: you can use it to light up an entire city,  
or you can electrocute yourself with it.**

*-Author Unknown*



## FEELING HOT, HOT, HOT!

The dog days of summer have arrived...tomorrow's forecast is calling for a humid and sunny 35 degrees, and there is sure to be lots more where that came from! The combination of high heat and high humidity can be very dangerous, so here are some tips from Toronto Public Health for coping with the summer heat.

People at particular risk during these weather conditions include:

- The elderly, infants and preschoolers
- People who drink heavily or use illicit drugs
- People with chronic illnesses such as diabetes, heart or lung conditions
- People who exercise vigorously or who are involved in strenuous outdoor work for prolonged periods
- People taking certain medications (for mental health conditions, for example - see Bulletin # 349))
- Homeless or marginally housed persons

How to avoid heat-related illness:

- Drink lots of water and natural fruit juices even if you don't feel thirsty. Avoid alcoholic beverages, coffee and cola — and remember the cautionary note about grapefruit juice and medications from the last issue of the Bulletin
- If you must go outside, stay in the shade as much as possible and try to plan to go out early in the morning or in the evening when it is cooler and smog levels may be lower
- Wear a hat, and wear clothing that is as light and loose-fitting as possible
- If you don't have air conditioning, keep shades or curtains drawn and blinds closed, but keep windows slightly open; keep lights off or turned down low
- Take a cool bath or shower periodically, or cool down with wet towels. Some drop-in and recreation centres have public showers
- Avoid heavy meals and using the oven
- Avoid intense or moderately intense physical activity
- Never leave a child in a parked car or asleep in direct sunlight
- Consult a doctor, nurse or pharmacist regarding possible heat-related side effects from your medication
- Try to spend some time near the lake or waterfront where it is cooler
- If you sleep outside during the day, find a place that will provide shade for a few hours; remember: the sun moves
- Take it easy and rest. If you have to walk a long way, try to do it in the early morning or evening



### Fan Facts:

Fans alone may not provide enough cooling when the temperature is high, and how much a fan helps depends on how it is used. **DO** use your fan in or next to a window. **DON'T** use a fan in a closed room without doors or windows open to the outside. Fans do not cool the air; they just move it around and keep you cool by evaporating your sweat.



### Signs of Heat Illness:

Visit your doctor or nearest hospital right away if you have these symptoms of heat illness. In an emergency, call 911.

- Rapid breathing or difficulty breathing
- Weakness, dizziness or fainting
- More tiredness than usual
- Headache
- Confusion and disorientation
- Nausea

When it is extremely hot, it is important to spend even a few hours in a cooler environment to lower your core body temperature. It can save your life.

For more information about the health effects of extreme heat, call the Canadian Red Cross Heat Information Hotline at 416 480-2615; for more information on how to prepare for summer, call Toronto Health Connection at 416 338-7600.

And don't forget your pet if you have one. Without shade and water, dogs, cats and other pets can become ill and die within a short period of time. Toronto Animal Services provides information on taking care of your pet during hot weather. Call 416 338-PAWS (7297) or visit [www.toronto.ca/health](http://www.toronto.ca/health) and click on Animal Services.



If there are subjects that you have a particular interest in reading about in FYI, call or email us at the Centre and we will try to include it in a future issue.

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## Did You Know About...



**The Telephone Support Line.** If you need someone to talk to about mental health or addiction problems, confidential and anonymous telephone support is available through the CAMH Telephone Support Line. The warm line is staffed by trained volunteers and is open Monday through Friday from 3:00 pm to 9:00 pm. In Toronto call 416 595-6111; outside Toronto call 1 800 463-6273.



**The Queen West Community Health Centre Voice Mail Project.** Being able to receive Voice Mail messages can make all the difference when you are looking for work or a place to live, or just wanting to stay in touch with friends. Even if you don't have a telephone or a permanent address, you can obtain a personal Voice Mail number at the low cost of \$10.00 for three months (ODSP and OW may reimburse you if you provide your receipt). Registration usually takes place on Mondays and Fridays from 1:30 pm to 3:00 pm, but it is best to call 416 703-8482 x 234 or 416 760-6000 to confirm dates and times. Queen West Community Health Centre is located at 168 Bathurst Street, at the corner of Queen Street West.

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## Wish List

**If you have something to donate for our Wish List, or you would like to make a request for something, contact the Centre at 416 595-2882 or email us at [csinfo@camh.net](mailto:csinfo@camh.net).**

We've been given some electronics - pretty old - that someone may have some use for. If you would like any of the following items, please contact us, as above. Helen & Deb

- N656U Scanner with disk & instruction book
- Palm Treo 600 Smartphone with charger & car charger
- Motorola L6 cell phone & charger
- Nokia cell phone & car charger – really old
- Sony Ericsson cell phone & charger
- Motorola V60 cell phone & battery



## Free & Low Cost Activities

### **SUNDAY, JULY 15**

Psychiatric Survivor Arts and Crafts Fair. FREE. 10:00 am to 4:00 pm at PARC. For more details see listing under Mad Pride events on page 2.

Arts at the Heart. Artisan Market running in conjunction with the Bangladesh Festival. FREE. Yonge-Dundas Square. 10:30 am to 9:00 pm. For more information call 416 979-9960, or email [info@ydsquare.ca](mailto:info@ydsquare.ca)

Harbourfront Centre World Rhythms Festival. FREE. Featuring percussion from all corners of the globe, the Festival includes a vast range of instruments and icons of the world music community. Live music starts at 3:00 pm at the Concert Stage; dance performances begin at 1:00 pm at the Star Stage. Join a food class featuring Sweet and Spicy Caribbean Style Chicken with vegetables at 2:00 pm at the Lakeside Terrace; Class (and food!) fee is \$2.00. Harbourfront Centre, 235 Queen Quay West. For more information call 416 973-4000 or visit [www.harbourfrontcentre.com](http://www.harbourfrontcentre.com).

ROMwalk 2007: Hidden Treasures. FREE. Highlights of the walk include traditional and modern sculpture, from the Sculpture Garden opposite St. James Cathedral to the Archer in City Hall Square. Meet at 2:00 pm at King and Church Streets. Look for the blue umbrella. For more information call 416 586-8097 or email [visit@rom.on.ca](mailto:visit@rom.on.ca)

### **MONDAY, JULY 16**

Music Mondays at the Church of the Holy Trinity: Rags, Blues and Stomps. 10 Trinity Square (behind the Eaton Centre). Suggested donation \$5.00. 12:15 pm. For more information call 416 598-4521 x 304.

### **TUESDAY, JULY 17**

Simply People: Celebrating Our Lives and Identities. FREE. Fourth annual disability celebration in Toronto with performers, speakers, experiential learning workshop, display tables. Special guest speakers Toronto City Councillor Adrian Heaps and City TV's David Onley. Interpretation, attendant care and transcription services available onsite. Nathan Phillips Square, City Hall, 100 Queen Street West at Bay Street. 5:30 pm to 8:30 pm. For more information visit [www.canwapss.com](http://www.canwapss.com) or email [simplypeople@canwapss.com](mailto:simplypeople@canwapss.com)

Outdoor Movies at Yonge-Dundas Square. FREE. Tonight's futuristic feature: *Close Encounters*. Outer space in an outdoor place! 8:00 pm to 11:00 pm. For more information call 416 979-9960 or email [info@ydsquare.ca](mailto:info@ydsquare.ca)

Tuesday Night Live! Concert Series featuring Russian Folk Choir. FREE. Barry Zukerman Amphitheatre, Earl Bales Park, 4169 Bathurst Street (rain location: Earl Bales Community Centre). 7:30 pm. For more information call 416 395-7673.

### **WEDNESDAY, JULY 18**

Art Gallery of Ontario. FREE. Applies to permanent collections only, including the Henry Moore Sculpture Centre, In Your Face, and Swing Space displays. 317 Dundas Street West near University Avenue. 6:00 pm to 9:00 pm. For more information call 416 979-6648.

Summer Serenades at Yonge-Dundas Square: Jon Levine. FREE. One of Canada's brightest talents in jazz, folk and roots takes to the stage. 12:30 pm to 1:30 pm. For more information call 416 979-9960 or email [info@ydsquare.ca](mailto:info@ydsquare.ca)

ROMwalk 2007: ROM and its Neighbours. FREE. Highlights of the walk include the Church of the Redeemer, Royal Conservatory of Music, Taddle Creek, Flavelle House, Gardiner Museum. Meet at 6:00 pm at the front of the Royal Ontario Museum. Look for the blue umbrella. For more information call 416 586-8097 or email [visit@rom.on.ca](mailto:visit@rom.on.ca)

### **THURSDAY, JULY 19**

City of Toronto Tasty Thursdays: Jeremy Ledbetter and Canefire. FREE. Featuring world music. Nathan Phillips Square, 100 Queen Street West at Bay Street. 12:00 noon. For more information Call 416 395-0490.

Summer Music in the Garden. Flights of Fancy: String Quartets Do the Fugue. FREE. Toronto Music Garden, 475 Queens Quay West. 7:00 pm, weather permitting. For more information call 416 973-4000.

### **FRIDAY, JULY 20**

Lou Applebaum Summer Music Festival 2007 PowerMusic Camps Student Concert: Band and Strings. FREE. University of Toronto Faculty of Music, Walter Hall, Edward Johnson Building, 80 Queen's Park Crescent. 3:00 pm. For more information call 416 978-3750.

Toronto PartiGras at the Historic Distillery District. FREE. As part of a string of jazz festivals in and around Toronto, the annual PartiGras Festival takes over the Distillery District until Sunday, July 22<sup>nd</sup>. Opening night shows from 6:00 pm to 11:00 pm on three stages. Saturday shows from 11:30 am to 11:00 pm; Sunday from 12:00 noon to 7:00 pm. Main entrance on Mill Street east of Parliament Street. For more information call 416 698-2152 or visit [www.torontopartigras.com](http://www.torontopartigras.com)

Global Grooves at Yonge-Dundas Square: Plan C. FREE. Award-winning Afro-Latino rhythms mixed with contemporary music styles. 8:00 pm to 10:00 pm. For more information call 416 979-9960 or email [info@ydsquare.ca](mailto:info@ydsquare.ca)

Dim Sum Chinese Festival. FREE. Canadian and international artists provide a glimpse into the many wonderful facets of Chinese culture through the centuries. Music highlights feature contemporary and traditional acts that share a Chinese background. Other highlights include fabulous Dim Sum food and culinary demonstrations, dance, visual arts, theatre and literature, historic lectures, a sketch comedy showcase, and the North American premier of the 77-year old Peking Opera. Harbourfront Centre, 235 Queens Quay West. The Festival continues through Sunday, July 22<sup>nd</sup>. For event information and times call 416 973-4000 or visit [www.harbourfrontcentre.com](http://www.harbourfrontcentre.com)

### **SATURDAY, JULY 21**

Arts at the Heart. Artisan Market running in conjunction with Bana y'Afrique. FREE. Yonge-Dundas Square. 10:30 am to 9:00 pm. For more information call 416 979-9960 or email [info@ydsquare.ca](mailto:info@ydsquare.ca)

The TRANZAC. John Coltrane's 'Ascension' performed by Lina Alle, and other works. FREE or PWYC. Main Hall, 292 Brunswick Street near Bloor. 8:00 pm. For more information call 416 923-8137.

### **SUNDAY, JULY 22**

Arts at the Heart. Artisan Market running in conjunction with Bana y'Afrique continues. FREE. 12:00 noon to 7:00 pm. For more information call 416 979-9960 or email [info@ydsquare.ca](mailto:info@ydsquare.ca)

Summer Music in the Garden. Accordolotion: evolution as a force in musical composition. FREE. Toronto Music Garden, 475 Queens Quay West. 4:00 pm, weather permitting. For more information call 416 973-4000.

### **MONDAY, JULY 23**

Music Mondays at the Church of the Holy Trinity. Duets and Solos: works by Purcell, Schumann, Brahms and others. Suggested donation \$5.00. 10 Trinity Square, behind the Eaton Centre. 12:15 pm. For more information call 416 598-4521 x 304.

### **TUESDAY, JULY 24**

Historical Walking Tours of University of Toronto's St. George campus. FREE. Departures at 10:30 am, 1:00 pm and 2:30 pm from the Nona Macdonald Visitors Centre, 25 King's College Circle. For more information call 416 978-5000.

The Gardens of Casa Loma: Garden Access Days. FREE. See the fabulous gardens of Casa Loma from 4:00 pm to dusk. Casa Loma, 1 Austin Terrace (Spadina and Davenport Roads). For more information call 416 923-1171.

Outdoor Movies at Yonge-Dundas Square. FREE. Tonight's futuristic feature: *Blade Runner*. Outer space in an outdoor place! 8:00 pm to 11:00 pm. For more information call 416 979-9960 or email [info@ydsquare.ca](mailto:info@ydsquare.ca)

### **WEDNESDAY, JULY 25**

Summer Serenades at Yonge-Dundas Square: Carlos Morgan (aka Carll Parkes). FREE. Mid-day concert featuring Juno Award-winning R&B/Soul artist. 12:30 pm to 1:30 pm. For more information call 416 979-9960 or email [info@ydsquare.ca](mailto:info@ydsquare.ca)

ROMwalks 2007: Historic Toronto. FREE. Highlights of the walk include Toronto's First Post Office, Bank of Upper Canada, St. Lawrence Market, St. James Cathedral, St. Lawrence Hall, Courthouse Square. Meet at 6:00 pm at 260 Adelaide Street East. Look for the blue umbrella. For more information call 416 586-8097 or email [visit@rom.on.ca](mailto:visit@rom.on.ca)

Jazz Kitchen Southern Cooking. FREE. First come first served with a capacity for 30 people. Learn the secrets of cooking New Orleans Cajun and Southern "comfort food". The tasting menu includes Southern catfish with tartar sauce, fried green tomatoes, caramelised red onions with sherry and flambouX candied apples. Mennonite New Life Centre of Toronto, Upper 1, 1774 Queen Street East. 7:00 pm to 9:00 pm. For more information call 416 698-2152 or email [info@beachesjazz@rogers.com](mailto:info@beachesjazz@rogers.com)

### **THURSDAY, JULY 26**

City of Toronto Tasty Thursdays: Jayme Stone. FREE. Mid-day concert featuring world music. Nathan Phillips Square, 100 Queen Street West at Bay Street. 12:00 noon. For more information call 416 395-0490.

Beaches International Jazz Festival: 2007 Streetfest. FREE. Showcasing the finest Big Band, Jazz, R&B and Soul in Canada, along with a collection of Acid, Bebop, Funk, Reggae and Samba performances. Continues for three days, over 2 km of Queen Street East between Coxwell and Victoria Park Avenues. 7:00 pm to 11:00 pm. For more information call 416 698-2152 or email [info@beachesjazz@rogers.com](mailto:info@beachesjazz@rogers.com)

Community School Concert Series: Summer Opera Scene Study. FREE or Pay What You Can donation. Semi-staged opera excerpts featuring students of the SOSS. Royal Conservatory of Music, Concert Hall, 90 Croatia Street near Bloor and Dufferin. Thursday, July 26<sup>th</sup> and Friday, July 27<sup>th</sup> at 7:00 pm. For more information call 416 408-2824 x 321.

Summer Music in the Garden. Naseem: Summer Breezes from Persian Court. FREE. Classical Persian music and original compositions. Toronto Music Garden, 475 Queens Quay West. 7:00 pm, weather permitting. For more information call 416 973-4000.

### **FRIDAY, JULY 27**

Just for Laughs Festival. FREE. The world's most prestigious comedy festival will be transforming Toronto's Yonge-Dundas Square and an additional two city blocks into a wonderland of colour, sound and light on July 27<sup>th</sup> and 28<sup>th</sup>. This must-see event, featuring some of the most astounding performance troupes from across the globe, will take place Friday from 7:00 pm to 11:00 pm, and Saturday from 5:00 pm to 11:00 pm. For more information visit [www.hahaha.com/toronto](http://www.hahaha.com/toronto)

### **SATURDAY, JULY 28**

Hart House Singers: Inspired by Shakespeare. FREE; food bank donations for UofT food bank welcome. Poems by Shakespeare and Frost set to music. University of Toronto, Hart House Great Hall, 7 Hart House Circle. 7:00 pm. For more information call 416 978-7986.

Beaches International Jazz Festival: 2007 Main Stage Event in Kew Gardens. FREE. Performances from 11:30 am to 6:00 pm on Saturday, July 28<sup>th</sup> and Sunday, July 29<sup>th</sup>. Kew Gardens is located on Queen Street East, just east of Coxwell Avenue. For more information call 416 698-2152 or email [infobeachesjazz@rogers.com](mailto:infobeachesjazz@rogers.com)

### **SUNDAY, JULY 29**

Summer Music in the Garden. New Buds on an Old Tree: Contemporary Yiddish songs. FREE. Toronto Music Garden, 475 Queens Quay West. 4:00 pm, weather permitting. For more information call 416 973-4000.

Walking Tour: In the Footsteps of the Black Victorians, Part I. FREE. Toronto's Black community dates back to the early days of British settlement. By 1860, Toronto's Black residents had made considerable contributions to commerce, politics, and society. Learn more about these varied contributions in Mackenzie House Museum's walking tour, starting at the Market Gallery (South St. Lawrence Market, at Front and Jarvis Streets, the location of the 1844 City Hall), and concluding at Mackenzie House (82 Bond Street, at Yonge and Dundas). Walk length: 2 hours; level of difficulty: easy. 1:30 pm to 3:30 pm. For more information call 416 392-6915 or email [mchouse@toronto.ca](mailto:mchouse@toronto.ca)

ROMwalk 2007: Parkdale. FREE. Highlights of the walk include St. Mark's Anglican Church, Queen Elizabeth Hospital, Masaryk Hall, Melbourne Mews and the homes of Mazo de la Roche. Meet at 2:00 pm in front of Parkdale Public Library at 1303 Queen Street West. Look for the blue umbrella. For more information call 416 586-8097 or email [visit@rom.on.ca](mailto:visit@rom.on.ca)

Brazilfest 2007. FREE. The fourth annual Brazilfest will feature the best of Brazil's music and dance, reflecting the best of Brazilian culture. Special performance by Batucada Carioca, a 25-person Brazilian drum corps; food, crafts and circus performers (stilt walkers, magicians and clowns). Toronto Centre Island, 1 Bay Street. Noon to 9:00 pm. For more event information and times call 416 299-5932 or visit [www.itabrasentertainment.com](http://www.itabrasentertainment.com)

### **MONDAY, JULY 30**

Music Mondays at the Church of the Holy Trinity. The music of Bach and Mozart performed by Anatoliy Kuprychuk on bassoon and Elena Tchernaiia on piano. Suggested donation \$5.00. 10 Trinity Square, behind the Eaton Centre. 12:15 pm. For more information call 416 598-4521 x 304.

### **TUESDAY, JULY 31**

Java Knights at the Gladstone Hotel. No Cover Charge. ACT Toronto and the Gay West Community Network have formed a new partnership to present Java Knights, a monthly west-end social event to bring forth a group of individuals interested in discussions on various topics of interest. 7:00 pm to 10:00 pm. The Gladstone Hotel, Art Bar, 1214 Queen Street West. For more information call 416 531-4635 or email [info@gladstonehotel.com](mailto:info@gladstonehotel.com)

Outdoor Movies at Yonge-Dundas Square. FREE. Tonight's futuristic feature: *Brazil*. Outer space in an outdoor place! 8:00 pm to 11:00 pm. For more information call 416 979-9960 or email [info@ydsquare.ca](mailto:info@ydsquare.ca)

Tuesday Night Live! Concert Series featuring Klez Factor. FREE. Barry Zukerman Amphitheatre, Earl Bales Park, 4169 Bathurst Street (rain location: Earl Bales Community Centre). 7:30 pm. For more information call 416 395-7673.



Never, never, never give up.  
-Winston Churchill