



F. A. M. E.

Spring 2007

Family Association For Mental Health Everywhere

THE FAMILY ADVOCATE

“simply divas” - Another Smashing Success!

It was a return to *fabulousness* on Sunday, April 29th, 2007 as the second annual ‘simply divas’ fundraising gala took over the stunning venue of The Great Hall in downtown Toronto.

Celebrating the timeless songs from five generations of incredible songstresses, the concert showcased brilliant performances from up-and-coming divas (*and one divo*) from the Etobicoke School of the Arts. The following talented performers studied their respective divas and made them come alive before our eyes.

Joi Lee opened the show as the cool **Peggy Lee**, leading into the event’s first ever *divo* appearance as Austin Fagan took to the stage as **Cher** and had us believing every word. Berlayne Smith took us to present day diva **Alicia Keys** while a dapper Ryan Demchuk accompanied on the piano. Those big wheels kept on turning as the incomparable Joi Lee as **Tina Turner** with Brittany Clarke and Laurel Denning as back-up singers belted out Proud Mary. Laurel Denning made a case for **Joni Mitchell** with James Brown on guitar and then true country twang hit the stage as Amy Smith struck her **Patsy Cline** pose with Crazy attitude. You’d be forgiven for believing you were in a 1940’s supper club while Berlayne Smith captured the crowd with her rendition of **Dinah Washington** accompanied by Cameron Atkins on piano. There certainly was no mountain high enough as Joi Lee again took the stage and took us to Motown as **Diana Ross** with Brittany and Laurel.

The venue, the costumes, the vocal performances had you believing you were in the same room with some of the greatest divas. For anyone who heard “*Are you sure you want change Big Spender?*” when buying raffle tickets knew that the Pill Box Hat Girls were something special too. Jenn Fantin, Miri Makin and Molly Farmer harkened back to circa 1950’s New York. Enhancing the visual allure was debonair MC, Sebastien Heins who both voiced the divas bios but also stopped the presses as our vintage newspaperman. The event wrapped up with all the divas coming together in a closing performance of “I’m a woman!”, getting the audience singing and dancing in the aisles.

F.A.M.E.’s second annual fundraiser saw a jump in attendance with 219 tickets sold and over 100 auction items up for bidding. It was thanks to *you* who came to the show, brought friends and relatives, donated cash and prizes, bought raffle tickets, and bid on the auction items. It was because of you that we were able to raise \$10,000 in net proceeds for F.A.M.E. Thank you!

F.A.M.E. would also like to thank all the volunteers that made the event happen and all the numerous donors. For a complete listing of donors and event photos, Please see inside.

And don’t forget to save the date for ‘simply divas’ next year Sunday April 27th, 2008.

Our Mission

F.A.M.E. is an organization for family support where mental illness of any form is an issue.

We are run for and by families to reduce the stress of coping with mental illness by strengthening and supporting family members in their role as caregivers.

F.A.M.E. is open to all families who have family member affected by serious mental illness and who identify a need for support.

The Fading Power of Stigma

Note: this article addresses physical and intellectual disabilities as well as mental health issues.

Stigma and fear of embarrassment and shame prevent many people from openly discussing their family's mental health issues, resulting in further isolation, avoidance of outside help and lack of resolution. It is also evident that some people have indeed been breaking their silence, finding the courage to share their personal experiences with issues such as depression, anxiety or schizophrenia. Newspapers and magazines have been featuring stories on mental health issues. Reality television especially has brought the public much closer to individual stories as the cameras go right into the homes and daily lives of individuals courageous enough to talk about their difficulties. We can also observe stories of physical and intellectual disabilities.

For some people the urge to tell their stories became greater than the fear of shame and embarrassment that had silenced them in the past. The overall impact is that knowledge is gradually replacing ignorance, compassion is replacing anger and positive action is replacing apathy. Myths are exploding and the power of stigma is fading, though not everywhere and not fully. Beliefs and superstitions do not change easily as fear roots close to the bone. Perceived differences fuel fear of the unknown and fear is not easily shaken off.

Nevertheless, thoughts and views are changing while our society strives for new ideals. As a result, it becomes difficult to write this article using traditional words and concepts such as 'disorder', 'disability', 'normal', 'abnormality', 'deformity', 'difference', 'handicapped' et cetera. What is and what is not *normal*? Old concepts are being replaced by new ones and some words no longer fit. I prefer to regard a so-called 'deformity' or 'abnormality' as 'normal' while 'rare', recognizing that when a billion people are born, some among them will have three thumbs. We can expect this and predict it. Life will be difficult for a person with three thumbs even when that person is considered 'normal' in every other way. Being born with a 'deformity', a 'disability' or a predisposition to illness are real and normal events even when they are statistically rare. In fact, though, illness, mental illness and disabilities are indeed common.

Communities are now making great advances in changing old habits and rules. In the past many employers have avoided hiring people with disabilities. Some modern employers offer employment while accommodating people who have disabilities, recognizing the contributions that they can make when given a chance. Buildings have been retrofitted to be more accessible. Again, the stigmas are fading as knowledge and compassion replace ignorance and fear.

Thanks for listening.

F.A.M.E. and N.Y.G.H. present A Family Education Series

F.A.M.E. and North York General Hospital will be hosting a 6 week Family Education Series beginning in mid-September 2007 in the evening.
Exact dates to be determined.

Professionals will speak on the following topics:

- What is Mental Illness?
- Treatments for Mental Illness and the Recovery Philosophy
- Crisis, Suicide Prevention and Hospitalization.
- Community Supports
- Legal Issues and Advocacy
- Self Care and Stress Management

Meetings will be held at North York General Hospital, 555 Finch Ave. West, 1 South (Bathurst St. and Finch Ave.)

Space will be limited, please register as soon as possible. For more information and to register, please contact Mary at 416-207-5032, x29

Community Partners Publish Advocacy Paper on Families and Mental Health

The Family Mental Health Alliance (FMHA), in partnership with the Centre for Addiction and Mental Health, the Canadian Mental Health Association, and the Ontario Federation of Community Mental Health and Addiction Programs published an advocacy paper highlighting the concerns of family members with a mental health issue: "Caring Together: Families as Partners in the Mental Health and Addiction System".

This project was initiated by the FMHA. The FMHA is an alliance of family organizations and individual family members working to develop a stronger voice for families in the mental health and addiction system, to strengthen the supports provided to families and to raise awareness of issues from a family perspective.

FAME is an active member of the FMHA and encourages you to read the paper now available on the FAME website, www.fameforfamilies.com.

FAME is continuously updating its website with current events and publications. Please take the time to check the site often for recent additions.

'simply divas' 2007

F.A.M.E. would like to thank all the organizations and local businesses that contributed their time, services, and/or products to the success of the event. Below is a listing of those that directly contributed to the day of production. Please see other side for a full listing of all silent auction donors.

Costuming:

Brazen Hussy - Catriona, Kathleen, & Michele - 863 Queen St. West, 416-595-9468

Homemade Tarts - Juul Haalmeyer, address

Hair and Makeup:

Cucci's Salon - Rosina Polsinelli, Stephanie Mazhar, & Angelica Polsinelli - 23 Queen St. North, Bolton, 905-857-8077

Refreshments:

Winery - Willow Springs Winery - 5572 Bethesda Rd., Stouffville - 905-642-9463

Brewery - Cameron's Brewing Company - 1165 Invicta Dr. - 905-849-8282

Coffee - Starbucks Coffee Company - 1092 Queen St. West - 416-534-2882

Etobicoke School of the Arts:

Music Teacher - Paul Aikins

Student Performers - Brittany Clarke, Laurel Denning, Austin Dunsmore Fagan, Joi Lee, Rainey Smith, Amy Smith, Berlayne Smith

Pill Box Hat Girls - Jenn Fantin, Molly Farmer, Miri Makin

The Master of Ceremony - Sebastien Heins

Musical Accompanists:

Ryan Demchuk - Pianist

James Brown - Guitarist

Cameron Atkins - Pianist

Auctioneer:

Pete Cugno



All performers on stage: Austin, Rainey, Brittany, Laurel, Amy, Joi, and Berlayne.



Pill Box Hat Girls outside promoting the event:
Molly, Miri, and Jenn

F.A.M.E. goes to Ebay!

We are pleased to announce that F.A.M.E. will be utilizing the e-fundraising world by using Ebay to sell several valuable collectors items acquired through its solicitation for the "simply divas" event. "We decided it would be a better venue for our agency to maximize the potential values of these specialized collectors items" says Community Development Coordinator, Stephanie Baker. She continues "These items are so unique that they would appeal to a very special sector of the community and we wanted to make sure that we could reach them on a more global network such as Ebay. In the end it's a win win situation for F.A.M.E. and its bottom line. It also sends a message to our donors that what they give us is valuable and we want to make sure we do everything within our abilities to capitalize on their generosity."

Items up for bid include a rare collection of Tradition Toy Soldier Limited Edition sets that are in their original

boxes with certificates of authentication. The highlight of the Ebay auction items is a rare signed Easton Press Edition of Kurt Vonnegut's "Slaughterhouse Five". It is bound in the traditional blue leather and gold impressing synonymous to Easton Press editions, complete with the trademark gross grain ribbon binding and a certificate of authenticity. "We were thrilled with this donation especially in light of the recent passing of Mr. Vonnegut particularly since he had signed the book. Currently similar editions are selling on Ebay for approximately \$600 U.S. We know there are avid collectors out there who will jump at the opportunity to attain such an edition" says Ms. Baker. F.A.M.E. expects the Ebay auctioning to begin in the early part of the summer. For more information on the available auction items contact Stephanie Baker, Community Development Coordinator.

Last Chance on Donated Auction Items

FAME received several donations for the silent auction after the event and will be posting them up for auction on the FAME website. Interested members are to send their auction bid by email to fame@fameforfamilies.com. The items will be updated on a daily basis including a closing date for the auction.

Following is a list of the items up for auction:
2 passes to Medieval Times Dinner Theatre (\$110 value)
Complete Business Makeover (\$1500 value)
Mansfield Resort Ski Package for Family of Five (\$439 value)
Marcello's Restaurant Gift Certificate (\$50.00)

'simply divas' silent auction donors

FAME was fortunate to receive the support from over 100 donors including local businesses and services, ranging in interest and value. We would like to thank all those below that contributed to our silent auction tables and helped us raise \$10,000 for the organization.

Anne Sportun -
Experimetal Jewellery
Aradia Fitness Toronto
Art Gallery of Ontario
Aman Gupta
Bake Sale on the Kingsway
Bally's Total Fitness Canada Co.
Bell World - Bolton
Blue Jays Baseball
Blue Antiques Centre
Bonjour Brioche
Box of Crayons
Caffe Demetre - Kingsway
Capucci Salon
Chain Reaction - Bicycles Inc.
Christine Cooper
Chutney's Fine Indian Cuisine
Royal Conservatory of Music
Sophie Luxton Erotic Dance
Debut - Gifts & Accessories Co.
Career Joy
Casa Loma
Cucci's Salon
Dr. Generosity Restaurant
Dr. Robert Hicks

Dufflet Pastries
eBodi Inc.
Ella's Botanicals
Esther Myer Yoga Studio
Extreme Business Makeover -
Gregory Dickson
The Fairmont Royal York Hotel
Fitness that fits
Fiona Boylan
Flour Confections
Genuine Health
Gladstone Hotel
Hakim Optical
Harry Miller Images
Haltel Communications Inc.
HBC Foundation
Helmutt's Pet Supply
Hugh's Room
Inti-Taita Impressions
Jaclyn the Clutter Wrangler
Jeanne Cuthbert
Jeremy Albisser
Jiffy Lube
Kalendar Restaurant
kAos Group

Kingsway Fish & Chips
Kingsway Persian Rugs Inc.
Kingsway Car Wash
La Cache
Magoo's Gourmet Hamburgers
Mansfield Ski Resort
Marcello's Restaurant
Mary's Playland
Matsu Jewellery
Merlot Restaurant
Montgomery Inn
Nicole Girard & Associates
Ontario Science Centre
Palmer Massage Therapy
Paul O'Donnell
Pino & Rico Hair Salon
Plastik Wrap
Pretty in Print
Pop Hair Design
Rashmi Varma Designs
Red Label Hair Co.
Richard's Fine Chocolates
Riviera Bakery
Rogers Video
Soulpepper Theatre Company

Sage Clinic
Sara Reed
Saxon for Men
Smudgepot Cosmetics
Sherway Gardens
StageWest Theatre
Sue Kallicharan
The Drake Hotel
The Keg Steakhouse
The New Zealand Shop
The Monster Factory
The Rock Oasis Inc.
The Shaw Club Hotel
Tim MacDonald
Triumph International
Toronto Maple Leafs
Train by Trina
Urban Hat
Vasanti Cosmetics
Water Arts Inc.
Whole Foods Market
Wilma Eini
Willow Springs Winery
Yasi's Place
Yoga with Dawn

UPCOMING F.A.M.E. EVENTS

F.A.M.E. Family Summer Events

Join us for our Annual BBQs and Strawberry Socials!

All family members are welcome. We will be serving a delicious dinner followed by seasonal dessert (menu will vary according to event location). Come out and enjoy the summer weather in the company of other families.

Etobicoke Strawberry Social

Menu includes sandwiches, salad, and fresh strawberries and cream.

Date: **Wednesday June 13th, 2007**
Time: 6:30 - 8:30 pm
Location: 110 Jutland Rd., Royal Canadian Legion
South of Bloor St., West of Islington Ave.,
North of the Queensway.
RSVP: Contact Mary at 416-207-5032, ext. 29

Scarborough Family BBQ

We will be having a BBQ including burgers, hot dogs, salads and dessert.

Date: **Thursday June 21st, 2007**
Time: 6:30 - 8:30 pm
Location: 4130 Lawrence Ave. East,
St. Margaret in the Pines Church
Kingston Rd. & Lawrence Ave.
RSVP: Contact Stephanie at 416-207-5032, ext. 28

Mississauga Family BBQ

We will be having a BBQ including burgers, hot dogs, salads and dessert.

Date: **Monday June 18th, 2007**
Time: 5:30 - 7:00 pm
Location: 2600 Edenhurst Dr., FAME Office
Hurontario St. & Dundas St. West
To be held outside on the south side of the
building.
RSVP: Contact Emily at 905-276-8316

***Family Support Group to follow from 7:00 - 9:00 pm*

Brampton Family BBQ

We will be having a BBQ including burgers, hot dogs, salads and dessert.

Date: **Wednesday June 27th, 2007**
Time: 6:30 - 8:30 pm
Location: 71 West Dr., ECLYPSE Centre
West Dr. & Clarke Blvd.
RSVP: Contact Frank at 905-488-7716

F.A.M.E. proudly acknowledges its community partners!



United Way
Of Peel Region



JANSSEN-ORTHO

THE ONTARIO
TRILLIUM
FOUNDATION



LA FONDATION
TRILLIUM
DE L'ONTARIO

F.A.M.E. SCHEDULE

SCARBOROUGH

Grace Hospital Support Group
Last Thursday of the month, 7:00-9:00 p.m.,
3030 Birchmount Rd. at Finch, basement Lecture Hall.
Parking is validated.

Centenary Hospital Support Group
Second Tuesday of the month, 7:00-9:00 p.m.,
2867 Ellesmere Rd., 6th floor. Parking is validated.

NORTH YORK

North York Family Support Group
First Tuesday of the month, 7:00-9:00 p.m.,
Ancaster Community Centre, 41 Ancaster Rd.,
(North of Wilson between Keele & Dufferin)

ETOBICOKE-WEST TORONTO

Etobicoke Family Support Group
Second Monday of the month, 7:00-9:00 p.m.,
4214 Dundas St.W., Suite 209.

MISSISSAUGA

Mississauga Family Support Group
Third Monday of the month, 7:00-9:00 p.m.,
2600 Edenhurst Dr., Suite 101 (near Dundas &
Hurontario).

BRAMPTON

Brampton Family Support Group
Second Monday of the month, 7:00-9:00 p.m.,
71 West Drive

BOLTON

Bolton Family Support Group
Fourth Monday of the month, 7:00-9:00 pm.,
150 Queen St. South, Room A

fameShare

A psycho-educational group for children with a family member with a severe mental illness. This specialized 8 week program runs twice a year. Please contact Marta at 416-207-5032 ext.26 for more information.

YOUTH SUPPORT GROUP

Youth group intended for youth who have a family member or friend with a mental illness. The group includes education, discussion, creative activities and the possibility for further volunteer opportunities. Pizza is served and participants receive 3 Community Service Hours for attending.

Monday June 4th, 2007 from 5:30 - 8:30 pm in Etobicoke.
For more information, please contact
Emily Collette at 905-276-8316

F.A.M.E.'s Annual General Meeting

Date to Remember: F.A.M.E. will be hosting its
Annual General Meeting on
Monday September 17th, 2007 at 6:30 pm.
Location and Keynote Speaker to be announced.

F.A.M.E. Board of Directors

David Kennedy, Chair
Irene Agius, Jeremy Albisser, Colin Browne,
Gregory Dickson, Dr. Robert Hicks, Sue LeMesurier,
Brandie Pritchard, Leena Sharma

F.A.M.E. Staff Listing

Christine Cooper, Executive Director
Stephanie Baker, Marta Campos, Emily Collette,
Afrooz Eghbali, Mary Jursinic, Frank Logue
Paul O'Donnell

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(F): 905-276-9646
(E): emilyc@fameforfamilies.com

Brampton Outreach:
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Brampton, Ontario L6T 5E2
Phone: 905-488-7716
(E): frankl@fameforfamilies.com

Do you have an **email** address? Would you like to be on our electronic mailing lists?
Contact our Etobicoke office at: (416) 207-5032 or email us at: fame@fameforfamilies.com

F.A.M.E. is a Registered Tax Charity #132582198RR0001