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Greetings from the Board

June is always an exciting time for all members and volunteers of BIST. June is Brain Injury Awareness Month, and our annual event at Nathan Phillips Square promises to be our best ever. The Awareness Committee has been working since the conclusion of the 2009 event to make this year's special day even more exciting. The BIST Board encourages all members of BIST to come down to Nathan Phillips Square on Thursday, June 17th at 12:00pm for a great time. It is a great opportunity to meet so many wonderful BIST members and volunteers. You will not be disappointed!

BIST has recently gone through some changes, and further changes are on the horizon. We will miss our former Chair, Jane Conte, who was a dedicated member of the Board since October 2008. Last year's Chair, Nick Gurevich, has stepped into the role of Interim Chair until this coming October, when a new Chair and Vice Chair will be appointed. There are wonderful opportunities for the Board as it moves forward and we have already seen a lot of interest from current and potential volunteers. We encourage anyone who is interested to apply to join the Board.

We are sad to announce the Michele Meehan will be leaving BIST next month to pursue a new and exciting professional opportunity. Michele has been the bedrock of BIST since BIST's inception, and she will be missed by everyone associated with BIST. The good news is that Michele is not leaving Toronto; she is currently assisting the Board with the transition and will be at the June 17th event, as well as the June community meeting. The Board of Directors would like to take this opportunity to extend our deepest gratitude to Michele for her tireless work, energy, dedication, skill, knowledge and efforts while with BIST. While she will no longer be working for BIST, we take comfort in knowing that she will continue to carry BIST's mission and message with her in her new career.

On behalf of the Board, please accept my wishes for a terrific Brain Injury Awareness Month and a safe, healthy and happy summer.

Yours very truly,
Jonathan M. Burton, Vice-Chair

Brain Injury Awareness Event

June is Brain Injury Awareness Month across Ontario!

Join us for the **10th Annual Brain Injury Awareness Event** on **June 17th at Nathan Phillips Square from 12:00 - 1:30 pm.**

The theme of the event is a "Cerebral Circus". An exciting team of circus performers will dazzle the crowd as they spread the awareness message. There will also be live music from the **Karen Kain School of the Arts Music Mentors Program**, a survivor art show and featured speakers. The Featured Artist this year is **Carole Scanlan**. The Featured Speakers are **Shawn Hurst** and **Carolyn Mooney**. Come support the survivors who will display their own artwork and talents, and help raise awareness about the effects of brain injury.

This year we are proud to again feature the "**SURVIVOR VIP TENT**" where survivors and their families are invited to meet and greet other survivors, enjoy the entertainment, the art show & the featured speakers. Bring your friends, bring your support and join the lunch hour fun! Help spread awareness and enjoy a great event in Toronto this summer.

We are looking for volunteers to fill the following roles:

- ***Greeters*** - Will pro-actively "meet and greet" all new comers offering to orient them to the tent as well as introduce them to others
 - ***Surveys*** – Responsible for distributing and collecting surveys
 - ***Callers*** – Personally contact BIST Members (approximately 25 people) inviting them to the event and inquiring if they need directions or other assistance to attend. This role requires records of call outcomes to be recorded.
 - ***Artist Support*** – To assist in setting the Artist's tables up as well as providing assistance to each artist in setting up their display. Roam during the course of the event looking for Artist's that may require assistance.
 - ***BIST Table*** – Welcome and record new members
- If you have an interest in volunteering in any of the roles listed above, please contact Leslie Bolt, BIST's Brain Injury Awareness Event Team Member, at lbolt@rogers.com.

Dreams

Submitted by Antony Khamarivich (pseudonym)

The first step to rehab is heeding the call
Connected to structure but fearing the fall
Peace at high price much better than strife
Dealing with troubles while fixing your life

What's done is done into our past refined
The future to come not so clearly defined
Not old not young but somewhere between
The present wrapped up in a field of dreams

The challenge we face often leads to appeal
The best of the rest is the least that we feel
Straddle heavy tomorrow on previous scale
When yesterday balance no use can prevail

The dawn of an era new decade count years
Weigh cost of the process inside veil of tears
When gladness is gone raw emotions remain
These are light mirrors that reflect off the brain

Where does dust travel from here hope to aim
Steep steps we climb up advancing them blame
Vast troubles and worries can encompass us all
Those first steps to progress put dents in the wall.

Queen's Quay Disabled Sailing Program

The Queens Quay Disabled Sailing Program is dedicated to providing people with disabilities with opportunities to enjoy sailing as a sport or recreation. QQDSP uses the therapeutic and rehabilitative aspects of sailing to enhance the lives and independence of the disabled community

QQDSP is a member run organization. It was founded by and is organized and run with inclusion of people with disabilities. As such QQDSP is uniquely attuned to the needs and desires of its members.

The season starts on May 19; we are open Wednesday to Sunday 12 Noon – 6 PM (May and June), and Monday to Sunday 12 Noon – 8 PM (July and August).

We offer outreach groups 'transferable memberships' which means that you can use a single membership on a rotating basis. For

example, if your group purchases three memberships at \$30 each, you can bring 3 participants each time to sail, and these participants can be different every week. These transferable memberships work well for outreach groups that come on a regular basis (i.e. once or twice a week). For groups that only plan on coming once a month, or a couple of times throughout the season, the organization can purchase one membership for the organization and pay accordingly for each sailor. The price for each sail is \$10.00.

We understand that for people that have never sailed, there may be many questions and concerns. We welcome interested people to come and book a FREE half hour demo sail with us. You get the opportunity to see our facilities, meet our staff and volunteers, and try out our boats!

For the months of May and June, we are open five days a week, closing on Monday and Tuesday. We will be booking outreach sails on Wednesdays and Fridays at noon and 2pm.

In the months of July and August, we will be open 7 days a week and outreach sails will go out on Monday, Wednesdays and Fridays, sailing at noon and 2 pm. Participants that do not require the assistance of a hoist lift may book sails on our 22ft keel boats. These groups sails can accommodate up to 4 sailors. Participants that require the hoist lift may book a sail on our Martin 16 and sail with a qualified sailing companion. These boats can only accommodate the one sailor and the companion. These sails typically last 1 – 1 1/2 hrs. We are flexible in sail times, so if these times work for your organization, please contact us and we will try to accommodate you.

We also encourage participants to become members and be open to come sail at their own leisure. If you require any more information please do not hesitate to visit our website or contact us at the club house for more information.

The staff and volunteers at the Queens Quay Disabled Sailing Program look forward to seeing you on the water!

Monica Sze
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BIST/OBIA Mix and Mingle 2010

Please join us at 5pm on June 17th for the 6th Annual BIST/OBIA Mix and Mingle at the Rosewater Supper Club, 19 Toronto St.

Tickets are \$75 if purchased before June 1. Sponsor the event for \$600, and receive a complimentary ticket and your company's name on our banner.

Enjoy cocktails, hors d'oeuvres, and a silent auction to support BIST and OBIA in their mission to support people living with the effects of acquired brain injury.

Contact Terry Wilcox at OBIA for tickets or sponsorship information at (800) 263-5404.

Upcoming Community Meetings

Date: June 28, 2010, 6:30pm

Focus: How to Find that Perfect Fit – Your Job and You

Guest Speaker: Jeannie Haller

Location: Northern District Library- 40 Orchard View Blvd, Room 200 (2nd Floor)

(Note: To access this room, take the elevator located in the entrance hallway on the right hand side. It is located one block north of the Eglinton Subway station on the west side of Yonge St. Parking is available on streets around the library).

Date: July 26, 2010, 6pm- 8pm

Location: High Park - Picnic Site # 3

Focus – BIST's night at the Park

Theme: Social Gathering and light dinner - sandwiches, snacks & drinks

Date: August 23, 2010

Location: Northern District Library- 40 Orchard View Blvd, Room 200 (2nd Floor)

Theme and speaker to be announced.

Peer Support Mentoring Program

The Peer Support Mentoring Program for People Living with ABI connects an individual who is a "veteran" of a life experience involving Acquired Brain Injury (the "Mentor") with a "Partner" who is coping with a similar ABI-related situation and is in need of support from a knowledgeable friend. Both Mentors and Partners

can be survivors, unpaid caregivers, or family members. Mentor/Partner matches are based on similar experiences and/or demographics and personal interests. Mentoring will be done over the telephone (some by e-mail), making it possible for anyone in Ontario to participate.

As a Mentor, you can help others by sharing your experiences. Mentors provide support, share information and resources with Partners who are coping with a similar ABI-related situation. Mentoring offers an excellent opportunity to help others during their recovery while learning new skills and making new acquaintances.

As a partner, you can learn from someone who has been there. Whether you are a survivor or a family member, you can be matched with a Mentor at any time after injury, from acute care to the return home. Your Mentor can even help you with situations that may arise years after the injury.

For further information, or if you are interested in becoming a mentor or partner, please contact Kat Powell, the Peer Support Coordinator for Toronto, at connections@bist.ca or 647-990-1485.

Volunteer Board Position Available

BIST is looking for passionate skilled individuals with board experience to join our Board.

BIST is a non-profit community organization formed in 2004 to represent the interests of persons living with the effects of Acquired Brain Injury, in the City of Toronto. BIST is working to serve the needs of a diverse community and we require additions to our Board composition to support our continued growth and to reflect the diversity and breadth of our community.

The Board is responsible for all of the activities and governance of BIST, including fund-raising, financial management, strategic planning, community relations, and the programs and services offered to the community. There are four Executive positions on the Board: Chair, Vice Chair, Secretary, and Treasurer who are elected by the Board from among the serving Board Members. We ask that Board members serve a minimum of a three-year term.

Directors meet monthly and usually sit on at least one subcommittee dealing with a specific aspect of the Society's activities. This is a working Board and Directors are expected to commit approximately 10 hours per month to these activities.

The BIST Board invites applications from individuals who have **knowledge, skills, expertise** and **passion** in one or more of the following areas:

- o Personal experience with ABI as a survivor or family member
- o Communication/Public Relations
- o Financial management of a charity
- o Fundraising

If you are interested in learning more about this dynamic opportunity please contact BIST for an information package and application form; email: info@bist.ca or phone: 416.830.1485

Across the Province: OAC Report, February 2010

The OAC held its first meeting for 2010 on January 23. At this meeting, participants heard from Mark Blumberg about the legal requirements for charities. Mark is a lawyer who specializes in Charity Law, and came to us through the Charity Law Information Program (CLIP) at Capacity Builders. Though this topic can be dry, Mark kept our interest with his thorough knowledge and sense of humor. Information about CLIP is available at <http://www.capacitybuilders.ca/clip>

OAC representatives reviewed the Committees of OAC and have created a provincial Awareness Committee, which will create our key messages for awareness campaigns in the community to help make us more effective at reaching the public. Other OAC Committees include:

Standards – monitors the affiliation process for local associations

Resources – working on the creation of information resources for stakeholders

Showcase – creates opportunities for survivors to showcase their artistic talents

The OAC celebrated the success of the 2009 conference in Niagara Falls, and began to turn its attention to preliminary planning for 2011. Based on the sell out attendance at last year's conference and the great satisfaction with the venue, OAC recommended to the OBIA Board that the 2011 conference be held in Niagara Falls again. All local associations will have opportunities to participate in planning, promoting and volunteering at the conference. The OBIA board approved this recommendation at the board meeting on January 24.

At the meeting, representatives learned that John Kumpf will be

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retiring from his position of Executive Director on September 6, 2010. Over the past twelve years John's passion in bringing education, awareness and support to those living with the effects of brain injury has profoundly impacted survivors, family members and professionals alike. While John's leadership and dedication will be sorely missed, the OBIA board is pleased to announce the appointment of Ruth Wilcock as the incoming Executive Director. Ruth has been with OBIA for six years, and has been serving as the Assistant Executive Director. Her leadership and experience in social services will help ensure a smooth transition as OBIA enters a new chapter.

Open Call for Submissions

BIST Beacon

Have any story ideas or submissions for the newsletter?
Please send contributions to newsletter@bist.ca