



NABORS NEWSLETTER WINTER, 2015

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Message from the Executive Director

Hello NABOR!

In my new role as Executive Director, I am learning a little every day about NABORS, a dynamic organization with a storied history.

For me, these first months on the job are about getting to know the people of NABORS and understanding their roles and importance of everyone's contribution: the Board of Directors which oversees and guides the organization; the Circle volunteers and Supported Members who form the heart of the organization; the co-ops which provides stable housing for many of our members, the Personal Support Workers who provide continuity of care and compassionate support; and the Core Staff who administer and manage the work. NABORS is accountable to their Council and our funder, the Ministry of Health and Long-Term Care, representing the larger community. NABORS is truly a Circle of Circles.

Like a watch with many moving pieces, each one is dependent on the other to work well.

Perfection is not required, just doing our best keeps NABORS ticking! And behind all the moving pieces is an idea: the right to a fully inclusive life. In an ableist society, asserting this right is not easy. (Ableism describes discrimination against people with disability.) But as hard as it is at times, inclusion is important work, and NABORS circles prove that there is room for everyone in community.

I am very pleased to be part of NABORS. I look forward to meeting everyone over the next while. Do not hesitate to contact me.

Margaret Hageman
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News You Can Use!



It's income tax time. No fear! For many people who receive ODSP, or have extra expenses due to disability, you will be able to claim tax credits.

Get help with filling out your forms at a Free Tax Clinic held this month (March) at POINT; check their website for details:

www.pointinc.org

Tuesdays: March 3, 10, 17, 24 & 31

Wednesdays: March 11 & 25



Are you interested in Disability Culture?

Check out Tangled, formerly known as Abilities Art Festival – for great shows and events : www.tangledarts.org

There are a variety of events, art and culture which celebrates disability and difference.

For example: an event coming up:

Invitation to Dance Documentary Film and Panel Discussion

Sunday March 22, 2015

<http://algreentheatre.ca/events/99-invitation-to-dance-documentary-film-with-panel-and-dance-event-in-celebration-of-jewish-disability-awareness-month>

Venue: Miles Nadal Jewish Community Centre
750 Spadina Ave./Bloor

Anne Johnston
Health
Station
Community Health
Centre for people
with Physical
Disabilities

2398 Yonge Street
Toronto, ON M4P
2H4
Phone: (416) 486-
8666

Sexability "Dine & Discuss"

Conversation & Casual Meal

Sexability program is for people with Mobility Disabilities.

The Anne Johnston Health Station

Anne Crasto 416-486-8666 x263, annec@ajhs.ca



International Women's Day



Sunday March 8th is International Women's Day

Events are free and everyone is welcome!

Join the rally and march: www.iwdtoronto.ca

Rally: 11am (252 Bloor Street West, OISE Building)

Saturday, March 7th :

Information Fair: 2pm (55 Gould Street, Ryerson University)

2015 Theme: Our Bodies. Our Territories. Our Communities

DID YOU KNOW? Free or Cheap Interesting things to do:

There are many free events and things to do in Toronto.
Find out more at: <https://nowtoronto.com/lifestyle/Free-Toronto>

For example: your local public library has more than books –
You can get free movies, music, book clubs and computer courses,
talking books, digital magazines and books, and much more:
www.torontopubliclibrary.ca

You can even get free tickets to the AGO, the ROM, the zoo, Casa
Loma and many more museums, arts and cultural venues through a
special program. Find out more at:
<http://www.torontopubliclibrary.ca/museum-arts-passes/>

**Toronto Comic Arts Festival**

FREE

Toronto Reference Library, 789 Yonge St.

www.torontocomics.com**Riverdale Farm**

FREE

201 Windchester St.

www.friendsofriverdalefarm.com**National Film Board**

Explore FREE Films online

NFB <http://www.nfb.ca/>**Canadian Sculpture Centre**

FREE

500 Church St.

www.cansculpt.org**1001 Friday Nights of Storytelling****NABORS own Dan Yashinsky**

Check out this event.

Friday, March 13th at 8-10pm \$5.00 fee

Innis College Café

2 Sussex Avenue, Toronto

Toronto Storytelling FestivalMarch 19th – 29, 2015www.torontostorytellingfestival.ca**Speakeasy Spring Craft Show**

Thurs, April 3rd, 8-10pm

1 Wiltshire Ave., Studio O

www.speakeasyto.comRSVP to david@blttogo.com**Victoria Day Fireworks**

Monday May 18, 2015

Ashbridges Bay 9:30 p.m.

FREE

NO Flat City- Photography -FREE

Harbourfront Centre

235 Queen's Quay W.

June 20, 2014 – June 1, 2015

Mosaic Story Telling w/ Dan Yashinsky & Leslie Ogilvie

March 15 at 3-5pm \$5.00 fee

St. David's Anglican Church

www.mosaicstorytelling.ca**FREE Music Show & Video Shoot**Odessa/Havana concert @ Lula Lounge - Next
Monday, Be Part of History!

March 9, 7:30 p.m. – show 8:30 p.m.

1585 Dundas St. W

RSVP: Christina Kozak

Kosak_c@hotmail.com

Community Corner



Volunteering at the Parapan Am Games by Liam Howe

I am excited to volunteer at the parapan am games and happy to start working. I had an online interview. I wore headphones, and answered questions into a red light at the top of the computer for 2 minutes. I got the job. I will be an Event Service Host at Ryerson and Nathan Phillips Square. I went to 2 online training classes so far and I will be training in person. I learned about different sports. Some of them are swimming, volleyball, basketball and baseball. I will be going to see a baseball game with some family and friends. I will also meet a lot of new people from South, North and Central America when I volunteer at this job.

By, Liam Howe

It's great to hear how Liam is volunteering for the Pan Am Para Pan Am Games this summer. It may inspire you to also volunteer! Or maybe to motivate you to buy tickets – most event tickets are between \$20 and \$40 – and the ticket also pays for your TTC or GO transit to get there!

<http://www.toronto2015.org/>

Save the Date: June 16, early evening

NABORS Annual General Meeting will take place on June 16th, in the early evening (time to be confirmed) at:
North Toronto Memorial Community Centre – 200 Eglinton Avenue, West,
Multi-purpose Room
Details to come.

Reflections

An Inspirational Quote by Jan Gordon:

*“When you are thankful, you focus your energy in the present moment -
where it is the greatest.
You fuel your life with trust & love instead of fear and doubt.”*

This newsletter was compiled and edited by Susan Spagnuolo. Contributions for upcoming newsletters are welcome. Send to: sspagnuolo@nabors.ca