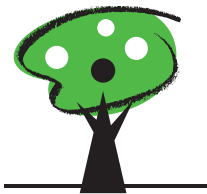


**If you would like to help Integra provide vital mental health treatment for children and youth struggling with learning disabilities you may go online to [www.integra.on.ca](http://www.integra.on.ca) or call us at 416-486-8055 to make a donation.**

Official tax receipts will be issued for all donations of \$10 or more.



INTEGRA

**Improving the Lives of Children & Youth with Learning Disabilities**

25 Imperial Street Toronto, ON M5P 1B9

### Go Green with Integra

Paper and paper products account for more than 1/3 of all Canada's waste. We consume 6 million tonnes of paper and paperboard annually and only 1/4 of our waste paper and paperboard is recycled according to Environment Canada.

Integra hopes that you will join us in our efforts to reduce paper waste by making better use of electronic resources.

You can join our GO GREEN campaign by forwarding your email address to Jacqueline Beckford at [jbeckford@integra.on.ca](mailto:jbeckford@integra.on.ca) or by calling 416-486-8055 ext.222, so you can receive your newsletters via email.

25 Imperial Street  
Toronto, ON M5P 1B9  
Phone: 416-486-8055  
Fax: 416-486-1282  
Email: [info@integra.on.ca](mailto:info@integra.on.ca)  
Web: [www.integra.on.ca](http://www.integra.on.ca)

President: Gina Gentili  
Executive Director: Mike Faye  
Editor: Jacqueline Beckford

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## among friends

*Keeping friends of Integra in touch*

Improving the Lives of Children & Youth with Learning Disabilities

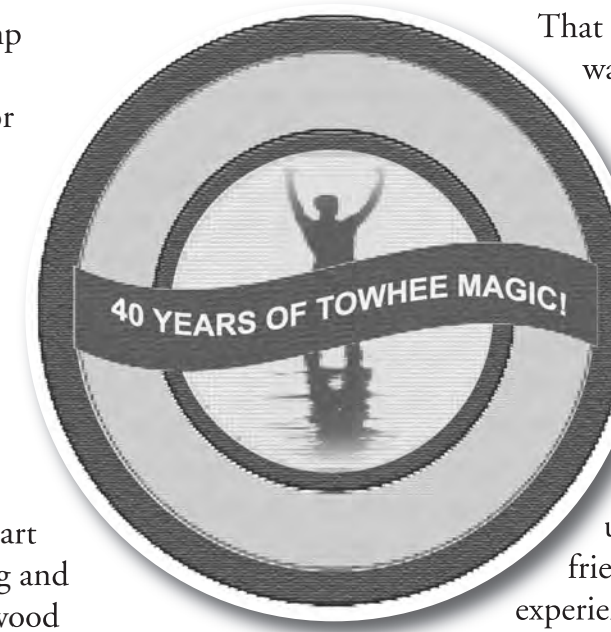
# CAMP TOWHEE

## 40th Anniversary Reunion Event

Karen Gordon

On September 6 Camp Towhee held a 40th anniversary event for campers from the current camping season at the Boyd Conservation Area in Vaughan. Campers and their families, along with many camp staff members, enjoyed a variety of fun activities including a giant inflatable Human Fussball game (at a good deal from Hart Entertainment), face painting and giant bubbles courtesy of Elwood Saracuse of ESP, frisbee, soccer, body art, sculpture and a wonderful BBQ.

Campers and families also viewed the camper made 2008 Camp Towhee movie entitled "The Hero of Camp Towhee". The movie was written, produced, directed and edited by camper Jared Aronoff, with the assistance of many other session two campers. All in all, the 40th anniversary reunion event was a fun filled day enjoyed by all.



That same evening a staff reunion was held in which staff from over 40 years of Towhee history were invited to the Madison Avenue Pub in Toronto for some reminiscing, catching up and good old fashioned Towhee fun. Approximately 75 staff spanning from the first summer of 1968 to the '80s, '90s and current decade attended. Old friends caught up with each other and new friends compared their Towhee experiences (and found a lot of commonalities!).

Forty years ago Camp Towhee grew out of the vision of Joe and Doreen Knonick to have a camp where kids, who would have faced tremendous challenges in the traditional camp setting, could find understanding and help from therapists who added new meaning to the words camp counsellor.

The day was a wonderful way to celebrate Towhee's 40 year history. Let's see what the next 10 years bring.



## New Satellite Phones for Camp

Karen Gordon

Thanks to the generosity of Jerome Shore, Camp Towhee purchased three satellite phones for our wilderness canoe tripping program. The hand held GSP1600 Tri-Mode phones can be used as satellite or cellular phones. In the past we've relied on VHF radios and even camp staff's personal cell phones. These new phones provide dependable emergency communication capabilities for our canoe tripping program, therefore providing more flexibility for trip locations.

Canoe trips used to take place in the Leslie Frost Centre area just outside of Algonquin Park, but since the Leslie Frost Centre introduced user fees, we've had to look at other potential camping areas where we don't have to pay user fees. The satellite phones allow for a broader choice of trip locations, which in turn allows returning



campers to experience new challenges in new tripping areas.

Obviously safety is our first priority on canoe trips. Having dependable emergency communication is critical. The satellite phones allow Camp Towhee staff and campers to take canoe trips confidently and successfully, knowing that in case of an emergency, or some extra moral support, help is just at the other end of the satellite phone.

## Philanthropy is for elderly people. True or False?

Ellen Nichols

Definitely not true in the case of 13 year old Jack Swadron.

Jack arrived on Integra's doorstep after his Bar Mitzvah with a very large cheque. Instead of using his Bar Mitzvah money to buy things for himself, Jack chose to make a gift to Integra.

Jack attended Camp White Pine for a number of years and had always watched across the lake at what was happening at Integra's Camp Towhee. When his parents asked what he planned to do with his Bar Mitzvah gifts, he immediately said, "I'd like to make a donation to Camp Towhee."

And as you can see in the photo, that's exactly what he did.

On behalf of all our campers and staff, congratulations to you, Jack, on your coming of age and a big thank you for doing it in such a thoughtful way.

Anyone interested in celebrating or commemorating in a similar fashion can email [Jacqueline Beckford](mailto:jbeckford@integra.on.ca) at [jbeckford@integra.on.ca](mailto:jbeckford@integra.on.ca) or call her at 416-486-8055 ext. 222 for more information.



Jack Swadron & Mike Faye

## Integra Provides Mental Health Training to Youth Justice Staff

Marjory Phillips and Melissa Rowbotham

In January 2008 Integra launched a new training program to educate staff from Turning Point, an agency serving youth who have been involved with the courts, about learning disabilities (LDs) and mental health.

The recent literature on young offenders supports Integra sharing their expertise on LDs with staff from the Youth Justice system. Up to 50% of youth in the justice system have LD and/or ADHD. If unrecognized and untreated, learning disabilities can lead to academic failure and drop-out from high school. Students who do not graduate from high school are 3.5 times more likely to offend than those youth who graduate, and students who do not attend school are more likely to be repeat offenders once charged. We also know that providing specific help for LDs and effective treatment services for this population helps to foster resilience and success and reduces chances of reoffending.

*Up to 50% of youth in the justice system have LD and/or ADHD*



### GOAL 1

to provide staff in the youth justice system with greater knowledge about the learning needs of a high proportion of youth with whom they work

Our project had two goals: (1) to provide staff in the youth justice system with greater knowledge about the learning needs of a high proportion of youth with whom they work and (2) to facilitate skills in understanding how to adapt their program content to meet the needs of this at-risk population. The project started with four experimental workshops on topics pertaining to LD and mental health including an expanded version of Integra's signature workshop, Walk A Mile in My Shoes. We are beginning the second half of our project this fall with a focus on applying the knowledge gained through the workshops to direct work with youth and families.

### GOAL 2

to facilitate skills in understanding how to adapt their program content to meet the needs of this at-risk population

Preliminary feedback from our program evaluation suggests that the interactive approach to learning was very enjoyable, addressed an area of high need and helped the participants gain a better understanding of learning disabilities and how they affect youth in the justice system. We hope to expand the program to other agencies within the Youth Justice system.

## A Great Leader Moves On

Ellen Nichols



Barbara & David Peltz

Integra's AGM 2008 had a very poignant moment as we said goodbye to Barbara Peltz who had been a member of Integra's Board of Directors from 1998 to 2008. She served as President from 2003 –2005 and Past President from 2005 through June 2008.

Barbara brought a rich and varied experience to Integra: as a mother of a child with a learning disability, she knew first hand the challenges that face Integra's families; as a teacher she brought her ability to relate to others and share her advice and expertise in a compelling way; her work with the YWCA Women's Resource Centre gave her insight into training staff and volunteers; her board membership with the national organization *Leave out Violence* gave her a deeper understanding of the needs of youth who don't fit the traditional mould.

As well she lent her skills and enthusiasm to Integra's fundraising endeavours. In 2000 she co-chaired our fundraising breakfast. The speaker for that event was a Mt. Everest climber who made Barbara his personal sherpa when he asked her to carry his mountaineering equipment. As always she did it graciously and with aplomb.

Undaunted by that experience, in 2002 she again chaired the Breakfast, bringing in \$100,000 which broke the revenue mark for any previous Integra event. She served on the Fundraising Cabinet during her entire tenure, chairing it for several years and single-handedly bringing in a total of \$102,500 from the TD Securities Employee Charity Auction.

Integra benefited from her knowledge, her skills, her willingness to share her wisdom and her ability to compel others to support her cause, but most of all everyone - staff, clients, committee volunteers and board members - appreciated her generosity of spirit. We will miss her guidance greatly.

## Farewell to Margaret

Mike Faye

On September 12, 2008 Integra said goodbye and good luck to Margaret Amerongen, our amazing Clinical Director. As we wished her well, we thoroughly realized what a huge loss we were about to experience. Margaret has been central to the work of Integra for nine years, mostly in her role as the Clinical Director and with an eight-month engagement as the Acting Co-Executive Director. She will take the experience gained with us into the world of private practice.

Her passion for learning resulted in her incredible depth of knowledge and an ability to teach and help others. This depth, combined with her exceptional listening skills, made her an excellent supervisor and teacher. These, of course, are central to her vocation as a therapist and her clients are indeed fortunate to be able to receive this exceptional level of support.

At Integra Margaret enjoyed great relationships with clients, supervisors, peers and colleagues. She was sometimes challenging, but always respectful and soft-spoken, with a mandate for excellence. She had an amazing capacity for hard work, empathy and a willingness to do whatever necessary to lead and help others.

Lastly, I would like to make a personal comment. Working with Margaret was an immense pleasure. She always put the needs of Integra's staff and clients before her own, and she was always ready to help me solve the problems – a tireless worker with the wisdom to enhance any conversation. Her soft gracious style was easy to be around. I regret that I had merely two years of working with her.

We wish Margaret all the best in her expanded private practice at 204 St George St. For those who want to stay in touch...or make a referral...she can be reached at 416-920- 4545 or e-mail her at [margaret.amerongen@sympatico.ca](mailto:margaret.amerongen@sympatico.ca).



Margaret Amerongen

Mike Faye

## What's New

Jacqueline Beckford

On June 9, 2008 our Annual General Meeting was held at EDO Restaurant where Chef Ryo Ozawa, his staff and owner, Barry Chaim, treated attendees to a spectacular feast.

On that evening Michael Harris, a member of Integra's Board of Directors for twelve years and President of the Board for the last three, stepped down and passed the reins to Gina Gentili.

In his time as President, Michael worked tirelessly to promote and bring Integra to new heights.

As Chair of the Communications Committee, Michael played a major role in the:

- Choice of a new logo, tagline and look for Integra
- New mission statement
- Design, production and implementation of the Public Awareness Campaign of 2006
- Content of Integra's informational video.

Michael also was an active Chair of the Fundraising Cabinet. He was instrumental in securing many major gifts and effective in inspiring others to give, many of them new donors.



Michael Harris

Michael and his wife Dawn Scott graciously welcomed Integra and supporters into their home on numerous occasions including Integra's AGM and Donor Thank You events in 2007.

Everyone is very happy that Michael is staying on as Past President because his advice and guidance are always greatly appreciated.

We would like to welcome Gina Gentili as the new Board President following her two years as a member of Integra's Board. Gina is Director of Legal and Business Affairs for Corus Entertainment's television division and was previously with the Canadian Department of Justice as a Taxation Litigator.

Gina received her Bachelor of Law from the University of Ottawa Law School.



Gina Gentili

## Parents' Comments

We recently invited our supporters to tell us why Integra is so special to them.

Here are excerpts from what we heard:

“ An important aspect of my role as Assessment and Programming Teacher for the TCDSB is to provide information for both parents and students to help deal with learning differences. I believe that having access to current knowledge, a repertoire of strategies, and human resource support is crucial for understanding the reality and challenges of the disability. Most importantly, I hope it gives confidence and hope for their future. Integra provides this service. ”

Antonina Ferro

“ Trying to support a child who is not only struggling with the school system and often unhappy, but who is resistant to help, can push parents' resources to the limit. Integra offered support and hope, for us as well as for our son, and counseling that we could not have afforded on the open market. The value of such help to families in this situation is inestimable. ”

Anonymous

# Portage to the Future 2008

Ellen Nichols

Though Integra's annual dinner on April 13 was called Portage to the Future, there was an element of looking back to it.

In celebration of Integra and Camp Towhee's forty years of helping children and youth, Robert Pilon, Toronto's own Phantom, sang an original tribute written by him, his daughter Elisabeth (a Camp Towhee counsellor), his wife Patti and Claudio Vena.

Leanne Petroff joined Elisabeth as event co-chair while Paula Todd of CTV was emcee. They welcomed 220 guests who included many of Integra's long-time supporters, newcomers to the organization, staff members, Integra Board members, current campers



and one Towhee alumnus who attended camp back in its earliest days.

EDO's Chef Ryo Ozawa created a delectable and beautifully presented feast that ranged from Amuse Bouche right through to Panacotta Yuzu and Belgian dark chocolate cake. All courses were complemented by Wolf Blass wines and Fiji Water.

But Mr. Pilon, the Young Singers Choir of the Durham region, violist Claudio Vena and pianist, Marty Anderson, were the stars of the night as they held guests in thrall through a musical banquet of ballads and songs from various hit shows.



Integra gratefully acknowledges our sponsors

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Warren and Barbara Goldring  
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## Junior Counsellors

James B. Archer-Shee & Mary Matthews



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## Counsellors in Training

Florence Minz & Gordon Kirke  
Patrick Lumbers & Christine Gutierrez



## What is Planned Giving?

Ellen Nichols

In our last newsletter we announced that Integra now has a proactive planned giving program. This method of support includes gifts that:

- Are made after careful consideration through your financial or estate plan
- Require some type of legal documentation, for example, a Will or a life insurance policy
- Are made from your assets, not your income
- Have tax advantages under current laws
- Are arranged now to provide funds to Integra at some time in the future
- Will change lives and create brighter futures for children and youth whose learning disabilities challenge their mental health

There are many different ways to make a planned gift, and most important, planned gifts can be tailored to your personal and financial circumstances. The most common type of planned gift is a charitable bequest in your Will.

If you would like to know more, please call Ellen Nichols at (416) 486-8055, ext 248 or email her at [enichols@integra.on.ca](mailto:enichols@integra.on.ca)

## Thank you for helping to empower children and youth with learning disabilities

Please note that these donations include principal gifts from January 5, 2008 – September 30, 2008

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Thomson Financial Canada  
Coby and Gail Valentine  
Volkswagen Canada Inc.

Richard Wernham and Julia West  
Louise and John White

### Integra Tributes

Gifts have been made to Integra in honour of the following individuals:

Sheila and Norman Archeck  
Tsilla Barzel  
Bob, Judy, Debra and Andrew  
Cindi and David Brand  
Mark Diamond and Camp Manitou's 10th Anniversary  
Susan Freedman  
Dena and Elliot Gelfand  
Gina Gentili  
Earl Golden  
Ken Golden  
Judy Goldsand  
Joan and Abe Goldstein  
Jamie  
Valda Levin  
Sandy and Moe Litman  
Ed Michelson  
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Barbara Muskat  
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Phyllis Shostack  
Hershel and Lois Sorokin  
Mamie Sorokin  
Ruth and Brian Sorokin  
Eddie Stark  
Hayley Wielgos  
David Worling

### Integra's Susan Sorokin Memorial Fund

Provides subsidies for children and youth to attend Camp Towhee. Susan was a gifted social worker, student and staff member at Integra. She died in 1998 at the young age of 28.

Her family established this fund in her honour. Thank you to these donors who honored her memory...

Janet Alderman  
Norman and Sheila Archeck  
Elliot Gelfand  
Abe and Joan Goldstein  
Karen Gordon and David Daien  
Ed and Joy-Ruth Mickelson  
Jim and Vivian Redmond  
Stanley and Beverley Salsberg  
Ruth Shapiro  
Ellen and Mike Smith  
Gerald Sorokin and Claire Chapnick  
Hershel and Lois Sorokin  
Ronnie Sorokin

### Integra Memorials

In memory of the following individuals, gifts have been made to Integra:  
Shawn Goodberry  
Steven Hamel  
Korby's Mother, Grandmother and Great Grandmother  
Krimberg's Father and Grandfather  
Kuharchuk Family Father and Grandfather  
Loomer Family Father and Grandfather  
Sharon Marcus and Family  
Marvin Pomerantz  
Ron  
Samantha Sandler  
Alfred Smith  
James (Jamie) Townsend

