



Ontario Psychiatric Association DIALOGUE

THE NEWSLETTER OF THE ONTARIO PSYCHIATRIC ASSOCIATION / UNE PUBLICATION DE L'ASSOCIATION DES PSYCHIATRES DE L'ONTARIO

OCTOBER



2006



MESSAGE FROM THE PRESIDENT

In keeping with our theme this year - *Relationships and Partnerships*, the OPA Council has been actively seeking to engage individuals and groups in the goals of the Association.

We have met with the Canadian Psychiatric Association on two occasions this year to gain a better understanding of national issues that impact directly on Ontario, and to look for ways to collaborate on matters of mutual concern. The last OPA Council meeting was held in the CPA Boardroom in Ottawa to allow for in depth discussions. We are delighted at the energy and level of collaboration from our colleagues at the CPA and look forward to working more closely with our national partner.

While in Ottawa for the Council meeting Dr. Anne Hennessy, Chair of the Membership Committee, hosted a TGIF for Ottawa psychiatrists. This was an informal gathering at Anne's house (many thanks Anne!) to hear from psychiatrists about regional issues they are dealing with and how the OPA can assist the membership.

Dr. Richard O'Reilly and the members of the Advocacy Committee are once again joining with the Schizophrenia Society of Ontario to solicit support from MPPs for an increase in the ODSP rate. We encourage you to assist in this important initiative. Please see the information about how you can do this in this issue of Dialogue.

Even the OPA Psychotherapy Section 2006 Fall Conference deals with relationships!

Dr Lewis Aron will discuss relational therapy, how it has emerged and is distinctive within contemporary psychoanalysis. Plan to attend! Information on how to register is included in this issue.

Planning for the Annual Meeting with a new date and format is well underway. We are pleased to announce that this year's recipient of the TA Sweet Award is Mr. William J. MacPhee who was diagnosed with schizophrenia in 1987. After years of struggling with this devastating illness, Mr. MacPhee was able to regain control of his life through medication, family support and other therapies. He is a strong advocate in the area of mental health and is often called upon to speak to mental health and consumer groups throughout Canada and the United States. He speaks candidly about the crippling effects of schizophrenia and describes with great clarity and detail what it is like to be paranoid, have hallucinations, become frustrated, depressed and suicidal. He also offers hope, showing that with the proper medication and support, recovery and a return to daily living are possible. We are fortunate that Mr. MacPhee has agreed to be a presenter at the Annual Meeting.

Relationships and partnerships cannot be one sided endeavours. For that reason I encourage each of our members to become involved. You will find a Call for Nominations for Council here in the Dialogue. Nominate someone or have someone nominate you. Help us to build a strong and active Association for psychiatrists in Ontario.

Please contact me or any member of Council if you have questions, concerns or comments. We value your input.

Susan Abbey, MD, FRCP
2006 OPA President



Ontario Psychiatric Association
Executive and Council



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Dr. Susan Abbey



President-Elect
Dr. Richard O'Reilly



Past President
Dr. Mamta Gautam



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Dr. Anne Hennessy



Dr. Paul Sedge



Dr. Andrea Waddell

Council Members can be contacted through the OPA Head Office

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The views expressed in this newsletter do not necessarily
reflect the views of the OPA Council.*

FROM THE EDITOR

As I put together this issue of Dialogue I am struck by the frenzied lives we now lead. Perhaps this isn't new, but it does seem to be escalating. Every person I speak with is overwhelmed by the pace at work and in their practice. Added to that we juggle family commitments - even the things that should be relaxing can add to the stress. When was the last time you went to your son's / daughter's school activity where you arrived on time, and enjoyed the experience without work issues crowding your thoughts? Instead of dinner or a movie with good friends, we now send a quick email usually apologizing for not getting to the dinner or a movie. Casual acquaintances will be lucky to receive a Christmas card. Many of us have books on our shelf explaining how to achieve balance in our life (I haven't had time to read mine!). In a desperate effort to find time, we pay someone to clean our house, cut the grass and even walk our dogs!

In the middle of this frenzy I work every day with volunteers - OPA - Council members - who have made time to lobby government for psychiatry, campaign for an increase in ODSP benefits, pull together educational programs, recognize the achievements of outstanding individuals, and even plan social events for colleagues. Clearly these frantically busy people understand how important the work of the Association is - how a strong professional voice can influence the future for psychiatrists and those struggling with mental illness. Through the work of a few we can benefit many.

As you read the Dialogue I urge you to consider -

- ❖ The contribution you can make by volunteering some time - consider the Call for Nominations
- ❖ The need for a strong professional voice - renew your OPA membership and encourage others to join
- ❖ The impact of a phone call - Call your MPP campaign
- ❖ The importance of staying current in times of great change - register for the Fall Conference and/or the Annual Conference
- ❖ The importance of relationships - attend the Annual Dinner (and bring those friends who only get an email!)

As always, your comments, suggestions and ideas are welcome at any time.

June Hylands
Editor

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There is Still Time to Register!

Ontario Psychiatric Association Psychotherapy Section 2006 Fall Conference

Dr. Lewis Aron
RELATIONAL THERAPY
Saturday, November 11th 2006
The Fairmount Royal York Hotel
Toronto

DON'T MISS OUT on an opportunity to learn about the latest phase in the ongoing evolution of psychoanalytic theories of clinical practice that is RELATIONAL PSYCHOANALYSIS.

DR. LEWIS ARON will discuss RELATIONAL THERAPY, how it has emerged and is distinctive within contemporary psychoanalysis. Dr. Aron is the Director of the New York University, Postdoctoral program in Psychotherapy and Psychoanalysis. He is the past president of the International Association for Relational Psychoanalysis and Psychotherapy. He is the author of numerous books and articles which discuss the key features and theoretical framework of Relational Psychoanalysis. Dr. Aron is one of the founders and is an Associate Editor of the Psychoanalytic Dialogues: A Journal of Relational Perspectives. He is also the series editor of the Relational Perspectives Book Series, published by the Analytic Press.

Relational Therapy is all about SELF WITH OTHER. The essence of this therapy isn't solely in interpretation, it's in HOW YOU AND YOUR PATIENT INTERACT to construct ideas and HOW YOUR INTERACTION CHANGES OVER TIME especially when you reflect on what goes on between you.

To register go to www.eopa.ca.



CALENDAR OF EVENTS

Members! Contact the OPA with the details on upcoming educational events and we will do our best to include them in the *Dialogue*. Additional information on these events can be obtained from the OPA Head Office.

November 9-12, 2006 - Canadian Psychiatric Association 56th Annual Conference - Psychiatry in the Next Decade: Our Future and Legacy

The Fairmount Royal York
Toronto, ON

For more information visit <http://www.cpa-apc.org>

February 23-24, 2007 - Ontario Psychiatric Association 87th Annual Conference - President's Theme: Memberships and Partnerships

Marriott Eaton Centre
525 Bay Street Toronto

Why join the OPA?

Dedicated to excellence in psychiatric education, advocacy, representation and the advancement of public policy.

The Ontario Psychiatric Association was incorporated in 1956. Dr. Edward Ryan, Superintendent of Rockwood Hospital, established the Ontario Neuro-Psychiatric Association in 1920.

Objectives of the Ontario Psychiatric Association:

- **EXCHANGE** of scientific information
- **PROMOTE** an optimal level of professional development and practice
- **ADVOCATE** for persons with mental illness and their families
- **REPRESENT** the members in their relationships with governments at all levels, universities, other medical associations and other associations
- **PROMOTE** the prevention of mental disorders in Ontario

Member Benefits:

- Access to specialty Sections, workshops and courses
- Opportunities for networking
- Peer Mentorship Programme
- Registration discounts for the Annual Conference
- Complimentary membership for Residents and longstanding members
- Voting privileges at the Annual General Meeting and general meetings (Full Member, Life Member and Member in Training only)
- Opportunities for maintenance of competence and continuing education credits
- Effective representation to the Canadian Psychiatric Association

- Joint partnership, with the Ontario Medical Association Section on Psychiatry, by means of the Coalition of Ontario Psychiatrists
- *Dialogue* - the quarterly Association Newsletter provides up-to-date information on issues affecting psychiatry and psychiatric practice

Other Information:

- Standing Committees: Advocacy, Communications, Continuing Education, Finance/Audit, and Member Services
- Membership Categories:
Full Member - is a legally qualified practitioner who is licensed to practice medicine in Ontario and is:
(a) Registered as a specialist in psychiatry by the Royal College of Physicians and Surgeons of Canada, and is in active practice, or,
(b) Teaching psychiatry in a university or other senior psychiatric position.

Member-in-Training - is a person who is registered in an approved, psychiatric, post-graduate training programme, or, in an undergraduate medical programme, in Ontario.

Associate Member - is any person who is a legally qualified medical practitioner or who occupies a position in nursing, psychology, social work, occupational therapy, or any other profession or occupation, closely related to psychiatry.

Life Member - is any Member who has reached the age of 65 and whose years of age and years of Full Membership totals 80 in the Association.

For more information about the OPA please visit our website at www.eopa.ca.

Ontario Psychiatric Association - Council Meeting AGENDA

Date: Friday September 29th, 2006
Time: 10:00 - 4:00 P.M.

1.0 Remarks from the President and Approval of

6.1 Advocacy Committee

2.0 Approval of Minutes of June 2nd 2006

3.0 Meet and Dialogue with CPA

4.0 Business Arising

4.1 President Theme Update

4.2 Review Action Summary from Last Meeting /
Strategic Plan

5.0 Treasurer's Report

5.1 Report on finances

6.0 Reports of Task Forces and Committees

6.1 Advocacy Committee

6.1.1 ODSP Campaign

6.1.2 Non Physician Prescribing information

6.2 Communications Committee

6.3 Continuing Education Committee

6.4 Finance/Audit Committee

6.5 Member Services Committee

6.6 Coalition of Ontario Psychiatrists

7.0 New Business

7.1 Call for Nominations

7.2 Insurance Reports - Payment

New Business or Outstanding Issues from Earlier in the Meeting

From the Member Services Committee Dr. Anne Hennessy, Chair

The Ontario Psychiatric Association is working hard to be responsive and relevant to psychiatrists in Ontario. We are not an "Old Boys Network" or "a Social Club"! What we are is a diverse group, representing academic, community based and hospital based psychiatrists. We are concerned with the issues facing the entire continuum for the profession - everyone from the new graduate to the psychiatrist in his/her final years of practice. We negotiate through our representation on the Coalition of Ontario Psychiatrists.

Through our Annual Meeting we are

- Developing programs to help early career psychiatrists make knowledgeable decisions about their job options
- Providing opportunities through our annual meeting for residents and junior academics to present to their peers
- Highlighting major clinical and practice issues
- Recognizing those who have made significant contributions to the profession and the mental health system

Through our Advocacy Committee we are

- Lobbying MPPs to increase the ODSP payments
- Reviewing the impact of Coroner Inquests

When asked why the OPA is important, here are some of the comments we received from OPA members

- ✓ "I stay Connected through the OPA"
- ✓ "I feel I can make a difference in my advocacy work through the OPA"
- ✓ "The OPA is a strong voice for psychiatry emphasizing unique Provincial professional issues"
- ✓ "Psychiatry is a provincially funded and regulated discipline - the OPA speaks for us to the legislature"
- ✓ "The climate for our work is changing - the OPA will help prevent us being washed away"
- ✓ "The OPA is the authoritative voice for our profession in Ontario"
- ✓ "The OPA welcomes members and creates colleagues"
- ✓ "The OPA is my feel good organization"

If you are an OPA member, remember to renew your membership.

If you are not a member - now is the time to join.

If you are a psychiatrist in Ontario - support your professional Association by taking an active interest in the OPA!

Contact us with your questions and we will respond quickly.
Get into the action, Join Today!

Register for the OPA 87th Annual Conference!

**The 2007 Conference is Being Held February 23rd and 24th 2007 at the Marriott
Eaton Centre Downtown - 525 Bay Street Toronto**

Important Clinical Issues:

Dual Diagnosis
First Episode Psychosis
Management of Atypical Psychotics
Geriatric Psychiatry
Genetic Syndromes in Psychiatry

Important Professional Issues:

Should the CCB Have an Advocacy Role?
Practice Audits

Important Practical Issues:

Optimizing Billing
Setting Up a Practice
Planning for Retirement

Spend time with friends and colleagues at the Annual Dinner!

The full programme will be posted on the OPA web site at www.eopa.ca and will be sent out to all members very shortly.
You can register now to take advantage of the Early Bird rate by faxing or mailing the registration form included in this issue of Dialogue.

Bring A Buddy!

We are excited to announce a new program aimed at increasing attendance at the Annual Conference and saving registrants some money! Any member that recruits a new registrant to the Annual Meeting will receive recognition through the "Bring a Buddy" campaign.

Here is how it works....

- ✓ The referring OPA member will receive a \$50 discount on their registration fee for the Annual Conference.
- ✓ The new registrant will also receive a \$50 discount on their registration fee for the Annual Conference.
- ✓ A "new registrant" is defined as a person who has not attended the Annual Conference for the last 3 years.
- ✓ The recruiter's registration form must indicate the name of the "Buddy" recruited.
- ✓ The new registrant registration form must indicate who referred them.

There will be a poster at the Annual Conference acknowledging those who have participated in "Bring a Buddy", and an acknowledgement will also appear in the issue of *Dialogue* following the Conference.



Ontario Psychiatric Association Annual Meeting
“Relationships and Partnerships”
February 23rd - 24th, 2007 Toronto Marriott Eaton Centre Hotel
Registration Form

Please *print clearly* and mail or fax to the OPA Head Office:
344 Lakeshore Rd. East, Suite B, Oakville, Ontario L6J 1J6
Email: opa@bellnet.ca Fax: (905) 849-8606
Or register online at www.eopa.ca.

Title: _____ First Name: _____ Last Name: _____
 Address: _____ City: _____ Postal Code: _____
 Telephone: _____ E-Mail: _____ Profession: _____

Registration Fee Information:

Included in your Member/ Member Resident registration: Complimentary continental breakfast, luncheon symposium, morning and afternoon coffee breaks each day. One complimentary ticket to the OPA Dinner/Dance. (Please ensure to register below.)
Included in your Non Member/Resident registration: Complimentary continental breakfast, luncheon symposium, morning and afternoon coffee breaks each day. Tickets to the OPA Dinner/Dance are available at an additional cost. (See below.)

EARLY BIRD SPECIAL - Register by February 2nd and SAVE \$100.00!!

Registration Fee	Before February 2nd		After February 2nd	Dinner/Dance Fri. Feb 23rd
	Daily Rate	Full Conference	Full Conference Only	
OPA Member - Full	\$250.00	\$395.00	\$495.00	1 complimentary ticket per registrant. Additional tickets \$95.00 each
OPA Member - Associate/Life/Inactive/Honorary	\$210.00	\$320.00	\$420.00	
OPA Member - Resident	\$25.00	\$50.00	\$75.00	
Non Members	\$295.00	\$495.00	\$595.00	\$95.00 each

Refund Policy:
 A \$50 cancellation fee will apply to all refunds issued before January 20, 2006. After this date, no refunds will be issued.
 7% GST is included in all registration rates.

Registration Fee Calculation:

Total of all registration fees: \$ _____
 Will attend with complimentary dinner ticket Yes _____ No _____
 Additional Dinner/Dance Tickets: # of tickets: _____ \$ _____
TOTAL Payable: \$ _____

Form of Payment: Visa MasterCard Cheque (payable to the Ontario Psychiatric Association.)

Card Holder Name (Please Print): _____ Signature: _____

Card Holder #: _____ Expiry Date: _____

Privacy Policy for conferences:
 Personal information collected on this form will only be used for purposes of conference administration.
 I consent to have my information used to provide me with brochures for other OPA events and conferences.
 YES [] NO []

Ontario Psychiatric Association Annual Dinner Dance

February 23rd 2007
The Toronto Marriott Downtown Eaton Centre
525 Bay Street
Toronto, Ontario
M5G 2L2

6:00 PM Cocktails
6:30 PM Dinner

Busy schedules and a frantic pace - so many times we plan to get together with friends but the time slips away and we never quite make it happen.

This year, as part of our theme - relationships - we encourage you to use this opportunity to spend time with friends - great food, music, dancing, all in a beautiful setting!

If you are a member of the OPA attending the Annual Meeting you receive 1 complimentary ticket.

Additional tickets can be purchased for \$95.00 from any OPA Council member or by contacting the OPA office.

Phone: 905-827-4659

Plan to attend and bring some friends!

MEMBERS ON THE MOVE *MOVE MOVE*

To get your new appointment in "Members on the Move", send us the following information - your name, position, date of appointment, the organization you were with and the new organization (if applicable), your email, phone number and address.

We will run these announcements as we receive them, and as space in the *Dialogue* allows. Please forward your items in writing to the OPA Office, 344 Lakeshore Road East, Suite B, Oakville, Ontario, L6J 1J6 or by email to: opa@bellnet.ca. Please ensure these are clearly marked "Dialogue Members on the Move".

From The Advocacy Committee Dr. Richard O'Reilly, Chair

Many of you took part in last year's campaign coordinated by the Ontario Psychiatric Association and the Schizophrenia Society of Ontario to encourage the Ontario government to increase the Ontario Disability Support Programme (ODSP) base rates by 10%. As you know the government raised ODSP by 2% in the 2006 spring budget. Disability payments have now undergone a cumulative 5% increase since 1993 and continue to fall behind the rate of inflation. Psychiatrists in Ontario know that this means many of our patients who are disabled by severe psychiatric symptoms are consigned to a life of poverty because of their mental illness. This is not right.

We are asking you to do two things.

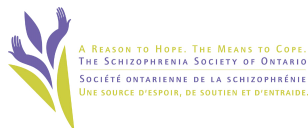
- Call your own MPP and ask him or her to pressure the government to increase the ODSP base rate by 10% in the next budget. (See Call Your MPP information sheet in this issue of Dialogue). When you make the telephone call you may not get through directly to MPP. Don't be deterred. Leave a message indicating your concern and ask your MPP to return your call.
- Distribute the attached "Call Your MPP" campaign sheet to as many of your patients, their relatives, your colleagues and other concerned people and groups as possible.

If you wish, we can send you an electronic copy of the Call Your MPP campaign sheet with your MPP's name, telephone and fax numbers. Reply to info@eopa.ca and provide either the name of your MPP or the constituency.

Remember, the next budget will be the last before the election scheduled for October 2007. A demonstration that there is widespread concern amongst psychiatrists, other mental health workers, patients and relatives is likely to influence the government's budget decisions.

Although the budget will likely be presented in the spring of 2007, the major financial allocations will be taken over the next couple of months. So don't delay - call today and demand that our disabled patients be given the opportunity to live with financial dignity!

Support the Financial Dignity for Ontarians with Disabilities Campaign



CALL YOUR MPP



The Schizophrenia Society of Ontario (SSO) and the Ontario Psychiatric Association (OPA) have again joined forces this year to urge the Ontario government to raise Ontario Disability Support Payment (ODSP) rates by 10% in the 2007 budget and to increase rates annually thereafter to cover annual cost of living increases. While the rate of inflation has increased by 28% since 1993 ODSP has been raised by a paltry 5% in the same period. Public policy should not drive our disabled citizens deeper into poverty every year!

We are committed to ensuring that individuals who are unable to work because they suffer from severe mental illness and other disabilities receive sufficient benefits to live with dignity in our communities.

SSO and OPA members are meeting with MPPs across Ontario to ask for a 10% raise in the base rate of ODSP. We are urging other concerned groups and individuals to support our campaign by phoning their MPP.

The 2007 budget will be the last before the election in October 2007. We urge all those concerned about the well being of Ontarians with disabilities to phone or write to their local MPP and tell them about the difficulties of living on the low rates of ODSP. Ask for their support in making a commitment in the 2007 Budget to increase ODSP rates by 10%.

You can find the phone number and other contact information of your MPP at <http://www.ontla.on.ca/>.

For information about this campaign contact Ursula Lipski at 416-449-6830 / ulipski@schizophrenia.on.ca or Dr. Varinder Dua at (519) 434-9666 / vdua@uwo.ca.

TA Sweet Award

The T. A. Sweet Award is presented annually to individuals who have made a major contribution to the understanding of mental illness and its impact on individuals in society. In the past this Award has been presented to those who have spoken out and championed this cause. Previous recipients have included leaders in volunteer and community activities, people from the field of journalism and individuals who suffer from mental illness. Our most recent recipients were Ron Ellis, Lt. General (Ret.) Roméo Dallaire, Anne Murray, Phil Upshall and Senator Michael Kirby.

The OPA is delighted to announce this year's recipient, Mr. William J. MacPhee.

William J. MacPhee was diagnosed with schizophrenia in 1987. After years of struggling with this devastating illness, Mr. MacPhee was able to regain control of his life through medication, family support and other therapies.

Recognizing the need for an informative publication, he formed Magpie Publishing Inc. and launched Schizophrenia Digest in October 1994. He has overseen the growth of the magazine to a professional, quarterly publication.

In June 2003, Mr. MacPhee took the initiative to address the needs of the approximately 2.5 million Americans who suffer from schizophrenia. At that time, a U.S. edition of Schizophrenia Digest was launched, and was extremely well received. Magpie Publishing Inc. has since grown and has spun-off sister companies Magpie Media Inc. and Green Apple Courage Inc., all producing publications that relate to the mental health field.

Mr. MacPhee is a strong advocate in the area of mental health and is often called upon to speak to mental health and consumer groups throughout Canada and the United States. He speaks candidly about the crippling effects of schizophrenia and describes with great clarity and detail what it is like to be paranoid, have hallucinations, become frustrated, depressed and suicidal. He also offers hope, showing that with the proper medication and support, recovery and a return to daily living are possible.

For his efforts in both the publishing and mental health fields, Mr. MacPhee has garnered numerous awards including: 2001 Canadian Mental Health Association Media Award, 2001 Niagara Entrepreneur of the Year Award, 2002 Golden Jubilee Medal of Queen Elizabeth II and 2004 National Alliance for the Mentally Ill's Lionel Aldridge Award.

The OPA is pleased to recognize Mr. MacPhee's advocacy work in the area of mental health through Schizophrenia Digest and for providing hope and showing that with the proper medication and support, recovery and a return to daily living are possible.

The Association of General Hospital Psychiatric Services (AGHPS) provided the following update to the OPA on its past and future activities:

The AGHPS is delighted to announce that the recipient of this year's Jane Chamberlin Award is Dr. Douglas Weir.

Dr. Weir has demonstrated a diligent commitment over the years in profiling general hospital psychiatrists as key contributors in the treatment of mental illness and integral partners in the promotion of mental health. His ability to represent the profession on a strategic level with political leaders, his understanding of the practical issues facing general hospital psychiatrists, and the integrity with which he approaches every issue has resulted in positive outcomes for general hospital psychiatrists and the patients under their care.

The first Jane Chamberlin Award was awarded in 1999. Jane Chamberlin was the Executive Director for the Association of General Hospital Psychiatric Services. Upon her death it was decided to recognize her contribution by presenting an annual award in her honour to an individual who has made an outstanding contribution to general hospital mental health services in Ontario.

The Jane Chamberlin award will be presented to Dr. Weir during the OPA Annual Meeting on February 23rd 2007.

Other business -

The AGHPS has remained active as part of the Mental Health Funding Working Group working with the MOHLTC on issues related to sessional fees.

As an Association we are aware of the concerns and frustrations on the part of members regarding the implementation of the RAI-MH. We are continuing to look for avenues to lobby the Ministry for changes and resources for this additional work.

Finally, we will be sending out membership renewals shortly. We encourage all general hospital psychiatric programs to join the AGHPS. Without your input and support it is difficult for the Association to do the work necessary to truly represent the unique and important needs of psychiatric and mental health services in general hospitals.

Without the endorsement of every psychiatric and mental health programme that is situated in a general hospital, there is a danger that the importance of our work will be under-valued, our budgets cut or amalgamated with community mental health services, or that the remuneration for psychiatrists could be neglected. Your membership allows us to advocate on your behalf!

Call For Nominations To OPA Council

The OPA needs your ideas, enthusiasm and expertise to continue to provide strong leadership for Ontario Psychiatrists.

Do you know of someone who would make a good OPA Council Member? Are you interested in being a Council Member? Nominations for the 2007 OPA Elections are now being accepted.

We are looking for a President Elect, Council Members (Full Members) and one Member-in-Training beginning February 2007. A President-Elect serves for one year prior to becoming President. Council members serve for a three-year term, may serve for two consecutive terms and are not eligible for re-election for a period of three years following the end of their second term and then may only serve one additional term. A Member-in-Training is elected for a term of two years. There are two Council members who are Members-in-Training, elected for a term of two years, one Member-in-Training is elected in each succeeding year. Therefore, the next term of office for President-Elect is February 2007 to 2008; and the term is from February 2007 to February 2010 for Council Members and February 2007 to February 2009 for a Member-in-Training Council Member.

A Full Member is a legally qualified practitioner who is licensed to practice medicine in Ontario and is:

- (a) Registered as a specialist in psychiatry by the Royal College of Physicians and Surgeons of Canada, and is in active practice, or,
- (b) Teaching psychiatry in a university or other senior psychiatric position.

A Member-in-Training is a person who is registered in an approved, psychiatric, post-graduate training programme, or, in an undergraduate medical programme, in Ontario.

A Life Member (any Member who has reached the age of 65 and whose years of age and years of Full membership total 80 in the Association) retains all the rights and privileges of a Full Member.

Council Members function within the mandate of the OPA Constitution and By-laws, and are responsible, collectively, to govern and lead the Association by:

- Determining the vision, mission, values or beliefs of the Association;
- Setting and approving goals and objectives including overall operating and financial plans designed to achieve certain goals and objectives;
- Recruiting and evaluating staff;
- Identifying and managing any and all risks to the Association;
- Verifying the integrity of internal control and management information systems;
- Ensuring cost-effective, efficient operations within legal requirements, ethical and quality standards;
- Monitoring communications within and outside the Association;
- Recruiting, orienting and training new Council members; and,
- Adopting a strategic planning process to determine short-term and long-term goals and objectives for the Association.

Role descriptions can be obtained by contacting the OPA office - telephone: (905) 827-4659 or by email: opa@bellnet.ca

Written nominations must include the nominee's signature and must be received by the OPA office by November 27th 2006.

For further information please contact Dr. Mamta Gautam, OPA Past President, by telephone: 613-729-3794 or by email: mgautam@rogers.com

MEMBERS CORNER:

By Aydogan Ugur, M.D. (OPA Member)

SPRING

During white winter spring is a dream,
Dream turns to reality when world becomes green.

After three months of snow winter comes to an end,
Then spring starts, world becomes a green land.

Grey cold feeling of winter loses face,
Bright sun, blue sky of spring takes place.

Trees get energy from spring's sunshine,
They wake up from winter nap and feel fine.

Skeleton trees wear their green leaves,
That is the beauty spring nicely brings.

They drink spring rain and become alive,
Green leaves, buds, fruits become tree life.

Slowly appears colourful flowers,
They paint the world with wonderful colours.

Beautiful roses are the smell of springs,
This is the best gift the seasons brings.

It is time to hear beautiful bird songs,
Everybody enjoys it, even the King Kongs.

Composed by Dvorak, Strauss, Beethoven,
Their music makes the world a musical heaven.

Joins them Vivaldi, Shuman, Mendelson,
Their bright music makes the world shining sun.

They all describe spring in a musical way,
We enjoy listening to them night and day.

With your special way welcome the spring,
With richness of this season live like a king.

Are you moving?

Has your phone, fax or email information changed?

Help keep our database up to date, and please let us know!

Email any updates to the OPA office at opa@bellnet.ca. Or fax them to 905-849-8606.

