This week, a walk through Cedarvale Park in Toronto revealed a scene reminding of the varied paths in life; over, under, on, and by the bridge. *Photo credit and thanks to Biljana Cuckovic.*

Be sure to share your updates with us here!

**OISE Series for Staff and Students**

The Black Resistance and Self-Restoration Series for Black/People of African Descent

"Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare." — Audre Lorde

Join facilitator Aina-Nia Ayo'dele for a series of sessions on Black Resistance and Self-Restoration to be held in November 2020. This series is for OISE staff and students of Black/African descent.

The series has three objectives:

- Address the direct impact of anti-Black racism on Black/People of African Descent
- Explore ancient African practices and principles for resistance and self-restoration
- Offer simple and practical tools to mitigate traumatic impacts of institutional anti-Black racism

[Click Here For More Information](#)
OISE Fall Wellness

OISE Wellness 2020/2021 Mindful Teacher/Educator Series

Mindfulness Community of Practice

Facilitated by Shelley Murphy
Date: The last Monday of each month,
7 p.m. to 8 pm
Monday, October 26th, 2020

This monthly Mindfulness Community of Practice meeting is open to teachers, educators, teacher candidates, and teacher educators interested in being a part of an ongoing community of support focused on: cultivating and deepening a personal mindfulness practice; sharing understandings and experiences; engaging in critical inquiry and reflection; exploring pedagogical applications of mindfulness; engaging in opportunities for discussion and ongoing connection.

Click Here to Register

Ka ootshapatamihk: Envisioning Healthier Futures Through Indigenous Understandings of Wellness

Facilitated by Lindsay DuPre
Date: Tuesday, October 27th, 2020

The COVID-19 pandemic has brought attention to many of the inequities and structural flaws that exist within our healthcare system. With many of us struggling to adapt in different ways, it has also revealed how deeply intertwined our mental, emotional and spiritual health is with our physical wellness.

This session will explore these contexts through the lens of Indigenous health and invite attendees to consider how Indigenous wellness frameworks can be applied more broadly to improve our individual and collective wellbeing.

Click Here To Register

How Can We Transform Racism and Create Inclusion and Belonging with Mindfulness and Compassion?

Facilitated by Rose Mina Munjee
Date: Thursday, October 29th, 2020

Recently, in addition to a global pandemic, we have faced increasing racial tensions in our social systems across Canada and the rest of the world. Recent events have further exposed what has been long known to many in BIPOC communities about the dangers of racism, oppression, and the marginalization of Black, Indigenous, and People of Colour. These events have affected our education systems as well as the stakeholders for our educational institutions: teachers, students, support staff, and administrators.

In this session, participants will have an opportunity to hear about a lived experience and to engage in mindfulness and compassion practices to support dialogue about how racism can be transformed, and how inclusion and belonging can be cultivated in the spaces where we learn and teach. Resources will be shared for further reading and exploration.

Click Here To Register

To learn more about wellness resources at OISE, visit the OISE Wellness website for more information and a list of ongoing weekly opportunities for practice.
U of T Black Graduate Student Excellence Bursary

The deadline to apply for the Black Graduate Students Excellence Bursary is fast approaching. Applications are due by October 31st, 2020 at 11:59 p.m.

Click Here To Learn More

Kisîwâtisōwin: Self-Compassion Workshops for Indigiqueers

Thursday October 22, 2020
2:30 p.m. to 4:30 p.m. EST

This is a two-part virtual workshop series that explores how to hold more compassion for our whole selves, the relationships we hold and to all levels of being. These workshops are open to all Indigenous students at the University of Toronto who identify as 2-Spirit, or LGBTQ+ (lesbian, gay, bisexual, trans, queer, gender non-conforming, along with many other identities).

Click Here To Register

Healing Through the Intersections: Race, Black Identity & Sexual Violence

Throughout October and November 2020, the University of Toronto Tri-Campus Sexual Violence Prevention & Support Centre is hosting Healing Through the Intersections: Race, Black Identity and Sexual Violence, a series of virtual workshops and conversations centered on anti-Black racism and sexual violence. Click HERE to learn more.

Healing from Anti-Black Racialized and Sexualized Trauma with Tenniel Brown

Thursday October 27, 2020
12:00 p.m. to 1:30 p.m. EST

In this 1.5-hour interactive, engaging and informative workshop, participants* will experience safety, healing and community. Specific information will also be provided about the impact of Canadian anti-Black racism on mental health, and tools to address racialized and sexualized trauma to foster liberation and resilience.

*For Black-Identified University of Toronto Staff, Faculty, and Librarians Only.

Click Here To Register

OISE@Home with Pets
Below are a few photos of some very special friends of OISE. Animal companions are helping OISE community members as they study and work remotely. These fury ones have occasionally appeared on screen looking for just a little extra attention.

Send a photo to this link of your pet, buddy, fury friend, and let’s see if we can create a wonderful collage of animal companions for a future e-newsletter edition. And if anyone can guess who the human companion is, give it a try.

In Memoriam

OISE Remembers Ron Arbuthnot

Retired staff member of the OISE Education Commons, Ron Arbuthnot passed away on September 1st, 2020.

Current and former colleagues including Patrick Hopewell had fond memories of Ron "as a consummate professional and a real character in equal measures."

Ron retired from the EC many years ago but played a vital role in those earlier years in the development of the unit. Scott Hollows shared this kind recollection:

"Ron was already working in the EC when I first arrived, and I liked him from Day One. Both he and my father had worked for years at IBM (though never met), and while I’m still not clear if IBM attracts a certain personality type, or after decades of service, creates a certain personality type, they were clearly cut from the same cloth. Ron was pretty quiet, but knowledgeable and like working with my Dad, I’d always learn something if I’d just remembered to be quiet and listen.

"I remember how clean his workspace and desk always were, and that every day ended with the image of all his lunch cutlery and mug, drying on a single piece of paper towel on his work bench. It was how you knew for certain he was gone for the day.

"Ron cared about OISE — I remember having a conversation with him in the hallway on the third floor, and while he was explaining something to me, his attention drifted over my shoulder, and while still talking, he pulled out his little screwdriver and removed an old staple from the wall. It clearly didn’t belong there, so he was going to fix it. Made me smile and I had to explain to him that that’s the kind of thing my Dad does regularly too.

"Funny story about Ron had to do with business cards and the whole ‘brain surgeon’ fiasco. Ron’s theory was that you could put anything you wanted on a business card, it didn’t really prove anything about the person. To test this, he had an entire box of U of T business cards printed up with the title ‘Ron Arbuthnot, Brain Surgeon.’ My understanding was this caused a lot of trouble once discovered, but that Robert Cook, the former Director of the Education Commons, presented the box of cards back to him upon his retirement. I believe I still have a couple of those cards in my office."

Take a moment and read the obituary below — it reads like a good life, well-lived.
Have a story you would like featured *Inside OISE @ Home? Share it with us!*

More ways to connect

- Subscribe to our **Alumni & Friends Newsletter**
- Subscribe to the **ORSS Student Services newsletter**
- Subscribe to the **Indigenous Education Network (IEN) Newsletter**
- View all upcoming virtual events