

No. 7 Volume 1

September 1972

SWIMMING POOL ALMOST READY!

"Give me three to four weeks and I'll

have your pool completed" this is Project Superintendent Heinz Ott's reply to Bob Woodgate from

the Regent Park Community News when asked when will the swimming pool be completed. Heinz Ott known as Henry said "We are going as fast as possible. Everybody works as hard and as fast as he can. The completion of the



project hinges on the speedy delivery of all the mechanical, electrical and pool equipment."

Henry explained that various strikes such as carpenters, bricklayers, labourers and locksmiths have held up construction. The pool could have been completed by now had it not been for the delays beyond his control. In addition to the pool there will be a Pavilion Building which houses the Boys' and Girls' Change Rooms and washrooms; First-Aid Room; Manager's office with Male and Female Staff Rooms; Filtration Storage and Equipment Rooms.

"When we started" continued Henry, "we found large oil tanks buried in the ground which had to be removed; and an old brick well more than 25 feet deep. The new building and the pool had to be built on "all that crap". The engineers had to redesign the foundations. Only one quarter of the foundation could be placed at specified depth. All others had to be brought down to lower elevation.

Removing all this was first hold up. Then came the strikes and now it is up to the manufacturers of all other equipment to complete this complex project. Henry asked us to mention that he is very pleased with the behaviour of the teen-agers in the neighbourhood. He expected the worst when he learned about all the damage done to the new skating rink. Henry claims the difference is due to how you treat the youngsters. A little bit of child psychology goes a long way. Often he takes time out to show the kids around. He answers most of their questions and in this way made friends with them.

One weekend Henry took eight boys from Regent to his home in Oakville. They planned to swim in his large pool but they were rained out. Henry intends to take some more kids out to his place one day soon.

On completion of the pool a few days will be needed to test the pool and the equipment. The kids will have to understand this.

Henry's last word is "keep up your good behaviour kids and I promise you a swim this year."

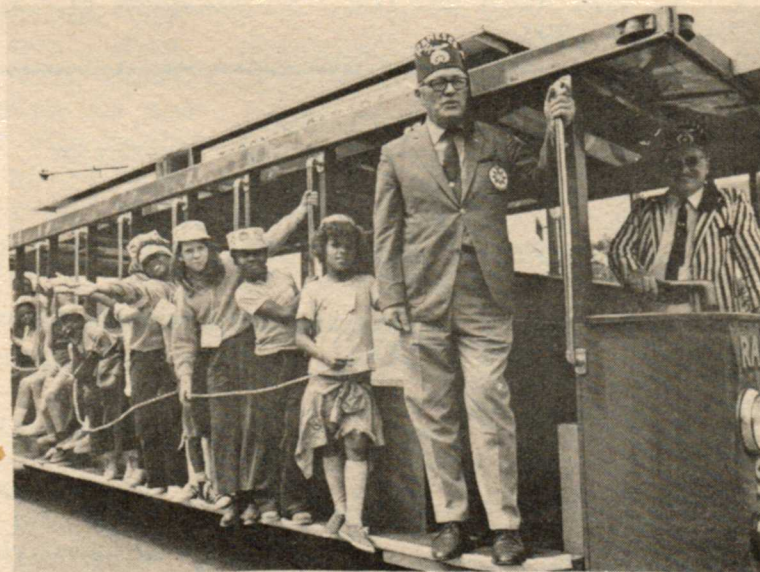
A GREAT DAY AT THE "EX."

Every year for the past 35 years, Shriners have taken kids from this area and other areas, to the "Ex." They supply our kids with a wonderful day of fun and excitement. We had approximately 140 kids from our area this year, 70 of which came from St. Bart's Service Unit. I was privileged to escort this group to the "Ex." To get there, we had a "special motorcade" in beautiful cars. As one child said to me, "We must be someone special to get police escort to the "Ex." We got there about 9:00 and though the weather wasn't too promising, we broke in smaller groups of 10-15. We had two Shriner per group, in our group we had Mr. Anderson and Mr. Stob, who had a lot of patience and understanding with our group.

We had free rides in the morning from about 9:30 to 11:00, which was a lot of fun. Then we had a wonderful lunch. After lunch Mr. Anderson and Mr. Stob took us through the different exhibits. We fed goats, petted animals, watched tropical fishes, and walked through the Chinese exhibit. By this time I was tired, and I guess some the kids were too. Then about 2:00 p.m. we went into the Grandstand where we saw the Flintstones, Yogi Bear and the Helldrivers perform. This is where I rested. After nine hours of fun, food, free rides and the Grandstand, I was ready to come home, which we did. Just as we were pulling out of the "Ex", the rains came, and by the time I got back home, I and my children were soaking wet, with sore muscles, tired feet and aching bones. But when I put my three children to bed that night with smiles on their faces, all pain and aches disappeared. I believe that all of us (about 900) had a wonderful day.

I wish to take this opportunity to thank all of the Shriners, especially Mr. Anderson and Mr. Stob for giving me and my family this day. THANKS AGAIN SHRINERS, hope to see you next year God willing!

Ginger Gibbons



—Globe and Mail

TROLLEY RIDE AROUND THE EX

TENANTS MEETING - SEPTEMBER 19th. REGENT PARK UNITED CHURCH 8:00 P.M.



PARK SCHOOL COUNCIL MEETING

After a long summer of fun, September has come, bringing with it moans and groans from kids. Yes, to most children September means ten months of entrapment in the brick school house. This September has vastly different meaning at Park School. This is a school that cares. Sixteen community assistants will be at Park. The Community Council will start again on September 25 1972. Won't you come?

Ed Harcourt, Chairman

41 OAK NEWS

Something new has been added to 41 Oak St. A Senior Citizens Council with a representative from each floor of the Senior Citizen's building in Regent Park has been set up to give all the Senior Citizens a chance to spend evenings and afternoon exchanging ideas and demonstrating fine skills they learned over the years. Many Senior Citizens have a lot to offer each other and the community if given a chance to demonstrate their skills and wisdom they have acquired.

Mrs. Colquhoun is retiring as secretary of the Senior Citizens Council.

The Senior Citizens wish to extend many thanks to Dial A Teen and their co-ordinator Glenda for the services and entertainment they provided during the summer. We are grateful.

John Sanlon, Vice Pres. R.P.C.I.A.
Acting Chairman, Senior Cit. Council

THE ONTARIO HOUSING CORP. WISHES TO ANNOUNCE THAT MR. P. PETERSON, SENIOR AREA MANAGER HAS NOW TAKEN OVER THE ADMINISTRATION DUTIES OF SOUTH REGENT PARK REPLACING MR. G.W. BUCKLEY. MR. PETERSON CAN BE CONTACTED AT THE AREA OFFICE, 33 BELSHAW PLACE OR BY CALLING 368-1891.

ADULT CLASSES.

Jarvis, Central Commerce, Danforth Tech. and other nearby schools.
ENROL IN A CLASS THIS SEPTEMBER
For brochures and information contact
R.P.C.I.A. 364--2909.

REGENT PARK COMMUNITY NEWS
IS PUBLISHED BY REGENT PARK
COMMUNITY IMPROVEMENT
ASSOCIATION

42 BLEVINS PLACE 364-2909

EDITORIAL COMMITTEE:

BOB WOODGATE, MARY BILAN,
DR. EUGENE DEMERS, Bob Beardmore
VIRGINIA GIBBONS, ED HARCOURT.

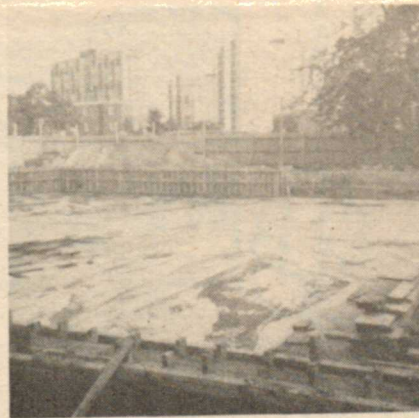
PART TIME JOB

12:00- 5: P.M.

Lunch for children and light housework

Church & Bloor
920 -0881
after 5.00 p.m.

CHANGE ROOMS

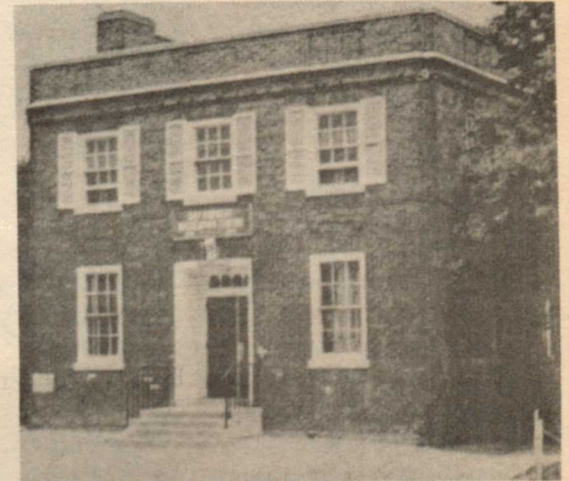


ALL WE NEED IS WATER!



Photographers from the Teen Centre took these photos September 1st. Henry, foreman has promised a swim for the end of the month. Will he make it?

THE NEW 203
GRAND
RE-OPENING
BANDS:
MORNING DRIVE
RHODE APPLE RED



September 10, 6:00 P.M.
Admission one tin of food (Bingo Prizes)

Anne Dunn has resigned from the staff at the Youth Centre. Brian Roblin has replaced her. Anne will still be at the centre Sunday nights.

LOWER RENTS

A BRIEF TO CHANGE THE RENT SCALE WILL BE PRESENTED FOR YOUR APPROVAL AT THE NEXT GENERAL MEETING.

MEMBER OF PARLIAMENT AND MUNICIPAL REPRESENTATIVES WILL BE CONTACTED FOR SUPPORT.

YOUR IDEAS ARE NEEDED! BACK YOUR ASSOCIATION IN ITS EFFORTS TO REVISE THE RENT SCALE.

REGENT PARK UNITED CHURCH

40 Oak Street

TUESDAY, SEPTEMBER 19, 1972

8:00 P.M.

**A GOOD TURN OUT
CAN GET RESULTS!**

Regent Park Community Improvement Association

- 42 Blevins Place #101 - 364-2909

TENANTS, ONTARIO HOUSING CORPORATION,

FACE TO FACE

MR JOHN DARCY AREA MANAGER, O.H.C. HAS REPLIED TO THE QUESTIONS IN LAST MONTH'S ISSUE. QUESTIONS AND MR. DARCY'S ANSWERS ARE PRINTED BELOW. TENANTS ARE INVITED TO SUBMIT QUESTIONS TO THIS COLUMN WHICH WILL BE A REGULAR FEATURE OF THE PAPER.

Question: WHO IS RESPONSIBLE FOR CLEANING SEWERS?

Answer: THE SEWERS MENTIONED ARE THE RESPONSIBILITY OF THE CITY OF TORONTO. Corporation staff has received permission from the City to clean catch basins as they are required. This is done on a regular basis. However, the Corporation is prepared to take up the question with the City of Toronto as to why the two areas, in question appear to flood more so than other areas. We can assure tenants the flooding is not caused through lack of cleaning.

Question: WHY DOESN'T GRASS GROW INSIDE REGENT PARK?

Answer: A LARGE PERCENTAGE OF THE GRASSED AREAS ON THE PERIMETER OF REGENT PARK ARE INDIVIDUAL LAWNS OF OF TENANTS. Grass, seed and topsoil are supplied each year on request, also lawnmowers. Many lawns are in excellent shape thanks to the interest of the tenants concerned.

Many areas within the boundaries do require sodding. However, due to the overall landscaping programme approved for Regent Park in 1971, sodding has been kept to a minimum until areas for the ice rinks, swimming pool and other relaxing areas have been finalized by Corporation Architects and duly endorsed by tenant representation.

Question: IS THE SWIMMING POOL GOING TO BE READY SEPTEMBER 1972?

Answer: TENANTS WE ARE SURE ARE NOW AWARE OF THE CONSTRUCTION DIFFICULTIES THAT AROSE SINCE WORK FIRST COMMENCED ON THE SWIMMING POOL. This we understand has been further hampered by construction strike. In view of this, the Corporation has had no alternative but to extend the contractor's contract to September 30, 1972.

Question: WHY ARE TENANTS CHARGED \$12.00 FOR REPLACING A SMALL WINDOW 2' x 4'?

Answer: COST OF REPLACING GLASS IS BASED ON COST OF GLASS AND LABOUR COST TO INSTALL. Approximate labor cost is estimated at \$2.00 per square foot.

Question: WHAT DATE CAN TENANTS EXPECT THE MILK CHUTES BLOCKED, AND WALLS BEHIND FRIG'S FIXED?

Answer: TENDER CALL FOR THIS WORK WAS RECENTLY PUBLICIZED AND WORK IS EXPECTED TO COMMENCE THE FIRST WEEK IN SEPTEMBER. Completion date naturally will depend on accessibility to tenant's apartments. In reference to the holes in the walls behind refrigerators in the Regent Park North section, the Corporation would appreciate tenants in whose apartments these holes exist to report same by TELEPHONING OUR TENANT ENQUIRY BOARD - 925-4841.

Question: WHY HAS THE CONTRACTOR NOT RETURNED TO FINISH PAINTING OF WINDOW FRAME ON SACKVILLE, DUNDAS AND OAK STS?

Answer: ALL EXTERIOR PAINTING IS COMPLETED ON PHASE PROGRAMME WITH A NUMBER OF BUILDINGS EACH YEAR. 41 Oak St. has been painted recently; the other buildings mentioned are presently underway and were scheduled for painting in 1972.

From the Desk

of the

President - Neil Tanner



Last April as many of you will remember the R.P.C.I.A. held a large meeting on the Rent Scale. O.H.C. officials and elected representatives met a panel of tenants "Face to Face." Many important recommendations were made at that time in regard to revising the Rent Scale such as basing rent on net instead of gross pay; greater allowances for children; smaller increases in rent due to wives or children working; eliminate overtime and bonuses in rent calculations; lower rents for those on Assistance etc.

The Honourable Donald S. Macdonald and J.B.S. Rose from Ontario Housing assured the tenants that they would study our proposals and reply to the organization at a later date.

Your Association in the meantime has been working on a Rent Brief. The draft will be presented for your approval at the next General Meeting, September 19th at the Regent Park Church. I urge everyone to come out at this time for this important discussion. We want the Brief to represent the opinions of the people in Regent Park. After your final approval we will call a special Meeting of the Candidates running for Federal Parliament and those running for Municipal office and ask for support to our proposals. Your elected representatives are the people who will have the power to change the rent scale. I urge every tenant to get behind the Association in its efforts for a fairer rent scale - ATTEND THE MEETING SEPTEMBER 19, 1972

I would also like to mention that we are taking some action in regards to laundry room conditions. We have had some complaints about laundry rooms closing too early, rooms not as clean as they should be etc. We have submitted a report to United Security and O.H.C. and we expect they will take steps to improve matters.

Finally we are taking up Mr. Thurston's idea for a tenants committee on Security for Regent Park. A committee meeting regularly with Tenants-Teens, Community Guardians and O.H.C. could be a more effective way of dealing with these problems. This proposal will be discussed at September 19th meeting and we will welcome your ideas as well. REMEMBER THE ASSOCIATION CAN GET RESULTS WITH YOUR SUPPORT.

TENANTS OF REGENT PARK

IF YOU HAVE ANY PROBLEMS CONCERNING YOUR LIVING ACCOMODATIONS OR CONDITIONS IN YOUR BUILDING AND WISH ASSISTANCE CONTACT THE R.P.C.I.A. OFFICE WE WILL TRY TO HELP.

REGENT PARK COMMUNITY IMPROVEMENT ASSOCIATION

42 BLEVINS PLACE - APT 101 - 364-2909



"THE GREAT FROG RACE"



"....COMIN DOWN THE HOME STRETCH"

TENANTS ENJOY GREEN SUMMER DAY CAMP

Two workers representing the Regent Park Community Service Unit along with Unit Reps. Ed. Turney and Wally Sheppard went to see the Green Summer Day Camp. Their assignment was to report to the people about the facilities at the camp. Several mothers and Star photographer, Dick Darrell and reporter Lesley Kruger also went along to get a story for their paper.

The camp itself was like something out of the Swiss Robinson Family. Walking over the rolling hills we came to the Sabre-Toothed tigers camp, headed by counsellor Dennis Cunningham and his eight campers who were all about nine years old. They had built fences from logs and also benches around their fireplace. The big tent where they slept was under a tree and beside the tent was a big hole in the ground, which was their terrarium. Occupants of this jungle were frogs and other moving creatures.

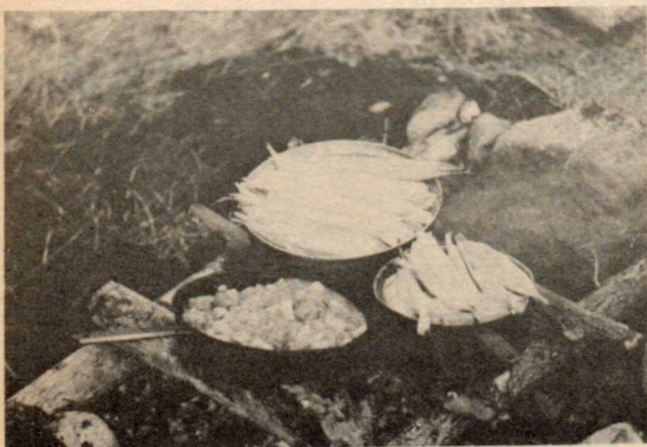
There are 16 campsites for juniors and each one was isolated from the other. Every camp had a distinct individual look about it. Several nights a week they stay over and are home for weekends. None seemed homesick and everyone we spoke to was having the time of his life. The curriculum is swimming, fishing, bee hunts, footprint hunting, vegetable gardening, nature crafts, orienteering, sketching, rock collecting, map making, collecting for terrariums, journal birds and animals, or trail blazing. This camp is the type of culture you can't buy. There are apple, plum and pear trees in the area. Meals at one camp that day consisted of bacon and porridge for breakfast and jam and peanut butter sandwiches for lunch. Supper was a real treat - spaghetti and meatballs.

Coleman Company donated the stoves, lights and equipment. There are 2 camps three miles apart and the new airport is going to go right through the camp area.

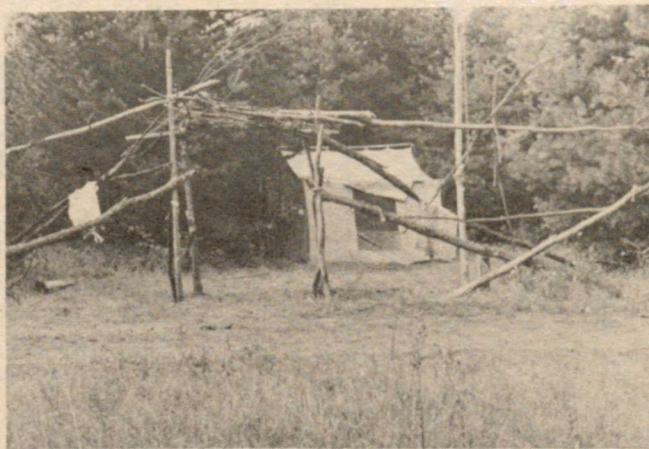
We came across a boy downing a whole quart of milk in a plastic bag, and a girl who had found a big 12" puffball which you can slice and cook like a mushroom.

The camp has been functioning for four years with approximately 800 campers. Five-hundred dollars was donated for 2 buses by the Star Fund. An O.F.Y. grant paid the salaries. Twenty-five thousand dollars is the total cost for the camp and it is going up 20% each year. More support is needed to make it a success again next year. It is truly a wonderful and unusual camp.

Marq. Ganton
SERVICE UNIT
L.I.P. Worker



CAMPFIRE
"NO FUEL SHORTAGE"



CAMPSITE
"NO PLACE LIKE HOME (?)"

Recipes

MARY BILAN'S CABBAGE ROLLS

Combine in saucepan:

- 3 cups boiling water
- 2 tsps salt
- 3 cups uncooked rice

boil till water absorbed.

In frypan melt:

- $\frac{1}{2}$ cup shortening (or cooking oil)

Add large onion finely chopped. Sauté until onion is a light golden colour. Combine with rice and season with salt and pepper, cool. Remove core from:

- 2 medium cabbages

Place in a deep saucepan and add boiling water in hollow of core, cover completely. let stand until leaves are soft and pliable, Drain carefully take leaves apart. Cut off hard centre, rib from each leaf and divide leaves into two sections. Preheat oven 350°

Grease a large covered casserole. Cover bottom of casserole with extra cabbage leaves. Place a few strips of bacon on leaves. Place a spoonful of rice filling on the prepared section of cabbage leaves and roll up tightly arrange in layers of casserole, salting each layer.

- Combine:
- $\frac{1}{2}$ cup water
 - 1 $\frac{1}{2}$ cup tomato juice
 - $\frac{1}{2}$ cup cooking oil
 - 1 teaspoon salt,
 - pinch of pepper

Pour over cabbage rolls, The liquid should barely show between the rolls.

To protect the top from scorching, place cabbage leaves over top before covering tightly.

Bake in oven for 1 $\frac{1}{2}$ hours or until both cabbage and filling are cooked.

Can be served plain or with Sour Cream. "DELICIOUS"

I used to live
in a house of confusion
where anger was in the air
The agony of unfulfilled dreams
was everywhere.

I used to run and hide
from my people
to escape their pain
to a place where beauty was
and I found joy
in the silence of the rain

I found joy in nature,
and I still do -
But I found I needed people
while I paddled my canoe.

Now I stay with my people
and try not to be a judge -
of who is wrong
and who is right
and know only that-I belong.

THE ALCOHOLIC CAN RECOVER

The alcoholic is a sick person suffering from an illness of which there is no known cure - cure in the sense that he or she might be able to drink normally again. Like the diabetic who must stay away from sugar, the alcoholic must stay away from alcohol completely if he or she is to lead a normal life. So we see alcoholism as basically a health problem - an emotional and physical illness. Just as there is no point in blaming the victim of pneumonia for lack of willpower (to stay well) it is useless to fix the problem drinker with responsibilities for the illness.

The solution lies in facing the problem realistically and in helping the sick person back to health. We know what you are up against. We know how baffling it is to live with a problem drinker, to see family life upset, to see money spent on hospitalization, to see children growing up in an abnormal atmosphere. But we also know that if your wife or husband recognizes this problem and really wants to stop drinking, there is a solution that has worked and one that can work for you too.

WHAT IS AN ALCOHOLIC?

In spite of all the trouble that drinking may have caused in your family, you may not wish to believe that your wife or husband is an alcoholic. A problem drinker, yes, but not an alcoholic. The word may have too unpleasant association for you. Even if your wife knows that she is an alcoholic and says so, you may try to prove that she is not. This is not uncommon. Many husbands have felt the same way until they understood the importance of modern medicine's identification of alcoholism as an illness. Otherwise, they may mistakenly believe that the problem stems from some family situation for which they may be responsible. The seeds of alcoholism probably goes back to childhood; the family relationship has little effect on its progression. Some alcoholics are daily drinkers. Others are able to go for long periods without alcohol before they cut loose on a binge and uncontrolled drinking. The one thing all alcoholics seem to have in common is that their drinking patterns get worse, not better. There is no evidence that an alcoholic has ever been able to return to normal, social drinking. It is also generally agreed that there is no such thing as being "a little bit alcoholic." Either you are or you are not. The consequences of the illness may vary but not the illness itself. At this point, you may be convinced that your wife or husband has an illness and needs help. You may have a bet-

ter understanding of why she or he has done things that embarrassed you and the family. You may now realize will power is a meaningless word where this sickness is concerned. A

person may have unusually strong willpower and still be totally without defence against the compulsion to drink. But many wives and this includes many who admit to being problem drinkers - have resisted the idea that they need help. They have been unwilling to admit the problem to others. They have clung to the hope that somehow, some day, they could control their own drinking. They have felt that the word "alcoholic" was one they could not bear to use in thinking or talking about themselves. The illness itself - since it always get worse never better - can one day drive your wife to ask for help.

ILLNESS AFTER CURE

The alcoholic wife or husband, though sober, still has the illness. Her sobriety has only arrested it. Because of this she or he may continue to behave in many situations in the same manner as she or he did before. If she has been drinking for a long time patterns of thinking may be too strong to be changed overnight.

Almost certainly, minor problems and irritations will arise as you and your wife begin what is in many ways a new life together. If you, as well as she, can look ahead and see these problems coming up, you can avoid many of them and keep others from getting out of hand. For example after serious and prolonged drinking, your wife may require medical treatment occasionally coupled with a period of complete rest and relaxation.

During their drinking days, some alcoholics made their problems worse by mixing liquor and sedatives. They cling to the sedative habit even after they are otherwise sober. Sedatives are usually a threat to sobriety, and you want to impress your wife with this fact. After many years of living in the shadow of alcoholism husbands frequently find that their outlook on life has become distorted. They have had to cope with so many bitter problems and assume so many burdensome responsibilities that their thinking has become twisted and warped. They are unable to relax or to think clearly.

Ed. Clarke



Dear God, give Mr. Perfect a tiny flaw.



"UNIT REP" of the Month
Mrs. Mabel Sanford

Mrs. Sanford has lived in Regent Park for 20 years after moving from Belleville, where she lived most of her life.

Mrs. Sanford is very active in her church. Her favourite pastime is reading.

It was a refreshing experience to talk with Mrs. Sanford as she has no complaints about conditions at 41 Oak St., the building is very well cared for as anyone can see. The floors are shining and the walls spotless. The garden is lovely and Mrs. Sanford and the other residents enjoy it tremendously.

Mrs. Sanford is grateful to Dial-A-Teen for the recent bus tour to Niagara Falls. This kind of activity is very much appreciated by her and other Senior Citizens.

"41 Oak is a happy, lively place to live" says Mrs. Sanford. One of the nicest features is that tenants look after one another. As Unit Rep she meets new tenants and informs them about the activities. She gives them the Service Unit Handbook which is a great help to any newcomer to Regent Park. She also assists tenants with any problems they might have.

Interviewed by:
Mary Bilan

CORRECTION.

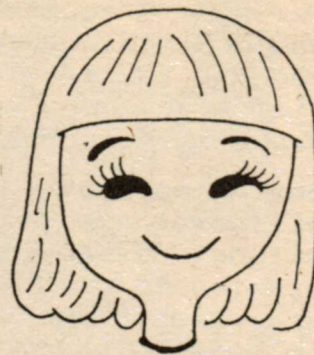
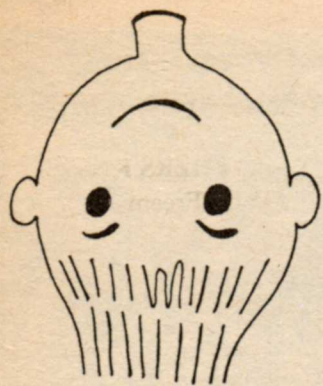
Mr. Henry Francis Unit Rep for 605 Whiteside is not the Chief Engineer at Women's College Hospital as stated in the August issue. He is responsible to the Chief Engineer for Fire Safety in the Engineering Maintenance Department.

I wish to thank the R.P.C.I.A for their endeavor to make Regent Park a better environment for the tenants.

And I especially wish to thank "President" Mr. Neil Tanner who has volunteered much time and effort into this project, because if it were not for him these better conditions would not exist. Thank you again.

Mrs. Coulson

OAK STREET MOTHERS AND CHILDREN PROGRAM



CHILDREN ENJOY PRE SCHOOL PROGRAM

The Early Years Developmental School (for Parents & Children) has been the result of a number of parents wanting to provide:

FOR THE PRE-SCHOOL CHILD: (birth to 5 years)

- playmates of their own age
- an atmosphere that would develop an eagerness to learn
- inexpensive materials that young children can manipulate
- a warm attitude toward the child to help him develop self-confidence
- toys, bikes building blocks etc. to help the child learn how his body works.

FOR THE PARENTS:

- inexpensive materials & methods that can be reproduced in the home to teach the very young

- a chance to "get out of the apt. and be with other mothers with similar needs and problems
- the guidance of someone trained in Early Childhood Development in an informal atmosphere

We, the parents, have met all of these needs by working together with the help of Linda Williamson and volunteers and have really enjoyed each other's company and each other's children. This year we hope to continue what we have done, and develop more in the program for the mothers involved. Our program is free of charge and we include coffee or tea break for the mothers and juice and cookies for the children. The idea is to make learning fun.

Ginnie Pettipas

PARENTS CAN MAKE DECISIONS FOR NEW OAK STREET SCHOOL

For a year, a few parents in Regent Park have worked long and hard to have a community school built at Oak and River Streets. Approval for the school was finally obtained from Metro School Board in May 1972.

What Kind of School Will It Be?

Discussions are going on, with the knowledge of Mr. L. Birmingham, principal elect, on the "open-ness" or otherwise the school. Authorization and money for a Day-Care Centre has been obtained and the Centre will be an integral part of the school. Firm plans are laid for an olympic size swimming pool for the use of the community and the school.

Parents are expected to participate in discussions with the architects concerning the school and adult education facilities.

Within the next few months many decisions will have to be made which will affect the attitude of the young people to school for some years to come. Do you wish to be a part of this decision making process? Do you wish to have some control over the type of school being built? If so, come to the Community School Centre at River and Oak Streets or telephone us at 863-0358. You are being offered

a rare opportunity to make your own contribution to the development of your community school. Don't refuse, come and see, on Tuesday evenings in the portable classrooms at Oak and River Streets. Without your contribution to the school it will be built by bureaucrats, with a bureaucrats' idea of what you need. Come and have it built your way for what you need. You may never again have this opportunity!

Mr. Bishop

SALVATION ARMY PROGRAMMES

FURNITURE WORKSHOP:

At the Salvation Army workshop, teens of Regent Park have been spending their time repairing and refinishing pieces of furniture that have been donated to them. The furniture has been resold to various tenants of Regent Park at a nominal cost. The profit made gives the boys in the program spending money. However, we are now facing a problem. We are beginning to run out of furniture to repair. Perhaps you have some furniture in your house that with a little bit of time and effort could be repaired and made useable again. If you would like to donate it to the wood-working shop it would certainly be appreciated by the teenagers. Arrangements can be made to pick it up if it is a larger piece of furniture. The numbers to call are 864-9364 or 366-3104. The furniture that has been repaired is available to anyone living in Regent Park at a nominal cost. IF YOU ARE INTERESTED AS TO WHAT FURNITURE IS AVAILABLE IT MAY BE SEEN ANY TUESDAY OR FRIDAY FROM 1:30 to 3:30 IN THE SALVATION ARMY REGENT PARK COMMUNITY CENTRE LOCATED IN THE BASEMENT OF 470 DUNDAS ST. E.

WOMENS ACTIVITIES:

Typing Classes: commenced last year in the Salvation Army's Womens Fellowship at 470 Dundas St., will be continued this fall. Qualified teachers are there to instruct those who would like to learn or perhaps those who would just like to brush up on their typing techniques. We also have a contact with a commercial employment office to assist women who are looking for employment. Sewing Classes: Qualified teachers are on hand to help in any area of sewing that you may have problems with. The machines are available for your use whether it is to make something new or to repair some other garment that you already have. Certainly you are welcome to come along and join our sewing class every Tuesday at 1:30.

CLOTHING EXCHANGE:

You will find a good supply of clothes such as shirts socks, etc., that may be needed by someone in your family. Certainly you are free to drop in and look at the selection to see if there is something you can use. The hours of the Clothing Exchange are the same as the furniture depot and they are located in the same room at 470 Dundas St. E. TUESDAY AND FRIDAY 1:30 to 3:30 p.m.

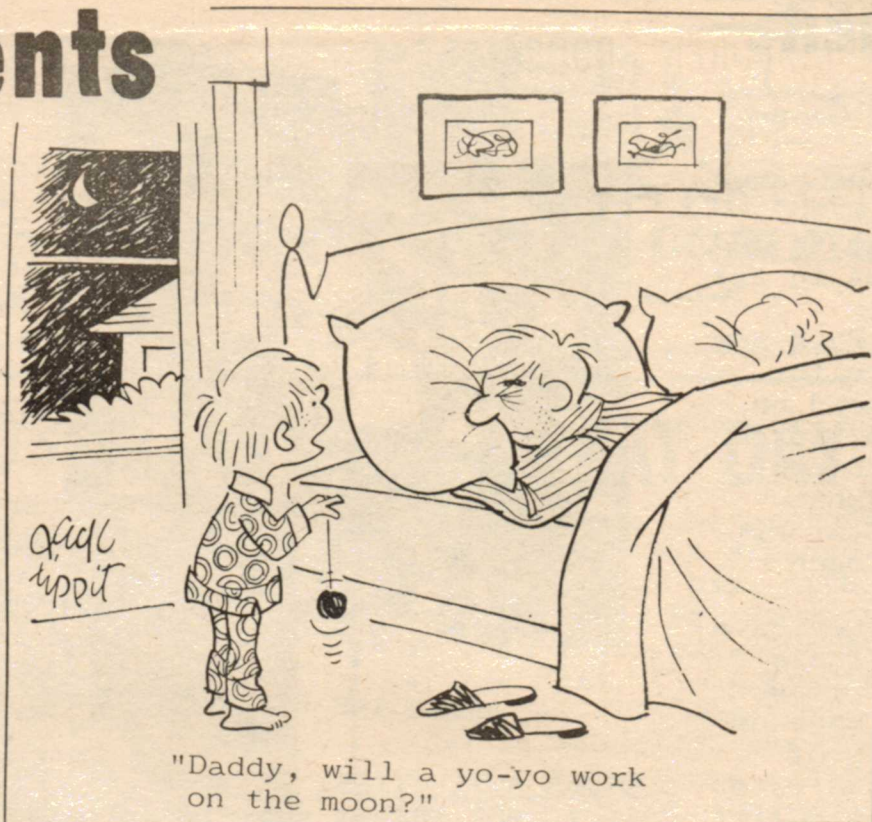
TEEN CENTRE (Drop In)

Commencing on September 5th the teen centre will be opening from 3:15 until 10:15 each day. Any teenager of Regent Park is welcome to come and use the facilities.

Guide to Parents

THIS IS THE LAST OF FOUR ARTICLES BY KAY WHITMORE AND WERE ADAPTED FROM THE ABC'S OF GUIDING THE CHILD BY RUDOLPHE DRIEKURS, MD AND MARGARET GOLDMAN.

THINK BEFORE YOU ACT WITH A MISBEHAVING CHILD. Acting without thinking can be bad. You can make your child behave worse if you do not think. If you do not think, you cannot make him behave the way you want him to. If you do think, you do what the child wants you to. What can you do when you do not know what to do? First, think of what you know would be wrong to do. Do not do that. This is sometimes enough. Second, think of what the child thinks you will do. Then, do the opposite. This surprises the child. He does not know what to do. Then you can work it out together. PROTECTING A CHILD TOO MUCH MAKES HIM FEEL HELPLESS. When a mother does too much for a child she is really telling him that he is not good enough. Parents should not do for their children what children can do for themselves. Doing too much makes the child feel small. Mothers may feel they are "giving" when they do things for a child. Really these mothers are taking away the child's right to learn. Many parents think children are not responsible. When parents think this, their children will not be responsible. Parents must let children do things for themselves. Then the child will be responsible. Parents who do everything that is necessary, leave nothing for the children to do. When parents do things for their children or remind their children to do things, the parents are being responsible for their children. They are also encouraging their children not to be responsible children. The child quickly learns that he does not have to do something. Mother will do it for him. He does not have to remember. Mother will remember for him. A child who forgets many things usually has a parent who remembers. Parents must learn to "mind their own business". The child will learn the results of what he does or does not do. BE UNDERSTANDING OF A CHILD, BUT DO NOT FEEL SORRY FOR HIM. When parents feel sorry for a child, the child thinks he should feel sorry for himself. This can be very bad. When a child feels sorry for himself he thinks that life should give him something. Being crippled will hurt a child much less than someone feeling sorry for him. Children are very brave. They are brave enough to go on even when things are not going well for him. Feeling sorry for the child robs him of his bravery, and makes him feel worse.



"Daddy, will a yo-yo work on the moon?"

DO NOT WORRY TOO MUCH ABOUT MAKING MISTAKES. Everyone makes mistakes. Do not worry about your mistakes. If a child does not tie his shoes well.

Do not talk about this. He can button his shirt well. Tell him how well how well he does it. We sometimes forget that we learn by making mistakes. A child who is afraid of making mistakes will learn less. He will not learn by his mistakes. He will only become more afraid. This makes a child afraid to try things. Parents need to know that they cannot avoid making mistakes. Then they can let their children know that everyone makes mistakes sometimes.

DO NOT THINK ABOUT WHAT THE OTHER PARENT SHOULD DO WITH THE CHILD. Think about what you can do with him instead. You may try to make up for the other parent's mistakes. This is not good. EXAMPLE: A father is too hard on his child. The mother tries to make up for this. She is too nice to the child. Three bad things happen. (1) The mother keeps the father and child from learning to get along with each other. (2) The mother teaches the child always to come to her when he is not getting along with others.

The child should learn to solve his own problems. (3) The mother will make the father angry if she does things that are very different from what he does. This will keep the father and mother from working together.

DON'T WORRY ABOUT WHAT OTHERS THINK OF YOU. You want to teach your child to do things for himself. You should not worry about what other people will think of you. What other people think is not important. EXAMPLE: Suppose your child can get dressed by himself. If he's not neatly dressed, do not dress him again just because your friends might not think you do not

know what to do. It is best to let your child learn to do things for himself.

HOLD A FAMILY MEETING EACH WEEK: a family should meet together to talk about what goes on in their family. Each person should be able to talk. Each person should have a say in what happens in the family. Family meetings will help everyone to care about each other and the family as a whole. A family meeting should not be a place where parents just tell the children what to do. A meeting should not be a place where everyone just talks about what is wrong. The family should talk about what can be done to help something that is wrong. Each person should say what he thinks will help. A family should meet at the same time each week. Each week a different person should be in charge of calling on other to speak. Another person should write down what happens at the meetings. At the beginning of each meeting one person should read what happened at the last meeting.

AGREEING ON WHAT TO DO IN FAMILY MEETINGS: There will be different ideas of how things should be done. A way which everyone is willing to go along with can be found. This might be only for a trial. If it does not work out, it can be changed at the next meeting.

HAVE FUN TOGETHER: This will help to make you and your children enjoy each other. You will be able to get along better if you have fun with your children. This is good. Plan times when your family can play and work together. Plan times for your family to go places together. By having fun together you will feel like a close family.

ONLY MOTHERS KNOW

By Jean Todd Freeman

Once upon a summer
When love was warm
My father ran with me
Through a hailstorm.
We were all laughing,
Though struck from
on high—
My sweet fleet sister,
My father, and I.
But Mother saw darkness
Where we saw none,
And spoke of sadness
Though we were safe home.
How could she know the sorrow we
dared not see?
How guess the heartbreak and
soulshake to be?
There is no safe-home.
That's the deep well
Only mothers know about,
And seldom tell.

-SPORTS CORNER-

by Joe Ganny

Our Hardball season's league games have now come to a close, with Regent Park Tykes finishing in 2nd place. Pee Wees and Bantams in 1st place and Midgets fourth.

In the TYKE series Regent Park now play Pape Recreation Centre for the semi-finals and we depend on players like Mike Anderson, Lorne Anderson, Kevin and Craig Bacon, David and Ricky Neviles, John Smith, Troy Montrait and Star Pitcher Don McCulloch; also Coach Harold Lounds.

In the PEE WEES division they have now advanced to the semi-finals with 13 wins and 1 loss to play East Riverdale, whom they have defeated 17-1 and 10-0, Stars of this team are Ron Chapman, Alister Campbell, Paul Papadopoulos, Cliff Mitchell, John Andru, Wayne Francis, Steve MacKenize, Doug Anderson, Mike Simpson, Doug Dumas and Star pitcher Randy McCormick; also Coach Harold Lounds.

In the BANTAM series, they have also finished in first place and received a bye into the City finals.

Nine of our boys were selected to play for the playground East Pee Wee All Star team in the Daily Star Tournament at the CNE.

Alister Campbell, Ron Chapman, John Andru, Doug Anderson, Jeff Bacon, Steve MacKenzie, Wayne Francis, Paul Papadopoulos, and Randy McCormick; coach Harold Lounds.

In Mens' Soft ball, CROSSTOWN is in first place followed by ALTON FLORISTS, AVION BLUES and MARAGRET SCRIVENERS. Recently CROSSTOWN represented Regent Park in a tournament and finished second, a good start for the Mens' League.

In Ladies Softball, Roses' Orphuns and Regent Old Boys are tied for first place, with Big Bucks coming closely behind.

The big game of the year was between ROSES' ORPHUNS and GORDS' SWEETIES with the Orphuns winning 8-6. Star player of the game was



PRAYING!!

CELESTE HARRIS of Gord's Sweeties making a spectacular catch at right field, which was the best of the year, considering this lady is just a beginner.



AFTER THE GAME!!!

OTHER ACTIVITIES:

In recent talent show 11 yr. old Terry Hedgeman scored an unanimous victory for the Best Individual 12 yrs old and under, with his dolls Walter and Granny, as a ventroloquist.

In Cheerleading our Jr. Team qualified for the finals on Thursday August 24, 1972 at John Innes Recreation Centre.

Beginning soon all boys' between the ages of 10-14 yrs are asked to try out for our flag football team in Minor, Bantam and Midget series, joining our star Quarterbacks Paul Papadopoulos and Lennard Quinney.

Registration for our Fall and Winter Programme commences in the 3rd week of September 1972. All boys and girls are asked to come out and register, also to participate in all activities and keep REGENT PARK the HOME OF CHAMPIONS; activities includes Girls and Boys Basketball, floor hockey, Ice hockey; Ringette, Gymnastics, Boxing, Tap, Ballet, Dramatics, and many more. Also the opening of our new building at 295 SACKVILLE ST. for CRAFTS and TEEN LOUNGE.

HOT FLASH: We have a three-way tie for first place:
REGENT OLD BOYS
BIG BUCKS BEST
ROSE'S ORPHANS

Congratulations Girls!

LINDA'S COIFFURE

117 River St. 368-6385

Shampoo & Set	\$2.50
Haircut	\$2.00
Perms	\$8.50-\$10.00
	\$12.00
Tints	\$7.50
Boy's Style Cuts	\$2.50

BINGO & BAKE SALE

SEPTEMBER 29, 1972 - 1:30 PM

The Regent Park Community Service Unit - St. Partholomews Parish House, 70 Pashler Ave. are putting on these activities.

Anyone willing to donate time to bake goods for the sale, or donations for the bingo, Please call 863-1768.

All proceeds from the Sale & Bingo to go to the Regent Park Community Service Unit - EMERGENCY SERVICE BRANCH.

There will be a Bake Sale and Bingo every month in aid of this service. Look for the October notice in the next issue of the Regent Park Community News.

At this time I would like to thank all those people who came to our Rummage Sale, Bake Sale and Bingo on August 31st. and also those who participated.

THANKS TO ALL

Sheila Holmes,
Co-ordinator,
SERVICE UNIT

IMPORTANCE NOTICE

DOCTOR STAN BOONE, St. Michaels Hospital will be at Regent Park Community Service Unit - 70 Pashler Ave. every FRIDAY morning from 9:00 a.m. until 12:00 noon to give medicals etc. to adults and children with adults etc. Please take advantage of this service.

SERVICE UNIT

70 PASHLER AVENUE 863-1768

*Emergency: Food, Clothing, Crisis Counselling
*Children & Family Service Available
*Metro & Provincial Welfare
*Drug & Information Referral
*Legal Aid

HOURS: 9-5 Monday to Friday

7-10 p.m. Monday, Wednesday
Thursday,

Legal Aid:

Wed: 7-9 p.m.

Fri: 9-5 p.m.

MAY COURT

605 WHITESIDE PL. Basement

Sale school clothing nearly new - many household items.

Thursday Mornings: 9:45-11:00

Opening - September 13, 1972