

REGENT PARK COMMUNITY NEWS

VOLUME 4 ISSUE 10

JUNE 1975

DUNDAS ST. STOPPED



Children at City Hall in the Committee Room holding home-made placards protesting the widening of Dundas St. Approximately 50 tenants from Regent Park came down to City Hall with the help of the Salvation Army bus.

Friday the 30th of May was a Red Letter Day. For us the Citizens of Regent Park and other interested people packed the Committee Room at City Hall, it was evident that a very explosive decision was about to be taken, whether Dundas St. should be widened or not.

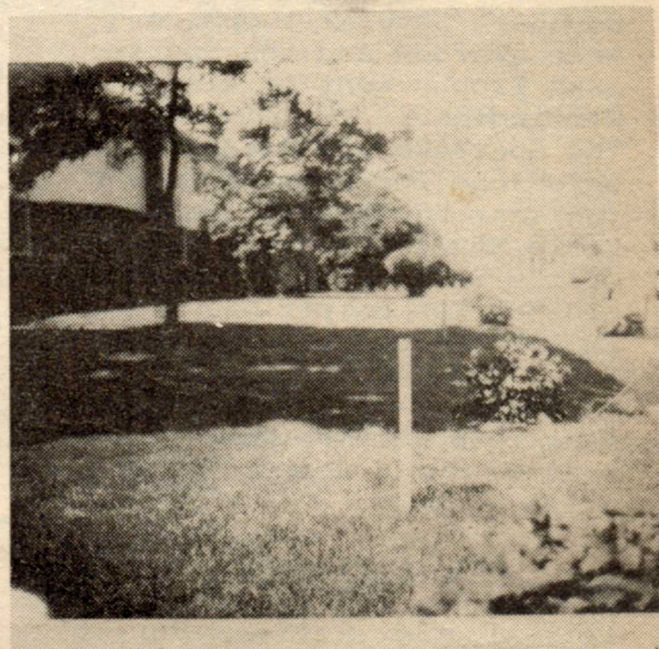
Janet Ross, President of the RPCIA presented a very well documen-

ted case against the widening of the street.

She told the Metro Transportation Committee, "Which is more important to our elected representatives money or peoples' welfare and lives. This is the 2nd time the residents in this area have had to come before committees on this issue and we would like to make our elected representatives aware of the fact that we clearly recognize their strategy of trying to wear us down and run us over.

The Rev. Harold Jackman Unit Rep Manager spoke with a powerful voice. He said, "If you sensible men attempt to widen Dundas St. we will block the Street with Ten Thousand people."

Mrs. Margaret Campbell, M.P.P. for St. David, Alderman Sparrow, John Sewell, Janet Howard, and Dan Heap together with leaders of the Chinese Community gave good support to the opposition of widening Dundas St. Mr. Paul Godfrey Metro chairman agreed that cost of widening the road would out-weigh the benefits of so doing. The Metro Committee took a hasty retreat and agreed to cancel the idea and return the road to the City of Toronto. The 200 people in the Council chamber went wild when after the vote against widening was taken. This was truly a great victory for the people of Regent Park



Stakes put in by OHC on Dundas St. lawns show how much lawn would have been lost if the two extra lanes of traffic would have been put in. The people on Dundas St. can take the stakes out and keep them as souvenirs. The Metro Transportation Committee will recommend that Metro return the road to the City of Toronto. If the idea ever comes up again, the city will be easier to fight than Metro.

HEALTH BOARD IGNORES RPCIA

The Health Centre Board of Management has consistently ignored the requests of the RPCIA to meet together and discuss the lack of resident involvement on the Health Board.

Since early February when the Health Board first put out their suggested by-laws, the RPCIA sent in suggested changes which would have made the people that use the clinic, that is the residents, a majority on the Board of Directors. The residents would also have the chance to elect their own Director.

Nurses, dentists, doctors, and secretaries at the Health Centre have also asked for representation on the Board. This has received the support of the RPCIA and the Services Unit, who also wrote a strong worded letter to the Health Centre Board asking for a tenant majority on the Board.

What has been the response in all of this? Nothing. The Health Board has refused to meet with the RPCIA to discuss the issue. Their intention is to maintain control of the Health Centre until October. Why?

Presently the Health Centre is operating on a grant from the Ministry of Health. It is one of the most, if not indeed the most, funded community health centre in Ontario. This has been in a large part because of Regent Park's excellent political connections. But the gravy train is drying up. The Regent Park Health Centre has seen its last grant and come October will be in the same boat with all other Health Centres.

This means that the Health Centre will receive \$30. a year for each registered patient. It will have to have about 5,000 registered patients to get the \$150,000 necessary to keep up the kind of service it gives now. They have less than 4,000 and must get more registered patients before October to keep going.

The RPCIA wants everyone in Regent Park to know that the clinic is theirs. The residents will suffer if the clinic is forced to cut back service - not the outsiders on the present board. The Association is aware that come October there may be financial problems at the Centre and the present Board will be more

than happy to dump it on the tenants, and blame the problems on the tenants. There will probably be a provincial election by October, and being on the Health Centre Board will lose its political importance in Regent Park.

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HEALTH WEEK

HEALTH WEEK JUNE 9th - 13th

Rotating Health Week Program

- 1) Gerrard Street Library
- 2) Dixon Hall
- 3) St. Jamestown (near Y.M.C.A.)
- 4) Maulife Centre (courtyard)
Yonge st Bloor

Community Health Centre

Regent Park: Monday June 9th
2 displays 1:00 - 3:00 p.m.

- 1) Life-Lines (pre-school & school age)
- 2) The Swinging Years (young Adult 4 program themes)
- 1) Baby-Time - A Good Time (pre-natal & maternal)
- 2) Restricted - Adult (adult senior)

Possible legal battle ↑

Also St. Cyril's tomorrow: call ↑ at R.P.C.I.A.

Simon Mielniczuk -
364-2909

653-6848

Gerrard K Club News

1. The Sportsorama and Fashion Show was a complete success with a capacity crowd in attendance. We were honoured with the presence of Margaret Scrivener M.P.P. who was presented with flowers by Kelly Horniblow.
2. We were fortunate in having P.C. Al Robertson as guest speaker at the Sportsman's Banquet. Several trophies were awarded and the Sportsman's Trophy went to Alan Herrington.
3. The Sportswomen's Banquet was held June 2nd and the Girl of the Year was twelve year old Lorie Nevills and the Leader of the Year was fourteen year old Marilyn Harper.
4. Thursday, June 5th, is the final session of our public speaking contest and in the next issue of the Regent Park News we shall announce the prize winners.

"WAKE UP KIDS!"

5. It's time to start making plans for the summer months. At the Gerrard "K" Club we are planning a bigger and better-than-ever Summer Program. You are invited to join us for a fantastic time and, if you have friends who would like to come with you, get them to come to the "K" Club and sign up as a member.

WHEN DOES SUMMER PROGRAM START?"

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On Monday, June 30th and runs through to Friday, August 8th. Pick up your program from the Gerrard "K" Club, 101 Spruce St.

6. We shall be taking 500 boys and girls' if members on a picnic to Centre Island on Tuesday, June 10th, 12:30p.m. This will be our 41st picnic.

George Rigg Club Director

Salvation Army Reports

Now is the time to register your children (age 7-12) for Salvation Army Day Camp, July 2 until August 26. The program includes swimming, gym, crafts, music, games and Bible study, as well as weekly outing to such places as Toronto Zoo, Ontario Place, Harbor Front, Centre Island, The African Lion Safari and many more exciting places. The children will be under the care of competent leaders. Registration will be limited to 50 children so please register early at 470 Dundas St. E., Applications are also being accepted for teen camp at the same address. For information call 864-9364.

The clothing store has reopened in its new location - sorry for any inconvenience. All other facilities of the community center will be operating as usual for the summer months except for the women's program which will resume in the fall.

CREDIT UNION COMING

Our proposal for a branch office of the Davisville (Toronto) Credit Union in the Don Area was presented to the Board of Directors by Marie McAuliffe on our behalf on Tuesday May 27th, 1975.

In a letter to us dated May 29/75 Mrs. McAuliffe reports that the Board gave due consideration to our suggestions, but postponed further discussion until their next meeting, at which time they would like us to be present to go further into certain aspects of the Proposal. We are invited to attend on Monday, July 7th at 8:00 p.m. at the Credit Union office, 2082 Yonge Street.

You might want to enroll as a member of Davisville before that time, as Mrs. McAuliffe suggests in her letter. Accounts can be transferred to the branch office if and when it is established. If you are interested call FODARA at 923-4860 and find out how to join the Credit Union.

Regent Park United Church

Sunday Worship continue throughout the summer months at Regent Park United Church. Rev. Arthur Verrall the minister will conduct the services for June and August and Owen Dawe, the student minister will take over services for the month of July.

Thirty-nine (39) women and four (4) men enjoyed the Mother's Club "final" bus trip Tuesday, June 3rd. They visited the Tropical Nursery, enjoyed a smorgasbord luncheon in Dundas Ontario and a shopping spree in Burlington Mall.

A car load from Thornhill United Church participated in Regent Park United Church Service on a Sunday in May. Early in May Rev. Verrall and 3 members from the Family Group took in the Thornhill Worship.

Morene Thomson participated in the King City United Church Worship on Sunday June 1st.

Owen Dawe, student from Centre for Christian Studies is working at Regent Park Church this summer also Shirley McKnight a student from Ryerson Social Service Department is for the summer working with St. Bartholomew Anglican Church and Regent Park United. We welcome both these young people.

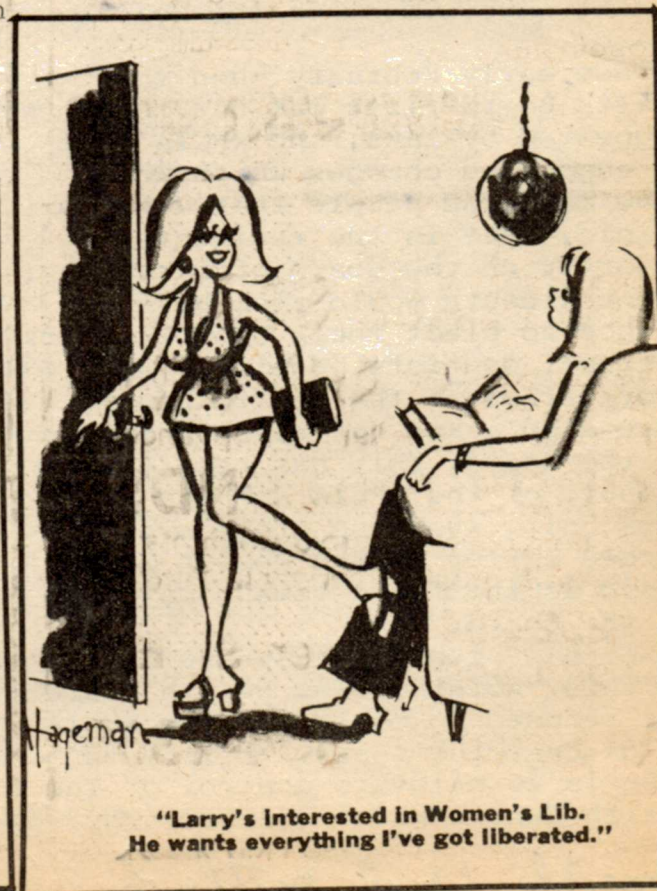
Summer is a time for Camping. Applications for Camp Scugog and Sparrow Lake are available. Call 363-4234 for information.

FIRE ALARMS

The fire alarms were installed and turned on in 407 Gerrard St. E. recently. Immediately afterwards false alarms started ringing. The Fire Department had to come down twice in one night.

Several tenants in that building have high-blood pressure and heart trouble. The noise is not only a nuisance, but dangerous to these people.

Tell the children what can happen with these false alarms, and if you see someone call OHC for your own peace and quiet.



"Larry's Interested in Women's Lib. He wants everything I've got liberated."

Bikoe

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HEALTH BOARD

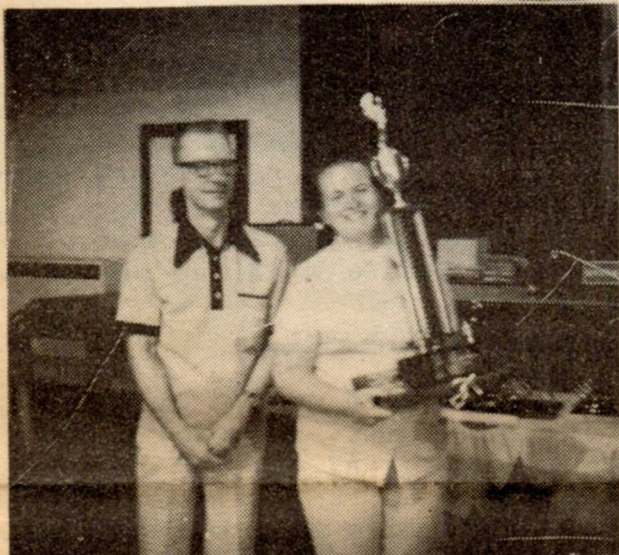
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If the people of Regent Park want to have a well run clinic they must take an interest in it. Most of all they must use it.

Do you go to the Clinic? If you do and you like it tell your friends and neighbours. If you don't like it call the RPCIA and tell us why.

If you don't go to the clinic, try it. It's convenient, close to home, the staff treats you as a person, and you'll get the best physical check up you ever had in your life.

BOWLING BANQUET A HUGE SUCCESS



Bill Hendrickson - High Average,
High Triple Flat
High Singles Flat

Evelyn Letourneay - Captain

NEARLY NEW

605 Whiteside Pl. - Basement

Thursday Mornings

10:00 - 11:15 a.m.

Clothing and Household items
closes June 26 for the summer.

MAYCOURT CLUB

MY PLACE STORES WE BUY AND SELL

Furniture - Jewellery - Appliances

ODDS AND ENDS

Complete Household Contents
Biggest & greatest variety in Toronto

252-254

263-265

Queen St. E.

A. Share 364-4369

Adult Rec. Centre News

605 WHITESIDE PLACE, #101
364-4915

BUMPER POOL, PING PONG, SHUFFLE-BOARD, DARTS, LIBRARY, CARD GAMES, STEREO, COLORED T.V.

Arts & Crafts afternoons Mon. to Fri. from 1-4p.m. BABYSITTING PROVIDED AT CENTRE.

ATTENTION SENIOR CITIZENS:

An evening of Entertainment is being held in your Honour on Thurs. June 19th, 1975 at 7:30p.m. at the auditorium 203 Sackville Green. REFRESHMENTS WILL BE SERVED.

WE ARE OPEN FOR MEMBERSHIP. \$2.00 PER YEAR, PER FAMILY.

ATTENTION MEMBERS:

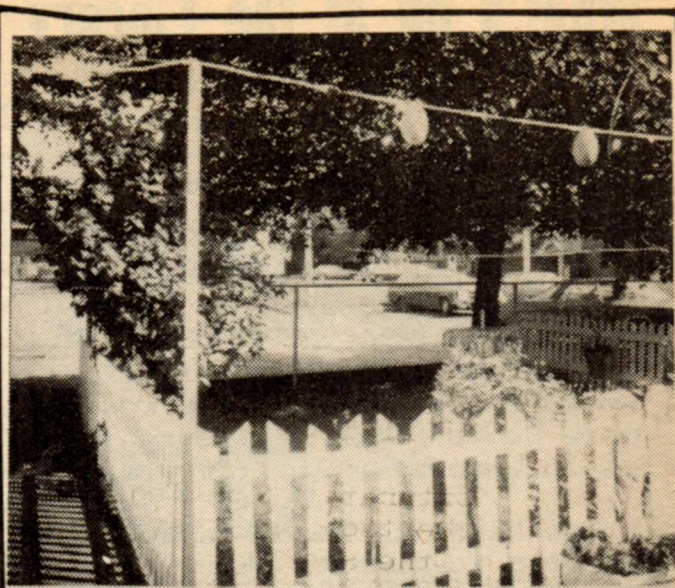
Some Memberships are due for renewal on June 30th, 1975. You can renew these memberships at the Centre. Mon. to Fri. between 1&4pm

Jack Harris
Program Director

Ruth Tettman
Co-ordinator



Lynne Simpson High Ladies Single



Several tenants on Sutton Street have started a white picket fence fad. It has become one of the best looking lawn areas in all of Regent Park. Lawns are starting to look great in that area as tenants put in flowers, gardens, lights and rose trellises. Congratulations to all of you and hope that your idea catches on.

BICYCLING

Want to beat the rush hour traffic? Fed up with public transportation systems? Need a bit of physical exercise? Well, bicycling hardly needs any promoting these days.

Children and adults both have taken the sport to heart, and bicycling is increasing in popularity every day. Last year more bikes were sold in Canada than cars (about 1,250,000).

Unfortunately, however, bicycle accidents are also on the upswing. In 1971, 170 Canadians died in cycling accidents, 32 more than in 1970. A bicycle is not a toy. It demands the healthy respect accorded to other vehicles for safety's sake.

The federal government is working with the Canadian Standards Association to protect people from design problems which could lead to injuries while bike riding.

Parliament Beauty Salon

178 Parliament St. 364-3433

Rayette Cream Perms \$5.50

Perfect Comb Out Perms \$10.00

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Evelyn Letourneau Trophy
Nancy Letourneau &
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What's on at the Library

The Wednesday afternoon program for Seniors at the Parliament Street Library House will present a program on the theme of Man's best Friends - which will feature films and books about pets and pet care, on June 11th. On June 20th, the group will be invited to take an armchair voyage to South America, via films music and books. We hope to see more Regent Park residents join us on Wednesday at 1:30 p.m.

The Right to Read - a learning program for adults who wish to learn or to improve their reading and writing skills is still accepting registration for both the afternoon and evening sessions. Afternoon classes began June 2nd, and are held every Monday and Wednesday afternoon at 3:30pm. The evening program will begin on July 2nd, and these sessions will be held at 7:30p.m. on Monday and Wednesday evenings. For more information, please call Evan Martin at 924-7246 or Nancy Craig at 921-8674.

The Parliament Street Library holds a pre-school story hour every Monday afternoon at 3:30p.m. and every Tuesday morning at 11:00 a.m. This program is specially designed for 2-5 year-olds.

June is comedy month at the Parliament Street Library House. Our Friday film program will continue on June 13th, with the East Side Kids in "The Pride of the Bowery". On June 20th, the feature is "Topper", the story of a henpecked husband beset by jovial ghosts, and featuring Roland Young, Cary Grant and Constance Bennett. All film programs are free of charge, and begin at 8:00p.m.

On Thursday June 12th, the House on Gerrard presents To Beauty from the Beast: chants, poems and yarns by Marc Mercer at 8:00p.m. at the Parliament Street Library House.

The Parliament Street Library is looking for artistic talent to display or take part in a Summer Festival of the Arts, to be held in the first week of August. If you have handicrafts or paintings, if you sing, dance, play a musical instrument, or want to put on a play, please call Nancy Craig at the

Library House, 921-8674, so we can arrange a schedule of events.

SUMMER FUN FOR BOYS & GIRLS AT THE PARLIAMENT STREET LIBRARY

JULY AND AUGUST

All Events Begin At 2:00pm and ARE FREE!!!!

JULY

June 30 - July 4 - Creative Movement for children daily at 2:00pm
Mondays- Puppetmaking
Tuesdays- Art classes conducted by Barbara Sauerbrei
Wednesdays- Stories, filmstrips, records
Thursdays- Films for children
Fridays- Stories

Saturday, July 12 - A magic show, performed by Glen Ottaway

Wednesday, July 23 - Symphony Street, Jean Wulkan and the violin

Saturday, July 26 - Puppet Show

AUGUST

Mondays- Street drawing
Tuesdays- Art classes conducted by Barbara Sauerbrei
Wednesdays- Stories, filmstrips, Records
Thursdays- Films for children
Fridays- Stories

Tuesday, August 5 - Saturday, August 9 - Film animation workshop
Monday, August 25 - Wednesday, August 27 - Puppetry Workshop
Saturday, August 23 - Stories, songs and games
Saturday, August 30 - Puppet Show

HELPING YOU GET

A SQUARE MEAL

Food budgets are not new. They've been around for some time but, never before have they been as important as they are in the face of today's rising food prices.

Setting up a food budget is not a case of penny-pinching or making the family do without. It is simply planned spending, buying the necessities and some extras within a pre-determined amount of money.

The amount of money spent on food is large. Back in 1969, before food prices began to soar, Canadians were spending some \$360 per person per year for their food. This figure did not include non-food items picked up in the supermarket along with the weekly food order. Based on the 1969 figure, a person shopping for food for herself alone, in the 50 year years between 20 - 70 years of age, could spend more than \$18,000 on food.

Here are a few general shopping suggestions to help you and your family eat nutritious meals for fewer dollars.

Before you go to the store:

- establish a food budget, within which you can realistically feed your family, and do not exceed it. This budget should include only food, and not those non-food items normally purchased at a supermarket.
- make a shopping list of what you need. Organize the list by categories, i.e. canned goods, meats, fresh vegetables and fruits, dairy products and bakery items etc. Buy only what you can store properly. Make sure your shopping list is complete and that you buy just what you need:
- plan a weeks menu in advance
- check supplies already on hand
- keep a scratch pad in the kitchen and note items as your supplies get low
- check newspaper ads for specials on foods you need. Wednesday is usually the day when food stores ad-

vertise heavily on specials. Attach all coupons to your list to be redeemed for food items you want.

In the store:

- avoid shopping when you are in a hurry or when hungry.
- follow your shopping list. Avoid impulse buying.
- select perishable items such as fresh fruits, vegetables, milk, ice cream and frozen foods last.
- read labels and learn to understand their meaning.
- important information on labels includes grade, net weight or volume, and a list of ingredients for non-standardized foods.
- compare the difference in price between name and store brands.
- select the product grade best suited to your end purpose. Canada Standard or Choice grade are as nutritionally rich as Canada fancy or Extra-Fancy, and can be used when appearance is not a factor in the final dish.
- compare prices of fresh, frozen and canned foods. Depending on the season, fresh foods may be less expensive than canned foods or vice versa.
- compare unit price - the price per ounce - of foods of equal quality. To assist you in calculating unit price, order a consumer cost calculator (25¢) from Information Canada in Ottawa or from government bookstores in Halifax., Montreal, Toronto, Ottawa Winnipeg or Vancouver.

When you get home:

- Keep a record of the prices of different items, especially the staples. In the future this will help you determine those items in newspaper ads which are really on sale
- when you unpack the food items, check the price on each item against the cash register tape to ensure accuracy.

Information for this article was provided by Food Advisory Services Agriculture Canada and the Consumer Advisory Committee of the National Association of Food Chains.

What Time is it?

One Unit Rep was recently woken up at 1:30a.m. to hear an unusual voice on the telephone saying, "Hi is that you George? I am having a terrible time now my Ex boy friend is giving me a time of my life. Although I have not had anything to do with him for months now he insists that the coldness must be turned off and let there be warmth and sunshine and a new start." The Unit Rep tried to tell her to get in touch with the Community Guard, but she insisted, "What the Hell are you paid for? Not to represent us on all occasions and under such circumstances?" The Unit Rep replied, "Yes that is true but not under such circumstances." The tenant said "You are useless I shall have to ask about you."

Unit Reps are doing a wonderful job, but it is awful hard to be woken out of a sound sleep in the Wee Hours of the morning to listen to domestic grievances. It is really trying, but keep it up