

FOOD CO-OP OPENS

On January 8th, Regent Park is opening its own food co-op. Food costs should be 40% lower than the grocery chain stores prices. The co-op will start off small, dealing in flour, sugar, vegetables. Growth will depend on the success of the initial venture, a good sign is that there are a half dozen successful food co-ops in the area surrounding Regent Park.

Application forms will be brought out by your unit representatives, to be filled in and returned to the RPCIA. There will be a small refundable fee per family.

Time and place will be announced in the next issue of the Regent Park News.

We hope you will take full advantage of this Co-op. We will work

hard to provide you with as many items as possible. We are open to all suggestions.

VOLUNTEERS will be required to donate a little of their time a week to help weigh and package produce.

Operation of the food co-op will be Thursday and Friday, 9:30-12:00 noon, 4:30-7:30pm. SEE YOU THERE.

REGENT PARK

COMMUNITY NEWS

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FROM THE RPCIA EXECUTIVE!

OHC has just notified RPCIA that vandalism in Regent Park must stop. In the past month, OHC has paid over \$1000. for the repair of door locks, and broken lobby glass.

Last week a fir tree valued at \$200., was pulled up by its roots and destroyed.

Mr. Black says, "In the future, those involved will be billed personally for the repair of damage, and if the damage is serious or continuous, the families of those involved will be evicted."

OHC is budgetted only so much money for repairs, once that is gone there isn't any more.

So Regent Park people, if you want the hall of your buildings filled with winos and transients like in the old days, or your Park looking like a dump, disregard this letter. But if you want to help yourself and help YOUR community, look after your land and your living space. Make Regent Park a development to be proud of.



Ten pound turnip is held by Andy Smith, his mother, Mary is Food Co-op Co-ordinator for Regent Park.

HELP

WOULD ANYBODY OUT THERE CARE TO DONATE A USED REFRIGERATOR, PREFERABLY A OLDER STYLE LARGE MODEL FOR THE USE OF THE REGENT PARK FOOD CO-OP. WHICH IS NOW FORMING AND WILL BE OPENING JAN.8-9th. IF SO GET IN TOUCH WITH MRS. MARY SMITH c/o RPCIA OFFICE, 364-2909.

Co-op Locations

Extract from the minutes of the monthly Board of Directors meeting of RPCIA, Dec. 11, 1975 at 203 Sackville Green. Mary Smith food co-op organizer gave a report--2 locations for co-op: 1. Regent Park United Church, 40 Oak St. 2. Portable, Oak and River Streets.

Editors Note: "Regent Park United Church basement maybe only used initially."

\$400 Gift for Busy Bees

The Busy Bee Club, wishes the Minister of Community and Social Services for the Provinces of Ontario, immense thanks for the \$400. grant awarded them under the Action Age programme.

First Home-Helper Hazel Warren Hired



Hazel 'Sam' Warren

Though the official title is Regent Park Senior Citizen Home-Help Services. The services are open to all Regent Park residents who need home-help eg. convalescences on Workman's Compensation, new mothers or anyone who needs an extra hand around the house during illness or recuperations.

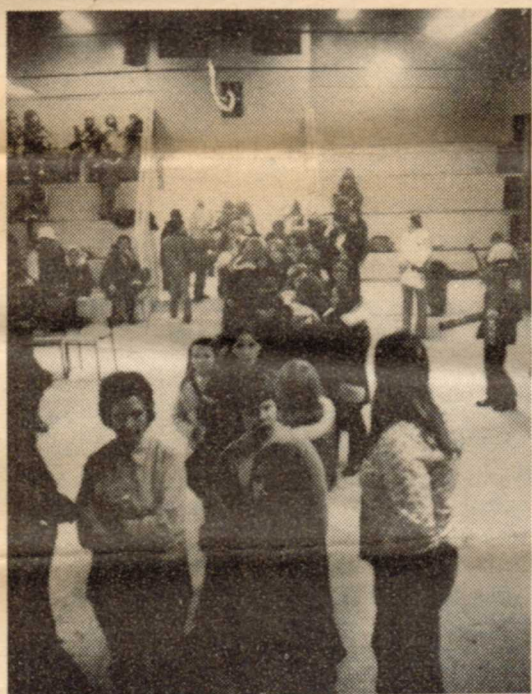
This, in essence is the subject of a pamphlet sponsored by the Busy Bee Club in conjunction with the RPCIA dated October 1975.

On Thursday Dec. 11, the programme got under way, with the hiring of Hazel Warren as its first Home-Helper.

Hazel, who prefers being called "Sam" 'cause everybody does' had been a Regent Park resident for two years enrolling in the Red Cross Course at Humber College of Applied Arts and Technology, was born in Quebec, later her family moved to Manitoba and she attended school in Winnipeg.

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THE TRUE FACE OF CHRISTMAS



. AT THE RPCIA
CHRISTMAS PARTIES

SENIOR CITIZENS

Home-Help Services

CO-ORDINATOR

WANTED

The First Director of the Home-Help Service agreed to set up the programme and organize a working system, on the condition that a Regent Park resident would be found to train under his guidance, for a few weeks, and then take over as Co-ordinator, and operate and develop home-help services for qualified residents of Regent Park and vicinity, who are elderly or handicapped.

Any resident who wishes to be considered for the position should be willing to spend most of each day on this work. As the grant from the United Community Fund for this project is limited there is no means of paying the person during training.

RESPONSIBILITIES

Operate the home-help programme from information supplied by the RPCIA, Busy Bee Club, OHC, and other sources.

Maintain a system of personnel records, correspondence files and billing records, statistical and client records according to the requirements of funding sources in keeping with sound management and financial principles.

Deliver home-help services to qualified clients.

Supervise home-help staff.

Provide training programmes for new staff, and in-services training for all staff.

Control all financial matters.

Maintain a programme of volunteer friendly visiting for isolated elderly residents.

Assist in developing long-term permanent funding.

APPLY TO:-

Mrs. Pat Barrett, Secretary,
Regent Park Senior Citizens
Home-Help Services,
41 Oak St. Apt. 407, Toronto.

Election Announced

At the monthly RPCIA board of directors meeting Dec. 11, held at 203 Sackville Green, Simon Mielniczuk, community organizer for the RPCIA announced that there will be an election in March for RPCIA members of the board for those other than the executive.

A nomination meeting will be held in February, 1976.

A PRESENTATION AWARD TO ALL WELFARE

MOTHERS

THE AWARD IS GIVEN FOR:

Hanging in there
Being mother and father
Patience when people think that you are so inadequate that you can't think for yourself
Patience when everyone tries to run your life
Patience when everyone gives you unsolicited advice
When you try so hard to be brave
Try to have an immaculate, chaste life style so you are not branded loose
Ingenuity for making do, being thrifty, being frugal
Knowing a thousand ways to make a meal from nothing
For feeding a family on \$1.00 per day per person for food
Being a financial wizzard, for juggling accounts and coming out nearly even
Trying to defend your children all by yourself from discrimination and neighbourhood problems
Putting up with floods of social workers and counsellors
Tollerating exclusion by former friends and social groups, once they know you are single and on welfare
Waiting in line for your welfare cheque
Waiting in line for processing your drug card
Waiting in line for reassessment, "Are you living common law?"
Waiting in line for your file in the computer
Patience for having to put up with all those personal and intimate and degrading questions
Embarassment when you cash your cheque and use your drug card
Earning your welfare cheque by shopping at rummage sales, missions, second hand stores, dented can grocery stores and from outright begging

Winner

Mrs. Betty Davinsky 225 Sackville Green held the winning ticket #1445 for the pair of beautiful cast bronze horses, drawn at the opening of the Teen Recreation Centre, on Dec. 8.

ROUND AND ABOUT

SHEILA HOLMES reports that the Services Unit at 63 Belshaw is being flooded with enquiries about Share-a-Christmas. It seems, people have been receiving phone calls requesting them to contribute money to various charities. Apparently Share-a-Christmas is legit!....But some are not!

Don't give a penny unless you know
1. Who the sponser is. 2. That you are sure of receiving a receipt. 3. Who is in charge of the operation.

Busy-bee Busy

Eighty members of the Busy Bee Senior Citizens Club attended their annual Christmas Party on Friday Dec. 5, in the down-stairs lounge of the W.C.Dies building, 41 Oak St.

Community Guardian Des Ryan led the group in the singing of traditional carols, as well as entertaining them with a spirited and enjoyable sing-song and piano playing.

refreshments were served by the Social Committee and the lounge was seasonally decorated. Decorations for the event were kindly loaned by friends of the Busy Bee Club.

Everyone received a gift, generously donated by local companies.

Special guests in attendance were Mr. and Mrs. E. Waterson, former co-ordinator, OHC-Regent Park, now retired, Cathy Dawdall, field representative for New Horizons, Mr. Vaughn Blueman, visitor from Regent Park United Church and Ray Fitzgerald, visitor from Moss Park.

The Busy Bee Club received a present from its own members in the form of six blue card-table covers for which the executive wishes to thank them publically.

Special gifts were also received by older members of the club.

Extra chairs and tables were kindly loaned by OHC.

All members of the Busy Bees wish to thank all who helped in this event: their energy and assistance made a wonderful Christmas for the Busy Bee membership.

Harold West, president of the Busy Bee Club and his executive, wish one and all a heart felt Very Merry Christmas and a Happy New Year.

Bus tour for B-B's Christmas treat

Two TTC busses departed from 41 Oak St. at 7pm. on Friday, Dec. 12, carrying 70 members of the Busy Bee Club on their annual Christmas Light Tour.

It was a two hour drive via downtown Toronto, West Toronto (Kingsway) Etobicoke. They returned via the lakeshore, getting home around 9:15 pm. Refreshments were served afterwards in the club rooms and each member received gifts. All enjoyed the evening.

The next regular meeting of the Busy Bee Club will be held on Wed. Jan. 7th, at 2pm. 1976 in the down-stairs lounge, 41 Oak St.



Mrs. Green, Mrs. Balfour and Sandy at St. Bartholemew's Dec. 19th.

1164 Star Boxes were given out on Thursday and Friday at St. Bartholemew's Anglican Church. Thursday afternoon was hectic, but Friday afternoon was only moderately busy.

Sam

When asked why she got interested in home-help representative, Sam said, "I like people, I have been working with them in one form or another, first as hairdresser, the barkeeper and waitress, not necessarily in that order. I took the course at Humber because I was interested and I felt like it."

Sam has already been complimented by Red Cross Officials who have seen her work and have given her the highest of compliments and recommendations.

Mr. C. Leroy Jones, director of the service, is very pleased with Sam's work. She is the first of four Home-Helpers to be hired. They will be people from our own community, who understand the problems of Regent Park tenants, and who have been specially trained for such service.

Mr. Jones added, "We Are very selective of our helpers, so you get the best!"

The Home-Helpers will receive fees for their services, tenants who lack the means to pay for visits may be served without charge, this is arranged by payment from the Metro Department of Social Services who will first have to review a tenants circumstances by a personal visit to find out how much it costs the tenant to live, as compared with how much money he or she has coming in. This is required by law, but is done in confidence and with understanding.

There are over 20 tenants who are benefitting from these services now.

This is a community service prepared for the benefit of Regent Park residents by their own neighbors. Those who wish to have home-help should have a talk with Mr. Jones at the RPCIA offices at 44 Blevins Place (second floor) or by phoning 366-0110.

Counselling for Women

A series of discussions on Women and Mental Health presented by the Womens Counselling Collective is being held at Macphale House, 389 Church Street, 8 pm.

The topic to be discussed on Jan. 22 is self-help groups: prevention or cure?

Admission and child-care are free though contributions will be welcome. The discussions are open to all interested persons.

The Womens Counselling Collective is a group of social and community workers who believe in non traditional counselling for women.

Part One- Thursday November 20, 1975 Has Feminism changed Therapy?

How do changing social attitudes and awareness alter what goes on between patient and therapist, and between therapists themselves?

Thursday, December 18, 1975

Drugs and Alcohol/Women and Therapy

Women often get tranquilizers instead of help. How does this lead to alcohol and drug abuse?

Thursday January 22, 1976

Self-help Groups: Prevention or Cure?

Isolation and alienation often lead women to psychiatrists. How is a self-help group different from a doctor, and is being in the group most important by itself in helping the participants deal with their problems?

Thursday February 19, 1976

Sex-Role Stereotyping in Highschool Counselling

Just in case you thought that a guidance counsellor wouldn't dare use traditional sex-role stereotyping in career and behaviour counselling in this day and age.

Thursday March 18, 1976

Culture Shock! The New Canadian Women

Unhappiness and loneliness may not be an individual problem but a cultural one for the immigrant women. Women new to the country may need to get together with each other more than with the middle class white Anglo-Saxon therapist who has never had such an experience.

Thursday April 15, 1976

The Effects of Feminism on Marriage and the Family

The Counsellors Role

Feminist thinking doesn't get left outside the door when a woman goes home. What are the likely results on the established family pattern? Where does the counsellor come in?

Thought

One night I saw an "Old young man" talking-just walking in the rain"

like he had done for at least two thousand years

saw nail holes in his hands

saw the unlit car hit and leave his scattered body on the cold wet concrete

at his feet lay a ripped shopping bag-

"Shop at Honest Ed's it said,"

Spilling from this bag were the remnants of a spent life time

his wasting blood was mingling with a amber liquid leaking from a cracked bottle, and when it was empty-I knew God had died.

And I stood alone in the rain and cried.

Marie Niven

A-R Holds X-mas Childrens Party

The Regent Park Adult Recreation Centre held its childrens party in the gymnasium at 415 Gerrard St. E. between 2-5pm on Sunday December 7.

A wonderful performance by the clowns, Millie Trafford, Monty MacLaughlin, David and Terry Tettman enthralled the 84 children who attended. The unmatched piano playing of Ridley Wright stopped the show. Bob Colley led everyone in the carol singing and Terry Hedgeman continued the superb entertainment with his fabulous ventriloquism act. The whole event was held together by the grand job of the Master of Ceremonies, Neil Tanner, former president of RPCIA.

Santa Claus was fantastic, reported Ruth Tettman, manager of the recreation centre, "the best ever."

"We started planning this last August and it gave the staff and me such a happy feeling to have our work achieve such a successful result."

Special thanks should go to the volunteer staff, without whose help there would not have been a Christmas Party for the children.

Mrs. Tettman added, "All of us here at the Adult Recreation Centre wish to extend to one and all, the merriest of Christmases and Happiness throughout 1976."

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