

REGENT PARK

# COMMUNITY NEWS

Vol. 5 Number 5

April 7, 1976

## MOTHERS PROTEST WELFARE CHANGES

About fifty hardy souls braved a cold blustery day to protest the proposed welfare cut-backs sponsored by James Taylor, Minister of Community and Social Services. They gathered in back of Queens Park to rally for their demonstration, there, heckled by Trotskyites as fighting a losing cause and regarded with disdain by passersby. They began a quiet and peaceful protest against the nameless bureaucrats who by whim and paperwork dare deny them and their children the right of life; food, housing and education.

They approached the steps of the legislature which was guarded with steel barriers and police, to express themselves. They were met with the scoffing stares of the public and the cold indifference of the Police. Their only support came from the NDP caucus on Welfare who expressed their concern that a man in Taylor's position could express such irresponsible statements to the press. These statements have been blatantly chauvanistic in the worst sense, and have further alienated the public from the Welfare recipient, the women on Mothers Allowance or the many of our population who receive social benefits because of a handicap, disability, or old age.

His comments changing as to specifics from day to day, have left the individual social worker with the impossible task of basing their decisions on hearsay and not legislation.

Edward J. Pennington the executive director of the Social Planning Council of Metropolitan Toronto has said in a letter to the Toronto Star of March 29, 1976.

"The Province is fighting the war on inflation on the backs of the poor." Welfare allowances are ready inadequate, as shown by a recent Social Planning Council study which compared social assistance rates with budgets needed to maintain reasonable living standards."

"The Provincial government demonstrates a blind refusal to deal with realities and an unwillingness to search for bold solutions. Cutbacks in social services will hurt the very groups which can least afford to lose support."

After reading a statement explaining the impossibilities of breaking the welfare cycle by cutting back on their allowances, thus forcing older children to work rather than education. The Mother Led Union demonstrators proceeded to the offices of James Taylor where they were made to mill about by police, (who refused them entrance). Jack Anderson, Assistant Deputy Minister, told the mothers, proposed regulations

would deny payments to only two or three per cent of women now on welfare. This it seems may be another placating statement to be thrown at the public in times of protest, but not put into effect in the reality of time.

If you wish to express your opinion on this matter, write this paper at 44 Blevins Place or Contact your Alderman. Editor Note;

## NEW FACES R. P. C. I. A. BOARD OF DIRECTORS



New Members of the Board of Directors of North Regent. They are (standing left to right Mr. A. Farrell, Mr. Deeley and Mr. Callender, seated are Linda Taylor and Marg Varey.)



Members of the South Regent Board of Directors are: Mr. Bob Woodgate, Mr. Scullion, Maria Hellaman, Clara Little and Iris Jackman.



Letters to the Editor

Dear Editor;

It seems that there is a lot of writing talent in this area. You might have a better paper if every one contributed. So why don't you encourage every one to send in something for the paper. This appeal is not only for the adults in this area, but also the teens. So why don't you all express-away, writing never hurt anyone.

Herb

P.S. Your comment is welcome.

TENANT MANAGEMENT



Mr. Harold Jackman (above) seated at his desk in the R.P.C.I.-A. Office.

The concept of tenant involvement in management has demonstrated that this idea is the answer to finding solutions to the problems of the residents of Regent Park. Since the commencement of programme in June 1974, many things have happened. The beginning of the programme was a very difficult period indeed. People who had no previous experience in this field were suddenly saddled with tremendous responsibilities. We have had to hire staffs, have them trained and gave scope to develop their talents and abilities. Some have failed whils't others have done a commendable job. The Unit Reps have worked long hours seeing after the needs of their tenants. These people have proven that wherever people are given an opportunity to manage their community that they will rise to the occasion. The tenants have given a positive response in co-operating with their Unit Reps. I cannot too strongly stress the important part which the Community Guardians and members of OHC Staff have played in the sucess of the programme.

From the time I assumed office I have been made to realize the important role which education & training must play in the near future of the programme, because of this belief, we have set up a number of training courses. I am sure the Unit Reps and other people who have been taking these courses of training are more knowledgeable today than before they got involved.

Our Co-ordinator, Simon Mielniczuk, has been of great help to me his wise counsel and sober judgement have assisted me in solving many problems. Our President-Janet Ross, Ozzie Smith and Barb Soules have also greatly contributed to the success of the programme. I must publically commend the following Unit Reps. for their invaluable contribution to the programme: Clara Little, Marg Varey, Bill Deeley and Bea Thompson, these senior Unit Reps. have stayed with the programme from it's inception.

Mr. Ulric Callender has also played a fine role in the handling of the financial section of the programme. here are also some of the newer Unit Reps who are doing a fine job. These people will be mentioned in other reports.

At the present time we are working on a month to month basis because of the long delay in the signing of the new contract. I hope that we will soon have this problem out of the way.

Where do we go from here?

The R.P.C.I.A. must have as its goal the complete management of Regent Park by the tenants. If the concept of tenants involvement in management is to be meaningful, then there should not be just token involvement by tenants. Before this can be implemented we must be provided with adequate funds for the training of staffs. It has been proven in other Public Housing Projects in other parts of the world that tenants can manage a project or projects very successfully indeed. I am sure there are very intelligent and knowledgeable people living in Regent Park. We have proven that the limited involvement which we now have has succeeded beyond our wildest dreams. It is also essential that tenants be asked to offer suggestions in the renovation or improvement of their apartments or buildings as a whole.

I am sure that if this done , that some very good suggestions will be forth-coming. The concept of Tenant Involvement in management must be encouraged to flourish and grow. I am sure that if given the tools we will do a good job.

In conclusion. I wish to state that I am very happy in being able to serve.

Harold Jackman  
Manager-Management Programme

INVITATION

The Regent Park Community Adult Recreation Centre invites all Adults of Regent Park to visit their Centre at 605 Whiteside Place where there are very many facilities to be offered.

We have a Bowling League, and a host of Indoor Games. We have Art and Crafts and we are looking forward to the Young Adults over 21 years who will be interested in Table Tennis to visit us so that we can arrange for a Table Tennis Competition.

For further Information our Co-ordinator Mr. Dick Boundy would be very happy to supply you with same, if you would get in touch with him at 364-4915. Give us a ring today.

Come all, and see what we have to offer, and where a cordial welcome awaits you. Come today, we are open every day from 1 pm. to 4 pm. and from 7 pm. to 10 pm.

SHAKESPEARE PARTY

The Tuesday Literary Workshop held at the Parliament Street Library House, 265 Gerrard Street East will hold a birthday celebration in honour of William Shakespeare on April 20 at 7:30 P.M.

In a press release describing the event, Ted Plantos, its organizer, states: Personal friends and rivals of Mr. Shakespeare are asked to participate in the proceedings with toast, roasts anecdotes, readings or spoofs on his writings.

"Films will be shown. Spiritualists, visionaries and academics are welcome, but must bring some occultist or oratorical gifts. Poets will be searched for knives at the door, but are permitted to heckle, jeer, or make general nuisances of themselves as usual."

Phone numbers you should know

Emergency	361-1111
Police	967-2222
Fire Dept.	363-2133
Social Services	
(general inquiry)	367-8623
(emerg. service)	367-8600
(339 George St.)	925-3131
Health Unit	
(15 Belshaw Pl.)	364-2261
Dental Unit	
(15 Belshaw Pl.)	364-2265
Ambulance	489-2111
Regent Park Community Improvement Association	364-2909
Hospitals	
St. Micheals	360-4000
Mount Sinai	596-4200
Sick Childrens	597-1500
Toronto General	595-3111
Wellesley	966-6600
Aldermen	
Janet Howard	367-7916
John Sewell	367-7910



## COMMUNITY \* CALENDAR

**DIXON HALL:** 58 Sumach Street is holding a Bingo on Mon. April 5 starting at 7 p.m. Admission is 50¢ and there will be cash and door prizes.

**THE REGENT PARK BUSY BEE CLUB** will hold a weekly Euchre in the downstairs lounge at 41 Oak Street every Monday afternoon starting at 2 p.m. All Seniors are welcome.

A **COMMUNITY DAY CARE CENTRE** is being planned for St. Monica's Church, 79 Hiawatha Road in the Gerrard-Greenwood area. Anyone interested in the service and or being involved in its planning is asked to call Evie Gilmour at 466-3415.

**JIMMIE SIMPSON RECREATIONAL CENTRE** 870 Queen Street East is planning a Community Fun Night for the evening of April 8. There will be community displays, carnival booths and refreshments. Admission is free and starting time is 7:30 p.m. For more information, phone Pauline Muller at 461-2550.

**LORD DUFFERIN PUBLIC SCHOOL** has received a \$1,000 Wintario Grant to assist them in celebrating the 100th Anniversary of the School.

**THE ST. JAMES TOWN YMCA OFFICE** has moved from its former storefront location on the plaza to the northwest corner of the Winnipeg Building at 260 Wellesley Street East. An open house is being held this month to acquaint people with the new offices.

**WINNERS** of the Grand St. Patricks Draw held at 41 Oak Street in Regent Park were Mrs. Shanks, Mr. T. Elias, Mr. C. Young and Tony Marascio. Consolation Prizes went to Mr. J. Cromion and Mrs. Mary Smith.

**THE ST. DAVID'S LIBERAL ASSOCIATION** will hold their annual meeting at El Sombero Restaurant, Bloor & Sherbourne Streets at 8 p.m. on Tuesday, April 6.

### Food CO-OP

Spring brings out the best in vegetables. So come see the fresh ones, at Oak and River every Friday.

**VOLUNTEERS** are needed to run a leather-craft workshop on Mondays from 7-9 p.m. for a teen drop-in at Parliament and Gerrard Street. Teens are from the ages 12-18 yrs. and the number attending the workshop will vary. Contact Janice at 921-8674.

**WOMEN WEEKEND** will take place Friday evening May 7th at 7--9:30 and Saturday May 8th at 10 am.--3:30 pm. at Central Neighbourhood House 349, Ontario Street.

**THE REGENT PARK UNITED CHURCH & ST. BARTHOLOMEWS ANGLICAN CHURCH** will hold joint services on Good Friday April 16. Morning services will be at 10 am. at St. Bart's (family service) and the evening services will be an Ecumenical Vigil Service to pray for Church Unity.

**THE REGENT PARK UNITED CHURCH** will have two services Easter Morning, Communion will be at 8 am. and the Sunday Service at 11 am.



Mark Chin and Owen Moncreffe enjoy the first sunny day on the Teeter-totter in the park.

PLEASE  
PATRONIZE OUR  
ADVERTISERS

## CONTACT

Contact Educational Centre, 326 Parliament St. is a storefront office offering educational information, counselling and courses. It provides a place to work on basic skills (reading and math) or take credit courses. Also the workers there can give advice on other educational routes such as special admission to University and Community courses and entrance into trades or manpower retraining. These services are available to anyone in this Community.

Next Wed. April 7, there will be a series of discussions focusing on the community and the service offered in it. The first will be a general discussion of politics in Ward 7 and Janet Howard (alderman) will be there to lead the discussion and answer your questions. It will be an informal setting in which anyone is welcome to come and participate. Other evenings will be spent discussing health services, community newspapers and information services, our bodies, birth control, mental illness and legal services. Also included will be tenants associations and recreational facilities. The discussions are free and begin at 7:30 pm. Day Care can be provided.

In order to know what is going on, an open house is planned for Tuesday, April 6th. from 3-6 pm. Drop in, maybe you could use this service. For more information, call Pam at 964-0414.

### CAPITOL CLEANERS

479 QUEEN ST. E  
**368-6609**

Ontario Paint & Wallpaper

275-7 Queen St. E.

**362-5127**

EASTDALE MEATS

461 Parliament St.

**923-3133**

## MAYCOURT CLUB

NEARLY NEW CLOTHES ETC.

THURSDAY MORNINGS

10:00—11:15 a.m.

605 WHITESIDE PLACE  
BASEMENT



Ask the guys on the hockey team!  
They say that, "We've got the best  
sandwiches around".

**Bumpkins Take-out**

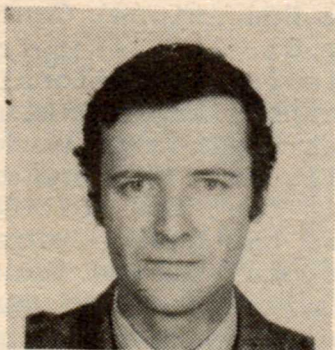
296 Gerrard St. E

Mon.-Sat. 11am - 11pm

**961-5330**



## GUARDIANS



DON FREEMAN is our academic, having taken more courses in the company's Seneca College programme than any other Project Officer, and invariably with top marks. Before he joined Community Guardians in 1972, Don served a total of ten years with the C.P.R. Police and the Toronto Port Police.

Recently transferred to Regent Park from Scarborough, Don is making his mark as an able and efficient officer, who knows his job well.

His hobbies and interests include swimming and community work.



BILL ANDERSON was re-assigned to Regent Park recently, but is no stranger here, having served previously in Regent Park in 1971 & 1973. Bill came to Canada in 1967 from his native Scotland, where he served in the Royal Military Police and the Renfrew Police for a total of nearly ten years. He served two years with the railway police before joining us.

Bill has been with Community Guardians since they commenced operations in 1970, and is a confident and highly experienced Project Officer. A family man, Bill enjoys nothing better than supporting his son at his hockey games.

His hobbies: Sports & reading.



IRVIN MCCALL: From six years with the Police Force in his native Ireland, Irvin comes to us with highly developed public relations and crisis response skills. In a short time he has become known to the people of South Regent as a concerned and knowledgeable person always ready with help and information.

Recently a father for the second time, Irvin enjoys his long time hobby of photography.

Residents of South Regent Park will find him always ready to help and advise.

## SENIORS

Senior Citizens advises others to join in an exercise program to fully enjoy their days of retirement.

"Every person, from school age to seniors is responsible for his own health; let's call it a sense of survival. The very quality of our life, every day, especially when we are retired, depends on our continued SELF-DISCIPLINE in good eating habits and healthy activities: It preserves our physical well-being and our mental alertness. Common sense tells us that, if we have any chronic illness, continuing headaches, high blood pressure, or suffered a stroke we should consult a doctor before starting any program of Physical Exercise."

One of the simplest and most effective ways to keep well and alert is to develop a habit of BREATHING exercises. We can do it in our room, sitting or standing, even lying in bed. To get the full benefit of breathing exercises, the window should be open; even if the weather is very cold or windy. According to Dr. Bromley of Liverpool, England, specialist in Gerontology, 'when we grow old our muscles work less effectively: our breathing is shallow, our lungs do not exchange the air fully. Therefore we become more tired, but cannot sleep well, lose our appetite, forget what we plan to do, thus senility arrives. Everyone of us thinks of such a life with fear and disgust. But it is easy to prolong our well-being into later years.

### THE BREATHING EXERCISES ARE:

1. Exhale gradually by tightening and pushing down the muscles in our chest.
2. Relax the muscles in the chest: That way our lungs expand so they can let the air in fully.
3. Inhale by expanding our chest and stretching our arms to a horizontal position, then pull them down.

We are then ready to repeat, counting to three at each point. If we are in good shape, we can repeat such exercises ten times, twice a day. If we are not well, we should follow our Doctor's instructions.

Breathing exercises help keep our lungs flexible and filled with good fresh air. In the lungs the oxygen from the air enriches our blood and provides better nourishment for our body.

Other exercises help keep our muscles strong, our bones resistant and our joints flexible. Breathing exercises help us keep our brain alert. For us SENIORS it is very important, while exercising or even walking to breathe correctly, always have enough air in our lungs. If we feel dizziness or shortness of breath, it helps to concentrate our attention, to exhale, so the fresh air will fill our lungs and bring a sense of relief.

In Florida, in large settlements of Senior Citizens, there are Community Programmes for out-door exercises, mostly managed by Volunteer Seniors.

It is really a pleasure to join them, they are so friendly and proud of their health: They are willing to share their abundance of vigor. Some of them, the pioneers of such programmes, recall with amusement, how, about 30 yrs. ago--the first volunteers were accused by other Seniors of bad intentions and disrupting of public order. It may be difficult for some Seniors who had to work all their lives to become interested in exercise, which they consider to be for youngsters. But the fact remains that exercise can be beneficial to your frame of mind. So try it! You'll like it!

For the tenants of 220 Oak St. there are splendid opportunities: There is a Swimming Pool with Guards who are willing to explain how to start swimming. There also is a volunteer who explain the breathing exercises: Wednesday and Fridays 10:30-11. If there are some people who would like to exercise in groups during that time, every body is welcome.

Tenant in 220 Oak Street.

## Teen Centre



Linda Ross (above) shows Darlene and Marlene Ganton the fun art of making fudge, or was it the other way around?, at the teen centre.