

November 1997

Humpty Dumpty

IS DEAD!....



Catch

da
FLAVA

Drug
Awareness
Week 97
page 11

Community
Health
Issue

Catch da
FLAVA
FLAVA
Catch da

Regent Park
Gymnastics
and other
local news

Page 5

Healthy Body,
Healthy Mind
Page 4

Safe Sex Guide
Page 9

Toronto
Vote '97:
An interview with
Peter Tabuns

Page 10

The State of
Wellesley Hospital:
Can
Humpty Dumpty be
put back together?
Back Page

Catch da Flava is brought to you by the Regent Park Focus Community Coailtion.

Flava Words

To get published, get active! Send your words to the Flava!

Flava on the Web

Do you have Internet Access? Then check out selected Catch da Flava articles on the World Wide Web

<http://www.black-web.com>
(look under youth links)



Caffeine-free may not be cost free

Sitting down in front of the T.V., I'm sure most of us have caught at least a dozen food products that we youth would normally consume, if not for it's new healthier diet format.

Beginning in the 80s, caffeine-free products (usually pop) took stores and fridges by storm. The frenzy that this gimmick has caused, has allowed advertisers and marketers to make millions every year. The simple fact is that people will pay big bucks for what they think is healthy food.

In commercials this idea works really well because they can more easily prey on the minds of the consumer. They usually have a woman (because women are the ones most conditioned to worry about physical appearance) who will tell them of their love for sugar fatty products. Then they have the woman share her secret of the new product she found that tastes just like the sugary one, (yeah right) but with less calories.

Is this right? Is this wrong? Is the product really healthy for you? Or is it just junk food dressed up as healthy food?

These are questions consumers must answer before they buy into this capi

Television Eye

with Nigel Holdbrook



talist ploy. So whether it is called caffeine-free or fat-free, it is important that we as consumers look behind the ad's to see the reality of the product.

Body Image

And speaking of fat freedom, a couple of nights ago I was chillin' at home watching Jerry Springer (yes, I watch Jerry and I'm proud of it).

The topic of the show was *I'm fat and proud*, featuring several large women showing the nation that they were proud of their size and weren't afraid to flaunt it.

As I watched the show I began to think, *Why must people protest that*

they are proud of who they are? Is the world so judgmental of how people look? The answer is clearly yes.

You see it everywhere on billboards, on T.V. and in magazines, even on the internet. I'm talking about girls with small waists and big breasts and guys with big muscles and a fortune to spend.

These images and ideals inflict themselves on young minds and force youth to pursue what the world thinks of the perfect body. This leads youth into trouble because if they can't become this physical god or goddess they begin to diet dangerously or take steroids.

This is something that must stop. I urge the youth to lose the world's image and take up your own peace.

e.y.e Video Community Showcase

Since its inception, the Regent Park Focus e.y.e Video Project has been evolving into what it is today—a program that teaches young people the skills of video production as well as media, economic, and political literacy.

As part of the **Raw Energy International Student Film Festival** this November 12-16th in Toronto, the e.y.e Video Project has been invited to screen its works in a Community Showcase celebrating the best of student productions.

The e.y.e Video Showcase will feature a 90-minute presentation of videos produced by Regent Park youth,

including a video on anti-violence created by senior **Lord Dufferin** School students, and a recently produced documentary about Regent Park residents' long struggle to manage and run their own Community Centre.

The event will be held at the **Harbourfront Centre Studio Theatre**, located at Queens Quay, on Saturday November 15th at 5 PM. Tickets for the e.y.e Video Community Showcase will cost \$8 in advance or \$10 at the door.

You can purchase advance tickets by calling the Focus Community Coalition at (416) 863-1074.

Volume 3 Issue 4 November 1997

Catch da Flava youth and student newspaper is produced by the **Regent Park Focus Community Coalition Against Drug Abuse (RPFCCASA)** in Partnership with The Regent Park Community Health Centre and youth of Regent Park.

The Focus Coalition is a resident-driven, non-profit organization working to develop a healthier community by promoting healthy lifestyles. Focus is located in the **Family Drop-In** at 600 Dundas St. E. M5A 2B9. Entrance is at the rear. Tel: 863-1074 Fax: 863-9440.

Program Co-ordinator
Adonis Huggins

YOUTH EDITORIAL COMMITTEE
Chris Akinbode, Kai James, Rennel Abu, Lisa .P. Drover, Nigel Holdbrook, Hannah Le, Fos, Anthony Lim, and Amelia Heeraman
Flava woman drawn by **Kwabena Payne.**

Production
**David Buchanan
Chris Akinbode
Afroza Hanseer
Aquila Hanseer**
Production Support
Chris Fabbri

This issue is sponsored by:
**The Ontario Ministry of Health
The Trillium Foundation
The Laidlaw Foundation
The Tippet Foundation**

cramming for tests and exams, oh my...cramming for tests and exams, oh my..cram

Even kids have stress, you know

BY HUONG TRUONG

Although some may argue that kids don't have stress, I personally disagree. Although it may be different from person to person, I believe that youth experience similar pressures to the adult world.

For example, one major form of occupational stress that derives from the hazards of been a high school student is Exam Stress.

Exam ...the four-letter word that all youth hate and that all adults cherish with glee. Exam time is a very stressful and intense time of the year for youth. It is not unusual during this time of year to see youth suffering from sleep deprivation and toxic levels of caffeine or constipation due to a poor daily diet of cafeteria French Fries fueled by the unwillingness to sacrifice valuable studying time to cook or eat a proper meal. Some stressed out students

break you. In other words, the successful navigation of exams will get you in to the university and career choice of your parents' dreams. Yes, the one that your parents have been grooming you for since birth. Failure however, could ruin your parents lives forever. Your parents will never make you forget, no matter how much they claim they love you, that you are and will always be a complete failure in their eyes.

What's your point! Well, if you are one of the many with this habit, you better listen up!

First of all, you all know that trying to cram information is not the best way to prepare for an exam. Most students who do so end up with a much poorer mark than they deserve. However, cramming doesn't just affect your marks. Cramming can also increase your stress level and this stress can make you feel grouchy and affect your sleep, physical health, as well as your ability to absorb and retain information. It can even lead to headaches and sickness hindering your performance at the very time you need it most- during exams. In fact, I have known students to be so tired and stress out that they over slept on the morning of their exam missing it altogether.

My whole point in telling you all this is not to



may even go as far as to fling themselves out of moving cars hoping to get injured just enough to be excused from writing the finals (unlike clever students who just fake it).

Why all the stress? you ask. Is it because these students know that exams are an opportunity to apply their learning and identify areas of improvement?...NOT! More to the truth, these students know that exams could make or

Given these enormous pressures you would think that students would do more to prepare for this crucial time of life. I can't speak for everyone, but many students tend to leave their course readings and studying until the last minute and end up trying to cram a year's full of information, including course readings (usually several or more books) and class lecture notes (usually some one else's), in seven or eight hours prior to the start of an exam. You may say, So!

encourage you to drop your social life but to advise you to study regularly each day and to prepare early for exams. This will make exam time of the year less stressful on you. In conclusion I know I sound 100% like your teacher but, as a former stress-out exam time crammer myself, believe me, I know.

Huong Truong is a high school student at Jarvis Collegiate.

Check the bottom of the
opposite page for
e.y.e. video show times!

e.y.e Video Community Showcase

Yoga!?!* @ uh, What's yoga?

BY AYAN EGAL

Yoga is an ancient science which first originated in India. Today, however, Yoga is practiced by people all over the world. The purpose of Yoga is to join the human spirit with the divine spirit. A lot of people think that it's just a combination of stretches and breathing exercises. But there's lot more to Yoga than meets the eye.

In today's world it seems like everyone is in a rush. After a busy day at work or school we often feel tired and stressed out. Furthermore, let's admit it, the air we breath and the food we eat can (in most cases) hardly be described as healthy.

So how can Yoga help? Well, a daily practice of Yogic Relaxation can help to decrease nervous disorders, reduce stress and lower blood pressure. Another type of Yoga, called Kriyas Yoga, can strengthen and clean your internal organs and make you feel a lot better. While Asana Yoga strenghtens the nerves and their channels.

There are many different types of Yoga. These are just three of the more popular ones. According to Nitya, who has taught yoga for 11 years, Yoga is the most important therapy to practice daily. A regular practice of yoga is meant to develop and strengthen all body parts. When a person has an illness or is weak, the regular practice of yoga can liberate them from their conditions. Improvement, however, depends on their total health (physical, mental, and spiritual) and their body type.

I would definitely recommend yoga to everyone because there's just too much happening in this world and taking time out to relax is vital.

Healthy Body
Healthy Mind

Dance the Capoeira

STORY AND DANCING BY RUNELL ABU

Shuffle, flares, headspin, the sounds of a battle, not a battle of weapons but a battle of style. A battle of style in which the combatants defy both gravity and pain, to pull off that one move, which will make the crowd cheer. But have you ever stopped and wondered where all this originated from..... (no it's not 60's or 70's, or even the days of disco) but even farther in the 16th century to be exact, in the heart-land of Brazil is where a self-defense technique was developed called Capoeira.

Capoeira was developed by slaves from Angola as a means to train mind and body for combat situations. Since their masters forbade any kind of martial art, they cloaked it, in an innocent looking dance. They used the art against their colonial oppressors by luring them in the dance and striking without warning. Since then the practice of Capoeira has been forbidden. In spite of the ban, two people founded the first Capoeira schools, they were master Bimba and master Pastinha. Master Bimba broke off from the original style and created a new style, incorporating new moves and techniques. It was called Capoeira regional with this new style master Bimba convinced the authorities the cultural value of Capoeira, thus ending the ban in 1930's. Somehow the art found it's way in North America where it again transformed to a higher level, with new techniques and moves and it was called Break dancing.

Capoeira: a dance or a martial art?

BY CHRIS AKINBODE

Actually it can fit under both cat-

egories. This Afro-Brazilian art form can be viewed not only as a dance or as a martial art but also as a musical performance, a theater, and even as a game, or sport. Originally Capoeira wasn't seen as a martial arts until it left the village cultural scene, and found itself in the more urban city surroundings. This transition was due to the survival of the fittest social structure of central north American cities where keeping safe on the streets, depends upon ones ability to defend oneself when confronted with danger. Capoeira deals with balance, flexibility, quick reactions, and most importantly know-

ing one's surroundings. Thus Capoeira can be a life-saving technique. Capoeira is acrobatic and can also be seen as a fun and entertaining form of physical fitness.

Amongst teens the most popular side of Capoeira is the dance aspect. Adding the right combination of twists, turns, kicks, and freezes (for those that are familiar with the term) can earn one their fifteen minutes of

fame, or make one the most popular dancer on the block since the days of bellbottoms and, disco kings and queens. The term that is used for the more modern dance form of Capoeira is referred to as Break Dancing (bér'rāk ~dānç'ing) n. 1. a display Capoeira dance put to a more modern form of music also referred to as breaking.

This is all just a brief introduction of Capoeira. For more information you can look up Brazilian martial arts on the Internet (search yahoo!), or you can go to the library for reference material (Capoeira as a Brazilian Martial arts).

For those of you who are thinking about taking classes and would like to see Capoeira in action, inquire at the nearest community centre and let them know of your interest.



Regent Park Gymnastic Team hits new heights

The Regent Park Gymnastics Team sends a heartfelt thanks to all those who helped the team go to Woodward Gymnastics Camp, Pennsylvania USA. Special thanks to the Camp owner Ed Isabelle for his hospitality and for providing a scholarship to the team. He along with many other supporters made the dream of visiting Woodward Camp during the summer come true.

highest tumbler ever Rune Kristensen from Denmark. World Champio Kim Zmeskal was even on hand to sign autographs. The camp helped to improve the team's gymnastic skills and inspire the team members to new heights.

Now that the team is back at the Regent Park Community Centre they face an uphill battle dealing with the City of Toronto Parks and Recreation Department and their lack of support. The team's future goals include participating in other valuable learning opportunities and to find high-quality equipment to train on.

By Rachele Hosten
Regent Park Gymnastics Team



The Regent Park Gymnastics Team: Souphaphone Souphammanychanh, Phyra Prum, Terri Bun, Taleah Clarke, Karla Thomas, Shannon Jonas, Natalia Jonas, Thao Nguyen.

The camp featured go-carts, a swimming pool and water slide, jacuzzi, a dance studio, skateboarding and rollerblading ramps, horseback riding, and most of all gymnastics. The girls met gymnasts from Scotland, Wales and South America, Columbia as well as gymnast from all over United States. Olympic champion Vitaly Sherbo gave the Regent Park Team a private lesson on the first day and Woodward staff did a spectacular tumbling demo featuring the



Boys and Girls Club tip off classic provincial basketball tourney

A wonderful time was had by all at the two-day basketball tournament held in Toronto on August 12th and 13th at Monarch Park High School (so what if it's November, it's still important - editor).

Special thanks to Nike P. L. A. Y. Canada

and the Toronto Raptors for supporting this event. It was a Slam Dunk!

Over 800 people attended the tournament, 450 the first day and 360 the second day. Representatives from Nike and the Raptors were also in attendance to help with the presentations of awards and prizes. Congratulations go to your local Toronto Kiwanis Boys and Girls Club who received the Living Our Values trophy for leadership and Good Sportsmanlike conduct.

Fish and chips

Step! Step! Step! Step!
Walking up the Stairs,
I can smell those Fish and Chips
Breezing through the air
I can taste those Fish and Chips
Wondering where it's from.

Seeing neighbours walking by
Seeing kids have fun,
Touching the concrete wall
Writing, I'm Number One.

Getting off the fifth floor
Walking to my door,
I still smell those Fish and Chips
It seems it's on this floor.

Flinging wide my apartment door
Opening up my eyes,
I see friends and families
Chomping Fish and Fries

By Jennifer Su



489 Queen Street East,
Rm 102 (594-9344)
Hours: Mon, Wed, Th, Fri
9:00-4:30;
Tues, 12:00-4:30 p.m.

Regent Park



Regent Park Community Health Centre,
Founded by community residents in 1973.
Community Power = Health

Who we are:

We are doctors, nurses, social workers, community health workers, cultural interpreters, nutritionists, chiropodists (foot care), support staff and dentists.

What do we do:

We believe in promoting total health. The community decides what we do, since it's your health. We work with you to treat illness, learn more about what makes you healthy, improve the community's access to food, housing, employment, education, safety and social support.

All the things that make you healthy.

What Services do we offer:

We have different health services to do all this. They include:
Primary health clinic with doctors and nurses

Foot care

Social Work & Mental Health Program

South East Asian program for Cantonese, Mandarin and Vietnamese speaking people

Seniors program that provides nursing, social work and medical support at home

Community nutrition program including 3 community gardens
East African program for people from the Horn of Africa

Community environmental health program with a focus on housing
Community support for women and men who are homeless

Low cost dental program

Cultural/language interpreters to increase access to our programs

Diabetic groups, Prenatal program

Who do we serve:

We serve the residents of Regent Park and Moss Park, and people who use shelters and drop-ins for the homeless in the surrounding area. (Map)

We have two locations:

19 Belshaw Place (364-2261). Hours: M-W 9:00 - 6:00, T 12:00 - 7:30, Th 9:00 - 7:30, F 9:00 - 5:00

489 Queen Street East, Rm 102 (594-9344). Hours: MWThF 9:00 - 4:30, Tues, 12:00 - 4:30 p.m.

You can tell us how to operate. We have a community-driven Board of Directors. We operate on the principles of community ownership, accessible care, advocacy and comprehensive care. We also operate by our Anti-Discrimination Policy. We would like to work with youth from the area to direct us on the best ways to help you become the doctors, nurses, social workers and managers of the Regent Park Community Health Centre in the future. We believe this can happen. If you are between 15 and 25 years old and are interested in the future health care centre being staffed and run by today's youth, please call Carolyn Acker at 364-2261.

Health Centre

19 Belshaw Place

(364-2261)

Hours: Mon-Wed,
9:00-6:00; Tues, 12:00-
7:30; Thur, 9:00-7:30;
Fri, 9:00-5:00

Regent Park Community Health Centre gets a new building

The provincial government has given its approval to fund the construction of a new building for the Regent Park Community Health Centre at the southeast corner of Dundas and Parliament Streets.

Right now there is some opposition to the building being located at that corner. The city of Toronto's decision to rezone the land so that the Health Centre can be built there has been appealed to the Ontario Municipal Board. The Ontario Municipal Board must hold a hearing and this could take up to 18 months.

However, while this may slow us down we and the community are determined to get the new Health Centre built.

If you are interested in getting up

to date information you can speak with Carolyn or Albert at 364-2261.

At the new Health Centre location we hope to continue our current services as well as becoming more accessible to youth, seniors, clients living with disabilities and people who are homeless and underhoused.

We will continue to develop activities based on the input of clients themselves. So if you have ideas please let us know.

Regent Park

Regent Park
You've Won My Heart

You reached out
your hands to me
When others turned away

I said, I wouldn't
Stay for long
But it's been
Nine years today

What make's you
Seem so lovable
and yet so cold
at times?

What makes me
Want to Move away
And then to change my Mind

Your name, it seems
to strike a fear
Whenever it is Mentioned

But yet I see
the good you do
And that deserves attention

You try to build
A better place
Where kids can
grow and thrive

I feel it may be
Happening
I think, we will survive

If we can come together
All cultures
None excluded

Then we can
turn it all around
and the stigma
Will be eluded.

Not long ago Joyce Downey was about to move out of Regent Park. This prospect caused memories to flood her mind, and she decided to stay. This poem was inspired by that experience.



Thumbs up!

These Award Winning Gardeners, of the the Regent Park Health Centre's Community Garden Project, won the prestigious 1997 Neighbourlies Award.

The award was presented to garden members on September 25, 1997 by Mayor Barbara Hall. Congratulations!

Anti - Discrimination Work

For the past few years we have been working very hard to make sure that the people who use our programs and services feel comfortable with us.

In 1995, the Board passed Regent Park Community Health Centre's Anti - Discrimination Policy and Procedures.

Below are some questions we are asking people who use, or have tried to our services, to see if they have ever had any problems doing so.

You can fill out this survey and drop it off for Maureen at 19 Belshaw Place.

You don't have to put your name on it.

When you have tried to use our services has it been hard or difficultPLEASE CHECK

- ☐ To get through on the phone
- ☐ To get an appointment
- ☐ To see someone, eg : doctor or nurse
- ☐ Because no one spoke my language

- ☐ Because of the physical space
- ☐ To get to the centre because of lack of mobility
- ☐ Because I did not know where to go
- ☐ Because another client was
- ☐ Because a staff person who was bothering me or giving me attitude
- ☐ Because I felt I was not welcome because of my
 - Cultural group
 - Sexual orientation
 - Housing Situation
 - Age
 - Gender
- ☐ Because I thought since I did not have a health card I could not get seen
- ☐ Because I thought since I did not have an address or place where I could be reached, that I could not be seen
- ☐ Other _____

Thank-you for your co-operation.

The importance of breakfast

Grandmother was right when she told you, Breakfast is the most important meal of the day. That's because your body has been on an all-night fast, and it needs proper nutrition and water to boost energy levels and get going for the day ahead. Unfortunately, the rush in the early morning tends to encourage many of us to make unhealthy food choices and even skip breakfast entirely. This has become a normal routine for many of us without our knowledge.

Research has also shown that missing breakfast compromises your ability to get all the daily nutrients you need. Think about it. Without breakfast you must get all your nutrition from two main meals instead of three. This makes your food choices at lunch and dinner all the more important.

Eating breakfast is essential to a healthy weight. While skipping breakfast might seem smart to calorie-conscious eaters who aren't hungry early in the morning. Studies show that people who pass up breakfast simply eat more food often trying to satisfy their appetite by munching on unhealthy snacks.

Finally, poor breakfast habits affects behavior and achievement. For instance, skipping breakfast leaves you with low energy. At school, I see a lot of youth during their first period classes struggling to stay awake, lethargic and very irritable.

As youth we have to take responsibility for making breakfast our most important meal of the day. Setting meal times would help many of us to have a good appetite. It will also take away the habit of having snacks in between our eating.

Here are some suggestions for making your day a better beginning.

Eggs are excellent choice high in protein and low in fat to jump start your day.

Keep selections of low fat by skipping on high fat spreads like cream cheese, butter and margarine. Instead you can use non fat yogurt cheese, Jam or honey.

Check out varieties of cereal with oat bran and wheat flakes, fiber helps you feel fuller, longer. Adding fruits will help.

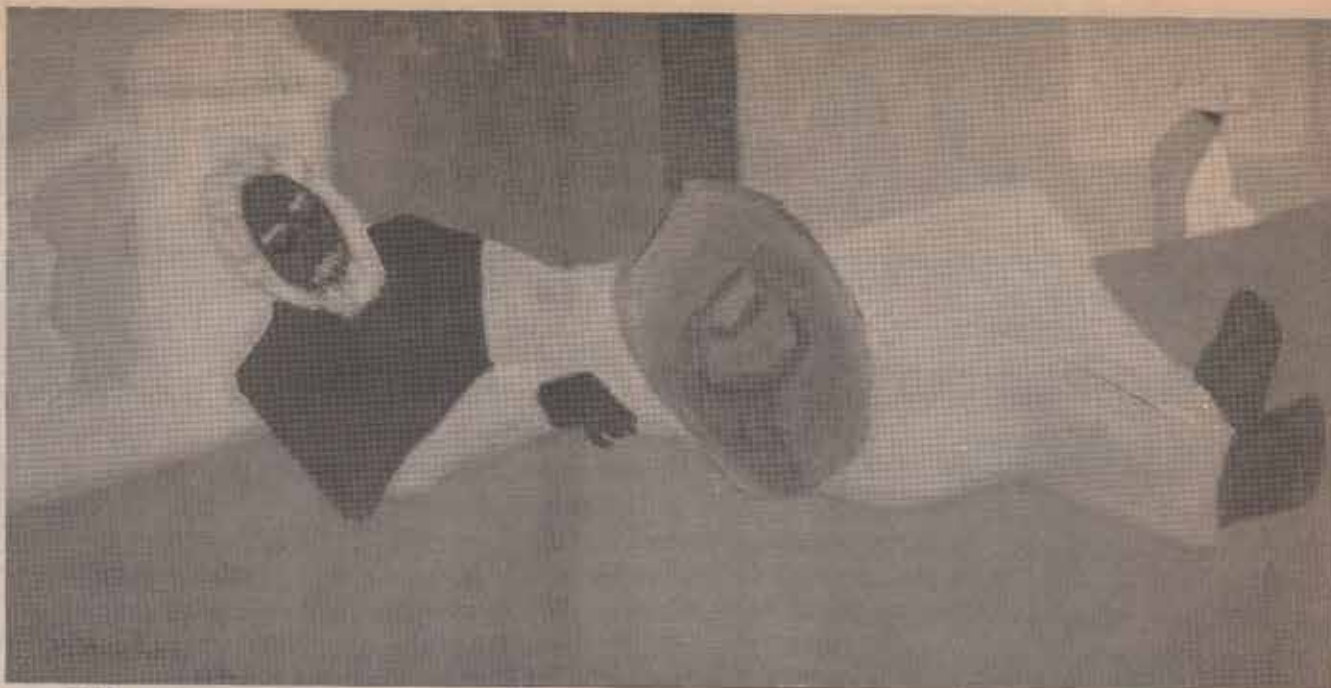
A good fruit juice with Vitamin C

Breakfast bars: These are packed with iron and carbohydrates, a perfect Breakfast on the run or quick snack.

Set your alarm for 15 minutes earlier so that you'll have time for a more complete healthier breakfast such as a bowl of oatmeal and a glass of juice or wheat pancakes topped with fruit or bran cereal with skim milk and fresh fruit.

And Remember, listen to your Grandmother!!!

By Afroza Hanseer



Sleep Deprivation: An Epidemic

BY KAI JAMES

It has been postulated that since Thomas Edison invented the light bulb humans have cut down drastically on the amount of sleep we receive per 24 hour day. Among those most affected by this epidemic of sleep deprivation are the youth. These advances in technology combined with a nocturnal teen sub-culture have contributed to an overall lack of sleep among youth and what is perceived to be underachievement, low productivity, and laziness.

The reality is that most youth today are forced to deal with conflicts between a late night social life and outlandish schedule of the adult world. You students out there who must attend school or a summer job between the seemingly ludicrous hours of 8 and 9 o'clock, know exactly what I'm talking about. Many youth receive under 6 hours of sleep per day. While 18 hours awake may pale in comparison to the world record of 19 days, youth may tend to experi-

ence many short term problems affecting mood and ability to perform mental and physical tasks.

Extensive periods of sleeplessness may eventually cause perceptual illusions (day dreams) or acute paranoia, otherwise known as severe grumpiness. Fortunately, we may be brought back to functioning normally with a single extended sleep (10-15 hours), which many of us achieve on weekends.

Sleep can be divided into two major stages. Rapid Eye Movement (R.E.M.) and non-R.E.M. Within the non-REM stage occur light sleep and deep sleep. Light sleep is a transitional stage and can be described at the onset as drowsiness. Deep sleep is also known as Slow Wave Sleep because the brain waves travel slowly during this stage of sleep. This stage is perhaps the most comparable to death in that dreams rarely take place and it is extremely difficult to wake the sleeper up at this point. If the sleeper should be awakened during Slow Wave

Sleep, he or she will feel disoriented and confused, which is often the case when someone must wake up after only 3 or 4 hours of sleep. R.E.M. sleep follows Slow Wave Sleep and is the stage during which dreams take place. Those who repeatedly suffer a loss of R.E.M. sleep are said to go crazy for reasons related to loss of dreams.

Sleep itself has a number of biological functions, a few of which are unproven and debatable like the regeneration of cells and the consolidation of memories. One thing most of us can agree on, however, is that sleep allows for the general restoration of the body and mind.

As we struggle to find a balance between our social lives and school or work, sleep often falls to the back burner. It is important that we put aside time to sleep so that we may achieve our maximum productivity in the day ahead. In this way youth can ensure a bright future with or without the help of a light bulb.

What You Think About Catch Da Flava?

"An excellent venue for up-coming writers of the Black experience. Keep it up!"

Seville Farley

"A great chance for young people to get published and recognized for their writing talents."

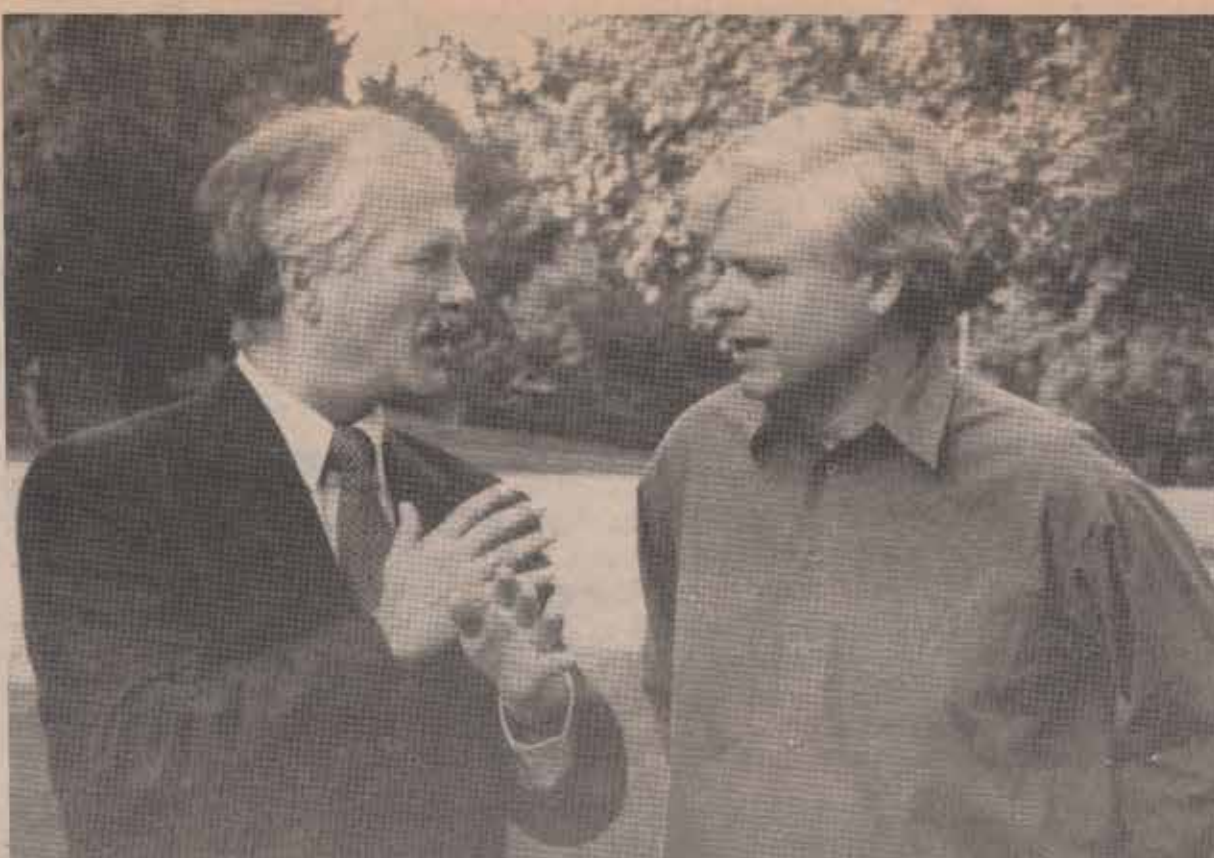
Anonymous

November 10th is municipal election day. The day in which we as citizens get to express our support or our disavowal about the policies that govern our lives through our vote. Although many of us feel disillusion with a concept of Democracy that is reduced to simply a right to vote, the reality is that voting with all its problems is the only way we can motivate our politicians to work for our interests.

Recently **Catch da Flava** correspondent, **Anthony Lim**, had an opportunity to talk with Peter Tabuns who is currently the city councillor for ward 8 and is seeking to be re-elected in a joint campaign with Councillor Jack Layton.

How will Amalgamation affect the City of Toronto?

Peter: The experience in other city's around the world has been that amalgamation has increased the cost of administration. That will mean that less money will be available for social services. I think the other reality is that the amalgamation will have 40 suburban councillors and 16 City of Toronto councillors and historically the suburbs have been much less, open-minded and less progressive on the issue of social services than the City of Toronto has



Jack Layton, at left, chats with Peter Tabuns.

serving our public services in the mega-city. I think that we will have tremendous pressure to cut-back on or eliminate those services because of the downloading by the province. Without these social services Toronto could become unliveable very quickly.

The second key focus is maintaining citizen input into decision making. The new structure of the megacity is going to make it much more difficult for citizens to have an influence on the direc-

for you in the upcoming elec

Peter: I would ask youn vote for myself and my col Layton because I think we' that has the best chance of the inner city and the kind o ty that young people want Young people want a con live in where jobs are avail it's safe to walk down the st they can establish their liv have a city government that

Park?

Peter: I think that one of the factors is that a large part of the population of Regent Park is relatively new to Canada so many of the people are not citizens. Another factor is that the population tends to move a lot so there isn't necessarily a connection but I also think that many people in Regent Park are so battered by so many other needs and pressures that voting becomes a low priority on the list of things they have to do. I don't think that any one of these factors determines the voting turn out in Regent Park, but as a combination it means that a large number of people don't come out to vote. The other reality is that if they did come out to vote Regent Park could have

a dramatic impact on the results in any election.

Is there anything else you would like to say?

Peter: I guess the last thing to say is that this election will set the direction Toronto will take for quite a few decades. If we do not act a lot of people will be losing out. I think this city is a wonderful place and to lose it, to turn it over to Mike Harris's clones

Toronto Vote 97: What's at Stake

been. I think that this may potentially put our social services at risk.

So overall then, what is your feeling about amalgamation?

Peter: I don't think its a good thing for the City of Toronto. I opposed it when it was first proposed by the Harris government. I worked very closely with my colleague Jack Layton to fight against the Megacity. We felt then as we feel now, the City of Toronto will lose out and I haven't seen anything that would change my mind on that.

What in your view are some of the key issues and main focuses for this upcoming election?

Peter: I think the main focus is pre-

tion of the city. Finding ways to get over this obstacle are going to be crucial if we were going to have any hand in shaping our future at all.

The third key issue is holding on to our public assets. I think there will be tremendous pressure to sell off or contract out many of the city's public services and assets including our water system, garbage collection and housing. I know that these pressures are there because of the financial crisis but again if we were going to have a city that's viable and sustainable over the long term we will need control of these assets. I think were going to have to fight very hard to resist that privatization.

Speaking directly to young people, could you tell us why we should vote

affordable housing which means that young people can't get their own units and their stuck with their parents-it will be very problematic. If you have a city government that wants to cut services and lay off large numbers of civil servants it means far fewer jobs are available. If you have a city government that sees young people as a problem rather than a resource, then I think that's something young people are going to suffer from. I think that Jack and I have focused on the issues that make a difference to young people in this community, in this society, at this time.

In the last election there was a very low percentage of eligible voters from the Regent Park area that actually voted. Why do you think that there is such a low voter turn-out in Regent

would be a major mistake.

Catch da Flava: Originally we were intending to profile a number of the candidates running in the election. Unfortunately we were unable to accomplish this task.

In deciding to profile Peter it is not our intention to promote or subvert his platform but rather to offer a glimpse into what one candidate thought were the issues at stake. There are other equally deserving candidates running for election and we strongly recommend that you attend any debates or any events where you might be able to meet the candidates for yourself.

Most importantly vote with your heart, mind and soul, cause if you don't vote, you don't have anything to say.

Earlier this year the Health Services Restructuring Commission (H.S.R.C.), a provincially appointed government body, announced plans to shut down the Wellesley Central Hospital and turn over all programs and assets to St. Michael's Catholic Hospital. This decision, according to the views of many community groups, health professionals and area residents, represents a total lack of government concern for community health care and puts the South-East population of Toronto at risk.

Critics of the plan point to the fact that the Wellesley Central hospital has one of the best burn treatment facilities in Canada and serves a South-East Toronto catchment area that includes: a multicultural population made up of 54 different languages; the highest concentration of people in Canada; the highest resident H.I.V. population in Canada; and a population that has one of the highest rates of poverty and illness.

The announcement of the closure sparked a broad-based community campaign aimed at challenging the Conservative government's decision and raising public support and awareness of the services and unique programs that the Wellesley Central Hospital provides. The campaign was appropriately called *Staying Alive*.

In an effort to overturn the decision of the H.R.S.C., the *Staying Alive* Campaign mounted an unsuccessful Ontario Court challenge centered

around several key arguments. One of the arguments in support of saving the hospital was the charge that the commission was prejudicial and biased in favour of St. Michael's and other hospitals who had some of their own representatives appointed to serve on the commission. It may be of some interest to note that none of the hospitals that had representation on the commission were slated for closure.

Although the Ontario Court upheld the decision of the Health Restructuring Services Commission, the court ruling

failed to address the issue of whether the commission had the authority to make decisions over assets and property belonging to the hospital and not to the provincial government. The ruling also takes a wait-and-see approach to the issue of whether St. Michael's Hospital, by nature of its religious mandate, would be able to ensure community access and provide the same range of services to non-Catholics, same sex couples, and people with diverse reproduction needs. Both of these inadequacies, according to Jason Grier of Wellesley Central Community

Relations, leaves open the possibility of a future court action appealing the decision.

At present, however, the Board of Directors at the Wellesley Central Hospital is negotiating in good faith with the H.R.S.C. and St. Michael's Hospital. In agreeing to shut down by March of 1999, the Board of Directors intends to push for a model that best represents the interests of the Wellesley Central Hospital community and its staff. This model includes the participation of the community over how best to achieve the transfer of community care services and programs to other hospitals and the development of an ambulatory care center which would provide outpatient services (no residential care) on the Sherebourne Wellesley site.

Perhaps the real question is not whether this is the end of the road for Wellesley Central Hospital, but whether the closing of Wellesley Central Hospital is our first step towards the end of our Public Health Care System?

If you would like more information about the Wellesley Central Hospital and the planned H.R.S.C. closure of three other Toronto area hospitals contact the Wellesley Central Hospital Community Relations Department at (416)926-7614.

By Adonis Huggins

Quotes on Wellesley compiled by Anthony Lim

We don't believe that St. Michael's has the capacity in terms of the emergency department, space, and programs to serve the health care needs of people in South East Toronto. Secondly, St. Michael's is guided by a set of principles related to the Catholic faith. They will not undertake abortions, they do not recognize same-sex relationships and we're living in the heart of the largest gay community in Canada.

Dennis McGill, Vice-chair of the Wellesley Central Hospital's Board of Directors and head of the *Staying Alive* campaign

We know that closing Wellesley Central Hospital would cruelly cut short an important health care success story in our community. It has become skilled at comforting and caring for H.I.V. and A.I.D.S. victims, for low-income families, for the homeless, and for a broad multi-cultural community. You can't

transfer these abilities to another hospital like it's a piece of equipment.

Where is the equity when urban Ontarians are condemned to second rate health care?

Mayor Barbara Hall

Not only did they (staff at Wellesley) look after my health issues but they realized that I was in search of wheelchair housing because I was living in inaccessible housing. They made sure that my well being was taken care of before I left the hospital. They weren't quick to say, "okay we've done your physical, we've looked at you, now get lost." They made sure that I was looked after as a whole person not half a person, but as a complete person.

Beverley Whightey, patient

The recent closing of our hospitals brings us back to reexamine our policies around health care, namely the universality of health care. I thought it was well established that whether you are rich or poor, Catholic or Muslim or of any cultural background, any sexual preference, whether you are homeless or whether you are Al Leach that you will be cared for all the same. Isn't it our health care policy that gives us boasting rights to call ourselves a civilized and dignified country. I thought it was for this reason that we are envy of the world. Until someone can reassure me that this quality will not be compromised for some said benefit of privatizing or saving money I will continue to stand with my brothers and sisters in the struggle. Fight! Fight!..... for your life!

Anthony Lim, Catch da Flava

Come one, come all and have a ball!

Calling all kids between the ages of 3 - 6 years old! South Regent Community Recreation Centre has a drop in **Kindergym** programme on Mondays, Wednesdays, and Fridays from 9:30 - 11:00 am.

North Regent Community Recreation Centre has a drop in **Tinny Tots Playschool** programme on Tuesdays and Thursdays from 9:30 - 11:00 am. A nutritious snack will be provided for all children. Cost: \$2.00 weekly donation per child. All pre-school programmes will start on Monday, October 6, 1997. For more information contact the City of Toronto Parks and Recreation.