

Catch da Flava

January 2005

www.catchdaflava.com

Volume 10 Issue 1

Youth and Student Newspaper Produced by the Regent Park Focus

From Rags to Riches: The New Regent Park



What will happen when Regent Park gets revitalized?

The Regent Park revitalization is an incredibly complex issue. We've been to the meetings, we've read the plans, and the following article reflects da Catch da Flava's understanding of what is going to happen.

In 1949, Canada's largest community housing project was undertaken in Toronto. Developers envisioned Regent Park as an open grassy setting with wide parks bounded by buildings that would provide a pretty and affordable place for low-income families to live.

Unfortunately, reality didn't quite measure up to the dream. Even though Regent Park did indeed become a cosier community, there were several unforeseen consequences. In addition to giving families an idyllic place to spend their time, the buildings and parks isolated community members from the surrounding neighbourhoods and prevented the growth and development of businesses, shops and other services commonly found in a healthy vibrant community. Furthermore, lack of stable and ongoing government investment transformed the once-thought innovative housing complex into a host of neglected and poorly maintained buildings that have deteriorated beyond worthwhile repair. These are just a few of the reasons why in June 2003, the Toronto City Council voted 35 against 1 for the redevelopment of the Regent Park area.

In brief, Toronto Community Housing's (TCHC) proposed plan will convert Regent Park from a low-income neighbourhood consisting of 2,083 rent-geared-to-income (RGI) units into a mixed-income community comprised of new RGI housing units, 700 affordable rental units, 300 units for affordable home ownership and 2,850 new market-rent units. Additionally, the whole street design for the community will be changed to an urban block plan in hopes of integrating the neighbourhood with the rest of downtown Toronto. The block plan would also render roads more accessible to passing vehicles. This revitalisation project will take from 10 to 15 years to complete and will cost an estimated 450 million dollars. Construction of phase one is scheduled to begin in 2006. As the 12 phases are completed, the over 7,000 residents of Regent Park will be relocated, block by block, to other areas within or near the community. Once built, all residents will have the opportunity to return to Regent Park. But what are the implications of this gigantic undertaking for the residents of Regent Park?

Continued on page 6...

The TCHC is planning to start rebuilding Regent Park later this year. Many residents were involved in the planning process, but are they ready for the revitalization to begin? Will they be getting everything they had expected?



Coping with Depression

Page 4



Teacher Knows Best: Dealing with Bullying

Page 7



da Sexpert: Is Your Relationship Healthy?

Page 8

POET'S CORNER

Life Illuminates

Looking beyond the surface makes things a little clearer.

And then the light starts to illuminate from within.

Not just one big bright light but lots of little specks of light.

They shine so bright, that you just keep looking beyond for the hope of things to change.

The fear is that you will lose that moment in time by the blink of an eye.

So you stare motionless, without a care in the world.

The lights surround a pattern.

Maybe a pattern of your life.

But one thing is for sure, the pattern is very rigid and stable

And the lights shine all around it.

There are breaks in the structure, which are believed to be your failures, hardships and valley experiences.

But still there are lights all around it.

The lights are mostly at the breaks of the structure.

Is it trying to tell you something?

Then again, it all depends on how you see your life.

Nicola

LET CATCH DA FLAVA BE YOUR VOICE

Catch da Flava is a student and community youth newspaper that is published a minimum of four times a year. The newspaper is distributed FREE to schools, libraries and community groups across downtown Toronto.

The newspaper is produced by the *Catch da Flava* youth editorial committee of the Regent Park Focus.

Catch da Flava welcomes letters and submissions from young people (up to age 24). Submissions should be no longer than 500 words in length. If you would like more information about how you can contribute to *Catch da Flava*, call us at (416) 863-1074.

NEXT DEADLINE FOR
SUBMISSIONS IS:
March 15, 2005
Circulation: 10, 000

Catch Da Flava reserves the right to
edit submitted articles for space
and clarification.

Published Since 1995

Editorial



Greetings from *Catch da Flava's* new editor!

Dear new and regular readers of *Catch da Flava* newspaper,

My name is Bo Wen Chan, and I am pleased to announce that I am the new Editor-In-Chief of *Catch da Flava*. I inherited the position from Brandi Costain, who recently graduated from Ryerson University and got a real job (with a large enough salary to live on...hint hint to our funders) with a b-ball/student newspaper called The Dish. Congratulations Brandi! We at *Catch da Flava* wish you every success.

Now back to me. I was introduced to *Catch da Flava* over 2 years ago by a friend. I was eager to make a publication track record for myself, since my heart was

(and still is) in writing fiction--so I began by submitting poems. My small contributions eventually grew into voluntary full-length articles. I was convinced that *Catch da Flava* had lots of potential for expansion, since there are always so many articulate young people with opinions. I was enthusiastic about helping the paper spread, especially after meeting all the passionate and talented people at the Regent Park Focus. Several years later, here I am to help *Catch da Flava* keep growing.

With the support of the Regent Park Focus and the youth editorial committee we hope to make *Catch da Flava* even more entertaining, inspiring, informative--and whatever else you'd want it to be. As always, you won't find teen trash or celebrity gossip here, but you will find articles on how to deal with life, news about our community and world issues. *Catch da Flava* will remain a forum where teens get a chance to speak out and express their thoughts. We want to be your voice and the voice of your community. To do that we have to hear from you. Come out to our youth editorial/radio meetings every Tuesday from 6pm to 7pm (you don't have to live in Regent Park to take part). If you can't make it, that doesn't mean you can't get involved (for example I sometimes have classes on Tuesday nights). For enquiries and submissions, please call 416-863-1074 or email us at mail@catchdaflava.com or visit the website at www.catchdaflava.com.

Best wishes,

Bo Wen

Editorial: The Tsunami Disaster

On December 26th 2004, a tsunami struck several continents and claimed the lives of thousands. In Southeast Asia more than 5 million people were affected and left with no food, clothing or shelter. Many people at this very moment are still homeless, without food and clean water, or have no place to sleep.

The tsunami happened because the Indian Ocean had an undersea earthquake, which caused the ocean waves above it to split into two waves. One wave travelled towards land and the other wave went out to sea. The wave which travelled to the shore went much faster than normal, and as it proceeded, it grew taller and caused huge tides. By the time these tides hit the shore, they were over two-stories high and crushed all the boats and buildings close to the water. Many boats, beach hotels and fishing villages were completely destroyed. The countries with more than 10,000 fatalities were Indonesia, Sri Lanka, India and Thailand.

We as 14-year-olds believe that more people should donate money and clothing to the people that have been affected. If you look around your community and see what you have compared to those in the affected areas, you'll realize that you have your friends and family beside you. Many tsunami victims have lost their siblings, parents, and friends. Many children were killed in the tsunami and many more were orphaned and left with nothing. We should do anything possible to help the victims of the tsunami feel safe. It's during times like these that people need our support. Even donating a dollar would make a big difference in the victims' lives. In a disaster like this we should come together, bring out our spirits and make the world more peaceful. Countries are like one big family and when one member of the family gets hurt, we as the world should help them.

*by Maryan Hussein and
Jessica Uthayakumaran,
14, Jarvis Collegiate*



VOLUME 10 ISSUE 1
WINTER 2005

THE REGENT PARK FOCUS IS COMMIT-
TED TO THE USE OF COMMUNITY-BASED
MEDIA TO PROMOTE HEALTH AND ENGAGE
YOUTH.

REGENT PARK FOCUS IS HOME TO:
CATCH DA FLAVA YOUTH AND STUDENT
NEWSPAPER,
CATCH DA FLAVA ONLINE,
CATCH DA FLAVA YOUTH RADIO ON
CKLN 88.1 FM,
E.Y.E. VIDEO YOUTH PRODUCTIONS,
E.Y.E VIDEO CED,
THE ZAPPAROLI STUDIO FOR
PHOTOGRAPHY, **THE FOCUS PHOTO**
GALLERY & THE YOGA DEN

REGENT PARK FOCUS IS LOCATED AT:
600 DUNDAS ST. EAST
TORONTO, ONTARIO M5A 2B9
(ENTRANCE IS AT REAR BASEMENT)
TEL: (416) 863-1074
FAX: (416) 863-9440
WWW.CATCHDAFLAVA.COM

OL
PROGRAM CO-ORDINATOR
ADONIS HUGGINS

EDITOR-IN-CHIEF
BO WEN CHAN

TREASURER & ADVERTISING MANAGER
EMMANUEL KEDINI

YOUTH WRITERS AND EDITORIAL STAFF
BO WEN CHAN
BRANDI COSTAIN
CRYSTAL FUNG
FÉNIDE HÉRARD
MARYAN HUSSEIN
EMMANUEL KEDINI
JESSICA UTHAYAKUMARAN
TYRONE MACLEAN-WILSON

GUEST WRITERS
NICOLA
MICHELLE RICKETTS
PAT WHITTAKER

CATCH DA FLAVA IS SPONSORED BY:
THE TIPPET FOUNDATION, THE LAIDLAW
FOUNDATION, THE SEARS FOUNDATION
AND THE MINISTRY OF HEALTH AND LONG-
TERM CARE.

Junk Food: More Junk Than Food



What do pizza, French fries, hamburgers, hotdogs and tacos have in common? They're cheap, available almost anywhere you go, and are the major cause of poor nutrition among young people. Most students know that they should avoid eating junk foods on a regular basis. After all, there's a reason why it's called junk food.

Unfortunately, it's not that easy to eat healthy.

First of all, healthy meals can be ridiculously expensive. Or should I say that eating unhealthy is darn inexpensive? As with food, the same goes for beverages. Thirsty and need a drink? The vast majority of us will most likely ALWAYS grab a can of pop over juice or bottled water, mainly because soda is cheaper. If small juice bottles or water were equally priced or cheaper, what drink would you purchase? I would personally take juice or water over pop any day if doing so did-

n't leave my wallet empty.

Another thing I've noticed is that there are hardly any health food chains such as Juice4life located near schools. Most schools are surrounded by fast food franchises--unhealthy, bloat-yourself-up food venues. And when you only have an hour for lunch, few of us can afford the time to walk ten blocks to a health food restaurant.

As consumers are becoming more aware of the importance of eating healthy, fast food chains are responding by offering seemingly "healthy" menu items. For instance, McDonald's has so-called healthy options, like salad side dishes, on their menu. However, if eaten with the croutons, dressing and everything that makes them taste good--they will contain more fat and calories than a Big Mac! These are salads that you can actually classify as junk food! If you don't believe me you can check out the nutritional information yourself at www.weightlossforall.com/mcdonalds-calories-list.htm.

Places like McDonald's claim that they provide healthy meals, yet we have learned that even those so-called "healthy meals" are more fattening than MSG-packed hamburgers! Many other fast food franchises are also providing "healthy meals" that are not much more nutritious than McDonald's junk salads. Has the word "healthy" become just another catch-phrase to sucker you into eating greasy grub?

One of the main problems with junk foods is that they are not merely bad for you, but they are also highly addictive due to their high sugar content and a dangerous food additive called MSG (monosodium glutamate). Few people take the detrimental effects of MSG seriously. But if you eat take-out containing MSG regularly, the glutamate levels in your brain can accumulate to dangerous levels and kill your brain cells. The only reason people continue to consume the chemical is because MSG is an addictive seasoning agent that makes you love the "taste" of take-out food. In proper amounts, glutamate is an important chemical for your brain. However, when your brain cells are exposed to excessive amounts of glutamate, your neurons die. Thus if you regularly eat junk food containing MSG, you will in fact be slowly strangling your brain cells.

Still don't believe me? Here are some consequences that have been proven to result from excessive neural exposure to glutamate: head injuries, diabetes, severe low blood sugar, infections, headaches, brain tumors and strokes. It is therefore very important for people with the following conditions to avoid excess amounts of free glutamate: infants and children, pregnant women, obese people, headache or migraine sufferers, asthmatics and those who have diseases of the brain such as Alzheimer's disease.

If you want to avoid MSG, read the food labels and avoid products containing the following:

- Hydrolyzed proteins
- Sodium or calcium caseinate
- Autolyzed yeast, yeast extract, yeast food, yeast nutrient
- Textured protein

- Glutamic acid
- "Natural" anything flavor
- Bouillon or stock broth (chicken, beef, etc.) carrageenan
- Whey protein, whey protein concentrate, whey protein isolate
- Soy sauce, soy protein isolate, soy protein concentrate
- Malt extract or flavoring, malted barley
- Maltodextrin
- anything protein-fortified

Remember: just because an ingredient says it's "natural," this does not mean that it hasn't been artificially processed. Nor does it necessarily imply that it's healthy.

The next time you eat out, I suggest that you take a look at what non-fast food restaurants are near you. Avoid going to those popular fast food and take-out chains that you see on commercials, billboards and ads, because just about all of them will give you health problems if you eat them daily. Visit a few of those venues you so often walk past without a second thought. You never know; they may serve what you really want--at the same price as your favourite fattening fast-food franchises.



da Flava's Tyrone MacLean-Wilson, 20

A Few Facts About Your Favourite Fattening Foods

Did you know that..



Compared to other franchises, Tim Hortons's plain doughnuts have the least amount of fat (8 grams)

One can of Coke contains the equivalent of 10 sugar cubes

Light roast coffee contains more caffeine than dark roast coffee



Three strips of cooked bacon contains less fat than a single muffin (muffins generally have 16-20 grams of fat, while each strip of bacon has about 3)



1 slice of cheesecake contains the daily required amount of fat for an adult female (about 33 grams)

Haagen Daaz vanilla ice cream contains more than twice the amount of fat than non-gourmet vanilla ice cream (19 vs. 7 grams of fat per serving)

1 chocolate croissant contains the same amount of fat as a small bag of chips (about 20 grams)



Teacher Knows Best

For Bullies and the Victims that Kicked Them

Years from now, the majority of students will fondly look back on their school years as a time when they experienced health classes about sexuality, school dances, pimples on top of pimples and lifelong friendships. However for a lot of students, school will be remembered solely as a time when they encountered more bullies than they ever had to deal with at any other point in their lives. Now I am not here to condone violence but I do think you will agree that bullies as a group need to be stomped out!

Bullies are boys and girls who get a power surge by turning other people's lives into miserable train wrecks. You know the type: if they are boys their usual antics involve name-calling, pushing and shoving (especially in the hallways), intimidating others for their money and stealing stuff from the gym change-rooms or lockers. But, the all-around fave of the boy bully is provoking others into verbal or physical show-downs. Provoking here means the guy teases his victim with slurs like "scrub," "broke," "deadbeat" and so forth. This teasing usually escalates into some sort of open conflict which the bully unfortunately gets off on because he feels powerful for a fleeting moment in time.

While boys tend to have a very IN YOUR FACE type of bullying style, girls have their own hideous bully brand. Female bullying often involves tactics like excluding people from the group, spreading rumours about others, or ridiculing other girls about their appearance.

Nowadays, schools are taking a strong stance against bullying. Schools have come to realize that it is impossible to have a safe, violence-free school without using active measures against bullying. The problem is that bullying tends to take place away from adults, and teachers never hear or see what was going on. This is common; bullies know when to strike. That's not to say that bullies don't have an audience when they pick on their victims. In most bullying situations a group of students are almost always to be found nearby. In fact bullies would feel pretty silly if no one bothered to stick around and watch.

As someone who works in the trenches of a school, day in and day out (and maybe more importantly someone who actually was a bully and a victim in junior high school), I have some advice



Teacher knows best arrives just in time to stop bullying in the school hallway

and exercises for inquiring minds that want to know about how to deal with the whole bully-victim ting-ting.

Advice for victims:

Advice #1:

Realize that bullies cannot bully someone who refuses to be bullied. Walking with confidence can erase your chances of being a target.

Exercises:

Get up right now and walk around the room. Keep your head up and look directly ahead with a confident facial expression. Think about taking up space and knowing where you are going as you take each stride. Walk like this always. You are in charge of who you are and where you are going!

Advice #2:

Communicating very directly with a bully (looking in their eyes and stating what you want in a confident voice) can stop any unwanted actions quickly.

Exercises:

Get a mirror or any other object that you can pretend is a person. Look at it directly and say very loudly, "NO!" Practice saying things such as, "I want you to quit it!" "Stop hassling me!" "Leave me alone!" etc.

Advice #3:

If a bully continues to bother you it is necessary to get another person involved.

Talk to a parent/guardian, friend, teacher, guidance counsellor, principal or other trusted individual. Remember: bullies target victims carefully. People that cannot be pushed around are ruled out, because bullies know they will not be able to get away with their nonsense.

Advice for Bullies

Exercise #1:

Think about what is happening in your life at the moment. Who are you mad at? Who pushes you around? How do you feel about your appearance? Your personality? Your grades at school? Think about what makes you feel unhappy.

When you have done some very honest thinking about your own life, write down your thoughts. You need to attack the real challenges in your life and not others around you who have nothing to do with it.

Exercise #2:

Think about what makes you happy. What would you like to learn about? What interests could you be involved in right now in your life?

When you have identified activities that you want to try out, write down your ideas. Make a plan of action and give it a try. People who are going after goals in their life have no time for foolishness because they are much too busy.

Anger management for bullies

If you have a problem with getting into conflict (verbal or physical) with others, you need to un-learn this damaging behaviour. Check this out:

1. Whenever possible avoid people or situations that tend to set you off.

2. Imagine yourself behaving appropriately in situations that generally result in conflict. Take little steps toward acting like this person in your everyday life. With patience and practice you will become the person you envisioned.

3. Bullies, like victims, need to seek counselling if negative behaviour does not change. If you are not able to stop bullying, you need to talk to an individual you trust and get at the real reasons behind the bullying. You are not showing weakness but incredible strength by confronting your problems with maturity.

There you have it: victims stand up for yourselves and bullies get real and stop being annoying! School could be a paradise without all of this nastiness. Well okay a partial paradise--unless they rule out homework, detentions, lunch-room meals etc.

Take care, and remember to wear deodorant. Y'all can get pretty stanky during your adolescent years!

Watch out for more helpful tips from the Teacher Knows Best in upcoming issues. Winner of last week's "Guess the Teacher" contest was Kelly Soares, who correctly guessed the identity of "Teacher Knows Best." Congratulations Kelly!



by teacher Michelle Ricketts

The Toronto Rent Bank

Are you short of rent and at risk for eviction? Maybe the Toronto Rent Bank can help.

The Toronto Rent Bank is a homeless prevention project that helps people stay housed by providing interest-free loans to low-income working families who are in rental arrears. These loans prevent people from getting evicted by their landlords.

According to Executive Director Gladis Wong, the Rent Bank helps an average of 17 families per month, and less than 1% of the Rent Bank clients get evicted after getting a loan.

The maximum amount for a loan is \$2,500.00 or two months rent, whichever is less. The repayment of a Toronto Rent Bank loan is designed to give people a little bit of time to put their finances back on track while they repay the loan on



a monthly basis. The amount of the payment is based on the family's monthly budget.

Recently the Rent Bank has expanded its service from families with children to include single people, childless couples, seniors, and youths. To apply for a Rent Bank loan, applicants must show their bank statements, their income, a pay stub or a letter from their

employer, information about their expenses, and information concerning the eviction notice. Applicants must be employed, receiving a steady income and be a legal tenant.

The Toronto Rent Bank serves the entire city of Toronto. They have eight different locations throughout the city, and people who need a loan should apply at the nearest neighbourhood centre. There are centres in North York, Scarborough, Woodgreen, East Toronto (East York), York, downtown and two centres in Etobicoke. The downtown centre is located at The Neighborhood Information Post at 269 Gerrard Street, which also serves as the central administration office. Staff at the different offices fill out the applications with the clients and are also available to help with

budgeting, counselling, negotiating with the landlord and information referrals.

The Toronto Rent Bank project has been in operation for four years and is funded by the United Way of Toronto and all three levels of government. For more information about the Toronto Rent Bank call The Neighborhood Information Post at 416-924-2543.



da Flava's Fénide Hérard, 21

Fighting The Inner Demon Depression Among Teens



Every morning at 11am in the middle of class, I discreetly pop open my pill bottle and tap two capsules into the palm of my hand. Whenever I take my medication, I am fearful that some of my fellow classmates have noticed this daily routine, and think that I'm some kind of junkie or a bulimic on laxatives. Some of my friends used to ask me if I was sick, and I would casually reply "No," because I'd assume that they were referring to a physical illness. At any rate, I wouldn't disclose to them that--like approximately 1 in 25 young people--I've been diagnosed with Major Depressive Disorder.

Depression affects approximately twice as many females as it does males. Over 90% of suicide victims have a diagnosable psychiatric illness (Psychiatric Clinic of North America, 2003). This is pretty scary when you also consider that suicide is the second leading cause of death among Canadians between the ages of 10 and 24, next to automobile accidents (the 2002 Canadian Psychiatric Association's Mental Illness Awareness Week fact sheet).

Now I'm not implying that all depressed people are suicidal, or that all suicidal people are depressed. But there's definitely a strong relationship between the two. Furthermore, the age of onset for this disorder is usually during adolescence, which is why it's so important for young people be informed about the illness. This disorder severely impairs one's social and cognitive functioning, and puts

people at risk of seriously hurting themselves and others.

Even if a depressed person doesn't go as far as killing him or herself, no one deserves to be tortured by their thoughts. I remember days when I just did not want to get out of bed to go to school because it seemed so utterly pointless--despite the fact that my grades were well above average. Sometimes I would sleep in my closet, hoping I would never wake up. Often, I couldn't sleep because unbearable worries about every imaginable kind of personal and academic failure kept me wired. On these occasions, I'd take some sedatives and sleeping pills with alcohol to help me drift into a dreamless oblivion. There were other days when I thought I felt fine and would go out, but once in awhile I would end up breaking down in public because I couldn't handle the self-defeating thoughts that kept distracting me from my surroundings. I was too guilty and scared to kill myself, but I was definitely unable to face my life.

Maybe you're wondering, "Didn't anybody else notice that you were acting strangely?"

Well I'd always been pretty reclusive at home, so my parents attributed my alternating periods of apparent irritability and apathy to "teenage attitude." And as far as my friends could tell, I seemed shy but generally pleasant, was doing well in school, had parents who paid my tuition and was in a long-term relationship. Since I was also in good health and no one close to me had died, what on earth could there be for me to feel unhappy about?



Continued on page 8 ...

The Regent Park Revitalization

...Continued from cover

Well on the positive side, after being herded out of their homes and back again, the inhabitants of Regent Park will get a brand new unit with resource-efficient electrical and hydro systems. This will hopefully make all the moving and waiting worth the trouble. They will also be near 250,000 square feet of freshly erected retail, commercial, community and educational establishments; all amenities will be virtually at their doorstep. Finally their neighbourhood will look nicer, with better-tended parks and diverse housing structures ranging from mid-rise buildings to townhouses.

On the negative side, as TCHC is not going to increase the number of existing RGI units, the Regent Park redevelopment will do nothing to reduce the city's subsidized housing crisis. Estimated at over 65,000 people, Toronto has one of the longest waiting lists for affordable housing in Canada. Considering that it was recently reported that 75% of Toronto residents spend two-thirds of their income on rent instead of the recommended one-third, RGI housing is desperately needed. Thus for many housing activists, the redevelopment of Regent Park is a missed opportunity.

There are also concerns that TCHC is backtracking on their promise to replace all the 2,083 RGI units in *Regent Park*. TCHC recently released a public document stating that a minimum of 1500 RGI units will be replaced. During a community consultation on October 14, 2004 between the Regent Park Community and the city's planning staff, Kyle Knoeck



(who is a City of Toronto planner) said that 383 of the new RGI units would be relocated in places "nearby" in the "east Downtown area." This notion was confirmed in the "Regent Park Revitalization Initiative" released on December 13, 2004, which states that staff should "acquire sites suitable for the development of social housing in the east downtown area in order to build rent-geared-to-income RGI units not replaced at the Regent Park site." This means that although the absolute number of RGI homes will remain unchanged after the development, many RGI units will be relocated elsewhere, which could raise serious concerns for current residents. For example, where will the other RGI units be located and what will they look like?

Many of us are holding on to the idea that at the end of the day, Regent Park will be a truly mixed income community and the days of stigmatization of its residents will be over. This, however, may not exactly be the case.

Rumours abound that the RGI units will actually be located in segregated buildings with the affordable rental units. These buildings will be *separate* from the market-rent buildings. This may be necessary because currently the construction of subsidised housing is no longer funded by the provincial and federal government. Instead, the redevelopment of Regent Park will be driven largely through financial partnerships with developers who, in exchange for premium downtown Regent Park land on which to build market units, will provide the resources needed to build the social housing. Traditionally, developers do not combine market units with social housing units (including RGI) in the same buildings.

If the RGI units really will be in separate buildings, what will be the consequences of the fact that residents in these buildings will be identifiable as RGI and affordable housing tenants? Will this lead to future problems? After redevelopment, Regent Park will be dominated by middle-to-high-income residents, and with luck be transformed into one of Toronto's hottest communities. But segregated buildings leave low-income residents vulnerable to attacks from fiscally-conservative politicians, discrimination from middle-class residents and media stereotyping. These factors may influence successive governments to pull the plug on RGI housing, and cause the low-income minority to be compelled --either overtly or intrinsically--to leave the area. (Hey, it's not like it hasn't happened before.) This is an extreme scenario, but segregating people by income is bound to lead to conflict and stereotyping.

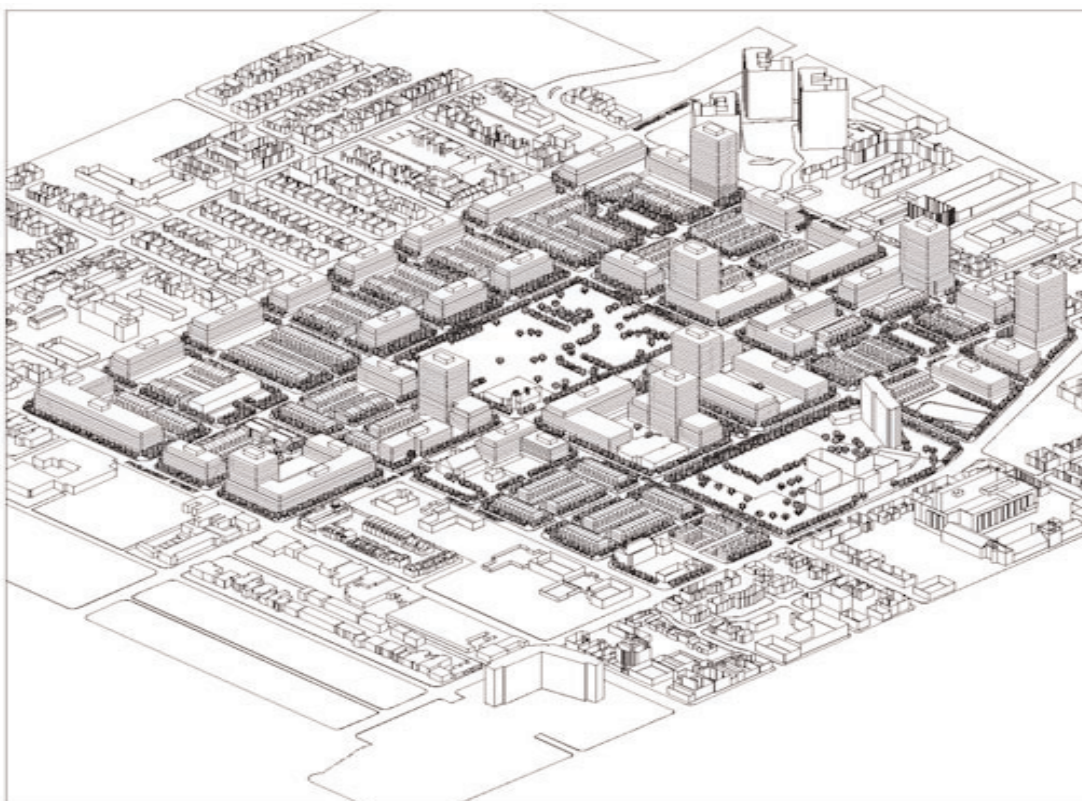


Derek Ballantyne, CEO of TCHC

There are also concerns about displacement. Aside from being given alternative housing during construction, will affected inhabitants be given a choice of what kind of housing they will receive, and where it will be located? Will there be stress-management programs during the construction period? How would you like to deal with 12 years of noise?

As far as this redevelopment goes, it is important to be critical, although not necessarily anti-revitalization. The project is an ingenious way to raise the funds to construct new housing and upgrade Regent Park's public image. But has enough effort been made to address the emotional and psychological impacts of long-term construction and displacement on current residents? In the wake of all the excitement over Regent's impending revitalization, it is important that citizens stay informed and work together to build the Regent Park that they want.

This is a model of what the new Regent Park will look like



If you have questions or concerns for the TCHC, you can reach them at 416-981-6990 or write to 931 Yonge St., Toronto, ON, M4W 2H2 or email: questions@regentpark.ca



da Flava's Bo Wen Chan, 21, University of Toronto

The Regent Park Revitalization

Not All of Regent Park is Destined for Redevelopment by the TCHC

Regent Park is scheduled for redevelopment late next year, but there are four pieces of land within the area that the Toronto Community Housing Committee (TCHC) cannot touch. This is because they belong to four neighbourhood churches that are privately owned. One of these revitalization-exempt properties is the Christian Resource Centre (CRC) located at 40 Oak St. Since 1981, the CRC has been providing social support and community development services to homeless and marginalised members of Toronto society. But what will happen to the centre when all the surrounding buildings start coming down?

"We don't want [the poor] to have less services here because of the redevelopment," says Phil Nazar, Community Development worker and Pastoral Minister at the CRC. Executive Director Michael Blair agrees: "This is an opportunity to rethink our commitment to our mission." Over the past few years, Blair and Nazar have been in conversation with the TCHC about their own plans to rebuild the centre.

The CRC's plans are as follows: they want the adjacent parkland to be part of the centre, and to reconfigure their current site to include three essential components. These components include a program and commu-

nity space, additional units of low-income housing (about 39-45 units), and a worship space.

"We don't want [the poor] to have less services here because of the redevelopment."

This expansion of the CRC is necessary because it already barely manages to accommodate the many people it serves daily. With the revitalization of Regent Park, Blair and Nazar predict that more space and resources will be needed to handle the influx of new people entering the area over the next several years. Their plans will show up on TCHC blueprints of the revitalized community. However, Blair stresses that "TCHC is not driving the redevelopment of this site; one of the things we want folks to be aware of is [...] it's our investment [...] we want to have a community conversation about the kinds of things they want in this site."

The CRC plans to begin their redevelopment during phase 6 of the TCHC-led Regent Park redevelopment so that displaced residents can have in-neighbourhood homes to live in while construction is going on. The CRC would also like to hire a community chaplain

to help families with life issues that may arise due to forced relocation, such as the loss of a home, history and social networks.

"We want to have a community conversation about the kinds of things they want in this site."

The only thing that may hinder the reconstruction of the CRC and the operation of its several dozen charitable programs that are currently running, is funding. The projected cost of the project will be about \$10 million, and as TCHC does not own the land on which the centre is situated, it will not help pay for the CRC's plans to expand and improve their services to the community. Whatever negotiations take place with private and government funders during the next few years will be crucial in determining the fate of this long-standing, much-needed organization.

*da Flava's Bo Wen Chan, 21,
University of Toronto*

Your Opinions on the Redevelopment



"I don't think it's a good idea because people have to move and stuff and they have to rehabilitate their life."

-Marcus



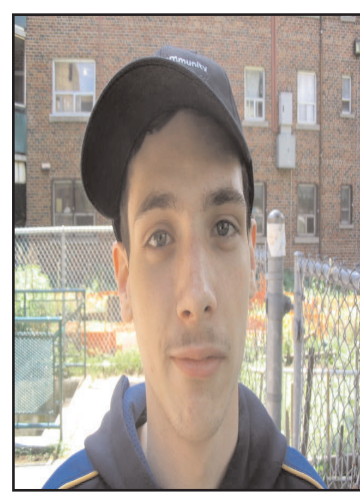
"I think it would be good for the community because all the trouble that we have in the past and gettin' different types of people within the area would be good and I guess that's that."

-Kaylin



"I think it would be a good positive change for the community. The buildings are falling apart and that affects how people feel."

-Marlon



"I think the revitalization of Regent Park would dramatically alter the community as we know it. Towards the good or the bad--I wouldn't know till it happens."

-Tyrone

What are your opinions and concerns about the redevelopment? Voice your views at www.catchdaflava.com!

Dealing with depression, and then some

... Continued from page 5

The fact is that there was no obvious reason for me to be unhappy, but I still felt that way. Of course, not everyone will act or feel the same way I did if they are depressed, but the underlying feelings of overwhelming sadness, helplessness and hopelessness that characterise the illness will be prevalent in a depressed person's thoughts and behaviours.

These days, I'm still not sure if I really have "depression;" diagnoses of mental disorders are relative, after all. (In fact, my doctor doesn't seem so sure about my diagnosis, either.) But after I finally decided to see one of my school psychiatrists and take medication (following a lengthy period of deliberation and much convincing by several doctors), I've been slowly--sometimes really slowly, it seems--getting better. No one can tell with certainty what causes depression, but at least we can be somewhat comforted to know that there are ways to manage it. These usually include talking to a therapist, usually a psychologist or a psychiatrist (sometimes several at first, who will all ask you the same questions, so you

may need to be patient). Their goal is to help you understand yourself, make sense of your thoughts and help you gain the psychological capacity to function in society. Therapy sessions are usually about an hour long and can be weekly, biweekly or



monthly depending on the patient's situation. A psychiatrist may prescribe you medication if s/he deems it appropriate for your case (and these drugs usually take a few weeks to start working, so again you need patience). A psychologist, on the

other hand, cannot prescribe medication unless s/he is medically licensed.

I've also come across something called "bibliotherapy," which claims that reading certain books and doing writing exercises that focus on changing the way you think about yourself can help you help yourself further recover from a depressive episode. If you're interested, you can read *Feeling Good: The New Mood Therapy* by David B. Burns. This book can be found at most bookstores for \$9.99. (Disclaimer: I tried this and it didn't really work for me, but that was probably because I didn't find time to stick to the exercises.)

In any case, if you suspect that you or someone close to you may be suffering from depression, I really urge you

to see your family doctor or school counsellor. The internet is also an information mine, but less useful when it comes to getting tangible aid. If there's an emergency where someone is seriously in danger of getting hurt, call the Gerstein Centre's Crisis Line at (416) 929-5200 or drop in at their clinic at 100 Charles St. W (for directions, visit <http://www.gersteincentre.org/contact.html>). You can also admit yourself or someone else to the The Centre for Addiction and Mental Health/Clarke Institute of Psychiatry's emergency room at 250 College St. (east of Spadina Ave.). I find that these places are more helpful than phone help lines or hospitals because they deal specifically with people who have psychological problems, and also offer a place to stay for awhile if someone needs or wants to be removed from their immediate environment.

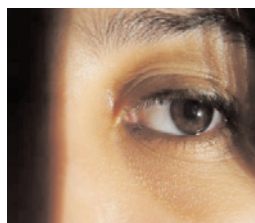
With the help of therapy and close support of friends and family, I am managing to lead a healthy and "normal" life in spite of my "depression." You can too.

Anonymous, 21

The Signs and Symptoms of Depression

The Diagnostic and Statistical Manual IV (which is the guidebook that doctors use to help them diagnose psychological disorders) classifies depression as a mood disorder with the following symptoms:

A depressed mood or a loss of interest or pleasure in daily activities for at least 2 weeks. This mood must represent a change from the person's normal mood and must impair social, occupational, educational or other important functioning. At least five of the following symptoms must also be included:



Depressed mood most of the day, nearly every day, as indicated by either subjective report or observation made by others. (In children and adolescents, this may be characterized as an irritable mood.)

Diminished interest or pleasure in all, or almost all, activities most of the day, nearly every day



Significant weight loss when not dieting or weight gain (e.g., a change of more than 5% of body weight in a month), or decrease or increase in appetite nearly every day.



Fatigue or loss of energy nearly every day



Feelings of worthlessness or excessive or inappropriate guilt nearly every day



Diminished ability to think or concentrate, or indecisiveness, nearly every day



Recurrent thoughts of death (not just fear of dying), recurrent suicidal ideation without a specific plan, or a suicide attempt or a specific plan for committing suicide



Psychomotor agitation or retardation nearly every day

Insomnia or hypersomnia nearly every day



If you or anyone you know is suffering from suspected depression, you can call the Centre for Addiction and Mental Health at (416) 535-8501 ext. 6878 for an assessment

NO!!

People are debating whether or not Phys Ed should be mandatory in grades 10, 11, and 12. I say NO!!! Phys Ed should be an option that students can choose to take--even in grade 9--and here are the reasons why.

When I think back to grade 9, I conclude that gym was a complete waste of time. I had to purchase my uniform for \$30 along with a swim cap. The sports that we played in our classes were not ones that appealed to a lot of us. Take swimming for example. Swimming for the grade 9s is mandatory at our school because we have a pool. The pool, however, was very dirty because a lot of people used the pool without taking a shower first. Schools also try to save money by not regularly cleaning the pools. My sister once told me that they found a dead cockroach in her school pool. Yeck! So not only is swimming not enjoyable, but it's also a potential health hazard!

Even sports that are considered fun to most students become a drag in gym class. This is because the focus in Phys Ed is on drills and learning the correct rules, not on actual playing, which is what most students would like to do. Practicing skills and learning the rules wouldn't be so bad if we had not already done so in grades 7 and 8. But we did!

People are always saying that Phys Ed should be mandatory because a lot of students are overweight and physical activity helps students stay fit while they're in school. But there are also a lot of students that do take Phys Ed who are still overweight. If an overweight student attends gym class in the morning and then eats three slices of pizza, a large fries and a coke for lunch, gym class won't be much use to them. If the overweight or unfit student decides that they want to take Phys Ed to help themselves, then that's great. But that is not a reason to make Phys Ed mandatory and to insist that everyone in grade 9 has to take it.

An important part of a high school education is learning to make choices. The TDSB obviously trusts that students can choose some of their courses, so why not trust them to make the right decisions when it comes to taking Phys Ed? I believe that Phys Ed should not be mandatory for any grades in high school. Instead, students should be given options. This way, they will not waste money buying gym uniforms for grade 9 only to find it stuffed under their bed or in the bottom of their closet when they get into grade 10.



*da Flava's Crystal Fung, 16,
Jarvis Collegiate*

FACE OFF

Should Phys Ed be mandatory throughout high school?



Phys Ed is currently a course requirement in grade 9 for all Ontario students. It has recently been suggested that gym should become a mandatory subject throughout high school because many young people are not getting enough exercise. Two youths debate the issue.

Currently spends almost 40% of their revenue on health care. Much of these costs could be eliminated if schools continued to provide comprehensive physical education classes to all students in all grades.

The argument that physical education should be implemented only by personal choice is ludicrous when you consider the fact that many overweight adults regret that they stopped being physically active in their teenage years. It's all about prevention: forcing teens to take gym now will help prevent heart and other health problems later.

YES!!

Society should take advantage of the time when youth and children are in school to teach them valuable skills and instill positive attitudes that go beyond reading, writing and arithmetic. Take physical education, for example. It's increasingly evident that each year more and more students are going to their classes with wider waist lines.

There are many reasons why students are getting overweight each year, but the lack of physical education in high schools undoubtedly contributes to the epidemic. According to the Canadian Diabetes Association, more and more children are being affected by Type 2 (non-juvenile) diabetes each year. Twenty years ago, diabetes was a disease that affected only adults. Now children as young as nine years old are being diagnosed with the disease.

It's not rocket science that physical education in schools is an important measure that should be used to fight diabetes and obesity. So why have school boards across the country reduced the number of hours of Phys Ed in their curriculums, or eliminated physical education altogether?

Some obviously ignorant people believe that physical education can be reduced or eliminated as a cost-saving measure. While school administration at the local level has saved money by not providing enough Phys Ed teachers and gym facilities, society picks up the bill in the form of skyrocketing health costs numbering in the billions. Ontario currently

Where do you stand on this issue? E-mail your thoughts and comments to:
catchmail@catchdaflava.com



da Flava's Emmanuel Kidini, 23

Ask da Sexpert

Knowing When to Call it Quits: The Signs of an Unhealthy Relationship

Companionship is one of the things that most human beings crave. From a young age, we are sold fabulous fantasies of what a relationship should be like. We dream about these fantasies in our teenage years and end up chasing a romanticized ideal of the perfect relationship. The reality is that no one and nothing on this earth is perfect, and this includes relationships. Just because a relationship isn't perfect doesn't mean that it's a bad one. But in a world of fantasy and romanticized partnerships, would you be able to realize when yours is becoming an unhealthy nightmare? Would you know what to do and where to turn if your relationship was becoming increasingly dangerous? It's definitely time to call it quits when a relationship becomes emotionally, physically or sexually dangerous. But what are the warning signs?

With the help of Daniel Michel, a social worker at the Regent Park Community Health Centre and some research, I've managed to put together a list of the warning signs of a potentially dangerous and/or violent relationship:



Your partner gets angry when you don't drop everything for them.

Your partner becomes extremely jealous and possessive, and thinks these destructive displays of emotion are signs of love.

Your partner tries to keep you away from your friends and family and doesn't let you make new friends.

Your partner calls you bad names.

Your partner yells at you and blames you when something goes wrong in their life.

Your partner tries to stop you from doing things you love to do, like playing on the basketball team or volunteering in the community.

Your partner makes all the decisions in the relationship and refuses to take your views and desires into consideration.

Your partner pressures or forces you to have sex, or to have sex you're uncomfortable with.

Your partner threatens physical violence.

Your partner has a record of abusing their past lovers and accepts and defends the use of violence by others.

Control is the key word to remember when trying to figure out if you're in an abusive relationship or not. If you can think of any way in which your boyfriend or girlfriend is trying to control you then you need to get out of the relationship fast.



da Flava's Sexpert

Do you have any questions or concerns for da Sexpert? Don't be afraid to ask!

**E-mail me:
sexpert@catchdaflava.com**

da Sexpert offers advice about relationships and sex in every issue of *Catch da Flava*.



MPENZI
*Black Women's
International Film & Video Festival*

Friday February 11 2005
6:30-9:30pm (doors open 6:00pm)

National Film Board of Canada
150 John St. (south of Queen)

FILMS:

Surrounded by Water Michele Clarke

Eden's Wake Michelle Brown

Gift for the Living Tamika Miller

Reunion Frances-Anne Solomon

Intermission-complimentary refreshments served

Forbidden Sue Maluwa Bruce, Beate Kunath and Yvonne Zuchmantel

Me in the Mirror Karen Chapman

Excuse Me Sir Helen McKnight

Almost Forgot My Bones Tanya Evanson and Katrin Bowen

Safer Sex Amber Wyn and Karen Lewis (Regent Park Focus E.Y.E. Video)

Panel discussion and Q&A with filmmakers (moderated by Alison Duke)

Tickets: \$10 at door or \$8 in advance and limited sliding scale at:

Toronto Women's Bookstore

73 Harbord St. (at Spadina)

A Different Booklist

746 Bathurst St. (south of Bloor)

Wheelchair Accessible. Free childcare available by registering before Feb. 7. Call 416-533-8157.

Your Ad Could Go Here!

Do you want to spread the word about youth and community-related goods, services or events? Are you on a tight budget? Then *Catch da Flava* may be your solution!

***Catch da Flava* is distributed to 10,000 households, schools and community centres all across the GTA.**

Prices:

1/8 page - \$50

1/4 page - \$75

1/2 page - \$150

Full page - \$300

If your ad has a deadline, we will meet it or else give you a full refund!

**For more information call:
(416) 863-1074**

In Conversation With George Smitherman



The Honourable George Smitherman

Liberal candidate George Smitherman, was first elected M.P.P. for Toronto Centre-Rosedale in 1999. He was re-elected again in 2003 when the Liberals, under the leadership of Dalton McGuinty, swept into power. Shortly afterwards M.P.P. George Smitherman was appointed Ontario's new Minister of Health and Long Term Care. *Catch da Flava* member Vinh Duong had an opportunity to speak with The Honourable George Smitherman in late November.

da Flava: Just to begin, can you tell us a little about what you do?

Smitherman: I've got two jobs: I'm a politician-I'm a member of the provincial parliament for the riding of Toronto Centre Rosedale, and because my party is the governing party in Ontario, I also have been given the privilege of serving as the Minister of Health and Long Term Care.

da Flava: What does an M.P.P. do?

Smitherman: It's an advocate. I work on behalf of about 115 thousand people in downtown Toronto.

da Flava: What do you think are the primary issues affecting young people and people in Regent Park?

Smitherman: Well I think that I've had the opportunity to speak to a lot of youth in Regent Park but I don't pretend to be a voice for them. So I think that it's impor-

tant that I listen to them. I got to be part of Pathways to Education; I think that addresses one of the issues that affect residents, which is education and access to post-secondary education, so that's one thing that I've been very involved with.

da Flava: What are the other issues that affect residents of the Regent Park community?

Smitherman: I think the issues that affect Regent Park are similar to the issues that affect everybody: health care and education. But I think in Regent Park we have to make sure that those services address the particular challenges of communities like Regent Park. We've got to make sure we're helping kids that have English as second language, we work with the Regent Park Community Health Centre to make sure that health care is accessible to all those people. There's a local flavour that has to be considered. [Regent Park has] got a vibrant heart and soul.

da Flava: Do you have any concerns about the redevelopment?

Smitherman: I think that we have continue to make sure that the voice of the community is really utilised and remains strong, and we protect those that call Regent Park home- that nobody gets displaced. I think that Regent Park has a very proud community.

da Flava: What are some of your challenges as the Minister for Health?

Smitherman: Not enough hours in the day. Last night I got home at 11:30 pm. These days the biggest challenge is that there isn't enough time. The Ministry of Health is a thirty billion dollar operation. It's got a lot going on. You've got to prioritise, and everyone is faced with this. We're often trying to do many many things at one time.

da Flava: What's taking up all your time?

Smitherman: A whole bunch of different things. I've got maybe 15 big issues going on at one time: hospital funding, we're trying to change the condition for nurses,

we've been addressing all kinds of problems for people in nursing homes...the list goes on and on and on. It's so cool though, I get to be involved in so many amazing things. I'm really at an awesome place.

da Flava: So is that why you went into politics?

Smitherman: It's about having a chance to work for people--public service.

da Flava: Aside from public service, what made you want to get into politics to begin with?

Smitherman: The fact is that my grandmother was a great admirer of Pierre Trudeau so I guess I absorbed a lot of that. In 1980 when he had lost, I got active in Liberal Party politics and I turned 16 during that campaign. The people in that campaign treated me like an adult. They gave me adult things to do and I worked my ass off. It will sound a bit corny but it's a bit like a family.

da Flava: What would you like to see accomplished at the end of your term in office?

Smitherman: By the time we go for re-election, I think Ontarians are going to see a government that worked its ass off and has improved the public services in Ontario including education and health-care. I think we got Ontario on a good path. It's all about what we can do to maximize the capacity of pushing every person.

da Flava: When you do get some spare time, what do you do?

Smitherman: That's a good question. What I've learned to do is I've figured out how much goodness I can carve out of 24 hours. If I only have an hour of spare time, what I hope to do is to catch an episode of The Simpsons. My weight's up there so I try to stay active, I play hockey, I've taken up tennis.

da Flava: If you're active, why do you think your weight is still up there?

Smitherman: I can't blame anybody but myself. I'm the Minister of Health and I'm supposed to set a good example, so I try to talk about it publicly. It's mostly about bad food habits. I can't really say it's anything but my own lack of discipline. I've adopted a theme: continuous improvement.

da Flava: Is there anything else you'd like young people to know about you?

Smitherman: I just want people to know that I love Regent Park, I think it's a really cool place; it's taught me a lot. As a community I'm proud of it. It's taught me perseverance, it's taught me about unity, it's shown me some of the challenges that Canadians face. Just after I was elected there were 6 murders in 6 weeks--that was brutal, man--but the community has risen up. The redevelopment is built off the minds of people in Regent Park. It's teaching a lot of other communities how it's done.

In Conversation is a new Catch da Flava section devoted to conversations with people who represent our youth voice and our communities at the local, provincial and federal level of government. Next issue In Conversations will feature City Councillor Pam McConnell.

Check Out
Catch da Flava
Online @
www.catchdaflava.com



Radio with an Urban Youth Perspective....

Tune in to *Catch da Flava* Youth Radio on CKLN 88.1 FM every Tuesday @ 7:30 p.m.

REGENT PARK COMMUNITY HAPPENINGS

The Dreamers: Remembering the Dead



I had a dream. I saw a circle of children and it was the most beautiful children in a circle I ever seen. I said to myself, 'O my God, O my God, these are the children who died in Regent Park, O

my God.' When they reached St. Bartholomew Street and Regent Street [...] they were floating and I said, 'O my God we have to have a memorial garden in honor for all of these children.' [...] All of those children were together and they were so beautiful." This was the dream of Elsaída Douglas, whose son Clement died on May 10th, 2001. This vision has inspired her to create a memorial garden for all the youth that have died in Regent Park. She is not doing this alone, but with the support of the Dreamers, a decade-old organisation of mothers whose children have died due to violence. "It doesn't matter if they died by violence, gun or accident," says Elsaída. Throughout the past decade, the Dreamers has been rallying

against violence, and this is the next big project they plan to undertake to support their cause. Over the next few years, the Dreamers will be getting in contact with parents who want their children commemorated in the garden. The garden itself will materialise through hard work in multiple phases. The memorial garden will be an emblem of community solidarity and peace. As the Dreamers member Patricia Wynter (mother of the late Chad Wynters) states, "I think that it gives a real positive message that dreams can come true and it is important that we remember the ones who have died and having this memorial is very, very significant of that."

by Pat Whittaker

Want to Learn to Cook? Need A Caterer?

Bob Jackson is the Drop-in Coordinator for the catering program at the Christian Community Centre. The program teaches people how to shop and cook for events in and around the downtown area. Not only does the program provide catering services for cheaper than conventional prices, but it also trains groups of people to become experi-

enced self-sustaining caterers--a win-win situation for program members and event-holders. New members are trained by the old ones, some of which have been with the program for 4 years. It is Jackson's job to supervise the catering stock and make sure the operation runs smoothly. The project is so successful that it even caters for Daniel and Daniel, Cabbagetown's

elite caterers. If you are interested in joining the program and/or taking advantage of its services, feel free to contact Bob Jackson at the Christian Resource Centre (40 Oak St.) at 416-363-4234.

da Flava's Tyrone
MacLean-Wilson, 20

Community Christmans Party 2004 a Success!

On December 18th, 2004, Parks and Recreation hosted a community Christmas party at the Regent Park Community Centre. Approximately 150 children and parents attended the event, which featured a magic show, the Dixon



"Santa Claus" Omar Peters at the community Christmas party

Hall Drumming Group, Regent Park Focus videos, childrens arts and crafts, music, and a whole lot of food. The highlight of the party was the arrival of "Santa Claus" who delivered gifts to all who were present.

New Library Opens



On October 14 2004, the Toronto Public Library opened a new branch, The St. James Town Branch at 495 Sherbourne Stree (at Wellesley Avenue). This new library features a children's area with a parenting collection, 14 computers with free high-speed Internet and 4 kid-friendly computers, 2 study/seminar rooms, adult literacy and English as a Second Language materials, collections in 10 different languages and more. The library is open on Tuesdays and Thursdays from 12:30pm-8:30pm, Wednesdays and Fridays from 10am-6pm and Saturdays from 9-5pm. For more informations, call 416-393-7744 or visit www.torontopubliclibrary.ca

Regent Park Focus Happenings

Catch da Flava Radio

Tune in to Catch da Flava Radio every Tuesday at 7:30pm on CKLN 88.1 to catch up on the latest youth-related news, hear interviews with special guests and participate in heated debates about issues YOU care about.

Want to be a radio host or learn how to tech? Come to the Regent Park Focus (600 Dundas St. E, rear basement) on Tuesdays at 7pm.

Journalists Wanted

Submit your poetry, opinion pieces and articles to Catch da Flava newspaper by sending them to bowen@catchdaflava.com

Also come out to our weekly newspaper meeting Tuesdays at 6pm at the Regent Park Focus (600 Dundas St. E, rear basement) to get assignments and share your ideas about the newspaper.

Free Yoga Classes

Wednesdays 5:30-7:30pm (all)
Fridays 1 pm-3pm
(women only)
at Regent Park Focus

DJing and Breakdancing Workshops

Learn how to spin, scratch and mix with DJGrouch, and groove with B-Girl Nylda Gilardo every Thursday evening from 6pm-8pm at 600 Dundas St. E. These workshops are FREE to youth ages 12-24! Call 416-863-1074 for more information.

New Photography Workshop

Learn to take digital pictures and develop black and white photographs every Saturday afternoon. To register, call 416-863-074

Be Heard!

Join the Regent Park Focus monthly youth membership meetings to discuss programs and issues that interest you. Meetings will take place on the last Tuesday of each month from 6pm-8pm. Refreshments will be provided. Next meeting: Tuesday February 22, 2005.

