Ecomedia.
Toronto
presents:

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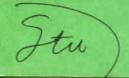
Ontario Survival

Guide

How to get by.



WE DON'T THINK OF
OURSELVES AS
UNEMPLOYED, SIR ...
WE THINK OF
OURSELVES AS FILLING
A NONEXPLOITATIVE
ECOLOGICAL NICHE.



(416) 646-2695

Introduction

The purpose of this Survival Guide is to provide Ontarians with the basic survival information they require: how to obtain necessities at an affordable price, find employment, invest savings. locate information and perform the other tasks that become necessary at various phases of life. With governments everywhere in the industrial world cutting back on social programs to meet the demands of the corporate capitalists who finance their election victories, it becomes essential to know what services are still available and to devise means of helping people to meet their own needs rather than relying on the state

Some of the information herein is directed towards people on limited or no budget, the remaidner is for everyone. There is no index, but the complete table of contents should enable you to locate what you need quickly. Since the guide was compiled in Toronto. it contains a great deal of precise information as to where to go for specific services in Toronto which is lacking for other Ontario communities. However, the list of community information centres on pages 4 to 6 provides those outside Toronto with a point at which to learn the whereabouts of similar services in their own localities.

The guide was compiled by Ecomedia, the news service of the anarchist community in Toronto. As anarchists, we

perceive a certain contradiction in frequently referring people to government programs; however, this is seen as a necessity so long as people continue to rely on government services for survival. Along with references to government programs, we print suggestions for people to supply their own needs through individual and co-operative community effort, thereby hopefully hastening the day when we will rely on each other. individially or through networks of small communities, rather than the state. We received information from a large number of sources, and it should not be assumed that every member of the Ecomedia collective necessarily agrees with any opinion stated. Our thanks to those who supplied information.

Ecomedia did not seek either government or private funding to publish this guide, and consequently the number of copies we could print is severely limited. Since none of the material is copyrighted, recipients are encouraged to photocopy as many copies of the guide (in whole or in part) as they wish to distribute. Copies of the Survival Guide may also be ordered from Ecomedia at printing cost. plus postage if outside Toronto. Order from:

Ecomedia PO Box 915. Station F. Toronto Ontario M4Y 2N9.



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Section 1. Asking for Help

Emergency Phone Numbers - Toronto Area

General.

NB-Think twice before calling the police. They are not trained social workers, and tend to respond to calls for help by arresting someone. Perhaps one of the other agencies listed here could serve your needs better.

- Community Services Information (24 hour) 863-0505
- · Emergency Police, Fire or Ambulance 911 (dire emergency only) 24-hour non-life-threatening, 392-9111. Ambulance 489-2111 Fire 363-2111 Police 324-2222
- Poison 598-5900, 597-1500 (Hospital for Sick Children) 461-8272 ext. 200 (Toronto East General Hospital)
- Communicable Diseases: information and inspection
- Child Abuse 924-4646 (Children's Aid Society) 925-6641 (Catholic Children's Aid Society)
- Credit Counselling Service of Metro Toronto 366-5251 (outside Toronto call toll-free 1-800-263-0260.) Advice on budgeting, debt repayment plans.
- Housing

Rent Review Inquiries 964-8281 Building Inspector (complaints about heat, maintenance) east of Yonge 392-6945, west of Yonge 392-6932 Cockroach Problems 392-0969

Pollution

424-3000 (odours and airborn pollutants: 24 hours) 363-2133 (spills and odours-Toronto Fire Department) 392-8211 (road spills—oil, hazardous chemicals)

 Emergency Accommodation (hostels, temporary shelters) 863-0505

Youth Without Shelter 748-1700

- Short-Term Financial Assistance 392-8623 (9-to-5; after hours and emergency 392-8600 (Metro Dept of Community Services.)
- Noise Complaints-noisy people or animals call the police (if all else fails) at 324-2222 construction or machine noise call Noise Control 465-5477
- Salvation Army 368-3111
- To replace lost cards: Birth certificate: 965-1687 Drivers' licence: 489-9018

Age of majority card: 965-4964

OHIP: 482-1111

Green Shield Card: 226-5226 Social Insurance Card: 973-4100

Weather Information 676-3066

2. Health

- Family Doctor-To find a doctor who is taking new patients, call the College of Family Physicians, 493-7513
- House Calls-by a doctor covered by OHIP. 449-5680
- Alcohol/Drug crisis treatment 595-6128 (24-hour), 652-3561

Alcoholics Anyonymous 487-5591 Drug and Alcohol Information Line 9 am-pm, 7 days a week Metro 595-6111, Ontario 1-800-387-2916 Nationwide line for people wishing to quit smoking: 1-800-267-7867

Ontario Hospital Insurance Plan (OHIP)

Toronto 482-1111 Etobicoke, North York 275-2730 Scarborough 263-3814 Mississauga 275-2730 Oshawa 434-3700

Hospitals

Baycrest Centre for Geriatric 789-5131 Bloorvale Children's Hospital 494-2222 Branson 633-9420 Centenary 284-8131 Central 964-4111 Clarke Institute of Psychiaty 979-2221 Dewson Private Hospital Ltd. 536-5009 Doctors Hospital 45 Brunswick 923-5411 Donwood Institute 425-3930 East General 461-8272 Etobicoke General Hospital 747-3400 Hillcrest Hospital 47 Austin Terrace 537-3421 Hospital for Sick Children 597-1500 Hugh MacMillan Medical Centre 425-6220 Humber Memorial Hospital 243-4104

Mississauga Hospital Cooksville 848-7100 Mount Sinai 596-4200 North York Branson 633-9420 North York General 492-4500 Northwestern General Hospital 492-4500 Orthopaedic and Arthritic Hospital 967-8500

Princess Margaret 924-0671 Providence Villa and Hospital 759-9321

Queen Elizabeth 530-2111

Queen St. Mental Health Centre 535-8501 Queensway General Hospital 259-6671

Riverdale Hospital 461-8251 Runnymede Hospital 762-7316 Sick Children 597-1500

St. Bernard's Convalescent Hospital 635-8422 St. John's 226-6780

St. Joseph's 534-9531 St. Michael's 360-4000

Scarborough General 438-2911 Scarborough Grace 495-2400

Sunnybrook University of Toronto Clinic 486-3000

Thistletown Regional Centre 741-1210 Toronto General 595-3111

Toronto Grace Hospital Salvation 925-2251 Toronto Rehabilitation Centre 425-6630

Toronto Western 368-2581 Wellesley 966-6600

Women's College 966-7111 York Central Hospital 966-7111

York Finch 744-2500

3. Crisis Intervention.

- Crisis line 465-5000
 - 24-hour service offering practical alternatives to problems associated with crime.
- Distress-Suicide Hotline 598-1121, 486-1456.
- Youth Suicide Help Line 246-0204.
- Crisis Intervention Unit, East General Hospital, 825 Coxwell Ave. 461-0311.
 - 9 to 5; other times 469-6220. Walk-in service, covered by OHIP, prior phone call recommended.
- Crisis Intervention Unit, Scarborough General Hospital, 438-2911 ex. 731.
- 24-hour telephone or walk-in service for those in emotional stress.
- Crisis Intervention Unit, Etobicoke General Hospital, 101 Humber College Blvd Rexdale 747-3528.
- noon to midnight; walk-in for patrients in emotional crisis.
 Adult Mental Health Clinic, North York General Hospital, 492-4511.
- Mon-Fri 9-5; at other times, all calls answered by hospital emergency staff.
- Youth Medical Crisis Centre, 1808 Weston Rd. 246-9363.
- Information for Victims of Violence, 863-0511, after
 5: 863-0505. Telephone service for victims of abuse and/or violence
- Inner City Youth Program, 290 Jarvis St., 598-8116.
 9 am-4 pm; for youth 16-21;
 supportive counselling; referrals to school; liasion and advocacy with educators, courts, families and social services;
- crisis intervention.
 Project Share, Toronto General Hospital Emergency Entrance, Gerrard E at University, 595-3047, 595-3043.
 crisis intervention, walk-in for those in emotional crisis.
- Salvation Army Suicide Prevention and Emergency Counselling, 100 Lombard, 368-3111.
 24-hour; telephone befriending and crisis intervention for
- the lonely, suicidal and distressed.
 Scarborough Distress Centre, 751-4888, telephone befriending and crisis intervention for the lonely, suicidal and distressed.
- Telecare Etobicoke, 598-1121, 486-1456.
 24-hour relief and personal crisis support for the lonely, suicidal and distressed.
- Teen Challenge, 463-4900, 463-0167.
- 24-hour help with alcohol, drug or other problems.
 Toronto Rape Crisis Centre, 597-8808.
- 24-hour; advice and guidance to victims of rape and their families, counselling, referrals, public education; will accompany victims to hospital, police or court.
- Toronto Addiction Research Foundation, 595-6128.
 Alcohol-drug crisis intervention.
- Youth Line, 922-1700.
 - 4:30-midnight; short-term emergency counselling and referral for adolescents. Information on appropriate sources of help for teenage pregnancy problems.

4. Dental Emergencies

NB-these all charge going rates; for low-income dental assistance see Dentistry section.

- Dental Emergency Service Academy. 234 St. George 967-5649 9-to-4; 924-8041 other times. Referral for emergency treatment to dentist in your area.
- Dental Emergency Service, 1650 Yonge St. 485-7121.
 Daily 9 am—I pm; phone first.

- Ontario Dental Association 922-3900. Referral for emergency to dentist in your area.
- Toronto East General Hospital, 825 Coxwell Ave. 46l-8272. Emergency extractions Thursday mornings. \$25.
- Toronto General Hospital, 101 College St. 595-3649.
 Emergency 24-hour service as a result of trauma, severe pain, bleeding or swelling. Fee \$32-36.

5. Ethnic Services

- Cross Cultural Communication 530-4117
- SEEDS African Immigration Services 922-1456
- Caribbean Immigrant Service 535-4476
- Caribbean Canadian Catholic Centre 534-1145
- Canadian African Newcomer Aid Centre 964-0004
- Congress of Black Women 622-4978
- Croation Mosque 255-8338
- Ethiopian Orthodox Church 653-7096
- Jamaican Canadian Association 535-4476
- Jami Mosque 769-1192
- Medinah Mosque 465-7833
- Islamic Foundation 465-2525
- Catholic Immigration Bureau 977-3264
- Relief Support of Tigray in Canada 536-4927
- Ethiopian Association in Toronto 658-3844
- Oromo Relief Association 321-3532
- Western Somali Relief Association 767-3374
- Omonna Cultural Organization 890-6564
- Waigho (West African) Heritage Language 890-6564
- Nigerian Association in Canada 756-0658
- Ghanian Association in Canada 972-6290
- Eritrean Community in Metro Toronto 762-0707
- Eritrean Relief Association in Toronto 598-2152, 598-3813
- Somali Immigrant Aid Organization 535-3681

6. Other Useful Numbers

- Canada Service Bureau 973-1993. For help finding a federal government service.
- · Government of Canada

Help finding a federal service: 973-1993

Citizenship Inquiries 973-5400

Human Rights Commission 973-5227

Immigration Inquiries 973-4444

Income Security Programs 973-6580 (old age, Canada

Pension, Family Allowance.)

Income Tax 869-1500, tax forms 865-9469

Small Business Assistance 973-5000

Statistics Canada 973-6586

Unemployment Insurance 730-1211

Veterans' Affairs 224-4427

Ontario Government

Birth-Death-Marriage Certificates 965-1687

Consumer Services Bureau 963-0321

Day Care Information 965-0321

Drivers' Licenes 249-8571

Family Benefit Allowances 763-3631

Guaranteed Annual Income 965-8470

Guaranteed Income Supplement 973-4950

Human Rights Commission 965-6841

Minister of Environment 965-1611

Minister of Energy 965-1301

Ontario Home Renewal Program 585-6430

Ontario Ombudsman 586-3300 or 1-800-263-1830 for

complaints about provincial government

Ontario Human Rights Commission, 965-6841 for viola-

tions in Human Rights Code

Ontario Legal Aid Plan 598-0200 Seniors' Services, 965-5103, tax grants 965-8470. See also chapter on elders Workers' Compensation Board 927-9555

· City Hall

main switchboard 392-7020
animal control 392-6767
building inspection 392-7960
garbage collection 392-7960
presenting a petition 392-7020 (city clerk) or via local alderman
permit parking 392-7873
public works department 392-7771
roads and traffic 392-8500
street cleaning/snow removal 392-7737

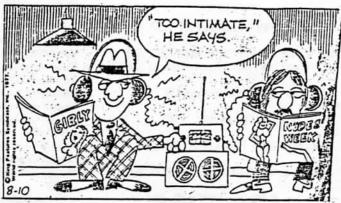
tree pruning 392-7281

- Consumers Gas 447-4911
- Ontario Hydro 595-6730
- Small Business Hotline-1-800-387-6142

7. Transportation

- TTC-schedules and route information 393-4636 island ferry information 392-8194 TTC lost and found 393-4100
- GO Transit 630-3933 (trains & buses to nearby cities)
- Buses (out of town) 979-3511 (Greyhound depot)
- Railway 366-8411 (Via Rail). 365-1220 (today's arrivals)
- Air-925-2311 (Air Canada)
 969-5551 (arrivals/departures)





Community Centres

Ontario Social Services.

The Ontario government sponsors a number of counselling, assistance and recreational programs for various groups (i.e. elders, handicapped, children.) The nearest office of the Ontario Ministry of Community and Social Services will advise you as to any government-sponsored programs in your area that might help meet your needs. (For information in the French language, call 1-800-268-7507.) These offices are located as follows:

- Barrie-34 Simcoe St., Barrie L4M 4Y6, 705-737-1311.
- Hamilton-119 King St. E., 6th floor, Hamilton L8N 3Z9, 521-7280.
- Kingston-1055 Princess St. #103, Kingston K7L 5T3, 613-545-0539.
- London-495 Richmond St., 6th floor, London N6A 5A9, 519-438-5111.
- North Bay-222 McIntyre St. W., #406, North Bay P1B 2Y8, 705-474-4452.
- Mississauga-1140 Burnhamthorpe W. #212, Miss L5C 4E9, 897-3100.
- Ottawa-10 Rideau St., 7th floor, Ottawa K1N 9J1, 613-234-1188.
- Peterborough-60 Hunter St. E., Peterborough K9H 1G5, 705-742-9292.
- Sudbury-111 Larch St. #1, Sudbury P3E 4T5, 705-675-4515.

- Toronto-2195 Yonge St., 9th floor, Toronto M7A 1G1, 965-1433.
- Waterloo-75 King St. S., 5th floor, Waterloo N2J 1P2, 519-886-4700.
- · Windsor-250 Windsor St., Ist floor, Windsor N9A

2. Northern Ontario Services.

In Northern Ontario, the Ministry of Mines and Northern Development provides information on available Ontario government social programs. It may be contacted as follows: northeast

- Blind River-13 Lawton. Blind River POR 1BO, 705-356-2226.
- Chapleau-31 Birch E, Chapleau POM IKO, 705-864-1515.
- Cochrane-161 6th Ave., box 668, Cochrane POL 1CO, 705-272-4274.
- Elliot Lake-IO Brunswick Walk, Elliot Lake P5A 2A8, 705-848-7133.
- Espanola-Espanola Mall, box 1778, Espanola POP 1CO, 705-869-1532.
- Hearst-904 George St., ox 1688, Hearst POL 1NO, 705-362-4358.
- Iroquois Falls-253 Ambridge Blvd., box 460A, IF POK 1GO, 705-232-4001.
- Kapuskasing-Model City Mall, Kapuskasing P5N 2E9, 705-335-6008.

- Kirkland Lake-32A Prospect Ave., box 635, KL P2N 3K1, 705-567-3291.
- Mindemoya-King & Yonge, box 128, Mindemoya POP 1SO, 705-377-5396.
- Moosonee-Main St., box 307, Moosonee POL 1YO, 705-336-2991.
- New Liskeard-310 Whitewood Ave, box 68, NL POJ 1PO, 705-647-7391.
- North Bay-267 Main St. W., North Bay P1B 2T8, 705-472-3911.
- Parry Sound-70 Church St., Parry Sound P2A 1Y9, 705-746-4296.
- Sturgeon Falls-191 Main St., Sturgeon Falls POH 2G0, 705-753-2900.
- Timmins-83 Wilson Ave., Timmins P4N 2S7, 705-267-1401.
- Wawa-27 Gold St., Wawa POS 1KO, 705-856-2354.

northwest

- Atikokan-123 Marks, box 940, Atikokan POT 1CO, 807-597-2701.
- Dryden-34A King St., Dryden P8N 1B3, 807-223-5231.
- Fort Frances-529 Mowat Ave., Fort Frances P9A 1Z1, 807-274-5329.
- Geraldton-305 Main St., box 69, Geraldton POT 1MO, 807-854-0266.
- Ignace-100 Main St., box 196, Ignace POT 1TO, 807-934-2260.
- Kenora-12 Main St., box 5050, Kenora P9N 3X9, 807-468-5548.
- Marathon-2 Stevens Ave., box 280, Marathon POT 2EO, 807-229-1153.
- Nipigon-16 Front St, box 8, Nipigon POT 2JO, 807-887-3230 (Tues-Thurs).
- Rainy River-408 Atwood Ave., box 430, RR POW 1LO, 807-852-3287.
- Red Lake-242 Howey St., box 950, Red Lake POV 2MO, 807-727-2870.

3. Community Information Centres.

These centres provide information out programs to help people with specific problems, and sometimes provide a variety of other services. If you have a specific problem, or feel a need for contacting others who share your general problems such as single parent child raising, the centres are a good place to start your search. If you live outside the Toronto area, they can also direct you to many of the specific services for which only Toronto phone numbers are published in this guide.

A. Metro Toronto

note: for general inquiry about community services in Toronto, call City Hall 392-8623.

All these centres provide counselling and referral services. Although we have attempted to list the other services provided, these lists are not necessarily complete or up-to-date, and you should check the one nearest you to see whether it provides the service you require, or failing that what is the nearest one that does.

- Action Service Contact Centre, 185 5th St., 252-6451, 225-5322.
 - legal aid, babysitting and odd job registries, used clothing, tax clinic.
- Bloor Information And Legal Services, 835 Bloor West.

531-4613

tax clinics, advocacy, speak several languages.

 Community Information Centre of Metropolitan Toronto, 34 King Street E., 863-0505 (open 9-5, some services 24-hour.) publications available, speak several languages.

 Community Information Fairview, 1800 Sheppard St. E., 493-0752.

tax clinic, babysitting registry, daycare lists.

East York Learning Experience, 334 Donlands Ave., 467-7800.

literacy volunteers and information.

- Information Agincourt, 3333 Finch Ave. # 100, 494-6912.
 Scarborough community information and referral, emergency food.
- Information Downsview, Jane-Finch Mall kiosk 633-1067, 633-1070.
 directory of local community services, community events; used clothes.
- Junction Community Information Centre, 1589 Dupont Street, 534-3561.

babysitting registry, income tax clinic.

- Link Community Information, 223-9727, TTY (hearing impaired) 226-3737.
 babysitting and odd job registries, tax and legal aid clinics, limited emergency transportation.
- Neighbourhood Information Centre, 9l Barrington Avenue, 698-1626.
 registries for day care, home help, youth employment, consumer advocacy, income tax and legal aid clinics.
- Neighbourhood Information Post, 265 Gerrard West, 924-2543.

odd jobs registry (including babysitters), tax clinic, local services directory.

 North York Community Centres: Fairview 493-0752 or 493-0758; Link Information 733-5591 or 733-5596 (ATS), Flemington 424-2900.

 Parkdale Community Information Centre, 1303 Queen St. W., 532-7939.

forms, registries for odd jobs and babysitting

- Rexdale Community Information and Legal Services, 1530 Albion Road, 741-1553.
 registries for day care and babysitting, tax clinic.
- Thorncliffe Neighbourhood Office, 80 Thorncliffe Park Drive, 421-3054.
 information referral, drop-in centre for Thorncliffe area.

B. Other Ontario Cities.

- Acton-Social Services and Information Centre, 19 Willow St. N., 519-853-3310.
- Ajax-Ajax/Pickering Information Centre, 132A Commercial Ave, 686-2661.
- Alliston-Contact Alliston, 64 Victoria St. W., 435-4900.
- Amherstburg-Community Service Centre, 272 Sandwich S., 519-736-5471.
- Ancaster-Ancaster Information Centre, 314 Wilson St. E., 648-6675.
- Aylmer-Community Information Centre, 67 Talbot St. E., 519-773-5301.
 Mennonite Central Committee, 16 Talbot St. E., 519-773-
- Barrie-Information Barrie, 37 Mulcaster St., 705-728-1010.
- Belle River-Community Information Centre, Box 885, Belle River NOR IAO, 519-728-1435.
- Belleville-Community Information Centre, 240 William St., 613-968-8288.

- Brampton-Information Brampton, 150 Central Park Drive, 416-793-4636 ext. 65-67.
- Brantford-Information Centre, 115 Colborne St., 519-753-
- Brockville-Chamber of Commerce Community Information, PO Box 1341, Brockville K6V 5Y6, 613-342-6553.
- Burlington-Information Burlington, 2331 New Street, 639-4212, 639-4213. Halton Social Planning Council, 760 Brant #410E, 639-
- Caledon E-Caledon Information Centre, Caledon Administration Centre, Church St., 584-9460.
- Cambridge-Cambridge Multicultural Centre, 30 Parkhill W., 519-621-1621.
- Cannington-Brock Information Centre, 30A Allan St., 705-432-2636.
- Cobourg-Share Info Community Information Centre Inc., 15 Chapel Street, 372-8913.
- Collingwood-Information Centre, 125 Napier St., 705-445-
- Downsview-Downsview Community Centre, 736-9467.
- Dundas-Information Centre, 10 Market St. S., 627-5461.
- Elmira-Woolwich Community Information Centre, 73 Arthur St. S., 519-669-5139.
- Erin-Information Erin, PO Box 786, Erin NOB 1TO, 519-833-9696.
- Essex-Community Information Essex, 115 Talbot St. N., 519-776-6262.
- Fergus-Fergus Information, PO Box 3, Fergus 519-843-5020.
- Fort Erie-Community Information Service, 136 Gilmore Road, 871-1777.
- Fort Francis-Fort Francis Volunteer Bureau, 129 1st Ave. E., 807-274-9555.
- Georgetown-Halton Mills Community Legal Clinic, 72 Mill St., 877-5256.
- Gloucester-Information Gloucester, 2339 Ogilvie Road, 613-741-0770
- Guelph-Guelph Information, 161 Waterloo Avenue, 519-821-0632.
- Haliburton-Haliburton County Information Centre, Drag River Municipal Building, 705-457-2735.
- Hamilton-Community Information Service., 155 James S. #601, 528-0104. North End Information Services, 181 John N. #802, 528-
- Iroquois Falls-Recreation Department, 500 Synagogue St., 705-258-3423.
- Kenora-Community Legal Clinic, 102 Matheson St. S., 807-468-8888.
- Keswick-Keswick Community Centre, 476-4331, 478-4140, 722-6521.
- Kingston-Community Information Centre, 286 Montreal St.,
- Kitchener-Community Information Centre, 10 Water St. N. 519-579-3800.
- Mennonite Central Committee, 50 Kent Avenue, 519-745-8458.
- Lakefield-Information Lakefield, Lakefield Public Library, 705-652-8655.
- Leamington-Ethnic Resources Committee, 18 Selkirk Ave., 519-326-8629.
- Lindsay-Victoria County Community Care, PO Box 883, Lindsay K9V 1Z7, 705-324-7323
- London-Information London, 388 Dundas St. 2nd floor, 519-432-2211.

- Crouch Neighbourhood Resource Ctr, 550 Hamilto, 519-
- Malton-Malton Community Information, 7205 Goreway Drive, 677-6585. Malton Community Council, 7205 Goreway Drive #B2,
- 677-6270. Markham-Information Markham, 27 Wellington St. W. 294-4300 or731-3145.
- Meadowvale-Meadowvale Community Centre, 858-1212
- Midland-Contact Information and Referral Centre, 295 King 705-526-9333.
- Mississauga-Information/Public Relations, I City Centre Drive., 896-5000. Meadowvale Tour Ctr. 6677 Meadowvale Circle, 826-
 - 9447. Social Planning Council of Peel, 5170 Dixon#301, 273-4878.
- Mount Forest-Community Information Centre, PO Box 1493, Mount Forest NOG 2LO, 519-323-4480.
- Newmarket-Department of Health and Social Services, 22 Prospect St., 895-4511.
- Niagara Falls-Information Niagara, 5017 Victoria Ave., 356-
- Volunteer Bureau, 5017 Victoria Avenue, 357-0300. Oakville-Information Oakville, 120 Navy St., 845-3255.
- Orangeville-Information Dufferin, 206 Broadway, 519-941-
- Orillia-Information Orillia, 33 West St. S., 705-326-7743.
- Oshawa-Information Oshawa, Oshawa City Hall, 50 Centre S., 728-6233.
 - Societe St. Vincent de Paul, 708 Carnegie Ave., 728-4825.
- Ottawa-Community Information Ctr., 18 Byward Market 613-238-2102. Old Forge Resource Community Ctr, 2730 Carling 613-829-9777
- Owen Sound-Public Library, 824 1st Ave. W., 519-376-
 - YM/YWCA, 640 2nd Ave. E., 519-376-0484.
- Peterborough-Information Centre. 281 King St., 705-743-
- NLOC, 526 McDonnel St., 705-743-5620 ext. 225. Port Perry-Information Scugog, 208 North Street, 975-
- 8461 or 985-8462.
- Richmond Hill-Helpmate Community Information, 10100 Yonge, 884-3000. St Catharines-Information Niagara, 360 St Paul St., 682-
- St Thomas-St Thomas/Elgin Information, 538 Talbot St.
- 519-631-1100. Sarnia-Information Sarnia/Lambton, 224 North Vidal St.
- 519-336-2422.
- Sault Ste. Marie-Community Information Centre, 8 Albert St. E., 705-949-6565.
- Sharbot Lake-North Frontenac Community Services Corporation, PO Box 250, KOH 2PO, 613-279-2223 or 613-279-2828.
- Simcoe-Haldimand/Norfolk Information Centre, 85 Pond St., 519-426-6655.
- Stratford-Community Information Centre, 38 Albert St., 519-271-7080
- Sudbury-Sudbury Community Legal Clinic, 45 Elm E. #401, 705-674-3200.
- Thornhill-Baha'l Community of Canada, 7200 Leslie St., 416-889-8168.
- Thunder Bay-Community Information and Referral Centre, 221 Bay St., 807-345-4009.

- Tilbury-HELP Centre, 19 Queen St. N., 519-682-2268.
- Tilsonburg-Information Tilsonburg, 185 Rolph St., 519-842-9007
- Waterdown-Information Services Flamborough, 15 Mill St. E., 689-7880.
- Waterloo-Global Community Centre, 89-91 King St. N., 519-746-4090.
- Welland-Community Legal Services, 27 Division St., 732-2447, 734-4222.
- Whitby-Whitby Community Information Centre, 405 Dundas W., 668-0552.
- Windsor-Community Information Windsor, 1695 University Ave. E. Unit E, 519-253-6351.
- Woodbridge-Vaughan Community Information Service, 150
 Woodbridge Ave. box 212, 851-2333 or 738-2233.
- Woodstock-Information Oxford, Box 955, 79 Wellington N., 519-539-4889.



NOWADAYS WE WORK 6
MONTHS A YEAR TO PAY
OUR TAXES AND ONLY 6
MONTHS FOR OURSELVES.



I NEVER THOUGHT ID BE NOSTALGIC FOR THE DARK AGES!



Drop-Ins

Toronto Drop-In Centres

For other cities, check with information centre for whatever service you require.

Most of these centres offer counselling and referrals for people with various problems, such as unemployment and homelessness. They also offer people a place to relax for a few hours.

- Anchor Person, 314 Adelaide St. E. 366-7780.
 for skid row men 16 and over attempting to change their lifestyles; emotional support.
- Central Neighbouring House Association, 349 Ontario St. 925-4363.
 - adults: 5-11 pm Saturday & Sunday; TV. games, counselling, referrals.
 - wimmin: 7-9 pm Wednesday; discussion groups, films, crafts, fitness.
 - youth under 24: weekdays; sports, group activities, counselling, referral, crisis intervention.
- Dixon Hall Neighbourhood Social and Family Service Centre 863-0498.
 - for people from the general area.
- East Mall Neighbourhood Services, 609 The East Mall #3, 621-5148.
 - cards, magazines, library, telephone, free counselling, advocacy, income tax clinic.

- Evangel Hall, 573 Queen St. W., 363-8941, 363-3563.
 for all; TV, cards, mailing address.
- 519 Church Street Community Centre, 923-2778.
 over 16; counselling, free legal advice, Sundays only.
- 416, 416 Dundas St. E. 928-3311.
 for wimmin of all ages; relaxation, sleep room, washing machine, court escorts.
- Good Neighbours Club. 170 Jarvis St., 366-5377. unemployed men over 50; cards, TV, library, haircuts, showers, laundry, clothing, mailing address, counselling, referral, crisis intervention.
- Good Shepherd Refuge, 412 Queen St. E., 869-3619.
 for men and wimmin; films, speakers, TV, newspapers.
- Inner City Youth Program, 290 Jarvis St., 598-816.
 ages 16-21; newspapers, crisis intervention.
- Jessie's Centre for Teenagers Inc., 154 Bathurst St., 365-1888.
- drop-in for mothers and babies, various programs.

 John Howard Society, 168 Isabella St., 925-4386.
 for all with emphasis on ex-offenders; cards, chess, gym evenings, outings.
- Open Door Centre, 315 Dundas St. E. 366-7124.
 over 16; counselling, referrals, TV, cards, bingo.
- Pape Avenue P.S. Parent and Child Centre, 404 Pape Ave., 461-5399.
 relaxation facilities for adults (books, films, magazines, meet other parents) while babies and prechoolers play and enjoy

various programs.

- Parent/Child Drop-In Centre, 10 Boultbee Ave., 463-5399
- Salvation Army Drop-In Centre, 259 Victoria St., 368-0324.
 - over 16; pool table, TV, table tennis, shuffle board, informal counselling and referral.
- Scott Mission, 502 Spadina Ave., 924-4437.
 men—counselling and referrals, relaxation.
 young mothers—coffee hour, discussions, outings.
 older wimmin—discussion, speakers
 co-ed club (16 and over)—games, sports, outings
 programs for boys aged 13-19, girls aged 14-18.
- Sistering, 707 Dundast St. W. (Scadding Court) 366-0493. for wimmin, especially destitute, abused, mentally ill; instruction, social, recreation, inter-personal support.
- South Riverdale Parent/Child Drop-In Centre, 1765
 Queen St. E., 469-3776.

- Toronto Christian Resource Centre, 40 Oak St., 363-4234.
- for all: TV, newspapers, arts and crafts, coffee, counselling, referrals.

Native Peoples' Centres

- Canadian Alliance in Solidarity With the Native Peoples, 16 Spadina Rd. #201, 964-0169.
- Native Canadian Centre of Toronto, 16 Spadina Road, 964-9087.
- Toronto Counselling Unit, Canada Department of Indian Affairs and Northern Development, 25 St. Clair E. #807 Toronto M4T 1M2. 973-6210 or 973-6211.
- Anduhyuan, 106 Spadin Rd., 920-1492.
 shelter and counselling for native wimmin with or without children.







Welfare and Social Assistance

see also: listings of assistance available in individual categories, i.e. food, housing.

1. General Welfare

General Welfare Assistance is not a privilege—it is a right guaranteed by Ontario law. To be eligible, you must live in the city in which you apply, have an income smaller than expenses, and meet one or more of these criteria:

- · have no principle provider
- be looking unsuccessfully for work
- be unemployed due to circumstances beyond your control
- be over 60
- · be disabled.

It may be denied if you have too many liquid assets or are not making reasonable efforts to collect money from a spouse or other debts.

Don't wait until you're completely broke before applying for Welfare; you may have some money in your bank account and still be eligible. To apply, phone the nearest welfare office, which will be listed under Community Services in your city. In Toronto, it's 392-8623, or call your nearest branch office:

1076 Pape 424-4710 7 Curity 424-4710 550 Burnhamthorpe Rd. 392-6400 185 5th St. 392-6500 5799 Yonge St. 6th floor 392-2850 101 Oakdale Rd. Downsview 224-5100 4637 Kingston Rd #4 392-2700

1225 Kennedy Road 392-2800 2700 Eglinton W. 392-6200

36 Caledonia Rd 656-2380 455 Dovercourt Rd. 392-2444

689 King St. W. 392-2600

1631 Queen St. E. 698-5681 20 Spading Rd 4th floor 392-530

20 Spadina Rd 4th floor 392-5300 67 Adelaide St. E. 392-6300

When you call the welfare office, it will make an appointment for a welfare visitor to visit your home. For this interview, have ready:

- proof of income, if employed (i.e. two or three weeks of recent paycheque stubs.)
- marriage certificate, if married.
- · a recent receipt proving the amount of rent being paid.
- receipts for utilities (hydro, gas, water etc.) if you pay these bills.
- Pink Canada Employment Card from Manpower, if looking for work or unemployed.
- medical proof (i.e. a doctor's letter) if incapable of working.
- bank books and proof of financial status.
- Social Insurance Card (if you don't have one, application will be made during interview.)

· proof of prison stay, if any.

Other preparations for the visit should include:

 arrangements for a friend to keep any valuable equipment you might own, such a a TV set, antique furniture, tape recorder or VCR, which otherwise the worker might insist you sell before receiving welfare.

 if you are a single womyn living with or frequently visited by a man, make sure that all evidence of his presence is removed before the visit; you will be ineligible for welfare if

the worker assumes you have a provider.

During the home visit, you should ask whether you are eligible for assistance; if not, you should ask for an appeal form right away and for money while awaiting a decision on the appeal. If this is refused, or if you consider the grounds for refusing Welfare to be unfair, you should seek counselling assistance immediately at one of the community information centres listed elsewhere in this guide.

2. Unemployment Insurance

Sometimes available to those who have worked a minimum of 10-20 weeks in the last 52, 20 hours per week. Benefits are refused, or delayed six weeks, if you quit a job without "just cause," get fired for misconduct or turn down a "suitable" job.

When you lose your job, you should apply immediately since claims are dated from the beginning of the week in which you apply. You'll need a social insurance number and proof of

Canadian citizenship.

Every Unemployment Insurance office has a community liasion person who will, on request, help a candidate to process a claim. If your claim is rejected, you can protest to this counsellor, or appeal to the Board of Referees within thirty days by submitting a letter via the local Unemployment Insurance Office outlining your reasons for making the appeal.

For information about unemployment insurance eligibility, call the Canada Employment Centre listed in the federal government section of the blue pages of your telephone book under "Employment and Immigration Canada." In Toronto, call your nearest branch as follows:

2221 Yonge St. 973-4727 (French 973-6949)

1 Yonge St. 973-4727 (French 973-6949)

811 Danforth Ave. 449-1440

75 Donway West 449-1440

1678 Bloor St. W. 766-6431

1335 Dundas St. W. 766-6431

1645 Dufferin St. 766-6431

Scarborough-

200 Town Centre Court 973-4425

689 Warden 973-4425

North York

4900 Yonge 226-2992

Etobicoke

1243 Islington 231-4151

1620 Albion 231-4151

Weston

1111 Finch W. 245-8213

1747 Jane 247-8261

3. Other Programs

Churches-Many churches have a small benevolent fund, and may help in emergencies with small amounts of financial assistance. If you don't belong to a church, apply to the nearest branch or denomination you were (or might claim to have been) raised in.

Family Allowance-An income supplement for mothers of non-earning children under 18. Application forms at nearest Health and Welfare Canada office (in Toronto, 973-6580.)

Family Benefits Assistance-An income supplement

- people 65 or over not eligible to receive Old Age Security, spouse's allowance or an allowance under the Ontario Guaranteed Annual Income System.
- the blind, disabled or permanently unemployable.
- a mother living as a single person and raising children alone. For information about this program, call your local Family Benefit Allowances office listed as such in the Ontario government section of the blue pages of your telephone directory. In Toronto, call: northeast 752-6625, northwest 631-7444, southeast 362-6111, southwest 763-3631.

Travellers Aid Society-Provides limited emergency financial assistance for travel fare to lost and stranded travellers. Check phone book; Toronto number is 366-7788.

Veterans Affairs Canada-Emergency financial assistance for members of the Armed Forces. Find phone listing in Canadian government section of the blue pages of your telephone directory; in Toronto it's 369-3971.

Metropolitan Toronto Department of Community Services 392-8623 (after hours, emergencies 392-8600.) Short-term financial assistance, programs to provide financial independence. Over 16 only.



Section 2: Daily Needs

Food

Much of this section lists sources of free food distribution for those who need it, though the final section deals with food coops of interest to people who have money but wish to get the best possible value for it. The listing is confined to Metropolitan Toronto; those in other cities should contact the local community information centre (see "community centres" section) city hall or Salvation Army to find out what is avail-

1. Buying Food

We do not attempt to list retailers selling food at "discount" prices, though shoppers should keep in mind that no-frills or warehouse sales outlets (such as Usher's at 1266 Queen St. W.) frequently sell food at slightly lower prices than do regular supermarkets. Nor do we attempt to list health or natural foods outlets, generally listed under "natural foods" in the phone book's yellow pages. Some of these are yuppified and overpriced; others are sincerely interested in providing nutritional foods at the lowest possible prices. A good way of determining which are which: the worthwhile ones generally have a large, sloppy-looking bulletin board filled with community and social change movement announcements. But look out if this board is limited to "new age" announcements.

In shopping for food, the main principle to keep in mind is that all countries' produce requires boycotting for one reason or another, but some require it more than others. Our favourite boycott targets are Israel and South Africa. Wherever possible Canadian produce should be chosen over that of another country, particularly the USA, even if it costs a bit more. This is not a matter of nationalism, but rather of survival. Under the "free trade" pact the USA will be dumping all sorts of food in Canada, much of it irradiated and nearly all of it laced with chemicals and pesticides. Canada is already abandoning farm land to industry at an alarming rate, and if "free trade" heightens this tendency we will at some point lose the ability to feed our own population. This means that we will be dependent not only on the USA's continued goodwill and ability to produce a surplus, but also on a continued abundance of cheap energy to transport the food (dubious as the Greenhouse Effect creates more drought.) Local selfsufficiency is the only way we will have a chance to survive as the Greenhouse Effect becomes widespread.

Many large supermarket chains already display, though not prominently, labels indicating where the produce was grown. In 1990, imported produce will be required to exhibit prominent labels as to country of origin.

Under certain circumstances, there might be more nutrition in canned food than in fresh. According to a 1987 Agriculture Canada study, freshly harvested green beans lose more than 50%, and fresh green peas lose 40%, of their Vitamin C content when refrigerated for one week. On the other hand, canned vegetables are preserved within hours of harvest, while

There are also ecological considerations when choosing food. Since as much as 65% of the waste leaving the average household is likely to be composed of packaging material, whose cost is added to what we pay for the food, we should reject overpackaged food such as individually wrapped cheese

they are at their peak of freshness and nutritional quality.

slices, tv dinners and individual serving foods such as puddings and fruit cups (as opposed to family sized products which use less packaging.) Baked goods often contain less packaging (and preservatives) when bought at a bakery rather than a supermarket. Margarine should be bought wrapped in paper, instead of in plastic tubs. Utensils should be bought loose in hardware stores, rather than in self-serve stores where you pay for the cardboard backing and plastic cover. You should minimize use of plastic bags by taking the ones you have to the store until they are worn out, since they are not biodegradble and create environmental problems when discarded.

From both a nutritional and an ecological standpoint, you should avoid overprocessed foods, which have been excessively re-worked by physical and chemical processes which waste energy and create volumes of organic wastes (such as potato peels when potato chips are made); these wastes are all too often dumped into the nearest body of water, leading to problems of pollution and oxygen depletion. Often the parts of the foods which contain most of the vitamins, minerals and fibers (i.e. grain husks, fruit and vegetable peelings) are removed. What remains is then blanched, boiled, baked, fried, freeze-dried, frozen, flavoured, pulped, dessicated, emulsified, coloured or otherwise treated, leaving only carbohydrates and fats and some protein.

Often, the product must then be "fortified" with the "essential vitamins and minerals" lost in the processing, only some of which are restored; the manufacturer then puts "vitamins added" on the label. These processes of "fortification" also require energy, and have an impact on the environment. In their processing, various chemicals are added to foods in order to maintain freshness and quality, and to mimic natural colours and flavours. Synthetic chemical additives must be treated with caution, as in the past many have been proven to be health hazards. Pre-cooked rice is mostly starch; instant mashed potatoes lose vitamins and fibres when the potato is peeled; baby foods are over-processed and can easily be made at home by using a blender to soften fresh food. Other foods to avoid include packaged breakfast cereals, cake mixes, canned puddings, instant toppings and junk food such as potato and corn chips.

Alternatives to purchase of overpackaged and overprocessed foods include growing your own fruits and vegetable, buying at farmers' markets and bulk buying; many natural food stores and some supermarkets allow patrons to package their own foods directly from bins.

Free Food.

To a person not actually in need of free food, the length of this list might give the erroneous impression that the hungry in Toronto are adequately provided for. Unfortunately, many of these agencies can operate only part-time or when they have food available from their sources of supply; some may have ceased operations entirely. They do not have the resources to adequately feed everyone who needs food, but are doing the best they can to fill a necessary social role from which the state has abdicated.

One in seven Ontarians are poor, including a quarter of a million children. Over 60% of children living in families

headed by single women are poor. The numbers are increasing; the Family Benefits caseload has increased by over 50% in the last ten years. Ontario has erected a bureaucracy to label and control, rather than eliminate, poverty, consisting of 22 different categories of eligibility for social assistance—17 under the Family Benefits Act and five under the General Welfare Assistance Act. (Bob Rae in Toronto Globe and Mail 6-9-88 pA7.) This system spends \$2.3 billion to give people income supplements which keep their total income well below the poverty line; in Toronto, social assistance recipients spend up to 80% of their income on rent. Four out of every ten people dependent on welfare are children, and a third are disabled people and their dependents. (Toronto Star 5-9-88.)

Under these circumstances, food banks have become a secondary welfare system, with not only the homeless but people who pay 70% of their monthly income for rent dependent on them. A 5% benefit increase towards the end of 1988 kept single mothers and children as hopelessly below all accepted poverty lines as they were previously. Overworked, under-funded welfare workers with no more help to give regularly refer clients to food banks; the Ontario government is

the biggest food-bank user of all.

The Ontario government has no hesitation in spending \$36.4 million annually on horse raising legislation, \$30 million for a sports dome and twice that for a new opera house, but has thus far balked at spending the \$50 million recommended by the Thomson report to assist individuals in making the transition from dependence to autonomy. (Toronto Star 30-12-88 pA19.) Some social activists feel that the food banks should close in order to force the government to take responsibility for the hungry, but the result would more likely be a letthem-starve policy. After all, it is the policies of the governments of the industrialized nations that are forcing 40,000 third world children to die every day. The 1989 budget shows that the federal government is determined not only to maintain poverty levels, but to increase them. For the time being at any rate food banks are here to stay, and should be used as follows:

I. How You Can Help.

Residents of Metro Toronto can help by:

- giving food
- giving time to help run the distribution service
- · providing cars, vans, taxis and trucks to deliver the food
- lobbying for jobs, affordable housing and daycare.

Acceptable food donations include:

- canned and packaged foods
- bottled jams, pickles, salad dressings etc.
- · fresh food and vegetables
- packaged frozen foods
- prepared and perishable foods from sources currently inspected by Department of Public Health.

Unacceptable:

- open or partly used packages, cans, bottles
- swollen, outdated or rusty canned goods.

For information on donating cash or food, call one of: Hunger Hotline 392-6655

Daily Bread Food Bank 769-5155 Foodshare Metro Toronto 392-6655 Foodshare Etobicoke 249-3133

Second Harvest Food Support Committee 362-5471.

Free Food Distribution Outlets.

If you need food and can't afford to buy it, the first thing you should do is call the Hunger Hotline 392-6655. This directs callers to the closest food distribution points. Since the place they direct you to may be out of food, we are printing as complete a listing as we could get of food distribution points. This list may be to some extent outdated by the time it's printed, so it's a good idea to try the Hotline first.

Some of the programs listed below distribute groceries, others food vouchers. You should locate the source nearest to you. We have wherever possible included phone numbers, which you should call before showing up to make sure that the service is still operating, determine what hours it is open, and learn whether you are eligible to receive food. Many of the programs are open only certain hours or days, and have one or more of the following restrictions:

- · limited to one sex or age group, or to nuclear family
- limited to residents of immediate geographic area
- · food only given on referral from social worker or agency

· identification required.

The St. Vincent De Paul Society co-ordinates food voucher and grocery services throughout Catholic parishes in Metro. Clients must demonstrate need, and home visits are required. To locate the nearest parish, phone the main office, 240 Church St., office hours at 364-5577. After hours, call the nearest Roman Catholic parish.

City of Toronto:

- Alexandra Park Community Share Program, 105 Grange Court.
- All Saints Friendship Centre, 315 Dundas St. E. 368-8179.
- Anduhyaun Residence, 106 Spadina Rd. 420-1492 (native people.)
- Arcchway, 145l Queen St. W., 536-1729.
- Bathurst Lions Club, 33 Brandon Ave., 282-0598.
- · Bethany Independent Living, 2808 Dundas St. W. 3rd floor.
- Bonar Parkdale Presbyterian Church, 250 Dunn Ave. 532-3729.
- · Calvary Baptist Church, 72 Main St. 691-4721.
- Caribbean Catholic Church Centre, 867 College 534-1145 (single mothers, working poor, no single men.)
- Carmelite Daycare Centre, 108 Harrison St., 536-5313.
- Centre for Transient Women, 416 Dundas St. E. 928-3334.
- Church Army in Canada, 397 Brunswick Ave. 924-9279.
- . Church of the Nazarene, 363 Main St., 699-7343.
- Church of the Holy Family, 1372 King St. W. 532-2375, 532-2879.
- Christian Community Centre, 270 Gerrard St. E. 929-96l4 (families with children.)
- Church Army in Canada, 397 Brunswick Ave. 924-9279.
- Community Services of Seventh Day Adventist, 528 Bathurst St. 928-0999.
- Corner Drop-In, 203 Augusta Avenue.
- Creating Together, 1605 Queen St. W. 537-1004 (children and single parents.)
- Davenport Perth United Church, 1900 Davenport Rd. 656-1606
- Dundas Street Church of God, 3339 Dundas St. W.
- Eastview Neighbourhood Community Centre, 86 Blake St., 465-5469.
- Elizabeth Fry Society, 215 Wellesley St. E., 924-3708 (wimmin, ex-offenders.)
- Evangel Hall, 573 Queen St. E. 363-3563.
- Evergreen, 381 Yonge St., 977-7259.

- 416 Friends of Shopping Bag Ladies, 416 Dundas St. E., 928-3334.
- Glen Rhodes United Church, 1470 Gerrard St. E. 465-3755.
- Greek Orthodox Diocese weekdays 291-5229, weekends 291-4367.
- Huntingtons Disease Resource Ctr, 2175 Keele St., 656-8018.
- Interval House, 596 Huron St. 924-1491 (children, single parents.)
- Jessie's Centre for Teenagers, 154 Bathurst St. 365-1888.
- Kiriou Foundation, 76 Keane Avenue.
- Lighthouse, 1008 Bathurst St., 535-6262.
- Matt Talbot House I-234 Carlton St. 925-6042
 II-262 Gerrard St. E. 926-0042.
- Metro Toronto Assn for Community Living, 5l9 Church St., 968-0650.
- On Our Own, 1860A Queen St. E., 699-3192
- Our Lady of Lourdes Church, 11 Earle St., 925-5086.
- Our Lady of the Resurrection House, 22 Pauline Ave.
- Parent Resources, 80 Blake Street.
- Parkdale Activity and Recreation Centre, 1499B Queen St. W. 537-2591.
- Prayer Place, 1901 Jane St. 241-1100.
- Regent Park Parents' Group, 203 Sackville Green 863-1768.
- Regent Park Sole Support Mothers' Group, 65 Belshaw Place 863-1768.
- Riverside Church, 456 King St. E., 368-5040.
- Roncesvalles Foodsharing, 263 Roncesvalles Ave.
- Roomers, co Christian Resource Centre, 40 Oak St., 363-4234.
- St. Ansgar Lutheran Church, 1498 Avenue Road, 783-3570.
- St. Bartholomew's Breakfast Group, 509 Dundas St. E., 368-9180.
- St. Bartholomew's Rectory, 70 Pashler 368-1362.
- St. Francis House, 229 Manning Ave.
- St. Francis' Table, 1485 Queen St. W., 532-4172.
- St. John the Compassionate, 53 Blake St., 466-1357.
- St. John's Lutheran Church, 274 Concord Ave., 536-3108.
- St. Paul's Catholic Church, 83 Power St. 364-7588.
- St. Peter's Anglican Church, 188 Carlton St. 924-1891.
- St. Philip's Pantry, 1374 King St. W., 532-2375.
- Salvation Army, 2333 Dundas St. W. 532-4511 107 Cedarvale Ave. 467-7423

160 Jarvis St., 363-5496 (Harbour Light Centre)

100 Lombard St. #11, 366-1325

304 Parliament St.

103A Richmond St. E. 366-5773, 366-9768

496 Richmond St. W. (Men's Rehab Centre)

420 Sherbourne St. (Sherbourne House)

- Scott Mission, 502 Spadina Ave. 923-8872.
 Second Harvest, 12 Shuter St. #305A, 362-5471.
- Seventh Day Adventist Church, 528 Bathurst St. 928-0999.
- Sojourn House, 51 Bond St. 864-0515.
- Stop 103, 1120 Ossington Ave. 588-1963 (singles.)
- Street Link Centre, 558 Gerrard St. E. 466-3852.
- Toronto Children's Breakfast Club, 105 Grange Court.
- Toronto City Mission, 608 Spadina Ave. 922-6223.
- Toronto Urban Indian Council, 10 Fee Place.
- TUCERR House, 38 Avoca Ave., 924-1215.
- Victoria Royce Church, 190 Medland St. 769-6176.
- Walmer Road Baptist Church, 188 Lowther Ave., 924-1121.
- Woodgreen Red Door, 875 Queen St. E. 467-4123.
- Yonge St. Mission, 270 Gerrard St. E. 929-9614.

North York:

- · Advent Lutheran Church, 2800 Don Mills Road 493-1435.
- Banfield Memorial Church, 89 Centre Ave., Willowdale 223-3496.
- Canadian Red Cross Society, 747 Don Mills Rd. 425-4123 (Flemingdon Park only.)
- Canadian Red Cross Society, 25 Yorkwoods Gate #406 630-4560.
- Church of St. Stephen, 2259 Jane St. 241-4639.
- Coldstream Presbyterian Church, 500 Coldstream Ave. 781-8092.
- Falstaff Co-op, 30 Falstaff Ave. main floor, 241-9430.
- Finch West Red Cross, 1181 Finch Ave. W., 736-0902.
- Flemingdon Red Cross, 10 Gateway Blvd. #100.
- Flemington Neighbourhood Services, 747 Don Mills Rd. 424-2900.
- Jane/Finch Community Family Services, 4400 Jane St.
- Lansing United Church, 49 Bogert Ave. 221-1722.
- Lawrence Heights Neighbourhood Aides, 5 Replin Rd. #4 789-2542.
- Malvern Family Resource Centre, 1301 Neilson Rd. #4 789-2542.
- Neighbourhood Aid, 5 Replin Rd. room 4.
- North York Women's Shelter, 635-9630.
- Out of the Cold, St. Michael's School, 1315 Bathurst St.
- Prayer Place, 1901 Jane St., 241-1108.
- Rayoak Family Resource Centre, 51 Parkwood Village Dr.
- St. Ansgar Lutheran Church, 1498 Avenue Rd. 783-3570.
- St. Stephen's Anglican CHurch, 2259 Jane St., 241-4639.
- Salvation Army family services, 25 Centre Ave 225-6683, 366-1335 270 Firgrove Cres. 741-6381.
 - Sparroways, 3 Sparroway #308.
- Tobermory Community Activities, 15 Tobermory Dr. Box 107 663-1649.
- Trinity Presbyerian Church, 2737 Bayview Ave.
- University Presbyterian Church, 1830 Finch St. W. 663-1505.

East York:

- St. Lukes Anglican Church Deacons Cupboard, 904 Coxwell Ave. 421-6878.
- Salvation Army family services, 421-0289 (after hours 366-1335; by appointment only.)
- Toronto Gospel Centre, 82 Northline Rd. 752-6481.

York:

- Burn's Place, Box 322, Newmarket.
- Christian Baptist Church, Box 62, 127-135 Main St., Newmarket.
- Georgina Food Pantry, P.O. Box 204, Jackson's Point.
- Greenborough Community Church, 2000 Keele St. 651-7074.
- · Gwillim Place, Box 162, Queensville.
- Jane Woolner Neighbourhood Association, 761 Jane St. #206.
- · Lakeview Home, RR2, Newmarket.
- · Porter Place, Box 322, Newmarket.
- Richmond Hill Ecumenical Outreach, 10201 Yonge St.
- Rose of Sharon Community Outreach, 255 Main St.
- Rose of Sharon Services for Young Mothers, 50 Tyler St.
- Salvation Army Newmarket, 411 Queen St.
- Shirley Sameroo House, Box 516, Station A, Weston.

- Weston Area Emergency Support, 1951 Weston Rd. 247-3737.
- Yellowbrick House, 37 Wellington St. E.
- York Community Services, 1651 Keele St. 653-5400

Peel:

- Caledon Information Centre, Regional Rd 22, 584-9460 (social services referrals only.)
- Carmel Heights Home for the Aged, 1720 Sherwood Forest Circle, 722-5298.
- Fareshare Food Bank, 2302 Lakeshore Rd. W.
- Foodpath, 106 Lakeshore Rd. E. #104, 274-2710.
- Fountain of Faith Food Program, 769 Lakeshore Rd. E.
- · Love In Christ, 41 Bramalea Rd.
- St. Louise Outreach Centre,
 95 Amsterdam Cres, Brampton 454-2144.
 56 Bramalea Rd.
- Salvation Army Cuthbert House, 44 Nelson St. Brampton-306 Rutherford Rd., 535 Main St. N. Oakville-1225 Rebecca St.

Scarborough:

- Agincourt Community Services Assn., 3330 Finch E. 494-6912.
 4139 Shepherd E., 321-6912.
- Anglican Church of Epiphany, 700 Kennedy Rd.
- Bethel Faith Tabernacle, 231 Braymore Blvd. 282-9739.
- Birchcliff United Church, 33 East Road 694-4081.
- Christ Anglican Church, 155 Markham Road 261-4169.
- · Church of the Epiphany, 700 Kennedy Rd., 261-7659.
- Church of the Guiding Light, 3339 Danforth Ave.
- Emily Stowe Shelter for Women, 21 Brimley Road 264-4357
 Epiphany of Our Lord Roman Catholic Church, 3200 Phase
- Epiphany of Our Lord Roman Catholic Church, 3200 Pharmacy Ave. 499-2196.
- Fallingbrook Heights Presbyterian Church, 35 Woodglen Rd. 699-3084.
- Ferndale Baptist Church, 614 Brimley Road 267-0805.
- Gordonridge Community Food Trust, 40 Gordonridge Place.
- Malvern Family Resources Centre, 1301 Neilson Road 281-1376
- (assessment by worker required.)
- Master United Church, 3385 Lawrence Ave. E. 431-0333.
- Parents Against Poverty, 52 Cataraqui Crescent, 691-4136.
- Precious Blood Roman Catholic Church, 1737 Lawrence Ave. E. 751-2661.
- St. David's Presbyterian Church, 130 Danforth Road 267-7897.
- St. George's Anglican Church, 3765 St. Clair Ave. E. 267-3962.
- St. Jude's Anglican Church, 10 Howarth Ave. 755-5872.
- St. Margaret's in the Pines, 4l30 Lawrence Ave. E., 284-4121.
- St. Maria Goretti RC Church, 717 Kennedy Rd. 261-0076.
- St. Ninian's Church, 930 Bellamy Rd. N. 438-2211.
- St. Stephen's Church, 3817 Lawrence Ave. E. 431-0841.
- Salvation Army,
 - 2011 Lawrence Ave. E. 759-1331
 - 2110 Ellesmere Rd., Cedarbrae
 - 1210 Markham Road #7 438-2573
 - 3080 Birchmount Rd. 497-7524, after hours 366-1335.
- Scarborough Crossroads Family Resources, 2821 Birchmount Rd. #111, 297-6937.
- Victoria Park United Church, 1 Stamford Square 755-0772.

- West Ellesmere United Church, 37 Marchington Circle, 449-4822.
- West Hill Community Services, 4301 Kingston Road, 284-5931
- (prior assessment required.)
- Wexford Presbyterian Centre, 5 Elinor Ave. 759-5947.
- Youth Assisting Youth, 3800 St. Clair Ave. E.

Rexdale:

- Resa, 1040 Albion Rd. 742-1900.
- Restoration Disciples Evangelistic Ministries, 1123 Albion Rd. #203.
- Rexdale Community Information Services, 1530 Albion Road, 741-1553.

Etobicoke:

- Braeburn Neighbourhood Place, 75 Tandridge Cres. 745-3113
- Central Etobicoke Emergency Support, 8 Templar Drive 242-2666.
- Love Thy Neighbour Humbervale Baptist, 763 Royal York Road, 231-5314.
- People that Love PTL, 133 The West Mall #9 621-5253.
- Salvation Army,
 2152 Kipling Ave. N. 743-1282.
 62 Edilou Dr., Longbranch.
- St. James' Church, 194 Parklawn, 251-8711.
- Thistletown Community Services, Jamestown Cresc. #246 745-2822.
- Willowdale Neighbourhood Information Ct, 44 Willowridge Rd. 241-5259.
- · Women's Habitat, 149 Stanley Ave., 252-5829.
- Word of Life Christian Centre, 39 Greensboro Dr.
- YMCA Community Information Centre, 185 Fifth, 252-6471 ext. 18.
- Youth Without Shelter, 6 Warrendale Court, 748-0110.

Durham Region:

- Glen Park Public School, 929 Glen St.
- Pickering-Ajax Community Foodbank, 1066 Dunbarton Rd.
- · Salvation Army, Oshawa Community Centre 11 John St. E.
- Seventh Day Adventist, 1170 King St. E. Oshawa.
- · Simcoe Hall Settlement House, 387 Simcoe St. S. Oshawa.

3. Places Where Free or Cheap Food Is Served.

City of Toronto:

- All Saints Women's Hostel, 317 Dundas St. E. 368-7977.
- Centre for Transient Women, 416 Dundas St. E. 928-3334.
- Church of the Good Samaritan, 790 Queen St. W. 537-3477 (men.)
- Common Ground Women's Centre, 736 Bathurst St. 588-1646
 - (children and single parents.)
- Corner (The), 502 Spadina Ave. 923-8872.
- Covenant House Hostel, 179 Gerrard St. E. 593-4849 (teenagers.)
- Creating Together, 605 Queen St. W. 537-1994 (children and single parents.)
- Duchess St. Mission, 529 Richmond St. W. 364-7732 (compulsory religious services.)
- Good Neighbour Club, 170 Jarvis St. 366-5377.
- Good Shepherd Refuge, 412 Queen St. E. 869-3619.
- Humewood House, 40 Humewood Drive 651-5657 (teenagers.)

- Matt Talbot Houses, 234 Carlton St. 925-6042.
- My Brother's Place, 739 Dufferin St. 533-9767 (men.)
- Native Men's Residence, 14 Vaughan Rd. 652-0334.
- Nellie's Hostel, 275A Broadview Ave. 461-1084 (wimmin, children.)
- Open Door Centre, 315 Dundas St. E. 366-7124.
- Ozanam House, 88 Mulock 762-4195 (men, alcoholics.)
- Rendu House, 242 Church St. 864-0792 (wimmin, children.)
- St. Bartholomew's Rectory, 70 Pashler 368-1362.
- Salvation Army Drop-In Centre 259 Victoria St. 368-0324 (light meals at low cost to anyone over 16.)
- Salvation Army Men's Hostel, 135 Sherbourne, 366-2733 (men, not limited to those registered for accommodation.)
- Scadding Court Community Centre, 707 Dundas St. W., 365-0728.
- Scott Mission, 502 Spadina Avenue 924-4437 (free coffee and light refreshments, Monday-Saturday 7-I0.)
- Sistering, 707 Dundas St. W. 366-0001 (wimmin.)
- Stop 86, 86 Madison Avenue 922-3271 (singles, teenagers.)
- Streethaven at the Crossroads, 87 Pembroke St. 967-6060.
- Toronto Breakfast Club, 1320 Yonge St. 928-4804 (children.)
- Toronto Chirstian Resource Centre, 40 Oak Street 363-4234.
- Toronto Community Hostel, 191 Spadina Road 925-4431.
- Toronto House, 26 Leopold St. 536-6198 (men, ex offenders.)
- Transition House, I62 Madison Ave. 925-4531 (men, ex offenders.)
- Women in Transition, 143 Spadina Road 967-5227.

North York:

- Driftwood Community Centre, 4401 Jane St. 663-1505 (children.)
- North York Women's Shelter, 635-9630.

Etobicoke:

- Baby Early Stimulation Team, Rathburn and East Mall 626-0194 (wimmin.)
- Ernestine's Women's Shelter, 746-3701 (wimmin, children.)
- Youth Without Shelter, 6 Warrendale Court 748-0110.

4. Food Co-ops.

These are food buying clubs whose members acquire food in bulk, and then buy it individually at prices below what they would pay in supermarkets. Members generally are required to do a certain number of hours' labour each month to keep the club running. To get information on starting a food co-op or locating the one nearest you, contact: Ontario Federation of Food Co-ops, 58 Wade St., 533-7989.

Some of the larger Toronto food co-ops include:

- Bain Food Co-op, 465-6157.
- Daily Bread Food Co-op, 112 Atlantic 769-5155.
- Karma Food Co-op, 739 Palmerston 534-1470.

5. Taking Control.

Many social activists are opposed to food banks and the other charitable activities discussed in sections two and three; they feel that such operations rob the recipients of their dignity and free the state from its responsibility to see that everyone is adequately fed. On the other hand, hunger robs people of their dignity even more quickly, and the state clearly has no

intention of accepting its responsibility, so as long as the public retains its present infatuation with rightwing government handouts will remain the only alternative to starvation for large numbers of the population.

There are, however, a number of methods whereby people on low income can band together to improve the quality and quantity of their food, learn about sound nutritional practices and acquire the art of working as a community to meet common needs. Besides running the food bank operation disussed in section two, Foodshare has founded the Food Action Program, whose work includes advocacy, education work and food policy. Now funded by Toronto, Food Action stresses the importance of people taking some control over their lives rather than relying on handouts, and encourages alternative strategies at the neighbourhood level to stretch the food dollar.

Foodshare offers low-income groups in Metro Toronto resource people with a variety of technical expertise in such areas as setting up food action projects, community gardening, bulk food buying clubs, community dinner nights, trips to pickyour-own farms, setting up a farmer's market, establishing fund-raising projects, applying for funding, getting free land for a community garden (as well as free seeds, seedlings, topsoil, mulch, fence and gardening advice), referrals for nutrition information and organizing bus trips to bargain supermarkets and community farmers' markets. It can put groups trying to start a project in touch with others who have worked on similar ones and can offer advice. Food Action is located at 12 Shuter Street #305, 392-6655. Although it cannot send resources or speakers outside Toronto, it is happy to advise people from other parts of Ontario as to how to start a similar advisory project, or to undertake some of the activities it promotes in their locality. It is also glad to receive volunteers to assist, particularly those with relevant skills such as gardening. Some of the projects it advocates for low-income groups include:

Organizing group trips to pick-your-own farms. Each year the Ontario Ministry of Agriculture and Food publishes a listing of farms which allow people to come and pick their own vegetables and fruits. By obtaining a copy or using one at the Food Action office, groups can identify the nearest such farms to their own community and contact them to arrange an expedition. Residents of the Ontario Housing Corporation's developments are sometimes eligible for a free bus and driver (in Metro, you can find out by calling 928-4833); otherwise, groups might be able to get help with renting a bus or other forms of transportation from a church, community centre or charitable organization. The Project will help people in Metro arrange transportation. When calling the farm, the group should find out what crops are available on the day the plan to come at what prices, whether children are allowed, whether there is an entrance fee, whether picking containers are available (or the group must bring its own) and whether there is a picnic area. Some farms might want your group to bring a babysitter to keep children from damaging the crops.

A picnic should be included if possible to emphasize the community-building aspects of the trip. The people involved can also arrange to come together later to do their pickling and preserving together. A variety of leaflets on preserving the food, and recipes, are included in the Project's kit on Pick-Your-Own farms, or available from the Ontario Ministry of Agriculture and Food at 965-1421.

Organizing a Community Dinner. Existing groups, such as tenants' associations, sole-support mothers' groups or church

groups can increase their solidarity by working together to plan, prepare and enjoy a meal. By welcoming others in the community to participate, they can use the experience to gain information and ideas about food, and to learn about each others' cultures through food. Such dinners can build community spirit, and bring together a group of people who can plan future dinners or other activities.

The initial organizer(s) should put up posters or fliers announcing a planning meeting on telephone poles (don't let the cops see you doing it) or in laundry rooms, nearby stores, neighbourhood food distribution agencies etc., and talk to as many people as possible in their community who in turn can be asked to tell their friends. Tasks include finding a space; publicity; asking for donations; providing necessary cooking utensils, serving dishes and plates; arranging childcare during prepration and after dinner; finding a separate space for children and stocking it with appropriate toys; and providing entertainment, which should reflect the community's culture.

There must be sufficient volunteers to prepare the food and to clean up afterwards. Possible locations would include high schools (consult school board), community centres, church halls or union halls. If the group doesn't have the necessary money, it can solicit food donations from local markets or help from local politicians. The Food Action Project has a list of companies that have donated food in the past, or the planners can find donors through their contacts in the community. Dumpster diving might also be appropriate, unless prejudice against this source of food is likely to keep people away. The Food Action Project will help planners to estimate the number of attendees and provide accordingly, but advocates that the group developes the menus itself.

Starting a Food Buying Club in the Community. Food buying clubs differ from the food co-ops discussed in section four in that the group is too small to rent the space to run a store, and consists mainly of people who are already acquainted and have agreed to pool resources for the venture. They enable members to take advantage of the lower prices available for bulk buying. It is recommended that the group be able to order about \$400 worth of food at a time, which can be done if 10-20 people are willing to spend \$20-40 each. Operations can start at a member's homne, but should move to a church, school or community centre in the neighbourhood as soon as possible to make it easier for food suppliers to park and unload their trucks.

Orders should be made near the dates that members receive cheques, so that the money is ready. Standard methods of payment include potluck (each member pays the same and takes the same amount of food) and pre-order (members pay individual amounts for the amount of food they wish to order.) If the members pay for pre-ordered foods on pickup instread of in advance, they must leave a deposit with the club so it can buy the food; if they can't afford to do this, they must pay in advance for what they order. Suppliers can include wholesalers (listed in yellow pages of phone book), local farmers, local businesses willing to offer discounts on bulk buying and the Ontario Federation of Food Co-ops, 533-7989. When the food has been collected, it can be distributed by individuals assembling their own order or by teams assembling them before the others arrive. Each member of the group should have some responsibility. Members should agree to buy leftovers if a bulk quantity turns out to be more than the total amount ordered. Proper records must be kept, and members should meet regularly to evaluate the process.

Some food buying clubs add 2-3% to the cost of the food, to make sure that operating costs are covered or to rise capital to

develop a food co-op or store. To avoid common problems, the group should:

- make sure the group has the involvement of neighbourhood leaders
- · find ways of keeping members' interest high
- include all possible costs (ie long distince calls, price increases) inoperating expenses
- · avoid buying food not wanted by members
- · avoid extending too much credit to members
- · operate democratically, deciding together on rules
- · start small and get bigger if the group is committed
- · start a club only if the members are really interested.

The Food Action Project can advise such clubs as they start operations, and would like to remain in contact with them.

Starting a Community Food Garden. (see also gardening section.) This differs from allotment gardening in that the necessary space is found within the community, rather than rented from city gardening areas. There are allotment gardening plots available in such places as Toronto's High Park, and information on these may be obtained from your city's Department of Parks and Recreation—in Toronto, 392-7291. Unfortunately, most of the food grown in such locations far from the grower's home tends to be stolen before the grower gets to it. Possible sources of space for community gardening might be found through local public housing, co-op housing, local parks and churches etc. Your local alderman might support your efforts to find space, and the Food Action Project might be able to help.

Once space is obtained, the soil should be tested for contaminants to make sure that it is safe to grow food in (it may contain heavy metals or pesticides.) The Ontario Ministry of Agriculture and Food can supply a kit and instructions, and for a small fee analyze the soil samples you provide. In Toronto, the Food Action Project can supply you with separate kits for contaminants and/or nutrients; call 392-6655 to order testing kits. The site must be tilled and secured; in Toronto, the Parks and Recreation Department often provides rototilling (breaking up the soil), snow fencing and mulching material (straw or other cover to minimize weed growth.)

You can get some initial information about city gardening from the chapter so labelled in this handbook, and then turn to the Food Action Project for additional information. You can order seeds from the Project by calling 392-6655. Seedlings (transplants) can be ordered from the Ontario Ministry of Agriculture and Food, as well as pamphlets on gardening (965-1421.) Once the garden is planted, daily care and maintenance is required. Outreach to involve additional members of your community on a continuous basis is necessary (see the Project's booklet Growing City for suggestions on how to achieve this.

Buying Beer: It is recommended that you buy beer produced by one of the 15 or so micro-breweries in Ontario such as Brampton's Great Lakes, Conrners in Don Mills, Brick, Upper Canada, Wellington County, Creemore, Sleeman's, Northern Algonquin, Sculler, Halton County, Miller Brewing from Thunder Bay and Ottawa Valley Brewing. They are not engaged in the sort of unsavoury business dealings which characterize the Big Two, and avoid the various chemicals that are added to mass-produced beers. While the majors pasteurize their beers, the micros get their staying power by other, natural processes such as cold filtration.

6. Making Food at Home.

You can make some of the more commonly used foods at home, thereby saving money and assuring higher nutritional results than with those bought in stores. For instance:

Granola-Melt together 1/2 cup vegetable oil and 1/2 cup molasses, or honey if preferred. Pour it over the following mixture: 1/2 cup dessicated unsweetened coconut, 5 cups rolled oats, 1/2 cup wheat bran, 1/2 cup sunflower seed pieces, 1/2 cup nuts (optional, 1/2 cup wheat germ, 1/2 cup non-instant skim milk powder, 1/2 cup sesame seeds, 1/2 cup soy flour. Mix well, bake in a shallow pan or on cookie sheets at 200 degrees F for one hour, stirring every 20 minutes. Add 1/2 cup raisins, cool and then store in an air-tight container. Gives 5.2 grams protein per ounce of serving, more than you get from packaged breakfast cereals.

Yogurt-Scald, but do not boil, one quart of milk. Let cool, then stir in four tablespoons of yogurt (make sure the yogurt you buy for this has no preservatives), and pour into a glass container. Place the container in a larger kettle half-filled with lukewarm water, and store in a warm place for several hours. Be careful not to let the temperature rise above 120 degrees F, as this will destroy the beneficial bacteria. When the yogurt has reached the desired consistency, store in a cool place.

Bean Sprouts-Use mung beans (available at Chinese groceries, some natural food stores), lentils, soy beans, unhulled sesame seeds, what kernels, peas or alfalfa seeds. Place about two tablespoons of the beans in a large, widemouthed jar; wash and soak the beans in lukewarm water. Cover the jar with aluminum screening or cheesecloth, store the jar in a dark place on its side to give the beans more room to sprout. Rinse the sprouts once or twice a day, drain them thoroughly and then add a little water to cover the side of the jar. The sprouts will be ready in 4-5 days; transfer them to a container, keep them in the refrigerator and use them within a week.

Tofu-Soak one cup of soybeans overnight. Drain and grind the beans. Boil in six cups of water for five minutes. Simmer for 15 minutes. Strain. The liquid obtained after straining the skins is called soybean milk. Pour this into containers, cover and let thicken. Separate the curd from the rest of the liquid, and simmer it for five minutes in water. Remove the curd and drain through a cheesecloth. Season with salt and cut into pieces.

Dried Mushrooms-Choose only young, fresh mushrooms. Wash, separate caps from stems and slice to give a uniform size. Steam for six or seven minutes, string to dry, salt and bake

Dried Apples-Soak very thinly sliced apples (skins on) in a solution of one teaspoon of ascorbic acid to one quart of cold water. String the apples and leave in the sun, or just inside the window, for three to four days. Protect the fruit from insects by covering it with cheesecloth, and bring the strings in at night to keep the fruit from reabsorbing the moisture it lost during the day.

Seeds-From pumpkins, squash and sunflowers can be washed, salted and baked for use as a snack.

Edible Weeds-Chickweed, wood sorrel, young dandelion leaves and many other weeds can be used in salads. Be careful to wash thoroughly.

Cooking Hints-Cooking vegetables in a pressure cooker is the best way to reduce vitamin and mineral loss, preserve flavour, remove pesticides and save energy. The water from cooked vegetables should be kept and later used in soups, gravies and other dishes calling for stock. Steaming is preferable to boiling for retaining flavour and reducing energy consumption (less water is heated.) Many vegetables such as potatoes should be scrubbed in cold water, rather than peeled (which reduces vitamins and increases waste.)

7. The Case for Vegetarianism.

Meat is unhealthy. Meat and dairy products from animals who have been kept in these conditions cannot possibly be healthy. The addition of various chemicals for disease prevention and better products further enhances the danger of eating animal products. If you're affluent, you can buy meat or eggs produced under "free range" conditions similar to those most animals enjoyed prior to the advent of factory farming. Only products clearly labelled "free range" were produced in this manner, and you'll pay more for them. Moreover, the remaining objections to meat-eating on health and other grounds apply as much to free-range as to factory-farmed animals.

Animal products contain too much fat, too much protein and no fiber. There are no nutrients derived from animal products which cannot be obtained from non-flesh foods (which are where the animals got them from in the first place.) Consumption of animal products has been conclusively linked with increases in heart disease, stroke, cancer of the colon and breast, liver and kidney disease, osteoprorisis (depletion of bone mass) and arthritis. The Journal of the American Medical Association has reported that a vegetarian diet can prevent 90-97% of heart disease. Vegetarians weigh on the average about 20 pounds less than meat-eaters.

Meat moves extremely slowly through the human digestive tract, which is not designed for a meat diet. The lack of fiber in meat has made chronic constipation a common problem in our society. Present research indicates that appendicitis, diverticulitis, cancer of the colon, heart disease and obesity are all reduced with a diet high in natural fiber. Moreover, during the five days it takes meat to pass out of the body (as compared to 1 1/2 days for other kinds of food), the disease-causing products of decaying meat are in constant contact with the digestive organs. This creates a poisonous state in the colon and wears out the intenstinal tract prematurely.

Animal flesh contains large amounts of certain fats, such as cholesterol, which do not break down well in the human body. They begin to line the walls of the meat eater's blood vessels, causing high blood pressure, strokes and heart attacks. The kidneys of meat-eaters have to do three times the amount of work to eliminate poisonous nitrogen compounds in meat as do the kidneys of vegetarians.

Meat causes world hunger. Thousands of acres of forestland are destroyed each year in order to create grazing land and crop land to feed farm animals. Animal food production accounts for 95% of all U.S. agricultural land. Hamburger chains are partly responsible for the wanton destruction of the South American rainforest, tracts of which are converted to grazing cattle for U.S. hamburger consumption. Also, many of the U.S.-installed military dictators are forcing small farmers off their land so that it can be used to produce meat or coffee for export rather than to feed the domestic population. Currently, about 80% of the world's agricultural land is used for feeding animals, and about 20% for feeding people directly, despite the fact that plant foods yield about ten times as much protein per acre as does meat. The "feed cost" to produce one eight-inch steak could give each of 45 to 50 people a full cup of cooked cereal grain.

Such writers as Francis Moore Lappe have proven that the planet could feed its present population by allowing residents

of each locality to produce their own food, rather than the export crops demanded by the industrial states and the International Monetary Fund. A 10% consumption drop of meat in Canada for one year would free for human consumption one million tons of grain, enough to feed five million grain-eating people for that year. Presently, North Americans consume over a ton (2,000 pounds) of grain per person per year (through feed for meat-producing livestock), while the rest of the world averages about 400 pounds of grain. While 800 million people in the world go hungry, we use 90% of our grains and legumes to feed livestock.

Meat causes environmental destruction. As mentioned in the previous section, rainforest is being destroyed to graze cattle. Run-off from these lands carries suspended and dissolved solids, organic matter and pesticides into lakes and streams, causing more water pollution than all other human activities combined. Soil erosion on U.S. factory farms amounts to five billion tons of soil each year. In addition, animal agriculture is the greatest producer of sewage wastes in North America. Farm animals produce about two billion tons of manure yearly. As it is not economical to transport the grease, carcass dressing, shit and so forth, most of it finds its way into our water system. This leads to the depletion of oxygen from the water, encourages eutrophication and contaminates the water with pathogens.

Since about 1910, North American agriculture has been using more fossil fuel energy than it produces in food energy. Plant agriculture uses 10 to 1,000 times less energy than livestock agriculture. If we stopped producing meat, we could cut our imported oil requirements by over 60%, while increasing the supply of renewable energy 120-150%.

Have you noticed how hot the summers have been getting lately? A lot of scientists link this to destruction of the rain forest and the oxygen it produces. Many feel that the spread of drought in Africa is a direct result; if the trend continues, we too will experience drought, while increased heat causes the polar ice cap to melt and flood coastal cities (the "Greenhouse Effect.") As we have seen, much of this destruction has been created by and for the meat industry.

8. The Vegetarian Diet.

Total vegetarianism is the refusal to eat animals or their products in any form whatsoever. Those who include dairy products in their diet are ovo-lacto vegetarians. To be vegan is to follow a vegetarian diet and lifestyle, using no animal products derived from leather, horn or other animal parts.

For those following a vegetarian diet, the following guidelines are recommended:

- eat at least three times a day: tofu or soy milk, soybeans, other soy products, almonds, cashews, sunflower seeds, sesame seeds, peanuts, raisins, dried fruit.
- have at least one serving of each of these foods every day: legumes (soybeans, pinto, kidney or chick pea, etc.), whole grains (rice, millet, oats, wheat etc.), leafy dark greens (spinach, chard, watercress, etc.)
- eat 2-4 servings per week of: lecithin, nutritional yeast B, molasses (unsulphured), citrus fruit, brown rice or other whole grain cereals, legumes, natural oils, fresh 100% real juices, vitamin B-12 rich foods (i.e. yeasts, tempeh.)
- have at least once a week: cooked-raw carrots, broccoli or other green vegetable, cabbage or cauliflower, cucumbers, zucchini or green pepper, potatoes, onions, bananas, raisins, millet or other grains, molasses, engevita or "good tasting" yeast, lecithin, acidophilus or tofu.

There are a number of good books which discuss your nuturitional requirements as a vegetarian and provide recipes. Many are available at your nearest natural foods store. Look specifically for books that don't use dairy products, such as butter and eggs. Some macrobiotics books use fish or even chicken as levening devices, and these are hard to replace unless you know how (chicken, for instances, can be replaced by marinating thawed frozen tofu in recipe spices.)

See also: section on children's nutrition in chapter on children.



City Gardening

The information in this section is not intended as a substitute for reading at least one book on gardening before you start, but rather as a quick introduction to some of the problems you should consider when deciding to garden. The Food Action Program, discussed more fully in section five of the Food chapter, has a lot of information on gardening and should be consulted if you're a novice. Most of the information in this chapter comes from two sources:

Helga and William Olkowski: The city people's book of

raising food. Rodale, 1975.

Roberta Fulthorpe and others: The ecological shopping guide. Ottawa, Pollution Probe, 1979.

Soil.

Although soil should be tested for a variety of contaminants through procedures outlined in section five of the Food chapter, you can check its acidity yourself by a simple test. Dip PHydrion paper (4-10 range) in a solution of half water and half soil, and compare the colour it turns with the chart that comes with the package. If the soil is too acid, add lime (preferably dolomite, which breaks down slowly and contains both magnesium and calcium) on the basis of 1/2 to 5 pounds per 25 square feet. The more clay and organic matter in your soil, the more lime it will take to change the pH. Do not add lime to the compost, as it causes nitrogen to leave in the form of ammonia.

Choosing Seeds.

Whether bought or saved from your garden, seeds must be kept in a dry, cool place. When buying seeds note: (a) are they market variety, which means plants will mature at the same time, or home garden variety, which ripens fruits every few days over a long period (b) whether plant is a bush variety, climber or compact type (c) storage quality (d) is plant a hybrid, which means it combines best traits of both parents but won't reproduce well if you save the seeds. Cabbage or cucurbit (cucumbers, squashes, melons) families are difficult to raise from home produced seeds in any case so you might as well use hybrids. With other non-hybrid vegetables, you can either collect the seed from the dried flower head or, as in the case with chard, keep the entire branchlet of seed pods stored for the winter.

Some crops are best planted immediately in the ground, scattering the seeds as evenly as possible and thinning the crop as it grows by pulling the largest plants; others might better be started indoors to protect them from pests until they're large enough to go a couple of days at a stretch without attention. These should be placed in a sunny window with cartons from which the seedlings may be attracted without damaging the root hairs. If you grow plants in containers, either indoors or on the roof, use porous containers (not plastic) with holes in the bottom so that water can drain out (otherwise it rises again by capillary action, and then evaporates from the surface of the soil, leaving the salts behind to kill the plants. Plant in a mixture of soil and compost, or pure compost.

Composting.

Mulches should cover all exposed earth between plants, to lower temperature of the surrounding air and thereby reduce evaporation of water from the plants. Compost is the ideal mulch; it provides young seedlings from the elements, and

provides a habitat for pest-destroying animals that live on decaying matter. The decomposing nutrients from the material are carried into the ground by water and earthworms. Composting of kitchen and garden wastes reduces garbage output and use of chemical fertilizers, while providing the soil with essential nutrients and conditioning the soil.

In Canada, outside composting can only be carried out between April and October, which means that compost is available only in the fall. However, kitchen wastes—as well as lint from dryers and vacuums, but no plastics, metals, glass or meats—may be stored during the winter in a five gallon plastic or metal drum or pail with a close-fitting lid. Each time you empty a pail of waste into the drum, cover with an inch of dry sawdust, wood shavings or wood ash. Waste stored in this way will remain undecomposed for several months. Meanwhile, such materials as cut weeds and grass clippings may be collected as they become available and stored dry in boxes. As most kitchen and green garden wastes are high in nitrogen, some carbon-rich material must also be collected. Obtain a source of sawdust, wood shavings, dry leaves, hay or shredded newspaper—at last, a useful role for the press—or a mixture of any of these, and store dry. Composting material should be chopped as finely as possible, to maximize the surface area exposed to decomposition.

Composting is best done with three bins, although the ordinary household can get by with two. Each should be one cubic yard (27 cubic feet or 150 gallons) in volume to retain the heat of composting. Twenty gallon garbage cans may be used as bins, provided they're tightly sealed to keep odours in and flies out. Bins should be watertight, and the front should be sectioned and removable. All aeration is carried out during turning, so holes are not needed under or around the pile; they would attract flies and allow loss of nutrient juices. The best construction materials are 2' x 2' concrete slabs for the base, and solid cement blocks for the walls, all mortared together. Pine boards running in a track can be used for the front, and plywood should be used forthe top. If wood is used for the sides and back, it should be insulated and all joints sealed with pitch roofing cement. All wood should be treated with

preservative.

To operate an odourless, high temperature pile, it is necessary to have the correct ratio of nitrogen to carbon in the mixed wastes, and to have the correct moisture content. Too much nitrogen produces ammonia and attracts flies, too much carbon slows the reaction down. Most kitchen and green garden wastes require the addition of carbon and water to achieve the right conditions. Sawdust, wood shavings, straw, dry leaves, hay or shredded newspapers can be used to supply the carbon. The lighter the material used, the easier the pile is to turn. Any uncomposted material of this type is a valuable mulch. Fill one of the bins with alternate layers of the waste you've saved, the carbon material and a source of nitrogen (ie manure, urine.) Start with a layer of shavings to absorb the juices. Water each layer slightly to moisten, but never let water run out of the bottom of the pile.

Turn the batch with a fork into the second bin after two days. If there is a strong smell of ammonia, or water runs out of the bottom, add a few more shavings while turning. Chop up any large pieces of waste, such as oranges and corn cobs, while turning. Hose the first bin out well and clean up all waste spilled during turning. Use a pitchfork to turn, and see that the materials are mixed thoroughly—former goes to the

bottom, outside matter into the centre. Avoid spilling material outside the bins as it can breed flies. If you have three bins, you can be building one pile while turning the completed one. Continue to turn the batch every three days, checking smell and moisture each time. Signs of a good working batch are temperatures between 60 and 75 degrees C during the first week (measure by sticking a candy thermometer deep into the compost) and the appearance of long white streaks on the material after a week or so; these are beneficial soil fungi. If the temperature does not rise, add some nitrogen in the form of fresh manure, Milorganite or more kitchen waste.

In about three or four weeks the temperature should start to drop. When the compost is consistently below 37 degrees C, and crumbly and odourless (some woody smell may remain) it is ready to use. Sift out any large lumps that have not decomposed and put them in the next batch. If the ammonial smell persists heavily, do not use within 4-5 inches of plant stems to avoid nitrogen burn. If the compost is going to be mixed with soil to form a potting mix, sift out any undecomposed woodshavings or other materials, and reuse them in the next batch. Besides mulching, finished compost may be spread out on newly harvested beds and turned in before replanting. For the majority of uses, either before planting or during the growing season, layer the compost over the soil, covering as much area as possible. Do not dig in; let worms draw the nutrients and humus, while the remainder acts as a mulch to keep down weeds and retain moisture.

4. Frost Protection.

There are steps one can take to protect crops from unexpected frost, such as the following:

- Plant most vulnerable crops nearest the house, where eaves
 or other overhanging structures may reradiate heat back
 down to the plants; this heat would otherwise be radiated
 out to the outer atmosphere at night. A south wall is
 particularly likely to store heat and give it out at night, and
 trees or vines should be pruned flat against these walls.
- Crops can be made portable by being planted in 5-gallon containers, which can be moved under trees or other protection if frost is anticipated.
- A cardboard box or bushel basket may be inverted over the plant for the night. It should be large enough so the leaves do not press against the inside of the top. Since it is the heat stored in the soil that you wish to trap, wrapping a bag or cloth around the plant and tying it around the stem won't help.
- Low planting areas should be protected by walls, fences or borders of low shrubs, since cold air is denser, heavier and flows to the lowest point. Crops may be elevated in large planter boxes.
- Sometimes vegetables can be protected by spraying them with water, since the water releases heat as it turns to ice.
 But the sprinklers must be kept operating throughout the danger period.
- Greenhouses or plastic sheets temporarily imprison solar light rays, which on reaching the ground are turned into infrared, the same as the heat waves given off by plants and animals themselves. Only certain plastics pass all of the spectrum most useful to plants. Minishelters may be raised slightly over the plants, and should be left open at both ends for ventilation. They may become too moist inside, and encourage the growth of disease-inducing fungi.
- Windbreaks may help plants survive; they should be set up at right angles to the wind.
- A dark covering on the soil, i.e. tarpaper or plastic, helps

increase the soil's heat absorption. Good rainage is also important, since wet soils take longer to warm up.

 Screens may serve as windbreaks where wind presents chilling or drying problems, but they should be partly permeable (30-50% is best), i.e. a basketweave or similar style fence with open spaces, since solid barriers tend to increase the gusts and turbulence on the leeward side.

5. Watering.

Watering procedures vary according to type of soil; clay or heavy soils hold more water than light or sandy ones, and water infiltrates clay much more slowly. So clay soils should be watered infrequently but at great length, sandy ones more frequently but for shorter periods. Watering should be done in the cool part of the day, when it is not too windy, to avoid unnecessary evaporation, and perferably early to allow the plants to dry off and thereby discourage the growth of disease.

Watering should be thorough, wetting the top 8-10 inches, which generally means leaving the sprinkler an hour or so in each spot. The time between waterings should be sufficient to let the surface dry out, thus encouraging the roots to seek water at greater depths; you can check the depth of soil moisture with a spade. Seedlings should be covered with overturned pots or other protection during the first day or two after transplanting. Mulches should cover all exposed earth between plants, to lower temperature of the surrounding air and thereby reduce evaporation of water from the plants.

6. Pest Control.

You can make your own sprays, that are inexpensive and harmless to the environment. Suggestions include:

- Water spray, often effective against aphids, mealybugs and some moths.
- Crush or blend any member of the onion family (onions, leeks, chives), mix with an equal amount of water, strain and water the plants.
- Grind several pods of hot peppers, add equal amounts of water and spray.
- · Mix one part garlic powder with four parts water and spray.
- Soak 6-8 non-filter cigarette butts in a quart of water for 24 hours, or boil five cigarettes in a quart of water for half an hour. Strain, let stand for one month; mix one part solution with four parts water, spray on plants. (note: solution is poisonous, very potent but breaks down readily.)
- Put a handful of the worst pests into your blender with twice their volume of water; run on high speed for one minute until solution is liquified, strain through cheesecloth and dilute in a ratio of app. one part liquid to four parts water.
 Spray plants well on both sides of stems, leaves and runners.
 Use only if you have a serious pest problem; do not use for mosquitoes, house flies, fleas or any other pests that may carry diseases harmful to humans.
- Protect houseplants by tieing a plastic bag around the pot and up over the soil around the stem of the plant, and' dipping the entire plant in lukewarm water containing a bit of soap. Most plants will survive, most insects won't. To kill coccina (shielded aphids) you must rub every part of the plant with a sponge and real soap solution. To fertilize houseplants, sprinkle water which has covered manure—this eliminates the need to buy synthetic houseplant foods.
- Since mosquitoes breed in stagnant waters, screen sisterns, invert any pails that are outside and change the water in wading pools and bird baths frequently. Goldfish in ornamental pools will eat insect larvae. Spiders kill insect pests, and are harmless to humans in this part of the world.

Cooking and Preserving.

In terms of nutrition, garden vegetables are low in protein but high in vitamins and minerals. To maximize nutritional quality, eat them as soon as possible after cooking, if possible raw or barely cooked. Do not soak or excessively rinse vegetables ahead of cooking. Cook in as little water as possible, and expose to the air as little as possible during cooking (don't keep lifting the pot lid to peek in.) Stir fries are a good way to minimize cooking.

Methods of preserving food include:

Drying-If the days are hot and dry enough, fruit can be dried by spreading it in a single layer on a screen (ie window screen), preferably elevated so air can flow under as well as over the drying fruit. Or you can build a solar home drier. To kill insects infesting the dried fruit, boil it for one minute, then spread to dry before storing.

Waxing, Salting, Pickling-Waxing the stem ends of squashes may help them store for a longer period without drying or rotting. Pickling involves vinegar as well as salt-

check appropriate recipes.

Canning-Follow reliable canning directions exactly to avoid botulism; if you don't use a pressure canner, stick to high acid foods (tomatoes, pickled foods, most fruit) or increase acidity by adding a teaspoonful of lemon juice to each quart jar. Even with acid foods, boil any doubtful looking or smelling foods ten minutes before using. Doubtful food should be boiled before disposal in case people or animals come into contact with it when disposed of or composted.

Freezing-Wrap foods adequately to prevent moisture burns and exclude oxygen, freeze quickly and keep at 0 degrees or lower. Some vegetables should be briefly dipped into boiling water to stop enzyme action before freezing. Bib type freezers use large energy than upright cabinets whose air flows out when freezer is opened. Automatic defrosting equipment uses

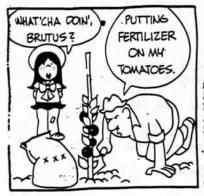
a lot of extra energy.

8. Growing Marijuana.

The best way to avoid the violence brought to the drug trade by the state and other forms of organized crime, sometimes working together and sometimes against each other, is to not use drugs. However, we contend that, like suicide or abortion or alternative medical treatments, drug use should be an individual choice. If you smoke marijuana, the most effective and least violent way to assure a supply is to grow your own. It is estimated that each pot smoker throws away at least 100 to 1000 pot seeds a year, a total of from two to forty billion. If all these seeds were planted, and only 1% of them grew, this would create from 20 to 400 million plants each year. Pot is a hardy plant which, once it establishes itself, grows like a weed. A female pot plant will leave behind thousands of seeds, enough to guarantee a whole new generation the following year. Already there are huge patches in the U.S. midwest that the government can't wipe out. Granted it's only low quality hemp, but it's still strong enough to cause cows who eat it to

City gardeners are at a disadvantage here because it is inadvisable to grow pot on one's own property, but they can always save up their seeds for a trip to the country, or try their luck in a secluded corner of some park. Only the person who plants the seeds should know where they are; once planted, it's just a matter of going back in the fall to see what's there. Avoid planting a large amount of pot in one area, which might make it worth the cops' while to put the area under surveillance if they find it. Although the cops will find and destroy some patches, and rival smokers will find and pick others, enough will survive. In a decade or two, pot could be growing in so many places as to be indigenous to the country. Seeds can be planted in fields, next to roads, in back woods

Plant seeds about 1/8 of an inch deep in lightly packed soil. Administer water if possible. Choose an area that receives lots of light. Plant seeds before surrounding vegetation gets too high, or this will crowd out the small pot seedlings. A little weeding never hurts. If this is too much trouble, you can just throw the seeds on the ground as you walk past; a few might







Housing

In 1971 there were 206,165 rooms in Ontario boarding and rooming houses; by 1987 there were only 61,000. During the same period, construction of rental housing in Ontario decreased by two thirds. Average apartment rents increased by over 60% from 1980 to 1986, and now up to 40,000 people use Ontario's emergency hostels each year. Many others have no shelter at all, or live in substandard housing. 38% of the homeless are families; many others are psychiatric patients released despite the lack of community resources to enable them to function. (source: Ontario Ministry of Housing's advisory committee report, More Than Just a Roof.)

In Toronto, Michael Shapcott of the Christian Resource Centre, 40 Oak Street, is a strong advocate/organizer for low-income tenants and roomers. He may be reached at 363-4234. Former psychiatric patients, who often find it especially difficult to find a decent place to live, should check the chapter on Psychiatric Patients for specific suggestions.

Much of the information in the first five sections of this chapter applies to the Toronto area only. In other cities, check local community information centre or Salvation Army for sources of emergency accommodation; information centre, city hall or public library for information on aids to finding a permanent place to live or information about housing by-laws.

Temporary and Emergency Shelter for Homeless.

Emergency hotline 863-0505.

Families:

- Woodgreen Red Door Family Shelter, 875 Queen St. E., 469-4123.
- families with fathers, refugee families, 24-hour admission.
- Toronto Community Hostel, 191 Spadina Rd. 925-4431 single wimmin. families with or without fathers, 22 beds.
- Family Residence, 624 Dundas St. W. 363-8475.
 emergency accommodation for sounds. 644 and 6 million.
- emergency accommodation for couples, father-led families.
 Sojourn House, 51 Bond St refugee families, singles.

Wimmin With Children:

- North York Women's Shelter, 940 Sheppard 935-9630 (24-hour).
 - assaulted wimmin and their children, some single wimmin. life skills courses, informal counselling and referral.
- Emily Stowe Shelter, 21 Brimley Rod, 264-4357.
 focus on battered wimmin and their children; some single battered wimmin.
- Anduhyuan, 106 Spadina Road, 920-1492.
 primarily for native wimmin, with or without children.
 other wimmin when space available.
- Emestine's, 1 Warrendale Court Etobicoke 746-3701.
 emergency shelter for assaulted wimmin and their children.
 has professional child care workers.
- Interval House, 596 Huron St., 924-1491.
 priority to battered mothers and their children.
- Nellie's, 275A Broadview, 461-1084.
 wimmin's emergency shelter; must seek other help in daytime.
- counselling, referrals available.
- Peggy Ann Walpole House, 291 Sherbourne St. N., 923-5266 (24-hour.)

- wimmin with or without children; counselling available.
- Women in Transition, 143 Spadina Rd., 967-5227.
 for wimmin with children.
 - skill courses, counselling and referrals to residents and nonresidents.
- Women's Habitat, 149 Stanely St. Etobicoke 252-5820. for battered wimmin and their children. offers counselling and referrals.

Single Wimmin:

- All Saints' Church, 317 Dundas St. E., 368-7977. beds, meals.
- Evangeline Residence, 2808 Dundas St. W., 762-9636 (24 hour).
 emergency beds.
- Renascent House, 364 Spadina Rd., 968-0449.
 28-day in-house program for alcoholic wimmin 16 or over. prior interview required.
- Rendu House, 242 Church St., 864-0792.
 emergency shelter, counselling and referrals.
- Robertson House, 291 Sherbourne.
 singles and with children, counselling, referrals, advocacy.
- Sistering, 707 Dundas St. W., 366-0001.
 programs to help wimmin develop self-esteem.
- Street Haven at the Crossroads, 87 Pembroke St., 967-6060 (24 hour).
- various services to single wimmin in crisis.

 Stop 86, 86 Madison Avenue, 922-3271 (24-hour.)
- shelter, support counselling for wimmin aged 16-25
 Woodlawn Residence, 80 Woodlaw Ave. E., 923-8485.
 emergency beds, counselling and referral service.
- see previous section (Wimmin with Children) for:

Anduhyuan

Emily Stowe Shelter

Nellie's

Peggy Ann Walpole House.

see first section (Families) for:

Toronto Community Hostel.

Single Men:

- All Saints' Church, 317 Dundas St. E., 368-7977.
 mats on floor for single men, late October to April.
- Dixon Hall Shelter, 30 St. Lawrence St., nights 947-7250, days 863-0498.
 - admission 8 p.m., bubble mattresses for 45 men. informal counselling and referral.
- Fred Victor Mission, 86 Lombard St.
- Good Shepherd Refuge, 412 Queen St. E., 869-3619.
 60 beds and breakfasts, opens 7 p.m.
- Native Mens' Residence, 14 Vaughan Rd, 652-0334.
 native men.
- Ozanam House, 88 Mulock Ave., 762-4195.
 shelter for alcoholics wishing to stay sober while awaiting treatment.
- Salvation Army Mens Hostel, 135 Sherbourne St., 366-2733.
- 169 emergency beds free.75 dormitory beds, \$3.50/day.
- register during office hours.

 Seaton House, 539 George St., 964-6797.
- men 16 and over, 700 beds.
 register 7:30 a.m.-3 p.m.; emergency admission during night possible.

bath/shower, counselling, referral. elderly or disabled may stay on premises during daytime.

Streetcity, 393 Front St.

Basic shelter; longterm goal is lowrent housing in warehouse

Toronto House, 6 Leopold St., 536-6198.
 ex-offenders.

Youth:

Covenant House, 70 Gerrard E, 593-4849.
 accommodation, counselling, limited medical services.
 single men and wimmin under 21.

Jessie's Centre for Teenagers, 154 Bathurst St., 365-1888.

Mercury Youth Services, 95 Wellesley E.
 Young men, 16-24; counselling, employment, psychiatric aid.

Stop 86, 86 Madison Ave. 922-3271 (24 hours.)
 wimmin aged 16-25; shelter, support counselling.

 YMCA House, 485 Queen St. W. young men, 16-24; counselling, referrals.

 Youth Without Shelter, 6 Warrendale Court, 749-0110. teenagers.

2. Long Term, Post Crisis Accommodation.

- Callwood House, c.o. Jessie's, 365-1888.
 long term housing for five teenage mothers and their children.
- Church of the Good Samaritan, 790 Queen St. West, 537-3477.
 men 45 and over.
- Homes First, 90 Shuter, 364-9224.
 low-income singles over 18.
- Maryglen Residence, 244 Church St., 368-7651.
 wimmin 18 and over.
- Mercury Youth Services, 385 Yonge Street, 591-9000.
 youth 16-22 enrolled in job training programs.

3. Finding Rental Accommodation.

Check you community information centre or public library to learn whether there are any services to help you find a place to live.

In any city, unless you're desperate it's a good idea to stay away from businesses which maintain files of places available to rent and charge you a fee to look at them (the standard rate is \$40-80.) This is basically a racket whose success depends on convincing landlords that they can rent their premises without the expense of putting an ad in the newspapers; the more successful these agencies become, the harder it will become to find a place without them. The agencies do not guarantee you success in finding a place, and many of their listings are available in the newspapers or other sources. If you must use these "services," try to find two or three other groups looking for housing to share the expense.

If you're looking for a place to live in Toronto, Ottawa or many other large urban areas, remember that there are more people looking than places available; as with finding a job, you'll have to compete. Don't expect to find a place the first day you start looking; landlords may take several days to decide between applicants. On the other hand, many take the first suitable looking applicant they interview, so try to check out the newspaper ads first thing in the morning (in Toronto, the Star and the Scum both have good rental sections; the Globe and Mail doesn't.) Also use as many of the services listed below as possible. If you see something that looks promising, phone immediately. Look as good as you can

when you go for the interview. Decide before you go what is the minimum you are prepared to accept, as you might have to make an instant decision. If you like the place and the landlord is willing to accept you on the spot, grab it. Have enough money in your bank account that you can write a cheque for first and last month's rent on the spot, and enough cash that you can if requested tender a \$50 or \$100 down payment as evidence of good faith. Try to arrive a few minutes early for the appointment so you can case the neighbourhood; check for possible sources of bothersome noise, proximity to public transit etc. Have a phone number available where the landlord can call you if s/he wants time to consider your application.

Although the remainder of this section pertains exclusively to the Toronto area, we will first mention an Ottawa project which could be duplicated in other cities where scarcity of housing is getting to be a problem. With city and local United Way financing, the Shared Housing Program helps people in the Ottawa-Carleton area find or provide shared accommodation. The program, which has been in operation for over 25 years, has a co-ordinator who helps single people find rooming house accommodation and also matches families and singles who are considering shared accommodation, by interviewing both parties and introducing those who it believes will be compatible. A counselling service is available both during and after the match has occurred. It also introduces home seekers to each other so that they can search cooperatively. It may be reached at 613-237-1320.

INFORMATION SOURCES IN TORONTO:

City of Toronto Housing Registry Program, 593-6918.

Encourages homeowners to rent out space. Offers free advertising to list vacancies in weekly published vacancy list, distributed at public libraries, college campuses and community information centres.

Co-operative Housing Foundation of Toronto, 299 Queen W. #400, 598-1641.

Lists existing housing co-ops (send stamped self-addressed envelope for copy.) Helps groups start new ones. This usually involves renovating old buildings, and takes 1-2 years, but is often a good longterm solution to the housing shortage. Members don't have to lay out initial cost of housing, but must pay monthly rent at going rates.

Sharing (Metropolitan Toronto Shared Accommodation Services for Older People.) 591-1657.

Helps people find accommodation (house or apartment) to share with senior citizens. \$25 fee.

Community Housing Support Service, Woodgreen Community Centre. 835 Queen St. E., 469-5211 ext. 158.

Assists people with mental health problems to find housing. Back-up services, referrals preferred.

Centre for Advancement in Work and Living, 45 Chauncey Avenue, 231-2295.

Helps youth 15-21 find housing in Etobicoke.

Jewish Information Service, 4600 Bathurst St. #345, 635-5600.

Accommodation registry for Bathurst corridor north from Eglinton. Open to all. Mercury Youth Services, 385 Yonge St. 591-9000. Helps youth 16-19 find accommodation.

Open Door and Room Registry, 315 Dundas St. E. 366-4319.

Listings (mostly rooms) for downtown area, for limited income clients.

Youth Clinical Services, 800 Oakdale Rd. 742-2514. Housing lists for young people.

Community Information Centre of Metropolitan Toronto, 34 King St. E., 863-0505.

Information about accommodation for low-income singles throughout Metro.

4. Subsidized Housing Programs.

note: all programs have long waiting lists.

City of Toronto Non-Profit Housing Corporation. for market rentals: 392-7472. for subsidy rentals: 392-7893. good homes at reasonable rates for moderate and low income people in the heart of Toronto.

Metro Toronto Housing Ltd. 392-6000; applications 392-6111 low cost apartments for moderate to low income families, seniors.

City Home, 180 Dundas St. W., 947-7472. affordable housing, some units subsidized.

Ontario Housing Corporation, 925-1211.

makes low-cost housing available to parents of children under 18, people over 60 and the physically disabled. N.B.: Neighbourhood Legal Services has published an extensive handbook on how to obtain and remain in this housing, available in many libraries and counselling centres. Potential applicants should check this manual or seek counselling before applying, to avoid inadventently disqualifying themselves before the bureaucrats.

Wigwamen Inc., 2010 Yonge St., 481-4451. low-income rents, primarily for native people.

5. Housing Regulations in Toronto.

Building Permits 392-7522.

Zoning Information 392-7600.

before renting premises for a commercial activity, check to make certain the building's zoning will allow what you are planning.

Realty Tax Information 392-7115.

Building Code Information Central 392-7510, East 392-7537, West 392-7544, North 392-7215.

Many home renovations require permits; check this out before proceeding.

Home Improvement Loans.

Building owners in Toronto are sometimes able to obtain loans or grants to modify their building for residential use or for use by the handicapped. They can also get free advice on how to save energy when renovating. Information: Buildings and Inspection Dept., 392-7620.

Ontario Services to Homeowners. Rental Property Repairs.

Landlords are sometimes eligible for forgivable loans of up

to 50% of the cost to repair rental properties. For information, contact your local Central Mortgage and Housing Corporation (CMHC) office.

Home Maintenance.

Both the provincial and federal governments offer owneroccupants financial incentives (loans, grants) in some cases to fix homes so they will measure up to local housing standards. In Toronto, call 392-7620 for information; elsewhere, check with the federal and/or provincial housing ministries as listed in the blue pages of your phone book.

Energy Conservation.

Heatline provides pamphlets and telephone information on energy conservation in the home. Write or call toll free: Energy, Mines and Resources 460 O'Connor St., I2th floor, Ottawa KIS 5H3 1-800-267-9563.

Residents' Associations.

Many areas have associations for local residents, ratepayers, citizens and business groups. You can likely find out the nearest one from city hall; in Toronto, contact the Department of the City Clerk, Information and Communications Division, Clty Hall.

7. Landlord/Tenant Relations.

Ontario law regulates several aspects of landlord/tenant relations, usually to uphold the landlord's interest though tenants have a few more rights than they once did.

- a landlord cannot ask for a security deposit to cover damages but can (and invariably does) demand that the last month's rent be paid in advance as a security deposit. This brutal law has forced many people who can't raise two months' rent at once onto the streets. The landlord is required to pay interest on this last month's rent.
- a landlord or employees of a landlord may not enter the rental unit without giving 24 hours' written notice, except in genuine emergencies.
- neither the landlord nor the tenant can change the lock on any door.
- a landlord cannot seize a tenant's property because of overdue rent.
- tenants, other than those in public or subsidized housing, may sublet. The landlord may reserve the right to approve the new tenant in the rental agreement. READ THE LEASE BEFORE SIGNING.
- landlord or tenant must give the other written notice of termination of the agreement, regardless of whether the rental agreement is verbal or in a written form. If rent is paid weekly, the notice is required 28 days before the final day of tenancy; if rent is paid in monthly, year-to-year or fixed term schedules, notice is required 60 days before the final day.
- a landlord may terminate the agreement on 20 days' notice for such offences as failure to pay rent, undue damage, disturbing others, over-crowding, illegal acts or misrepresenting income for public housing, or if the house is needed for the landlord's immediate family
- landlords are entitled to raise rents by a fixed amount (which varies) each year, and may apply for an additional rent increase. Tenants have the option of appealing additional increases, with the Rent Review Board making the final decision. A landlord who wins this decision may demand retroactive payment of the increase in one sum for the

period it took the Board to decide, and throw out the tenant who can't pay.

 prospective tenants who pay a deposit when they submit an application for space are entitled to withdraw the application within seven days and receive a full refund on the deposit.

Heat

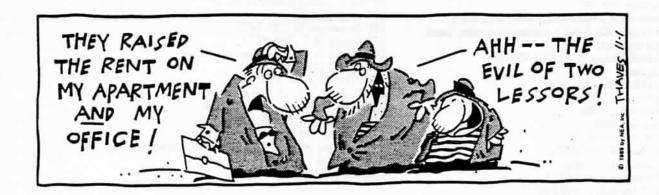
Most communities have bylaws requiring landlords to maintain a minimum of heat in their buildings from mid-September till the end of May (this of course doesn't apply where the tenants agree to pay utility bills.) In Toronto this is 21C (70F), with minor fluctuations in each of the five boroughs. In some cases, the courts have ordered landlords who don't maintain adequate heat to give their tenants rent rebates. If you aren't getting enough heat and can't get action from the landlord or building superintendent, call city hall and ask for the property standards department to lodge a complaint and request for action.

The Toronto numbers to call are as follows:
City of Toronto: 392-7960,
after hours and emergencies 392-7149.
North York: 224-6315,
after hours and emergencies 224-6433.
Scarborough: 396-7431,
after hours and emergencies 224-6433.
City of York: 394-2436,
after hours and emergencies 394-2630.
East York: 461-8136.
Etobicoke: 394-8272.

The Urban Development Institute: This represents landlords who manage about 70,000 units and act as a lobby/ pressure group to encourage landlords to behave ethically towards their tenants. Tenants whose landlord is breaking the law can contact the Urban Development Institute at 1100 Eglinton Ave. E., Don Mills M3C 1H8, 449-4588.

Services for Toronto tenants (in other areas, check information centre whether equivalent services exist.)

- Federation of Metro Tenants Associations, 366 Adelaide St. E. #447, Toronto M5A 3X9, 364-1564.
- Tenant Hotline 656-5500. Information for tenants on all aspects of rental by-laws, landlord-tenant relations etc.
- Rental Units for Families, 392-7940. For advice as to which buildings are covered by bylaw requiring landlord to admit children.
- Rent Review Board (information on appealing any rent increase above the fixed annual amount): Toronto area 964-8281 East York 429-0664 Etobicoke 236-2681 Scarborough 438-3452.



Clothing—Second-Hand

1. Free Distribution Points.

Phone first to determine hours and eligibility. Outside Toronto, ask at local information centre.

- Anduhyaun Residence, 106 Spadina Rd 420-1492 (native people).
- Christian Community Centre, 270 Gerrard St. E. 929-9614 (free to those referred, cheap to others.)
- Danforth Baptist Church, 60 Borden, 466-5658.
- Duchess St. Mission, 529 Richmond St., 364-7732.
- Emily Stowe Shelter for Women, 21 Brimley Road, 264-4357.
- Good Neighbour Club, 170 Jarvis St., 366-5377.

- Good Shepherd Refuge, 412 Queen St. E. 869-3619 (men only.)
- 416, 416 Dundas St. E. 928-3311 (wimmin all ages.)
- Flemington Park Red Cross, 747 Don Mills Road 425-4123.
- Flemington Neighbourhood Services, 747 Don Mills Rd., 424-2900 (referrals.)
- Malvern Family Resource Centre, 1301 Neilson Rd, 281-1376 (single parent families.)
- · North York Womens Shelter, 635-9630
- People That Love Centre, 133 West Mall #9, 621-5253

- Resa Back in Fashion, 1040 Albion Rd, Rexdale, 742-1900.
- St. Vincent de Paul Society 240 Church St. 364-5577 or phone local Catholic parish for referral.
- Salvation Army, 366-1355 (for referral to nearest District Office.)
- Scott Mission, 502 Spadina Ave. 924-4437 (wimmin and children.)
- Scarborough Crossroads Family Resources, 2821 Birchmount Rd #111, 297-6937.
- Sistering, 707 Dundas St. W. (Scadding Court), 366-0001 (wimmin.)
- Street Haven at the Crossroads, 87 Pembroke St., 967-6060.
- Toronto Breakfast Club, 1320 Yonge St., 928-4804 (children.)
- Women in Trtansition, 142 Spadina Rd., 967-5227 (wimmin.)
- Woodgreen United Church, 875 Queen St. E. 461-1105 (kids and parents.)

2. Inexpensive Clothing

Outside Toronto, or for additional Toronto locations, check phone book under clothing-Used or Second Hand.

- Amazing Clothing, 50 Dufflaw—mens', wimmins', teenagers', early 20s; ten dollars up.
- All Saints Clothing Store, 323 Dundas St. E. (down stairs at Friendship Centre) 368-7977.
- Big Sister Thrift Shop 1743 Avenue Road 782-9065.
- Canatex, 38 Dufflaw Road (open Sundays)-wimmins skirts, sweaters, tops and pants.
- Mad Market 1860 Queen St. E. 690-9807.
- Extoggery Limited
 115 Merton 488-5393, 488-2838
 3250 Yonge St., 482-2811
 2425 Yonge St. 482-5335
 269 Ellesmere 449-0399
 2267 Bloor St. W. 769-5161
 897 Eglinton Ave. W. 781-6373.
- Goodwill Industries of Toronto pickups-234 Adelaide E 362-4711 main store-234 Adelaide E 366-2083

- 552 College St. 967-0364
 1510 Danforth Ave. 466-2944 (as is store)
 2533 Danforth Ave. 698-6115
 3109 Dundas St. W. 769-2474
 3160 Eglinton Ave. E. 261-7610
 4566 Kingston Rd. 284-4776
 2985 Lakeshore Blvd. W. 255-3211
 465 Parliament St. 921-6648
 755 Queen St. E. 461-2217
 1267 Queen St. W. 537-0806
 137 Roncesvalles 534-1686
 1931 Weston Rd. 241-2020
 1611 Wilson Ave. 241-6652.
- Saint Vincent de Paul Society pickup warehouse 789-4381
 793 Dundas St. W. 364-2780
 3194 Danforth Ave. 699-5105
 391 Driftwood Ave. 661-3126
 3437 Lakeshore Blvd W. 252-1057
 106 Main St. N. Brampton 453-8480
 271 Lakeshore Rd E Port Credit 278-0437
 1395 Queen St. W. 537-5678.
- Salvation Army 1490 Dundas St. W. 537-1993 2300 Lakeshore Rd. W. Oakville 825-3758 366 Kerr St. Oakville 845-2351 256 Lakeshore Rd. E Port Credit 278-6928 464 Timothy St. Newmarket 895-5572 393 Main St. E Milton 876-4831 82 Mill St. Georgetown 877-8522 974 Pape St. 425-9625 480 Parliament St. 929-0470 219 Queen St. E. 366-9871 147 Queen St. W. Brampton 451-8840 892 Queen St. W. 461-9721 1447 Queen St. W. 536-3361 496 Richmond St. W. 366-4686 2284 Speers Rd Oakville 825-2828 943 St Clair Ave. W. 651-2825 1179 Weston Rd. 243-0848.
- Sample of the Month, 28 Dufflaw Road (closed Saturday, open Sunday)childrens', mens' wear.









Health

Self Treatment: Ultimately, our most sensible alternative to the Health Care System is to learn to diagnose and treat ourselves. The deliberate erosion of our trust in our own perceptions by the drug and medical institutions has successfully conditioned us to both run for help AND expect immediate relief. Seeking out experts and authorities, even alternative experts, is counter-alternative; it only serves to put the control of our health in different hands.

Learning to be responsible for our own health care is not something that happens automatically or that we can do immediately. But it is certain that we CAN do it, if we are willing to make the effort and to take the time to read widely, take courses, and above all to learn to listen to and trust our own bodies. We should also learn from those practitioners whom we choose to consult in the interim.

Naturopathy: This is a distinct system of healing which promotes the prevention of disease, and the restoration and maintenance of health, by considering the whole person. Naturopathic medicine provides an integrated system of natural health care, which utilizes analytical and differential methods of diagnosis to determine the appropriate application of conservative, natural therapies, with emphasis on instructing patients about what they can do to regain and preserve their health.

The science of naturopathic medicine is a comprehensive body of knowledge, derived from traditional sources and contemporary research. The practice of naturopathic medicine presents a primary contact holistic approach to individualized health care for people of all ages. It utilizes a combination of physical, psychological and biochemic therapies which include:

- acupuncture with and without needles
- manipulation of joints and soft tissue
- · physical, mechanical and electrotherapeutic procedures
- · botanical (herbal) and homeopathic remedies
- lifestyle assessment and counselling
- comprehensive nutrition, including dietary counselling and nutritional supplementation.

The naturopathic practitioner emphasizes an itegrated approach and the patient's responsibility towards personal well-being. To become registered as a naturopath, one must complete three years of prescribed university courses and another four of training at a college of naturopathic medicine, followed by completion of a comprehensive Board examination. These practitioners treat virtually all acute and chronic conditions, referring medical emergencies to the local hospital and supplying whatever other referrals are necessary.

The Canadian College of Natural Healing, a non-profit corporation chartered by the federal government, offers courses in a variety of natural healing techniques. Examples include reflexology, iridology, diet and nutrition, shiatsu (acupuncture without needles), posture correction, ear pressure, use of herbs, polarity, colour therapy and massage. It is located in Ottawa, and can be reached at 613-820-0318 or 613-828-6522. In Toronto, the Ontario College of Naturopathic Medicine operates at 60 Bell, and may be reached at 251-5261.

OHIP: The Ontario Health Insurance Plan (OHIP) covers treatment by doctors, including such services as lab work and x-rays, eye tests, psychiatrists and hospitalization in wards, as well as home care if this is ordered by a doctor. It does not

cover glasses, or services by psychologists or other therapists who are not MPs. It partially covers ambulance fees, plastic surgery, nursing homes, homes for the aged and the services of such health practitioners as chiropractors, osteopaths and podiatrists. It covers the same services if the insuree is outside Ontario, provided the care cannot wait until the person returns to Ontario and does not exceed Ontario charges (in which case the insuree must pay the difference.)

Users of OHIP should remember that Ontario law now bars physicians from charging above OHIP rates, but this law does not apply to specialists. If you require a specialist, find out in advance whether there is extra billing (not all specialists do this, so you might want to shop a bit.)

If you're not covered and want to be, you can pick up an application form at a bank or hospital, mail it in and await first billing.

Toronto area phone numbers to inquire about OHIP: Toronto 482-1111
Etobicoke, Mississauga, North York 275-2730
Scarborough 263-3814
Oshawa 434-3700.

Alternative Health: The Alternative Health Services Directory (second edition 1985-6, available at many public libraries or call 633-2088) lists Toronto area individuals and organizations offering treatment and/or products in the following areas: acupuncture, Alexander technique, allergies, aroma therapy, arts, astrology, Bach flower remedies, bakeries, body and skin care, bodywork, books, childbirth, children, Chinese herbalish, chiropractors, clinic ecology, colonic irrigation, counselling, cranial therapy, deep muscle massage, education, feldenkrais, fitness, gestalt therapy, hair analysis, hakomi therapy, handwriting analysis, healing centres, health foods, health products and services, herbology, holistic healing, homeopathy, iridology, kinesiology, Kneipp therapy, macrobiotics, massage, meditation, metamorphic technique, movement therapy, naturopathy, neurolinguistic programming, nutrition, organic produce, pain control, parenting, personal development, polarity, psychic therapy, psychotherapy, rebirthing, reflexology, reiki, relationship counselling, restaurants, retreats, rolfing, schools, shiatsu, stress management, tai chi, therapeutic touch, touch for health, trager, vegetarianism, workshops, yoga.

Similar topics are covered in a 1987 publication, Your Guide to Alternative Health, available from certain businesses specializing in alternative health remedies.

Low Income: Low income and street people are sometimes badly treated by ordinary health resources, and those who are on low income or distrust hospitals should check out Street Health at 323 Dundas St. E., 368-8179. It helps its clients obtain OHIP and secure the proof of identity necessary to do so, will if necessary supply carfare to get to the hospital, and supplies physical treatment (a doctor once a week, nurses at other times) on the basis that no treatment is imposed and the client makes all decisions. It also helps the destitute obtain free glasses. Open certain hours in the daytime or sometimes at night; call for details Branches of this service are available at:

- Dixon Hall Shelter, 30 St. Lawrence St. 392-7250
- Street Haven, 87 Pembroke St. 967-6060
- Inner City Youth, 151 Gerrard St. E. 922-3335.

The Shriners organization will cover the cost of sending sick children to other cities for care which can't be provided at

home, for instance to the burn units in Montreal and Boston. Contact via Variety Village.

OHIP provides free eye examinations but not glasses. The Kiwanis Club helps people obtain glasses who can't afford them; call 364-8189 in Toronto or your local chapter.

Home Visits: Yes, Virginia, some doctors still make house calls—except in the case of life-threatening emergencies. To find out how to obtain a house call, call Med Visit 631-3000.

Homeopathic Remedies: Available at Thompson's drug store, 1844 Yonge Street; other independent drug stores carry homeopathic remedies for special problems. Thompson's has pamphlets outlining stress remedies.

Specialist Remedies: OHIP will pay for massage therapy, provided your doctor refers you to the therapist. For chiropractic remedies, contact the Canadian Memorial Chiropractic College, 1900 Bayview, 482-2340.

Herbalists: The people of China, India and other countries of the far east have been using herbal remedies continuously for thousands of years. Much less information is likely to have been lost by them than by their western counterparts due to disuse or state and religious suppression (it is now believed that a major reason for the burning of numerous "witches," and many aspects of the Spanish Inquisition, were motivated by a desire of western authorities to suppress traditional healing methods.) It is therefore likely that eastern herbalists would be more knowledgeale than their western counterparts.

When consulting herbalists with whom language differences could be a problem, it is useful to bring a written list of symptoms, including descriptions of body fluids, sleeping and eating patterns, and pain-related symptoms. Eastern herbalists in Toronto include:

- Chinese herbalist-464 Dundas Street West
- Dr. Mak-204 1/2 Broadview Avenue, 461-4585
- · Ayrevedic (East Indian) Broadview Ave. south of Gerrard.

Acupuncture: Sources include-

- Patrick Pillac, 15 Provence Trail #15 Rexdale (rates not high)
- Lilian Ezeskey, 759-9124 (sliding scale or barter.)

Artificial Limbs: If you need artificial limbs, contact the nearest branch of War Amputations Association of Canada; in Toronto it's 488-0600. Contrary to popular misunderstanding, this organization does not just help war veterans.

Complaints: If you wish to complain against your doctor, notify in writing the complaints department of the College of Physicians and Surgeons, 80 College St. Toronto M5G 2E2 (Ontario wide), or phone 961-1711.

Massages: The Shiatsu Clinic, 547A College St., offers free massages once a week. 323-1818.

Teenage Pregnancy: For information as to appropriate sources of help for teenage pregnancy problems, call the Youth Line at 922-1700.



Handicapped

Government Services.

General information is available from the Ontario Advisory Council for the Physically Handicapped, in Toronto at 465-9537.

The Ontario Ministry of Community and Social Services offers a variety of services to the handicapped, including a telecommunications device for the deaf (TDD) which enables deaf and speech-impaired people to communicate by telephone. TDD inquiries may be made toll free at 1-800-268-7095 or at the nearest Ministry office (listed in blue pages of phone book under: Government of Ontario: Community and Social Services, Ministry of.) To ask about other services, call the nearest office as listed in the Where to Get Help" section of this manual.

Special Services at Home provides funding to obtain services and equipment that will enable developmentally handicapped children to live at home with their parents. Apply nearest office, Ontario Ministry of Community and Social Services (above.)

Handicapped people may be elibible for Family Benefits Assistance and other forms of social assistance; check Part 2 of the Welfare section of this manual.

Municipal health departments in many cities offer a variety of services for the disabled. In Toronto, these include referrals for sexual relationship counselling and family planning; staff work in homes, daycare centres and schools to identify physical and mental health problems in children as early as possible so that they can receive appropriate training; stroke recovery and Wheel-Trans programs for the elderly

disabled. To find out what is available in your city, call the Health Department in the municipal listing of your blue pages.

The Ontario Ministry of Health offers a home care program for persons with acute and chronic handicaps. For information, call Health-Ministry of, subheading Home Care Program, in the Ontario section of the blue pages of your phone book.

Information about special vehicles, equipment, licence plates and drivers' licence requirements is available from: Secretariat for Disabled Persons, 3rd floor, 700 Bay St., Toronto M5G 126, 965-3165.

The Disabled Women's Network (DAWN) is a national organization representing disabled wimmin, with local groups of wimmin from all backgrounds, disabled and able, young and old, straight and lesbian. There are general meetings, and a monthly support group meetig for disabled winnin. The group lobbies for making public buildings and events accessible to the disabled; it seeks to create public awareness of the special concerns of disabled wimmin, to bridge the wimmin's movement and the disabled consumers' movement, and to help disabled wimmin to control their own lives. The Toronto branch may be contacted through Joanne 466-2838 or Carolyn 535-2055.

Telephone Information

In Toronto, the following numbers will provide information on certain specific services available to the handicapped—in other cities, check the municipal health department or comunity information centres to learn what services are available and where to apply.

- General information 863-0505
- Police, fire, ambulance voice, TDD 911
- Telecommunication for the deaf 392-735
- Front yard parking licences 392-7877, disabled parking permits 392-8588, license plates with access symbol 965-2206.
- Free snow removal 392-7768
- Wheel transportation for those unable to use TTC 393-4111, TDD 393-4555.
- Recreational activities 392-7259 or local community recreation centre.

The special needs division of the federal government's Employment and Immigration Commission may be reached in Toronto at 973-7666.

Information about employment opportunities for disabled job seekers may be had from organizations dealing with specific disabilities such as the CNIB, or from the Ontario Ministry of Labour 965-2321, TDD 964-0023. For information about alternative computer training for the disabled, call 488-4076. Other potential sources of information include:

- Canadian Employment and Immigration Commission 730-1211
- CAWL, Centre for Advancement in Work and Living
- Goodwill Industries 362-4711
- Jewish Vocational Service 787-1151

Ontario Vocational Rehabilitation Services 965-1433.

2. Advocacy and Advisory Groups

note: the following phone numbers apply to Toronto. In other cities, check the white pages of your phone book to see whether there is a branch in your city, otherwise call Toronto.

- Canadian Rehabilitation Council for the Disabled, 1 Yonge St. Toronto M5E 1E5. Lists recreation centres for physically disabled people throughout Canada.
- Ontario Association for Children and Adults with Learning Disabilities publishes a directory of schools, clinics, centres etc. providing services and facilities to the learning disabled. 1901 Yonge St. #304, 487-4106.
- Canadian National Institute for the Blind offers a variety of services to the blind and near-blind, including residential accommodation and a library of books and periodicals on cassette tapes. 1931 Bayview Avenue, 486-2500, TDD 480-7419
- Canadian Paraplegic Association, 520 Sutherland Drive, Toronto. National office 422-5640, Ontario office 422-5644
- Canadian Hearing Society 964-9595, TDD 964-0023.
- Family Service Association 922-3126.
- Catholic Family Services 362-2481.
- Jewish Family/Child Services 638-1800.
- Jewish Vocational Service 787-1151.
- Goodwill Industries (employment for handicapped) 362-1151.
- Alternative computer training for the disabled 365-3330.
- Epilepsy Association, 363-4011.
- Free eyeglasses are available in Toronto for recipients of General Welfare or other forms of social assistance. Means test. Call Metro Department of Community Services, 947-8623.

Housing.

Check with your municipality's housing department (listed under housing in municipal section of your phone book's blue pages) for complete listing of housing provisions for the handicapped in your city. Also, check whether financial assistance is available to modify older residential properties for use by the handicapped. In Toronto, subsidized units for independent living—some specially adapted for the disabledare available from Cityhome 392-7945. Metro Community Services 392-6000 or the Ontario Housing Corporation, Metro Housing Authority at 928-4810; referrals to residences or other supported accommodation for the physically disabled are available at 863-0505.

The Canadian Rehabilitation Council for the Disabled (address in part two) has published Housing and Support Services for Physically Disabled Persons in Canada, listing housing projects for the physically disabled throughout Canada. Although the publication was last updated in 1982, the office could likely supply information about additions since



Dentistry

These are sources in Toronto of relatively inexpensive dental care. For emergency care, see Emergency Phone Numbers section. Phone before coming. In addition to the following, many health clinics in Toronto and other cities offer dental services at reduced rates to those on low incomes. If you have a dental problem and can't afford a dentist, consult the nearest Community Information Centre (listed in that section) about possible sources of help. People outside Toronto should also check with city hall to see whether a program of free basic dental care to welfare recipients similar to Toronto's is available, as well as with the local branch of the Ontario Ministry of Community and Social Services (anyone receiving financial assistance from them is entitled to free basic dental care.)

Complaints: If you wish to complain against your dentist, contact the Royal College of Dental Surgeons of Ontario, 230 George St., Toronto M5R 2N5, 961-6555.

Inexpensive Dentistry in Toronto

- Etobicoke Community Health Department. Ground floor of civic centre, 926-4136. Offers free one-time dental work for marginal income people and senior citizens who live in Etobicoke: six-week waiting period.
- George Brown College of Dental Services, 175 Kendall Ave. Toronto 967-1212 ext. 2220. Free basic dental service by student dentists under supervision between December and June; must be over 18. Also, full and partial dentures and reduced rates (ext. 2214.)

- Metro Toronto Department of Community Services, City Hall, 947-8623. Free basic dental care and dentures for recipients of General Welfare Assistance or other social assistance, depending on a means test. Office hours, make telephone application to nearest area office (as listed in Welfare and Social Assistance section of municipal government section in telephone directory's blue pages.)
- Ministry of Community and Social Services, 195 Yonge St. 965-9943. Free basic dental care to recipients of financial assistance is available through the Ministry; contact the appropriate local office as listed in the Ontario government section of your blue pages' phone directory.
- Senior Citizens' Dental Clinic, 14 St. Marks Rd. York 766-2188. Free dental work and dentures for marginal-income York seniors.
- Toronto East General Hospital, 825 Coxwell 461-8272.
 Emergency extractions on Thursday mornings, \$25.
- Toronto General Hospital, 101 College St. 595-3649.
 Emergency 24-hour service to those suffering trauma, severe pain, bleeding or swelling, \$32-36.
- University of Toronto Dental Clinic, 101 Elm St. Emergency 979-4335, extraction 979-4552. Reduced fees, student dentists under supervision. Can provided free X-rays and orthodontic care.
- West Central Community Health Centre, 64 Augusta Ave. 364-4107. Basic dental care at reduced rates for Alexandria Park residents.



Psychiatry Patients

Many people who have been in psychiatric institutions feel that they fail to meet the needs ofthose consigned to them, for a variety of reasons including overdrugging of patients and compulsory electroshock treatment. Often, former inmates come together to form mutual support groups to give one another the emotional, and sometimes material, support needed to avoid re-institutionalization. They also try to help people with psychiatric problems find alternatives to being committed.

In Toronto, there are three drop-in centres run by such groups. Anyone who has been in a psychiatric institution, or feels threatened by the prospect of voluntary or involuntary commitment to one, should contact these centres to discuss possible atlernatives. Phone to establish hours they're open:

- Our Place, 2A Elm St., 598-2919
- Houselink Community Homes, 509 Bloor St. W., 968-0242
- Parkdale Activity and Recreation Centre, 1499B Queen St. W., 537-2591.

In some parts of the area, a group called Friends and Advocates organizes social and recreational programs and counselling for ex-inmates. Call 234-9245 in Etobicoke, 452-1002 in Mississauga and 391-3910 in North York.

Housing-Since former inmates often have trouble finding a decent place to live, some housing projects have been created especially for ex-inmates. These include Houselink Community Homes at 968-0242 and the Margaret Frazer House (wimmin only) at 463-1481. Up-to-date information on available low-income housing may be obtained from Homes

First at 362-2827 or the Supportive Housing Coalition at 364-5917.

Legal Help-ARCH (Advocacy Resource Centre for the Handicapped), 482-8255, is a strong advocate for the rights of the disabled, and accepts test cases of inmates and eximmates. Free information and a community legal clinic are available. ARCH sponsors regular meetings of a group of reformist mental health lawyers, the Committee for Legal Issues in Psychiatry, which can be reached through David Draper at 482-8255. Good lawyers to contact include Pat Case 925-8880 (strong civil rights lawyer, accepts legal aid), Carla McKague (inmates' rights lawyer and speaker) and, for Charter or Lieutenant Governor Warrant cases, Clayton Ruby and Marlys Edward 964-9664.

Political Action-Resistance Against Psychiatry is a new Toronto-based group; contact Bonnie or Kali at 538-7103.

Unfortunately, both the anti-psychiatry magazine Phoenix Rising and the newsletter The Cuckoo's Nest have suspended publication as we go to press due to financial problems, but may have resumed by the time you read this. Phoenix Rising does have back issues with a lot of useful information, as well as individual publications, available; for a list call 465-3883 or write Phoenix Rising Publications, Box 165, Station A, Toronto M5W 1B2.

In Ottawa-Ottawa Advocates for Psychiatric Patients informs psychiatric hospital inmates of their rights, acts as an advocate if they have concerns about treatment, and provides them with survival information upon their release. It also works with the Ontario Coalition to Stop Electroshock, and corresponds with organizations of ex-psychiatric inmates all over the world. Contact Sue Clark, 1485 Caldwell Ave. #1406, Ottawa K1Z 5L6.



Baths

- Harrison Baths and Swimming Pool, 15 Stephanie (Queen/McCaul), 947-7984. For all, admission 25 cents or free if you bring a towel. Showers, bath tubs and swimming pool (if you bring bathing suit.) Open Monday-Friday 11-8:30, Sat 9-4:30, Sun 1-4:30.
- Check Parks and Recreation Toronto, 392-7259 for location of swimming pool closest to you; there are several in Toronto operating both indoors and—in the summer outdoors. Most indoor pools are only open for recreational swimming at certain times, and admission is often charged, so check before you go.
- Good Neighbour Club, 120 Jarvis St. 366-5377. Men over 50.
- 416, 416 Dundas St. E. 928-3311. Wimmin of all ages.
- Sistering, 707 Dundas St. W. (Scadding Court) 366-0493.
 Wimmin 16 and over.
- Seaton House, 339 George St. 964-6797. Treats infestations, referrals preferred.

Haircuts

- George Brown College, 21 Nassau St., 967-1212. men \$1, women \$1.50, Monday-Friday 10-2; other services at additional costs.
- Scott Mission, 502 Spadina Avenue. men (when Brown College not open.)
- Sistering, 707 Dundas St. (Scadding Court) 366-0493)
 free to all women; wash, cut, blow-dry: make-up application and instruction.
- Good Neighbours CLub. 170 Jarvis St. 366-5377.
 men 50 and over; haircuts \$1.



Section 3. Money

Employment

Defining Your Goals.

Before setting out to look for work, it is advisable to define your goals. Which of the marketable skills or training you have (or might acquire) gives you the most satisfaction; where can these skills best be employed? Is job satisfaction or a high income of more importance? Do you want the relative security of working for somebody else, or the challenge of being self-employed? Would part-time work suit your needs better than full-time; would you trade less money for more leisure? How important is it to you to work for social change? (If this is important, you should think seriously about self or cooperative employment, since many employers will not tolerate social activism even on your own time.)

In any case, you should consider alternatives to working for somebody else if this is at all possible. In our society, 95% of the people who work do their work for somebody else. This generally means forty hours a week of monotonous work, with no say in how it should be done. Even professional people, although their work is more varied, find that bureaucratic regulations stifle their creativity. And, with industrial jobs declining, more and more workers lose their jobs and find themselves confronted with the choice of unemployment at starvation-level government handouts or working in the service sector, pushing paper or flipping hamburgers, at wages considerably below what they used to make. Since 1973, real wages in the USA have declined 13.8% (Utne Reader #28 p59), and Canadian figures are doubtless somewhat similar.

Unfortunately our politicians, whether rightwing or leftist, are wedded to the Work Ethic; they want us to judge their success in terms of the percentage of people they keep working, regardless of how idiotic or lowpaid are the jobs they work at. Recently, the spokesperson for a \$3 million Ontario government study of the province's social assistance system which the government has since adopted—announced that their findings opposed rolling all the welfare programs into one plan to provide everyone with a guaranteed annual income, because this would not insure that people will be better off working than receiving assistance from taxpayers. (Toronto Star 8-9-88 pA33.) So, instead of giving workers the increased leisure and basic social security that technological advances have made possible, the corporate government sets them to work at meaningless jobs for minimum wage, and encourages them to submit to such working conditions by making sure that those who can't find jobs don't get enough to eat. Moreover, the unemployed are stereotyped as lazy parasites in order to maintain artificial friction between them and the working poor.

This political system cannot be reformed from within because big business controls all the major political parties (except the social democrats, who are controlled by big labour which operates under the same basic principles.) It cannot be reformed from without until a large percentage of the population has become economically independent of big business and big unions. Operating one's own business is good psychological preparation for assuming the responsibilities of political freedom, and makes it quickly evident that the state with its dozens of harrassing regulations (some of which are outlined in part three of this section) hinders rather than assists any move

towards real freedom. By learning to rely on other independent businesses rather than the state and the corporations for their necessary economic intercourse, small businesses are laying the groundwork for an eventual society of independent communities to supplant the state.

If you have no capital or experience, you will have to work for somebody else long enough to acquire it. But remember: you are really as slave only at the point when you become resigned to slavery and begin to wait for somebody else to free you. Regard working for somebody else as a temporary situation, and be on daily lookout for the means of self liberation.

But do the best job you can while working for others; it's good practise for when you will depend on your own efforts.

2. Finding a Job.

Again, your first step is to define a goal—decide what kind of work you dislike least and prepare a list of as many positive features about it as you can think of to mention during the job interview. Employers will be more interested in job candidates with specific ideas about how they would fit into the organization than those who just want "whatever's available."

Next, prepare a written resume outlining your education, job/career experience (names of companies, type of work done, supervisor. Omit those from whom you parted on bad terms; chances are you weren't in these jobs very long, and by a little juggling of the dates you held those jobs you are listing you can avoid having to account for the time spent at the ones that didn't work out. You should also list personal achievements (i.e. work in community organizations) and interests (clubs, hobbies etc.—omit social change groups), state of health and marital status. Attach photostats of education certificates and letters of recommendation from previous employers. If you don't feel competent to prepare this on your own, you can usually get help at the Canada Employment Centre or one of the counselling services listed below.

Now start contacting employers. Don't limit yourself to newspaper ads, since only 20% of jobs are advertised in the press. You should visit your nearest Canada Employment Centre early and often in your search, as it provides up-to-date job listings and some individual counselling. You might also find it worthwhile to work with one of the other counselling agencies; those in Toronto are listed below. Check out government employment programs; sometimes they increase the speed with which jobs are found.

Some things to remember during the job interview:

- find out as much as you can about your potential employer before the interview, and ask questions during the interview which show that you know a bit about it; the interviewer will be pleased.
- the first two to five minutes of an interview are usually when the employer decides whether to hire you.
- · dress appropriately to the job applied for; be neat and clean.
- don't use drugs or alcohol before the interview; they're easier to spot than some users think.
- bring your resume.
- never criticize a former employer during the interview.
- look as self-assured as possible; never let your hands cover part of your face.

- · don't let on that you might not wish to retain this job during the remainder of your working career; ask about promotion opportunities even if you don't expect to be around long enough to use them.
- if you're desperate to get the job, try not to let this show. Ask questions about employee benefit programs.
- · decide in advance what will be your response if asked to submit to a drug test; do you want the job badly enough to allow your rights to be infringed on to this extent?

Canada Employment Centres

These offer the most complete listings of available jobs, computerized and categorized, and job seekers should check the nearest office daily. Offices in the Toronto area are listed below; in other cities, check the federal government listings in the blue pages of your telephone directory under Employment and Immigration Canada. You can also get information about government retraining programs there. They serve anyone 16 and over.

Toronto:

2221 Yonge 973-7676 (French 973-7400.)

1 Yonge 973-8625

811 Danforth Ave. 461-3511

75 Donway West 449-1440

1678 Bloor West 763-3611

1335 Dundas West 535-7534

1645 Dufferin 766-6431

Scarborough:

200 Town Centre Court 973-4000 689 Warden Ave. 691-1214

North York:

4900 Yonge 224-3777

Etobicoke:

1243 Islington 236-1931 1620 Albion Rd. 745-9410

1111 Finch West 736-4104 1747 Jane 247-8261

special services:

- Women's Employment Counselling Centre, 1 Yonge St. 973-6625
- Hearing Impaired (TDD only), 973-5838
- Casual Workers (7-11 a.m.), 290 George 363-6757
- Part Time and Temporary, 290 George 362-6581 391 Keele 766-5338
- Metro Toronto Training Centre, 25 St. Clair E. 973-6388, 973-6577
- Youth Unit, 1919 Lawrence Ave. E. 752-5522.

Employment Services

These usually offer job listings, counselling, referrals and information about skills training programs. Outside Toronto area, check information centre to see whether and where similar services exist.

Jewish Vocational Service of Metro, 74 Tycos Dr.

Services to youth and adults, non-sectarian.

Immigrants and ethnic groups:

- Caribbean Outreach, 2885 Jane #12A 636-8367 (Caribbeans)
- Indian Immigration Aid Service, 1814 Eglinton E 288-1616 (Indian origin)
- Jamaican-Canadian Assn, 2400 Dufferin 789-0623 (Jamaican, under 40)
- Vietnamese Assn, 8 York St. 368-1030 (Vietnamese immi-

- Wanepudnud, 1114 Queen E 461-3230 (native peopletraining, income aid)
- Costi Immigrant Services, 1710 Dufferin 658-1600

older people:

 YMCA over 55 program, 666 Eglinton West, 787-4278 (over 55)

wimmin:

- Immigrant Women's Job Placement Centre, 546 St. Clair W 656-8933
- Immigrant Women's Centre, 750 Dundas W 367-1388
- New Experience for Refugee Women, 815 Danforth Ave. 469-0196
- Rexdale Community Microskill Development Centre, 81 Kelfield 247-7181

free training for immigrant wimmin in microfilm services, office work

income support while training

- Time Change Women's Employment Service, 22 Davisville
- West End Machining, 34 Chauncey Ave. 233-1238 free on-the-job training for sole support wimmin; income support emphasizes non-traditional jobs
- Working Skills Centre, 580 Queen St. W. 868-0770 Spanish and Portuguese wimmin; training on the job; income support
- Working Women Community Centre, 533 Gladstone Ave., 532-2824

Ex Prisoners:

- Fortune Society of Canada, 360 Bloor St. W. 960-8273 (ex
- Help, 2A Bleeker St. 927-7161 (ex offenders and immediate families)
- John Howard Society, 168 Isabella St. 925-4386 (ex of-

Employment Services for Youth

(generally ages 16-24)

If you live outside the Toronto area and want information about apprenticeship programs such as those listed, contact an employment counselling centre or the Canada Employment Centre for details of where to apply.

 Youth Hotline: call from anywhere in Ontario 1-800-387-0777 latest information on job programs

Counselling Services in Toronto

(elsewhere check community centre):

- Student Career Centre, 777 Bloor W 393-0550 (City of Toronto students)
- AYCE (Alternative Youth Centre for Employment), 2175 Sheppard E #310 491-7000
- CAWL, 41 Chauncey Etobicoke 231-2295 (disadvantaged, ages 15-24)
- Centre for Youth Council Leading to Employment, 2116 Eglinton W. 782-1155 (city of York)
- Costi Cycle, 1672 Eglinton Ave. W. 782-1185 (disadvantaged, city of York)
- Job Opportunities for Youth, 761 Jane St. #201 763-7557
- Learning Enrichment Foundation, 100 Briar Hill 783-6174

(free child care while with counsellor)

Mercury Youth Services, 385 Yonge #201 591-9000 (disadvantaged, 16-19)

 Parachute Youth Employment Centre, 44 Blevins Place 363-1689 ages 16-30

- St. Christopher House Employment Counselling Ctr, 1312
 Queen W 533-7260
- St. Stephen's Youth Employment Centre, 799B College St. 531-4631
- Woodgreen Employment Counselling Centre, 703 Queen E 469-5211
- Youth Employment Service, 511 Richmond W 366-2516 (prefers referrals from agencies)
- Youth Employment Services, aged 16-24: Toronto-27 Maud 366-2516
 Scarborough-3150 Eglinton E 264-3208
 Etobicoke-1111 Albion Rd #24 741-4611
 North York-10 Turf Grassway #106 746-3993.

Apprenticeship Training:

Available to citizens or landed immigrants, 16 or over, with at least grade ten. In Toronto call: central 965-4211, east 750-3533, west 897-1551. Elsewhere, ask at Canada Employment Centres or other counselling centres.

Futures:

This program offers up to 16 weeks' training on the job at minimum wage for ages 15-24 (29 if disabled). The Guaranteed Option Program offers one years' training with four different employers; a study commitment is required. The Pre-Employment Preparation Program pays \$100/week for a combination of schooling and part-time work; available only to those out of school who have been unemployed for several weeks. Information about any of these programs from youth hotline, youth employment counselling centres or Canada Employment Centre.

Start-Up (Student Venture Loan Capital):

For students 15 or over, this program offers interest-free loans of up to \$3,000 to start a summer business (the loan must be repaid by October, and a guarantor is needed for those under 18.) For students 18-24 or graduates aged 25-29, it offers loans of up to \$7,500 for two years, the first year interest-free, to start a business (20% of the money must be committed to business assets.) Application forms at Royal Bank branches, high schools, community colleges and university placement centres.

YMCA Youth Enterprises, 15 Robina Ave., 651-0010:
Offers on-the-job training to people 17-29 interested in working in the food service industry, plus help in finding a position after training. Will help people aged 18-29 draw up a plan to start their own business.

Metro Youth Outreach, 20 Spadina Rd. 392-8706:
Offers training programs for youth 15-24, out of school with under Grade 12 education. Operates in English, Spanish or Portuguese. Also available through Inner City Youth Services, 922-3335.

Canada Student Employment Centres, 966-5186:
Operate April through August to help students 14 and over obtain summer employment.

Ontario Summer Employment Experience "SEE" 965-01433 ext. 355: Helps full-time students (not college or university) aged 16-20 find full-time summer jobs, and part-time jobs the rest of the year.

Ontario Career Action Program:

Provides training and income support for people aged 16-24 who have never worked full-time. Call OCAP co-ordinator: Centennial College 752-4444 George Brown College 967-1212 Humber College 675-5066 Seneca College 491-5050.

Ontario Youth Start Program:

Provides income support while training for people aged 15-24 whose secondary schooling is incomplete. Call:

Centennial College 261-2976 George Brown College 967-1212 ext. 3393 Humber College 252-8434 Seneca College 491-5050.

Job Start:

Offers 12-week training in life skills, income support while training, functional level grades 6 to 10. Call George Brown College, 967-1212 ext. 2512.

Microchip, 388 King St. W. 596-7331:

Offers 24-week training in word processing and two weeks' job search aid for unemployed ages 18-25. Applicants apply by attending information session third Friday of each month.

Young Mothers' Employment Program, Bethany House, 450 Pape Ave.

Program for young single mothers in Metro, includes school for pregnant mothers. 463-0299, 461-0217.

Centre for Advancement in Work and Living, 231-2295: Job counselling and educational upgrading for youth, disadvantaged, disabled, immigrants.

Temporary Employment Agencies in Toronto (other cities, check yellow pages of telephone directory under Employment Contractors-Temporary Help.)

- Canada Employment Centre, 82 Richmond E 363-6757 or 391 Keele 766-5338. Any type of work, men or wimmin, 7 to 10 a.m.
- Cavalier Personnel Agency, 5178 Dundas W 231-9299.
 General labour, drivers' helpers, tractor trailer drivers.
- Checkmate, 103 Church St., 364-3366. Bindary, factory, warehouse work, truck and trailer driving, men and wimmin.
- DGS Group, 2 Bloor St. E. 961-0590, 2 St. Clair Ave. 968-0989, 6 Lansing Square 491-9396. Secretarial and clerical help.
- Dot Norrell Temporary Services, 101 Yorkville Ave 923-9801, 2 Sheppard Ave E 222-9955. Office, light industrial work.
- Employers Overload, 5 Wellesley St. 922-6699, 922-4800.
 Office, industrial help.
- Help Unlimited, 107 Richmond St. E. 364-2175. Men, temporary industrial work, driving.
- Industrial Overload, 3065A Bloor W 236-2414, 777
 Warden Ave. 751-3661. Men and wimmin; factory, inventory.
- Jackie Holmes Personnel, 8 King St. E. 365-0000. Secretarial, clerical work at all levels.

 Kelly Services. 121 Bloor E 967-6655, 1500 Don Mills Rd 449-2932, 155 Rexdale Blvd 741-8390, 24 Ronson Dr 243-0370, 56 Aberfoyle 231-8005.

Office, clerical, light industrial, marketing work.

 Manpower Temporary Services. 80 Bloor W 922-4711, 20 Queen W 977-1748, 797 Don Mills Rd 424-3200, 3300 Bloor W 231-6523, 190 Attwell Dr #204 674-0100, 1 Yorkdale Drive, Yorkdale Place 787-1701, 2450 Victoria Park Avenue #101 499-6363. Men and wimmin, factory assembling, office work.

 Office Overload. 55 Bloor W 967-7700, 1800 Sheppard E 491-2880, 1243 Islington Ave 239-3131. Various office

work.

 Prime Temporary Help Services Inc., 325 Queen St. E. 363-3375. Men and wimmin, industrial, moving, packaging, 5 a.m.-5 p.m.

Temporary Services (Ontario) Ltd, 2163 Lawrence E, 752-7833. Industrial, office, truckdriving, inventory work.

 Workers Temporary Help Limited, 41 Britain St. 364-6922. Men and wimmin, light production, warehouse etc.

3. Workers' Rights.

Specific Information:

Workers can get specific information about their rights and obligations by calling the local branch of the Ontario Ministry of Labour, as listed in the blue pages; in Toronto, call 965-9500.

Compensation:

Unemployment Insurance 973-4727. See our "welfare" section, part two.

Workers' Compensation Board 927-9555. Financial benefits for workers injured at work, or who develop an industrial disease as a result of a dangerous substance in the work place.

Overtime:

Workers are entitled to time and a half pay (1 1/2 times regular hourly wage rate) after 44 hours of work in a week.

Holidays:

Two weeks' vacation with regular pay after working a year for the same employer. A worker who leaves before the end of the year gets 4% of total wages for time worked as vacation

pay

Seven statutory holidays with pay: Good Friday, Victoria Day, Canada Day, Labour Day, Thanksgiving Day, Christmas Day and New Year's Day. To qualify, you must work on your scheduled regular day of work before and after the holiday, earn wages on at least twelve days during the four work weeks before the holiday and be employed by your present employer for three months. If the holiday falls on a non-working day, you receive another normal working day off with pay or a day's extra wages. If you work on a public holiday, you are entitled to time-and-a-half pay.

Wages:

The minimum wage is currently \$4.55 an hour. Students, bartenders, ambulance drivers and hunting or fishing guides are not covered by minimum wage laws. For students seeking part-time or summer employment, the minimum wage is generally lower, and varies from one situation to another. There are also minimum wages for certain jobs, and requirements about not working during school hours if underage, but student workers are entitled to vacation pay, safety protection,

statutory holidays, overtime pay and freedom from sexual harrassment.

Every employer must provide a written wage statement with each employee's wage payment, showing the period of time or the work the wages cover, the wage rate, the amount of wages the employee is entitled to, the amount of deductions and living allowance, and net pay.

Wimmin:

Wimmin are entitled to equal pay with men for doing substantially the same work.

No employer can differentiate on the basis of wage, sex or

marital status in employee benefit plans.

A pregnant womyn who has been employed by the same employer for at least twelve months and eleven weeks preceding the estimated date of delivery is entitled to 17 weeks of unpaid leave of absence for a pregnancy. Leave for a shorter period may be requested.

Check section two chapter on "dealing with the law" for procedures a womyn who has been sexually harrassed by her employer, superior or co-worker should follow to obtain

redress.

Advance Notice of Firing:

Workers are entitled to advance notice of termination of their job, or payment in lieu of notice (not applicable in construction work, temporary layoffs of 13 weeks or less, or if the employee is guilty of wilful misconduct, disobedience or wilful neglect of duty.) Also, domestic and agricultural workers are not covered by this, but by special laws they can learn about from the Employment Standards Branch of the Ontario Ministry of Labour. Length of notice is as follows: 3 months to 2 years' employment—1 week 2 to 5 years' employment—2 weeks 5 to 10 years' employment—4 weeks over 10 years—8 weeks.

Complaint Procedures:

Any questions about the above, or complaints about failure of employers to comply, should be directed to the nearest office of the Ministry of Labour, listed in the blue pages of the telephone book under "Government of Ontario, Labour" or by contacting:

Employment Standards Branch, Ontario Ministry of Labour, 3rd Floor, 400 University Ave., Toronto M7A IV2, 965-5251 (area code 416).

Becoming Self Employed.

If you have acquired some capital and expertise, you may want to put it into a business venture. If so, you will by no means be alone; small businesses account for an increase in the number of businesses in Canada from 600,000 in 1978 to 850,000 a decade later, despite a trend towards corporate mergers and buyouts of competitors. At least half these new businesses fail during their first five years of operations, but the survivors enjoy a greater degree of control over their own lives than they would on the corporate ladder. Employees also have a better chance of finding work in the small business sector than the large, although their working conditions or job security may be no better—or sometimes worse—than in corporations. In the period 1978-85, 59.5% of new jobs created were with firms employing fewer than five people, and only 6.8% with firms employing over 500. These statistics are

from the Globe and Mail's Report on Business magazine for October, 1988.

The same article provides a breakdown on the reasons people gave for going into business for themselves, as follows:

- wanted a personal sense of accomplishment 81.8% wanted to be own boss 73.4%
- wanted variety and adventure 66.0%
- wanted to make better use of training and skills 63.3%
- wanted freedom to adopt own approach to work 61.8%
- wanted personal challenge 60.7%
- wanted to develop a product or an idea 57.5%
- wanted opportunity to lead rather than be led 56.3%
- wanted to make a direct contribution to a company's success 55.7%
- it was the right time to make the move 55.5%
- wanted to keep learning 55.5%

In addition to this personal motivation, there are the social change considerations mentioned in part one. Corporate control of the economy, increased during the 1980s, has reduced rather than generated employment. Far from allowing the tax concessions they won from Reagan, Thatcher etc. to "trickle down" to the workers, the corporations use the money to increase executive salaries and to finance buy-outs, mergers and unfriendly takeovers of competitors, which often have the effective result of reducing jobs. A case in point is Robert Campeau's dismissal of 1700 workers in the U.S. department store chain he bought out in 1988. Instead, people work for the service industry at minimum wage. Obviously, displaced workers will prefer to start their own businesses if they see a chance of success. Small businesses are the main bulwark against total corporate control of our economy and lives.

Dun and Bradstreet's survey of the causes of business failure in 1983, based on credit information, classifies the causes and percentages of failures as follows:

- incompetence 44.9%
- unbalanced experience (insufficient in some areas) 25.1%
- lack of managerial experience 16.4%
- lack of experience in the line 10.7%
- neglect 1.5%
- disaster .9%
- · fraud .5%

In summary, incompetence and lack of experience account for 97% of failures. (from: TV Ontario's Start Your Own Business.) If you start a business which involves two or more of sales, financing, purchasing and production, you should be experienced in each of these areas or consider acquiring a partner who is. Incidentally, statistics indicate that wimmin have a higher success rate than men.

The state's attitude towards small business is nebulous: officially it encourages small businesses to start and provides certain forms of assistance, unofficially it perhaps foresees the eventual challenge to its authority by people no longer dependent on it to supply their needs, and so harrasses businesses with taxes and bureaucratic regulations. The corporations who control the state aren't anxious to see a lot of small businesses sharing their markets, but they recognize the need for some such businesses to survive as a means of forestalling social unrest. Part of the skill of running a small business is to know when, and when not, to take the state's advice.

Most of the remaining information in this section is summarized from the Ontario Ministry of Industry, Trades and Technology's (formerly Industry and Tourism) guide to starting a small business in Ontario, entitled—with typical bureaucratic imagination-Starting a Small Business in Ontario. Copies of the handbook, and information about a variety of counselling

services to small business entrepreneurs and to inventors offered by the Ministry, are available from the nearest Ministry office, listed in the Government of Ontario section of your telephone directory's blue pages. In Toronto, the number is 491-7680.

The Ministry also operates a business start-up hotline, which may be called from anywhere in Ontario at 1-800-387-6142.

Questions to Ask at the Outset

Self-Evaluation: Have you the necessary expertise, financial resources and understanding of business requirements to successfully operate the business?

Market Analysis: Who are your customers, your competition, your sources of supply, (if manufacturing) sources of distribution? Are your products saleable at a price which will enable you to make a profit? How much will you have to spend on advertising?

Location: Is it zoned to permit the use you propose? Is it reading accessible to your staff and customers, and to necessary transportation services? How much do your utilities cost, and are they adequate? How much are the property and business taxes? What are your obligations under the lease? How stable is the neighbourhood? Can you secure approval of your use of the building by the various regulatory agencies (zoning, health, firemarshall and licensing agencies) pertaining to your activity? Can you legally defray costs by living in part

Leasing Space: How much space do you need; do you really need as much as you think you need? Will the use clause enable you to use the space as you wish, and make the adjustments you consider necessary? Note: total occupancy cost (rent or percentage rent, plus utilities and other operating costs) should never amount to over 8% of your projected gross annual sales

Starting a Store: Are there enough people in the area to support it? Minimum suggested numbers range from 770 for a grocery store to 140,684 for a store selling leather goods. For what we'd all like to run, a book store, the minimum is 59,815.

Buying an Established Business: Try to get an intelligent appraisal of the business' actual worth, using an accountant and lawyer if necessary. Since records for any one year could be inconclusive due to special circumstances, check financial records as far back as possible. Check with all authorities (federal, provincial, municipal) who might have any control over the business. Check leases, mortgages and special permits for renewals, interest rates etc.

Buying a Franchise: In addition to all the normal requirements of running a business, you must understand and be willing to accept the degree of control which the franchisor will exert over your business. Be certain you understand the extent of your own responsibility, and have exclusive use of a welldefined territory.

Financing

If you need to borrow money to start your business, you should prepare the following:

- · a written description of the project
- · cash flow projections for the first twelve months, including repayment of potential loan (ask the Ministry about standard forms for this)
- projected profit and loss for first and second year
- list of assets you can offer as collateral
- · short history of business experience of yourself and others involved; statement of their net personal worth.

You should be prepared to convince the lender that the

amount of money requested is sufficient for you to repay the loan out of normal business activities.

Sources of financing include:

Chartered Banks-can provide short term loans, long term mortgage loans or loans against inventory or accounts receivable etc. to provide working capital.

Federal Business Development Bank-A secondary source of financing for sound enterprises who are unable to obtain required capital from the regular sources on conditions or terms favourable to their operation. Also offers management counselling.

Small Business Development Corporations-The Ontario government offers individuals and corporations financial incentives to invest money in these corporations, which in turn invest it in certain eligible small businesses. Information 965-8470.

Development Corporations-May make direct loans or help clients approach other sources of capital.

Credit Unions-Described in next section.

Credit Unions.

A credit union is a group of people who save their money together and form their pooled savings to make low-cost loans to one another, or to others if all are agreed. They are financial co-operatives with four basic principles:

- · service rather than profit
- limited ownership to people in common association (i.e. employees of a plant, residents of a community, members of a
- · democratic control; one vote per member, regardless of number of shares held
- voluntary service by the officers.

Banking services are provided to members, but not the general public, and any profits are turned back to the members in the form of free services, dividends, lower interest rates on loans, rebates on interest charges etc. Loans are often made on the basis of number of shares held, wage assignments, chattel mortgages and other considerations. For further information: The Credit Union Central of Ontario, 180 Duncan Mill Road, Don Mills Ontario M3B 3K3, 441-2900.

Bread and Roses Credit Union-Of interest to those wishing to start a project related to social change who have problems raising money from the above sources. It provides loans, usually at below-market rates, for such projects as non-profit groups' cash flow, financing for community centre renovations, constructing a playground at a co-op daycare, expanding a student organization, starting or renovating a housing co-op, financing equipment and vehicle purchases by food co-ops, starting a recycling project, financing publications for community groups and financing fund-raising drives for peace organizations. Bread and Roses is a financial co-operative, owned and democratically controlled by its members. Members may start individual and/or organizational accounts at reasonable rates of interest (you join by applying to the Board.) 348 Danforth Avenue #211, Toronto M4K 1NB, 461-7882.

Federal-The revenue people require anyone carrying on a business or collecting tax money to keep books and records, under pain of fine or imprisonment. These records should be sufficient that the amount of taxes payable can be determined on audit. This means that ledgers and documents such as invoices, receipts and other information that supports these records should also be kept. Acceptable methods of maintaining records can be found in Information Circular 78-10R,

available for free at your district taxation office. In general, records must be kept for at least six years from the year in which they are made. Employees should maintain income tax reports, along with related documents such as bank books and cancelled cheques, for at least five years. Manufacturers are required to collect federal sales taxes, and hand the money over monthly (information on this from Revenue Canada; in Toronto, 973-6561.

Provincial-Businesses which sell goods must obtain a permit, collect 8% tax from the customers and hand it over on a regular basis. A few items are exempt, including restaurant meals under \$4. There are special tax procedures for fuel and tobacco. For information on exempt items and acquiring a vendor's permit, contact your nearest Retail Sales Tax District Office (in Toronto it's 2300 Yonge St., 487-1361.)

Municipal-In addition to the normal property tax, most municipalities extort a special business tax each year. It is usually based on the amount of space you occupy. You should check out how much this is likely to be at your local city hall before proceeding.

Corporations-Income and paid-up capital of corporations are taxed. Payments and inquiries should be directed to the Ministry of Revenue's Corporations Tax office, 33 King St. W., Oshawa 965-1160.

Other Government Hassles

Partnerships: These must be registered under the Partnerships Registration Act by filing a declaration with the Ministry of Consumer and Commercial Relations. For information about this, call Sole Proprietors and Partnership Registrations, in Toronto 596-3739. In a limited partnership, limited partners are liable only to the extent of the capital they have contributed but unable to participate in management of the

Registration of Businesses: A business using a name other than the owner's, with no added words such as "and Company," must file a declaration within sixty days. A variety of occupations are required to register, including private bailiffs, itinerant sellers, consumer reporting agencies, collection agencies, mortgage brokers, motor vehicle selling, wholesale paperback and periodical distributors, real estate brokers and salespersons and travel service dealers. Information: Ministry of Consumer and Commercial Relations, 963-1111.

Municipal Licences: Most types of business require a municipal licence, as well as inspections to make sure that structures conform to building codes and a variety of permits for any alterations or additions. For regular business licences, check with your Municipal Licensing Board or Commission.

Electrical Wiring Changes: Must be approved by Ontario

Hydro; contact the office nearest you.

Labour: If you hire others to work for you, you must be aware of your responsibilities under the Employment Standards Act. Some of these are outlined in the previous section. You can obtain this information from the Ontario Ministry of Labour, in Toronto 965-5251 (elsewhere consult blue pages.)

Certification: There are certain trades in which only certified journeymen/workers, registered apprentices and certain people exempt from the regulations may work. These include: alignment and breaks mechanic, auto body repairer, barber, electrician, fuel and electrical systems mechanic, hairdresser, motorcycle mechanic, motor vehicle mechanic, plumber, refrigerator and air conditioning mechanic, motor vehicle mechanic, plumber, refrigerator and air conditioning mechanic, sheet metal worker, steamfitter, transmission mechanic, truck trailer repairer, watch repairer. Practitioners of other trades often choose to obtain voluntary certificates,

issued to people who can proove experience or pass an examination, to assure customers of their competence.

Special Regulations: Apply in a number of areas. Examples of these areas and where to get information about them include:

- food and drugs: Health Protection Canada, 2301 Midland St., Toronto 973-1600.
- packaging and labelling: Consumer and Corporate Affairs Canada, 5075 Yonge St. 224-3950.
- technical standards: Ontario Ministry of Consumer and Commercial Affairs, 3300 Bloor St. W. Toronto.
- elevating devices: 239-7361.
- fuels safety: 239-2948.
- operating engineers: 239-1147.
- pressure vessels: 239-7796.

Pollution Control: For information about whether your enterprise is covered, check Ontario Ministry of the Environment: in Toronto, 135 St. Clair West, 323-4321; elsewhere, check blue pages of telephone directory.

Weights and Measures: All businesses using scales must have them inspected every two years. Check with nearest office of Federal Ministry of Consumer and Corporate Affairs; in Toronto, 1859 Leslie St. 445-4130.

Tourist Establishments: All establishments providing accommodation facilities to the general public need a licence from the Ministry of Industry, Trades and Technology.

Serving Liquor: You need a licence from the Liquor Licence Board of Ontario. In Toronto, it's 55 Lakeshore Blvd East Toronto M5E 1A4, 965-4446. For occasional liquor vending, a Special Occasion permit is required.

Import-Export Business: Bureaucratic documentation procedures here are so extensive that businesses doing large-scale importing often find it necessary to have someone take a course at a vocational training school to learn how to deal with it. Information from Revenue Canda's customs division; in Toronto, 973-8022.

Trucking: Public Commercial Vehicle Licences are required for transporting goods by truck from one city to another. Trucks crossing provincial or international boundaries must also be licenced by the provinces or countries in which they operate. Information from Ontario Ministry of Transportation, 750-3407.

Used Car Sales and Repairs: A licence is required to operate a garage; information from the nearest Ministry of Transportation office. After getting a garage licence, dealers who sell used cars must also obtain a Dealers Registration Licence from the Ministry of Consumer and Commercial Relations. Information: 963-0411.

Relevant Toronto Bureaus

In other cities, ask at City Hall.

- Incorporation:
- Examinations Office, Ministry of Consumer and Commercial Relations, 555 Yonge St., 2nd floor, Toronto M7A 2H6 963-0377.
- Business Licences:
 - Metro Toronto Licensing Commission, 20 Holly St., 488-2221.
- Bankruptcy:
- Official Receivers' Office, Federal Department of Consumer and Corporate Affairs, 25 St. Clair Ave. E. 973-6441.
- Vendors' Permit:
- Retail Sales Tax Branch, Ontario Ministry of Revenue, 2300 Yonge St., 487-1361.

Operating Underground

A good idea if you think you can get away with it. You can escape the above-mentioned government hassles, as well as paying out most of your income in taxes and licence fees, but you're in deep doo-doo if you get caught. You can't advertise or put out a sign, so you're reliant on word-of-mouth to spread the word that you're offering whatever service it is that you do offer. It's unlikely that you could earn enough to live on this way, but it might be a good income supplement and/or give you the experience to convert the hobby of today into a legit business of tomorrow.

If you're servicing several people, it's not a good idea to let any of them know how many other clients you have; that way, if somebody does report you it's always possible to claim you didn't know you were breaking the law and just helping a friend or two. It's also a good idea not to discuss what you're doing on the telephone, since the tax people won't hesitate to tap your line if they suspect you're holding out on them.

If you know a few other people with different skills, you might consider bartering these skills on a formal or informal basis with no money changing hands. Remember that evading taxation is the only real way to resist the state. The most basic rule for keeping the revenue people from finding out what you're doing is to do business only with people on whom you can rely not to report the transaction in their own tax reports (if they do and you don't, you can be tracked down.) Since it may be to their advantage to report the transaction, this understanding should be explicit. If you don't know the person you're dealing with well enough to propose that neither of you report it, you shouldn't be trying to do an under-the-table deal with this person in the first place. The best channels for undercover business are likeminded people whom you already know.

5. Starting a Worker Co-op

A worker co-operative is a business owned and operated by the people who work in it; each worker is a member of the coop, and has the right to decide policy at general meetings. Some co-ops, such as Toronto's Big Carrot, also have employees who do not invest in the business or participate in decision making; there is often a mechanism for such employees to become co-op members if existing members agree.

Worker co-ops often surpass companies with hierarchical control in providing employment stability (they put their members before profits and make job maintenance a top priority), in promoting effective regional development (local people are involved from the start in a form of self-help development which insures that most of the benefits of development remain in the local areas), and in maintaining Canadian ownership and increasing productivity (workers have a greater sense of commitment.)

In Great Britain, the workers' co-op movement suffered a setback when the Labour government encouraged workers in a number of floundering businesses to take over co-operative ownership, and the businesses continued to flounder. Robert Oakeshott, author of The Case for Workers' Co-ops (Routledge and Kegal Paul, 1978) concludes that there are four essential preconditions for a workers' co-operative venture to succeed:

- the main thrust to get the enterprise moving must come from the potential workforce itself
- the workforce's commitment must be supported by a meaningful capital stake
- there must be a manager or management team at least not inferior to that which a conventional enterprise would enjoy

4. worker co-ops must work together in materially supportive groupings, since in isolation they are hopelessly vulnerable.

We are still a long way from realizing this final condition in Ontario, where less than fifty, worker co-ops are now operating. One way to encourage the growth of worker co-ops is to do as much business as possible with the ones that do exist. In Toronto, these include:

- Away Express: courier service. 465-2212.
- Big Carrot: natural foods supermarket. 348 Danforth Ave.
- Blackbird Design Collective: design and typesetting.
- Bread and Roses Credit Union: loans for progressive causes. 461-7882.
- Cooperative Housing Federation of Ontario Inc. 538-7719.
- Community Carpentry. Drywall taping, renovations. 466-4877
- Good Riddance Pest Control Inc. 462-2691.
- Grindstone Island Co-op. Social change seminars. 968-9187
- Handy Workers' Cooperative. Home renovations. 691-2692
- Justwork Construction Ltd. Construction, renovations. 466-9964
- Jubilation Bakery. Uses no dairy products. 658-0272.
- Karma Co-op. Food cooperative. 534-1470.
- Lantana Non-Profit Homes Corporation. 366-3746.
- Libra. Cooperative information service. 368-8728.
- Making It Work. T-shirt, sweater designs. 971-9212.
- Mountain Equipment Co-op. Outdoor recreation equipment. 363-0122.
- Our Times. Printing production. 531-5762.
- Worker Ownership Development Foundation. Worker co-ops. 416-6992.

One problem with worker co-ops is that, once they have become successful, members tend to forget the need for basic social change and to adopt business ethics. Two of the abovementioned co-ops, Blackbird Design and Community Carpentry, have avoided this problem by enrolling their members with the IWW (Industrial Workers of the World, an international anarchistic union suppressed in the 1920s but now making a modest comeback.)

In other parts of the country, worker co-ops are far more established; in 1986, there were about 400 worker-owned coops across Canada, employing 15,000 people and doing \$119 million in business. Almost all these had started since 1982; before then, there were very few in Canada outside of Quebec and B.C. There is legislation in Quebec, Manitoba and PEI with financial assistance programs specifically designed to help worker co-ops (Globe and Mail 5-9-88 pC12.)

Co-op leaders hold frequent strategy conferences at Grindstone Island near Portland Ontario. In 1988 they were told by Ethan Phillips, executive director of the Worker Ownership Development Foundation, that federal and provincial ministers responsible for co-ops have commissioned a task force to propose strategies for developing more worker co-ops. Time will tell how serious the government is about helping them get started. Supporters note that housing co-ops increased in Canada from about 12 in 1973 to 1,249 at the end of 1987, and hope for the same sort of jump in worker co-ops. Part of this will depend on the willingness of established co-ops, whose total assets in Canada totalled \$51 billion in 1987, to help worker co-ops get started (of this money, financial coops-credit unions, caisses populaires and others-held \$44

The movement towards worker co-ops draws inspiration from the successful creation of a large concentration of worker co-ops at Mondragon, a town in the Basque region of Spain, whose entire working population if about 20,000 have jobs as

worker/owners in about 100 firms. The first co-op began shortly after the fascist seizure of power in Spain, as a means of protecting workers from Franco's economic repression. From this, co-ops expanded from Mondragon to include not only a variety of manufacturing industries, but all the service sector operations as well. By social planning which utilizes the business expertise gained through managing worker co-ops, Mondragon has avoided unemployment.

In the northeast and central regions of Italy, from Florence to the Veneto, another experiment has show the advantages of an economy which combines worker co-ops with the small businesses discussed in the previous section. The towns and cities here enjoy greater solidarity and autonomy than their North American counterparts, and in the 1950s a large number of them decided that, rather than competing to attract businesses to move to their city, they would support development of small-scale, highly skilled production. Each city fostered a myriad of small enterprises, often offering state-ofthe-art courses, public housing, transportation, highway improvements and sometimes public financing.

These enterprises use broadly skilled workers and multipleuse automated machinery. In Modena, for instance, an artisan's village was developed wherein unemployed workers could set up their own businesses in buildings which housed their workshops on the first floor, and often their living quarters on the second. Over 500 small firms housed themselves in planned working neighbourhoods, and along with a few larger firms were by the mid-1980s employing about 7,000 workers. Most of these enterprises are partnerships, but some are co-operatives. 90% of the worker-owners are former factory workers. Such artisan villages are democratically run due to their small group situations, and have potential for rapid growth due to the ease with which it is possible to set up a new shop. (Changing Work, Spring 1986.)

In North America, interest in workers' co-operatives is just starting, and will be harder to foster than in the Basque or Northern Italian regions because there is not the sense of community self-sufficiency and independence found there. Nonetheless, the interest is present as the need for an alternative to the faltering system of industrial capitalism becomes obvious.

Getting Started

In Toronto, there are two organizations directed towards assisting worker co-ops to start in Canada, which share office space at 348 Danforth Ave. #212. Co-operative Work Ltd., 461-7371 is a consulting firm which will help workers considering starting a co-op to assess the possibilities for success and take the necessary steps. The Worker Ownership Development Foundation, 461-6992, is a non-profit charitable organization established to provide education and research into worker-owned co-ops. Through conferences, workshops and committees, the Foundation brings together those interested in building a worker co-operative movement, and acts as a forum for identifying common needs and concerns. All educational services and materials are available to the general public. It has produced a number of publications and audio-visual materials, including Starting a Worker Co-operative: an introduction (\$7.50; an overview and the basics) and Starting a Worker Co-operative: the handbook (\$50, goes through the process step-by-step) Membership in the Foundation is available to both individuals and institutions, and may be on a participating or associate level.

Co-operative Work's range of services includes business evaluation and planning, financial planning and control, member education and staff development, market research, organizational development, economic planning and policy development. Although fees are charged for its services, it provides a free initial consultation to any potential user and, when appropriate, assists users to find funds to pay for its services. It has recently helped worker co-ops start in Toronto, Hamilton, Vancouver, Chatham NB and Sudbury.





Investing Your Money

1. Banks.

Once you have found a halfway decent job that pays you more money than you need for current living expenses, the question of investing the remainder arises. The safest form of investment income comes in the form of interest from a fixed sum of money invested for a fixed period of time at a fixed rate of interest. Common forms of this type of bank investment include:

Bank Accounts. Banks pay interest on savings accounts. Most banks do not pay interest on chequing accounts, so before depositing you should compare the interest and service charge policies of several different banks and trust companies, as well as the different types of account available within each. With a savings account, you cannot write cheques but must go in person to the bank for each withdrawal. However, you can withdraw at any time. Interest is steady but relatively small.

Term Deposits. Available from banks and investment dealers. The amounts are usually larger sums of money, and the loan is for terms of thirty, sixty, ninety etc. days at a fixed rate of interest. Again, comparison shopping is necessary: rates of interest will vary according to the institution and the terms of the deposit.

Treasury Bills. For larger mounts of money, the usual minimum being \$10,000. Rates will vary according to the term and the institution.

In terms of security, the above are usually insured for up to a maximum of \$60,000 for any one individual, with Treasury Bills from the Federal Government guaranteed for the full amount of the deposit.

2. Credit Unions.

Many investors prefer credit unions to banks; as financial cooperatives, they are part of the co-operative movement. In 1989 there were 1,400 credit unions in Canada, representing 4,200,000 members. Each is run by a volunteer board of directors and staffed by qualified professionals, many of whom have graduated from the Canadian Credit Union Institute's program of financial management offered through many

universities and colleges. The advantage of credit unions over banks is that they tend to invest in local concerns, such as civic improvement projects, and each depositor is a member rather than a customer, owning a share and hence a vote in the operation, which like all co-ops operates on the principle of one member one vote. Customers also tend to receive more personalized service than banks offer.

Most credit unions offer standard banking services, such as chequing and savings accounts, term deposits, loans, registered savings plants, retirement plans, mortgages, credit lines etc., as well as special services such as financial counselling, travel insurance and income tax services. Members also have access to life, health and automobile insurance co-ops. Credit unions are regulated by provincial governments, and deposits are protected by a stabilization fund, deposit inurance or guarantee corporation in each province.

Provincial centrals serve as a credit union and trade association for the local credit unions in their province; they provide financial services and administrative support in such areas as marketing, training, communications and provincial government relations, and also establish guidelines to insure that the entire provincial network runs smoothly. They maintain large amounts of ready cash for access of local credit unions. The Canadian Co-operative Credit Society provides national support for local and provincial programs, and takes action nationally on issues identified by provincial centrals.

Often a credit union may be formed around the needs of a particular group of people. For instance, the Ottawa Women's Credit Union at 210 Bank Street has for several years offered wimmin from all walks of life personalized help and advice in achieving financial autonomy. A wide range of services includes savings accounts at competitive interest rates, retirement plans, chequing accounts, loan services, travel insurance, term life insurance and financial counselling. Deposits are used to finance loans to members. Any womyn who works and lives in the Ottawa-Hull area can join by paying a 25-cent fee, and becomes a shareholder with voting privileges by paying \$5. Toronto's Bread and Roses credit

union, discussed more fully in our Employment chapter under the subheading Sources of Financing, specializes in making funds available for alternative business enterprises that would be turned down by conventional funding sources.

Stocks and bonds.

Aside from banks, the most common forms of investment are stocks and bonds. A bond is a document certifying that you have loaned money, which will be repaid at a stated future date, and that in the meantime you are entitled to a fixed amount of interest each year. As a bondholder, you are a creditor, whereas if you buy stocks you are an owner; your stock certificate certifies that you own part of a business corporation. This entitles you to a voice in running the company and a proportion of any profits which are earned. Stockholders usually waive the right to attend and vote and stockholders' meetings because their voting power (generally one vote per share) is too miniscule to have any effect. Stock dividends are not paid automatically like bond interest, but must be declared (authorized) by the board of directors. The corporation is anxious to pay dividends, as otherwise it will have difficulty attracting new stockholders, and will do so unless it is in trouble.

Both bonds and stocks may be used as either investment or sources of speculation; be clear which is your goal. Investors want a safe return on their money; speculators are willing to risk losing some or all of it in return for the prospect of a greater return should the corporation they invest in prosper. As an investor, you must decide whether to go for the safe return or the chance of greater profit; do not speculate more money than you are prepared to lose. A higher-than-average rate of interest or dividend is usually a warning signal that some element of risk is present. Bonds are generally a safe investment if the corporation has regularly paid dividends for a period of years, and the outlook is that they will continue to do so. Their record over a several-year period should be consulted, as a particularly high or low dividend payment in the previous year might be due to special circumstances that won't be repeated.

Stocks, sometimes known as equity investments in shares of corpororations engaged in business in Canda, are traded on the various stock exchanges located in the larger business centres around the world. The investor's contact with these exchanges is through and investment company, commonly referred to as a Broker, which may have one or more agents dealing directly with its investor clients. When opening a trading account with a brokerage firm, it is most important that you contact an agent personally and outline carefully to this agent your complete financial standing, and the financial goals you have set for yourself. It is important that this agent (sometimes referred to as a "Customer's Man," though more often as a "Broker,") appreciates your goals and will advise you in your investment in accordance with these goals. It may be necessary to interview a succession of these agents before you find one you can trust with your money or portfolio. Perhaps you can get a recommendation from someone you know who is already "in the market" and has goals similar to your own. If your goal is a steady return on investment, you may not wish to do a great amount of stock trading whereas your broker, who earns a commission on each deal made on your behalf, might wish you to trade often. In an ideal relationship, the broker will take no action without

In an ideal relationship, the broker will take no action without consulting the investor, and the investor will respect the broker's judgment.

Investing in equities (stocks) has certain advantages over other types of investment. Capital gains are reduced by fifty percent when calculating taxable income, and there is a lifetime exemption of \$500,000 (presently frozen at \$100,000) which can represent a substantial gain on your income tax bill. There are certain risks which should be thoroughly understood at the start. If the equity value of your investment improves you have a capital gain, but if it goes down you have a capital loss. As the value of equities changes on the exchanges from day to day, capital gains or losses are always present. The best rule of thumb is to buy quality stocks, avoid the more speculative issues, and set your goals as to what value you expect from your investment. When you've reached it, you might be wise to sell. Of course, you will regret selling if the stock continues to rise in value after you have done so, but remember that you cannot lose by taking profits when they're available.

One of the most popular forms of bond investment is the G.I.C. (Guaranteed Investment Certificate), in which the federal government undertakes to pay a yearly rate of interest. Some GICs pay compound interest, which means that the interest earned will in turn earn its own interest if it is left with the investment instead of withdrawn. Some GICs pay the same rate of interest on the interest as on the original amount; others pay according to the going rate on the day the interest is allocated, which means you get less interest if the interest rate has fallen since your original purchase. GICs provide a reliable investment return, the main catch being that interest is not as high as on more speculative forms of investment. There is also a risk that the current interest rate will fall during the term you hold the GIC, which means that if you wish to continue investing when they fall due you must repurchase at the current interest rate, and will get less money than before. Other investments also pay compound interest; it's up to the investor to find out which.

Investment clubs enable small groups of people without a lot of individual money to invest in stocks to pool their resources and decide on a common investment strategy, sharing in the gains or losses. Such clubs usually invest in a diversified portfolio, without the individual members risking a lot of money. They only work if all the members have the same investment goals and are willing to do necessary research. For more information, write: Doug Smith, Chairman, Canadian Association of Investment Clubs. PO Box 122, #3700 First Canadian Place, Toronto M5X 1E9.

A wider variety of financial services is offered now than previously, including the sale of mutual funds; investors should be aware that these newer products do not necessarily have the same protection that an ordinary bank account enjoys. Even if a financial institution has a sign stating that deposits are covered by Canadian Depositors' Insurance, this does not mean that all investments sold there are insured. Also, remember that Depositor Insurance is limited to \$60,000 per person. Therefore, it is advisable to deal with a financial institution that has a long track record.

Finally, a word about the ethics of stock and bond investment. If you buy government bonds, your money will help finance militarism and other nefarious government projects. If you buy corporate stocks, you are helping corporations rape the environment and pillage the third world. This does not mean that you should avoid all such investments; to survive in capitalist society one must sustain a certain number of contradictions, and rarely are we able to earn our money in the first place without doing violence to one or another of our principles. Money deposited in a bank is often used for morally dubious purposes. If you are in a position to relinquish your investment income for worthwhile social goals, there are places where you can invest your money towards these ends.

For instances, the Bread and Roses Credit Union in Toronto offers investors the option of a "bread" savings account with interest just below market value or a "roses" savings account with no interest, the money going instead to its community service projects (both accounts carry the standard full insurance on amounts up to \$60,000.) If you are not in so fortunate a position as to be able to divert your interest to worthwhile

causes, the best you can do is avoid investing in those corporations whose exploitation is particularly blatant. Companies which do business in Israel or South Africa, which exploit third world natural resources or endanger the environment should be avoided by both stock investors and consumers. Organizations concerned with each of these issues can advise you on which companies to boycott.









Income Tax

The federal government requires that all residents file an income tax return by April 30 of each year, accounting for all money earned during the previous year. Copies of this tax return form are available at post offices. If you have trouble completing the form, you can get help from one of the professional agencies which operate during the few months preceding tax deadline. Their fee for a straightforward personal income tax return is usually quite nominal.

Forms of income not taxable under the income tax act include:

- Workmen's Compensation payments
- damage payments from personal injury
- military and RCMP pensions
- welfare payments
- · gifts
- lottery winnings and gambling gains
- MP and MPP expense accounts
- half of any capital gain ("Capital Gain" means the profits made on the sale of property, unless used as business inventory in which case the property is taxable.)

In addition to income and property tax, Ontario residents pay sales tax on every purchase of over 20 cents or restaurant meals of over \$4. Exemptions: most food products, prescription drugs and medicines, most children's clothing, footwear that costs \$30 or less. If you live near the Quebec or Manitoba border you can beat the tax on some items, such as magazines, by buying them on the other side. If you eat cafeteria style, consider making a second trip through the cashier for your dessert and beverage if this will keep the cost of each trip below \$4.

Since income tax is the state's principle source of revenue, any serious effort to resist the state must take the form of resisting payment of income tax. Since the state is gradually abdicating responsibility for social welfare measures to such voluntary organizations as those listed in this publication, while correspondingly increasing corporate tax exemptions and internal security (i.e. population suppression) spending, one need have no qualms about tax resistance on humanitarian

grounds. There are three basic methods of tax resistance:

 Refuse to file a tax return. This is generally ineffective, since the state responds by confiscating a greater portion of your assets than you would likely pay in taxes, and will likely confiscate you as well for a prison term. Appeals largely to conscientious objectors wishing to make a Personal Witness against war and other policies of the state. Has potentialities if enough people could be induced to participate. A slight variation is to file a return but withhold whatever percentage of the money equals the percentage of tax revenue the state spends on activities of which you disapprove. Also ineffective, as the state does not recognize this form of protest and will seize your assets. Remember that the state can seize your bank account, stocks, bonds or real estate at any time. '(It has not yet gone so far as to make opponents' bank accounts disappear, as Jack London predicted would happen in The Iron Heel, but don't be too surprised if this happens.)

• Withhold information about some of your sources of income when filling out a tax return. Risky, since the state will treat you as a criminal if it finds out about the transactions from other sources. Basically, this will not work for any transaction which the other party involved is likely to report on its own tax return, which includes nearly all forms of waged labour. Likely to work if both parties agree not to report the transaction and there is no other way the state is likely to learn about it.

• Fill in a return, but keep your income under the basic exemption level, usually around \$2,000. Probably the most effective form of resisting taxation. However, living at this income level is generally impossible, except possibly in a rural setting, so it is only likely to work in the context of a well-developed alternative economy in which a number of people agree to barter skills, services and products, and to not report such transactions on their tax forms—since legally barter income must be reported, such a network would have to be to some extent underground. Another possible way of reducing your taxable income is to invest money in some form of capital gains venture; your stock broker can advise you on this.

Consumer Protection

1. The Business Practices Act.

This covers most forms of consumer transction (not securities-stocks, bonds, mutual funds-or sale of real estate.) If you feel that goods or services you purchased were misrepresented, the Act gives you the right to ask the supplier to rescind the deal, and if this is refused to go to court, or to ask the Ontario Ministry of Consumer and Commercial Relations to mediate the dispute. Use Small Claims Court, as described in section two of "Dealing with the Law" chapter, where appropriate. If you apply to the Ministry for a review, it may choose to mediate between the company and the customer, and/or to impose a cease-and-desist order on the company requiring it to halt an unfair practice. You can apply through the nearest Consumer Information Centre, listed as such under Government of Canada in the blue pages of your telephone directory.

2. The Consumer Protection Act.

Although we suspect that the main purpose of this Act is to protect the corporations from having to compete with door-todoor salespeople, it does also protect consumers from being pressured into dubious deals in their own homes. It requires that door-to-door salespeople be registered and bonded, and gives the buyer the option of cancelling a deal made at some location other than the seller's place of business within two working days, either by a letter delivered personally or by registered mail to the seller (a phone call does not sufffice.) The seller returns the goods at the seller's expense, and must refund all monies received. The Act also requires the seller to show in writing the total finance charges in dollars and cents, and the year percentage being charged, as well as defaulting penalties, for any goods bought on credit. Unsolicited goods may be legally kept or thrown out without making any payment. False advertising is prohibited.

Written contracts are required for a purchase over \$50. To be binding, a contract must contain:

- name and address of both buyer and seller
- description of goods and services
- itemized prices and terms of payment
- statement of security given when credit is involved
- full disclosure of credit terms
- statement of warranty or guarantee, if any
- signatures of both parties, with both buyer and seller retaining an original copy.

The goods must be delivered in the condition described in the contract, and if the delivery is assigned to another company or person this assignee has the same obligations as the original salesperson.

Since the law does not guarantee the quality or price of merchandise, or the integrity of the salespeople, you should use your best judgement in signing agreements. Always get a receipt, remember that a warranty or guarantee is only good for as long as the company remains in business, and know the implications of what you are signing: a contract is a legal document. In dealing with door-to-door salespeople, you should (a) check with the Consumer Services Bureau to make sure they're registered (b) never go for a deal that you have to make up your mind about immediately (c) avoid paying a deposit of over 10% of the cost; such a demand indicates a question about whether the people you're dealing with are financially able to carry out the terms of the contract.

for more information, or if you have a complaint, contact: Ontario Ministry of Consumer and Commercial Relations. 963-1111.

3. The Better Business Bureau.

The Better Business Bureau is an organization composed of business members that monitors and reports on the practices of the business community, and attempts to set ethical standards for its own members. It offers consumers the following

- · information regarding local business
- · information regarding solicitations for charitable and cultural
- a consumer complaint service
- mediation between consumers and business
- consumer booklets on goods, services etc.
- identification of Better Business Bureau members through decals and signs.

The Toronto contact number is 766-3222.

4. Credit Difficulties.

These are best avoided by not using credit. Many businesses rely on credit to persuade people to buy stuff they don't really need. However, if you have bought articles on credit and then can't pay due to inexperience, overextension, mismanagement or unforeseen emergencies such as losing your job, you should try to renegotiate a more convenient payment plan with your creditor before the bill is due. Failing this, you should seek credit counselling at your nearest credit counselling office. If you have paid two thirds or more of the purchase price, merchandise cannot be repossessed without a court order.

Complaint Procedures.

If you feel that a company has ripped you off, the first thing to do is to contact the company and try to get the matter adjusted. If the company gives you no satisfaction, there are usually further steps you can take. Here are some examples:

Faulty Car Repairs: The Automobile Protection Association, 283 Yonge St. Toronto 367-2595, charges a \$25 annual membership fee. It investigates fraudulent deals, product quality and safety and negotiates on members' behalf. It supplies members with a list of approved garages and mechanics in Ontario, ratings of vehicles and provincial bylaws governing car repair work. The Canadian Automobile Association, operating in Ontario as the Ontario Motor League, provides similar services. Check phone book for local branch; in Toronto it's 2 Carlton, 964-3184.

Defective Large Appliances: Canadian Electronic and Applications Services Association, 10 Wynford Heights Cres. PO Box 187 Don Mills 447-2511, sends out on request official complaint forms about such appliances as stoves, washing machines and dryers, freezers, TV sets, stereos and VCRs. It will then take the matter up with the manufacturer. It also has booklets listing who is responsible for warranty and service of major appliances.

False Advertising: Notify the federal Ministry of Consumer and Commercial Affairs, as listed in your blue pages; in Toronto call 963-1111. The Consumers' Association of Canada, 234 Eglinton Ave. E. Toronto M4P 1K5, 481-6864, handles 10,000 complaints yearly, and operates a referral service directing all calls or letters to the appropriate company or government department.

Section 4. The Life Cycle

Children

Services Available.

Drop-Ins-Provide a place for children to play with each other, and for parents and caregivers to meet other adults. This list of (free unless listed otherwise) centres in parts of Toronto—Parkdale, York South and Etobicoke—comes from Next Door Child Care. For centres in other areas, consult your nearest community information centre as listed in the "Where to Get Help" section. Phone for hours.

Parkdale

- Givens Shaw Public School Drop-In, 100 Shaw St. #6, 393-1240.
- More Than Child's Play, 224 Cowan Ave. 2nd floor, 588-5419.
- Creating Together Parkdale, 1580 Queen St. W., 537-1994.
- Parkdale Public School Drop-In, 46 Westlodge Ave. #102, 393-1280.

York

- F.H. Miller Drop-In, Caledonia Ave., 651-1841.
- Syme Family Centre, 69 Pritchard Ave. #1, 767-2185.
- Rawlinson Drop-In Centre, 320 Oakwood Ave., 392-2888.
- Together Parent Child Centre, 30 Turnberry Ave., 652-3173.

Lakeshore

- Stonegate Parent Child Centre, 336 Parklawn Road, 233-6551
- Mimico Baptist Church, 80 Hillside Ave., 251-2855.
- Children's Comer Parent Child Drop-In, 432 Homer Ave. #109, 255-4338.
- Lakeshore Parent/Child Centre, 71 Second St., 251-7112.
- Longbranch Drop-In, information from previous entry.

Other Parents' Aid-Mothers' Morning Out, operating in such places as Brampton, Lorne Park, Erindale and Streetsville offers mothers coffee, guest speakers and fun while sitters tend their children; 897-6266. Aid for New Mothers offers mothers of babies 9 months or younger self-help support groups; 897-6266.

519 Church St. Community Centre-Has a wide range of activities for young children and their parents including play space, groups for mothers of newborn children, school break programs and a summer day camp for 5-to-12 year olds. Information 392-6874.

Public Health-nursing division number is 536-1114. Call re problems related to children's health.

Parenting-The Metropolitan Toronto Coalition of Parent-Child Centres has published a compendium of parenting education resources in Metro. Call Jeanine Poirier 698-1626 or Darlene Krodich Hall 366-0391 for details.

Special Education-Putting the Pieces Together, a parent's guide to special education in Ontario by Elizabeth Ingles

(published 1983) discusses the legal status of "exceptional" children, those who need placement in special education programs, and procedures for placing one's child in such a program. Mainly of interest to parents of children with learning disabilities. Check with your library for a copy.

Aid to Needy-Many school boards, including the six in Metro Toronto, have programs to aid needy families. These include paying for field trips, outings, home instruction or tutors, as well as providing students with lunch money or clothing. Information from principal of your child's school.

Breakfasts-Metro Toronto Housing Authority provides breakfasts for children in 30 of its 110 projects across Metro. Information 928-4833.

Daycare-United Daycare has published a guide to daycare centres from Mississauga to Oshawa, listing over 1,-000 daycare centres, nursery schools and children's services. It's called Greater Toronto Daycare Guidebook; copies are at many public libraries, or you can call 736-8548 for ordering information. Inquiries about daycare and nursery care, 6 months to nine years, and subsidies at 965-3653. Also, Health and Welfare Canada disbributes material to help parents in choosing daycare. Write them at National Childcare Information Centre, Health and Welfare Canada, 6th floor, Brooke Claxton Building, Ottawa K1A 1B5, 613-957-0611. In Toronto, subsidized daycare is available to residents meeting various criteria; to check on your possible eligibility, call 392-5335 in Toronto, or 392-5610 in York.

Next Door Daycare-An alternative to traditional day-care centres organized to serve Toronto residents of Etobicoke, York South and Parkdale (could be applied elsewhere.) It keeps a list of wimmin who are willing to take care of children, used for connecting parents needing daycare with caregivers (they make their own financial arrangements.) Provides free workshops and consultations on any subject related to good quality daycare in the home for parents and providers, as well as information about community services and resources for parents, caregivers and children. Provides booklet, A Guide to Home Daycare for Parents and Caregivers, which includes information on child development, safety, first aid, finding good daycare and tips for caregivers. A newsletter is also published, and playgroups are run to help caregivers get in touch with other caregivers and parents while the children socialize. Information 252-6471.

Co-operative Games-A variety of co-operative games may be ordered from Family Pastimes, RR4, Perth Ontario K7H 3C6. For instance, there's Beautiful Pace, a co-operative education game in which children 5 to 8 work together to clean up the environment, which costs \$9.50. Write for complete catalogue.

Toy Libraries-As the name implies, they loan toys on the same basis that libraries lend books. Open hours and requirements for membership vary. You can find out about any in

your locality from the community information centres listed in our "Where to Get Help" section. Some of those operating in Toronto include:

Jane-Dundas Library, 620 Jane St. 394-1014.

- Rawlinson Toy Library, 320 Oakwood Ave., 392-2888.
- Islington Toy Library, Rosethorne Public School, 2 Remington Dr., 233-3532.
- Weston Library, 2 King St. Weston, 394-1016.
- Parklawn Community School, 71 Ballacaine Drive, 394-8713.
- Main Library, 1745 Eglinton Ave. W., 781-5208.
- LAMP, 185 5th St., 252-6471.
- Creating Together Parkdale, 1605 Queen St. W., 537-1004.

Child Abuse-Problems relating to child abuse within the family are often dealt with by the following (phone numbers are for Toronto branches):

- Catholic Childrens Aid, 925-6641
- Metro Childrens Aid 924-4646
- Jewish Family and Child Services, 638-7800
- Alcoholics Anonymous, 487-5591.
- Aftermath, a self-help group for non-offending parents and care-givers of sexually abused children, meets 2nd Wednesdays of each month at 765 Queen E. 461-4709.

KIDS Toronto-a monthly tabloid outlining children's activities in the Toronto area. Information 481-5696.

Young Mothers: Jessie's, 154 Bathurst St. Toronto 365-1888, offers a variety of services for young mothers and mothers-to-be, as well as for teenagers under 19. These include a gathering and social place; free soup, fruit juice, milk and coffee; prenatal groups; post-natal support groups; birth control information; parenting groups to enable parents to shre experiences; infant and mother check-ups; adoption counselling; family counselling to help the mothers maintain relationships with their families; living skills training; a swap shop; educational upgrading; birth control information and care of infant children for three-hour periods. These services are free and confidential, provided by a staff consisting of counsellors, a volunteer co-ordinator, a nursery co-ordinator and an office co-ordinator. Volunteers provide valuable service in many of the programs. Agencies and services provide parttime, or in some cases full-time staff. Open weekdays 9:30-4:30, with evening and weekend appointments and discussion groups available (phone first.)

2. Adoption.

Parents wishing to adopt should apply to the nearest Children's Aid Society, which will then investigate their home and, if they approve it, place the parents on a waiting list. Since the CAS concentrates on finding the "right home" for the child rather than the "right child" for the applicants, the wait may be considerable. (note: CAS offices are sometimes listed in the phone book as Family and Children's Services.)

With one couple in eight infertile and the proportion of unwed mothers able to keep their babies rising, it can be difficult or impossible to adopt a baby through CAS channels. Only 687 babies under the age of one were adopted in all of Ontario in 1987. Adoptions through children's aid are free, while private or foreign adoptions can cost \$3,000 or more. Many couples are turning to foreign adoptions, with many third world countries allowing Canadian families to adopt children who are orphaned or abandoned. People considering these alternatives can check out local adoption agencies.

Another option is to advertise privately for mothers seeking someone to adopt a child, though such transactions must go through a CAS or private adoption agency. Adoptions can be arranged privately, providing the person arranging them is licensed for the purpose of adoptive placement.

Many cities have associations of adoptive parents, to enable them to learn from one another. Check with local information centres, city hall and public library to find such associations in your area.

Adoptees and their natural parents may only exchange information to identify one another if both parties, the adopting parents and the bureaucrats all agree.

3. Nutrition.

Parents who understand the essentials of a good diet can buy relatively inexpensive foods that provide the nutrients a child needs. Many nutritionists recommend that a child under 11 should be fed daily from the four basic food groups as follows:

Milk and Milk Products: 500-750 ml milk (2-3 cups), or 175 ml (3/4 cup) yogurt, or 45 grams (1 1/2 ounces) cheese. Cheapest method is to buy skim milk powder.

Bread and Cereal: One slice whole-grain bread, 175 ml (3/4 cups) cereal, one roll or muffin, or 175 ml (3/4 cups) cooked brown rice, macaroni or noodles. Cheapest source: cooked cereals such as oatmeal.

Meat and Meat Substitutes: 4-6 ounces (115-170 grams) per day. Substitutes for meat can include fish, poultry, peanut butter, dried peas, beans, lentils. Cheapest source: dried peas, beans, lentils.

Fruits and Vegetables: Two small servings of vegetables and three of fruit; serve raw if possible, since cooking destroys some nutrients.

4. Low-Cost Activities.

A variety of free or low-cost children's activities are available in Toronto. Some are listed below. In other cities, contact the local board of education, city hall, public library system and community centres to find out what programs exist there.

Board of Education: after-school activities programs in such areas as gym, judo, cooking, pottery, drama, chess, printmaking, computers, dance etc. for public school children. Check with principal of your child's school about which programs are available.

Boy's and Girl's Club of Downtown Toronto: various programs, \$1 membership fee. 540 Dundas St. E. basement, 367-0648

Community Information Centres: provide information about children's programs in your area. In Toronto, call 863-0505 or, for the area bounded by Yonge-Coxwell-Danforth-the lake, the Neighbourhood Information Post at 924-2543. In York call 766-5538, North York 395-5591, East York 698-1626, Scarborough 321-6912, Etobicoke 252-6471 (YMCA-ASK!)

Toronto Star Fresh Air Fund: subsidizes summer camping for about 20,000 disadvantaged or handicapped children. The camps are run by 80 organizations throughout Metro, including the Salvation Army 285-0080, Scadding Court Community Centre 363-5392, various Boys and Girls Clubs (call 494-1212 for locations of individual clubs) and various missions such as the Yonge Street Mission 929-9614.

St. Stephens Community House: after-school recreational programs. Woodgreen Community Centre: Social, recreational and drop-in programs. 835 Queen St. E., 469-5211.

Day Camps. Provide a variety of sports and skills training. Prices and servces vary. Information from Ontario Camping Association, 781-0525.

Royal Ontario Museum. Gallery of Birds, Hall of Flight offer many bird exhibits. Other learning experiences. Free admission Thursdays 4:30-8, children \$2.50 at other times. Bloor at University.

McLaughlin Planetarium: Shows feature astronomical tours, pop musicians with laser lights. Costs. 586-5736.

Hockey Hall of Fame: Exhibition Place. Adults \$3, students and seniors \$1, pre-schoolers free. Exhibition Place, 595-1345.

Puppet Centre: Over 400 puppets, hands-on room, workshops, shows, tiokets \$4. 171 Avondale Ave. North York, 222-9029.

Todmorden Mills Museum: Reconstructed 200-year-old industrial community, Adults \$2, children \$1, 67 Pottery Rd. 425-2250.

Ontario Science Centre: Various scientific exhibits and hands-on learning experiences. Admission free Fridays 5-9 p.m.; other times adults \$5.50, youths \$4.50, under 12 \$2. Eglinton E. at Don Mills Rd., 429-0193.

Metro Toronto Zoo: If you can overcome your revulsion to the concept of holding animals captive, the main attraction here is interaction between young of human and other species. Adults \$8, youths \$5, children \$3/; 392-5934.

David Dunlap Overvatory: Stargarzing tours are free, but reservations must be made 3 weeks in advance. 123 Hillsview Drive, Richmond Hill, 884-2112.

Kortright Centre for Conservation-various educational exhibits. Pine Valley Drive, 661-6600.



Alternative Schools

The main goal of the school system is to turn our young people into docile and useful servants of the corporate state. To this end, the students best able to serve the corporations and their supporting infrastructure of professional services (hospitals, courts, schools etc.) are streamlined through to university. The others often can't read or write when released by the school system, but they do know how to obey orders and can compete for the privilege of serving the System in more menial capacities in exchange for a salary. The school system continues to emphasize qualities which are required to earn a salary, such as obedience and punctuality, rather than the resourcefulness needed to survive without a regular salary, despite the obvious fact that automation will continually reduce the percentage of people receiving a salary.

This situation has led many parents to seek alternative schooling for their children, and many of the brighter children to seek their own alternatives as they grow older. Many cities have incorporated this quest for alternatives into their school system by establishing their own alternative schools, and anywhere in Ontario there are legal procedures by which parents can band together to create an alternative school. Since the students most dissatisfied with the coercive policies of our public school system are often the ones most likely to disrupt the class, the advantages to the school system in segregating such students are obvious.

Some opponents of the school system argue that students and parents with a social consciousness have a duty to remain in the public school system and attempt to raise the consciousness of their fellow students, but this concept flounders in the face of the unwillingness of most students to have their consciousness raised. The average student, while well aware that s/he is being processed to serve as a wage slave, is willing to put up with this processing in return for a chance at the high salaries that await the most successful products of the processing system. Students who feel that they can be of most use to themselves and society by learning independent thinking and self-motivation rather than obedience have every right to seek a learning environment in which this will be possible.

Students, teachers or parents dissatisfied with the regular school system should contact their local board of education to learn what procedures, if any, exist to establish alternative schools. If there are none, they should point out that Toronto has a relatively progressive policy in this area, and put pressure on their area to follow suit. If they cannot obtain co-operation from the local school board, they should contact the Ontario Ministry of Education for information as to how to set up a private school on their own. To establish a private school on their own, the parents must pay all costs-premises, teachers' salaries etc. Many alternative schools last only for a few years, until the original students leave school or the teachers decide to go on to other work. Others last a long time: for instance. the Mennonite community of the Kitchener area has operated an alternative school for many years. For longterm survival, an alternative school should be supported by a clearly definable community stretching beyond parents with an immediate need to educate their own children.

Another alternative for some parents is to educate their children at home, which the Ministry allow provided that the children are given the same course of instruction they would get in school. Again, contact the Ministry for details.

Alternative Schools in Toronto

In the city of Toronto, the interested group approaches informally the Board of Education's Curriculum Program Division to learn the Board's conditions for allowing the school-it must fall within guidelines of both the Toronto Board of Education and the Ontario Ministry of Education, since the bureaucracy is not about to surrender its power to dictate what children learn. "Free school" advocates feel, however, that what is learned is less important than the method by which it is learned; will children be taught to think for themselves or rely upon Authority? In this area, alternative schools offer considerable varieties of learning experience.

If the group decides to proceed with its application, it files a letter of intent with the Board's Alternative Education Committee, and drafts a proposal in consultation with the Curriculum and Program Division outlining the proposed school's objectives, educational philosophy, curriculum and program, staffing, desired location, accommmodation, budget and prospective students. This letter of intent must be received no later than December 1 preceding the September in which the program is to be implemented. The Board will supervise the school, and provide it with space on Board premises. Information: Alternative and Community Programs Department, 598-4931 ex. 313.

Some of the alternative schools which have been functioning for awhile in Toronto are listed below. The list is by no means complete, and can be updated by the Board of Education at the above number. Some of the schools have space available for additional students, or will put applicants on a waiting list.

Primary Level

High Park Alternative Primary School, grades K-3. Program is activity-centered, with pace and technique individualized to each child's needs. French and physical activities stressed. 393-9050.

Downtown Alternative School, grades K-3. Stresses parental involvement, basic skills, arts and physical education. 393-1882.

Alternative Public School, grades K-6. Stresses parental involvement, learning at individualized pace, basic skills, French, outings. 393-1882.

Delta School, grades 7-8. Each student contracts for a broad range of academic tasks, from drill and practice exercises to research reports. Students become increasingly selfdirected as they learn to set realistic goals. They also do community work. 533-8580.

Spectrum School, grades 7-8. Emphasizes individualized goal-setting and evaluation, small-group instruction and creativity. 482-0544.

Horizon School, grades 7-8. Emphasis on individualized goal-setting and evaluation, teamwork by students, teachers and parents, field trips, integrated activities in French. 393-1298.

Secondary Level (grades 9-13)

Seed-Perhaps the free-est of Toronto's free schools; emphasis on helping each student develop a learning program using school and community facilities. The school is seen as a community, wherein each student shares decision making. 393-0564.

Contact-For dropouts and students unhappy in regular school setting, ages 14-21 or sometimes older. Remedial, academic and community outreach programs. 393-1435.

Inglenook-Emphasizes use of community learning resources. Students run an art gallery and invite applications for displays.

Subway Academy One-Stresses independent studies on basis of a contract between student and subject teacher. Students must take at least four courses. Minimum age 16, with at least one year of regular high school. 466-2153.

Subway Academy Two-Students under guidance combine independent study courses at the Academy, courses created from community resources and courses at regular secondary schools. Employment may be combined with part-time studies; evaluation by essays, tests and exams. 393-1445.

West End Alternative School-For drop-outs and students who feel they don't benefit from regular school program; mostly aged 14-21, but older people welcome if they can benefit. Basics, community study courses, credits for on-thejob learning. 393-0660.

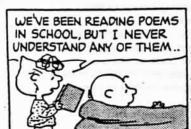
By now, it should be obvious that alternative schools are not for the lazy or those who wish to minimize the amount of work needed to earn a degree. For those prepared to develop the skill of working independently or in small groups, in a less authoritarian structure than the regular school system offers, they may be a real alternative.

Adults or youth who suspect they have education and psychological learning disabilities, or areas of weakness, might want to check out the Ontario Institute for Studies in Education's Psycho Education Clinic, at 252 Bloor St. W., 923-6641, which provides individual counselling and assessment of these factors. It's free to those unable to pay, on a sliding fee scale to others.

Post Secondary Learning

The Ontario Student Assistance Program has four plans to supplement the income of students at approved post-secondary institutions: The Ontario Study Grant Plan, the Canada Student Loans Plan, the Ontario Student Loans Plan and the Ontario Special Bursary Plan. Information: Students Awards Branch, Ministry of Colleges and Universities, 8th floor, Mowat Block, Queen's Park Toronto M7A 2B4.

The deadline for submitting an application to any of the above is ninety days before the end of the school year for which help is sought. Applications can be made before being accepted by any institution.







Wimmin

1. Wimmin's Centres and Resources.

- Arab-Canadian Women's Assn, Box 228, Stn B, Ottawa KIP 6C4, 613-825-0717.
- Asian Lesbians of Toronto, P.O. Box 203 Stn "P", Toronto M5S 2S7.
- Association Multiculturelle des Francophones de l'est, 108 chemin Spin Valley, North York M3L IZ5, 416-393-5409.
- Black Women's Collective, P.O. Box 248 Stn "P", Toronto M5S 2S6, 416-523-2672.
- Caribbean Dialogue, 229 College St., Toronto M5T IR4.
 Jews for a Just Peace, Box 647 Stn "P" Toronto M5S 2Y4.
- Dis-Abled Women's Network (DAWN), #601-160 The Esplanade, Toronto M5A 3T2.
- Middle East Forum, 35 Charles St. W. #614, Toronto M4Y 1R6, 416-960-0670.
- Native Women's Centre, 47 East Avenue North, Hamilton L7L 5H4, 416-960-0670.
- 'Nuestra Voz', a Voice for Guatemalan Women c/o P.O. Box 421, Stn F, Toronto M4Y 2L8.
- On the Line Music Collective, 736 Bathurst St. #212, Toronto M5S 2R4, 416-537-7702.
- Ontario Coalition for Abortion Rights, Box 753 Stn P. Toronto M5S 2Z1, 416-532-8193.
- Regent Park Residents' Assn and Sole Support Moms' Group, Regent Park Community Centre, 203 Sackville Green, Toronto M5A 3H1,416-863-1768.
- Tools for Peace, 394 Euclid Avenue, Toronto M6G 2S9.
 Toronto Rape Crisis Centre, Box 6597, Stn A, Toronto M5W 1X4, 416-597-1191; crisis 416-597-8808.
- Women, Solidarity and Southern Africa Committee (WSSAC), 427 Bloor St. W., Toronto M4S 1X7.
- Women's Chair Canada-Pakistan Assn, 15 Aldridge Way, Nepean K2G 4H9, 613-828-6902.
- Zami (Black Gays and Lesbians), c/o 519 Church St., Toronto M4Y 2C9.

Emergency Services.

These services exist in Toronto; in other cities, call your Community Information Centre for information about possible

Assaulted Women's Helpline 863-0511. Emotional support, information and referrals for victims of wifebeating. Referrals for emergency shelters, counselling, emergency food, health services, legal services, welfare and family benefits.

Toronto Rape Crisis Centre, 595-8808. Emotional support, counselling, help with possible legal action for rape victims

Times Change is a non-profit charitable agency offering Toronto area wimmin workshops in career planning and job search techniques, as well as listings of job openings. 487-2807.

For other emergencies, see emergency phone section.

3. Defending Yourself Against Wifebeating.

This is much more common in our society than is often realized. Wimmin who are victimized by wifebeating should be aware that they are not to blame, and need not be afraid or embarrassed to ask for help. If they fail to do so, their children will be adversely affected by witnessing the violence. Calling the Assaulted Women's Hotline is often the first step in breaking the silence.

While under attack, wimmin should make as much noise as possible (the neighbours may call the police for them) or if possible call the police themselves at 911. If they say that they are being beaten by "a man," police may arrive more quickly than if they say it is by their husbands. The police have a duty to lay a charge if they believe an assault has taken place. Wimmin under attack should leave if they can, taking their children with them. They can then call the Assaulted Women's Helpline for advice on emergency shelter.

If the police refuse to lay charges, the victim can lay charges by going to a Justice of the Peace. A lawyer can help victims of wifebeating to use the law to protect themselves (the victim may qualify for free legal services.) The victim may also apply for a peace bond, a restraining order or for exclusive possession of your home. The Helpline will assist her to understand the various options.

Defending Yourself Against Rape.

The statistics are grim. Every 18 seconds another womyn is abused. Every two minutes, another womyn is raped. One out of three wimmin will be sexually assaulted in her lifetime. with 75% of these attacks by someone she knows. One out of four wimmin is sexually abused before she is 18 years old.

This list of precautions against rape is taken from a recent issue of Reality Now, which in turn lifted it from a book called "Fight Back" which contains stories, poems, street theatre scenarios, personal accounts as well as more instructive material such as that included here. For copies write to Cleis Press, PO Box 8281, Minneapolis, Minnesota USA 55408.

If the worst comes to the worst and you are raped, counselling is available in most Ontario centres to help you to deal with the emotional problems, and if possible to take legal action against your assailant. You can find out the source of such help from the nearest community information centres listed in the "Where to Get Help" section of this manual. In Toronto, a 24-hour telephone counselling service to raped or battered wimmin is available from the Toronto Rape Crisis Centre, 597-8808. This centre offers advice and guidance to victims of sexual assault and to their families and friends, advice on alternatives to the legal system, accompaniment of victims to the hospital, police station and/or court, counselling, referral, research, public education and monthly student workshops; a library related to wimmin's issues is operated.

On the Street-

1. Do not overload yourself with packages, purse, books. If you are carrying packages and are attacked, drop them or throw them at your attacker. They are not more valuable than you are. Emptying the contents of a purse or bag suddenly can distract an attacker and give you time to run.

2. Get acquainted with items you carry that could be used as weapons, e.g. keys held between the fingers, a lighted cigarette, edges of books. Have them in your hand, not at the bottom of a pocket or bag. Be aware also of possible weapons on the street.

3. If you carry a purse, keep it tucked under your arm. Never count money out on the street.

4. Map out a route you often walk. Know where telephones are, as well as places to run to, stores open late, neighbours likely to help. Know also the danger spots, so you are following a conscious route. Have safe spots always in minddon't wait for the time you are in trouble to think of them.

5. If you think you are being followed, try to find out first. Look behind you. Use shadows or store windows as mirrors. Change your pace or cross the street to see whether they follow. However, do not walk around looking obviously fearful; this will mark you for a victim. Once you are reasonably sure that you are being followed, there are several things you can do. Walk near the curb, and if practical into traffic to attract attention. Go to the nearest "safe spot," but do NOT go home. You do not want the attacker to follow you into your house, or to know where you live. You may decide to confront them; if an attack is imminent this is a good move. You will be facing them instead of giving them your back. An assertive response may discourage them. If you are followed by a car, walk in the opposite direction. It will take the car longer to turn.

Walk near the curb away from buildings and alleys. Be aware, however, of not walking too closely to parked cars. Be aware of cars passing repeatedly, start looking for an alterna-

tive route or safe spot.

Beware of conversations on the street. If you don't wish to have a conversation with someone who initiates one, tell him politely but firmly that you do not wish to talk to him. Beware of answering back to each of his questions or statements, lest you get "stuck" in a conversation with him. This is a common ploy. Do and say only what you wish. If your intuition tells you something is wrong, trust it. Practice this scene if you have trouble with it.

Transporation-

- 1. Do not enter or stay in an empty subway car if you can avoid it.
- 2. If you have a car, always check the back seat before getting in. Have your keys ready as you approach it. In many places it is a good idea to keep doors locked and windows up (or quickly closed) while driving. Attackers may jump in at red lights.
- If you are driving alone and another car signals for help, go to the nearest phone and get help for them rather than stopping. If someone signals that something is wrong with your car, try to get to a safe spot before checking it out. Be aware, and follow your intuition basically.
- If you are being hassled on public transportation and others are around, speak up. Men who paw wimmin on buses and subways seek the safety of the crowd; bringing attention to them is usually devastating to them.

The Phone-

- Have the number of the police and fire departments readily available.
- 2. Do not give out your number indiscriminately. When in doubt, get the number of the other person and call him instead.
- If you get an obscene phone call, hang up immediately or blow into the receiver with a police whistle.
- Never give out personal information about yourself or others to a stranger on the telephone. You needn't answer anyone, including the cops or RCMP. This is not always as easy as it sounds. For example, if someone calls and immediately asks "who's this?" or "is this 482-8876?" and you are not aware, you will give the caller information before you know it. If someone you don't know calls for someone else you live with, do not give out all kinds of information about where the person is. Get a number where the caller can be reached, and then call your housemate.

Home-

 It is important to be able to get into your house quickly, since many attacks take place at the door. Always have your key ready. Mark your key with a notch or coloured plastic cover, so you can find it quickly. If someone is behind you, do not go home unless there is no other option available.

2. If someone accosts you in your home, or in the lobby or hallway of a building, yell FIRE! rather than HELP! to attract

Be aware of places that attackers could hide in and around your building. Make sure that there is adequate lighting at the entrance.

4. If you surprise an intruder in your home, do not corner

him. Make sure that he knows the door is free.

- Have one or two good locks for ech door. Spring locks are usually not adequate. Make sure that the door itself is secure. Vulnerable windows should also have locks. It is also a good idea to hang windchimes or a similar object in front of windows and/or doors to alert you if someone is coming in.
- Do not keep your keys with any identification. If they are lost or stolen and there is identification with them, have your locks changed at once.
- Never open the door without knowing who is there. Do not be embarrassed to ask questions. Check ID carefully, or call a company to verify an unexpected package or person checking your meter.
- 8. Do not give out your address to strangers, or unconsciously put your full name with your address in ads, notices
- Do not leave keys in obvious places, like under a door mat. Intruders have thought of these too.
- 10. Do not leave clues, as in the form of notes, as to whether you are out, when you'll be coming home, if you'll be
- Do not let a stranger in behind you as you enter a building. It is difficult to refuse him admittance, but make it a policy. If he has legitimate business there, he'll get in without
- If something seems to be wrong when you go home (a door not doubly locked, for example), take precautions before entering blindly.
- Know where there are objects in your house which could be used as weapons. Keep a special one by your bed.

Common Attacks-

Choke-Back or Front-take a deep breath and tuck in your chin to protect your windpipe.

Front-His hands are occupied. Your arms, legs and feet are free. Use fingers to eyes or hollow of the throat. Use knees to groin or solar plexus. Use feet against shins, knees or instep. Grab testicles and pull. Use hands against eardrums or to scratch face.

Back-Use elbow to ribs, solar plexus to groin. Stomp on instep. Scrape shins. Twist out at first opportunity.

Rear Attacks-Try to determine the motive of the attacker. If it is rape, he may have to change positions, giving you a better chance to escape.

Grabs-If a person grabs your wrist, you still have the rest of you free. Do not waste time trying to break loose unless a quick twist against his thumb works to release you. Kick to the knee, and use strikes as described above.

Whatever strikes you use, repeat them as necessary. Remember, too, that men often do not show pain quickly. You may be having more of an effect than you think.

Common Ploys-

Intimidation: A man may try to enter your house, claiming that he is from the phone company or with some other legitimate business and reacting gruffly and impatiently if you refuse to let him in or take the time to check it out. This tone is enough to make some people give up their caution. Don't be intimidated. Relatives, professionals, men in uniforms will try to use their positions of authority to intimidate you. Act on your own perceptions and judgment. Children like to role play in these situations; intimidation is an especially good one for them to work on.

Request for Information: Attacks commonly begin with requests for directions or the time. The assailant uses this time to find out what kind of a victim you would make. It is important that you be assertive; you do not need to be unfriendly, but should be on guard. A strong response at this point will stop an attack before it gets going.

Guilt: The game here is to try to enlist your sympathy or help with some matter, or to make you feel guilty for being assertive. Be ready for this ploy. It is one of the most common, and is very effective in getting wimmin to open their doors, stop their cars or otherwise get into trouble. If you are uncertain about whether a person really is in need of help, think of an alternative way to help without putting yourself in jeapordy.

Flattery: This takes many forms as well. We are not only flattered about our looks, but about our brains or talents as well. Be careful of people who come to the door with unexpected flowers or packages for you. Not only is this flattering, but it arouses our curiosity also. Also, beware of phone calls that start "You have been chosen..." This is a common beginning for an obscene phone call.

Punishment: Whenever we resist a ploy or confront someone about their behaviour, we are likely to get a negative reaction. We might becalled crazy, paranoid or a "lezzie" in an effort to confuse or punish us. Expect the response. It will then have no effect.

On Weapons-

The best weapon you've got is one which doesn't look like a weapon. Whatever weapon you use, you run the risk of having the attacker getting it away from you and using it against you. Have weapons available and know what to do with them.

Try not to call attention to your weapons, so that the attacker doesn't suspect your intentions. A rolled up magazine or corner of a book looks innocent, for example, but can deliver an effective blow against the throat, temple or face. Boiling water can deter an assailant, yet be in the form of coffee. House keys held between the fingers of a fist can be used to strike the face or throat.

Practice looking for weapons around you. This week, make some changes in your environment or behaviour that contribute to your safety. Put in that lock, replace that lightbulb in the hall, label your keys.

Men Stopping Rape-

Every day there are opportunities for men to interrupt the sexist behaviours, including our own, which support rape:

Confront men who use sexist language or make "jokes"

degrading wimmin. Much slang obviously gets used that way. Challenge institutions that profit from sexist advertising, depicting wimmin as willing victims of violence and promoting sexual objectification of wimmin. Boycott products using exploitative langage, and picket movies which, for example, depict wimmin enjoying being raped. Re-decorating or

destroying sexist ads and billboards helps, also chucking your TV set out the window...

Become familiar with herstory, so that you can better challenge male supremacist beliefs about rape.

Join with other men in helping you to develop an anti-sexist awareness. For example, join (or start) a men's consciousness raising group at your men's centre, a men stopping rape group or a men's childcare collective.

Stand up to other men about what rape really is (a criminal exercise of power over and control of another person, acted out through sexual violation of another) and how they are supporting rapist energy by their behaviour. Be prepared to lose their support by building new support networks for yourself (for example, at your men's centre.)

Be aware of your own behaviour, which may be threatening to wimmin. For example, on a quiet street at night, instead of walking behind a womyn, cross to the other wise. When approaching a womyn on the street, keep your hands visible. Walk so that wimmin have a clear path. Be aware that every man is a potential rapist/killer to all wimmin. Avoid fast, sudden moves or jerky body movements.

Be alert to signs of wimmin and men who may be suffering physical or verbal assault. Notice acts of violence, and be willing to confront potential rape scenes in any way you can. Your noticing or involvement may give the womyn time to escape if she's in danger. Do not expect her to trust you any more than her assailant.

Do not confuse friendliness with sexual invitation. "No" means NO, and if you're confused or think you are getting a mixed message, it is your obligation to ask her.

Confront homophobia, and explore male-male friendship. The more emotional and physical connections that a man develops with caring male friends, the less unwarranted pressure will fall on his relationships with wimmin as his only emotional outlet.

Confront the fear and hatred of that which is "female identified." For example, wearing clothes that are female identified, such as a skirt or earrings or carrying a purse, is one of the best ways to experience some of the objectification or assault that a womyn is often subjected to.

Support wimmin's efforts to end sexual assault. For example, form or join a men's childcare collective to provide childcare and support services for "Take Back the Night" marches, battered wimmin's shelters, rape crisis centres and wimmin's community events.

As men, demand media responsibility towards rape (something they lack entirely.)

Be willing to examine your male ego defensiveness when listening to the expression of feminist ideas and your resistance to change.

Wimmin have ample reason to fear every strange (and many familiar) men they pass on the street—especially when it's dark, poorly lit, and there are few people around. We need to become aware of what wimmin feel walking down the street or at home with us, and then act out of that knowledge to diminish their fears.

5. Midwifery.

Midwifery is one of the oldest professions known to human civilization. Today, 75% of the world's babies are born into the hands of midwives, and the World Health Organization recognizes midwives as the most appropriate caregivers in normal childbirth. Western countries, such as the Netherlands, in which midwives are the norm, have consistently demonstrated the world's lowest levels of maternal and infant mortal-

ity. In Ontario, the Minister of Health has agreed to implement midwifery in Ontario, and legislation is expected to be ready by the fall of 1990, but it will help for supporters to write the Minister of Health or their MPP expressing support of the implementation of midwifery and inquiring about the current status of implementation. For more information: Midwifery Task Force of Ontario, Postal Station T, Box 489, Toronto M6B 5C2.

The Asasociation of Ontario Midwives, formed in 1984, promotes midwifery as an integral part of the health care system, continuing midwifery education, self-regulation of the practice of midwifery in Ontario and public education. It may be contacted at P.O. Box 85, Postal Station C, Toronto M6J 3M7, 538-4389.

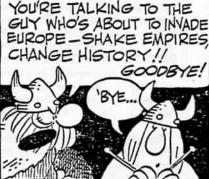
The Midwives Collective of Toronto offers clients a 24-hour call service, primary care for a home birth, and for those choosing a hospital birth provides labour monitoring at home, support and advocacy in hospital, and postnatal followup. In

addition to immediate postpartum care, it supplies a series of postnatal visits in the two weeks following birth to monitor the physical progress of mother and baby, ensure that breastfeeding is well established, and offer emotional support, as well as a six-week postnatal check of mother and baby at the clinic. Education and counselling services include pre-conception counselling, childbirth preparation classes, classes to prepare children for the birth of a sibling, labour support and advocacy, and workshops on fertility awareness, self help gynecology, difficult birth, the role of the midwife and the politics of midwifery. Call 531-3377.

6. South Asian Womens' Group.

Free and confidential services to wimmin whose interests lie in India, Sri Lanka, Pakistan, Bangladesh and neighbouring countries. Includes translation, interpretation, education, referrals, sewing and English classes. 20 Wade Avenue, 537-2276.







Elders

1. Ontario Programs

In addition to the help for elders outlined in this section, the Ontario government and many municipalities run a variety of counselling and recreational programs for people over 65. For information on what is available in your community, phone the social service ministry and community centre numbers listed in the "Where to Get Help" section.

Privilege Card-This is sent automatically to anyone who receives an old age security pension. It can be used for free prescription drugs (if you've lived in Ontario a year or longer), and in any case as identification for various senior citizen discounts. If your card does not automatically arrive and you wish to apply for one, contact: Ontario Ministry of Health, Free Prescription Drugs Service, P.O. Box 78, Kingston K7L 5K2, 613-548-6552 (reverse charge calls accepted), or in Toronto call 965-6552.

Health and Welfare Canada Pension-Available to anyone over 65 who meets residents requirements: must be applied for at nearest Income Security Program Office, listed in the telephone directory under Health and Welfare in the Government of Canada section of the blue pages. When this is approved, applicant is automatically mailed an application for Guaranteed Income Supplement, available to anyone over 65

whose income falls below a certain level. Annual renewal of both these benefits is required to insure continuing payments.

Ontario Government Pension Supplements-Available to Ontario elders if their income, including the above pension, falls below the province's guaranteed income level. Eligibility is calculated automatically, and there is no need to apply, but if you wish to contact them for information dial:

Toronto 965-8470, Oshawa 433-5155, area code 416 1-800-263-7700, area code 807 1-800-263-3792, other areas 1-800-263-3960.

Health Insurance-Ontario residents 65 or over are entitled to free health insurance, but must apply for it., For details, call your nearest health insurance office as follows (second phone number is for those outside free phoning area.)

- Barrie-30 Poyntz, L4M 3P2, 705-726-0326, 1-800-461-7595.
- Hamilton-119 King W., L8P 4T9, 521-7100, 1-800-263-2197.
- Kenora-100 Main S., P9N 1S9, 807-468-9554, 1-800-465-1141.
- Kingston-1055 Princess, K7L 5T3, 613-546-3811, 1-800-267-0933.
- Kitchener-235 King E., N2G 4N5, 519-745-8421, 1-800-265-2385.

- London-227 Queens, N6A 1J8, 519-433-4561, 1-800-265-4703.
- Mississauga-201 City Centre, L5B 2T4, 275-2730, 1-800-387-9468.
- Oshawa-419 King E., LLJ 7J2, 434-3700, 1-800-263-3952.
- Ottawa-75 Albert, K1P 5Y9, 613-566-2740, 1-800-267-1912.
- Owen Sound-981 2nd Ave. E., N4K 2H8, 519-376-6447, 1-800-265-3190.
- Peterborough-139 George N., K9J 3G6, 705-743-2140, 1-800-461-1934.
- St. Catharines-59 Church, L2R 3C3, 682-6658, 1-800-263-4973.
- Sarnia-562 Christina N., N7T 5W4, 519-337-2348, 1-800-265-1453.
- Sault Ste Marie-205 McNabb, P6B 1Y3, 705-759-8598, 1-800-461-2215.
- Sudbury-199 Larch 8th floor, P3E 5R1, 705-675-4261, 1-800-461-4006.
- Thunder Bay-435 James S., P7E 6E3, 807-475-1351, 1-800-465-5067.
- Timmins-38 Pine N. #110, P4N 6K6, 705-264-5388, 1-800-461-9829.
- Toronto-2195 Yonge, M4S 2B2, 482-1111
 7 Overlea Blvd., M4H 1A8, 965-1000.
- Windsor-1427 Ouellette, N8X 1K1, 519-258-7560, 1-800-265-4840.

Family Benefits Assistance-An income supplement available to people over 65 not eligible to receive Old Age Security, spouse's allowance or an allowance under the Ontario Guaranteed Annual Income System. Find local phone number in your telephone directory's blue pages under Government of Ontario, Family Benefit Allowances. In Toronto call: northeast 752-6625, northwest 631-7444, southeast 363-6111, southwest 763-3631.

Home Care Program-Operates throughout Ontario to provide elders who have health problems or who are convalescing with care at home, as an alternative to hospitalization. For information, call the local home care program (listed in the blue pages of your telephone book under Government of Ontario, Health-Ministry of) or write: Ontario Minister of Health, Home Care Program, 15 Overlea Blvd., 6th floor, Toronto M4H 1A9, or call the office at 963-1364. For information about additional programs available in your municipality to help elders remain at home, such as meals on wheels or transportation to the doctor's office, call the social service ministry and community information centre numbers listed in "Where to Get Help."

Housing-The Ontario Ministry of Housing runs subsidized housing programs for elders throughout the province. For information, call the nearest Housing Authority program, as listed in the blue pages of your telephone directory under "Government of Ontario; Housing, Ministry of."

Travel-A brochure entitled "Senior Citizens Attraction Guide" lists tourist attractions which elders may visit at reduced or no cost. For a copy, contact: Tourism Ontario, Queen's Park, Toronto M7A 2E5. In Toronto phone 965-4008 (965-3948 in French); elsewhere call collect 1-800-268-3735 (1-800-268-3736 French.) Deaf call 965-6027.

New Horizons Program-Helps elders organize into small

groups to pursue hobbies and cultural interests. For information: New Horizons Project, 2300 Yonge St. #1104, Toronto M4P 1E4, 973-1999 (reverse charge calls accepted.)

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Golden Age Clubs-Offer social, educational and recreational programs in various Ontario centres, sponsored by such organizations as churches and the YMCA. For information about the ones closest to you, call your nearest community centre as listed in "Where to Get Help."

Continuing Education-A number of postsecondary education programs in Ontario welcome participation by elders. A brochure outlining them is available from the Ministry of Education, Information Department, Mowat Building 15th floor, Queen's Park, Toronto M7A 1L2. You can arrange to receive it by calling 965-6407 (Toronto area), 1-800-268-7501 (elsewhere in Ontario) or Zenith 64140 (northwestern Ontario.) You might also wish to consider the courses offered by the Independent Studies, outlined in a calendar available from their office at 909 Yonge St. Toronto M4W 3G2. You can receive this by telephone by calling 965-2657 (Toronto), 1-800-268-7065 (elsewhere in Ontario) or Zenith 65030 (northwestern Ontario.) Open College offers courses by radio to those in areas which receive CJRT; for information, write Open College 297 Victoria St., Toronto M5B 1W1, 595-0485. Elderhostel Canada is a program which allows people 60 or over, accompanied by a person 50 or over, to live on a university or college campus for brief periods to pursue studies. Information: Elderhostel Canada, Corbett House, 29 Prince Arthur Dr., Toronto M5R IB2, 964-2260.

Equipment Costs-Help is often available with the cost of sickroom equipment or assistive devices such as wheelchairs, canes and prosthetic devices. For information, call the local office of the Ontario Ministry of Health, or one of the following organizations as listed in your local telephone directory: Ontario March of Dimes, Canadian Red Cross Society, Independent Order of Odd Fellows, Multiple Sclerosis Society, Muscular Dystrophy Association.

Canadian Medic Alert Foundaton-Provides, at a fee, identification bracelets and medical problem cards for emergencies. Information about your medical situation is made available to doctors, hospitals or ambulances 24 hours a day. Call 481-5175, or locally as listed in your phone book.

2. Toronto Area Special Services.

note: for other areas, check the telephone numbers listed in "Where to Get Help." This listing is far from complete, so Toronto area elders in need of a special service should also check their nearest community information centre to see whether it is available.

Senior Peoples Resources 481-6411.

Seniors Information Service (to speak to an elder citizen volunteer.) 965-5103.

Health Care:

To find a family doctor who is taking new patients, call the College of Family Physicians, 493-7513.

For house calls by a doctor covered by OHIP, call 449-5880.

Public Health Nurses are available for consultation about your health needs and the various services available. They can provide a free home visit to supply assessment of your health care needs, referrals to specific health programs or home support services, and advice on nutrition, ageing, mental

health, dental care and other health related issues. Call: Toronto 392-7401

East York 461-8136

Etobicoke 394-8294

North York 224-6351

Scarborough 396-7454

York 394-2436.

Hearing Problems: For information about low-cost hearing aids, hearing tests and evaluations call 964-9595, TDD 964-

Low Vision: Assessment, therapy and low vision aids on a fee for service basis from:

Samuel Harris Baker Foundation 598-2559

CNIB Low Vision CLinic 480-7464, TDD 480-7419

Vision Institute of Canada 461-6222

Vision Institute of Canada 461-6222 (vision care at home) Spectrum Optical Corporation 536-8506 (vision care at

Foot care: Learn about services in your area from the Community Information Centre, 392-0505. For foot care at home call Saint Elizabeth Visiting Nurses, 429-0112 or Victorian Order of Nurses, 499-2009. Orthopaedic shoes fitted and sold by:

Sunnybrook Centre for Independent Living, 480-4210 Orthopaedic and Arthritic Hospital 967-8572

Women's College Hospital Foot Care Centre 323-6020. Home Care: With a doctor's referral, the Home Care Proram for Metropolitan Toronto 229-2929 will co-ordinate home visits by nurses or therapists. For those who don't meet the medical criteria of this program, the Metropolitan Toronto Department of Community Services 392-8545 coordinates

home help and homemaking.

Other

Canada Pension/Old Age Security Inquiries 973-6580, 296-0311.

Elder Abuse-Call Community Information Centre, 863-0505.

Property Tax Credit-\$100 municipal tax credit for those 65 or over who received the Guaranteed Income Supplement and have been owner-occupants of residential property in the city of Toronto for the past five years. Apply yearly before March

Ontario Tax Grants-The Ontario government provides direct property and sales tax relief to elders. Information 965-8470.

(416) 646-2695 Call: Reduced Public Transportation Fees-65 or over-apply 392-

Free Snow Removal-65 or over apply 392-7769.

Home Care Program-963-1364.

Seniors for Business-a temporary help service utilizing the skills of older adults, early retirees and seniors. For information about services offered, or an employment interview, call 481-4579.

Benefits Calendar: St. Christopher House Older Adult Centre has produced a 1990 calendar, with information for elders about government financial benefit programs and community-based home support services. It's a practical way to remember when to fill out annual forms or when to apply for certain benefits. Available, in English and Portuguese, free from: St. Christopher House, 248 Ossington Ave., Toronto M6J 3A2, 532-4828.

Housing

For those who can live independently, Metro Toronto Housing Co. Ltd. provides unfurnished, self-contained appartments for those 60 or over whose total income is under a designated maximum Call 392-6111. For those unable to live independently, Metro Homes for the aged provides accommodation with fees on a sliding scale according to ability to pay. Call 392-8928.

Metro Home Care Program-229-2929. Assistive Devices Program-963-1956.

Drug Benefits-965-9337.

War Veterans' Allowances/Green Shield Cards-226-5226. New Horizons Program (funding for recreational groups

organized by elders)-973-1999.

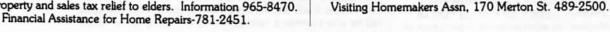
East York Seniors' Services-Dial-a-Service-757-2231, provides such services as transportation, crafts, exercise, bridge, income tax help and dental referrals. Community Care East York, 422-2026, provides home help, friendly visiting and social outings. East York Meals on Wheels, 424-3322. delivers meals and provides telephone reassurance programs on days the meals aren't delivered.

Mississauga-Carmel Heights Home, 1720 Sherwood Forest Circle, 272-1761, provides groceries and meals for elders.

Western Toronto-Parkdale Golden Age, 1605 Queen St. W. 536-5534.

Neighbourhood House, 53 Argyle St. 533-8285.

West Toronto Meals on Wheels 532-3657.









The Art of Dying

Survival, like everything else, is a temporary condition. Many of us find it difficult to avoid one of the twin pitfalls of refusal to consider and plan for death on the one hand, or becoming obsessed with it on the other. The problem is basically imbedded in our culture. Cultures whose psychology includes a good deal of spiritualism or respect for nature's cycles see death as part of the process of living, and incorporate dying into their philosophy of life. On the other hand, highly materialistic cultures such as our own see death as the antithesis of life, and avoid thinking about this eventual necessity to surrender all material possessions, including our bodies.

Death is the last great adventure of life, committing our bodies to nature's ultimate recycling program (unless we shield them from it in a casket) and our souls to nirvana (a nice word for oblivion) or else to a series of new experiences. Any philosophy of life which does not incorporate the necessity of facing death will eventually leave its bearer unequipped to face this challenge when it occurs.

1. Survival after death?

For many people, the materialism of our culture is accompanied by a rationalism which refuses to consider the validity of any proposition which cannot be scientifically proven. Many materialists reject the concept of life after death because there is no substantial proof, while at the same time many who have rejected conventional religious dogma (often because it has embraced this very materialism) also reject the concept of surviving death which these religions promote.

Survival after death cannot be argued with certainty on other than theological grounds, and it is therefore wise to devote our lives to trying to make this world a better place to live in rather than speculating about another. Nonetheless, belief in the possibility of some form of survival after death can make both our lives and our inevitable confrontation with death more bearable. And there are a number of good non-theological reasons for regarding survival as a possibility:

• virtually every culture known to human history, from primitive tribes to advanced civilizations, has included some sort of belief in immortality among its operating tenets. Joseph Campbell's study of comparative mythologies supports the theme of an invisible plane supporting the visible one. Hunting cultures, for instance, support the bonding myth of one creature being consumed by another in the expectation of returning to life: their hunt is a ritual connoting respect for the animal killed, a performance of nature's work.

• there have been many paranormal happenings for which intervention by spirits from another world seems the most likely, though not the only possible, explanation. These include experiences with clairvoyance, psychometry, telepathy, precognition, psychokinesis, out-of-body travel, xenoglossy (speaking unknown languages) and apparitions. Alternative explanations assume super-ESP and other miraculous abilities which are unconfirmed by any evidence other than the very phenomena which may indicate survival.

• reincarnation seems the most likely explanation of the childhood genius (Mozart) phenomenon. In India, many have been impressed by the ability of certain children to remember past lives, though this has also been dismissed as an attempt to gain admission to families in better economic circumstances (nearly all the cases studied were of children whose "previous lives" were in better-situated families.) most of the people who vehemently deny the possibility of survival turn out to be scientific rationalists who believe that science has acquired or is on the verge of acquiring explanations of everything, a view which is certainly at least as questionable as belief in survival after death.

 large numbers of people revived after being clinically dead report strikingly similar out-of-body experiences (the "National Enquirer Trip.") Although some researchers dismiss these as hallucinations based on stored images in the brain, others find that those whose brains were impaired by drugs, high fever or disease saw fewer coherent visions than did those who were fully alert.

• since human concepts of justice are rarely attainable in this life, if we believe only in this life we must embrace the concept of a meaningless universe. We can, of course, strive to impose our own meaning as the existentialists advocate, but rarely have we the means to succeed in this attempt. If the universe is meaningless, from whence comes the conscience which causes most of us to behave altruistically or ethically towards one another much of the time? (corporation executives of course excepted.)

• Carl Jung's research indicates that myths (archetypes) are imbedded in the consciousness of each human from birth, creating an unconscious existence not subject to the laws of causality, space and time, which runs parallel to our conscious existence and sends us hints through dreams, premonitions and synchronistic phenomena. If this psychic world exists beneath the phenomenal one with which we are acquainted, its continuation beyond physical death is entirely conceivable.

 a lot of modern psychiatric research indicates that our minds or consciousness may be something very much more subtle and complex than mechanistic theory indicates. Dr. Wilder Penfield writes in The Mystery of the Mind that the brain has not explained the mind fully, and that if energy from without the brain can reach the mind it is not unreasonable to hope that after death the mind may waken to another source of energy. There does seem to be some sort of release of energy from the body at the time of death, as indicated by reports from several cultures of the ability to see the departing spirits of the recently deceased in the form of what are popularly described as "death candles." Penfield writes: "when the nature of the energy that activates the mind is discovered (as I believe it will be), the time may yet come when scientists will be able to make a valid approach to a study of the nature of a spirit other than that of a man."

2. Setting your affairs in order

Making a Will: If you don't, the state will decide who gets what from your estate. Only your immediate family will be considered, and if you don't have one the state may take the whole shooting match. If your estate is under \$50,000, a simple handwritten will witnessed by your neighbours may suffice, although one drawn up by a lawyer for a modest fee is safer. Estates of over \$100,000 face heavy estate taxes, and lawyers should be consulted on drawing up the will in such a way as to maximize tax breaks and minimize the chances of the will being contested. You should include a complete and realistic inventory of your assets, including valuable collectibles. You must name an executor to administer the estate; if you don't, or the executor refuses to act, the court will appoint one who may put the state's interests above those of your heirs. A widow is legally entitled to at least 50% of her husband's

estate. The courts may set aside whatever provision is made in your will for custody of your children if it feels that the child's best interests are thereby served.

More Immediate Preparations: Whereas everyone should have a will in case of sudden death, there are more immediate steps you may wish to take if you expect death in the near future. These include completing a statement of affairs listing all your assets and debts, consolidating all banking and financial transactions and transferring your bank account to a joint account with your executor or chief beneficiary.

Making a Living Will: This is a document expressing your desire not to be kept alive by "artificial means" or "heroic measures" should an inability to communicate make you incapable of exercising your right to refuse treatment. This could apply if (for instance) you are rendered comatose by an accident, fall victim to a painful and incurable disease, or lose your faculties in old age. By signing a Living Will before these conditions arise, a person may make it known in advance that s/he does not want to be resuscitated or kept alive by artificial means. A 1987 survey of Ontario physicians indicates growing recognition of the Living Will; 64% of the replies stated that the physicians "would respect the wishes, expressed in a Living Will, of a terminally ill patient providing it was appropriately signed, witnessed and dated." You can obtain Living Will forms and a wallet card stating that you have signed a Living Will from: Dying With Dignity, 175 St. Clair Ave. W., Toronto M4V 1P7, 921-2329. Branches of Dying With Dignity also exist in Ottawa, Montreal and (from 1989) Vancouver.

The Voluntary Euthanasia Declaration: Dying With Dignity will also help you make a Voluntary Euthanasia Declaration, which goes one step farther than the Living Will by specifying the further circumstances under which euthanasia is to be carried out. If you do not have family or friends who are sympathetic to your views on voluntary euthanasia, you should make out a Durable Power of Attorney for Health Care, directing your lawyer or some other person empowered to act on your behalf to insure that your health care wishes are respected, by force of law if necessary. You can get the forms from Dying With Dignity (\$5 for Euthanasia Declaration Forms, \$10 for Durable Power of Attorney for Health Care forms.) Dying With Dignity also offers certain counselling services to the ill, their families and care givers; these may be particularly useful to a person who lacks family or friends with whom it is possible to discuss death.

A Word of Caution: Most of us feel that we would rather be dead than senile or in an irreversible coma, and that others who are in this condition would be better off dead. However, we have no way of knowing whether those who actually are senile or comatose would prefer to be dead, or whether we ourselves will continue to prefer death should we reach this condition. If you have signed a Living Will, your existence might for all you know be terminated at a point where you would prefer to have it continue. On the other hand, if you don't it might be continued beyond a point where you would prefer it to end. It's a bit of a risk either way, so think it through before deciding

Dealing With Terminal Illness or Bereavement: You might wish to join a self-help group of people who share your condition. A clearinghouse for addresses of such groups may be reached via: Canadian Council on Social Development, PO Box 3505 Stn C, 55 Parkdale Avenue, Ottawa KIY 4Gl, 613-728-1865. People with terminal illnesses and the families might wish to explore the possibility of hospice care as an alternative to dying in the hospital; although only three free-

standing hospices now exist in Canada, there are hospice groups in many cities that can provide physical help and help with pain control for those who choose to die at home. Ask your doctor for more information.

Donating Organs: You can arrange to donate various organs upon death. This must be done in advance as the organs must be removed immediately upon death to be useful. Such planning can often save a life, or soneone's eyesight. For kidneys, contact the Kidney Foundation of Canada (Ontario branch: 1300 Yonge St. Toronto 925-2836, Toronto and District branch: 1200 Eglinton Ave. E. Toronto 445-0373.) To arrange to donate your eyes, contact the nearest branch to the Canadian National Institute for the Blind (in Toronto, call 489-7465.) For information about donating other organs, contact: Organ Donor Program, Office of the Chief Coroner, 26 Grenville Street, Toronto M7A 2G9, 965-6678. Another source of information is Transplant International (Canada), 339 Windermere Road, London N6A 5A5, 519-663-3300.

Inexpensive Funerals: If you wish to be buried or cremated at the lowest possible cost, you might wish to contact the Toronto Memorial Society, Box 96, Stn A, Weston Ontario M9N 3M6, 241-6274. It has agreements with several funeral directors to provide its members with two types of simple arrangements, and on joining (\$25 for adults, dependents under 21 free) you get a pre-arrangement form which allows you to specify your arrangements, which is filed with a funeral director chosen by you from a list supplied. You also get a wallet-sized identification card. Lacking such an arrangement, those closest to you might have to make the decisions at a time of emotional stress and agree to spend a lot more money than you would wish.

Donating Your Body to Science: You can arrange to donate your body for anatomical studies and medical research by contacting the faculty of medicine of your nearest university with such a faculty. Within a 300-mile radius of Toronto, you can make arrangements by contacting The Chairman, Department of Anatomy, Medical Sciences Building, University of Toronto, Toronto M5S IA8, or by phoning 978-2692 (after hours 978-2011.) The university feels that donations of bodies make a unique contribution to the advancement of medicine, and normally accept bodies although it reserves the right to refuse them. Bodies are kept from one to three years, then cremated and interred in the University of Toronto plot at St. James' Cemetary with an ecumenical Christian service to which family and friends are invited. Remains are never returned either before or after cremation, so this arrangement is incompatible with any form of private burial or cremation. It's a good way of avoiding funeral costs, though the estate is billed for the cost of removing the body. Unfortunately, it's incompatible with donating any organs other than the eyes for transplants, since bodies with organs removed can't be used for teaching purposes.

3. Suicide

Most sources are reluctant to distribute information about suicide, since access to such information might encourage certain people to make the attempt who otherwise wouldn't, and some of the information is also useful for homicidal purposes. However, we are committed to the view that suicide—like drugs, abortions or any other controversial matter—is primarily the decision of the person involved, and that neither the state nor any other agency (unless so invited by the individual concerned) has the right to interfere. Whereas access to the means of suicide might encourage some to make the attempt, it is equally likely to dissuade others—

knowing that one has the power to take an irrevocable step can dampen enthusiasm for making tentative experiments in that direction.

The state's policy on suicide is that it is not illegal, but the means of achieving it will be withheld as much as possible and anyone helping a person to commit suicide for whatever reason is subject to criminal prosecution. Many substances which could relieve a great deal of the pain of terminal patients, including cannabis and various Chinese herbs, are totally banned, and any drug that could be used for suicide is available only with a doctor's prescription. Often, individual doctors will go a long way in their determination to keep a patient alive, regardless of the amount of suffering this entails. For instance, although it is now possible to completely halt the pain of any terminal cancer patient by putting the patient into a temporary "twilight sleep" which neither speeds nor delays the approach of death, many doctors-including a majority of the staff of Princess Margaret Hospital, which is dedicated to treating cancer patients—refuse to allow their patients this form of escape on the grounds that it is a form of euthenasia. (Toronto Globe and Mail 22-11-88 pA22.) This being the case, we believe that people should have the means to decide themselves.

Is This Trip Necessary?

The decision to commit suicide should be taken only after being weighed against all conceivable alternatives over a long period of time. If you're in doubt, you might consider phoning one of the emergency suicide numbers listing in the emergency phone number section to discuss your case. Death is an uncertain voyage, which may end in oblivion or a condition worse than the present one. If oblivion is indeed our fate, we'll have lots of time to experience it and might as well continue to partake of other forms of experience for whatever relatively short period of time this is possible. If the mind does continue to survive in some form, it is quite possible that those who commit suicide as a reaction to personal stress may find this stress continued on the other side. Many attempted suicides have reported unpleasant near-death (or after-death, as the case may be) experiences contrasting sharply to the pleasant experiences generally reported.

If you are considering suicide because of a painful physical condition, you should consider the possibility of a "miracle cure" or experimenting with new and unproven cures (you might have to leave North America to do so, since most such experiments are illegal even if the alternative is certain death.) That way, even if you succumb you go down fighting and perhaps contribute information which will someday save somebody else. Even aside from the aforementioned twilight sleep, most terminal physical pain can be controlled; if your doctor won't let you have pain killing drugs, get another doctor

or contact a Pain Control Centre.

Psychological reasons for suicide often include feelings of powerlessness in a deteriorating world; joining a social action group might be a better idea. They often spring from a desire to engender remorse in others; if this is the case (and we must be honest with ourselves in order to identify it.) ask yourself whether those who neglected your needs while you were around are really capable of feeling such remorse (even if they are, you won't be around to enjoy it.) Before considering suicide as an answer to longterm personal problems, you should consider psychiatric help or discussing your problems with one of the crisis centres listed in the emergency phone number section (or dial 911 and ask for a suicide crisis centre.)

'If you really see suicide as your only solution, you may find the following suggestions useful. Most are from publications of

the Hemlock Society. Remember that you must take responsibility for your own termination of life; suicide is not illegal, but anyone who assists you is liable to criminal prosection.

Preparations

You should decide in advance at what point life will become totally unbearable. If you're facing physical deterioration, you must arrange not to be in the hospital when this point is reached: self-deliverance is nearly impossible in the hospital because of supervision. Make certain that you have the objects necessary for the form of suicide you have decided upon. Be certain that you will have sufficient privacy to avoid being interrupted and pulled back to life at the last moment. If you want a sympathetic loved one to either sit with you in your final sleep or stay outside and guard the door from interference, you must take this person into your confidence. To avoid compromising others, leave a written communication outlining your reasons for taking this step. This will prevent some ambitious attorney from trying to make a case for murder. Also leave a valid legal will dealing with your estate. instructions about disposal of your body and if possible a "Living Will" which will make your views on dying clear and perhaps help in the event of a legal dispute.

It is usually advisable to tell those close to you that your are considering suicide (though not the precise point at which you will do it if you think they might interfere.) If they oppose you, tell them your philosophy and that it is your life. The reaction will probably be mixed, but they will not be as shocked and surprised when you carry out your plans as they might be otherwise. Along with your written communication, this announcement will help anyone who assists you should s/he

face legal charges.

Suicide Without Controlled Sustances.

Methods listed by the Hemlock Society include: drowning from placing one's head in a toilet bowl, bathroom or kitchen sink; failling or jumping from a flagpole or telephone pole; falling or jumping from statues, bridges, monuments or trees: jumping from a moving train, airplane or into an elevator shaft; discharging gunshot wounds to different parts of the body; self-immolation; placing one's head in the oven and turning on the gas; fatal burns from placing oneself in hot water in a bathtub or shower; overexposure to cold water; suffocation from placing oneself in an empty refrigerator, airtight room or closet; starvation; electrocution from touching the inside of electrical appliances while switched on or exposed wires with wet hands; self-poisoning from swallowing disinfectants, cleansing fluids or other household products such as insecticides; fatal self-stabbing by a sharp and cutting instrument such as a knife, broken glass or razor. Another possibility: breathe combined, concentrated fumes of ammonia and bleach.

Use of fumes from a car exhaust is a popular method. Those who have carried it out successfully have first made sure that they would have complete privacy for several hours; they have had the care checked for smooth and reliable engine running, with the idle slightly accelerated, and made certain the fuel tank was full. Using a hose, often taken from a domestic vacuum cleaner, they extended the tube through a window in the car, with the gaps at the side blocked by stuffing them with rags, allowing some ventilaton by lowering another window about an inch so that the gases could circulate. The carbon monoxide in the car's exhaust fumes was lethal if inhaled in large enough quantities; the lethality came from the combination of the carbon monoxide with oxygen-carrying hemoglobin in the blood, depriving the brain of oxygen. To avoid choking, they took a large quantity of alcohol and/or barbituates before switching on the ignition.

One variant of self-electrocution is to run a bare wire around the chest, connect the ends to an electrical outlet, sit on a chair with the thumb in a cup of water and switch on the power. Another is to drop a live wire into one's bath (there should be a sign directing the finder to switch off the electric current before touching the body.)

Some suicides have attempted to make their death ressemble an accident. Methods have included: overexposure or an extended stay in a sauna bath or steam bath, falling from a trampoline while jumping on it; falling in front of a train or other moving vehicle; fatal burns from a fire deliberately started inside a parked automobile; fatal burns suffered from hot compresses; asphyxiation from an earth cave-in or selfburial; driving a car into a pole or wall or over a cliff; an intentional nosedive by a pilot of an aircraft; an industrial "accident" in which the victim jumps from a higher level to a lower one in the course of performing a job or is crushed by equipment or machinery s/he is handling; an attack resulting from intentional contact with wild or untrained animals; a fatal blow resulting from a heaving, falling object in whose path the victim remains. There may be valid reasons for simulating an accident, such as insurance, but be sure you don't inadvertently kill someone else in the process or leave the state a means of framing someone for your murder.

Sometimes, individuals have drowned themselves in their own bath, taking a heavy dose of drugs to insure unconsciousness, and then turning on the tap so that it runs slowly until the bath is filled with water. This can only work if the overflow outlet is sufficiently high to permit full immersion of the body; there is also a danger of neighbours investigating the overflow. If drowning is your preferred method, you might consider swimming away from the shore until you've gone too far to make it back.

Hypothermia is a possible means of suicide in cold climates, through lying down in the snow after taking sleeping bills or anti-depressants, or jumping into the sea to die from a combination of cold and drowning. It can sometimes be achieved in a bathtub by stepping into a slightly warmed bath and leaving the cold water tap running; it will require at least an hour to drop the body temperature sufficiently below the normal 37-degree-centigrade temperature for death to occur, so a large amount of alcohol and/or drugs should be consumed in advance.

Aspirin can be lethal if swallowed in massive quantities, but it often takes hours to upset the body's chemistry and has many possible unpleasant side-effects, such as heavy bleeding of the stomach, nausea and dizziness. Since aspirin is not a sedative, it does not induce unconsciousness while this is happening. The same problems arise with paracetamol (acetaminophen.)

Non-Prescription Drugs-It is generally impossible to kill oneself with over-the-counter drugs of any nature, as they can't be consumed in sufficient quantitites to do the job. Promethazine (commercially known as Avomine), a travel sickness drug, has a lethal dose of six grams, which would mean consuming 240 of the 25 mg. tablets. This is impos-

sible as one would lose consciousness first.

Slashing throats and wrists is likely to work only for those with extremely sharp weapons and some knowledge of anatomy guaranteeing the severance of vital arteries. Without this, a person can cut tendons and nerves, winding up alive but disabled. Bleeding to death is pretty messy, both for the person doing it and the one who finds the body.

None of these methods is guaranteed effective. If you're really determined, perhaps you should try some in combination (i.e. swallow poison, then shoot yourself while standing on a high ledge.)

Controlled Substances

Some people obtain the controlled substances they need to end their own lives by finding a doctor willing to prescribe them for patients whose physical pain is terminal and unbearable, others by saving part of their prescriptions (in which case attention must be paid to the length of time the drug remains potent, often about double that indicated on the label.) A light meal (i.e. tea and toast) should be taken about an hour before the drugs (heavy food delays absorption, no food increases risk of vomiting it out.) Powdered drugs should be removed from capsule and placed in liquid, using as little fluid as possible. Substances used for suicide include:

Cyanide-Also known as prussic acid. 60 to 90 mg will kill a human. Quick (depending on quantity ingested) but very painful.

Barbituates (sleeping pills)-Most effective when combined with alcohol or analgesics (pain killers.) A combined overdose of Seconal (secobarbital) and Codeine (a derivative of opium) can depress the central nervous system and cause death within fifty minutes. The lethal dose of such drugs should be estimated as at least three times the "official" minimum lethal dose. For best results, take undiluted spirits as slowly as possible after ingesting the lethal dose of drugs. Barbituates are less likely to leave failed suicides mentally impaired than carbon monoxide poisoning. Minimum lethal doses include .5 grams of Percodan, 1.2 grams of Demerol or two grams of Darvon.

Hypnotics-These are non-barbituates used to relieve anxiety and cause sleep. They include methaqualone, which is marketed as Quaalude in the USA and Mandrax in Europe. Like aspirin, they promote severe and unpleasant damage to the stomach, liver and kidneys. Estimated fatal dosage is five grams. Should be taken only by injection.

Arsenic-Fatal dose relatively small, .1 to .5 grams, but not favoured as death can take up to 48 hours. Hard to obtain because of relative ease with which it can be used for murder; it is nearly tasteless and odourless.

Hemlock-Causes painful reaction, and dying takes several hours. Fatal dosage varies considerably.

Digoxin-Dosages of over 10 mg. of this drug for heart problems have generally been lethal.

Strychnine-A dosage of 100-200 mg. taken orally is fatal, but only after an hour of violent convulsions.



NEPHEW RANDOLPH:

I LEAVE ... UH...

MY SECRET FORMULA

FOR IMMORTALITY.

Section 5. Living in Society

Dealing with the Cops

Police Brutality.

Complaints about police behaviour can be made by contacting the Police Complaint Bureau, or in Toronto the Public Complaints Commissioner. Check with a lawyer first. In Toronto, you can also contact Toronto Citizens' Independent Review of Police Activities at 960-6318. The investigators almost invariably exonerate the cops, so don't bother unless you have some sort of concrete evidence and even then be prepared to lose.

Although there are a variety of laws governing police behaviour towards the public, the police frequently break these laws and usually get away with it. For instance, they aren't supposed to murder people but have done so on at least three occasions in the Toronto area during 1988 with little chance of being called to account. When accousted by the police, your main concern should be to get them off your back as quickly as possible; don't panic, be polite without being servile, use your best judgment as to whether to answer their questions. If they seem to be doing a routine check or hassling people because they've nothing else to do, answering might be the best policy. If you decide not to answer, explain politely that you are not required to answer and do not wish to do so.

Arrests.

If you're arrested, the cop is obliged to tell you what the charge is. Up until the arrest, you are not obliged to talk to a cop or give any information whatsoever, and probably shouldn't (even something that seems unimportant to you might, in conjunction with something they already know, enable them to arrest somebody.) You only have to identify yourself if the cop arrests you, or wants to send you a summons for an identifiable illegal act s/he saw you do, such as running a red light on a bicycle. The cop has no power to take you in for questioning unless s/he arrests you; however, if you agree to go in for questioning, you can't complain about it later. If the cop persists in illegally hassling you, make a note of the badge number (located on the front of their hats, just above the visor, and on the shoulders of their uniforms.) If the officer isn't in uniform, ask for a name and number.

You cannot be arrested "on suspicion," and should walk away if a cop tells you that you're being arrested on suspicion. A cop can arrest you if s/he has a warrant, if s/he saw you commit an offence or if you are suspected of having created a serious offence. Some of the minor offences for which you can only be arrested if you're found actually committing them include doing an indecent act, being nude in public, causing a disturbance, trespassing at night, throwing a stink bomb or

breaching a by-law (i.e. by postering.)

If arrested, say nothing to the cops—aside from supplying name and address, you have the right to remain silent and anything you say can be used against you in court. Also, don't talk to other prisoners about your case; one may be a disguised cop or an informer. If you're charged with possession of stolen items, you are required to explain how they came into your possession as soon as you're asked. You have the right to call a lawyer immediately, but you must ask for it. Only after talking to the lawyer should you make a statement. It probably isn't a good idea to call a lawyer unless you expect to

be held; if you can get released without one, this will give you time to consult legal aid about your chances of being acquitted in court (if they're nil, why add legal expenses to your other

Social Activists and the Cops.

Police Snooping.

People who are politically active or engaged in any illegal activity should always assume that their phone is being tapped; your friends' phones and even pay phones may also be tapped. This is legal, and anything you say can be used against you in court, as well as any information the cops pick up through the tap. They can also trace your phone calls and bug your premises, so if you wish to be sure you're not overheard step outside. Even then there might be bugs in your car, shoe heel or briefcase, so check out what you're wearing or carrying.

Sensitive material should be kept in locked containers, so at least you'll know when it has been tampered with or taken away, and really sensitive materials should be kept in "safe houses." Necessary documents such as mailing lists can be confiscated by police for long periods of time to hamstring your operations, so photostats should be kept in safe places. Although cops can't legally open your mail or examine your

tax returns, they frequently do both.

It is also legal for cops to pay informers.

Enticement.

It is legal for undercover cops to encourage people to commit "crimes" they normally wouldn't and then arrest them. This sometimes happens. Beware of provocateurs.

Public Meetings.

The Canadian BIII of Rights affirms the right to freedom of assembly and speech, but the Criminal Code places restrictions on both of these rights. The Code defines a riot as an unlawful assembly that has begun to disturb the peace tumultuously, and a meeting which begins as a lawful assembly may become unlawful if three or more people acting in consort conduct themselves in an unlawful manner. The police may make the meeting unlawful by reading the riot act, or suppress what they consider a riot even without reading the act. It is illegal to carry a weapon while attending or on the way to attend a public meeting, and almost anything can be classified as a weapon (a crutch, a broken beer bottle, sulphuric acid) if it is

An organization that rents or books a hall or room for a public meeting may deny anyone entry (except on the grounds of race, sex or religious beliefs), and may use reasonable force to prevent that entry. The sponsor may also impose conditions upon persons who attend, such as submission to a search or prohibition of cameras or tape recorders. Unwelcome police cannot be physically evicted, but have no right to remain if asked to leave unless they are searching for drugs, weapons or fugitives, or have a warrant.

If they refuse to leave, ask what division they come from and telephone the Staff Sergeant to ask that they be ordered to leave. If he refuses, ask him if he is ordering his men to

commit illegal acts; ask for the exact spelling of his name and his badge number. Meanwhile, don't let their presence intimidate you from carrying out the purpose of the meeting—unless, of course, you were planning to discuss illegal activities, in which case you shouldn't have called a public meeting in the first place. If cops are present or you spot undercover cops, make sure that everyone at the meeting is aware of their presence. If you don't spot undercover cops or informers, assume they're present anyway.

Demonstrations.

If you go to a demonstration, remember that the cops and possibly other rightwing organizations will be taking photographs; if you don't want your mug in their mug files, wear a disguise or a mask and nondescript clothing. Take a pen and paper, so you can write down names of arrestees and circumstances surrounding their arrest, badge numbers of aggressive cops and licence numbers of suspicious looking vehicles.

You have the right to take your own photos (i.e. of suspected police spies, provocateurs and incidents of police brutality.) but bring cheap cameras since the cops may decide to wreck them and beat up their holders if they decide to get really mean. Have as many cameras as possible; this increases the chance of some pictures surviving. If you want the pictures accepted as court evidence, you must be able to produce the negatives and show that the prints are in fact derived from the negatives, and were not selected to provide only the most damaging evidence. You must also be able to account for the film's whereabouts from the taking of the picture to the day of the trial. Similar procedures must be used with tape recordings used in evidence.

You should take some identification to a demonstration in case you're arrested, but only enough to provide your name and address, which you are required to provide—the cops can hold you in jail until they're satisfied that these have been provided accurately. If you don't provide name and address the cops can hold you in jail until the trial, but not beyond the trial simply for purposes of identification. They also have the right to fingerprint you, and can identify you from this if you've ever been fingerprinted before.

Make sure that your shoes are in good running order and that your hairstyle makes it difficult to begrabbed by the hair. Carry no drugs, weapons or papers (i.e. address books) that you don't want the cops to see. Try to be with an affinity group of 4-5 people that will stay together and witness assaults on any of their members.

If the demonstration is in support of a strike, it is legal to "peacefully" picket (unless the courts have granted the employer an injunction) but not to try to prevent scabs from crossing the picket line. Information pickets are lawful, even when there is not a legal strike in progress, so long as the pickets remain on public property.

4. When the Cops Raid Your Home.

When the cops show up at your home, you don't have to open the door, or even come to the door. However, if they are in a legal position to search your home this simply means that they will break the door down, so you might as well open it for them unless you need a couple of minutes to flush the dope down the john. If you've opened the door, ask them why they are there. Their presence is legal if (a) they have a search warrant, in which case you should ask to see it and check out the location to make sure it's your premises that are designated. Between the hours of 9 p.m. and 6 a.m., check to make sure that the Justice of the Peace who issued the warrant made a note authorizing a nighttime search. (b) they have a

writ of assistance, and are looking for drugs or customs stuff, in which case all you can do is check the officer's ID against the writ to make sure s/he is the one on the writ. (c) the cop claims that there are reasonable grounds to believe that you have a weapon in your possession, in which case s/he can search your home without a warrant, but must tie the search into looking for weapons in the possession or control of a specific person (d) the cops claim to be in hot pursuit of a fugitive, or to think that a fugitive is in your home.

If you think that the search is illegal, tell the officers why you think so; try to do this calmly, without using antagonistic language. They may back down and leave. If they don't and you resist the search, you'll be charged with obstructing or assaulting the police, which means jail in view of the courts' policy of always believing the police. On the other hand, if you know someone upstairs is destroying incriminating evidence it might be better to do this in order to stall the search—remember that even illegally obtained evidence can be used against you in court. A less drastic method of stalling would be to explain your reasons for regarding the search as illegal and demand to call a lawyer (if there are other people around, make sure they hear you explaining that the search is illegal as you may want them for witnesses later.)

Once the search starts you shouldn't attempt to interfere—in any case, you and whoever else is in your home will likely be held prisoner and prevented from making phone calls while the search is in progress. Your only right is to call a lawyer, and this shuld be insisted upon. If you keep illegal stuff in your home, you should have the number of a

reliable lawyer handy.

You don't need to help the cops with the search, or answer any questions; they'll likely ask plenty in order to get you to say something self-incriminating. Remember that anything you say—not just signed statements—can be used against you in court. The cops can search any individuals they arrest, and if they're looking for drugs they can search any person found on the premises even if they haven't arrested that person. So remain calm and say as little as possible—this makes you seem reasonably cooperative, and keeps you from making a statement you'll regret later when you hear it read back from the witness stand by a cop.

If articles are seized, you have the right to know what they are seizing. Make a list if you can. If no charges are laid, or if you are acquitted of a charge, see a lawyer about getting your stuff back.

Rules are somewhat similar when the cops want to search your car. If your vehicle is also your living quarters (even temporarily) the rules for house search apply—except when they're looking for a weapon, in which case a mobile unit being used temporarily as a residence doesn't count as a home. A search warrant or writ of assistance is generally necessary, unless the cops are looking for narcotics, weapons or liquor. It is not illegal to carry open liquor bottles in your car so long as they're not easily accessible to anyone in the vehicle, for instance in a closed suitcase or in the car's trunk. If the cops are looking for liquor without a warrant, they can search the interior of your car, but not closed luggage or the trunk.

To search your place of business, garage, boat or treehouse the cops need a search warrant or writ of assistance unless they're looking for narcotics or weapons, in which case no warrant is necessary. You can't be searched personally unless you're under arrest, except for weapons under any circumstances or if you're in a house being searched for drugs or a car being searched for liquor. They have the right to search your mouth or rectum if they're looking for something small enough to be hidden there, such as drugs.

Dealing with the Law

1. Getting Legal Advice.

This section deals with how to get advice from lawyers. OUR advice is to avoid lawyers as much as possible. To lawyers, courtrooms (and parliaments) are an extension of the university debating club—you win a few, lose a few and collect your fee in either case, then go off and have a drink with the opposing lawyer while your client winds up broke or in jail. Unfortunately, avoiding lawyers is not always possible; you might be charged with a criminal offence, or be the victim of somebody else's lawyer who has persuaded that somebody to sue you in court. Or, somebody may rip you off so grossly that you feel compelled to take legal action yourself. It might still be a good idea to avoid hiring a lawyer unless either you're entitled to free legal aid or there is some sort of realistic chance of winning the case in court.

Failing either of these, there's not much point adding a lawyer's bill to whatever other penalties the court will inflict on you. Remember that, if the cops are accusing you of something, the cops will usually lie in court to secure a conviction and the court will always take their word over yours. There's not much use contesting a civil suit against somebody who has a lot more money than you, who can hire superior legal advice and perjured witnesses, unless you feel you have an excellent case.

To get some preliminary idea of where you do stand and whether it's worthwhile hiring a lawyer, you need some initial legal advice. There are free and inexpensive sources of such advice. Since legal cases are decided on the basis of hundreds of years of legal precedent rather than their own merits (this being how lawyers create a need for their own services,) you should try to get some sort of legal opinion as to your chances of winning from someone who knows the law and is not biased by the hope of being retained as your lawyer. Talking to someone at a legal aid clinic might help you decide whether it's worthwhile to hire a lawyer. If you do decide to hire a lawyer, try to hire one with a reputation for helping social change activists; your friends in the movement will tell you who they are.

The following are sources of free legal advice in Toronto. In other cities, ask at the community information centre whether and where such services exist in your community. Many of these services require an appointment, and in any case you should phone first to determine their hours and your eligibility to receive their assistance.

Community Legal Aid Plan 598-0200.

civil: 70 Centre Avenue. criminal: Old Clty Hall #303.

takes applications for legal aid certificates, which enable recipient to choose a private lawyer at government expense. These are granted to people on low income.

Lawyer Referral Service of the Law Society of Upper Canada.

in Toronto: 947-3330. 808 area code: ask operator for ZEnith 58600

elsewhere in Ontario: call toll free 1-800-268-8326. Will refer to a lawyer in your area who speaks your language, and will give you a half-hour consultation for \$20.

Community and Legal Aid Services Program, York University, 667-3143.

Legal services for low income people by volunteer law

students. Phone for appointment. Speak English, Filipino, French, Greek, Spanish.

Dial-a-Law. 947-3333.

Taped messages with general legal information. Phone office hours for information about tapes available. Free.

Community Legal Clinics (free legal advice):

- Agincourt Community Services Assn, 333 Finch Ave. E. #100, 494-6912.
- Bloor Information and Legal Services, 835 Bloor St. W. 531-7376 (Italian, Portuguese, Spanish.)
- Central Toronto Community Legal Clinic, 364 Bathurst St. 363-0304.
- Downview Community Legal Services, 520 Wilson Heights Blvd 635-8388.
- Downtown Legal Services, 44 St. George St. 978-6447 (Chinese.)
- East Toronto Community Legal Services, 930 Queen St. E. 461-8102.
- Flemington Community Legal Services, 747 Don Mills Road 424-1965.
- Jane-Finch Community Legal Services, 1977 Finch Ave. W. #201 746-3334 (Italian, Portuguese, Spanish, Ramil.)
- Mississauga Community Legal Services, 130 Dundas St. E. #501A 896-2050.
- Neighbourhood Legal Services, 333 Queen St. E 861-0677
- Parkdale Community Legal Services, 1239 Queen St. W. 531-2411 (Portuguese, Spanish.)
- Rexdale Community Information and Legal Services, 1530 Albion Road, 741-1553 (Dutch, French, Italian, Spanish, Ukrainian.)
- Scarborough Community Legal Services, Cedar Heights
 Plaza, 695 Markham Road, 438-7182 (Gujarti.)
- South Etobicoke Legal Services, 2755B Lakeshore Blvd. W. 252-7218.
- West Scarborough Legal Services, 565 Kennedy Rd. S. #6 264-4384.
- Willowdale Legal Services, 5 Fairview Mall Drive #385 492-2437.
- York Community Services, 605 Rogers Rd. 6th floor, 653-5400.

Services for Special Groups.

senior citizens:

 Advocacy Centre for the Elderly, 20 Holly St. #405, 487-7157.
 over 60; financial eligibility guidelines.

handicapped:

Advocacy Resource Centre for the Handicapped, 40
 Orchard View Blvd 482-8255, TTY (hearing impaired) 4821254.
 Financial eligibility guidelines.

rape victims:

 Barbara Schlifer Commemorative Clinic, 188 Dupont St. 964-3855.
 legal advice, advocacy for women victims of violence over 16 531-2411.

resources for assaulted women's groups.

 Toronto Rape Crisis Centre (see emergency phone listings.) counselling for rape victims includes suggested legal procedures.

children:

 Canadian Foundation for Children and the Law, 720 Spadina Ave. #105. 920-1633.

Legal services for children and their parents. Appointment necessary, financial eligibility guidelines. Speaks Spanish.

Justice for Children, 720 Spadina Ave. #105, 920-1633.

Spanish:

 Centre for Spanish Speaking Peoples, 582A College St. 533-8545.

legal services, appointment necessary, financial eligibility guidelines.

workers:

 Industrial Accident Victims Group of Ontario, 845 St. Clair Ave. W. #304. 651-5650.

Advice and representation for injured workers with Workers' Compensation Claims. Appointment necessary, financial guidelines. Speaks French, Greek, Italian.

 Injured Workers consultants, 8l5 Danforth Ave. #402, 461-2411.

Assistance in Workers' Complensation problems. Appointment necessary. Speaks Greek, Italian, Spanish.

 Workers' Health and Safety Legal Clinic, 180 Dundas St. W #201, 971-9674.

tenants:

Tenant Hotline, 1215 St. Clair Ave. West, 656-5500.
 Legal advice and representation in landlord-tenant disputes.

Chinese:

 Metro Chinese and Southeast Asian Legal Clinic, 180 Dundas St. W. #308, 971-9674.

Legal Rights You Should Know.

Freedom From Discrimination.

The Ontario Human Rights Code provides that each person has a right to freedom from discrimination in the areas of:

- services, goods and facilities
- occupancy of accommodation
- contracts
- employment
- membership in vocation associations and trade unions on any of the following grounds:
- race (including ancestry, colour and ethnic origin
- place of origin (including citizenship)
- creed
- sex (see next heading)
- physical handicap
- age (if over 18)
- marital status (including co-habitation).

The Code does not protect you from discrimination because of your political activities or sexual orientation. To hold certain jobs, you must remain in the closet.

A person who believes that s/he has been discriminated against or harassed in a way prohibited by the Code may appeal to the Ontario Human Rights Commission, by contacting the nearest office as listed in the Government of Ontario

listings of the blue pages in your telephone directory. The Code forbids reprisals or other actions against a complainant, or against anyone who supports the complaint. There is a sixmonth time limit for filing the complaint. When you contact the office, an official will discuss the problem and take the complaint in writing if an investigation seems to be warranted.

Freedom from Sexual Harassment.

Defined by the Human Rights Code as vexatious conduct or comment from employers, co-workers and landlords, as well as sexual solicitation made by a person in a position to grant or deny the solicitee a benefit. Victims should appeal to the Human Rights Commission (see previous heading.)

Child Support.

When a marriage, or a common-law relationship of over five years, ends in separation or divorce, both partners are responsible for support of children in this union who are under 18, unmarried and still under parental control. If the less affluent partner has custody, the other must make child support payments. The less affluent partner may apply for a court order for these payments if they are not made voluntarily, and if necessary take the other partner to court. Check with your nearest Legal Aid Clinic about procedures for so doing.

Small Claims Court.

If somebody has ripped you off, you may find action at this level appropriate. Small claims court is more informal, quicker and less expensive than other courts, partly because parties often represent themselves, although they may use a lawyer, law student or agent. They hear claims for debts or damages. Breach of contract actions may be started within six years of the contract, lawsuits based on injury to person or property within two years.

To start the action, go to the nearest Small Claims Court (listed in your telephone directory's blue pages under Government of Ontario, Attorney-General-Ministry of, subheading Civil Division), fill out a claim form and pay the fee. The maximum amount for which you can sue is \$1,000 (or \$3,000 if you live in Metro Toronto), and if you win you have no further right to sue for any excess amount in any court. It's usually a bad idea to start any form of lawsuit unless you've been the victim of a flagrant injustice AND have a reasonable chance of winning—the two don't often coincide. If in doubt, consult a legal aid clinic.

Victims of Violence.

The Criminal Injuries Compensation Board provides financial assistance to certain victims of crimes or violence, to those looking after the victims, or to dependents of dead victims. Applicants must prove claims on a "basis of probability" basis, backing the claim with medical reports, bills for expenses, employer's statements, income tax returns and so forth. Applications must be received by the Board (listed as such in your phone book under Government of Ontario) within one year of the crime, except in unusual circumstances.

Libel and Slander.

Corporations and other shady operators often prevent the truth about their activities from being published by threatening lawsuits; usually the mass media will back down even if the lawsuit is on shaky legal grounds rather than go to the expense of fighting it. If you are able to prove the truth of a statement, you are entitled to publish it unless it is protected by some other law; you must also be prepared to offer proof of any inuendo you make. You have the right to comment on

matters of public interest, provided you can prove that your facts are accurate and your interpretation is not from an improper or malicious motive.

Complaints to an official's superior, such as the Police Complaints Bureau, are not libellous unless the court decides that you made them in bad faith or with an improper motive.

Basically, "alternative" media should make only statements they can prove, which still leaves lots of scope for criticizing the power structure provided you're prepared to do a bit of research.

4. Youth and the Law

Some points of law of particular interest to young people are listed; further information (including your rights if charged with an offence) may be obtained from the sources listed in section one.

School Attendance.

Mandatory until 16th birthday, though "free school" and home schooling options are available from the earliest grades. At 14 or 15, you may ask to participate in a "supervised alternative learning" program combining school and part-time work, provided your parents or guardians agree. People under 16 can't work at construction, or during school hours. See section on education for more information about alternatives to attendance at regular school system.

Child Support.

Parents are required to support their children up to age 16 in any case, or 18 unless they leave home voluntarily after turning 16. Welfare is never available to children under 16, except through their parents or guardians. Applicants aged 16 or 17 must convince the welfare case worker that it isn't in their interest to remain at home. Welfare is sometimes available to unmarried mothers under 18, even if they live at home.

Child Abuse.

People who know or suspect that children are being abused at home should contact the nearest Children's Aid Society, sometimes listed in the telephone directory as Family and Children's Services.

Police Interrogation.

You must give police your name, address and age. You cannot be arrested for refusing to answer any additional questions. If police arrest you for this reason anyway, they're acting illegally and you should attempt to refuse further information until you've had a chance to consult your lawyer.

Jury Duty.

Should be avoided since courts have nothing to do with justice. The best way of avoiding it without incurring penalties is to indicate during jury hearings sympathy for the defendant.









Prisons

The John Howard Society provides a number of services for convicted people both in and out of jail, as well as working toward reform of the Criminal Justice System and providing information to the community. In Toronto they're at 168 Isabella St., 925-4386. Check phone book for possible locations in other cities. Services include:

Alternatives-a 24-hour telpehone counselling service designed to offer crisis service and practical alternatives to problems associated with crime. Toronto number is 465-5000.

Community Education-speakers, films, resource materials provided on request.

Community Service Order-placement, supervision and counselling to convicted people ordered to perform community service as an alternative to imprisonment.

Counselling Action Program-one-to-one counselling for people in trouble with the law, community resource assistance.

Employment Placement-one-to-one counselling on getting work; works with some employers.

Jail Visiting-provides prisoners with legal arrangements, and plans on release.

3HS Club-social and recreational activities for former inmates.

Mailbag-a penpal service for inmates.

Parole Supervision-direct or indirect via counselling. Residential Programs-as alternatives to prison sentences or to provide "life skills" training for ex inmates and others on a voluntary basis.

The Fortune Society of Canada, 360 Bloor St. W., 960-8273 provides men and women released from prison with employment and educational supgrading assistance.

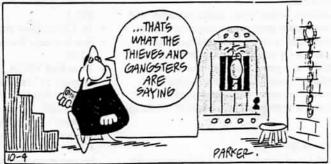
HELP Program, 2A Bleecker St., 927-7161 provides ex-

offenders of all ages with a community-based job placement program.

Operation Springboard attempts to assist families to remain intact during a member's incarceration, by providing the means for visits at a cost the families can afford, and by

offering help to the family to cope with their new situation through the services of a family counsellor. It is now merged with the John Howard Society of Metropolitan Toronto. Its head office is 201 Bridgeland, 785-3666, and it has several branches as listed in the telephone directory, white pages.





Immigrant / Refugee Services

1. Getting Landed

The first problem for immigrants is to obtain landed immigrant status, which keeps them from being deported while going through the steps necessary to receive Canadian citizenship. Normally immigrants go through the initial steps before leaving their country of origin, but this can be difficult if they are leaving for political reasons. Canada's policy has always been to make it easy for rightwing refugees from leftist countries to obtain refugee status, but very difficult for leftwing refugees from rightwing countries—despite the fact that the latter group is generally in much greater danger of being tortured or executed if returned to their native country. Recent changes in the Canadian Immigration Act make it much harder for refugees, particularly those suspected of leftist sympathies, to obtain refugee status.

Refugees who have managed to make their way to Canada and wish to claim refugee status should contact the Refugee Information Centre, 83 Power Street (one block east of Parliament along Queen), 360-6334. This is a non-governmental agency organized by a coalition of churches and social service agencies, and its policy of helping refugees regardless of their politics has made it the main reception agency for a large number of refugee claimants from Latin America, the Middle East, Africa and Central Asia. In 1987, it assisted 3,500 refugees to find temporary shelter, housing, legal assistance and welfare. Immigration and job counselling is offered, as well as help in translating documents and arranging medical and legal appointments. They're good people to contact if you're in the country illegally and want advice about legalizing your status. They have no major funding sources, and appreciate donations.

The following organizations sometimes also give counselling about obtaining landed status, but since some are government-funded their ultimate loyalty might be to the state rather than the claimant who has (out of whatever necessity) broken rules. Others are associations put together by immigrant groups themselves to help one another overcome financial obstacles and preserve elements of their native culture. Either type of organization will help new Canadians who have become landed go through the necessary steps to obtain eventual citizenship, as well as with practical matters such as finding a place to live or a job, and contacting local communities of immigrants from the same country.

English as a Second Language.

A variety of English as a second language programs, many of them free, are available in Ontario. Sometimes a living allowance is provide while learning. Information from the Canadian Employment and Immigration Commission Also, the Ministry of Citizenship has variety of free materials to help newcomers learn English. In areas of Ontario where French is spoken, assistance for French classes may also be provided.

St. Christopher House offers free one-to-one adult literacy tutoring sessions, 761 Queen St. W., 366-3571.

3. General Immigrant Services in the Toronto Area.

THE CROSS CULTURAL COMMUNICATIONS CENTRE

For a more comprehensive Toronto Immigrant Services Directory, contact: The Cross Cultural Communications Centre, 2909 Dundas St. W., 760-7855. The centre also offers an audio-visual and printed resource library, which offers information on various topics of interest to imigrants and refugees. The library is designed primarily for use of teachers and education personnel, secondary and university students, community workers, social serice, health and government workers etc. Contact the centre for more information. Its services include:

Ethnic Communities Files-materials on various ethnic communities includes community profiles, education, employment, family life, interaction, language and settlement. Major collection of materials by and for immigrant wimmin.

Vertical Files-Reports, articles, theses, pamphlets, infostudy kits, papers etc. on racism, multiculturalism, immigration and on curriculum materials and studies. Books-Covering such topics as immigrants and immigration, racism and prejudice, teaching and education, wimmin; also, literature which reflects minority, working class or immigrant experiences. Plus special collection of children's books suitable for multiculturalism curriculum use.

Periodicals-Over fifty regular subscriptions. Focus on multiculturalism, immigration and racism. Both local and foreign magazines, mostly in English.

Newspaper Clippings Files.

Audio-Visuals-Slideshows, video tapes, audio cassettes and film strips. Focus on immigrant groups and theircountries of origin, immigration policy and racism. From elementary to adult levels. Viewing facilities available upon prior bookings. Some of the audio-visual and printed materials are for sale.

Bibliographies-Available, cover some of the Centre's A-V and print materials on such topics as immigrant wimmin, racism, immigration, specific immigrant communities, multicultural children's books.

OTHER IMMIGRANT SERVICES

- Bloor Information and Legal Services, 1072 Dovercourt Rd. 531-4613.
- Canadian Centre for Victims of Torture, 10 Major Street 928-9137.
- Catholic Immigration Bureau, 291 Yonge St. #300, 977-3264.
- 11 Earl St., 926-0868.
- 21 Markham Dr. Scarborough 261-7251 661 Markham St. 531-9901.
- City Hall, City Clerk's Department, Information Services and Language Bureau, 100 Queen St. W., 392-7341.
- Community Action for Settlement and Accommodation, 582A College St., 533-8545 (helps new immigrants and refugees find affordable housing).
- Community Information Centre of Metropolitan Toronto, 34 King E. 863-0505
- COSTI-IIAS Immigrant Services: Family Counselling 31 Ascot Ave 652-1033

Education Centre, 760 College St 534-7400 Citizenship/Orientation Program, 1260 Dufferin St. 534-8437

North York Centre 33 Lamberton 630-7840 Rehabilitation Ctr, 76 Orfus Rd 789-7925 York Help Ctr, 1801 Eglinton W 789-2657 York Region, 2180 Steeles W 738-8444 Cycle Centre (youth employment) 2116 Eglinton Ave W 782-1152

2180 Steeles Ave W 669-5330.

- Cross Cultural Communication Centre, 2909 Dundas St. W., 760-7855.
- Eastview Neighbourhood Community Centre, 86 Blake St. 465-5469.
- Immigrant Women's Centre, 750 Bathurst St. #3, 367-1388.
- Jane-Finch Community and Family Centre, 4400 Jane #108, 663-2733.
- Jesuit Centre Refugee Program, 947 Queen St. E 469-1123
- Ontario Council of Agencies Serving Immigrants, 597 St Clair Ave. W. #201, 657-8777.
- Ontario Welcome House, Toronto-454 University Ave. 965-3021
 North York-1056A Wilson Ave. 633-7180
 Scarborough-4441 Sheppard Ave. E 965-9902 advice on housing, jobs, immigration problems.
 Toronto office offers English classes and translation.

- Opportunity for Advancement, 801 Eglinton Ave. W. #301, 787-1481.
- Parkdale Intercultural Council, 1303 Queen St. W. (basement) 536-4420.
- Problem Central Inc., 31 Ascot Ave., 656-1252.
- Rexdale Women's Centre, 925 Albion Rd. #305, 745-0062
- Riverdale Immigrant Women's Centre, 1470 Gerrard St. E. 465-9099.
- St. Stephen's Community House, 91 Bellevue Ave, 925-2013
- St. Christopher House, 761 Queen St. W. 366-3571.
- Scarborough Women's Centre, 91 East Park Blvd #2, 431-1138.
- West End YMCA, 931 College St. 536-1166.
- Women in Transition, 143 Spadina Road 967-5227.
- Women Working With Immigrant Women, 730 Bathurst St. 531-2059.
- Women's Counselling Centre, 525 Bloor St. W. 534-7501.
- Working Group on Refugee Resettlement, 347 College #301, 968-1928.
 - for group sponsorship of refugees outside Canada.
- Working Women Community Centre, 533 Gladstone Ave., 532-2824.
- York Community Services, 1651 Keele St., 653-5400.
- YMCA Bongard House, 80 Woodlawn Ave. E., 961-8100.

4. General Immigrant Services Outside Toronto

- Brantford-Brantford Ethnoculturfest, 288 Murray St. 753-9830.
- Cambridge-Cambridge Multicultural Ctr, 30 Parkhill St. W. 519-621-1621.
- Fort Frances-Rainy Lake Multicultural Association, PO Box 396,
 - Fort Frances P9A 3M7, 613-741-0770.
- Hamilton-Multicultural Council, 500 James St. N. 528-0258
 Ontario Welcome House, 2 King St. W. 521-7569.
- Kenora-Multicultural Association, 207 lst St. S. 807-468-7140.
- Kingston-Immigrant Services, 90 Barrack St 613-548-3302
- Kitchener-Multicultural Centre, 62 Queen St S. 519-745-2531.
- Leamington-Ethnic Resources Committee, 18 Selkirk Ave., 519-326-8629.
- London-Cross Cultural Learner Centre, 533 Clarence St. 519-432-1133.
 - Women Immigrants of London, 388 Dundas St. 519-679-6281.
- Mississauga-Peel Multicultral Council, 3038 Hurontario St. #207 273-4878.
- Ontario Welcome House, 90 Dundas St. W. 848-4680.
- Oakville-Oakville Multicultural Council, 136 Randal St. #211, 842-2486.
- Ottawa-United Nations High Commissioner for Refugees, 280 Albert St #401, 613-232-0909.
- St. Catharines-Folk Arts Council Multicultural Ctr, 85 Church St 682-6611.
- Sudbury-Multicultural and Folk Arts Assn, 298 College St. 705-674-0795.
- Thunder Bay-Multicultural Association, 2789 Bay St. 807-345-0551.
- Welland-Multicultural Centre, 23 Division St., 732-5337.
- Windsor-Multicultural Council, 127 Tecumseh Blvd. W., 519-255-1127.
 - Immigrant Women's Information Ctr, 307 Wyandotte Street E., 519-973-5588.

5. Immigrant Services in Ontario for Specific Ethnic Groups.

AFRICAN-

 Canadian-African Newcomer Aid Centre of Canada (Canact), 264 Dupont St., Toronto M5R 1V7, 964-0004.

Arab Community Centre, 5298 Dundas St. W., Islington M9B 1B2, 231-7746.

ARMENIAN-

- Armenian Community Centre, 5298 Hallcrown Place, Willowdale M2J 4Y4, 491-2900.
- Armenian General Benevolent Union, 30 Progress Court, Scarborough MIG 3T3, 431-2428.
- Armenia Community of London, 424 Wellington St. London N6H 3P3, 519-434-4802.

BANGLADESHI-

 Bangladeshi Association of Canada, 100 Rexdale Blvd #302, Rexdale M5W IN7, 742-9818.

CAMBODIAN-

- Canadian Cambodian Association, 8 York St., 7th floor, Toronto M5J 1R2, 366-6156.
- Canadian Cambodian Association of Ontario, 220 Main St. N., 2nd floor, Hamilton L8P 1J3 522-7042.
- Ottawa-Hull Cambondian Buddhist Association, 2237A Elmira Dr., Ottawa K2C IA3, 613-726-0715.
- Cambodian Association of St. Catharines, 400 Vine St. #105, St. Catharines L2R 3C7. 682-6611.

CHINESE-

- Chinese Catholic Centre, 202 St. Patrick St. Toronto M5T IV4, 598-3920.
- Chinese Community Centre of Ontario, 10 Hagerman St. Toronto M5G 1A7, 977-3749.
- Chinese Golden Age Association, 58 Cecil St., Toronto M5T IC3, 598-3562.
- Chinese Interpreter and Information Services, 58 Cecil St. Toronto M5T IC3, 598-2022.
- Toronto Chinese Community Services Association, 310 Spadina Ave. #602, Toronto M5T 2E8, 977-4026.
- University Settlement and Recreation Centre, 23 Grange Rd, Toronto M5T 1C3, 598-3444.
- Vietnamese-Cambodian-Loatian Chinese Services Association, 150A Augusta Ave., Toronto M5T 2L5.
- Woodgreen Community Centre, 835 Queen St. E., Toronto M4M 1H9, 469-5211.
- Chinese Canadian National Council, 1237 Huron St., London N5Y 4C3, 519-452-3371.
- Ottawa Chinese Community Service Centre, 80 Florence St. #101, Ottawa KIR 7W6, 613-232-2877.

CZECHOSLOVAK-

- Czechoslovak Association of Canada, 740 Spadina Ave., Toronto M5ß 2J2, 925-2241.
- Czechoslovak Newcomers' Club, 388 Atwater Ave., Mississauga L5G 2A3, 278-4116.

EAST INDIES-

 East Indies Women's Association, RR36, St. Thomas N5P 3T1 519-631-7699.

 Estonian Relief Committee, 958 Broadview Ave, Toronto M4K 2R6 461-1344.

FILIPINO-

- Kababayan Community Ctr, 1444 Queen St. W., Toronto M5A 2R6, 532-3888.
- Silayan Filipino Community Ctr, 418B Parliament St., Toronto M5A 3A2, 926-9505.

FRENCH-

- Centre Francophone de Toronto, 222 Queen's Quay W., 2nd floor, Toronto M5J 1B5, 367-1950.
- Le Club Canadien Français d'Oshawa, 2211 4th Ave., Oshawa L1H 3L6, 725-9410.

GERMAN-

Consulate General of the Federal Republic of Germany, 77 Admiral Road, Toronto M5R 2L4, 925-2813.

- Greek Community of Metro Toronto, Social Service Centre, 759 Pape Avenue #300, Toronto M4K 3S9, 469-1155.
- Holy Trinity Greek Orthodox Community of London and Vicinity, 1118 Richmond St. London N6A 3K5, 519-438-
- Greek Community Centre, 1221 Simcoe St. S. Oshawa L1H 4H1, 433-1442.
- Hellenic Community of Ottawa, 1315 Prince of Wales Drive, Ottawa K2C IN2, 613-225-8016.

HUNGARIAN-

Canadian Hungarian Centre, 840 St. Clair Ave. W. Toronto M6C 1C1 654-4926

INDIAN-

- Association of Women of India, 165 Wintermute Blvd, Scarborough M1W 3M9, 493-6305.
- Canada-Hindu Organization, 942 Gerrard St. E., Toronto M4M 1Z2, 461-0467.
- National Association of Canadians of Indian Origin, 73 Coalport Drive, Scarborough M1N 4B5, 463-6261.
- South Asian Social Services, 1089 Bloor St. W. Toronto M6H 1M5, 531-1155.
- South Asian Women's Group, 746 Dovercourt Road, Toronto M6H 2W8, 537-2276.
- East Indian Women's Association, 356 Queens Avenue, London N6B 1X6, 519-432-5666.

IRANIAN-

- Iranian Community Association, 19 Castlegrove Blvd, North York M3A 1K9, 444-8588.
- Iran's Ethnic Foundation, 1 Peidmount Ave. #1404, Scarborough M1S 1B3, 297-7680, 298-7780.
- Persian Traditional Art and Cultural Foundation, PO Box 1137, Adelaide St. Stn, Toronto M5X 2K5, 593-0534.

IRISH-

Irish Canadian Aid and Cultural Society, 1650 Dupont St., Toronto M6P 3T2, 762-2858.

ISLAMIC-

Islamic Society of Kingston, PO Box 2021, Kingston K7L 5J8, 613-389-7613.

ITALIAN-

- Columbus Centre, 901 Lawrence Ave. W., Toronto M6A 1C3, 789-7011.
- Italian Consulate Social Action Office, 136 Beverley St. Toronto M5T 1Y5 977-1566 ext. 12.
- Italian Associazione Nazional Combattenti Reduci, 1355A St. Clair W., Toronto 654-8618.
- National Congress of Italian Canadians, 756 Ossington Ave., Toronto M6G 3T9, 531-9964.
- Italian Community Centre, 21 Barton St. W., Hamilton L8L 1A2, 523-8555.
- Mississauga Canadian Italian Association, 1125 Dundas St. E. #36, Mississauga L4Y 2C4, 273-5599.

- Jewish Immigrant Aid Services of Canada, 4600 Bathurst #325, Willowdale M2R 3V3, 630-6481.
- Jewish Information Service, 4600 Bathurst St. #345, Willowdale M2K 1V9, 635-5600.
- Jewish Vocational Service of Metropolitan Toronto, 74 Tycos Drive, Toronto M6B 1V9, 787-1151.

- National Council of Jewish Women of Canada, 1111 Finch Ave. W. #401, Downsview M3J 2E5, 665-8251.
- Jewish Community of London, 536 Huron St., London N5Y 4J5 519-673-3310.
- Jewish Social Services of Ottawa-Carleton, 151 Chapel St. Ottawa KIN 7Y2, 613-235-0000,

KOREAN-

- Korean-Canadian Cultural Assn, 20 Mobile Drive, Toronto M4A 1H9 755-9288
- Korean Canadian Women's Assn, 794 Bathurst St. #4 Toronto M5R 3GI, 588-5775.
- Korean Catholic Community Centre, 439 Dundas St. E. Toronto 863-0415.
- Korean Community Information Centre, 720 Spadina Ave. #503, Toronto M5S 2T9, 925-3259.
- Korean Human Rights Council in Ontario, 300 Bloor St. W. Toronto M5S 1W3, 925-0917.
- Korean Senior Citizens' Assn., 712 Bloor St. W. #2, Toronto M6G 1L4, 532-8071.
- Korean YMCA, 931 College St. Toronto M6H 1A1, 536-1166.
- Korean Society of London, 80 Huxley St. #202, London N6J 2X7, 519-432-8071.

LAO-

- Lao Association of Ontario, 8 York St. 7th floor Toronto M5J 1R2, 363-1809.
- Lao Association of Hamilton, 181 John St. N. #802, Hamilton L8L 7Z7, 528-3308.
- Lao Association, 95 Berton St., Kitchener N2T 3H5, 519-743-5593.
- Lao Association of Ontario, 1100 Oxford St. #134, Oshawa L1J 6C4, 728-9188.
- Laotian Community Assn, 18 Louisa St. Ottawa K1R 6S4,613-728-0773.
- Lao Association of Ontario,37 Alberta St. #2, St. Catharines L2M 5M4, 935-9621.

LATIN AMERICA-

 Latin American Community Centre, 9 Milvan Drive Toronto 745-6239.

LITHUANIA-

 Lithuanian Community House, 1573 Bloor St. W. Toronto 532-3311.

MALTA-

- Malta Band Club, 235 Medland St. Toronto 967-9821.
- Maltese Canadian Society, 3278 Dundas St. W. Toronto 767-3645.

PAKISTAN-

 National Federation of Pakistan Canadians, 251 Laurier Ave. W. #1100, Ottawa K1P 5J6, 613-237-7853.

POLISH-

- Polish Immigrant Aid Centre, 206 Beverley St. Toronto M5T 1Z3, 979-9634.
- Polish Social Services Bureau, 30 Marmaduke, Toronto M6R 1T2, 533-9471.
- Canadian Polish Congress, 593 Wychwood St. Oshawa L1G 2T4, 728-1223.

PORTUGUESE-

- First Portuguese Canadian Club, 722 College St. Toronto M6G 1C4 531-9971.
- Portuguese Inter-Agency Network, 10 Major St. Toronto M5S 2L1, 966-8696.
- Portuguese Community Club, 217 Talbot St. W., Learnington N8H 1N6, 519-326-5561.
- Toronto Portuguese Social Centre, 533-5507.
- New Portuguese Centre, 200 Julian St. London N5Z 2M9, 519-452-1466.

ROMANIAN-

 Canadian Romanian Assn, 1862 Eglinton Ave. W. Toronto M6W 2J4, 789-7309.

SIKH-

 Sikh Society of London, 37 Clarke Rd, London N6K 1J2, 519-452-3373.

SOUTH ASIA-

 South Asian Social Services, 1089 Bloor St. W. Toronto 531-1155.

SPANISH-

- Centre for Spanish-Speaking People, 582A College St. Toronto M6G 1B3, 533-8545.
- Centro Nueva Vida, 833 Coxwell Ave., Toronto M4C 3E8, 421-3969.
- Latin American Community Centre, 9 Milvan Drive #14, Weston M9L 1Y9, 745-6239.
- New Experiences for Refugee Women, 815 Danforth Ave. #406, Toronto M4J 1L2, 469-0196.
- Social Assistance Office of Spain, 559 College St. Toronto M6G 1A9, 921-6564.
- Oshawa Hispanic Assn, PO Box 2212, Oshawa L1H 7V5, 579-3257.

TAMIL-

 Tamil Eelam Society of Canada, 3310 Danforth Ave. #14, Toronto M4K 1N6, 463-7647.

UKRAINIAN-

- Canadian Ukrainian Immigrant Aid Society, 120 Runnymede Road, Toronto M6S 2Y3, 767-4595.
- Ukrainian Canadian Social Welfare Services, 2445 Bloor St. W., Toronto M6S 1P7, 763-4982.
- Ukrainian Refugee Aid Committee, 68 Nelson St. Kingston K7L 3W8, 613-542-6164.
- Ukrainian National Federation of Oshawa, 68 Bloor St. E., Oshawa L1H 3H2, 725-9196 or 433-9689.

VIETNAMESE-

- Vietnamese Assn, 1364 Dundas St. W. Toronto M5J 1Y2, 536-3611.
- Vietnamese Youth and Women Centre, 1006 Bathurst, Toronto M5R 3G7, 536-8241.
- Vietnamese Assn of Hamilton-Wentworth, 500 James St. N., Hamilton L8L IJ4, 528-0258.
- Vietnamese Assistance Assn of London, 3898 Dundas St. London N6B 1V8, 519-679-6281.
- Vietnamese Assn of Sudbury, 298 College St., Sudbury P3G 4V7, 705-674-0795.

WEST INDIAN-

- Black Secretariat, 229 College St. #304, Toronto M4T 1R5, 979-1711.
- Caribbean Catholic Church and Centre, 867 College St. Toronto M6H 1A3, 534-1145.
- Jamaican Canadian Assn, 1621 Dupont St. Toronto M6P 3S8, 535-4476.
- Organization for Caribbean Canadian Initiatives, 563 Cummer Ave., Willowdale M2K 2M3, 222-5955.
- Tropicana Community Service Organization, 80 Barbados Blvd. #10, Scarborough M1J 1K9, 267-8700.
- West Indian Social and Recreational Research, 96 Denison Avenue, Toronto M5T 1E4, 367-1774.
- West Indian Social and Cultural Society, PO Box 298, Stn E, Toronto M6H 4E2 493-1292.

Information Retrieval

Information retrieval is a necessary skill which, properly mastered, eliminates the necessity for memorizing information (the skill with which our education system remains obsessed.) Here are a few of the basic principles.

I. Finding the Right Library

For reliable information, you need access to a good library. Most public libraries are good sources for the sort of very general information you need for a high school assignment; you can look up the capital of Nebraska in an encyclopedia and the address of your local Chamber of Commerce in the local reference files. However, it is not public libraries' role to provide detailed research information. Their limited budgets go mostly towards light fiction for the general public, and they lack the funds to buy or space to store any but the most popular periodicals.

One thing Canadian public libraries do have going for them is the formal or informal networks which enable small town libraries to borrow materials from big city ones through interlibrary loans. Often directories of libraries holding particular journals, sometimes known as union lists, are available at public libraries—for instance, the Toronto public libraries every two years produce a Guide to Periodicals and Newspapers in the Public Libraries of Metropolitan Toronto, and the National Library of Canada publishes a Union List of Serials in the Social Sciences and Humanities Held by Canadian Libraries (a similar Union List of Scientific Serials in Canadian Libraries is published by the National Research Council.) Also, local libraries are often useful for research involving that locality or region; they may have a lot of geographical, historical and political material in various forms that might not be readily available in large libraries. Sometimes they index the local newspaper.

For major research, a university library is usually necessary. Most Ontario universities allow the public to use their stacks and reading rooms, which is only reasonable since taxpayers' money keeps the universities going, but not to borrow books. An unfortunate exception is the University of Toronto, which won't even let its own undergraduates use the stacks although the public is admitted to the periodicals reading room. However, Torontonians do have access to two good library collections; the Municipal Reference Library on Yonge one block north of Bloor and the York University Library at Steeles and Keele. Community colleges have varying policies on public use, and collections that are mainly of interest if you're researching a topic the college offers programs in. In some cases, your local public librarian might be able to help you get more co-operation or access to university and college library materials (particularly special collections) than you would on your own. The Canadian Library Handbook, published by Micromedia Ltd. and the American Library Directory, which has a Canadian section, list college and university libraries.

Your local librarian might also be able to direct you to a special library with materials you seek that aren't in public or university libraries. Special libraries are usually funded by the corporations they are created to serve rather than tax dollars, and hence not open to the general public, but a referral from a public librarian might gain you access. There are about 2,000 such libraries in Canada, listed in the Canadian Library Handbook, while the Toronto public libraries keep a list of special libraries in Toronto.

The bulk of information in special libraries comes from computer services and the telephone rather than book collections.

At any level of library you work in, it is advisable to find as much material as you can on your own; the following sections contain suggestions on how to do this. If you do require the assistance of a librarian in helping you to find material, you should make the request as specific as possible. If you don't feel the person at the desk is very helpful ask to speak to the librarian in charge of the section, who might be aware of sources of which the clerical staff are unaware.

2. Locating Books

Most public libraries file books according to the Dewey Decimal System; most university libraries use the Library of Congress System, which is more cumbersome than Dewey but more appropriate for collections with large numbers of books on the same subject, because it assigns each book a separate call number. In the Dewey system books are stored under the same three-digit number, often with additional digits after a decimal point to further sub-categorize them (a library that is using five or six digits after its decimal points should consider switching to Library of Congress.) In the Library of Congress system, books are classified by letters of the alphabet followed by numbers. In either case, the books are stored in numerical order by these numbers, and all you have to do is follow the numbers along the shelves until you reach the one you want. In a Dewey system fiction is filed by author's surname, in Library of Congress as literature.

To find the number under which the book is shelved, consult the catalogue. During the past few years, university and many public libraries have transferred their book catalogues from filing cards to computers or microform (microfilm, microfiche.) Some libraries will have more than one catalogue, a card catalogue for books acquired prior to the switchover year and computer or microform for those after. Smaller libraries often prefer to continue using card catalogues, but larger ones find the space-saving capacity of the newer forms irresistable. Computers are better than microform, since they can constantly interfile new acquisitions with existing material whereas microform users must go through supplements as well as the original catalogue to locate the more recent holdings. These new machines look a bit formidable if you've never used one, but you can usually figure out the process fairly quickly by following the instructions, or failing that by asking the librarian for assistance.

Books are listed under author, title and subject headings. If the author has a corporate name, such as the Royal Commission on Atlantic Fisheries, it may be difficult to identify. Some libraries divide their authors into personal and corporate authors, others don't. Another source of confusion is whether authors whose surnames begin with Mc or Mac are interfiled or filed separately; most libraries interfile, whereas the phone book lists them separately. If you don't know the author or title of the book you are looking for, or are not seeking a specific book, try the subject headings, which are generally listed in a separate catalogue to author-title headings. You may have to think for a moment or two about what heading to look under for the book you want. For instance, native people of Canada could be listed under a variety of headings i.e. Native People-Canada, Canada-Native People, Indians-Canada, Indians of North America, Aboriginals-Canada etc. Libraries generally work from a standardized list of headings to avoid listing books on the same topic under different headings. If you try all the headings you can think of without success, consult a librarian.

If your local library doesn't have a copy of a book or other material you need, it may be possible to get it through an interlibrary loan (consult the librarian.) Failing that, you can check with the National Library of Canada at 395 Wellington Street, Ottawa. This library has a massive "union" catalogue listing thirteen million books in the social sciences and humanities that are available in 300 Canadian libraries. In 1980 it switched from card catalogue to computers, but earlier entries are still on cards. Similar union listings of social science and science periodicals are kept at the Canada Institute for Scientific and Technical Information. The National Library can often tell you which libraries keep the books you're looking for, since these are included in the catalogue entires. It also maintains union catalogues from other countries, and can therefore conduct international literature sources upon request. It keeps files of numerous Canadian newspapers and periodicals; book and periodical publishers are required to donate it copies. These are not open to the general public, but your local librarian can tell you how to gain access for research purposes

It is worth the trouble to be informed as to special services which might be available in certain library branches to which you have access. In Toronto, for instance, the City Hall branch maintains an extensive reference library of materials on local government, while the branch at Bloor and Gladstone remains open Friday nights. Four Toronto branches—Gladstone, Northern, Danforth-Coxwell and Spadina Road—at publishing time lend videocassettes.

3. Locating Periodical Articles.

With information rapidly becoming dated or obsolete, periodical articles are often needed to supplement or supplant information found in books. Also, they often provide a general introduction to a field of knowledge for somebody embarking on major research in that area, thereby enabling the researcher to identify the specific areas of information sought. Whether presented in a popular or scholarly (i.e. quarterly) format, periodicals are an essential source of knowledge in just about any field. A good reference library will have a large collection of current and back-issue publications, along with various indexes to help you find articles in them. The most important of these indexes, which use subject headings similar to those of book catalogues, are:

abstracts-In many fields of knowledge, volumes are published on a regular basis providing abstracts (short summaries) of relevant articles in scholarly publications related to that subject. The editors may be academics or (as in the case of the Peace Research Institute's abstracts of articles on peace research) special interest groups. Ask at a library which is used for research in whatever field you are pursuing.

Readers' Guide to Periodical Literature-These huge, greenbound volumes index a number of U.S. publications from 1890 to the present. The problem is they're not cumulated, so if you're looking for information that doesn't date quickly you may have to go through each in succession.

Canadian Periodical Index-Red-bound and considerably slimmer than its U.S. counterpart; indexes articles in Canadian periodicals since 1928. Not cumulated since 1959.

British Humanities Index-Indexes articles in British publications.

Access-Indexes several U.S. publications which are semipopular rather than scholarly and thus often ignored by Reader's Guide, i.e. After Dark, Co-Evolution Quarterly, Mother Jones, Sing Out, Playboy (well, it does have some good interviews.) Popular Periodical Index-Indexes same sort of publications as Access, with some overlapping.

Index to Book Reviews in the Humanities-A U.S. publication with emphasis on quarterlies, cumulated 1902-75 and separate years thereafter.

Book Review Index-Covers the more popular American periodicals.

New York Times Book Review Index-Useful because most reference libraries carry back files of the Times on microfilm.

4. Newspapers

Small-city newspapers are pretty useless except for local news; they carry few background articles, and the chains that own them make no secret of regarding news as something to fill the spaces between the advertising. However, a few of the large-city newspapers do carry useful background articles. some of which are remarkably candid about what's really happening in the world. This is not because newspaper owners want people to understand what's really going on (after all, they're millionaires and millionaires have little interest in social change), but rather because they know that information in the mass media has little effect on general public consciousness unless it's constantly repeated. An isolated article will enable the newspaper to claim that it's presenting all sides of an issue, while its day-to-day coverage or lack thereof leaves public ignorance intact. For instance, both Toronto newspapers printed one good background article on East Timor apiece during 1986, but it's doubtful that most of their readers know what's happening in East Timor because aside from these articles the situation has been generally ignored

So, newspapers must be examined very closely if they're to tell us what's really happening. Noam Chomsky's devastating attacks on U.S. foreign policy are based almost entirely on information gathered from newspapers. Sometimes public libraries keep clipping files on topics of reasonably wide interest, but your best bet is to use a reference library which keeps back issues of a few leading newspapers on microfilm. The most useful newspapers are those which print at least one page of news analysis daily (usuallly the "op-ed" page opposite the editorial page) and a full section in their weekend edition. Useful quides include:

Canadian News Index: Published annually since 1977. Lists articles and news stories in seven leading Canadian newspapers, including both of Toronto's.

New York Times Index: Published annually, lists articles and news stories in the Times.

Official Washington Post Index: The Post covers news in as much depth as the Times and is somewhat more liberal. Both newspapers suppress a lot of information, but what they do print is sometimes useful. From 1979.

The Times Index: Indexes articles in the Times of London, going back (under various titles) as far as 1785.

5. Researching Business

In 1970, John Porter published his book The Vertical Mosaic, which demonstrated that Canada is rule by a financial cabal with interlocking directorships in the leading corportations (C. Wright Mills had already performed a similar service for the USA in The Power Elite.) To whatever extent Canadian decisions are still made in Canada, it's the corporations and not the politicians who make them. To update Porter's information and keep track of what our corporate masters are up to, the following publications are useful:

Blue Book of Canadian Business: Published annually by Canadian Newspaper Services International, Toronto. 106 indepth profiles of major businesses, brief information on another 2,400 companies.

Canadian Business Index: Published monthly by Micromedia Ltd Toronto, with a cumulative annual index. Indexes about 200 major business publications in Canada under subject, author's name and corporate name.

Canadian Key Business Directory: Published annually by Dun and Bradstreet, Toronto. Profiles on 14,000 top Cana-

Canadian Trade Index: Published annually by Canadian Manufacturers' Association, Toronto. A survey of Canadian manufacturers that have more than a local distribution of

Directory of Directors: Published each year by the Financial Post. Lists key Canadian business people and their backgrounds. Helpful in researching interlocking directorships.

Financial Post: Publishes each year a list of corporate leaders who took home at least \$1 million during the previous year (in 1989, the list was published April 8, and listed 18 Canadians as opposed to 7 the previous year.) The list is incomplete, because Canada unlike the USA does not require that this information be filed, and only those who can be tracked down through the U.S. Securities and Exchange Commission are listed. Still, it provides interesting information for those who will do the research to make connections. One of the millionaires, for instance, was the man who was hired to save Dome Petroleum after millions of tax dollars had been sunk into it, and who wound up selling Dome.

Fraser's Canadian Trade Directory: Published annually by Maclean Hunter in three volumes. An exhaustive list of Canadian businesses and industries with their addresses, trade

names and foreign representatives.

Inter-Corporate Ownerships: Published every couple of years by Statistics Canada, Ottawa. Reveals degree of foreign ownership, and the corporate structure of companies operating in Canada.

Who Owns Whom in North America: Published annually by Dun and Bradstreet. Shows structure of companies, including a list of subsidiaries and associated companies.

Other Research Aids.

This is a listing, by no means complete, of some of the more common research tools found in reference and sometimes public libraries.

Amnesty International Report: Published annually by Amnesty International Publications, Ottawa. Documents those abuses of human rights around the world on which Amnesty chooses to take action.

Association of Canadian Publishers: Published annually by Toronto-based ACP. Lists Canadian publishers; invaluable if you're flogging a manuscript.

Biography Index: A cumulative index to biographical material, mostly in U.S. books and magazines, of current and historical people in various walks of life.

Book Review Digest: Lists books by author, followed by descriptions and brief excerpts from several reviews of each book. Published annually.

Canada Year Book: Published annually by the Federal Minister of Supply and Services. Official statistics of various government departments. Doubtless a pack of lies, but useful for citing impressive-sounding statistics.

Canadian Almanac and Directory: Published annually by Copp Clark Pitman, Toronto. Includes names and addresses of key officials and departments of all levels of government, a long list of associations, and other useful information.

Canadian Encyclopedia (Hurtig, Edmonton): Covers varius aspects of Canada, including over 3,000 biographies; wellillustrated; wider and more popular range of topics than Canadiana.

Canadiana: This encyclopedia covers Canadian topics with emphasis on geography; largely "official" information. Fewer topics than Hurtig's work, but more depth for those covered.

Contemporary Authors (Gale Research): Bibliographies and short biographies of current U.S. book and media writers.

Directory of Associations in Canada (annual, Micromedia): Lists 8,000 associations, indexed under 800 subject classifications as well as alphabetically, and the serials of each. Useful in locating associations which might have special libraries or materials on the subject you're researching.

Directory of Canadian Biography: Very short record of

achievements of "important" Canadians.

Directory of Labour Organizations in Canada (published annually by Labour Canada): Covers national and international unions, independent union organizations.)

encyclopediae: There are several general encyclopediae including Americana, Britannica and World Book. Britannica has the longest articles, creating a greater potential for misinformation; a book-long list of errors in one edition was published some time back. This background information gives the basic facts, but shouldn't be totally relied upon. Also, there are a number of specialized encyclopediae such as:

Do-It-Yourself Encyclopeia.

How It Works. Library of Nature

Lands and People

Illustrated World of Science

World and Its Peoples

Worldmark Encyclopeia of the Nations (international

Macmillan Dictionary of Canadian Biography: 4th edition contains over 5,000 concise biographies of prominent Canadians from earliest times to 1976: emphasis on politicians, businessmen and scholars.

Media Review Digest: Covers film and video, filmstrips and other non-book material from the USA, both educational and commercial. Includes ordering information, list of reviews.

Microlog Index: Published by Micromedia; lists municipal, provincial and federal government publications, as well as privately prepared materials from non-government research institutions, professional associations and special interest groups. Materials listed by individual corporate authors, subject and title.

New York Times Film Review Index: Indexes and reprints every film review printed in the Times, with cast and credits; indexed by titles and individuals. Variety also publishes its film reviews, which are more complete (it includes many B films ignored by the Times) but less well indexed (by title only.) Variety's reviews emphasize film's commercial potential rather than artistic merits.

New York Times Theatre Review Index: Indexes and reprints all the Times' reviews of stage productions, mostly New York area.

Public Accounts of Canada: Published annually by Receiver General for Canada. Details how our tax money is spent. Read it and weep.

Public Accounts of Ontario: Published annually by Ontario Ministry of Treasury and Economics. How Ontario tax money

Report of the Auditor General of Canada to the House of Canada: Published annually by the Auditor General of Canada. Outlines and sometimes criticizes government spending.

Subject Collections; a guide to special book collections: edited by Lee Ash. Often helpful in finding out where obscure publications are maintained.

Tracing Your Ancestors in Canada: Published by Public Archives of Canada, Manuscript Division. Do-it-yourself guide for finding out when your ancestors were hanged.

Ulrich's International Periodicals Directory: lists publications and indexing sources.

Vertical File Index: Guide to pamphlets on various topics produced in the USA, with ordering information.

Who Was Who in Nazi Germany, by Robert Wistrich: Also useful for finding out who is who in the CIA.

7. Computer Services.

Many large libraries now subscribe to computer services that can perform literature searches. Equipment connected to these computers to extract information, such as the telephone, is said to be "on line." These services can produce a citation of articles on topics the researcher requests, and sometimes the entire article. Libraries charge the researcher for the computer time, though not the question period while the research question is being narrowed down and formulated. You can ask at your library what services are available (most

are U.S.-based, but many offer Canadian material; generally their material only goes as far back as the later 1960s, when they began operations. Among the services are:

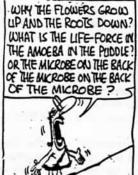
- Disclosure II: Information on some key Canadian companies
- Orbit: Another source of data on Canadian companie, with over 70 data bases of operation.
- Medlars: Medical information from the U.S. National Library of Medicine.
- Info Globe: Articles in the Toronto Globe and Mail from 1977 to present.

For a complete list, refer to Omni Online Database Directory by Mike Edelhart and Owne Davies; published by Collier Macmillan.

8. Further Reading.

If you'd like to read more about the art of information retrieval, check out Stephen Overbury's book Finding Canadian Facts Fast (Methuen, 1985.) It includes articles by experts in a number of fields of research beyond the scope of this publication, including academic research, investigative journalism, finding missing people, accessing provincial and federal government sources and unravelling court records, along with a useful bibliography for further study of information retrieval.









Ecology

l. Buying Tips.

The less packaging the better. For every \$1,000 sales in the average supermarket, 100 pounds of corrugated cardboard and 65 pounds of ther packaging are thrown out. 35% of the price of baby food goes to packaging, and many cosmetics cost less than their packaging. Boycott excessively wrapped products, or fruits and vegetables wrapped in plastic. Use your own container or plastic bags, rather than taking additional ones from the store. Buy products in recyclable materials, such as glass, tin and aluminum. Stay away from plastic wrap and foam egg cartons. Better yet, transfer as much shopping as possible to natural foods stores in which consumers weigh and package their own purchases.

Try to find organic fruits, vegetables, soaps and shampoos. Reduce use of plastic bags by reusing them (bringing your own to market), or better yet develop substitutes such as grocery backpacks. They fill up landfills because they're not biodegradable (don't decompose), and even the ones marked biodegradable may simply disintegrate into small particles which are still hazardous substances. When burned, they emit dioxins, furans and other hazardous substances into the air.

Many end up in our oceans, where over one million seabirds and 100,000 marine animals are killed each year by ingesting plastic wastes

Wherever possible, use biodegradable diapers and garbage bags (now available at some supermarkets.)

If you buy water purification gear to remove chemicals, smell and bad taste, bear in mind that there is no regular independent testing of these products, and hence no way to know which are best.

When buying furniture, avoid cushions and mattresses made of foam.

Avoid air conditioners.

If you're getting your refrigerator repaired, find a repair company that has a "Vampire," a device that drains the CFCs rather than simply releasing them into the atmosphere. If you're getting rid of your old fridge, find a repair company that will use this device to drain the CFCs.

Choose a hand-held fire extinguisher that doesn't contain halon. If you must use an aerosol spray can, look for one with butane, which is safer than CFCs but may make this product more flammable.

Insulate with cellulose or fiberglass rather than rigid foam, which contains CFCs.

Decorate with plants such as the golden pothos, the peace lily and chinese evergreens which filter pollution from the air.

When renovating, look for a contractor who tries to use lumber that's been wisely harvested, recycled insulation and materials other than pressure-treated wood.

Consider sustituting wildflowers and herb gardens for grass lawns, which require fertilizers and pesticides. Wildflowers require less maintenance, and can change the environment drastically by attracting more birds, insects and butterflies.

Avoid products that waste undue amounts of energy, i.e. frost free refrigerators (the electricity to run them costs up to 50% more), self-cleaning ovens (which must be heated to very high temperatures to clean themselves, wasting energy and money), dishwashers (which heat a great deal more water than manual operations require) and electric gadgets whose functions can be performed as well manually.

2. Some Ecologically Sound Products.

Paints made of petrochemical free products such as linseed oil and beeswax (more expensive but safer.) Available at Teekah Natural Paints and Finishes, 5015 Yonge St.

Cloth windowshades that provide insulation, vapour barriers and edge seals for windows. Available from Enershade in

Showerheads that use less water but have the same amount of pressure, toilet tank dams that save a gallon of water with every flush. Available from Great North Conservation Prod-

SoilSavers, prefabricated plastic compost units with doors at the bottom for biodegradable kitchen waste, leaves and grass clippings. Available at Home Hardware, Sheridan Nurseries and some mail-order catalgoues for about \$119 (better yet, build your own compost heap.)

Canagro 12-6-6-, an all-season lawn fertilizer. Available at Home Hardware and other garden supply stores.

Com-post, a compost aerator that can be used on any conventional trash can. Available at Ecology House and other garden supply stores for \$40 to \$50.

Preserve boats and docks with non-toxic, anti-fouling waxes instead of toxic paints.

In the winter, hardware stores carry alternatives to road salt that are better for the environment.

Use recycled stationery.

Keep up-to-date with ecologically sound procedures by checking literature at Ecology House, 12 Madison, and reading such magazines as Harrowsmith and Organic Gardening.

Use of Vinegar.

Use vinegar for cleaning instead of commercial products; ie: dishwasher-add 1/2 cup to rinse cycle to keep drainline clean steam iron-fill tank with white vinegar overnight, rinse with

humidifier-soak filter in pan of white vinegar until sediment off, then wash in detergent and water

garbage disposal-clean rubber shield by soaking it in pan of white vinegar

oven-dampen a cleaning rag in vinegar and water, wipe out the interior. This will prevent grease buildup.

showerhead-to unclog, soak in diluted white vinegar overnight, or tie vinegar in plastic bag around showerhead over-

chrome fixtures-clean off soap and stains with a mixture of one teaspoon salt dissolved in two tablespoons white vinegar.

stainless steel-white hard-water stains can be removed by rubbing with white vinegar.

toilet bowl-clean and deodorize by pouring undiluted white vinegar into it. Let stand for five minutes, then flush. Spray stubborn stains with vinegar, then scrub vigorously.

brass, copper, bronze-make a thick paste of household salt, white vinegar and flour. Rub it on the metal, then wash, rinse and wipe dry.

faucets-remove hard white calcium deposits by soaking toilet tissue with white vinegar and placing it around the stains. Leave tissue in place for an hour or two.

bathtub film-wipe with white vinegar and then baking soda, and rinse clean with water.

countertops-plastic laminate counters and tabletops can be cleaned and shined by rubbing with a soft cloth soaked in white vinegar.

drip coffee makers-fill reservoir with white vinegar and run it through a brewing cycle.

washing machine-run machineload of water with a quart of white vinegar through a complete cycle.

no-wax vinyl flooring-to clean and shine, add 1/2 cup white vinegar to 1/2 gallon warm water.

carpets-brush with mixture of one cup white vinegar, one gallon water to bring out colour. To remove animal odours, sponge in half-and-half mixture of white vinegar and water, then blot it up with fhick towels (also wall if stain is nearby.)

wood paneling-clean with one ounce olive oil, 2 ounces white vinegar and one quart warm water. Dampen a soft cloth with this, wipe paneling, then wipe with dry soft cloth.

furniture-clean discoloured or dirty wood with a mixture of equal amounts of turpentine, white vinegar and mineral oil. Shake well before and during use.

taking apart furniture-warm some white vinegar, brush on and around the joints to be separated, let set a few minutes. plastic shower curtains-wash in machine with a bath towel. add one cup white vinegar to rinse cycle, briefly tumble dry.

painted and varnished surfaces-use solution of one cup ammonia, 1/2 cup white vinegar and 1/4 cup baking soda in a gallon of warm water; do not rinse or dry.

carpet and upholstery shampoo-mix 1/4 cup mild detergent powder with a quart of water and a tablespoon of white vinegar, whip into a stiff foam using an egg beater. Apply foam only to the fabric with a soft brush, sponge or terry cloth, rubbing gently and using even pressure to prevent streaking. Scrape away soiled foam with a dull knife. Wipe off residue with damp cloth or sponge.

non-oily stain remover-apoply solution of 1 teaspoon liquid detergent, 1 teaspoon white vinegar and 1 pint lukewarm water with a soft brush or towel, rub gently and rinse with a towel dampened with clean water. Blot dry, repeat until stain is gone. Dry quickly using a fan or hair dryer.

ballpoint ink remover-saturate with hair spray, allow to dry, then brush lightly with a solution of half vinegar, half water. stains on aluminum pans-remove with 1 quart boiling water

to I tablespoon white vinegar.

corroded aluminum screens-apply white vinegar, let stand a . few minutes, then scrub off.

coffee stain on carpet-rub with solution of white vinegar, detergent and water.

unclogging drains-pour 1/2 cup baking soda down the drain, then 1/2 cup vinegar. Close the drain, let work for a while, then open the drain and pour hot water through for 3-4

cleaning leather-mix 1 cup boiled linseed oil, 1 cup white vinegar.

air freshener-set out a shallow dish of white vinegar.

cleaning windows, mirrors, glasses-add 2 tablespoons white vinegar to 8 ounces water, put in spray bottle. Spray lightly, wipe with old crupled newspapers. Keep away from the edges of mirrors, as moisture will spoil the silver on the back.

glass rings on furniture-rub with mixture of equal parts oilive oil, white vinegar; rub with the grain of the wood only, then apply a coat of polish.

removing smoke odours from clothes-fill bathtub with hot water, add 1 cup white vinegar, hang clothes above the water. diapers-add 1 cup vinegar to each load during rinse cycle;

breaks down uric acid and soapy residue.

washing silks-add 1/2 cup Woolite and 2 tablespoons white vinegar to 2 quarts very cold water. Dunk silks up and down in the mixture but do not soak. Roll in a heavy towel, iron while still damp. Test item for washability by dipping an inconspicuous part into the solution.

pests in animals-add small amount of vinegar to pet's drinking water (1 teaspoon per quart for 40-pound animal) to

discourage fleas and ticks.

hair care-after washing, rinse hair well with 1 cxup water containing 1 tablespoon white vinegar to remove soapy film. itching-apply to insect bites, bruises, chapped hands, sunburn and hives (full strength unless area is raw.)

4. Ozone Protection.

The ozone layer, which protects us from the sun's harmful rays by screening out ultraviolet (UV radiation), is getting thinner, with holes developing over the Antarctic and Arctic regions. Doctors and scientists are reporting increased rates of cancer and eye damage, and predict decreases in agricultural crop yields and ocean plant life due to the thinninbg of the ozone layer. This destruction is created by popular commercial synthetic chemicals called chlorofuorocarbons (CFCs) and halons. They drift up to the stratosphere, and when they reach it each molecule can destroy thousands of molecules of ozone.

Since ozone depletion is progressing at a much faster rate than earlier predicted, scientists are calling for a complete elimination of CFC's as soon as possible. These include aerosols (CFC-based spray cans; Canada has banned CGC propellants in hairsprays, deodorants and anti-perspirants, but many other aerosol products still use CFCs), foamers (used to puff liquid plastics into spongy and hard foams such as egg cartons, food packaging, cushions and various types of insulation), chillers (the heat absorbers in the coils of refrigerators and air conditioners), solvents (used to de-grease microchips and electronic components) and fire extinguishers (halons are used in industrial/commercial fire extinguishers.) CFCs used in aerosols, solvents and soft foams escape immediately into the atmosphere. Insulation and coiling systems trap CFCs, which escape over time. Some CFCs can live for up to 150 years in the stratosphere.

Although governments have signed an international agreement to reduce CFC and halon emissions, it doesn't go far enough or fast enough. Chemical companies such as DuPont have taken the stand that they are only willing to phase out CFC production if alternatives can be found so they won't lose money. Consumers and producers can help protect the ozone layer by boycotting products of DuPont and other chemical

companies, and by using such products as:

-recycled paper egg cartons and food packaging

- · fiberglass or cellulose insulation
- spring or fiber mattresses, cushions, car seats, rug underpadding
- alternative blowing agents such as carbon-dioxide, nitrogen and various hydrocarbons

- commercial cooling systems using ammonia or other gases
- new coolants for refrigerators and home air conditioners which are being developed and tested
- fashionable ceiling fans
- steam, water-based and biodegradable solvents to clean electronic components.

5. Recycling

Paper Recycling-Ordinary office paper and envelopes, including computer paper, can be recycled. Gummed labels, cardboard, stencils, carbon papers or envelopes with windows can't be, and and should therefore be used as little as possible. Recycled paper is de-inked, bleached and re-pulped before being made into boxboard, tissue, printing and writing paper, and other paper products. Newspapers can't be recycled in this manner, but can be integrated into a municipal recycling program. Recycling one ton of newspaper saves 17 trees. Recycled paper is more opaque than regular, curls less and is softer (providing better image and protection for printers' plants.) Offices can collect used paper and arrange for its collection by a private contractor; neighbourhoods can develop a shred recycling program by finding someone with a fine paper recycling program and taking the paper to that source.

Personal Recycling-If you live in an urban area, you produce approximately one ton of garbage each year. Recycling one ton of material would save three cubic yards of landfill space. If all soft drink cans were recycled, we'd save enough energy to

heat 48,000 Ontario homes per year.

The following recycling procedures exist in Toronto. In other sities, you can find out from city hall what procedures if any exist. Some are less advanced than Toronto, others more so—Midland, for instance, patrols garbage left for collection to make sure that recycling procedures have been followed.

Newspapers-Place bundles at the curb by 7 a.m. on Wednesdays, except when Monday is a holiday. They should be bundled with string or put in plastic grocery bags.

Corrugated Cardboard Boxes-Flatten, tie in bundles no

larger than 2 ft. x 2 ft. x 1 ft. thick.

Glass and Cans-Rinse and place in blue recycling box, put out with papers. Do not include light bulbs, window glass, mirrors, ceramics, dishes, clay bottles or flower pots, paint cans, scrap metal, plastic tubs (such as mararine or yoghurt containers, plastic or foam. Remove lids and bottle caps. If you don't have a blue box, take them to one of the 17 depots open 24 hours a day in various parts of the city. The one closest to downtown is at the Esplanade, north side just east of Jarvis Street.

Hazardous Wastes (items which are corrosive, flammable, reactive or toxic ie motor oil, lighter fluid, some medicines and pesticides)-Do not flush into the sewage system or pour onto the ground (or down a storm sewer.) Instead, collect them in sealed, clearly labelled containers—do not mix them or use a container larger than 20 litres. Motor oil can be taken to a gas station for recycling; for the nearest location call 960-0938. Other materials whould be taken to the nearest hazardous waste depot (no more than 50 litres per car.) Locations include:

- Brock West Landfill (Pickering)-concession #3, west of Brock Rd.
- Keele Valley Landfill (Maple), McNaughton Rd. east of Keele St.
- Former Commissioners Incinerator, 400 Commissioners St.
- · Ingram Transfer Station, 50 Ingram Drive.
- Scarborough Transfer Station-south from Nugget Ave. W. of Markham

- Victoria Park Transfer Station, 3350 Victoria Park Ave.
- · Bermondsey Transfer Station, 188 Bermondsey Rd.
- Disco Transfer Station, 120 Disco Rd.
- Dufferin Transfer Station, 35 Vanley Cr.
- · Symes Transfer Station, 150 Symes Rd.

NB-First two open weekday office hours, remainder on Saturday mornings only. You can also arrange for a "toxics taxi" to pick up household hazardous wastes, minimum quantity ten litres. More information: 392-4330.

Office Papers-Get information on how to recycle them from the Toronto Recycling Action Committee at 392-7850.

Discards-Re-use discarded clothing, furniture, appliances, toys, games, magazines and books by donating them to a non-profit second-hand store (see listing under clothing) or having a garage sale. A local demolition company may be interested in your discarded doors and windows, lumber and hardware.

Plastics-Use as few plastic containers and bags as possible; take the ones you have to the supermarket instead of getting extra ones there. Pet owners can use them to stoop and

Compost-Start a compost heap of garden and kitchen waste; it will help keep your garden healthy. Further information on this from Toronto Recycling Action Committee, 392-7850, or Ecology House.

Disposables-Wherever possible, avoid buying non-refillable containers or disposable products, such as paper plates and diapers.

Recycling Depots: found at the following Metro locations: Toronto-

95 Regal Road
500 Dupont Street
12 Madison Ave. (next to Ecology House)
Shaw St. (heside College St. Mirzele Food N

Shaw St. (beside College St. Miracle Food Mart) 1116 King St. W.

Yonge St., west side of Bedford Park Ave.

625 Castlefield Ave.

17 Broadway Ave.

Bayview Ave. north of Davisville Ave.

Pears Ave. west of Yonge St.

The Esplanade, north side just east of Jarvis St.

Rose Ave. south of Prospect St. Erindale Ave., east of Broadview

381 Greenwood Ave.

1089 Eglinton Red.

Bayview and Eglinton (north side of Dominion Store parking lot.).

Etobicoke-

Islington at Eglinton (firehall)
Royal York Road at Queensway (firehall)
Kipling Ave. at Rexdale Blvd (firehall)
8th St. at Lakeshore Blvd. (firehall)
Luness Dr. at Horner Ave. (firehall)
70 Burningham St. (Continental Ltd.)
66 Shomcliffe Rd (Domtar)
123 Eastside Dr. #7 (Buscombe & Dodds)
120 Disco Rd (transfer Stn.)

North York-

Bathurst St. library, north of Lawrence Jane at Wilson (Sheridan Mall) Wynford Hts. Creds. off Don Mills (plaza) Bayview Ave. at York Mills (church) 230 Donway West (church, leave at shed) North York City Hall (outside mayor's office) 3350 Victoria Park Ave. (transfer stn.) 188 Bermondsey Rd. (transfer stn.) 50 Ingram Dr. (transfer stn.) 35 Vanley Cres. (transfer stn.)

Scarborough-

Midland/Ellesmere (public works yard)

Morningside Ave/hwy 401 (public works yard)

Lawrence Ave. E. & Pt. Union Rd. (GE)

111 Progrewss Ave (Atlantic Packaging)

Markham Rd & Nugget Ave (transfer stn.)

York-

Jane at Page (firehall)

6. Housecleaning.

As technology makes our homes airtight for energy efficiency, indoor pollutants will become an increasing problem. Many illnesses, from chronic depression to cancer, have been linked with household pollutants caused by combinations of the commercially prepared chemicals designed for home use. Some of these pollutants are thrown out with the garbage and end up in municipal landfill sites, from whence they might eventually find their way into our lakes and rivers. Others, like detergents, leave the home to go directly into our water system. It is therefore advisable to substitute safer, cheaper alternatives for these chemical products. A recent Pollution Probe publication in Ottawa makes these suggestions:

Air fresheners-Commercial air fresheners work by masking smells, coating the nasal passages, diminishing the sense of smell by deadening nerves, or by deactivating odours chemically. Safer alternatives include: 1. Allowing a lot of fresh air into the house. 2. Displacing unpleasant cooking odours like fish and cabbage by placing a dish or hot vinegar on top of the stove. 3. Using backing soda in the fridge and garbage can. 4. Growing plants, which are good air circulators and freshen-

Scouring the tub 'n tiles-Commercial scouring products contain abrasives that in the long run are damaging to house-hold surfaces. Many contain chlorine bleaches that irritate hands, eyes and nose. Normal bathroom cleaning can be done with baking soda. Use a firm bristled scrubbing brush for special grime. It takes very little more effort than a scouring powder. Germicides and disinfectants are very toxic, and a liberal use of soap and hot water is just as likely to provide a germ-free environment. Germicides and disinfectants are only necessary in cases of severe illness.

Windows and walls-A safe wall cleaner can be prepared by mixing 1/4 cup washing soda, 1/2 cup white ammonia, 1/4 cup vinegar and 1 gallon of warm water. A safe window cleaner can be prepared by mixing 1/2 cup ammonia, 1/2 cup white vinegar, 2 tbsp cornstarch and a bucket of warm water. For fast window clean-ups, wash with a cloth soaked in white vinegar. Dry with crumpled newspaper.

Dishes etc.-Instead of using dish detergent, use liquid soap. You can make your own by dissolving laundry soap flakes in water. Keep it in a squirt bottle. Add a little vinegar to the dishwater to cut grease on really dirty dishes. Clean chrome kitchen appliances by polishing with a soft cloth and rubbing alcohol, or a little ammonia and hot water, or try dry baking soda and a dry cloth. Clean brass with equal parts of salt, flour and a little vinegar. Clean copper with lemon juice and salt, or hot vinegar and salt.

Floors and furniture-The essential ingredients in polishes are oil and wax. Commercial polishes often contain solvents and other chemicals designed to make the polish easier to apply. But these polishes leave harmful vapours behind (particularly when in aerosol form) and also contain skin irritants. Before waxing, use soap and hot water to clean floors. If a mopped floor dries dull, rinse with a cup of white vinegar in a pail of warm water. Cold tea is a good cleanser to use on wood.

Polish-To make Lemon Oil Furniture Polish, dissolve 1 tsp. of lemon oil into 1 pint of mineral oil. Apply with rag. For quick polishing jobs, use mineral oil plain on a damp cloth. To make Lemon Floor Polish, melt 1 oz. paraffin wax in a double boiler. add 1 quart mineral oil and a few drops of lemon essence. Cool and bottle. Apply with rag. Let dry and polish lightly. To make Heavy Duty Floor Polish, heat I tbsp carnauba wax and 2 cups mineral oil in a double boiler until melted. Cool and apply with rag. Carnauba wax is found in most hobby shops. It is a very good hard wax, and this recipe calls for a little more polishing. To prepare polishing cloth, melt I tbsp paraffin and 1 tbsp vinegar together in a double boiler. Leave the duster in this mix for 1/2 hour, then squeeze and hang to dry. This is also good in bathrooms as an antimist cloth for mirrors.

Carpet cleaners-To clean and deodorize carpets, mix together two cups commeal and 1 cup borax. Leave one hour and then vacuum. To remove oil or grease spots, try covering spots with cornstarch for an hour and then sweeping. For really severe stains, blot repeatedly with vinegar in soapy water. To deodorize quickly, sprinkle a generous amount of baking soda on carpet before vacuuming.

Drains-The strong acids and bases used for drain cleaners are not safe for the plumbing, or for personal health. Keep drains free of grease, food scraps and hair. A preventive drain cleaner may be prepared by mixing 1 cup baking soda, 1 cup salt and 1/4 cup cream of tartar together. Pour 1/4 cup of this mixture into drain, follow with a pot of boiling water. Flush with cold water. Do this once a week to keep drains open and odour-free. To open drains, pour in hot water along with 1/2 cup washing soda. Wait 15 minutes, and flush with hot water. When drains are really blocked, use a mechanical plunger or a small plumber's snake, followed by the hot waterwashing soda treatment. A plumber's snake is also an effective device for unclogging toilets safely. It can be bought in most hardware stores.

Oven cleaners-Lye is dangerous, as it can attack skin, eyes and lungs. Baking soda is best for normal cleaning. A water solution of soda will remove grease. Following a large spill, sprinkle with salt immediately. When the oven is cool, the spill can be brushed off and the oven siped. Sprinkle stubborn spots with dry baking soda, leave on for 15 minutes and scrub with a damp cloth. Severe spots should be scraped off; not even commercial cleaners will get them without scrubbing. When the oven is especially bad, pure ammmonia can be used as a cheap, biodegradable and safer alternative to commercial

cleaners. Set oven on warm for about 20 minutes, then turn it off. Place 1/4 cup ammonia in a non-aluminum shallow dish and fill with water. Leave in center of oven overnight. In the morning, open oven door and let it air for several minutes. Ammonia vapours can be toxic in high concentrations, so make sure there is adequate ventilation. Ammonia can be bought scented with lemon. Any left-over smells after cleaning can be eliminated by baking orange peels.

Counters-Clean with several tablespoons of vinegar in a bucket of warm water. The vinegar quickly evaporates and freshens the air, and also does not leave a sticky soap residue. To remove juice, coffee or tea stains, scrub them vigourously with a paste of baking soada and water. Let set for a half hour, and then sponge off.

Laundry-Use soap rather than detergents; it is an excellent cleaning agent in soft water. In hard water areas, add washing soda (sodium carbonate) when you add soap. Soap is relatively non-toxic and bio-degradable. Detergents are less biodegradable, very toxic, more expensive and also leave residues which then need fabric softeners to remove. Use borax instead of bleach; it is less damaging to fabrics, so clothes will last longer. Commercial anti-static agents are not necessary. Static build-up is due to lack of humidity. Dry clothes until they are just damp dry; some drying machines have a damp-dry cycle. Or put a wet towel in with lighter clothes that will dry more quickly. Instead of spray starches, mix cornstarch with water and sprinkle on clothes before ironing.

Stain Removal-Remove ball-point pen marks by soaking with milk and rubbing. Remove coffee stains by pouring boiling water over fresh stains. Collect other home remedies for stains, to avoid using commercial products.

Do NOT use:

- Aerosol sprays. Besides being environmentally unsound, they allow hazardous chemicals to spread through the home atmosphere, and are no more effective than pouring, wiping or dusting. They're wasteful, because the spray goes beyond the target area.
- Ammonia and bleach in the same room, breathing the combined fumes is fatal.
- Any oven cleaner in rooms with poor ventilation.
- Harsh commercial cleaners, which often contain chemicals more dangerous than the dust and grease they remove.

Note: Cheaper, often ecological sounder alternatives to many commercial foods may also be prepared at home. See Food chapter for more details.



Animal Liberation

1. Animal Liberation Organizations.

Animal Liberation Front-Since there is no legal method of rescuing animals from their tormentors or calling animal exploiters to account, this organization operates at an underground level. However, it has an above-ground support group. Its goals are to rescue animals from establishments and premises where they are tortured, and to destroy or damage property of animal exploiters to cause them financial loss. In various countries, they have instigated a number of actions towards these goals, some of them quite dramatic such as raiding research laboratories. The support group occasionally publishes Front Line News, an informative tabloid from which much of the material in our first three sections was lifted. Contact the support group at P.O. Box 915, Station F, Toronto M4Y 2N9.

Ark II-This organization believes that all sentient beings are of inherent value in themselves, and are entitled to the same moral consideration and respect which we demand for ourselves. It works to educate the public about the cruelty involved in animal research, the fur trade, factory farming and wildlife massacres. 542 Mount Pleasant Road #104, Toronto M4S 2M7, 487-4681.

Action Volunteers for Animals-This organization lobbies politicians about various forms of cruelty to animals, and engages in a variety of fund-raising projects to heighten public awareness about the need to spay or neuter pets, and to help low-income animal companions pay veterinary bills. They meet the first Monday of each month at the 519 Church St. Community Centre, and welcome all who share their interests. Contact them at 3 Brookfield Road, Willowdale M2P 1B1, 461-1636 or 461-9161.

Toronto Humane Society-Gathers stray animals and attempts to find homes for them, destroys them otherwise. Resists efforts of laboratory testing groups to claim animals for testing. Publishes a variety of leaflets exposing various forms of animal cruelty. Should be contacted (rather than pet shops, whose animals are usually neurotic due to in-breeding and close confinement) if you're looking for an animal to share your home—or if the animal in your home is missing. 11 River Street, Toronto M5A 4C2, 392-2273.

Mobilization for Animals-A U.S. organization with a Canadian branch. Concentrates on publicizing cruelty to animals in traplines and laboratories; holds frequent demonstrations at labs. P.O. Box 244, Station P, Toronto M5S 2S8.

2. Animal Services in Toronto

Information about dog licences: 392-2273

To call humane society about acquiring an animal companion or finding a missing one: 392-2273.

To complain about treatment of an animal call 392-6767, or call the humane society—which investigates all complaints of cruelty to or neglect of animals—at 392-2273.

Emergency service for sick or injured animals: 392-2273. Spaying and neutering done at humane society clinic, 392-2281.

Report animal bites to Department of Public Health, Animal Control Section, 392-6767.

The humane society will help you get rid of nuisance skunks or raccoons; for other nuisance animals, you're on your own. 392-6767.

Instead of calling someone to "rid" you of "nuisance" animals, you can do the job yourself by sprinkling cayenne once a week around the area you want animals to avoid.

3. Factory Farming

The exploitation of animals in modern society is possible mainly because most people don't realize what is going on. A large percentage of the public might be sufficiently indifferent to the suffering of animals to buy cosmetic products even if they realized that thousands of animals are tortured to death in largely unnecessary tests of these products, but enlightened self-interest would dictate that nobody who knows what happens in a modern factory farm would eat meat.

Today in Canada, virtually all of the poultry, eggs, pork, veal, milk and by-products (yogurt, cheese, ice cream etc.) come from animals confined all their lives in grey, steel, mechanized, factory-like buildings that are scattered throughout the country. These factory farms, which have replaced the family farms which it is government policy to drive out of business throughout the world, are capital-intensive rather than labour-intensive, and prefer chemical and technical hardware to human input.

The Ontario Chicken Marketing Board reports that there are in Ontario 700 commercial broiler farms and 804 egg laying operations, each involving up to 50,000 birds. The male chicks are luckiest; they are killed shortly after birth by such means as suffocation in plastic bags, and their remains become fertilizer or food for animals raised for fur. The females are debeaked—a highly painful operation—and packed in battery cages so tightly that each has less room than the size of a record album cover. They spend their entire lives standing on a wire floor, which produces painful malformation of their feet. Producers allow for 20% of the birds dying through suffocation or being crushed by fellow inmates, and do nothing to combat the illness and diseases which go undetected in the massive units. Their food (which they must climb over one another to reach) is composed of such substances as recycled poultry manure and unsaleable parts of slaughtered chickens, laced with such chemicals as Xanthophyll (which darkens the eggs' pale yolks.) After two years of this existence, the chickens are unable to lay more eggs; they are then slaughtered and sold to soup manufacturing companies or for use in chicken pot pies. Broiler chickens spend their eightweek lives crowded together on slatted floors over manure pits.

These factory farms are usually owned by such giant corporations as Pillsbury, Safeway, Kroger and Kentucky Fried Chicken. In Canada, Scott Restaurants Inc. dominates the chicken meat market, owning several factory farms and contracting with owners of many others. It also controls processing and retail outlets (including the infamous Kentucky Fried Chicken chain, as well as Black's and Brown's Cameras), enabling it to set the price for chicken meat in Canada. In 1984, a federal inspection report on one Scott's Poultry Packing Plant in Victoria noted "...an employee urinating on a packing house floor...another instructed to package condemned meat....employees dumping one of their co-workers into a tank full of slush...(and) another stabbing of a live fowl with a pitch fork...", concluding: the poultry is of questionable wholesomeness." But federal action to force Scott's to mitigate its practices is out of the question, since Scott's is one of the corporations that dictates government policy. Only a massive increase in public awareness could force Scott's and other companies to mitigate these practices.

. Similarly, larger animals are tormented throughout their short lives to create meat. Geese are force-fed through a funnel that produces the deformed livers that are made into

pate de foie gras. Veal is produced by taking calves (whose mothers were artificially inseminated) away from their mothers and placed in 5' x 2' stalls to make sure they can't move-even stretching their legs could ruin the flavour. They are then fed in pitch darkness, chained by the neck to prevent them from turning around, and fed on a diet of milky gruel (depriving them of solids and irons produces the anemia which creates prized "white veal.") They are frequently injected with antibiotics and hormones. One out of four calves die of this treatment; the rest are killed after fifteen weeks and eaten. Meanwhile, the mothers' milk they should be drinking is passed on to humans instead, despite the fact that nature never intended anybody to drink another species' milk, or any milk past infancy. Other animals are kept in similar conditions; pigs, for instance, are also kept in stalls too small for them to turn around in. For insemination, sows are immobilized on a "rape rack." Pigs are castrated, have their tails cut off and ears "notched," all without anaesthetic, and if pregnant are chained at the waist.

4. Animals in Laboratories.

In Canada, over two million animals are tortured to death in laboratories each year, including dogs, cats, mice, rats, birds, goats, horses, marine mammals, wild animal species and nonhuman primates. Some of these experiments are medical; others are designed to demonstrate that various cosmetic products won't harm humans. Usually, pain-relieving medication is withheld from the animals so that their suffering may be "observed;" instead, the animal is paralyzed or immobilized to prevent it from reacting to the pain. Far from protecting animals, Ontario law forces pounds and humane societies to hand over the lost or abandoned pets they shelter, while offering the researchers comprehensive protection. The Canadian Council on Animal Care has never laid a complaint against a research facility, despite the fact that animals are routinely burned, frozen, crushed, starved, blinded, beaten and electro-shocked. Smaller animals such as cats are immobilized with a stereotoxic device which includes clamping the head with two metal rods driven into the ear canals, stabilizing the mouth with a metal gag, and removing the eyes so that hooks may be anchored to the empty sockets.

These experiments are quite unnecessary; Ark II has published lengthy list of alternatives to the use of animals in experimentation. These include use of mathematical and computer models to predict the functions of the human system, use of cell cultures to observe the effects of foreign substances or test procedures, use of bacteria cultures and protozoan studies in disease and anti-virus research, use of gas chromatography and mass spectrometry to identify drugs and chemical substances at the molecular level, use of bird and reptile eggs to study fetal development, production of insulin from genetic engineering instead of animals, use of audiovisual guides and aids in classroom demonstrations instead of animals, greater reference to past experiments, use of radioactive elements for saturation analysis, use of mechanical models, and tests on the human placenta which is usually discarded after birth.

Some alternatives involve a combination of procedures; for instance, clinical surveys can combine human volunteers, clinical case studies, autopsy reports and statistical analysis linked with clinical observations of disease; quantum pharmacology utilizes quantum mechanics, an understanding of molecular structure and computerization to explain the behaviour of drugs on the basis of molecular properties. And, of course, many of the experiments should be eliminated

entirely, including behavioural and psychological experimentation and testing of cosmetic products. Biomedical research is often inspired by undirected curiosity and a desire for prestige in the scientific community.

Ark II has listed both products which employ extensive animal cruelty and should therefore be boycotted, and products which are produced without cruelty and should therefore be sought out. People concerned about animal cruelty are urged to boycott products of Jafra, Papermate, Braun, S.T. Dupont, Oral-B and Gillette (it's a small world; nationalists are also boycotting Gillette as one of the first U.S. plants to close its Canadian operations under the "free trade" deal.)

The following list of cruelty-free products is compiled from publications of Ark II and the Toronto Humane Society. A few are available at commercial outlets, but the best place to find most is at health or natural foods stores. If you're in doubt about any other specific product, you should phone Ark II or the Humane Society or ask at the health store.

CRUELTY FREE PRODUCTS:

Aubrey Organics Beauty Without Cruelty cosmetics

Body Shop line of cosmetics, soaps, shampoos and skincare

Bon Ami starch and household cleanser

Carme children's and skin products Chello Herbal Cosmetics

Chenti Products Inc.

Clarins of Paris skin care products

Dr. Bronners all-purpose cleaner

Dr. Hauschka's products

Easy-Clean Upholstery Cleaner

General Nutrition

Gruene Kosmetic

Hain Pure Food Company-health and skincare

Jamieson's vitamins and skin care

Jason Natural Products skin and hair care

Jojoba Farms skin care products

Leichner Stage Makeup

Levlad/Nature's Gate toothpaste, skin and hair care

Liquid all-purpose soap and insecticidal soap

Mavala Nail Care Products

Mill Creek-skin and hair care products

Naturade-cosmetics

Nature Clean-all purpose cleaning liquid

Nature Cosmetics-cosmetics

Nature de France-cosmetics

Nutri-Metics International Cosmetics

Orjean Natural Cosmetics

Paul Penders

Rokeach and Sons soaps

Schiff hair care

Sleepy Hollow naturals

Soap Works household cleansers and skin care

Sombra skin and hair care

Tiki Cosmetics and Annemarie Borlind skincare products Tom's shampoos, deodorants, toothpaste and shaving cream Vita Wave Products skin and hair care including permanents Well-bond glues and adhesives.

5. Relating to Animals.

A decision to share one's home with an animal should not be undertaken lightly; it entails a considerable financial outlay and certain restrictions on your movements (if you leave town you have to make arrangements.) Book stores and public libraries carry a number of books on animal care; if you've (416) 646-2695

never lived with an animal before, you should read such a book and understand the commitment you are making before acquiring one. If you don't know someone who's giving away kittens or puppies, the best place to acquire an animal is the local humane society.

Like most cities, Toronto requires that dogs be licensed at a cost of \$15 per year, or \$5 if neutered; guard dogs cost \$50. If you let your dog run without a licence, it is likely to be kidnapped by the city and and held for ransome at 11 River Street, then executed unless you can raise the money (\$10, plus \$4 a day, plus cost of licence.) In any case it's not a good idea to let dogs run loose in the city, since some people make good money capturing animals and selling them to labs. Cats don't need licences (who said life is fair?) Other pets may be illegal; if in doubt check with the humane society.

It is beyond our scope to discuss animal care, which the above-mentioned manuals cover. Instead, we will close this section with tips from a recent ALF publication on how to think, speak and write about animals with uplifting (rather than downgrading) words that indicate respect for their right to live

in peace as living beings:

never refer to humans as the animals' "owners" or "masters." Humans are the animals' "companions."

 animals are not "things," "property" or "slaves." They shouldn't be referred to as "it," implying something inferior to a living, feeling creature, but rather as "she/he" or "her/ his" even if you don't know the animal's sex. Use "who" instead of "that" or "which."

animals are "living beings," not "living things."

· non-domestic animals are "free-roaming," not "wild."

when speaking of animals sufferings, avoid such euphemisms as "euthanize," "put to sleep," "sacrifice," "destroy," "cull," "harvest," "manage," "thinning out the herd," "maximum sustainable yield," and "optimum sustainable population." All these words mean "KILL", and that's what we should say.

 instead of saying "take" animals, use the understandable words: "hunt," "harass," "maim," "kill," "capture."

· speak of "animal liberation," not "animal rights."







Travel

1. Going Abroad

Passports-Needed for travel to any country except the USA. A Canadian passport costs \$25, and separate passports are required for anyone 16 or over. Children under 16 may be included on either their mother's or father's passport, but not on both, and the child must be accompanied by the parent on whose passport s/he is listed. The necessary forms can be obtained from travel agents or post offices. You will have to proove Canadian citizenship, and should allow lots of time to get the necessary full Birth Certificate from Queen's Park (or whatever other province you were born in.) Allow at least three to four weeks if you are applying by mail to the Passport Office in Ottawa; less time is required if you go to your nearest office in person. Sometimes on-the-spot passports for emergency travel are available if you can offer proof of the emergency, such as a letter from your travel agent and copies of the ticket.

Visas-You will also need a visa for certain countries: you can check on requirements for each country from its embassy or consulate in Canada, the CHA or travel agencies. May countries have tourist boards located in Toronto, and the CHA often has information on currency, restaurants, budget accommodations and so forth. Visas sometimes take weeks to obtain, so plan early.

Loss of ID-You should keep records of your documents, as this will hasten replacing them if they are lost or stolen; photocopy every numbered document such as passport, tickets, insurance policy etc. and keep them in plastic film containers. Leave a full photocopied set with someone at home. If you lose these documents while travelling, report the loss to the police. Report loss of ticket to the airline. If you lose your passport, contact the nearest Canadian consulate or embassy.

Customs Exemptions-Before visiting a country, find out what value of goods you are allowed to bring back duty-free. If you're having purchases shipped, declare their-value during Customs examination when you return; the officer will complete a form for you to present when the goods arrive, and you will only pay duty on the excess of your limit.

Hostelling-If you're planning to travel, in Canada or abroad, on a limited budget, a logical first step is to visit the nearest office of the Canadian Hostelling Association (CHA.) The CHA maintains hostels in various parts of Canada, with overnight prices ranging from \$5 to \$12, and is linked to other hostelling associations across Europe, the Middle East, Japan, Australia and North and South America. Although originally conceived as accommodation for travelling youth, hostels are now open to people of all ages (except in Bavaria,

where there is a maximum age limit of 27.) The minimum age for hostelling alone is 14, or 6 for children accompanied by an adult of the same sex.

Staying at Hostels-Hostels provide shared, dormitory-style accommodation, and usually kitchen facilities where travellers can prepare their own food. They are often closed during the day, and have late night curfews in order to keep down operating costs. For sanitary reasons, travellers are required to bring their own sheet sleeping bags. Travellers may use any form of transportation to get from one hostel to another, though if space is limited hikers and cyclists receive priority. Members of the Association pay lower rates for accommodation, and often receive discounts on travel equipment and sightseeing. There is a special family hostelling rate, and group hostelling is available. Travellers are asked to make advance reservations since space is limited, and often people are turned away during peak travel seasons.

ViaRail-The CHA can advise you about how to purchase a Via Rail pass, which enables you to enjoy unlimited travel for a limited period on Canada's railways (or what's left of them), or the corresponding Eurorail pass for travel in Europe.

2. Travel in Canada

Travel Information-The Metro Toronto Reference Library devotes a large section of the fourth floor to travel information. There's an international section with maps, brochures etc., and a Canadian section in which each province has its own drawer; there are special drawers with such topics as "Canoeing Routes and Hiking Trails." The material doesn't circulated, but can be photocopied there.

Hostelling-Some branches of the CHA, including those in Toronto and Ottawa, provide a series of local activities for their members including hikes, overnight outings, travel seminars and slide shows. Check for details:

- CHA Ontario East, 18 Byward Market, Ottawa KIN 7AI, 613-230-1200
- Great Lakes Hostelling Assn, 217 Church St. Toronto M5B IY7, 368-1848.

Other hostels in Ontario are located as follows:

- Collingwood-Blue Mountain Park Road, 705-445-1497
- Goderich-Black's Point Road, 519-524-2442
- Kingston-323 William Street, 613-546-7203
- Niagara Falls-4699 Zimmerman Road, 357-0770
- Orillia-198 Borland St. E., 705-325-0970
- Ottawa-75 Nicholas St., 613-235-2595
- Sault Ste. Marie-452 Bay St., 705-256-7233
- Thunder Bay-Lakeshore Drive, 807-983-2042
- Toronto-233 Church St., 368-0207.

Contact these branches for a list of hostels in other provinces or countries.

3. Hitch Hiking

Hitch-Hiking: Against Canadian law, but often overlooked by the cops so long as you stay clear of express (four or more lane) highways or places where motorists can't safely stop, such as bridges, corners, tunnels etc. If you try to hitch-hike on a four-lane highway or entrance ramp, you will almost certainly be ticketed. Choose a place where the driver will have time to see you, and space to pull over. Cross roads, servicer stations and service centres are good spots to hitch. Avoid night hitching if possible; otherwise stand under a light and make yourself as obvious as possible.

Tips for Hitch-Hiking: Use whatever gimmicks you can to attract motorists' attention; a waving arm and a smile often help. Keep smiling and be pleasant, at least as long as it takes

you to get into the car, so as not to excite their paranoia. Try to spot a drunk or weird driver before getting into the car; if you become apprehensive after the ride has commenced, invent some excuse for asking to be let out, preferably where other people are around (if the driver doesn't go for it, you can make like you're going to be sick all over the car.) If you're travelling between cities, it's sometimes a good idea to take a local bus to the city limits and carry a sign with your destination. Getting a ride may take minutes or hours; don't get discouraged.

4. Hiking and Canoeing

Important safety precaution: Leave details of your planned route and estimated time of return with somebody at home, so that if you're overdue they'll know where to send the search party.

What to take on a hike: You must weigh the desirability of keeping your load as light as possible against the probability of sudden weather changes if you're going to be on the road more than a few days. Warm clothing is essential. Suggested articles include:

Clothing

Boots: should be ankle height, waterproof with commando or vibram soles. Should provide warmth, flexibility and traction. A light pair of running shoes are also handy.

Socks: A couple of pairs of wool socks, maybe a lighter pair for the running shoes.

Trousers: Blue jeans are most practical, as are shorts or light khaki trousers.

Wash and Wear Shirts—Those in light colours (not white) should be very useful.

Warm Sweater-Dark colour so as not to show dirt. Nylon Jacket-Waterproof with hood to act as rainjacket. Sun-Rain Hat.

Gloves-A light pair may be necessary for climbing, carrying wood, or warmth at night.

Bathing Suit and/or light short pants.

Toiletries-toothbrush, face cloth, towel, soap, nail-clippers and scissors, needle and thread, toilet paper.

Medicines-fly repellant, aspirin, suntan lotion, first-aidmaterial, vitamin tablets.

Gear

Backpack and frame-A bit awkward for hitch-hiking, but much more practical on the train. The nylon type with the square wooden or aluminium frame is the best.

Sleeping bag-A good goose down bag is invaluable. Polyethelyne Sheet-Will serve as a groundsheet or a tent. Knife-A good 5-inch knife with a serrated back edge will serve a number of purposes.

Tools-flashlight, plastic eating utensils, canteen, can-bottle opener, pots and pans (small compact kit.)

Rope-If you're going into the wilderness, a length of nylon rope is often useful.

SURVIVAL KIT (if you're going anywhere you might get lost)Matches-take about 100, waterproof them by dunking their
heads in molten wax or by pouring wax into a small box of
them.

Nourishment-vitamin pills, semi sweet chocolate, tea bags, halazone tablets.

Tools-compass, bandages, signal whistle, knife, fishing line and hooks, 1 oz. snare wire, camphor, candles and/or flashlight, rolled saw blade.

Canoeing

In addition to the above items, you'll need (surprise, surprise) a canoe, and probably a tent. The most popular canoes are

light metal or canvas covered, 15-17 feet lengths. A well fitting yoke, solidly fastened at the point of balance, would be handy. Take canoe repair kit and spare paddle. Tent should be silk or light silkoline, with insect screen. Take an axe and insect repellant. Plan complete meals for each day in advance, and see that you have the necessary ingredients.

5. Tips for Travel in the USA

I. Don't.

2. If you must, make certain that all your personal affairs are in order before departing. Remember that more Americans are now killed by firearms every two years in the USA than were killed in Vietnam during the entire period of U.S. invasion there. Special stress should be laid on making sure your OHIP is paid up and you have proof of this, along with documentation of what hospital care it entitles you to, since if you're injured (accidentally or deliberately) the hospital won't let you in until you can prove ability to pay its bills, and if you're bleeding to death you'll want to do this as quickly as possible. Also, remember that hospital bills are much higher in the USA than Canada and OHIP often won't pay the difference, so if at all possible get back to Canada before seeking hospitalization.

3. Cross the border nearest to your point of departure. U.S. immigration officials have becoming very inventive at devising reasons to refuse Canadians entrance to the USA, and there's no point crossing half the continent in Canada only to discover that you can't complete your journey because your great aunt Maude had a social disease, at least according to their computers. If you think that you might be refused admission because Aunt Maude once spoke to a Communist, try to cross in a car as car passengers often receive less scrutiny than those afoot or in public transportation. If they decide to take your car—which might happen even if you aren't breaking any laws—the

closer you are to home the shorter the distance you have to walk. When returning it's also a good idea to cross the border at the point closest to your place of departure, since travel in

Canada is cheaper and safer.

4. Remember that U.S. customs and immigration inspectors are depraved sadists, and you're completely at their mercy while attempting to enter the USA. Canadian tourists are sometimes beaten and/or stripped of all their possessions by these thugs. Make sure that there are no liberal bumper stickers on your car or pamphlets inside it, and nothinghowever remote-to indicate that anyone in the car has ever used drugs; cars have been seized because the owner was carrying cigarette papers, or because the car had a secret compartment even though nothing was in it. Be certain that each individual in the car has proof of Canadian birth or naturalization. Don't try to carry hitchhikers across the border; if they have drugs you lose your car. If you were involved in a drug bust twenty years ago don't even bother trying to cross; if you admit it they'll turn you back, and if their computers show you lied about it having happened they'll take your car. If you're young or black, expect to feel an official's finger up

transportation, remember that your life history is going to be checked out on computer.

5. Acquire sufficient U.S. funds for your trip before leaving Canada—whatever the "official" rate of exchange happens to be, expect to pay about 50% extra for funds exchanged in the USA. While in the USA, never try to settle a bill with Canadians funds unless you're planning to do research on prison conditions there from the inside. Don't buy travellers cheques, because contrary to what you'll be told when you buy them very few U.S. banks are willing to cash them. Never attempt to bargain over prices while in the USA; one fundamental law that has never, ever been broken from Jay's Treaty onwards states: In Any Bargain Between a Canadian and an American, the Canadian Is Going to Get the Worst of the Deal.

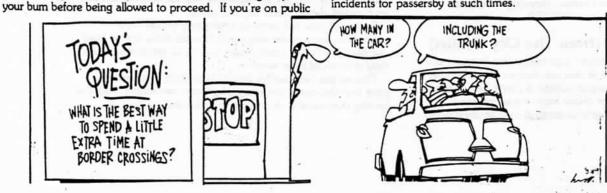
6. If you're driving, use self-serve stations wherever possible; they're cheaper, and operators who get their hands on a tourist's car have been known to create damage (i.e. by slashing the fanbelt or gouging a hole in the tire while checking pressure) so they can charge for repairs. If you must let an operator under your hood, keep an eye on him. If your car is stopped for some minor offence such as speeding, the cop will approach your car with drawn gun. This isn't because he's under some Freudian compulsion to demonstrate his macho bravado; it's because he's deciding whether or not he's going to shoot you. Normally he won't bother (he'd have to fill out a report) but don't do anything to tick him off, such as raising your eyebrow when he tells you what you're being charged with. In some states you pay the fine on the spot or get carted off to jail, another reason to carry lots of money with you.

7. Remember that every time you buy anything, part of the money goes to the state and will be used to kill people. If you must shop, do so in the daytime; stay off urban streets, particularly downtown, after dark. If the inner city looks like it's just sustained a bomb attack, there are two possible explanations: (a) everyone with enough money to keep the buildings from falling down has fled to the suburbs (b) it actually has been bombed—especially likely in Philadelphia. When passing natives, try to look confident but not aggressive. If you feel a bullet ripping into your skull a few seconds later, you'll

know you failed the test.

8. If you're driving, plan your route carefully. Don't hit urban freeways at rush hour, since that's when drivers are most likely to be shooting at each other. Try to avoid the hills, which are filled with survivalists rehearsing for the collapse of society by shooting at anything that moves. If possible avoid bridges; several have already collapsed (with drastic results for whoever happened to be on them at the time) because the U.S. military budget leaves little money for maintaining the infrastructure. If the road you're using is halfway decent you'll likely be charged a toll, so have lots of U.S. money ready.

9. If you have a choice of when to travel, try to pick the day after the USA has bombed some third world country. The Americans are in a particularly jovial mood when told that their government has just massacred civilians in some country too small to defend itself, and are less likely to create unpleasant incidents for passersby at such times.



Urban Bicycling

According to Gray Coach, driving a car in Toronto costs an average of \$5028 a year. This includes car purchase price and depreciation, but not parking, traffic tickets or out-of-town trips. The savings entailed in bicycle travel are obvious.

1. Toronto Organizations

In other cities, check at your local community information centre or public library to see whether there are organizations promoting bicycling.

You can also contact the Ontario Cycling Association, 1220 Sheppard Ave. E., Toronto, 416-495-4141.

Toronto City Cycling Committee, 392-7575, 392-7592. Sponsored by the city of Toronto. Has information about skills courses. Publishes tabloid, Toronto City Cyclist, on an occasional basis for free distribution. Has produced a video teaching bicycle safety and maintenance, The Smart Cycling Video and Instructors Manual, available to Toronto teachers from the Committee and to anyone else from See Hear Now

Media, 497-4913.

Ontario Cycling Association, 495-4141.

The provincial co-ordinating body for competitive and recreational cycling in Ontario.

Cycle Watch, 972-1525 (24 hour)

Lobbyists for changes in court/judicial system to make cycling safer and increase general awareness of cycling safety and legal issues. Will help cyclists involved in accidents by providing referrals to lawyers experienced with cycling issues (including those affiliated with Legal Aid), referrals to expert witnesses on everything from bicycle skid marks to proper

positions for making left hand turns.

Cycle Watch reports that 1987 was the worst year for bicycle accidents in Toronto since the Toronto City Cycling Committee began monitoring police reports in 1980. There were 1,011 bicycle accidents reported in 1987, compared with 842 in 1986, a 20% increase. Although the resulting injuries were less serius than in previous years, two bike riders were killed. Common causes of bicycle accidents during 1987 included: motorists failing to yield (28%), cyclists failing to yield (9%), improper turns by motorists (7%) and cyclists disobeying stop signs or signals (6%). 79% of the accidents involved collision between bikes and motor vehicles, perhaps because most of those not involving motor vehicles are unreported.

Bikes Not Bombs (via City Cycling Committee, 392-7592). Raises money to send bicycles to Nicaraguan schools, clinics, nutrition centres and other public service organizations.

Canadian Rails-to-Trails, (Vancouver) 604-687-3333. Lobbies for conversion of abandoned rail corridors into managed recreational trails for bicyclists, hikers and conservationists. Contact: Diane Laidlaw, Bicycling Association of BC, 1200 Hornby St. Vancouver V6Z 2E2.

2. Cycling Tips (from The City Cyclist)

Prepare for Four Weather. Use mudguards (fenders) and mudflaps. Carry a cape or rain suit, helmet cover, bootees and, if you store your bicycle outside, a plastic bag or saddle cover. Stash a couple of plastic bags in your panniers or handlebar bag to wrap up your cargo in case of unexpected

rain. Wet rims and brake pads won't stop you as fast as dry ones. Replace your black rubber brake pads with fast-grabbing quality ones. Or use rims made of alloy-they'll stop in the rain when steel ones won't. Rain may strip your chain of lubricant, so oil or spray it as soon as you get home. Otherwise you'll be a half-block into tomorrow's journey when you realize your chain has turned into a rusty mess overnight, and

the squeaks won't disappear by themselves.

Acquire Carrying Equipment. Backpacks are a pain in the neck, as well as the shoulders and back; they bounce around and may interfere with your balance. A good rack and set of panniers won't come cheap, but they'll take years of abuse and really protect your stuff. A good alloy rack is one where, in this case, you get what you pay for. A good rack can carry tremendously heavy loads, and will work with most pannier attachments. A spare elastic (bungee) cord is often handy to attach bags and boxes to your rack. Beware of panniers with straps that dangle and can get wrapped up in your spokes and freewheel. A good pannier will have very little side-to-side wobble when attached to the rack; you don't want a corner of the bag accidentally wobbling into your spokes when you hit a

Use proper equipment for night riding. Front and rear lights can be a permanently attached generator type, or an easy-onand-off battery type, or a permanently attached gel-cell battery type. The initial cost of a gel-cell system is high, but it's good value because the batteries are rechargeable and will last up to seven bouts at a stretch. A red rear reflector is not only sensible, it's the law. Those dumb enough to ride without lights usually prefer to wear black or dark-coloured clothing, a sure way to get mowed down by a motorist at night. White and yellow are visible from long distances in the dark. A reflective vest also increases your visibility tremendously.

Use a suitable gear system. A coaster or three-speed Sturmey-Archer type hub will be suitable for short jaunts in the neighbourhood. If you're in good shape, a three-speed will be adequate for long commutes, too. A "ten-speed" type transmission (with a large freewheel cog of 24 teeth or larger) is probably enough to get you up almost any hill most cities can offer. If you're a beginner, ask your bike dealer or a knowledgeable friend to explain how the gears work. It's a sad sight to spin past a cyclist hopelessly labouring up a hill in the big chainring, unaware that a mere press on the gear shifter will end his misery.

Get good tires. Punctures are a nuisance; cheap tiures are heavy and wear out quickly. Racing tires are expensive and delicate. For puncture resistance, try a Kevlar belted touring tire (Specialized makes good ones.) You can also try tube liners such as Mr. Tuffy. One of the prime causes of punctures is riding on under-inflated tires. Look for the recommended pressure ratings stamped on the tire sidewall.

Carry a tool kit. You should be able to fix a flat. A basic commuting tool kit might contain a spare tube, tire levers, patch kit, allen key set, 6" adjustable wrench, screwdriver, and

snub-nosed pliers. Don't forget a pump.

Seasoned pros will carry an emergency quarter for a payphone, and a paper and pencil to write down license plate numbers of offending cars, buses or taxis to get details in case they're involved in an accident.

Thieves can now quickly break U-bar locks by inserting a pipe over the end of the straight bar, then wrenching open the locking mechanism. According to police and couriers, a

simple way of protecting your U-bar lock is to strip the rubber housing off the shackle of the lock and insert a 3/4 inch plummer's "T" over the locking end. A galvanized "T" can be bought in any hardware store for around \$2. A combination of locks, such as a U-bar and a cable lock, also makes theft more difficult. Bike owners should also consider buying insurance and registering their bikes with the police.

3. In the Event of a Bicycle Accident

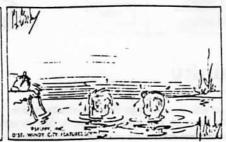
(courtesy Cycle Watch.)

- remember that detailed, well-documented information can mean fairer treatment by courts.
- · report the accident to the police.
- if possible, stay down exactly where the accident left you until the police arrive.
- get name, address, telephone number, licence plate of motorist(s) involved.

- get names and phone numbers of as many witnesses as possible.
- document everything you remember about the accident.
 Draw detailed maps and diagrams, take photographs of the
 location and other pertinent details (as well as position and
 state of your bike), note street names, stop signs and traffic
 lights; use arrows to show the position and direction of your
 bike, the car(s) involved and any other vehicles in the
 vicinity. Also note the time of day, weather conditions and
 road conditions.
- if possible, avoid having your bike repaired. If you must repair it, have it assessed first by a bike store and keep a record of all repairs as a result of the accident.
- if the accident caused physical injury, however slight, seek medical assistance immediately. Get a written assessment of your injuries, and if necessary photograph them.







Restaurants

These are places where vegetarians can dine out without paying an arm and leg. Sources of free or inexpensive meals for low-income people are listed in the Food section.

- Annapurna, 1085 Bathurst St. 536-8513.
 International vegetarian and South Indian food; daily special with soup or salad around \$7. Table service, sometimes slow.
- Aida's Falafel and Shisk-Kabab, 597 Yonge St. 925-6444.
 Not exclusively vegetarian, but good soups and falafel. A new branch recently opened on Bloor St., just east of Bathurst.
- Buddhist Restaurant, Midland Avenue west of Finch in Scarborough.
 Vegan meals.
- Earth Tones, 357 Queen W., 977-8044.
 Soups, salads, baked entrees served cafeteria style; food is good but prices somewhat high for this type of service. Not a place for special occasions.
- East West Restaurant, 807 Bloor St. W., 530-1571.
 Macrobiotic meals, organic foods and healthy snacks.
 Typical bill \$9. Geared largely to yuppies, disliked by many counter-culture types.
- Indian Rice Factory, 414 Dupont St., 961-3472.
 Vegetarian and non-vegetarian Indian dishes. Pricey (i.e. vegetarian thali \$9.95.)

- Krishna Temple, Avenue Road east side at Dupont.
 Sometimes serves free dinners.
- Mickey's Hideaway Restaurant, 352 Pape Ave. 461-2035.
 California style organic foods. Typical bill \$8.50 (vegetarian enchilada.)
- Noah's Gourmet Natural Foods Deli, 322 Bloor St. W. 968-7930.
 - Fast, often tasty takeout at reasonable prices. Features organic brown rice, sushi and other California recipes. Caters to wheat-dairy-oil free diets.
- Queen of Sheba, 1198 Bloor St. W., 536-4162.
 Ethiopian and vegan food. Normal restaurant prices
- Renaissance Cafe, 509 Bloor St. W., 968-6639.
 Popular counter-culture hangout features international vegetarian cuisine. All You Can Eat luncheon Mon-Fri 12-3, weekend brunch I2-3. Fresh pasta, pizzas, veggie burgers, soups, salad bar, natural and decadent deserts.
- Roti Palace, Bathurst one block south of Bloor.
 Rotis and other West Indian cuisine. Closed Sundays.
 There is also a Roti Palace listed at 1845 Finch St. W., 630-0825, and there are several good roti restaurants and takeouts along the north side of Queen St. W. in Parkdale.
- Seven Mothers, Kensington Market area, 362-7359.
 All vegan food, complete meal \$5, friendly atmosphere.
 Krishna owners.

junction table service.

St. Catharines, Ont. £2M 3S2

(416) 646-2695

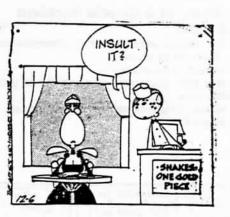
 Vegetarian Restaurant, 4 Dundonald (at Yonge), 961-9522 and at 2849 Dundas W., 762-1204.
 Wide selection of vegetarian food, often quite tasty, at upper medium price levels. Downtown restaurant cafeteria style,

Eating Out the Healthy Way

Title of a pocket-sized guide to 32 East End restaurants that have agreed to help customers make healthier choices. Tips on how to order healthy food, price range, non-smoking areas and wheelchair access. Published by Toronto Department of Public Health and Stroke Foundation of Ontario. Free. Phone 392-0390.







Community

This report on activity related to creating an alternative community in the Bancroft area was prepared by Stu Vickars, who lives in an anarchist commune in the area. For more information, write Stu at Dragonfly Farm, Lake St. Peter Ontario KOL 2KO. To our knowledge the Bancroft area is somewhat farther advanced in this respect than most rural communities in Ontario, but there's nothing to stop the other ones from making similar efforts. Dragonfly usually needs help with its spring maple sugar gathering and planting, and with fall harvesting; if you're considering a move to the country and would like some firsthand experience, this might be a good place to start.

Bancroft is a small town at the southeast corner of Algonquin Park, with an economy based on forestry and tourism. The main resources offered are trees, rocks, water, fresh air, lakes and rivers, wild animals, stars, fish and land.

The area contains a thriving alternative community that has Bancroft at its centre. People are involved in a large number of creative activities, such as theatre, music, writing, crafts, dances etc. These activities are supported by a studio, an art gallery and an arts council. A small magazine called GRUB, published quarterly, features fiction, poetry, artwork, debates and news contributed mostly by members of the Bancroft community and their friends. Much of the energy for the magazine comes from patrons of a lunch bar and weekly coffee house in downtown Bancroft called Paradise Lunch.

A number of health services available in the city can also be found in this rural area. Besides regular medicine, people can avail themselves of naturopathy, massage, ayurveda, yoga, psychotherapy, iridology and others. Health foods, bulk goods and new age magazines can be purchased at Harvest Moon Whole Foods on Station Street.

There is social activism as well. Groups have formed that are concerned with the environment, co-op housing, abused wimmin, poor people and starting a drop-in centre.

Dragonfly Farm, an intentional community north of Bancroft, has a number of resources available. The large acreage of Dragonfly Farm offers a conference site that has hosted kids' camps, new age gatherings, pagan festivals and other events. The land and animals on it provide vegetables, milk, eggs, fruit and other food for members of Dragonfly and others. A greenhouse operation supplies the local area with vegetable and flower seedlings. A large library of books and records is there to educate and entertain people.

Abandoned farms and houses in the towns are still on the market for reasonable prices, although these prices are going up. The booming economy has created more employment opportunities in the tourist trade, logging industry and construction. Self-motivated individuals can make a living by creating and marketing crafts; it helps to be a jack (or jane) or all trades to get by, although the cost of living is much lower than in the city to begin with.







