

Carnegie

NEWSLETTER

NOV 1 '86

TRYING TO GET A JOB

“It would be at least 96 working days before he could make an appointment”

STORY PAGE 6



EDITORIAL

I took in some good music and poetry in the Theatre last weekend and it brought home how much we owe people here who are prepared to share their talent.

Somebody mentioned that all our stained glass windows depict poets, and this is symbolic of the creative impulse which has always been part of the Carnegie fabric,

A few years ago, way up in the Yukon I met a hitch-hiker with a guitar wrapped in a garbage bag slung on his back. He played some music and the next time I heard his distinctive style he was on stage in the Theatre here. He'd come a long way to find a place for himself and his music.

The easy moving shadow of a guitar player on the back wall, people rolling smokes, the red glow of an Exit sign, microphones, spotlights, even the smash of a bottle in the alley. They're all props for the special people who bring the Theatre to life.

LETTERS

I am writing this letter to question the qualifications of three duly elected members of the Carnegie Community Centre Association Board of Directors.

The president Muggs Siguerguieson was appointed October 2, 1986. She bought her membership Sept. 30, 1986.

The corresponding secretary, Irene Schmidt, was elected June 15, 1986. She bought her membership May 18, 1986.

David McConnell was elected June 15, 1986. He did not buy his membership until July 31, 1986.

I feel that people are in direct violation of the Carnegie Constitution. Article 5, Section 6, Paragraph C, which states "be a member of this society for a minimum of 60 days" and are not allowed to make decisions or to run the Association.

KENNETH R. CORRIGAN

Citizens who receive G.A.I.N. get a free recreation pass for skating and swimming. This is great for adults but especially for children. BUT...

M.H.R.(Welfare) will seldom

give bus transportation for children to go to these facilities. What is the use of the facility pass if a person without money can't get there?

Given that welfare is almost 50 percent below poverty level: 'Where is the bus money to come from' - Why

from their Food money, of course!

Speak or write to your MLA about this.



TO THE EDITOR

On the last welfare day I noticed a lot of drunks wobbling down the street. It was three days later, while walking to the bus stop, I saw a group of alcoholics (rummies) fighting over a bottle of booze. Needless to say the bottle fell to the ground. After awhile they left. I was still waiting for the bus, so to keep myself occupied

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I went over to see the brand name of the booze these guys were drinking. Much to my surprise the name was Three Snakes Cooking Wine. I then looked at the alcohol content on the label: 30% and right below that it said FOR COOKING ONLY. I then began to investigate the THREE SNAKES.

I've come up with some startling facts. I called up the BC Liquor Control Board and discovered that because it is considered a seasoning for cooking they have nothing to do with it. When questioned further as to policy over the alcoholic content they replied, "ANY BEVERAGE WITH ALCOHOL CONTENT GREATER THAN 3.5%" falls under their jurisdiction.

So that's the way it goes and most or all chronic alcoholics(rummies) will die at the hands of bad policy and...

THREE SNAKES COOKING WINE.

ERIC CHRISTENSEN

CARNEGIE NEWSLETTER

A PUBLICATION OF
THE CARNEGIE CENTRE
401 MAIN ST.

ART BY TORA

To Smoke or Not To Smoke

The no-smoking bylaw is meeting some opposition in Carnegie Centre. The staff must enforce it - the patrons must find a way to live with it.

By ROBIN SOBRINA

To comply with the health non-smoking bylaw, the areas that seem easiest and that go with non-smoking as most suitable with their activities are:

Third floor - everywhere except the area outside the communication room.

Second floor - 25% of the coffee seating area

- kitchen & Volunteer Co-ordinator's office
- weight room
- gym
- childminding

First floor to be decided before December 1st.

Problems:

1. Non-smoking signs are being vandalized and/or taken down.
2. Non-smoking areas are being ignored.
3. Staff are being asked to

enforce this policy that was passed by the Board and are being hassled or ignored when attempting to do so.

Solution: We are asking for co-operation from patrons, volunteers, staff and Board members.



By FRANK PARKER

The Charter of Rights was set in motion to ensure and protect the rights of all regardless of race, creed or colour. That's what they say. The code of ethics is more or less a by-product being tested for the world market. 'You can't do this. That is not allowed. Conform as to what I say, not what I do.'

Take smoking. Everywhere you travel, there is some nerd on the band-wagon advocating non-smoking any place. Now more people have been affected by asbestos in their lungs - coal dust, all kinds of minerals, chemical spills..whether on land, sea, or in the air..through man's inability to accept what he has instead of breaking everything. If you want some things to look at, here are a few:

1. A dam built in BC that no one has any use for or wants
2. B.C.Place
3. Expo
4. Skytrain
5. Annacis Island Bridge
6. Canada Place (Have you ever asked yourself how many new pilings is it really

MANPOWER-FEAR AND LOATHING

COVER

By BEVERLY-JEANNE WHITNEY

I am a volunteer with the Carnegie Learning Centre. On Sunday afternoon, Oct.19 at 3.54pm, a lady came in to the main desk. This woman stated that she needed some immediate help. She was a slow learner and had epilepsy. I made a commitment to call for her on Monday morning, the next day, to take her Manpower & try to run interference for her and try to get her a job

This woman lives in a self-contained apartment, has her own furniture and is totally competent to take care of herself and her possessions, budget her money, buy food and pay rent. Even though she is on a handicapped pension, more money is not what she wants. She told me that all she wants is a real job so she can be a productive member of our society.

We got to Manpower at E.10th and Quebec right at 8:30am. I filled out the form for her and we located two jobs on the public board which we felt she could do. We waited an hour and a half and were finally interviewed

The man who interviewed us told us she was ineligible for these jobs and that she

would have to be referred to the Special Needs Counsellor. He was unclear about the policies and procedures, and looked in a book and then made inter-office phone calls. He said it would be at least 96 working days until a Special Needs Counsellor could call her and set up an appointment. He explained that there was a terrible backlog.

A SAD THING

This woman went to Grade Seven in public school. has very good communications' skills. and is also articulate and extremely clear on the types of jobs she feels she can do. One of the saddest things I've ever heard in my life was when she explained to me that she once had a volunteer position in the kitchen of an old age home and felt her work was meaningful to her and to the employer. The tragedy was when strangers were hired for pay. She asked how come strangers got paid jobs, and was there any thing wrong with her work.

IN JOB SEARCH

She was told her work was okay but she was a bit slow. She continued to volunteer in this position - and the old age home continued to hire strangers.

She has made a master list of jobs she knows she is competent to do: working in a mail room, taking letters from office to office, working in a kitchen putting food on trays, peeling eggs, making change and dealing with money, doing piecework in a factory. She told me that she had once seen the NFB film on working in a sugar refinery and feels that she could also do this type of work. At one point in time in this country, I was very proud to be a Canadian. Now, with old age pensioners, women receiving mother's allowance, welfare recipients, and veterans from both wars being given so little money to live on that they are living 50% below the official Canadian poverty level, I can only feel that something is seriously wrong with our country. I was devastated when this woman was not even allowed to apply for the two little jobs that we knew she could do. One was piece work in a factory, and the other

was kitchen help in a hospital kitchen. Because she worked so long at this old age home in their industrial kitchen there is little doubt in my mind that she would in fact make an excellent employee. What is the world coming to when someone is totally sincere and not wanting to accept pension money and just wants a job? I can't even describe the audacity of the Manpower system. I feel that they are totally incompetent patronising and callous to ask this woman to wait 96 *working days* for a phonecall. I walked this woman back to her home and then walked back to Carnegie. My outrage and anger at the way we were treated suffers and dies in translation.

A MEMO FROM THE PROGRAM COMMITTEE

Board members and members of the Centre are urged to attend committee meetings.

Important decisions being made without input and democratic discussion by the membership; in some cases meetings have been cancelled because of poor attendance.

Board members are required to attend committees of their choice regularly and to carry this work forward responsibly.

Three Snakes--The Movie

By TOM LEWIS AND GLADYS MUIRHEAD

Scene 1: Take 1:

A man walking through Oppenheimer Park at 1am with several bottles of Three Snakes cooking wine. Perhaps he plans to make a gourmet dinner..

Again. picture this with man with a knife thrust through his eye and into his brain. Still he retains his precious burden.

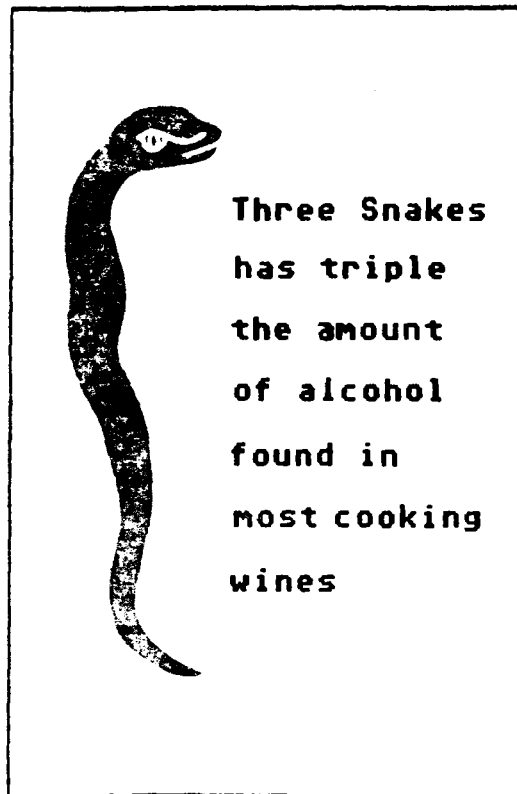
Scene 2: Take 1:

Picture three people. two men and one woman, so drunk they cannot move. Picture the woman's legs covered with sores and ulcers, taken away in an ambulance near death.

Scene 3: Take 1:

Tom and I go to speak with the director of Cordova House to gather more information about Three Snakes cooking wine.

We were told that the 40% alcoholic content of Three Snakes is triple the amount of alcohol found in most traditional Chinese cooking wine. However, it is the 8% salt ingredient in the wine that does the most harm. Ironically, the salt was added to the cooking wine recipe in an attempt to make it undrinkable. But people are still drinking it and



**Three Snakes
has triple
the amount
of alcohol
found in
most cooking
wines**

the salt content is causing hardening of the arteries, cardiopulmonary disease and gastro intestinal problems.

It is impossible to say exactly how many people suffer from the consumption of the cooking wine, but the director of Cordova House estimates at least 600.

Although several people have died as a direct result of drinking the wine, these deaths have been officially classified as being caused by..kidney failure, cardiac
...but the Director

like many others, knows that Three Snakes Cooking Wine is killing people.

Scene 4: Take 1:

City Hall: Gladys and I presented the petition to the City Clerk, who promised a hearing with the Community Issues Meeting in late Nov. or Dec.

Scene 5: Take 1:

This scene may never be shot but ideally it would show an issue of four years finally handled properly by City Council. Truly, a complete answer may never be found, but at least we could bring one killer to justice!

An alcoholic wrote a letter to God. It read:

Dear God,

I have a problem, pure and simple - it is I.

And God answered.

Dear Alcoholic,

I have a solution to your problem, pure and simple - it is I!

JOE BOUCHER

Danny Korica resigned as President of the Seniors - and Pat Kendall was elected to take his place.

Larry Campbell, director of operations for the Provincial Coroner's Office, was city coroner for years. He told the Newsletter:

"There were a number of investigations that I conducted over the years into deaths which focused on the licensing and distribution of chinese cooking wine. My feeling is that the attention should be on the business licenses of the people who sell products like Three Snakes. If somebody is blatantly flogging this stuff by the case, which is what they're doing, then their license should be revoked.

The argument is that this is being sold as a food product. They say it is de-natured. It's salty.. very salty..I've tasted it myself. They say it is unpalatable, which is nonsense because all the drinkers do is cut it with Coke. At a couple of bucks a bottle they're getting as much liquor as in a 20 ounce. We have recommended many times over the years that the licenses of places selling this stuff should be revoked. In at least one instance I believe the City did do that. But I am concerned still for the Downtown Eastside community - very concerned.

THE PALMIST

What is this sadness that makes me see
The beauty and sorrow of life about me?
Tears are more ready than laughter it seems,
For humour these days degrades human beings.

A sensitive child alone in the world
Observing then shunning harsh mouths thin and cold.
Oh, for those words to purge my soul
And linger there giving warmth to console.

I sought out a palmist who made me vow
To hold sacred her words, her ways and how
Five pounds of coffee I must procure
To co-mingle with bay leaves and animal fur.

Nine days the candles were to burn bright
To oust the spells of those who might
Have stolen a shoe or a lock of hair
Wishing to fill my life with despair.

Nine days passed. With a fearful nod
My palmist said, "'Tis the work of God.
Too late, my child. It is your fate
To see beyond love, to witness hate.

You are blessed, my child, to know men's hearts,
To reach their souls, to help them depart
From those plots that cheat, dishonour and bend
The ways of the meek and from those who lend.

Confusion, malice, torment and greed.
Go, my child. We are in need."
Armed with a cause, I slipped away
With courage, calm and my fears at bay.

ANITA STEVENS

WORKSHOP SCHEDULED ON HOW

TO RUN A PROPER MEETING

Like most things, there is a right and a wrong way to conduct a meeting. Done correctly - maximum benefit; done incorrectly - a waste of time and much energy.

For those of you who are interested, we will be conducting a workshop in Carnegie: "How to make a meeting work."

Come and join our little group, make some friends and share ideas.

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Register with Cindy Carson

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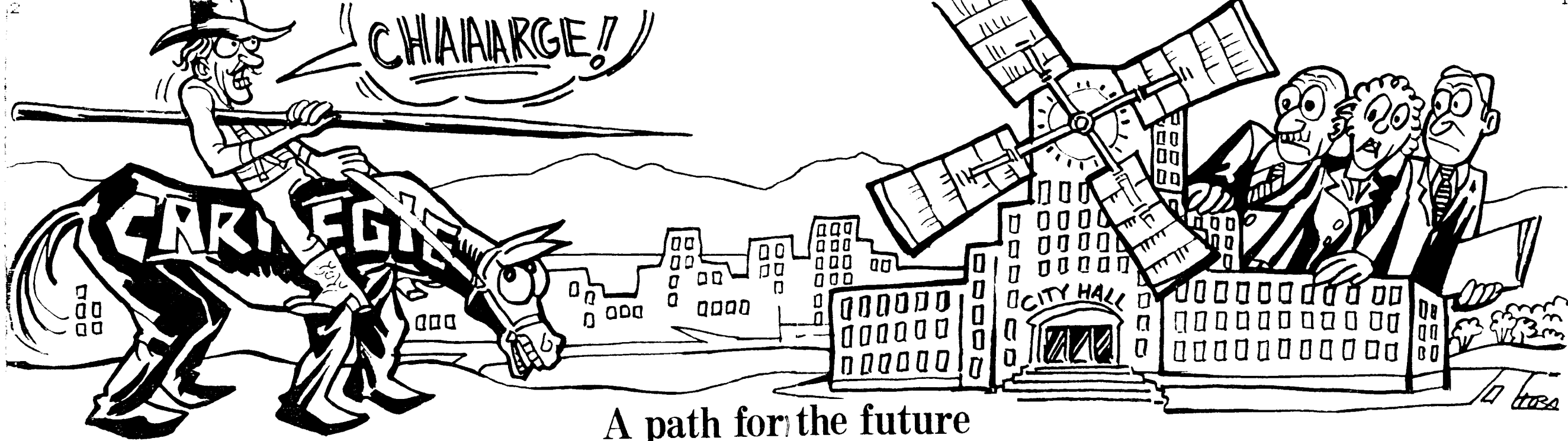
resting on?)

7. Welfare, a meager handout for many
8. Old age pensioners
9. Shut-ins
10. Terminally ill
11. Acute and longterm care
12. The Number One Priority - Education and Jobs

Should you wish to expound vehemently, choose another topic than my health - Who the hell are you? I've said it over and over: people everywhere will try their damndest to show you how to tie your shoes properly, yet they can't even see their own feet. The bastards in power perpetuate genocide, apathy, apartheid..

There is room at the seabus terminal for both smoking and non-smoking areas, but according to the new bylaw the whole area is nonsmoking - I feel quite strongly that this is an infringement on my rights.

Last but not least, we have the zealots at the Carnegie. What gives them the right to tell me just how many nails I can put in my coffin? There are all sorts of problems in the Centre and if it simply begins to look at its own basic needs it wouldn't have time to chew the fat or worry about where or how people should smoke.



A path for the future

Carnegie Community Centre Association Board is asking the city for a five-party co-operative arrangement to run the Centre.

Talks, which are likely to be complex but very rapid, have already begun.

The Board passed a motion at a recent meeting recommending to Vancouver City Council that the Centre remain under the auspices of the Social Planning Department, while working towards the unique agreement which would involve Social Planning, Parks and Recreation, School Board, Public Library, and the Carnegie Community Centre Association.

The Carnegie Board wants

June 1 of 1988.. and they also plan to fight for veto power so that the community can help decide important issues.

The Board is also planning to develop its own proposal for staff reorganisation within the building - and is urging Council to hold off on staff changes in the mean time.

The moves are part of far-reaching changes at Carnegie. Among other things voters will decide this month whether the building gets the \$650,000 which has been recommended by the City for structural changes.

Some confusion has surrounded the talks on Carnegie's future. A recent Social Planning Department

report to City Council on Carnegie said, "The Director of Social Planning believes that there are several important reasons why there should be no change in Carnegie Centre sponsorship at this time..that the Carnegie Centre remain under Social Planning auspices."

Yet members who were present at a meeting in the Centre recently got the impression Social Planning might be having second thoughts and that they might want to pull out of Carnegie.

One speaker said that the reversal of policy might "be part of a much larger movement by establishment politicians to take control of the Downtown Eastside out of the hands of residents

and prepare the area for a future takeover by young career-minded professionals"

Another speaker said that if the reconstruction of the building does go ahead.. "it is important that peoples' needs not get lost in the construction."

Among other things, the Social Planning report on Carnegie reorganisation says "The Carnegie Centre is success. Fifteen hundred people a day visit the Centre." It says the nature of programs at Carnegie has changed over the years - with more emphasis now on teaching reading and writing - job aquisition skills and life management skills- with less emphasis on physical

CONT. OVER PAGE.

Theatre full of life, energy

By BHARB GUDMONDSON

Three and half years ago I was at the bus stop, reading the Program Information Board outside the front doors. There was a program on the board that interested me and I decided to investigate further and found the Acting class in progress in classroom 2. I walked in to check out the class and wound up being part of the class. the first play I was Joanna, an improvisational play about a Learning Disabled girl. We wrote an outline collectively and practiced and preformed the play a number of times in the Theatre. We went to a number of areas in

Vancouver but the Theatre was the area most conducive to the Arts. During my first six months in Carnegie I spent half my time in the Acting Guild. Most of the time was spent learning and preforming in the theatre. For the first time in my life I became actively involved in the Fine Arts. I spent more and more time in the theatre refining my artistic skills with about thirty other people in the Acting and Music Guilds. I've enjoyed the work and learning experience i have taken part in over the past three years; enjoyed them most when taking

cont p.24

FUTURE CONT.

recreation activities.

The report says the first step in reorganising Carnegie should be to centralise responsibility for day-to-day administrative details in the hands of a Senior Clerk.

The second step, it said, is to beef up security. The most persistent problem is public drunkenness" the report says.

The report also recommends extra clerical and typing help, more information clerks and other staffing changes.

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POETRY

THINK OF ME SOMEDAY

Denise M. Nash

I found my fingers reaching for the dreams
behind your eyes,
I found my heart was yearning, for the
softness of our lives.
I know not what you feel for me, or if you
even do,
For the only time you hold me, is when
I make love to you.

Standing on a mountain side, I jumped into
tomorrow,
But then I heard your words of love, in time
I had borrow.
But when I opened up my eyes and found
it still today,
I could only dream that you would say, these
words to me someday.

I don't know what it is, that you would want
to change of me,
Maybe I'm not what you want, or it's not
meant to be.
I know I have my ups and downs, and bitterness
sometimes shows,
And why we hurt the ones we love, I guess
God only knows.

So I guess I'm on my way again, one more
road I've never seen,
And not look back at places left, or whoever
I have been,
Still I'll carry your memory with me, you're a part of my life
And on some windy evening, you might hear me in the night
For I know I have to leave you now, there seems no other way
Yet the times we shared were beautiful, think of me someday.

THE WOULD-BE HERO

I hate the Toronto Transit System these days
People going back and forth - their lives intent on television
And I know in my heart, if even the most elderly amongst them
Was being beaten, raped, or robbed
These people would do nothing.
They would even turn their eyes to avoid watching
And the only would-be hero on the subway
Will quite probably be me.
But who will I help?
The would-be victim?
Or the maniac, make their escape
But at least I know my moment of indecision
Is a result of a decision not even God
In all his infinite mercy
Could expect me to make.
Maybe that's why next time
As I drop my token in the turnstile
I shall say a silent prayer
That the would-be maniac
pick the next subway car
So the would-be hero
Shan't be me.

BEVERLY-JEANNE WHITNEY



BEANSTALK COUNTRY

BEVERLY-JEANNE WHITNEY

Do you know how the mad came into the room
 Too boldy
 Their eyes exploding on the air like roses
 Their entrance from a space you've never dared enter
 They are always attended by someone small and friendly
 Who goes between their awful world and yours
 As though explaining
 But they're really only smiling
 For they are Jacks who live in beanstalk country
 A place of tremendous hammers and beans
 And glass solidrium in which you rise to greet them
 will shed no light
 What secrets they could tell
 The horror of what they saw through the cracks
 in the ogre's oven
 But you draw back as someone says
 "Don't mind their talk, they are all disturbed today.

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NEWSLETTER

Taking what they give us

By TORA

"IF YOU TRY SOMETIME - YOU JUST MIGHT FIND -
YOU GET WHAT YOU NEED..." Mick Jagger-Rolling Stones

What we want is not always what we need, especially in the Downtown Eastside.

If someone tries to bum money off you for a bottle of O snakes - maybe it's what he wants -but it sure isn't what he needs..it's not friends, or family, or creative work, or someone to love him...so, you know, you can't give him what he needs - not now, not at this stage of things - so you give him nothing. Your decision is easy..at least you're not contributing to his deadly game.

In other situations, things aren't quite that simple. A lot of people age too soon from poverty. They just want to watch TV - sit in the same chair every day - disappear into a pack of cards, or a chessboard, or a newspaper... & forget about all this creative community-minded crap Carnegie has to offer...& who can blame them?

With a world hanging on the edge of nuclear suicide, in a neighbourhood built on despair, with a smiling fantasy gardens salesman banging on the door...you can't argue with "progress" can you? Especially when you're caught in the undertow half-drowned, and dragged

back to square one every time you make a move.

In a system built by the rich for the rich, it's not surprising that we just want to drop out, stand aside, and let it roll. That may be what we want - but is it what we need?

When a Carnegie programmer looks at a room full of TV watchers and card players, he/she knows it's not what they really need - but it's what they want - & you can't stop people from doing what they want, can you? A "democratic" society: businessmen have been making fortunes off "giving them what they want" for years.

Of course, our habit of consuming whatever the system offers was designed by the image-makers in the first place. The poor have nothing left to do but watch what the rich put on TV - to drink the beer & smoke the cigarettes & read the newspapers the rich produce - to pay the prices set by the international bankers & to live with the slogans created by advertising agencies that fill our world up with "what to buy now."

But is this what we need? No-but most of us have given

up on needing anything beyond what is being offered. We take what we can get & that's it. Once we've realized we can never live up to other peoples' expectations - never conform to their images of success - most of us fall back into consumerized oblivion.. the old armchair.. the familiar room.. the soap opera, the hockey games (where they replay every detail in full colour and tell us what to think about it all.)

Once in a while we escape to a good book, which too often turns out to be a best-seller rewritten from a tired old t.v. script starring Ronald Reagan.

STREET LIFE

And what are the mysteries of the world, but weird paradoxes that drive us all crazy if we spend too much time with them.

Life in the streets and hotel rooms is a furious display of futility - and some well-meaning Carnegie programmer wants you to take a course in civic responsibility? .. social psychology? ..new-age therapy?

Hey come on; we just want to eat and sleep and play cards and watch t.v., and let the world claw its weary way through further ridiculous qualifications.

landscaped future where the children all wear suits and ties to attend church on Sunday morning, and the only way to get ahead is to fall into line.

Taking what they give us - believing its what we really want, pretending we're free to choose, when we haven't even discovered how to make a decision about what we really need.. or have any idea about why it matters at all.

Images of success are everywhere - pounded into our brains by industrial showmanship, but what is a really successful person? A self-educated, deeply experienced, thoughtful and sensitive human soul?

For the image-benders, a business suit will do. But for real outlaws, like you and me, the only way to live outside the law is to be honest, genuine, complete, sincere, uncomplicated real.

We aren't building perfect system for our children anymore - all that turned out to be a bad joke a long time ago.

What we're building is ourselves.. and we can build ourselves into passive, t.v. watching, card-playing old vegetables - or intelligent, sensitive genuinely interactive human beings.

These qualities only sound like cliches because they've

Money on way for Claude

By PAUL TAYLOR

Funding has just come through to ensure the Learning Centre a new lease on life.

The money, from the Vancouver Foundation, will pay to keep tutor Claude Mortimer on staff.

Claude's wages had been coming from the Vancouver Vocational Institute, but they terminated it from this month.

The new money is big news for the Centre, run by Linda Forsythe.

Linda's salary is provided by both the Vancouver School Board and the Carnegie Centre Association - 70% & 30% - and she works very hard. When I was talking to her, an almost constant flow of people were seeking her advice and just stopping to talk about how what they were learning was affecting their lives.

The Centre helps with basic reading and writing skills, job acquisition methods, on-going education and opportunities to enroll in courses at VVI and classes at the King Edward campus. The help provided by Carnegie volunteers continues even after persons start at VVI, as the class sizes and busyness of the teachers there make it difficult for those wanting reading help to get it.

Linda says, "A lot of people from here come back for help with concepts and homework that they come across in their classes. This is great, as it shows a serious commitment to the decision to further their education."

One way that helping others may help yourself: reading, spelling and writing seem easy if you know how. A few of the tutors stop in, volunteer their time and patience, and help people who are themselves functionally illiterate. One man, Jay Cherotte, has begun the GED course (Grade 12 equivalency) taught by Ann McElroy. While I was waiting for Linda, Jay was helping a new regular with basic spelling.

The Carnegie Learning Centre is dynamic and vital. Both the type and quality of services offered by the many volunteers and staff

are essential for the well-being and growth of the Downtown Eastside community.

Pledges from the Walk for Literacy Walkathon can be turned in at the Information Desk.

Learning Centre is unique

Learning starts with the realization that you can learn. And learning is easy with a good teacher. That was my view after my first contact with the Carnegie Learning Centre, located on the third floor.

Ann McElroy is the instructor for the General Educational Development Program, (G.E.D.), and holds an 8 week session with two 2-hour classes a week. Ann has been teaching this course since Jan.'85 and says, "Of all the learning centres I've seen in this city, the one at Carnegie is unique. The positive reinforcement of the volunteer tutors and teachers is really dynamic.

"One man had had a gunshot wound to the head; another had dropped out in Grade Three; many who become

students have first lost confidence in their ability to learn. Talking and working here with the tutors helps them regain this."

The course is upgrading work in basic reading, writing, science, social studies, and math. After finishing the 8 weeks, you write tests and passing means getting your Grade 12 equivalency, the same as graduating from High School. Ann mentioned that many courses at Vancouver Vocational Institute and community colleges can be taken once this admission requirement is met.

G.E.D. is open to everyone, no matter how far they've gone in school or how long ago they stopped formal education.

Cont. from p.19

been repeated so many times in beer commercials and fun-loving-free market-dream scenes.

To be intelligent, sensitive and genuinely human is still a real thing to do - no matter what the advertisers say.

Only when what we really need becomes what we really want will we be taking a step towards becoming real in an unreal world. We won't just be existing to pass the time anymore - but instead, creating our own selves, consciously and deliberately

really are - not what the system says we should be - or says we should not be. Not success.. not a failure not even running a race prove anything. continuing to grow naturally as a human being. Its the only real reason to leave the old armchair behind. You took a chance the day you were born - why stop now?

Maybe its true that old habits die hard - but its also true that what Carnegie really needs is something beyond what it wants.

22 Soybean diet cheap, healthy

By ERIC ERICKSON

In 1958, doctors told the young man that his liver was going and he would be dead within 15 years if he did not completely quit drinking. Now, 28 years later, at the age of 56 he still drinks but he is in excellent health, his liver troubles only a fading memory.

He rides a 10-speed bicycle around the Downtown Eastside works by the hour in other persons' yards and walks for miles sometimes. He has no arthritis, no heart trouble. Ailments that once troubled him, such as gout, hyperinsulism, diverticulosis, hemorrhoids and a nerve condition are long gone.

He has not needed to take a laxative for 15 years. He does not even bother to keep headache pills on hand. He catches a cold about once in two or three years.

How did that man come from life-threatening ill health to such resounding good health during a time of life when the health of most persons is going downhill?

About nine years after the doctors' warnings, the man found himself very sick indeed. "I was beginning to believe that I'd be dead by 1973," he says. But then he came across a book on nutrition, 'Feel Like a Million' by Catherine

put into practice what he learned from its pages.

"I learned that cirrhosis of the liver isn't caused as much by the drinking as by not eating, or not eating properly," he says. "Mainly it seems to be a result of protein deficiency so I've been on a high-protein diet ever since I read the book,

even though I never did stop drinking."

PROTEIN SOURCES

More than one death in the Carnegie area has resulted from cirrhosis of the liver and persons who like to drink might do well to learn from that man's experience, at least to the extent of striving to keep their protein intake high.

Unfortunately, the best sources of protein - meat, fish, eggs and dairy products are usually the most expensive while those lacking protein - bread spaghetti, etc., are the ones that are cheapest and sometimes even free in the Downtown Eastside.

"Guys come off a big drunk with no money and think they can get by with what they can get at the missions. But the missions can't afford high-protein foods to hand out either so when the guys

go on another binge, they're still suffering from the ill effects of the previous one."

The healthy 56 year-old suggests sources of protein other than those traditional ones listed above.

"Nuts and seeds of any kind contain protein so peanut butter is an excellent source," he says. "Peas and beans contain protein but lack one of the eight amino acids high quality protein is made up of. For that reason, a complete protein should be part of the meal."

He points to soy beans as an exception. "Soy protein is as high quality as meat protein. It must be good. They've been relying on it in China for centuries and look how many of them there are now."

Because he has not found a way to make cooked soybeans taste good, the man relies on pure soy protein powder which he buys at the downtown Woodward's store.

"It costs \$4.25 for 454 gm. (one pound). Two pounds a month gives me about half my minimum daily requirement of sixty grams. I mix it into pancakes, soups, stews, casseroles or any other dish I am making. It has flavour of its own so you can do that."

"You can't keep your body in shape by eating second-class food any more than you can keep a building up by using shoddy, salvaged

material or by using no material at all. I'm glad I learned that before it was too late," the grey-haired man says as he mounts his 10 speed and rides off down Hastings St.

Children "feel like refugees"

I am speaking on behalf of the older children who use this centre. We feel as if we are refugees in a foreign country.

The Childminding Area is set up for the younger children so we feel that we should have access to the gym. The small children should be supervised by their parents or other adults. When we play basketball or other activities the little ones get hurt and everyone comes down hard on us.

In the past two weeks one staff member has threatened to smash my head in while another said I should not play in the gym and another told me I had to stay downstairs. It all depends on whose child you are if you get preferential treatment.

WAYNE JOSEPH SCHMIDT
Age 10 years

place in the theatre there is a feeling I get when singing in the Theatre. I get the same feeling taking part in ;the political system within Carnegie. I can feel the energy present in the Theatre .

About two weeks ago I heard about a proposal being discussed for space re-organization that was bring discussed that would see the theatre turned into classrooms for the Learning Center and the present gym turned into the theatre.

When people fought to save this building for the community, they were fighting to save a place that had always been full of life and energy. It is very difficult to describe a feeling. The Theatre is not like the Woodwork Shop, where you walk in and take note of all the equipment, the people and the special projects they are making and these things enable you to describe the Woodwork Shop and what it creates.

In the Theatre the thing created is Spiritual Energy. It isn't something we can measure with our eyes, but it's what makes Carnegie Centre such a special place. The Spiritual Energy present is this building acts like a magnet drawing like

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people to it. To destroy the place where much of this Spiritual Energy is created would be a sad waste, because it could take many years to re-create an; area as special as the theatre is now.

At this time is just a proposal for space re-organization. this is also the time to speak out and fight any proposals not in the best interests of the Carnegie Centre. We should speak out strongly against such destruction just as people initially fought to save the Carnegie Centre from being destroyed.