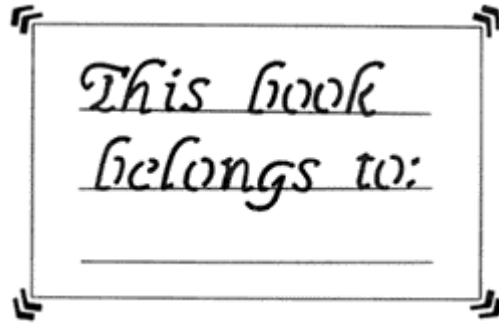


THE WRITER'S VOICE



STAYING ALIVE



THE WRITER'S VOICE
Fall, 1984

Second printing: January, 1986

Third printing: June, 1987

In This Book:

How We Made This Book



East End Literacy News



Health Stories



Recipe

How We Made This Book



It was fun doing the **Writer's Voice**.



We do it together with students and tutors and friends.

We had meetings and we talked about health.

We had several visitors, like Carolyn.

Carolyn is from the Department of Health. She said, if you are not happy with your doctor, change him.

We talked about many things about health. The we sat down and wrote stories.



We take pictures to show what the stories are about.



We lay out the pictures where they should go.



We print some stories and we type some.



We make up titles and print them with large letters.

We put it all together... and we take it to the Toronto Board of Education to be copied.



Special thanks...

to all the students, tutors & friends who helped make this book:

Anne, Betsy, Carolyn, Cathrine, Charlie, Douglas, Elain, Eleanor, Gloria, Hank, Harold, Isabel, James, Joanne, Judy, Laurel, Linda, Liz, Marguerite, Mario, Marsha, Marlett, Olwyn, Pat, Penny, Paul, Rick, Robert, Rose Marie, Roula, Ruth, Sally, Scott, Seatceah, Susan, Tannis, Uris, Xing Ci, Shelley.

Special thanks to the Sir Joseph Flovelle Foundation for giving us money to help make this book.



Herbs



By Susan Tsoi

The herbs have a long history
and they are good for humans.
They make the body stronger.
When people have problems,
they buy herbs to kill the germs.
So many people like to try
herbs because they have no
side effects.

One kind of herb can build up
the blood, make good
circulation and strengthen
the heart.



Eat a variety of foods from each group every day

milk and milk products

Children up to 11 years 2-3 servings

Adolescents 3-4 servings

Pregnant and nursing women 3-4 servings

Adults 2 servings

meat, fish, poultry and alternative 2 servings



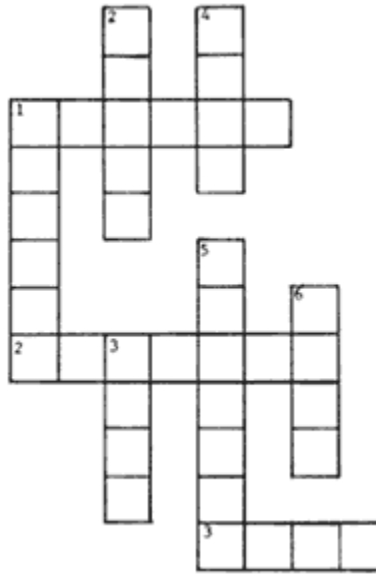
bread and cereals 3-5 servings

whole grain or enriched

fruits and vegetables 4-5 servings

Include at least two vegetables.

Crossword



Across

1



2



3



1



2



3



Down

4



5



6



Answer on page 16.



Mothers' Vegetable Garden

Since support Mothers are looking after their own garden now.

They started planting in late May.



The garden is in South Regent Park. They are doing their best to keep it up on their own.

I was surprised to see it looking so good now. I stopped to look at it.



I was shocked to see it was still standing. I didn't expect it would last two weeks.

Fill in the blanks.

I was surprised to see it _____ing so good now.

Sole _____ Mothers are looking after their own garden now.

The garden is in South _____ Park.

They are doing their best to _____ it up on their own.

I _____ to look at it.



I was _____ to see it was still standing.

I _____ expect it would last two weeks.

Fill in the blanks with these words:

didn't
Regent
keep
look

Support
shocked
stopped

HEALTH STORIES

My Operation

By Linda

My husband was squawking about it for a year.

Now they believe him.


They finally took my gallstones out, and my gallbladder.

They told my husband he brought me in just in time.



WORD GAMES

All of these words are in Linda's story.

Find the words and put a  around them.

Some of the words are hidden  bigger words.

my

in

out

all

an

us

the

ear

on

to

All of these words are in Linda's story.

Fill in the missing letters.

fin a l l y

g _ _ _ stone

g _ _ _ bladder

h _ _ band

j _ _ t

_ _ ok

husb _ _ d

_ _ d

operati _ _

gallst _ _ es

galls _ _ nes

_ _ ld

QUIT SMOKING

By Laurel Octavia



My advice

to people who smoke:

QUIT.

Smoking is not food for your health.

I used to smoke very hard.

I could not keep in good health.

My doctor told me if I didn't stop smoking I would end up very bad with my health.



I used to smoke up to forty cigarettes per day.

I have stopped smoking now for going on 21 years and my health is much better.

So, to all people who smoke: give it up for your better health.

Crossword Answers

(from the puzzle on page 9)



How I've Given Up Smoking

By Charles A. Fogg

As of the first day of August this year, I said to myself. "I am going to stop smoking by the end of this month." Mostly because of a severe chest problem and my doctor's advice.

Every day I kept saying, "I am going to stop."

As the days went by, every way I tried to quit. But no.

I still kept smoking. On the eleventh, I went to the hospital for X-rays of my eyes. I left the table in a sort of hurry, for I did not want to be late for my appointment, and I left my cigarettes and lighter behind. I did not think too much of not having a smoke, being in a no-smoking area most of the time. I waited till I got home.


I got home about time for supper so I thought I'd wait till after supper during coffee and have a smoke. Lo and behold, as I reached for a cigarette some words come to my mind: "That's not for me." So that's the way it's been since that evening of August 11 at 6:30 PM. You know, where there's a will there's a way, and the Lord's help as well.

Find the words.

a	p	p	o	i	n	t	m	e	n	t	b	m	h	o	m
a	d	y	k	a	s	n	u	y	g	f	f	a	t	o	A
s	d	X	-	r	a	y	s	d	h	y	i	j	v	z	u
z	s	f	g	h	j	d	o	c	t	o	r	'	s	l	g
z	x	w	e	r	f	i	i	i	u	r	s	j	o	p	u
z	c	c	v	i	o	l	h	g	l	y	t	o	m	l	s
s	t	o	p	s	h	j	o	a	p	m	l	l	e	f	t
u	e	f	l	m	y	l	p	r	l	s	j	v	w	t	p
p	l	f	o	o	k	m	j	e	p	s	q	f	o	r	m
p	s	e	j	k	o	g	c	t	i	p	l	x	r	p	l
e	r	e	d	i	y	k	h	t	o	o	k	p	d	a	y
r	h	j	g	n	k	i	r	e	b	o	p	t	s	l	c
s	x	g	h	g	o	h	o	s	p	i	t	a	l	o	k
r	e	a	c	h	e	d	j	k	m	l	p	z	a	e	y
a	c	n	j	i	o	p	h	k	a	e	k	l	p	m	b
n	o	-	s	m	o	k	i	n	g	j	a	r	e	a	l

Some words in Charles' story have lines under them.

These words are hidden in the puzzle.

Put a  around all the words you find.

The answers are on page 25.

Excercise

BY

Eleanor Doiron

I go to the garden.



I go to the gym.

I jump over the horse.



I go swimming.

I jump on the trampoline.

I jump off the diving board.



I go skipping.



I get a suntan.



I relax.



I fly a kite.

Help for the Handicapped

By Anne Goheen



I feel sorry for the handicapped people because they are being oppressed due to inadequate transportation facilities.

Going down the stairs and escalators at the subways, large department stores and other big institutions seems impossible. I would like to see ramps built for immobile persons. I would like to see ramps built in restaurants, hotels, cinemas, theatres and stadiums -- for hockey, football and baseball games.



Also, more volunteers should offer to take the infirm and elderly on shopping sprees at designated times at large plazas and department stores, to the churches of their choices and to gatherings where they can meet other people for social, emotional and spiritual guidance and practical help, e.g. personal hygiene and cooking facilities.

Humans we are.

Enjoy the act of life.



Sanitation in Hotels

By E.T.

I am a health care worker. I worked for many agencies, hospitals and nursing homes. I enjoyed my work very much. Recently, however, because of the high rate of unemployment, I accepted a job as a chambermaid in a downtown hotel. The conditions there were very unhealthy. Most of us -- the employees, even the guests -- broke down with some kind of illness.

The rooms were very dirty and needed painting. Also, the carpets were very dirty. The bedspreads were washed sometimes once in every two to three years. Only the bottom sheets were changed. The top sheets went to the bottom. The pillows were very dirty and old. You wouldn't even give them to your pet dog to sleep on.

The towels were used more than once. by putting them to dry out. One day a guest asked me for a set of towels. When I gave them to him, he threw them back at me, and said "I asked for clean towels!" I said they were clean, they just came in from the laundry. But, believe it or not, they weren't.

Someone made a report and the health inspector was called in. They were forced to clean up or close down.

Did you understand?

Did you understand the story about sanitation in hotels?

Write down your answers to these questions:

1. Why did the employees and guests at the hotel get ill?

2. How often were the bedspreads washed?

3. What were the pillows like?

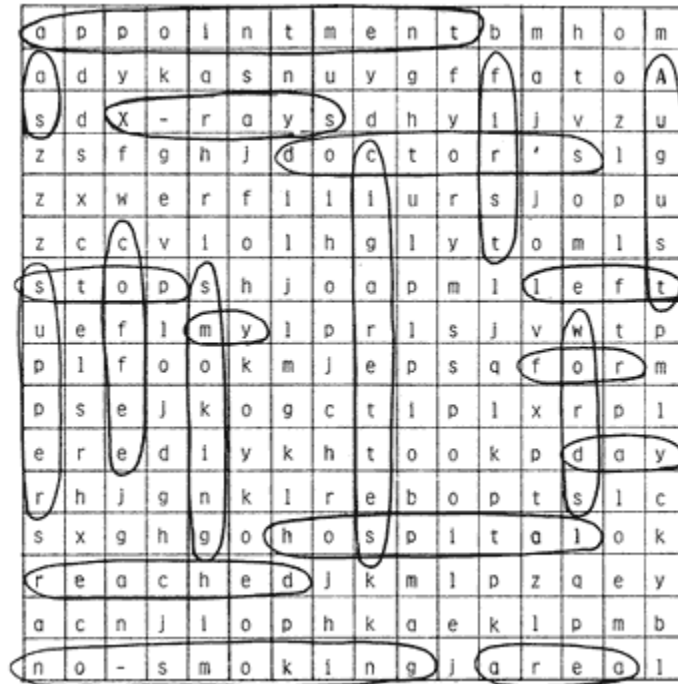
4. What did the guest say?

5. Were the towels dirty or clean?

6. What did the health inspector make the hotel do?

Puzzle Answers

(from the puzzle on page 18)



How the Seizure Started

by Robert

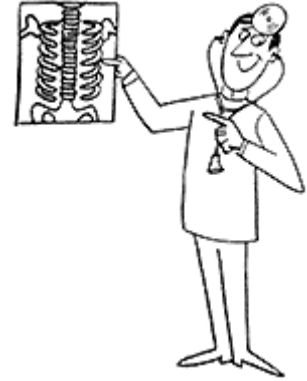
I was hard at work on fine China
when I started my seizure.
I was working near the machine at work.
I had too much medicine that day.
I went in the hospital June fourth.
I had testing done in the hospital.
The food was lousy in the hospital.
I had a lot of visitors in the hospital. The nurses were nice in the
hospital.
I was very happy to go home.



Roula's Operation

I went into the hospital on Sunday, June 10th, to have an operation on my gallbladder. I stayed overnight and I had the operation the next day.

In the morning a nurse came in and told me I had to go for x-rays. After the x-rays, when I went upstairs, my parents were waiting for me in my room.



The nurse brought the stretcher to take me downstairs to the operating room. Before the operation, the doctor gave me a needle to put me to sleep. After I was asleep, they operated.

The doctor put the intravenous in my hand and something in my nose. The nurse brought me back to my bed about 1 o'clock in the afternoon. I was sleeping.



It took me nine days to get better. I had a lot of visitors, and I went to visit other patients. I could not have any solid food for five days.

On Monday, June 18th, the nurse brought me breakfast. I had a boiled egg and toast, tea and milk.

After breakfast the nurse came to tell me that I could go home. I had to phone my parents to come and get me. So my parents came to get me with my cousin.



My Accident

By Morelet Nelson

In the year 1982, the 10th of October, I was in a motor vehicle accident. I was traveling in a friend's car which got into an accident with another car.

My friend and I were taken to the hospital by a motorist who was on the scene of the accident. I got cuts on my face for which I received twenty-one stitches. Also, my back and my knee were hurt. I was treated and sent home. I went to my family doctor five days later to take the stitches out. After the stitches were taken out, my face was swollen and painful. I was recommended by my doctor to be seen by a plastic surgeon in three weeks time. I was told by the surgeon that I will need plastic surgery in one years time. I received plastic surgery in October last year to remove the scars.

I have been having headaches since the accident. I'm very concerned about the scars on my face. I get very depressed sometimes.



411 = \$.60

Can you read the phone book?

If you can't read the phone books dial 411.

Tell the operator the name and address of the person you want to call.

The operator will give you the number.

This is called Directory Assistance.

Most people have to pay \$.60 each time they use Directory Assistance.

But Bell will not charge you if they know you can't read the phone book.

Ask them to send you their form for people who can't read the phone book.

Bring the form to East End Literacy.

We will help you fill out the form and send it to Bell.

Then you won't have to pay for Directory Assistance for two years.

During that time, ask someone to help you learn to read the phone book.



WORLD LITERACY DAY - SEPT. 8, '84

By Hank



All over the world,
people got together for Literacy Day.



We wanted to let people know
that we want to learn to read
and write.



Our group marched from Queen St. to Bay and Wellesley St.



The students from East End Literacy made this banner.

EAST END LITERACY NEWS

I went to the Picnic.

By Eleanor Doiron

I went to the EEL Picnic.

I like picnics.



James and Marlene brought their baby.



Everybody was hungry.

The food was good.

We enjoyed the food.

People sat in the shade and talked and had a good time.



The sun was very hot.

You could hardly walk in it.

Egg and Potato Pie

1. lb. Potatoes
5 Eggs
Small tin tomatoes
Herbs
1/2. lb. Cheese

1. Boil the potato.



2. Mash potatoes with one egg.



3. Spread the potatoes round a shallow dish or tin leaving a hole in the centre.



4. Boil the tomatoes with a pinch of herbs.



5. Pour this mixture into the hole in the potato.



6. Crack the eggs whole into the tomato.



7. Grate the cheese and spread all over the dish.



8. Bake in a hot oven for about 30 minutes or until the cheese is melted and crispy brown.



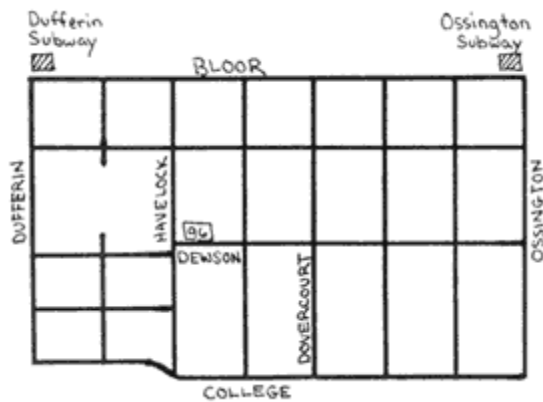
Sing, dance, eat, drink
and enjoy yourself at
East End Literacy's
CHRISTMAS PARTY



at Elaine's house
DECEMBER 17/84

Pot Luck Dinner

Bring a dish of something and we'll all share it.



at 7 o'clock
Dewson St.

OUR NEXT ISSUE:

The next issue of The Writer's Voice will be about children.

Would you like to write a story about children?

Your tutor will help you write the story down. We will put it in the next issue of The Writer's Voice.

Here are some story ideas:

- A favourite story about your child
- How we learn from children
- Your childhood memories
- How to be a good parent

The Writer's Voice group meets every Wednesday, 6-8 p.m. at East End Literacy. All learners and tutors are welcome.

Call us at 968-6989.



THE WRITER'S VOICE
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FALL, 1984

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