

Current Garbage Disposal Waste Of Natural Resources

Individual Canadians collectively "throw away" some 25,000 tons of solids each day and five to ten times this quantity is rejected by industries.

Solid waste generated in Canada this year, states an Ontario Economic Council report, would build a four lane highway, three feet deep from Toronto to Vancouver.

"Such is the magnitude of the solids waste disposal problem and the measure of our extravagance in using the nation's natural resources."

Authors of the report are Dr. J. H. Brown and R. H. Clark of Queens University, Kingston.

Cooperating with the Ontario Economic Council in sponsoring the report were the federal Ministry of Transport through the Canada - Ontario Rideau-Trent-Severn intergovernmental planning group. Assistance was received from the Kingston based staff of the Waste Management Branch of the Ontario Department of Energy and Resources Management.

Included are a review of solids waste disposal methodology, a preliminary design for systems handling up to some 100,000 tons annually, and a tentative

evaluation of the market for recoverable waste.

"Emphasis is placed on the economic aspects of these indicate the possibility of public acceptance," say Dr. Clark and Brown, "but also indicate areas which could be fruitful for further research and development."

Among the points made in the OEC report are the following:

1. Recorded Canadian experience in the field of waste management is minimal.

2. Collection of solid waste usually costs some \$8 per ton but disposal only \$2.

3. Collection and treatment should probably be handled regionally up to approximately 35 miles.

4. Landfill and incineration pose the risk of air and water pollution and in many areas may have to be replaced by a more sophisticated treatment. Much development work will be required, however, to establish clearly the potential of other disposal methods. Reclamation systems are likely to prove the least costly to install and to operate.

Among the various methods evaluated are milling or pulverization, incineration, composting, anaerobic digestion,

pyrolysis, fibreclaim recovery, hydrolysis, compaction and segregated and unsegregated reclamation.

"Within the next decade the reclamation and recycling of waste materials will become an ecological necessity," states the OEC report. "A public demand for progress in the area is beginning, and will grow."

Among the more significant recoverable and marketable solid wastes studied were paper ("the largest single component of municipal waste"), glass, ferrous and non-ferrous metals and food wastes.

There are still thousands of veterans hospitalized across Canada, most of them in Department of Veterans Affairs' hospitals and homes. Red Cross volunteers visit these veterans and undertake their personal chores as letter writing and shopping. Through the Red Cross more than 11,000 patients participated in the arts and crafts program, saw film shows and enjoyed sing songs in 1970.

Still Human Being

NEW WESTMINSTER BC (CP) - A man with a number and a mug shot on his chest is still a human being.

This is the message of a human relations course at the BC penitentiary which is being undertaken voluntarily by 75 corrections officers of that institution and the Matsqui prison for adult offenders.

The 15 week program is the first of its kind in British Columbia and one of three in correctional institutions across Canada.

Its goal, simply, is to bring a little more humanity into prison life.

"What we're doing is helping the staff become more aware of things that determine what causes people to do what they do," explained instructor Lyle Howarth.

"The end result of these programs is that people treat others in a different, more humane, way. They no longer treat other people as 'things.'"

T. W. Hall, western regional director of the Canadian penitentiary service, said the value of the course has been demonstrated at Drumheller penitentiary in Alberta, where Mr. Howarth began a similar program in 1968.

"The problem for centuries has been to break down the invisible barriers between staff and inmates."

"After going through these sessions, the officers are going to understand themselves and the inmates better and relationships cannot help but improve."

"At Drumheller, the climate of the institution and relationships between staff and inmates have changed. You Don't sense tension there."

One of the sessions, at which a reporter sat in included a couple of impromptu skits, informal debates and a demonstration of techniques which inhibit communications between two persons.

At one point, Mr. Howarth asked: "Have you ever thought about what it's like for the average guy to come in here through admissions?"

"He comes in the Black Maria; we put him into a cage with a sliding iron door; he's called out, booked in, stripped, showered, given a medical

examination, communicable diseases deloused if necessary. "It's all completely impersonal and to a point time it must be humiliating. And that hour gives him his first experience of a prison."

Prison officers are the job of improving rehabilitation largely up to them.

Said Mr. Howarth, a year veteran of corrections service:

"We'll never have psychiatrists, psychologists or social workers at correctional institutions. "If the job is to be done by the man who has direct contact with inmates."

Inch-Thick Pork Chops

The thin fast-fry pork chops have been gaining popularity rapidly because they offer the convenience of faster cooking. However, the inch-thick pork chops take very little extra time to cook, and are juicier and more versatile. They are excellent broiled, panbroiled, braised or baked, say home economists at the Ontario Department of Agriculture and Food. They can even be stuffed.

Pork chops should always be at least one inch thick for broiling. To broil, preheat broiling unit five minutes. Place chops on a cold broiler pan to prevent sticking. Allow a distance of six inches between the top of the chop and heat source to ensure slow cooking; cook chops 12 minutes on each side.

Panbroiling is a little faster than broiling and to some palates the result is a more tasty chop. To panbroil, place chops in a

lightly greased skillet, medium heat. Pour fat as it accumulates. Turn chops frequently. Ensure even cooking. Chops 10 minutes on each side.

Braising and panbroiling require longer cooking times, but chops prepared by these methods are very little attention. Braise: brown chops in four minutes on each side over moderate heat, liquid, cover, and simmer to 20 minutes. Chops baked are browned in same way, then placed in 325 degree oven for 25 minutes.

Stuffed pork chops are one of the most delicious variations. Split inch-thick pork chops just to the bone with a seasoned stuffing that has been combined with prunes, apricots or other fruit. Fasten with toothpicks, skewers, then broil or bake. Very easy and fun for entertaining.

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Ontario Place Dream To Reality In Two Years

TORONTO - Less than two years ago there was only water, but now on Lake Ontario, south of Toronto's Canadian National Exhibition grounds, there looms the 96 acre Ontario Place complex. Today, passersby can see the space-age silhouette of the pod Ontario Place pavilion, the domed Cinesphere theatre, and the 46 acres of landscaped man-made islands that constitute the new exhibition showcase of the province and its people. It opens officially May 22.

The daring proposal of creating this entirely new Government of Ontario complex on the Toronto waterfront was first announced on August 16, 1968, by Prime Minister John Diefenbaker, when he officially opened that year's Canadian National Exhibition. It would, he said, utilize the natural setting of the waterfront, and attempt to create the atmosphere of gaiety and excitement which helped make Expo '67.

It would hope that the Government of Ontario would be the first to require to inspire other developments along the entire Metro Toronto waterfront," he stated.

The vision began its transformation into reality on March 17, 1969, when construction started on the complex on the lake. To create the two man-made islands at Ontario Place, more than 2,500,000 cubic yards of fill were needed, with as many as 1,800 truckloads of fill being dumped each day. By opening day, almost 30,000 trees, shrubs and plants will be in the ground; 17 acres of grass will have been sodded; 3.4 miles of pathways will have been constructed; almost half a mile of beaches will be graded and contoured. Then the east and west islands of Ontario Place will be ready for the people of Ontario, May 22.

The West island at Ontario Place is visually dominated by Cinesphere, a triodetic, dome shaped theatre. One of the most advanced theatres in the world, it uses a giant 60 x 80 foot screen, a projection capability which ranges from 16 m.m., through 35, and 70 m.m., to the giant, Ontario developed "Imax" projection system which fills the entire screen, and a 24 track stereophonic sound system with 55 speakers.

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Red Cross Youth Program

Encouraging community projects which involve youth is one of the major objectives of the Canadian Red Cross youth program.

Red Cross has always recognized the positive contribution which Canadian youth are capable of making to their communities.

Community Red Cross youth projects serve a multi-purpose. By working on these projects young people discover how to become part of their community and at the same time their efforts benefit the community. The enthusiasm and imagination of youth has often been the factor which made a project succeed.

There are no age limits for being a Red Cross youth member. The program starts in the elementary school where students receive health instruction from their teacher-sponsors and it continues on past post-secondary schools and with adults working as youth advisors.

While in elementary school the students correspond with school children from other countries by exchanging albums and art and also they make up health kits for children of developing countries.

High school students choose more community oriented projects such as the tutoring of slow learners or hospitalized children. They are also very active in the Red Cross water safety

program, teaching handicapped children how to swim. The projects under-taken at a particular high school depend on the needs of the community and the initiative and imagination of the youth. In some communities Red Cross youth have done things such as organize clubs to teach conservation to elementary school aged children. This past summer they were also responsible for operating several pilot day care and recreation centres for children and a pilot project for senior citizens which included wheelchair tours of the local zoo.

In the international field Canadian Red Cross youth projects have been put into operation all over the world. The health and sanitation project for Vietnam is a good example of youth concern. Red Cross youth

have raised the funds to sponsor the operation of nutrition centres, dispensaries, a vaccination program and the teaching of basic sanitation habits in three areas of Vietnam. Also for the past several summers a team of trained Canadian Red Cross youth members has worked in Jamaica on programs of water safety, first aid, leadership training

and assisting at several camps for handicapped children. The significant thing about these activities is that the funds needed to support them in Canada and abroad are raised by youth themselves. The administrative costs are the responsibility of the Canadian Red Cross Society.



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