

## Distress centre

# Telecare urgently needs volunteers

New Zealand has Life Line. The United States has Contact and Canada has Telecare. Telecare is a distress centre, open seven days a week, 24 hours a day, manned by volunteers and funded by donations.

The Richmond Hill branch of Telecare serves the residents of Markham, Unionville, Vaughan and Richmond Hill. The branch receives 1,000 to 1,200 calls a

month. More volunteers are urgently needed.

The Telecare volunteer is a special person. He or she is possessed with "caring love", the ability to empathize with and genuinely care for the caller who is in distress.

But caring love is not enough. Volunteers also need a high level of skill and awareness. All volunteers must first attend an intensive training course. The course covers a variety of topics including active listening, self-

awareness, sexuality, marriage breakdown, alcoholism, depression and suicide. In total, attendees receive 52 hours of training over a 20-week period.

Attending the course does not obligate anyone to become a volunteer. In fact, classes are split between those who attend the course in order to become a Telecare volunteer and those who are taking the course for their own benefit. There is a charge of \$20 to cover the cost of materials.

The training course is offered

once a year. Organizers hope to attract 50 people to each session.

This year the course begins on Tuesday, Sept. 23 at 7:30 p.m. It will be held at St. Mary Immaculate Church in Richmond Hill.

Jill Watts, a Telecare volunteer, takes her turn on the phones each month, as well as serving on the board and responsible for public relations.

When asked why she became a Telecare volunteer Ms. Watts said, "I wanted to help in some way and I've always been a good

listener. It's very satisfying. When just one person says, 'Thank you for being there', it makes it all worthwhile."

Perhaps you also have what it takes to be a Telecare volunteer. Perhaps you would like to take the Telecare course for its own value. Either way, you are most welcome to attend the next training session.

For further information on the training program, please call 884-3000 (weekdays between 9 a.m. and 5 p.m.) or 881-8396 (evenings and weekends).

## Food blitz being held at Markville

In an effort to reach the community of Markham, the Harvest Food Bank is launching a food blitz at Markville Shopping Centre next week.

Donations of non-perishable items can be dropped off at the food bank depot in front of Miracle Food Mart on Sept. 26, 27 and 28.

Serving York Region and North York, the Harvest Food Bank is attempting to establish greater community awareness and understanding regarding the severity of hunger in suburban Toronto and York Region. It is the first and only food bank of its kind in suburban Toronto.

"Helping to feed the hungry by collecting and sorting non-perishable food creates a sense of community awareness," said founder and co-ordinator Loren Freid.

Between January and July of 1986, Harvest Food Bank raised 80,804 pounds of food from a network of food drives. It also established a number of distribution centres such as the Salvation Army.

For further information, call the Harvest Food Bank at 746-8483.

## Unionville break-in

Two stores in the Bridle Trail plaza were broken into sometime between Sept. 15 at 6:50 p.m. and Sept. 16 at 7:55 a.m.

Police said the north wall of Tricia Skin Care was smashed to gain entry into the store and the next door veterinary clinic. Damage is estimated at \$1,000. The total theft loss from both stores was \$750.

# DON'T LET YOUR LUNCH HOUR



## GO TO WAIST

## FREE WORKOUTS

FOR NON-MEMBERS FROM  
12:00 NOON TO 5:30 P.M.  
CALL FOR CLASS SCHEDULE  
ALL MEMBERSHIPS ARE ON  
TIME STOP

**HURRY! LAST WEEK**  
**75<sup>00</sup> OFF**  
OFFER EXPIRES SEPT. 30/86  
**MARKHAM VILLAGE WOMEN'S CLUB MEMBERSHIP**  
WORKOUT FREE UNTIL JANUARY 1/1987. YOUR MEMBERSHIP WILL OFFICIALLY START AT THAT TIME

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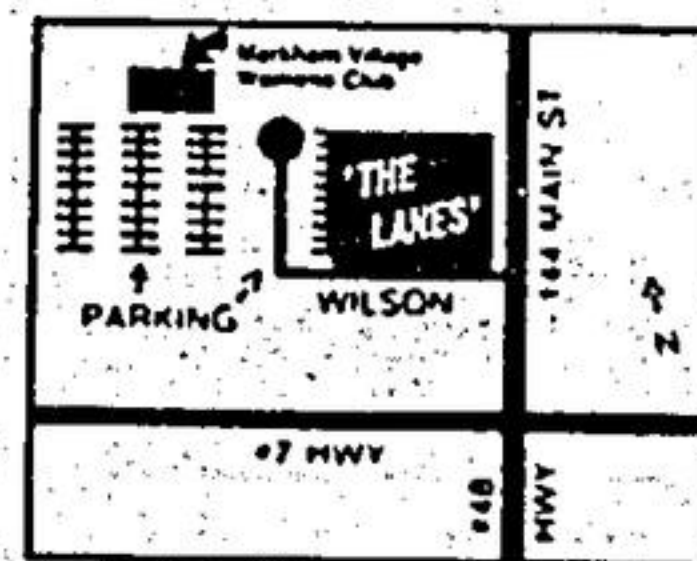
**Nobody Beats**

**THE WALLPAPER CENTRE**  
OPEN THURSDAY & FRIDAY NIGHTS UNTIL NINE!  
• **OSHAWA** 140 Simcoe St. S.  
(Just South of John) 579-1655  
• **AJAX** 1313 Harwood N.  
Between Hwy. 2 and 401 686-0719  
• **SCARBORO** 793 Markham Rd.  
Between Ellesmere & Lawrence  
431-4458

Markham Village Lanes Shopping Centre



*Early Bird Work-Out*  
7:30-9 a.m.



Markham Village Women's Club  
We are temporarily located at the Works Department behind The Markham Village Lanes.

294-7764

144 MAIN ST. N., MARKHAM Mon.-Fri. 7:30 a.m.-9:00 p.m.