



# 7 NEWS

TORONTO'S OLDEST COMMUNITY NEWSPAPER  
315 Dundas St. East (All Saints Church)  
Toronto M5A 2A2 Phone: 363-9650

VOLUME 10, NUMBER 20 APRIL 11, 1980

## FREE TAKE ONE

Deadline for the next (April 25) issue of 7 News is Monday April 21. Bring or mail your news, pictures, or ads to 7 News, 315 Dundas St. E., Toronto M5A 2A2 or phone 363-9650.

## The Danforth in words and pictures

By GEORGE RUST-D'EYE

The Danforth in Pictures  
by Barbara Myrvold (1979)

Did you know that in September, 1907, a service was held in a church sitting on rollers in the middle of Danforth Avenue? Or that in 1906 a moving van piled high with furni-

ture had to be abandoned on "the Danforth" when it sank in mud up over its hubs? Or that the pioneer road-builder Asa Danforth had nothing to do with the building of the great road which bears his name? These snips of information are all part of the story of **The Danforth in Pictures**, told by librarian

and researcher Barbara Myrvold, in a book just published by the Toronto Public Library Board, the third in its "History Handbook" series.

An apparent weakness of all local histories is their alleged preoccupation with seemingly trivial facts. Such a criticism ignores, however, the significant part which historical

### Mementos of Yesteryear



events of every degree of "importance" play in every facet of the current life of a community. **The Danforth in Pictures** is a well-told story of the development of an area of Toronto which has received little attention in previous writings on the history of this municipality. Slow to develop due to transportation problems caused by the natural barrier of the Don River Valley, the Danforth came into its own well after the turn of the century, when expansion pressures and the building of the Prince Edward Viaduct caused it to come alive.

In **The Danforth in Pictures**, Ms. Myrvold tells the story of the Playters, the earliest family to settle in this area, and whose family names, Playter and Ellerbeck, are commemorated in modern-day street names. References are also made to other early inhabitants of the Danforth area whose names are still familiar: John Wilson Bowden, builder, Thomas Hogarth, school-teacher, William Harris, livestock dealer and glue manufacturer, Charles Gates, innkeeper; butchers Sparkhall and Ingham, brick-makers Logan, Wagstaff and Sawden, and market gardeners Sammon, Cosburn, Greenwood, Leslie, Logan, and Pape.

Charles Coleman, after whom another street was named, was the postmaster at Coleman's Corners (also known as "Little York"), centred around the intersection of Dawes Road and Danforth Avenue. Neil Kennedy Bain, who worked downtown for the Taylor Safe Works, left not only a street name, but also his house at 14 Dingwall Avenue, of which a photograph appears in the book.

Although few of the residents of the Danforth area who are mentioned in the book ever became prominent in the affairs of the City, one who did was the colourful politician, Earnest Albert Macdonald, (1858-1902), who was Mayor of Toronto in 1900. Ms. Myrvold deals mainly with Mr. Macdonald's career as a land speculator and real estate promoter of the properties east of the Don north of Gerrard. His designation of this area as "Rosedale East" brings to mind the equally nonsensical modern-day misuse of "Cabagetown", particularly as applied to the same area by latter-day successors to Mr. Macdonald. His wheeling and dealing in real estate and his promotion of improvements for his neighbourhood earned him the title "the Baron of Chester".

His main claim to fame, or rather notoriety, however, arose from his promotion of the Georgian Bay Ship Canal and Power Aqueduct Company, whose scheme was to dig a canal between Lake Simcoe and Lake Ontario. Perhaps some day a biography will be written about this "court jester of municipal politics", who, as described in **The Danforth in Pictures**, "died on 18 December, 1902, burnt out at only forty-four years of age."

**The Danforth in Pictures** also describes the physical development of the Danforth and of its churches and other institutions. The expansion of transportation facilities, so

vital to the growth of the area, is outlined in detail: the opening of the Don and Danforth as a plank road in the 1850's; the inauguration, in 1889, of the first streetcar service connecting the Village of Chester, at Danforth and Broadview, to the downtown; and the monumental events of 1913, — the laying of streetcar tracks on Danforth to Luttrell, and the commencement of the building of the Prince Edward Viaduct.

Some of the Danforth churches and their congregations, whose history is outlined in **The Danforth in Pictures**, are St. Barnabas' (Chester), founded in 1859, Hope Methodist, (1879), and Holy Name, (1913). There is also the story of the establishment of the Jewish cemetery on Jones Avenue, in 1883. The book also includes brief but interesting histories of some local schools, such as Chester Public, Frankland, and Danforth Technical, and of the Danforth Branch, Toronto Public Library.

Ms. Myrvold has also collected a number of interesting photographs to illustrate her history of the Danforth. The photos are good, and greatly increase the reader's information concerning the topics described. One wishes, however, that such important historical photographs had been allowed to be fully appreciated in their original black and white, rather than losing some degree of definition by being printed on beige textured paper. This is a criticism which also applies to Ms. Myrvold's first book, **North Toronto in Pictures**, another excellent local history available from the Toronto Public Library.



1. The Neil Kennedy Bain House, 14 Dingwall Avenue, east of Logan, (1859), a handsome and unusual Georgian brick cottage, preserved and appreciated by Edit A. Koivula, who operates the Withrow Park Day Nursery there. Credits: Photos 1 and 2 by George Rust-D'EYE

## Survey shows doctors opting out

A survey was conducted recently by the St. David NDP during the NDP provincial medicare campaign. The boundaries of the survey area were Yonge St. east to the Don River, and Bloor south to Lake Ontario.

The purpose of this survey was to

gather statistics on which doctors had opted out of OHIP and which had stayed in.

In the area previously defined, the total percentage of specialists opted out was 35 percent, but the total of general practitioners whom had stayed with OHIP was 3.45

percent. The total of all doctors opted out was 26 percent.

Of the specialists in this area, 77 percent of psychiatrists had opted out, but none of the pediatricians had done so.

### Riverdale news

By ROSS MACKINTOSH

Congratulations are extended to Riverdale students for outstanding efforts in scholastic and extracurricular activities.

The Riverdale choir, involving 130 students from grades 9 to 13 competed in seven categories at the recent Kiwanis Music Festival in February and won three Second Place awards and four First Place awards. The choir received cash awards of \$250 total which will be used to purchase new music and sponsor several young singers who will perform at the school.

Nine Riverdale students also competed against 26,000 students from 1,100 schools throughout Canada in the annual Junior Mathematics Contest sponsored by the University of Waterloo. The grade 10 team stood fifth among Toronto schools, chiefly as a result of the efforts of two boys, Edmund Chan and Tat Wong.

Another Riverdale student, Tracy Snedden, was profiled on CityPulse News as an example of a secondary school student who does well at her studies and also puts much time and effort into sports activities. Tracy is a cheerleader, swimmer, volleyball player and is part of the Girls' Athletic Association.

In spite of the fact that she and her family moved to the west end recently, she continues to attend Riverdale because she believes, as in the school song, that "there is no better school."

## May Day clean-up

Last year DACHI (Don Area Co-op Homes Incorporated) initiated a May Day spring clean-up campaign and was strongly supported by community groups, specially The Cabagetown Business Improvement Area. The campaign was very successful, considering the short notice on the fact that it was a first-time effort. Many members pitched in to help with sweeping, raking and planting. There were even a couple of lawn sales — a great chance to get rid of some of the unwanted

things from storage. When all was done a fine barbecue was had, although under rather cold conditions.

Looking around our co-op with all the debris collected over the winter it seems like a good idea to make the campaign a yearly event. Indeed, the entire neighbourhood would benefit from a collective effort too. So, with the support of everyone, including our neighbours, DACHI will again sponsor the event, and it will be held on the weekend of May 3 and 4.

### Job for Cools

Former federal Liberal candidate Anne Cools has been appointed to a one-year post with the National Parole Board, according to Solicitor-General Bob Kaplan.

Though Ms. Cools has a criminal record for her part in the 1969 com-

puter-smashing at St. George Williams University in Montreal, Kaplan believes that her prison experience will help her "understand some of the pressures faced by individuals with whom she will be dealing".

## Bingo!

Like to play bingo?

If you do, come to the Friendship Centre at All Saints Church, 315 Dundas St. E.

It's 25 cents admission, 10 cents a game, and it happens every Tuesday at 7:30 p.m.

The prizes are half of the take, and the rest goes to the Friendly Neighbours Club.

## Correction

The article on Springboard in the February 29 issue of 7 News contained a number of errors. The project's name is definitely Springboard, not Stopover, as it was referred to at one point. Springboard's vans get 2,000 to 3,000 miles a week put on them, not yearly. And the director's name is spelled Joice Lawson, not Joyce Lawson.



2. Player Farmhouse, 28 Player Crescent, as it looks today. On page 9 of **The Danforth in Pictures** is a photograph of the house as it looked shortly after it was built, in the 1870's.

It is not easy to dig out, as Ms. Myrvold has done, useful and accurate information about a little-known and historically less important area of the City. The work is time-consuming, particularly the finding and interviewing of older residents, whose stories live only in their memories, and will die with them, if not recorded for posterity by researchers such as Ms. Myrvold. Such work is necessary and valuable, particularly when its products provides enjoyment for us all.

**The Danforth in Pictures** is on sale for \$3.50 in most branches of the Toronto Public Libraries, and through its Business Office, 40 Orchard View Boulevard, Toronto M4R 1B9, from which may also be obtained the previous two books in the series, **Yorkville in Pictures, 1853 to 1883**; and **North Toronto in Pictures, 1889-1912**.

### Get 7 News with your groceries

Thanks to the co-operation of Dominion Stores you can now pick up your copy of Seven News in any of the four stores that serve the Ward Seven area. They are:

345 Bloor East (Greenwin Sq.)  
720 Broadview  
149 Sherbourne  
238 Wellesley (St. Jamestown)



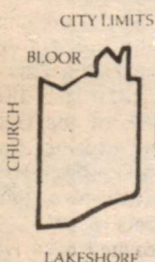


7 NEWS is a community newspaper founded in 1970 and published every other Friday by Seven News Inc. Address: 315 Dundas St. East (All Saints Church), Toronto M5A 2A2. Phone: 363-9650. 7 News is distributed free in its circulation area; mailed subscriptions are \$7.50 per year. Opinions expressed are those of their authors and not necessarily those of 7 News.

BOARD OF DIRECTORS: Ulli Diemer, John Gladki, Bonnie Heath, Howard Huggett, Rob Hutchison, Roger Rolfe, Margaret Watson.

STAFF: Editor: Ulli Diemer. Production & Design: Ulli Diemer, Rita Hoffman, Mike Higgins, Rhonda Sussman, Gloria Penhall. Bookkeeping: Margaret Watson, Dorothy Bushey, Mary Ann Hammond, Myrna, Myles Trbovich. Photography: Cherry Hassard. Subscriptions: Marlene Jardine. General Volunteers: Margaret Watson, Isabelle Clewes, Myrna, Sandra. Writers: Joan Bryden, Sharon Cameron, Gordon Cressy, Ulli Diemer, Jim Hockley, Janet Howard, Howard Huggett, JoAnn Hutchison, Clive Morgan, Anne Woods, George Rust, D'Eye, Kathy Kerr, Karin Joeveer, Mary Ann Hammond, Jill Leach, Richard Guitart, Seth Borts. Distribution: 7 News is distributed by over 220 individuals and groups, too many to list, but thanks go to them all.

#### ADVERTISING RATES



**DISPLAY** ..... \$5 per column inch  
**VOLUME DISCOUNTS** ..... space purchased  
 can be spread over a 12-24 month period. Details on request.  
**POSITION CHARGE** ..... 10%  
**PAGE CHARGE** ..... 10%  
**CLASSIFIED** ..... 10c/word. Minimum \$2.50 paid in advance.  
**SEMI-DISPLAY** ..... \$5/column inch. Minimum charge \$5.00  
**NATIONAL RATES** ..... 40c/agate line  
**SEVEN NEWS** — serving all of Ward 7 and beyond  
**CIRCULATION** — 20,000



### DARRELL KENT REAL ESTATE LTD.

Real Estate Broker, 484 Pape Ave.,  
 Toronto, (416) 469-5317

FOR THAT SPECIAL SERVICE  
**Barry Tulip**



### Famous Italian Food

GEORGE'S SPAGHETTI HOUSE  
 CORNER OF DUNDAS & SHERBOURNE

**FREE DELIVERY**  
 ON ORDERS OF \$4.00 AND OVER

**923-9887**

\*\*\*\*\*  
**HOME DELIVERY**  
**Phone 923-9887**  
 \*\*\*\*\*

#### Complete Italian Dinners

Pizza  
 Lasagna  
 Ravioli  
 Spaghetti  
 etc.

\*\*\*\*\*  
**Delivery Hours**  
 Mon.—Thurs. 11 A.M. — 1 A.M.  
 Friday 11 A.M. — 2 A.M.  
 Saturday 4 P.M. — 2 A.M.  
 Sunday 4 P.M. — 10 P.M.

## MOM'S DELI

Try our Corned Beef, Pastrami, & Smoked Meat  
 Try our Knishes, Latkes and Kishke Special Dinners Everyday

Also cold cuts to take out by the pound  
 Corned beef, roast beef, baby beef  
 pastrami, salami, cheese

#### Eat In or Take Out

415 Parliament (near Gerrard)  
 922-4684  
 Licensed under LLBO



### MONTEGO BOUTIQUE 439 Parliament St. 968-2581

February Sale continues  
 Reductions of up to 50%

Custom Dressmaking  
 Exclusive Disco Suits

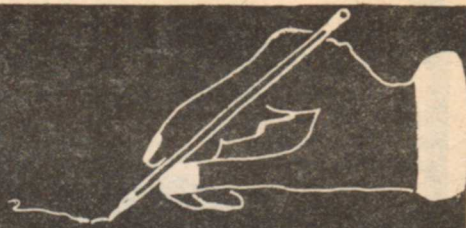
Exotic Lingerie  
 Danskin

Dresses to Size 22 1/2  
 Brassieres 36 - 52DD

Mastercharge Lay-Away—Plan Charge

## LETTERS

If you have comments or opinions about what is happening in the community or about what you read in 7 News, write us a letter to 7 News, 315 Dundas St. East, Toronto. All letters must be signed but if you ask us to, we will publish your letter with a pen name and keep your real name confidential.



## 'The seniors' benefactor'

"There's one born every minute," they say, "and one to take 'em." I'm afraid I'm one of the former. Let me share my blushes with you.

An optical firm advertising regularly in 7 News offers a 20% discount on glasses. The generous offer is for "senior citizens only". I took advantage of this handsome discount and then found that I had paid way more than I would have at any of ten randomly chosen opticians WITHOUT ANY DISCOUNT. I felt cheated.

Naturally I went back and said, "there must have been some mistake." All I got was an indignant brushoff and a message to this effect: if you want quality instead of "garbage" you've got to pay for it. I said I was sure their 10 colleagues would be happy to know they were purveyors of "garbage." A hasty rejoinder that no one in particular was meant, ended our unpleasant exchange.

After than an independent third party, armed with a new copy of the original prescription from the examining doctor, took over for me. Specific quotations from three randomly chosen opticians were obtained. In addition another one was chosen whose reputation was known from other sources. The result? Average price for lenses on the identical prescription were \$89 as compared to

\$136 charged by the seniors' "benefactor." Even with the discount the charge I had paid was an average \$18 more than that of opticians with no apparent concern for the aged who gave no discounts at all.

There may be nothing illegal about all this, unless, of course, a charge for misleading advertising could be laid. But it does raise an important moral and social issue — I mean offering such a costly and supposedly preferential treatment in advertising directed to senior citizens "only."

Seniors of the world unite! We have nothing to lose but our glasses. Though our powers may be fading, most of us can still subtract 89 from 136. Alone we are powerless, but together, along with our many friends, we have more muscle than some few of those who make glasses may be able to see.

Sincerely yours,  
 Gordon George

### Senior Citizens Only

20% DISCOUNT ON ALL GLASSES AND FRAMES AT

### REGENT OPTICAL

311 Sherbourne St.  
 (corner of Gerrard, next to drug store)

**925-5772**

Open Mon.-Fri. 10 am - 6 pm  
 (Closed Saturday)

## ADVERTISE?WHO ME?

This article appeared in the June 30, 1973 issue of 7 News. We are re-printing it in this issue because seven years later, we still couldn't put it any better.

### KIERAN BREAKS Business Manager SEVEN NEWS

The attitude and responsiveness of the small businessman in the Ward Seven area to advertising seems at times confusing. During the past few weeks while selling advertising space for Seven News, I received the following reasons for not advertising:

1. Business is bad;
2. Business is OK.
3. Tried it once or twice and didn't get any results;
4. My business doesn't need advertising;
5. I disagree with the media because of: political reasons; past relations; personal reasons.
6. Advertising too costly.

**1. Business is Bad**  
 Surely if business is bad or slow, some type of promotion is necessary. Should the business be seasonal there is no reason for not continuing to do some advertising. The more frequently your business has its name flashed in front of the public, the more likely they are going to react. The object of advertising, it seems to me is not to expect everyone to run down to your store upon reading your ad, but to get a positive response from them whenever they pass your business or run into a need for the products or services you sell.

**2. Business is O.K.**  
 Should business be going well,

maybe that is a sign it could be doing better. Perhaps you should in fact be increasing volume and turnover.

Many retailers have peak sales periods during the year and for most of them Christmas is the most important. Advertising at this time of year is highly competitive. All stores, from specialty shops to department stores compete for the Christmas shopper's dollar.

There are various other times of the year when at least some stores have important sales periods. Candy stores, flower shops and other stores carrying similar commodities find advertising for Easter and Mother's Day a must. Father's Day is an important sales period for mens' clothing stores but it seems only the major department stores and chain stores do much advertising for the event. Those store's carrying school supplies, often find themselves advertising a month or more before school reopens. Even though the carrier's of these goods expect plenty of sales they generally desire more for profit and for helping to keep their business on a sound financial footing for any lean months ahead.

**3. Tried it Once or Twice and Didn't get Any Results**

The advertiser who honestly expects hundreds of people to flock to his store in response to one or two ads placed in a media, would do well to budget his advertising money a little more wisely. One large advertisement (costing say \$50) has less affect on the public than four smaller ads (costing \$12.50 each). The reason is that the

smaller ads cover a greater period of time and have a larger audience.

**4. My Business doesn't need Advertising**

Not many businesses can make the claim "I don't need to advertise." Business can always be better. However should the businessman not be interested in doing better, but is satisfied the way things are, then obviously advertising and promotion will not interest him.

**5. The businessman who refuses to advertise because of some previously bad experience in advertising, or because he dislikes the media or someone in it, is harming himself more than he is the media.** Businessmen interested in promotion for profit, look towards getting the public's attention. This means promotional advertising. The businessman who refuses to advertise for purely personal and non-economic reasons is 'cutting his own throat'.

**6. Advertising is Too Costly**  
 Advertising is only too costly when the advertiser, either alots too big a budget for advertising, or uses his advertising budget unwisely.

Advertising budgets should be figured out at the beginning of the business's fiscal year. There is no control over the businessman's advertising expenditures when he simply promotes when he has the cash, or when business is good.

The experienced businessman knows when to expect sales, has a record of previous year's sales, and keeps an eye on current market trends. This individual knows exactly what he wants to spend in promotional advertising.

## POETRY

John Dornan, a grade 5 teacher at Lord Dufferin School, has been encouraging his students to write poetry with some remarkable results:

### Birds

Noisy, squawking  
 Floating, flying, fluttering,  
 Happy cheerful morning greeters.  
 Birds.

Grace Thomas

Ocean  
 deep noisy  
 slash crash curl  
 The gentle water slides  
 Ocean

Jenny

Rainbow  
 shining colours  
 shines promises  
 gardens  
 makes you feel nice

Crystal Gouldby

### Sunshine

In the summer the sun is  
 gorgeous,  
 gentle;  
 it glistens,  
 glimmers.

Kim John

Books  
 Old New  
 Thick Thin  
 Sit Open Read  
 I like Books Now  
 Books.

Ernie Lloyd

### Jobs

jobs  
 work move  
 cramp pack move  
 cramped coming from work  
 jobs.

Patricia Tyrell

### Babies

playful loveable  
 walk laugh cry  
 cute loveable tiny sweet  
 Babies.

Dawnella Maurice

Summertime  
 sweating thirsty  
 camping swimming picnicing  
 always goes so quickly  
 summertime.

Paul DiCarlo



## NIP on the air

The Neighbourhood Information Post has launched a one-hour TV "pilot" which may develop into once-a-month series.

The Rogers Cable program was produced by Susan Seaby of the Post. NIP volunteer Susan Way hosted the first show while NIP counsellor Lij Burdock answered phone enquiries over a call-in line.



Guests included Toronto Star columnist Dr. Marion Powell, Blaine Parsons, chartered accountant and participant in the NIP free income tax clinic, and Bill Tracey, a troubleshooter from City Hall.

Officially known as Resident Relations Officer, Tracy is currently assisting tenants in the clean-up of bachelorettes in the Parkdale area.

## NIP needs directors

Neighbourhood Information Post is looking for community-minded people to serve on its Board of Directors.

This information centre, established to provide free information on all aspects of community life to all residents of the downtown east area of Toronto, will be holding its annual meeting on May 14. It needs new blood for the board and executive.

Work on the board is fun and interesting and not too tough. It involves one board meeting a month and the occasional committee meeting. (Of course you are welcome to give much more time if you want.) If

you think you might like to serve on the board, you can find out more by phoning N.I.P. at 924-2543 or by dropping into the office in Library House, right beside the Parliament Street Library at 265 Gerrard Street East.

### Fund Drive

As well, N.I.P. is currently in the midst of a fund-raising drive. Any donation, large or small, will be appreciated. Or perhaps you would like to work as a volunteer, answering phones, talking to people or helping to let the community know about this non-profit service. You can work as many or as few hours as you wish.

## Pensioner may lose home

A Scarborough pensioner may lose her home because of a \$3,324 bill she owes Riverdale Hospital for maintaining her husband in a chronic care ward.

This debt has resulted from the health ministry's policy of charging chronic care (more than 60 days) patients with a portion of hospital costs.

New Democrat MPP Richard Johnston said that the combined pensions of the woman and her husband are less than \$800 a month, and they must pay nearly \$400 a month in hospital bills.

Exemptions do exist to take into account the woman's living costs, but even with these exemptions, the woman would be left only \$80 a

month for food, clothing, and normal home maintenance.

Since both the hospital review board and the government social assistance review board have not done anything, Johnston brought out the woman's case in the Ontario Legislature, hoping her problem would be solved.

Riverdale Hospital is on St. Mathew's Road, near Gerrard and Broadview.

## School sports

By JOANN HUTCHISON

Lord Dufferin Senior Girls' Basketball team won the city championships on March 26th. The girls brought the Irene O'Brien Trophy to Lord Dufferin for the first time since 1959.

Coach Judy Anderson named Cheryl Jones "the outstanding player of the season and the game." In the winning game, Cheryl scored 14 of the 24 points that saw Lord Dufferin top their opponents by a 24-11 score. Maureen Bailey scored the other 10 points in that game.

Other team members include: Sandra Brooks, Ena Bennett, Sue Ping Cho, Diane Scotland, Judith Thomas, Genevieve Weeks, and Novlette Williams.

### School Swim Meets

But the sports program at Lord Dufferin is not open only to the champs. Every student from grade 4 to grade 8 had an opportunity to participate in one of 3 swim meets held during school time.

Judy Anderson, a physical education instructor at the school, came up with the idea and organization for the plan, with lots of help and support from lifeguard Bob Kaross.

Each class organized a team, and each student was allowed to enter a maximum of three races. The events included: back crawl, butterfly, back stroke, and free style in 25 yard and 50 yard races; free style relays; co-ed free style; and a novelty relay for the shallow-enders who could do anything from swim to run across the shallow end of the pool.

"Some outstanding swimmers have emerged," Ms. Anderson said with pleasure, and, judging by the results, some enthusiastic swimmers clearly emerged as well. Ms. Anderson gave out ribbons to everyone, winners and losers, as long as you finished the race. When asked how many ribbons she had given out, Ms. Anderson estimated "approximately 200."

The school swim meets served as a great warm-up for the junior school swim meet held at Allenby Public School. The students swam by age groups in the same events they had been involved in at the school swim meet. The swim team will be involved at the finals at Keele St. School on April 10th.

### Quotations to Remember

If I am a great man, then a good many of the great men of history are frauds.

—Andrew Bonar Law

## Don River Day

By HOWARD HUGGETT  
DON DAY

Make a note of the day, Saturday, April 19th. That's the day that the little stream that flows down through the middle of Ward Seven gets some of the attention that has been missing throughout the year. Tens of thousands of people pass over it every working day and most of them hardly glance at it. Yet it has shaped the history of this city in more ways than we realize.

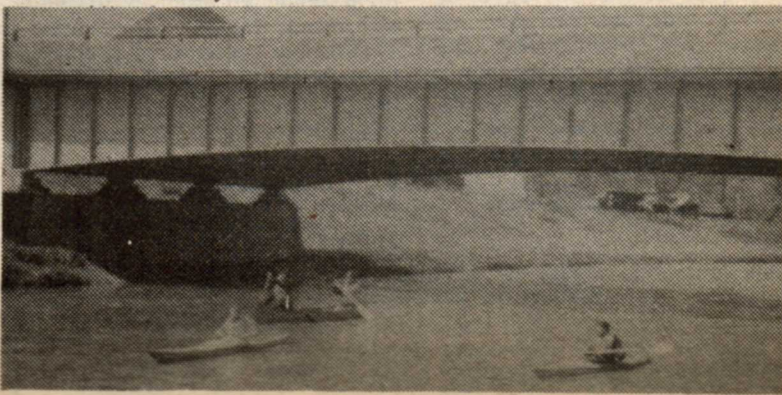
There is a group of people who realize the value of the Don River and every spring they go to a lot of trouble to remind the rest of us. They gather in Serena Gundy Park near Eglinton and Leslie on a spring Saturday, launch their canoes into the West Branch of the river and head for the lake. It is worth the trip to the park to see them pull into the parking lot with their canoes on top of their cars or vans, unload their colourful craft and take to the water. No flotilla of coureurs de bois from the early days of Canada's history ever displayed as much colour as these canoeists do with their oil-skin suits of many hues. Their craft have as many shades as their clothes. Last year there was

There was even a kayak or two.

If you cannot get to the park you might be on the watch for these voyageurs in the lower Don valley in the early afternoon. An easy vantage point to get to is the pedestrian bridge over the river in Riverdale Park, but there are better viewing spots farther upstream. You can drive down the hill from Castle Frank towards the Don Valley Parkway, but turn south down the dirt road that runs underneath the Bloor Street Viaduct. This road is not far past the bridge that crosses the river, but it is not well marked, so slow down or you will miss it.

Another spot is reached by driving down Pottery Road from Broadview Avenue past the old Fantasy Farm and pulling in where a patch runs alongside the river. You have to walk at this point — there is a chain to keep cars out.

Only once a year is there an opportunity to see the stream, complete with the craft it was meant to transport. They certainly look at home on its surface, and so they should, because canoes were on that river thousands of years before Europeans arrived here. Go and see it, it's a nice way to recall our history.



## WCB lets you know

The Ontario Workmen's Compensation Board has published a booklet listing types of occupational disease hazards and the resulting diseases which are recognized and for which claims may be allowed by the Board.

Brief comments on WCB claims procedure and the medical considerations involved in occupational disease claims are followed by listings of various occupational disease hazards, their effects on the human body, and the industries in

which the hazards may be encountered.

"The booklet should make employers, workers and other concerned individuals more aware of potentially dangerous substances in the workplace," said Dr. W.J. McCracken, the Board's executive director of medical services.

Copies of the new booklet may be obtained from the Ontario government bookstore, 880 Bay Street, Toronto, (416) 965-2054.

*Le petit cafe*

French Cuisine  
458 Parliament St.  
(South of Carlton)

8 a.m. — 11 p.m.  
TEL. 921-4802

VALUE & SERVICE SINCE 1947

MEMBER CANADIAN JEWELLERS ASSOCIATION

**SALE 30% off SEIKO & BULOVA**

**DIAMONDS**

FOR APRIL BIRTHDAY GIFTING

**albert JEWELLERS**  
718 QUEEN ST. EAST  
(AT BROADVIEW)

CHARGEX 465-0578

Master Charge

**MITCHELL BROADLOOM**  
2846 Danforth Ave.

SALES SERVICE  
INSTALLATION

FREE  
SHOP AT HOME SERVICE

Broadloom in Stock. — Every Price Range  
Vinyl Flooring — Ceramic Tile  
Wall to Wall & Room Size Rugs

**THE BEST FOR LESS!**

35 Sq. Yds. Completely Installed  
\$199.00 with Attached Underpad  
Budget Financing Available

694-3111

Chargex Master Charge



# Riverdale Socio-Legal

Riverdale Socio-Legal Services (R.S.L.S.) has been in existence now for three years. Offering legal advice for a wide range of matters, the clinic serves low-income people in the Riverdale area.

The office is located at 932A Queen Street E., just east of Logan Ave., on the second floor, and is open Monday and Wednesday from 10 a.m. until 6 p.m. and Tuesday, Thursday and Friday from 9 a.m. until 5 p.m., or by telephone in those hours at 461-8102. On staff is a lawyer, three community legal workers and a secretary/receptionist.

Advice and representation from R.S.L.S. is free of charge. The limits to this assistance are financial and geographical. If a person can afford a lawyer, or on the other hand, is eligible for legal aid, then referrals to the appropriate office are made. The clinic serves people earning a low income, applying financial guidelines to assist people most in need of help.

Secondly, because of the volume of work in Riverdale, and the existence of other legal clinics elsewhere in Metro, R.S.L.S. serves people living within our local area. The boundaries are the Don River on the west side, Coxwell Ave. on the east, the lake on the south, and the city boundary on the north. People living in Ward 7 west of the

Don River should call Neighbourhood Legal Services, 306 Sherbourne St. at Gerrard, at 961-2625.

Being responsive to the needs of the residents of Riverdale, R.S.L.S. is managed by a community Board of Directors consisting of people who live or work in the area. These volunteers meet monthly to decide on the priorities R.S.L.S. should follow in providing legal services. People should feel welcome to participate. Indeed, to learn about the services, everyone is welcome to the Annual Meeting to be held in June and which will be advertised soon.

R.S.L.S. provides assistance in the following legal and social service areas: landlord/tenant, family law, criminal (less serious charges), welfare and family benefits, small claims, consumer, immigration, and wills. Besides giving advice, assistance in filling out forms and documents, and court representation, R.S.L.S. also provides legal educational programs to Riverdale residents. The clinic also works with groups of residents concerning their common problems.

The staff attempt to perform legal education at an individual case level, as well as with groups of people at community meetings. In landlord/tenant disputes, for example, a tenant has a number of opportunities to resolve the conflict with the help of court officials before the

sheriff can order you to vacate the premises. If someone does not know how to proceed, then they should call the nearest legal clinic early in the dispute, not at the last moment. Often once people learn about their legal rights and obligations, they do not need to seek legal assistance.

Similarly, if a person feels s/he has been victimized by a welfare or family benefits office, an appeal can be made to the Social Assistance Review Board. Once again, early advice gives the person a much better chance to prepare a case. A legal worker might be available at the last moment before a hearing, but in order to offer more than simple moral support, time to prepare an argument before the Board gives the client a much better chance of winning an appeal.

R.S.L.S. is available to help individuals, and also to take part in legal education. If you have a legal problem, or you and some friends want to learn about a particular legal area, the staff is available to help.

R.S.L.S.  
932A Queen St. E.  
461-8102

## Newsletters here

As you are now aware, Dixon Hall has incorporated its newsletter into 7 News, appearing in the last issue of each month. In order to better serve our newsletter readers, as well as do our part to assist our community newspaper in its distribution task, we have added some new locations where you can pick up a copy of 7 News.

The following are all the locations in the primary Dixon Hall service area where copies of 7 News are delivered:

- Regent Park Services Unit-63 Belshaw
- Regent Park Community Improvement Assn. — 44 Belshaw
- Park School
- Regent Park School
- Highland Variety Mart — 119 River St.
- River Variety — 91 River St.
- Sweet Marie Variety — Queen and Sumach
- Albert's Smoke Shop — Queen and Sumach
- Futura Type — 68 Sumach St.
- Dixon Hall — 58 Sumach St.
- East View Variety — 118 Sumach St.
- Riverside Church — 456 King St. E.
- Little Trinity Church — 477 King St. E.
- Plaza Cleaners — 360 Sackville St.
- Drs. Carver and Rosenthal — 425 Queen St. E.
- Dot's Clothing Store — 431 Queen St. E.
- B.A. Grocery and Variety — 140 Sackville St.
- Bikoe Pest Control — 434 Queen St. E.
- St. Paul's Church — 83 Power St.

### Notice:

ANNOUNCEMENT  
OF THE  
ANNUAL MEETING OF MEMBERS  
OF  
DIXON HALL  
ON  
APRIL 22, 1980  
AT  
7:00 pm AT DIXON HALL  
58 SUMACH STREET,  
TORONTO, ONTARIO

### NEED A RIDE?

call

#### operation springboard

315 Dundas Street East at Sherbourne  
Toronto 863-6198

We run a regularly scheduled bus  
service to  
FEDERAL AND PROVINCIAL  
INSTITUTIONS

# Youth and the law

**Q:** Do my parents have a legal right to know about all the things that happen to me at school? Isn't my school life private?

**A:** Yes, your parents do have such a legally enforceable right. The **Education Act** of Ontario places parents under a legal duty to ensure that children attend school. Neglect or refusal to do this can lead to criminal charges followed by a fine, or charges under the **Juvenile Delinquents Act**. The **Education Act** also lays down duties for principals, teachers, and students. The duty imposed on principals and teachers includes the duty to report to parents regarding their child's progress in school and any absenteeism. The school is expected to act as a "kind, firm, and judicious parent" and the student to accept such control.

**Q:** I am sixteen years old. I would like some information about birth control. If I go to Planned Parenthood or a Family Planning bureau, will they tell my parents?

**A:** No. A person who goes to any of these counselling services is assured of confidential information and assistance. If any files are kept by the organization, they are for statistical purposes only and may not be revealed to others.

**Q:** The Family Planning Clinic has advised me and referred me to a doctor. Do I have a legal right to insist that he prescribe birth control pills without my parents' consent?

**A:** NO. A minor does not have the capacity to consent to non-emergency medical treatment, unless he/she is married or living away from home on a permanent basis. In order to be protected against possible legal action in the future, therefore, the doctor is justified in requesting valid consent from one legally able to give it — Your parents. This is the law. In practice some doctors do not request parental consent for "mature minors" (16-18 years old). After explaining the procedures fully, the doctor may assure himself/herself that the patient understands what is involved and choose to accept the minor's consent. But the minor patient has no legal right to demand this procedure: it is discretionary. The minor, on the other hand, can seek another doctor willing to accept the minor's consent. He/she is not bound to accept treatment from the first doctor he/she visits.

**Q:** I am under sixteen years old. Does this information apply equally to me?

**A:** NO. A Family Planning Clinic may counsel or advise a young teenager, but a physician will not generally prescribe birth control pills or commence other medical treatment without parental consent.

**Q:** Why?

**A:** Any consent obtained from such a teenager would be invalid if the procedures were later questioned by the teenager's parents, as minors are said not to have the "legal capacity" to consent. A physician who proceeded with any medical treatment without a valid consent could be:

1. charged with professional misconduct by his professional college,
2. charged with contributing to juvenile delinquency under the **Juvenile Delinquency Act** or,
3. be faced with a possible civil action (for "damages") by the parents

**Q:** Is my family doctor under a legal duty to report to my parents that I have visited him regarding birth control information?

**A:** No. Your family doctor may well respect your request for confidentiality. But you must realize that a family doctor owes duties on many fronts to all members of a family with whom he/she has had dealings over a long period of time... that is, to your parents as well as to you. Therefore, although there is no legal duty compelling him to contact your parents, individual doctors may feel a personal obligation to do so.

**Q:** I think I may have V.D. I know the law requires me to seek medical attention. When I go to a V.D. clinic, will they tell my parents?

**A:** If you are over sixteen years old, No. The **Veneral Diseases Act** of Ontario allows doctors to accept the consent of a person over the age of sixteen years for medical treatment of venereal disease. If you are under sixteen years of age, the information may well be forwarded to your parents. The purpose of V.D. clinics is to control a highly contagious disease. At the clinic you will be asked the name(s) of your sexual contact(s). No one at the clinic is really interested in your sexual activities — the control of the disease is the only important aim. This is a public health issue.

**Q:** I am fifteen years of age and pregnant. I would like to know about the chances of getting an abortion, but do my parents have to know?

**A:** Unless you are married or have been living away from home for some time, yes. The law requires a valid consent for any other minor, and in most cases this consent would be given by your parents. A therapeutic abortion approved by a therapeutic abortion committee of an accredited hospital is the only type of abortion which is legal in Canada. Such a committee would probably not consider an application from a minor if no valid consent had been secured. A therapeutic abortion will be approved if the continuation of the pregnancy would or would be likely to endanger the life or health of the mother. "Health" has been interpreted as physical or mental health.

**Q:** My friend and I were caught shoplifting in a department store. It was just a joke; we are not thieves. Another friend told us not to worry, that we would probably get a "discharge" if we pleaded guilty when we went to court. But when we went there, the judge refused to hear us at all because our parents were not in court. Do they have to be there?

**A:** If a judge refuses to hear your plea until your parents are in court, he is exercising what is known as "judicial discretion". Granting a first time offender a conditional or absolute discharge after a plea of guilty is also an exercise of judicial discretion. This means he may "consider" the circumstances. But he may also "consider" the penalties as laid down in the **Criminal Code**: up to six months imprisonment, or a five hundred (\$500.00) dollar fine, or both. The judge is completely free to choose whichever combination of these he feels is applicable in the circumstances. If you want to enhance the possibilities of a discharge, therefore, it is wise to return to court with your parents. If you return without your parents, you risk a criminal record and this cannot be kept secret from them anyway. Conditional discharges involve regular visits to a probation officer and this also would be difficult to conceal from your parents. Conditional and absolute discharges are considered for first offences only. Such a person is not considered to have a "criminal record". But if another charge is laid, the previous discharge will be known to the court and may affect a second sentence.

TEL (416) 922-2080

Albert J. Packer, B.Comm., M.B.A., LL.B.  
BARRISTER & SOLICITOR

PLAZA ONE HUNDRED  
100 Wellesley St. East  
Suite 104  
Toronto, Ontario M4Y 1H5

Estates, Wills & Trusts  
Business Law & Debtors'  
& Creditors' Rights  
Real Estate & Landlord & Tenant

## Cooney Brothers and One Sister Limited

FREE ESTIMATES AND CONSULTATION

Architectural Plans and Building Permits  
Additions, Dormers,  
Porches, and Patios  
Basement Foundation  
Wall Waterproofing

Roofing • Shingles • Flats • Slates

Kitchens • Eavestroughing • Bathrooms • Arches  
Drains • Plumbing • Heating • Partitions  
Interior and Exterior Painting and Wallpapering

Senior Citizens and Handicapped Persons 5% Discount

425-5419 WORK GUARANTEED 429-3355

IMPROVE THE VALUE AND COMFORT  
OF YOUR HOME

May 1, 2, & 3, 1980

# DAMNED IF YOU DO!

OR, who says Ward 7 is Revolting?

Castle Frank High School Theatre  
Opposite Castle Frank Subway

Tickets: \$5.00 Students \$2.50  
Proceeds to 7 News, Ward 7 Non Profit Organization  
Call 964-1126

\* No Parking Available  
T.T.C., Taxi or Ride Recommended

No Reserved  
Seating



# COMMUNITY CALENDAR

## Saturday, April 12

The East York Figure Skating Club presents "A Trip to Metro Zoo" to be held at East York Arena, 888 Cosburn Ave. at 8:00 p.m. Admission is \$3.

A rummage sale will be held at St. Peter's Church, 190 Carlton (at Sherbourne). All proceeds to go to Operation Springboard and their work with families of federal and provincial inmates.

## Sunday, April 13

The speaker today at the St. Luke's Forum will be Mr. Alan Waldron, 2:30 pm. at 353 Sherbourne.

## Monday, April 14

There will be a rehearsal of dancing and singing parts in the upcoming play, **Damned if you Do**, at Winchester Public School, starting at 6:30 pm.

Los Companeros perform tonight at a benefit for the people of El Salvador, 7:00 pm at the Music Hall, 147 Danforth Ave.

## Tuesday, April 15

There will be an actors' rehearsal of the upcoming play, **Damned if you Do** at Winchester Public School, 7:00 pm.

CUSO information night — learn about working overseas under CUSO auspices tonight at 7:30 pm, 33 St. George (north of College).

The Pape Recreation Centre (953 Gerrard St. E.) invites you to their 1980 Showcase being held today from 7:00 to 9 pm. The show tonight includes demonstrations of gymnastics, kung-fu and volleyball.

## Wednesday, April 16

Mariposal Mainland presents Pierre Ben-susan, who plays American, English, Celtic and French music on guitars. For reservations call 869-8412.

"Reviving Manufacturing in Ontario" is the topic of the St. George NDP general meeting tonight at 519 Church St. at 7:30 pm. Guest speaker is Hugh Mackenzie.

## Thursday, April 17

Le Centre Communautaire Francophone de Toronto presents "Elle... Etait une Fois", a revue of songs, sketches and poems depicting women's lives. Admission is \$4 — for more information phone 367-1950.

There will be a rehearsal of actors in Act 3, Scene 2 of **Damned if you Do**, at Winchester Public School, 7:00 pm.

Antonitas D'Havila, flamenco guitarist, will be performing at the St. Lawrence Centre Town Hall, 27 Front St. E. Box office phone number os 366-7723.

A program on bicycle maintenance and repair will be held at the Parliament Street Library, 269 Gerrard St. E., at 7:00 pm.

## Friday, April 18

Ward 7 Business and Professional Assn. is having a spring Fling at Casa Loma with dinner and dancing. For tickets call David Rose at 962-8113.

The Pape/Danforth Library is presenting a Greek Night with dances and music at 7:30 pm.

The play **Paper Wheat** returns, opening tonight at Toronto Free Theatre, 26 Berkeley St., at 8:30 pm. For tickets call 368-7601.

The Riverdale Collegiate Theatre Arts Department presents **The Witches Plus Two**, three one-act plays, tonight at 8:00 pm. Tickets are \$1.50.

## Saturday, April 19

The Riverdale Library (370 Broadview Ave.) is officially celebrating its reopening with celebrity appearances and refreshments.

St. Luke's United Church is having an Opportunity Sale of jewelry, clothes, hats and baked goods from 1:30 pm to 4:00.

## Sunday, April 20

The St. Luke's Forum presents Shelagh Mallory — "The Victory Trail" at 2:30 pm, 353 Sherbourne St.

The Law Union presents "Offence/Defence: Survival Seminars for Activists," today in the Carmichael-Jackson Room, Hotel Toronto, starting at 9:00 am. Admission is \$5 for employed, \$3 for students and unemployed.

## Monday, April 21

A meeting of the South Riverdale Neighbourhood Information Program will be held at 821 Queen St. E., 2nd floor, 7:30 pm.

A full-rehearsal for **Damned if you Do**, Acts 2 and 3, will be held at Winchester Public School at 7:00 pm.

There will be a blood Clinic at Old City Hall from 9 am to 3:30 pm.

## Tuesday, April 22

Canada's Greatest Humourist — Stephen Leacock, a one-man show by John Stark, starts today at the NDWT Theatre, 736 Bathurst St. Performances are at 8:30 pm, with Wed. and Sat. matinees at 2:30.

Dixon Hall, 58 Sumach St., will be having its annual members' meeting tonight at 7:00 pm. This will be followed by a presentation of recognition to volunteer workers, and a wine and cheese reception.

## Wednesday, April 23

Mariposa Mainland presents The Boys of the Lough in concert, playing Irish, Scottish and Sheldand music. For reservations call 869-8412.

Cheryl Cashman's one-woman show, **Turning Thirty**, is back, opening tonight at Adelaide Court for a four-week run. 8:30 pm., 57 Adelaide St. E.

Children who will be four before New Years' Day may now be registered for Dundas School Junior and Senior Kindergarten. Please phone 461-0947 for an appointment time and further information. Registration dates are today and tomorrow.

## Thursday, April 24

There will be a full rehearsal of **Damned if you Do**, Acts 1 and Community Acts, 7:00 pm at Winchester Public School.

The Bloor-Bathurst Information Centre presents a panel discussion tonight on "The Need for Assisted Housing", featuring Ward 7 alderman Gordon Cressy, Jean Lance of the Federation of Ontario Tenants' Association and more. Time is 8:00 pm, at Bathurst Street United Church, 736 Bathurst St. (south of Bloor).

Students of the Ontario College of Art will be exhibiting and selling their work starting today to Sunday at the OCA Open House (McCaul south of Dundas).

The Pape Recreation Centre (953 Gerrard St. E.) presents the remainder of their 1980 Showcase, ending the winter program. Tonight's show presents demonstrations of tap-dancing, ballet and Highland dance. The show begins at 7:00 pm. and goes to 9. For more information call 461-3531.

## Harbourfront

Sunday, April 13: Kaleidoscope is a place where children can make woodchip paintings, wooden musical instruments, and wood sculpture.

Monday, April 14: A Robert Altman festival begins tonight with the original M.A.S.H. starring Donald Sutherland and Elliot Gould, at 7:30 pm. York Quay Centre. Admission is \$1.

Tuesday, April 15: A five-day stained glass workshop begins today from 7 to 9 pm. Each student will design and execute a stained glass pane using traditional coloured glass. To register, phone 869-8447.

The Robert Altman festival continues with McCabe and Mrs. Miller. Screening time is 7:30 pm at York Quay Centre. Admission is \$1.

Wednesday, April 16: More Robert Altman movies, with Images, at 7:30 pm, York Quay Centre.

Budding novelists, poets, and playwrights are invited to Open Poetry Night, at 8:30 pm at York Quay Centre.

Thursday, April 17: Modern dancer and choreographer Robert Desrosiers begins a four-day run of **Visions of Death as a Clown** tonight in the Studio Theatre at York Quay Centre. Curtain time is 8:30 pm, admission \$3.50. For reservations call 869-8412.

Saturday, April 19: Stress '80, presented by the Canadian Mental Health Association, is running workshops at York Quay Centre today from 11 am to 5 pm. Some of the activities will be: T'ai Chi, yoga workshops, assertiveness training, blood pressure testings and more. Admission is free.

Sunday, April 20: Molson's Harbourfront Jazz Club presents the Climax Jazz Band tonight at 7:30 pm at York Quay Centre. Free admission.

## Ongoing

The Parliament Street Library (269 Gerrard St. E.) screens films for children every Wednesday afternoon at 4:00 pm.

The Central Y at 40 College Street has ongoing parent and pre-school programs. For more information, call Barb Brad at 921-5171.

The Moms and Tots Program at the 519 Church Street Community Centre runs Tuesdays and Thursdays from 10:00 am to 12 noon.

Harbourfront is having a spring exhibition and craft sale starting 5:00 pm tonight and running to Thursday, May 1, at York Quay Centre. Free admission.

The Centre of Movement, 471 Hampton Ave., offers after work classes where you can ease out of the day's tension with exercises that release and strengthen the body without muscular strain. Open to men and women, no experience necessary. Call 466-9549.

The Friendship Centre at 315 Dundas St. E. holds bingo games every Tuesday at 7:30 pm.

The Y at 325 Bleecker St. has a water exercise program each Thursday from 1:30 to 2:30. This program is open to anyone.

Play euchre every Wednesday at the 275 Bleecker St. Y at 7:30. Admission is \$1.

The Neighbourhood Information Post has free income tax clinics Tuesday and Thursday nights throughout the month of April. Other services include a baby-sitting and day care registry and an odd-job registry. NIP is located at Library House, 265 Gerrard St. E. The St. Jamestown Y has a range of activities for adults and seniors. These are:

The Senior Monday Club, which meets each Monday from 1:15 to 3:30 pm in the 200 Wellesley Rec Room. Bingo, card games, refreshments.

Monday Evening Crafts, held in the 275 Bleecker Rec room each Monday from 7 to 9 pm. Knitting, crocheting, chit chat, refreshments.

Free Store: open 2 to 4 pm Mondays, Wednesdays, and Fridays on the 375 Bleecker main floor.

Wheels of Fortune: a club for handicapped and seniors meeting each Thursday in the 325 Bleecker Rec Room at 8 pm.

Library: open 1:30 to 3:30, Monday to Friday.

Hi Neighbour! What we ALL need after a long grey Toronto winter is a good old fashioned party... after all, what's a better way to welcome in summer than with a real neighbourhood bash?

So Dixon Hall has decided to offer its annual Street Dance & Beer Garden this year as the focal point of a day-long Street Fair to celebrate the coming of summer. EVERYBODY CAN GET INTO THE ACT!... Schools, churches, clubs and community groups can operate games, foods and crafts booths and make some extra money for their organizations. Music and dance groups can organize a stage show, etc.

The date for this event has been tentatively set for June 28th — but planning must start now if we are to make this a real community party! If you want to help in planning and organizing — or if you want to run a booth or perform or whatever — or just want more information, call June or Janice at 863-0499

Are you aware of the medical and dental services offered by the Don District Community Health Centre? If you are an area resident, you may want to use the services of the centre, located in suite 102 of 295 Shuter St. (in the Moss Park Apartments). The telephone number is 364-1361. Hours for medical services are Monday to Friday 8 a.m. to 7 p.m., and 10 a.m. to 2 p.m. on Saturdays. Hours for dental services are 9 a.m. to 1 p.m. on Tuesdays and Thursdays.

The Pape/Danforth Library (701 Pape Ave., 465-1221) has activities for boys and girls every Saturday at 2:30 p.m.

The Parliament Street Library has free exhibit space available to display the work of local artists. Please contact Linda Thomson at the library, 924-7122, for details.

It's not easy to ask questions about sex and birth control. And, there's a lot of unreliable information out there. If you have concerns about birth control, your sexuality, or the course of your relationship, call Planned Parenthood's Love Line. The Love Line operates from 9 am to 9 pm, seven days a week as a special service to Metro's teens. Call 961-8311. We're here to help.

Volunteers are needed by the Metro Toronto Probation and Aftercare Program. Interested persons over 18, who are mature and dependable may call the Volunteer Centre at 961-6888 for further information.

Regent Services Unit holds a bingo every Friday at 7:30 pm at 415 Gerrard St. E. Everyone welcome. Prizes and money.

The Regent Park Adult Recreation Centre at 603 Whiteside Place (364-4915) has a number of activities for tenants of Regent Park and the surrounding area. These include cribbage, ping pong, shuffleboard, bumper pool, darts. There are a TV and stereo to enjoy. There is an arts and crafts day for ladies (more are welcome). There is a library with an assortment of books. A bowling league starts up in the fall. Family membership at the centre is only \$2.00 per year.

The centre is open Monday through Thursday 1 to 4, and 7 to 10 p.m. On Fridays, it's 1 to 4 and 7 to 11 p.m. Feel free to drop in.

Community Calendar is a free community service. If you have an upcoming event which you would like listed fill out the coupon below

and mail or bring it to 7 News, 315 Dundas St. E., Toronto M5A 2A2.

PLEASE TYPE OR PRINT

DATE OF EVENT.....

DETAILS OF EVENT (include time, place, & what the event is, in 2-3 sentences).....

.....  
.....  
.....  
.....  
.....

W. Frank Robinson

## Denture Therapy Clinic

2 College Street Suite 204  
(Corner Yonge & College)

Monday to Friday

923-7558

## Doyle's Cut Rate Cigar Store

COMPLETE LINE OF TOBACCO

and

SUNDRIES

724-1/2 Queen Street East

461-3744

## Joint Builders

Carpentry, brickwork, plastering, drywall, electrical plumbing, large or small jobs.

Repairs to small appliances and electronic equipment  
Pick-up & delivery in Metro.  
Most estimates free.  
All work fully guaranteed.

Call 533-2917



# Your guide to nutrition

By ANNE WOODS

It was D-Day in Dan Warner's tummy. Cells from every tissue and organ were gathered together in an emergency session. Dan had been crash dieting for five weeks and his insides were fed up to the liver with deprivation.

"Doesn't he know," wailed the bloodstream, "that he needs 55 chemicals in the food he eats to keep us going? I feel like a member of a chain gang — overworked and underfed!"

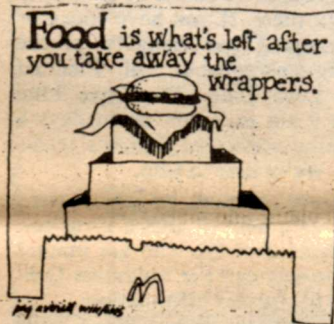
"He chain smokes all day long," complained the lungs. "Says it boosts his basic metabolic rate. Why doesn't he try exercise, the lazy lug?"

The kidneys were weeping. "We are exhausted from changing all that protein into blood sugar. If he keeps it up much longer, we are going to faint. I sweep away debris all day long."

"I am so tired that all I want to do is sleep," moaned the muscles. "He hasn't eaten a fruit in three weeks. I know you are doing your best, kidneys, but I can't manage much more on our depleted supplies of glucose."

Everyone was blinking with fatigue. Their nervous energy expended by protest, the cells felt weaker than before the meeting took place. Just as they began to trudge home, they heard a thud, thud. They stood still, listening, waiting. It came again. Thud, thud.

"A piece of liver," wept the blood. "Vitamins, minerals, IRON."



I'm alive again."

Everyone was so ecstatic that soon they were all crying.

"Yep, that's what the doctor said," Dan turned to his wife. I lost 20 pounds but I feel half dead. Now I am going to do it right. Three low calorie but healthy meals a day!"

"Hip, hip, hurrah," shouted the cells in unison as they danced in their glee.

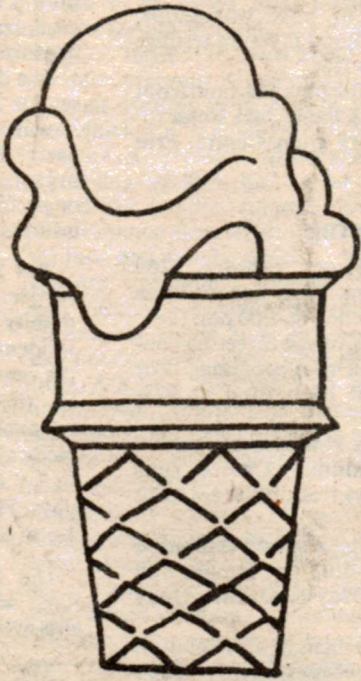
"Funny," said Dan, sitting bolt upright. "I feel 100% better already. What a little food will do!"

Our bodies are in a constant state of chemical organization called life. In order to sustain itself, life needs the help of six nutrients. The three I will discuss today are the calorie triplets — fats, proteins and carbohydrates. The other three nutrients are vitamins, minerals and water. Many nutritionists and doctors believe that a well balanced diet consists of 30% calories from fat, 10% from protein and 60% from carbohydrates.



## FATS — 30%

Fats are important for the constant manufacture of living cells. They also team up with proteins to line the intestines, sheath the nerve cells and make brain tissue. On a more earthy level, fat deposits hold in place and protect organs like the kidneys, liver and heart.



Fats are the most concentrated source of energy in the diet. One gram of fat is equivalent to 9 calories. Fat is stored in the adipose tissue as a ready source of energy. The adipose tissue lies just under the skin at various points in the body but, as you have probably noticed, is more concentrated around the abdomen. Adipose tissue cells could be nicknamed the elastic cells since they can expand to four or five times their normal size in order to accommodate excess fat. When empty these cells collapse but, unfortunately, never go away completely. Instead, they take up space while lying in wait, like hunters, for extra fat which they can trap at some time in the future. Even when half filled, fat cells remain sizeable and some doctors speculate that cells developed as early as the first year of our lives can plague us for the rest of our days!

For the most part the fat we eat is broken down into glycerol and fatty acids, except for the three essential fatty acids, linoleic, linolenic and arachidonic; which must be in our diets since our bodies cannot make them. They are necessary for normal growth and healthy blood, arteries and nerves. They also keep the skin and other tissues youthful and healthy by preventing dryness and scaliness. The essential fatty acids are found in corn oil, sunflower seed, safflower, soybean and cottonseed oils.

Although household names, cholesterol, saturates and polyunsaturates are often misunderstood. Cholesterol is a fat manufactured by the body in small amounts and present in most body tissues and the blood. Normally, cholesterol floats in the

bloodstream but when we manufacture too much of it, it begins to form clumps that cling to the walls of the arteries which can block circulation and lead to a stroke or heart attack.

All fats, whether solid or liquid, consist of glycerol and fatty acids. Some fat molecules contain much more hydrogen than others. The effect of hydrogen is to fill in or saturate the gaps in the fatty acid molecule. Hydrogen-filled, solid fats like butter, margarine, meat fat and lard are saturated fats. So are coconut and palm oils, which although liquid, are saturated enough to be fats.

The polyunsaturated fats have fatty acid molecules with many gaps not filled by hydrogen. They come in the form of oils — cottonseed, safflower seed, sunflower seed, peanut, soybean and corn oils.

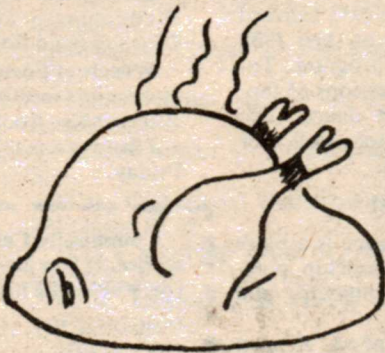
Since the body uses the saturates to make cholesterol, you can cut down on its production by eating more of the polyunsaturates.

## PROTEINS — 10%

Our bodies are in a constant state of renovation and proteins are the major source of building materials for the muscles, skin, blood, hair, nails and internal organs. Proteins are necessary for the formation of hormones which control a variety of bodily functions such as growth, sexual development and the rate of metabolism. Proteins are also used to make enzymes which aid in basic life functions and antibodies which help fight foreign substances, like bacteria, that invade the body.

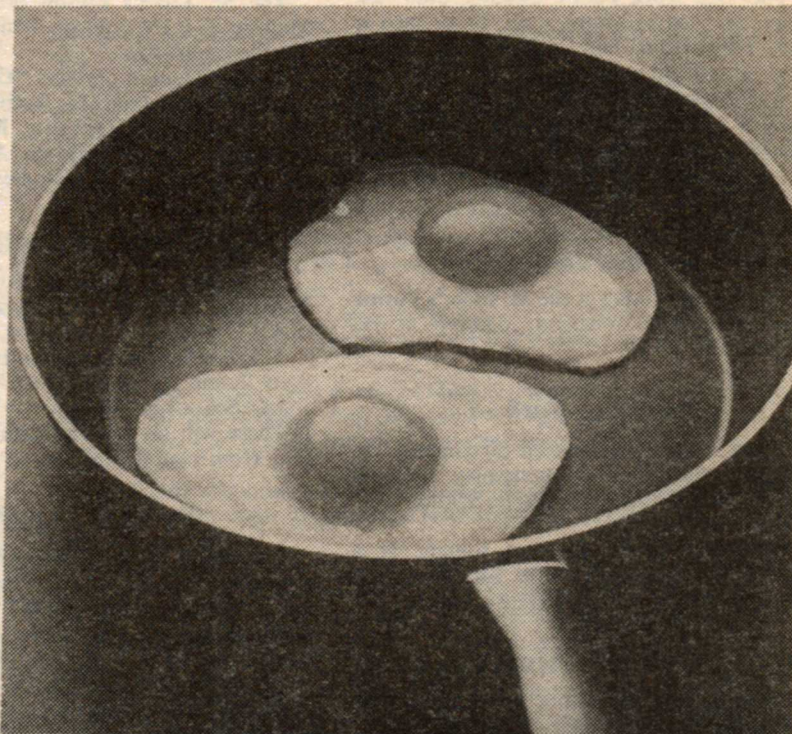
During digestion large molecules of proteins are broken down into simpler units called amino acids. The body requires approximately 22 amino acids in a specific pattern to make human protein. All but eight of these are produced in the adult body. These eight are called essential amino acids because they have to come from what we eat.

Synthesizing protein is like making a cake — all the ingredients, or essential amino acids, must be in the right proportions for a successful end product. Imagine that the use of the essential amino acid, lysine, is the flour. If you are very low on flour, you will have to scale down your other ingredients in proportion to the flour to produce a smaller but equally satisfying concoction. In order for the body to



synthesize protein, all the essential amino acids must be present simultaneously and in proper proportions. If just one is missing, even temporarily, protein synthesis will fall to a very low level or stop entirely. In effect, all amino acids are reduced in the same proportion as the amino acids that are missing or low. You might have the eggs, soda, salt, and vanilla, but — no flour — no cake! And only as much cake as you have the flour for.

A complete protein is a food like meats or most dairy products, which contain all the essential amino acids in the right proportions. Other foods, like vegetables and fruits, are incomplete proteins. In order to obtain a complete protein meal from incomplete proteins, a person must combine foods carefully so that foods that are low in an essential amino acid will be balanced by another food high in that same amino acid. For example, cereal proteins such as bread, buns and spaghetti which are low in the essential amino acid lysine, combine well with legume proteins (beans, peanuts and soybeans) in which ly-



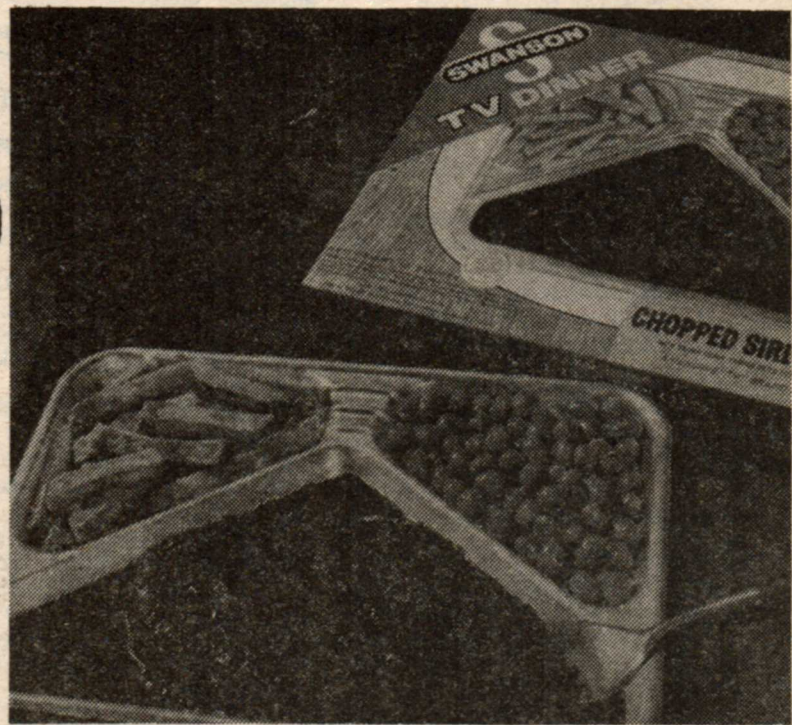
sine is plentiful. Two incomplete proteins, bread and peanuts, thus produce a complete protein — the peanut butter sandwich!

## CARBOHYDRATES — 60%

Carbohydrates provide energy to the body, especially the brain, nervous system and muscles. They also provide us with immediately available calories for energy by producing heat in the body when carbon in the system unites with oxygen in the bloodstream.

Sugars, starches and cellulose are the main carbohydrates found in foods. The first two are converted into glucose or blood sugar which is carried by the bloodstream to provide energy for all parts of the body. Cellulose commonly found in the skins of fruits and vegetables provides little energy to the body but does provide the bulk in our diet that acts like a broom in sweeping out the intestinal tract and keeping us regular.

If we eat too many carbohydrates and the blood receives more glucose than it and the body require at the time, a small amount of the excess glucose is converted into a starch called glycogen which is stored in the liver and muscles. The equivalent of 600 calories is converted into and stored as glycogen. Any extra carbohydrates are converted into fat and stored in the fat cells of the adipose tissue.



## DIETERS

If we eat too much fat, the body simply stores the extra. Extra protein, on the other hand, is converted first into carbohydrates and subsequently into fat which is stored in the adipose tissue. No matter if extra calories are from proteins, fats or carbohydrates, all end up as stored fat and excess poundage. Excess calories, not just excess carbohydrates, make us fat.

When we don't eat enough carbohydrates, the body improvises

using fat as a direct source of energy and converting protein into glucose and glycogen to provide energy for the brain and muscles. It is not good for the body, however, when it is forced to change protein into glucose for energy. Not only does this deprive the body of protein for body building and the immune system, it also puts a heavy burden on the kidneys which must get rid of the excess debris left from changing large amounts of protein into glucose.

Insulin is a hormone we produce every time we eat carbohydrates. Insulin helps the tissues extract the sugar from the blood. In diabetes there is a lack of insulin, causing the sugar to stay in the blood and eventually be discharged into the urine without the body using it. In people who are hypoglycemic, the body produces too much insulin. Their tissues slurp sugar and the blood sugar level drops too low.

Under normal conditions, the body regulates its absorption of blood sugar by a fine insulin control mechanism. This mechanism is like a tap opened wide when we eat sugars and opened more gradually when we eat carbohydrates. In diabetes the insulin tap comes on too slowly. In hypoglycemia it comes on and doesn't shut off fast enough. It could be that the frequent eating of sugars puts a strain on the insulin tap.

We consume calories in the form of fats, carbohydrates and proteins. We expend calories through the basic metabolic rate and exercise. If we want to lose weight we should burn off more calories than we eat. Remember to eat well balanced meals when dieting to ensure that you get all those nutrients which will keep you healthy. There is a simple rule of thumb to follow — Don't eat today what you won't burn off, and more, tomorrow!



# Fuzzygrafs of a Saturday Night

By SETH BORTS

On April 10, 11 and 12, Ward 7 residents can look forward to a dance treat known as **Fuzzygraf of a Saturday Night**, at 15 Dance Lab,

155a George St.

The feeling and mood of "a Saturday night in the city" will be captured in eight dance pieces.

Choreographer Kay Purdy has

received a \$2,000 Ontario Arts Council grant to produce this her second Toronto work. Purdy, who says she comes from "the backwoods of Nova Scotia via Halifax

and Calgary", says that this work illustrates the feelings that a small-town newcomer might have about a big city on a Saturday night.

Ms. Purdy will be joined by well-

known dancer and professional clown Janice Palmer. Also appearing in the dance will be Nancy McNaughton, who is presently studying the Graham technique at the Pavlychenko Dance Studio, and Donald Carr, who was with Black Theatre Canada last year.

Showtime commences at 8:30 p.m., and admission is \$4. For more information call 869-1589.

## If you can provide new jobs for Ontario's youth, Ontario will help pay their salaries.

If you operate a business in Ontario and create new jobs between May 5 and October 26, 1980, you may apply to the Ontario Youth Employment Program for a grant of \$1.25 an hour (up to a maximum of \$50.00 a week) towards the wages of each eligible youth you hire for those jobs.

### Here's how OYEP can help.

OYEP was designed both for you and young people who want to work. It enables you to hire young people between the ages of 15 and 24 to do extra work for you while we help to pay their salaries.

The maximum grant allows you up to 6,000 man hours of help at each location where application for employment has been made. For example, you could hire 10 young people for 15 weeks each, or 15 young people for 10 weeks each. You must hire each young person for an average of 25 hours of supervised employment per week for at least six weeks.

### Eligible employers.

You may be an eligible employer if you have been actively engaged in business in Ontario for at least one year prior to May 5, 1980. This

is a requirement for each location where you would like to hire.

### Eligible employees.

The young people you would like to hire must be between the ages of 15 and 24. They must reside and be eligible to work in Ontario. They must not be related to the employer as defined in the Ontario Youth Employment Act.



OYEP works for all of us.



William Davis  
Premier

Province of Ontario

### All jobs must be new.

To be eligible for funding, a position created must be in addition to regular and seasonal employment normally provided during the 25 week program period. This may mean special projects in the office general repairs, research and so on.

### Apply early.

#### Grant funds are limited.

Deadline date for applications is July 2, 1980, or earlier if all funds have been allocated. Submit your application as soon as possible. Before you hire, make sure you have written approval.

### Need more information?

For complete program guidelines or more information, call or write. We'll be glad to help.

Ministry of Intergovernmental Affairs, Subsidies Branch, Queen's Park, Toronto M7A 2R8.

1-800-268-7592 Toll Free  
In Metro Toronto,  
telephone 965-0570.  
In Northern Ontario  
(807 calling area) telephone  
(416) 965-0570 Collect.

## Buried Child should be



BY SETH BORTS

Sam Shepard has done it again... he's won the Pulitzer Prize and I still cannot make heads or tails of his plays; certainly not **Buried Child**, now playing in an extended run at Toronto Free Theatre.

Is the confusion of **Buried Child** the fault of director William Lane, or of Mr. Shepard? Perhaps a little of both, but most of the blame goes to the playwright himself.

No blame and much credit can be given to the cast. Sell-out audiences attest to the fact that true artists can make even a weak script work.

The story line is a little out of the ordinary. Dodge — played by Donald Davis — is a crotchety old man with a secret involving a buried child, the product of an incestuous relationship between his wife, Halie, and their son, Tilden.

Tilden, Dodge's eldest son, provides comic relief in an otherwise grotesque and violent tale of family life gone sour. Congratulations to Gary Reinke. He's hilarious.

The mystery of the "buried child" is uncovered by Dodge's grandson Vince and Vince's girlfriend, Shelley.

The ending is depraved and cruel. Reviewing a play as imprecise as **Buried Child** is a very difficult task. Shepard's play is very innovative, but the point of it is lost.

## IT'S CLASSIFIED

7 NEWS CLASSIFIED ADS cost \$2.50 for 25 words or less, and 10¢ for each additional word. Semi-display ads are \$5 per column inch. All classified ads MUST be paid in advance. (The ONLY exceptions are ads advertising jobs available and lost and found ads — these are free.) Your ad, along with your payment, should be sent to Classifieds, 7 News, 315 Dundas St. E., Toronto M5A 2A2.

### BUSINESS LISTINGS

RELAXING MASSAGE by caring male practitioner. Outcalls only. Call Rob Cusson and leave message at 626-5465.

TYPING SERVICE: manuscripts, theses, resumés, general office. Fast and accurate. \$8 per hour. Pickup and delivery. In Ward 7. 961-3513.

### ANITA'S HAIR STYLING

239 Carlton St.  
Wash & Set 3.75. Perm 12.50 & up. Tint 8.50 & up. Done by special girl. Call 922-0478.

CERTIFIED SECRETARIAL SERVICES LIMITED, 286 Danforth Avenue — complete legal and general secretarial service provided in our office. Barb Morgan 461-2406. B10-19.

HOUSE CLEANING — Reliable attentive cleaning person, now accepting clients in Cabbagetown area. Light yard-work also done. References available. John 698-3864.

PAINTER — Fully experienced in interior and exterior work. For free estimate call Andrew Atkins, 465-3417 after 6 pm.

HANDYMAN for small moving, haulage, or any odd jobs. Minor roof repairs, cleaning of windows, eavestroughs, yards and gardening. Painting, trees cut and removed. Fair rates. 694-2856.

### FOR RENT

Person wanted to share house in the Broadview-Gerrard area. \$90.00 rent. Call Paul or Cathy at 463-6990 early morning or late evenings.

HETEROSEXUAL MAN, 24, seeks same to share a two-bedroom apartment in Ossington-Bloor area, \$130 a month. Call 532-2193 before 5:00.

BUSY BUSINESS AREA. Office space. Low rent. 572 Parliament St. (Wellesley E.) See to appreciate. Occupancy May 1/80. Call Forty 922-5970.

### HELP WANTED

GENERAL OFFICE WORKER, up to 20 hours per week, \$6 per hour. Position lasts six months but may be extended. Would prefer someone with experience in co-operatives. Deadline April 21, 1980. 366-0313.

JANITOR, \$4.50 to \$7 an hour plus benefits, 35-hour week, deadline April 13. Must have experience in cleaning and should have experience in co-operatives. 366-0313.

MAINTENANCE PERSON, part-time position, \$7 to \$9 an hour plus benefits, 15 to 20 hours per week, should have basic plumbing, electrical and carpentry skills. Must have necessary maintenance experience and own personal hand tools. 366-0313.

PART-TIME POSITION, 20 hours per week, late afternoons, early evenings, to co-ordinate a program which matches volunteers with people (usually children) for one-to-one relationships which may involve tutoring, big brother/sister activities, support in problem solving and personal growth. Good communications skills essential. You will work in a downtown community centre under supervision of senior staff. And summer duties will include assisting in other programs at the centre. Send resume to Know & Grow, 349 Ontario St., by May 16, 1980.

WANTED: PART-TIME community coordinator for Division 51 Pilot Committee of the Liaison Group on Law Enforcement and Race Relations — administration of committee business and community outreach, 8 hrs/wk. Contact Rev. Richard Miller, 363-4234.

PAPER INSERTERS, VARIOUS PERMANENT HOURS. Apply 655 Queen St. East.

### INSTRUCTION

MOVE INTO SPRING! Movement essentials for everyday life, improvisation, dance. Workshops with Ruth Bernard. Special classes for mimes and professional dancers. Open to all. Centre of Movement. 466-9549.

### MISCELLANEOUS

David's Tea Room — Prophecy in a teacup — Predictions from palmistry — signs in the crystal — the mysteries of the Tarot cards. 241 Queen St. E. 368-9610.

### TRADESPEOPLE

### RENOVATIONS ALL KINDS

- Custom kitchens, rec rooms, bath-rooms, etc.
- 16 years' experience
- Licence No. B4144
- Reasonable rates
- References available

PHONE: 690-1216

7 News Classified Ads cost \$2.50 for 25 words or less, and 10 cents for each additional word. All Classified ads MUST be paid in advance. (The ONLY exceptions are ads advertising jobs available and lost and found ads — these are free.)

Fill in the coupon below and mail or bring it with your payment to 7 News, 315 Dundas St. East, Toronto M5A 2A2.

My ad should read as follows: .....



## Anti-smokers worry companies

The cigarette companies are worried about how dramatically public attitudes toward smoking are changing. And they are plotting strategies to protect their multi-billion dollar industry.

A survey conducted for the companies by the Roper Organization found that two-thirds of non-smokers believe that secondhand smoke is hazardous to their health.

Half of all smokers believe their smoke is harmful to others. "The issue, as we see it, is no longer what the smoker does to himself," says the survey report, "but what he does to others."

The cigarette companies are upset that the report has been released to the general public, and they are suing the Federal Trade Commission.

The survey found there is already majority sentiment for separate smoking sections in all public places they asked about. More people say they would vote for — rather than against — a political candidate who takes a position favoring a ban on smoking in public places. The percentage of people who smoke cigarettes is at the lowest level measured in the past ten years, the report found. And there is widespread support for antismoking education in the school — and at the very early years.

To combat such attitudes, the report suggests some short-range tactics. To divide and conquer non-smokers, the report proposed cutting a wedge between those who are "relatively unexcited" about the secondhand smoking issue and labeling others the "antismoking zealots." The "zealots" could be portrayed as "fumaphobes" who suffer an unreasonable fear of cigarette smoking, the report suggested. The cigarette industry has already used this divisive tactic in a series of double-page, full color ads that have appeared in national magazines.

**† Non-Smokers' Bill of Rights**

NON-SMOKERS HELP PROTECT THE HEALTH, COMFORT AND SAFETY OF EVERYONE BY INSISTING ON THE FOLLOWING RIGHTS:

**THE RIGHT TO BREATHE CLEAN AIR**  
NON-SMOKERS HAVE THE RIGHT TO BREATHE CLEAN AIR, FREE FROM HARMFUL AND IRRITATING TOBACCO SMOKE. THIS RIGHT SUPERSEDES THE RIGHT TO SMOKE WHEN THE TWO CONFLICT.

**THE RIGHT TO SPEAK OUT**  
NON-SMOKERS HAVE THE RIGHT TO EXPRESS — FIRMLY BUT POLITELY — THEIR DISCOMFORT AND ADVERSE REACTIONS TO TOBACCO SMOKE. THEY HAVE THE RIGHT TO VOICE THEIR OBJECTIONS WHEN SMOKERS LIGHT UP WITHOUT ASKING PERMISSION.

**THE RIGHT TO ACT**  
NON-SMOKERS HAVE THE RIGHT TO TAKE ACTION THROUGH LEGISLATIVE CHANNELS, SOCIAL PRESSURES OR ANY OTHER LEGITIMATE MEANS — AS INDIVIDUALS OR IN GROUPS — TO PREVENT OR DISCOURAGE SMOKERS FROM POLLUTING THE ATMOSPHERE AND TO SEEK THE RESTRICTION OF SMOKING IN PUBLIC PLACES.

Group Against Smokers' Pollution in cooperation with Dumont Press Graphics

## Increase? What increase?

About 22,000 welfare recipients will not get a 10 percent increase in Ontario welfare payments that will be effective the end of April.

Those who will not receive the increase will be the single and able-bodied.

Social Services Minister Keith Norton justifies withholding the in-

crease by saying there is not enough money to go around, so the increase is limited "to those most in need and most vulnerable."

Those who qualify for the increase will not be much better off, because this is the first major increase since 1977 and since then, inflation has risen about 25 percent.

## Two-fisted writers wanted



Do you have fantasies of being a two-fisted journalist?

Well, if you're willing to start small, 7 News needs volunteer writers to report on local news in and around Ward 7, or try your hand at anything at all.

No experience necessary; just a working knowledge of English.

So, if you have a little time, and an itch to see your name in print, drop in at 315 Dundas St. E., or call us at 363-9650.

It may be the start of something big...

## Don't cruise here

The March issue of *The Body Politic* has printed statistics compiled by the Police Department of where and how many gay men were arrested for "gross indecency".

Three of the places where police lie in wait for gay men meeting for sex are in Ward 7 — the men's washroom in Greenwin Square (Bloor and Sherbourne), Allan Gardens, and Cherry Beach.

Men who plan to go to these areas should exercise caution.

## Co-ops for women

Representatives of several Toronto women's hostels are recruiting members for a Board of Directors which will found a housing co-operative for a wide range of women, including a substantial number of low or moderate incomes, or with various types of problems.

If you would like to help found the co-op, please contact Janet Howard at 367-7916 or write to her in care of Alderman's Offices, Toronto City Hall, Toronto M5H 2N2.

## Loading study

The Toronto Public Works Department has released a report, called the "Central Area Parking and Loading Report", which deals with parking and loading problems of businessmen and their customers.

The area discussed in the report is bounded by Bathurst St. east to Don River, and from Bloor St. south to Lake Ontario.

The survey can be obtained from the Department of Public Works, City Hall, Toronto, Ont; M5H 2N2.

## FIX IT AGAIN SAM

Repairs to small appliances and electronic equipment.

Pick-up & delivery in Metro. Most estimates free.

**425-7272**

All work fully guaranteed.

FOR  
QUALITY &  
SERVICE

**FRASER'S**

**ONE HOUR CLEANERS**

499 Parliament

922-7780

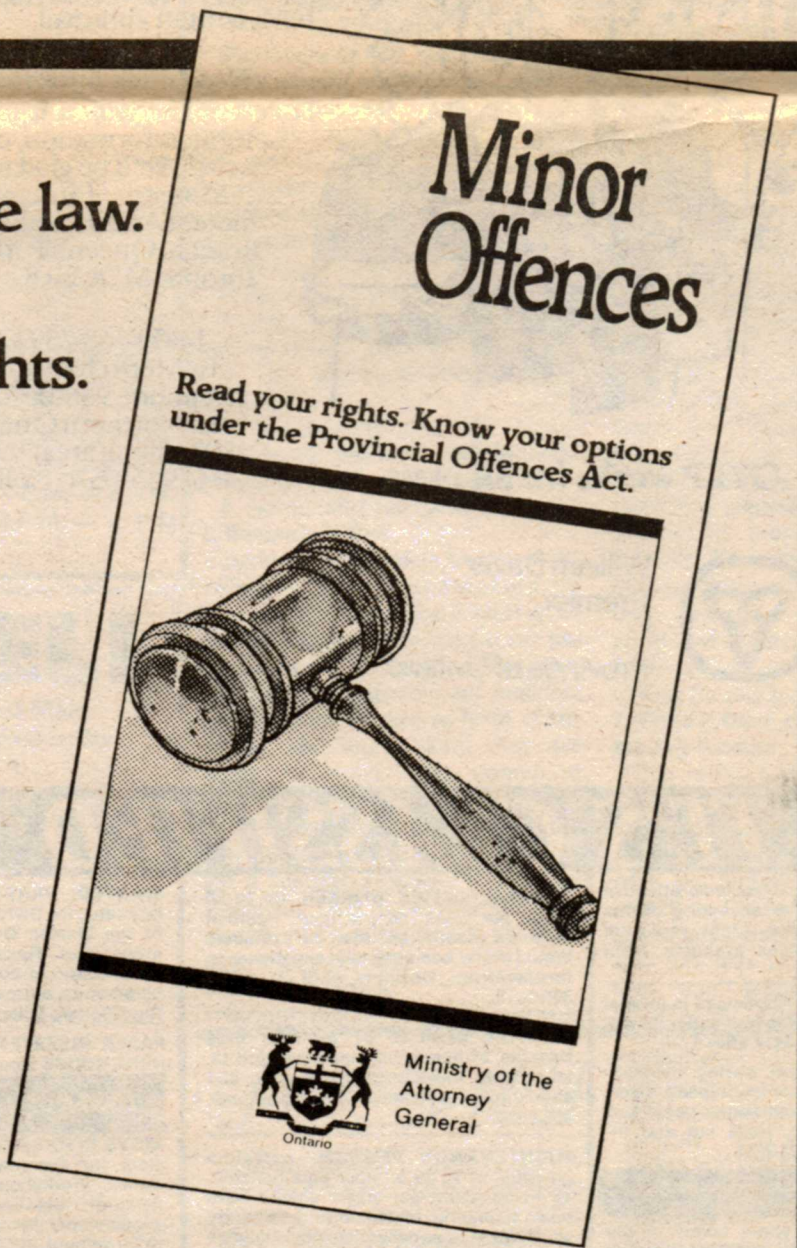
7:00 a.m. to 6:30 p.m.

# Simple Justice

This is now the law.

Know your rights.  
Consider your options.

The new Provincial Offences Act introduces a new form of law designed especially for minor offences such as traffic, liquor, hunting and fishing violations. The new system is simple, informal and convenient, and offers anyone charged with a minor offence a new choice for handling his or her case. But you have to act. It's up to you.



For further information, pamphlets are available at Supermarkets and Provincial Court offices, or write: Provincial Offences, Queen's Park, Toronto.



Ministry of the  
Attorney  
General