

Support Your Community Newspaper

For ten years now, Seven News has been a part of the Ward 7 community. Over those ten years, by far the most important ingredient in our survival and growth has been the generous support of the people of the ward. You have made 7 News possible.

And once again this spring, as for several years now, we are appealing to Ward 7 to throw its support behind our supporting membership fundraising campaign. We are ask-

ing those of you who are already supporting members of 7 News to renew your memberships, and we are asking those of you who are not yet supporting members to become members this year. The cost of supporting membership is not fixed: We suggest that \$10 is an amount that many people will be able to afford, but any donation of any size, large or small, helps us to keep publishing, and is sincerely appreciated. What 7 News tries to be is a

strong and independent voice for Ward 7, and while we know that we don't always succeed as well as we might, we do think that we are an important and respected part of the community. The response of you, our readers, leads us to think that most of you agree.

We think that a real community newspaper should get involved with the problems that face the community, and should help people get together to try to solve those prob-

lems. We try to do that to the best of our ability, even as we try to keep you informed about community events and neighbourhood happenings.

Seven News, like many other people and organizations, is feeling the effects of our chaotic economy and of heavyhanded government policies. We don't much like asking you for money in times like these, because we know that for many these are difficult enough times. But un-

fortunately it is just at this time, when so many of us in the community are under the gun from many different directions, that we most need an effective voice that belongs to us, not to outside interests. It is a time when we all have to pitch in and work together if we want a better community and a better life for us all.

7 News wants to be part of that effort.

Whether we will be, is up to you.



7 NEWS

TORONTO'S OLDEST COMMUNITY NEWSPAPER
315 Dundas St. East (All Saints Church) Since 1970
Toronto M5A 2A2 Phone: 363-9650

VOLUME II, NUMBER 2 JUNE 20, 1980

FREE TAKE ONE

Deadline for the next (July 11) issue of 7 News is Monday, July 7 at noon. Bring or mail your news, pictures, or ads to 7 News, 315 Dundas St. E., Toronto, M5A 2A2 or phone 363-9650.



Kids and parents alike participate in activities at Donvale Co-Operative Nursery School.

Parent involvement at DonVale Nursery School

By PAUL CHISHOLM

Parents go to classes at Donvale Co-operative Nursery School. They also take part in a wide range of other activities that introduce the pre-kindergarten set to loosely structured learning and group activities, and at the same time parents share in the responsibilities to help the school stay afloat financially.

Now entering its 10th year, Donvale Nursery School operates out of Winchester Public School from 9:00 a.m. to noon throughout the school year. It is open to children between the ages of two and five, with a maximum enrolment of 25.

Teacher Cathy Jones, who holds a diploma in Early Childhood Education, has been with the school since its inception. Under her tender guidance the children take their initial hesitant steps in away-from-home relationships with other children in group functions, and with grown-ups other than their parents.

"For most children the nursery is the first separation from the family. In the process they learn to fulfill their physical and emotional needs from new sources. Learning to share and take turns, and learning the individual's responsibilities within a group, for instance."

At the nursery school the program includes development of pre-reading skills, eye-and-hand coordination, and large muscle development. The vehicles for this development are story reading, handicrafts, painting, puppet shows, mime and singing. There are also field trips—perhaps a visit to the waterfront, or a ride on one of Toronto's new street cars.

And in all of this the parents are very much involved: in determining program content, overseeing the activities, and discussing each child's development.

To maintain the quality of each child's experience at the nursery, the school strives in all programs for a minimum participation of one adult to every five children. Co-op parents attend the school on a regularly scheduled basis to help the director in carrying out the programs, drawing on their own resources and skills (from reading to fiddle playing) to enrich the overall activity.

Regular evening meetings take place at the homes of parents to discuss the progress and needs of each child, and to plan school programs and schedules. An important side benefit of these meetings is that many parents gain greater confidence in child rearing and education

through the sharing of experiences with others.

But there's more to Donvale Nursery School than parent classroom participation and meetings. Co-op parents also take part in fund-raising activities to supplement the nursery fees, which are deliberately kept low.

Traditionally these funds come from the sale of baked goods, books, and bric-a-brac at the Forsythia Festival in the spring, and the Cabbagetown Festival in the fall. It usually means an extra evening in the kitchen for parents, as well as rummaging through basements and attics, picking up items and doing a stint at the sales stalls.

Higher fees for the nursery school would, of course, alleviate the need for the involvement of parents. Then daycare would be just a simple matter of sending the kids off each day, and then picking them up in the evenings.

Donvale Co-op was never envisaged that way. Taking part in the development of each child—and in the success of the nursery itself—is what the school is all about.

Enrolments at Donvale Co-operative Nursery School for programs starting in September are now being taken. Contact: Cathy Jones, 469-3149.

Highrise rent hike looms

representatives questioned was that of gas heating. A difference of \$15,000 had been discovered between the figure given by the landlord and that available from City Hall. A request to adjourn the hearing to deal with the gas question was however refused by Grimson. At that point Margaret Campbell, the MPP for the riding and a supporter of the tenants' position, walked out of the hearing taking about half of the residents in attendance with her.

Further discussion dealt with the corporate relationship of the people in the buildings' management agency, Evergreen Property Management, and the plumbing contractor hired by them. From the discussion at the hearing it appears some people are on more than one of the above companies' boards of directors.

Representatives of the tenants then submitted copies of 416 work orders for repairs on the two buildings. Many questions centred

on these orders such as why it took 18 hours to fix a toilet and why fines for parking tickets were included in repair costs. The management had also been late in paying its taxes to CMHC, which provided financing for the buildings, and had included a penalty payment as part of the increased rent proposal. Commissioner Grimson asked that management look into these questions along with a fuller explanation of bills for taxes and gas.

St. Jamestown Loblaws closes

By GARY WILLIAMS

Many Ward 7 residents were dismayed by the news of the closing of the Loblaws store located at the intersection of Parliament and Spruce Streets, especially as only one week's notice was given and no concrete plans were announced for a replacement store.

Efforts to fathom the reasons for the closing or finding future plans for the property have produced numerous and sometimes contradictory stories. Initially a spokesman of the Weston Corporation, which owns Loblaws Stores, informed Alderman Janet Howard that a "No-Frills" store would be opening at the same location approximately eight weeks after the closing of the present store.

An article appeared in the TORONTO STAR one week later which only quoted a Loblaws vice-president as stating that the building had not been sold and that the company would cooperate with ward aldermen in efforts to entice a replacement store into the location. No mention was made of a "No-

Frills" store nor was a reason given for the sudden closing.

Staff of the store were either laid off or in some cases transferred to other locations. None of the staff or management representatives at the location were aware of any plans for a future grocery store of any type to be opened there.

The closing of the Loblaws store leaves the Don Vale/Regent Park area without a supermarket within easy walking distance. This creates many hardships for those residents, especially pensioners and other senior citizens, without cars, who must now journey well over a mile to the Dominion Store located within St. Jamestown or travel a considerable distance by TTC to reach any other major supermarket.

The only retail food outlets in the neighbourhood now consist of specialty stores, corner markets, etc. which do not provide no-name cheaper products or provide such services as cheque-cashing for mother's allowance cheques, Canada Pension Cheques, welfare

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NIP Show re-run

By JEAN WRIGHT

Want to be on television? Want to air a beef? Make a suggestion about improving the community?

You'll have your chance when the second Neighbourhood Information Post Show is aired on Rogers TV sometime in the next few weeks. Members of the public are invited to take part and express their opinions. More information at the N.I.P. office, 265 Gerrard East at Parliament, or phone 924-2543.

The program also features songs from the recent Ward Seven hit musical "Damned if You Do," filmed at the Neighbourhood Information Post garage sale May 31. Orders for record and tape recordings of the show are now being taken at N.I.P.

The TV program first shown on June 17 also features a report on special programs for seniors during Senior Citizens Week, an interview with N.I.P. Executive Director Cindy Wilkey on the issue of adequate rent supplements for people on welfare, and a review of Toronto Public Library programs.

There is also an interview with Murphy the Molar, an outstanding tooth personality.

Viewers will be able to telephone in requests for information and have them answered on-air. Suesan Way and Don Elder co-host the program. Susan Seaby is director.

People interested in taking part, either before or behind the cameras are invited to phone 924-2543.

Health Centre plans future

Last December the Ministry of Health asked the South Riverdale Community Health Centre and other Community Health Centres to complete a major document outlining in detail proposed medical and non-medical service needs for the next 18 months. They wanted some idea of longer term plans as well.

Community needs, patient demands, staffing and financing were all considered and have been submitted to the Ministry. The Board and staff want to increase medical staff to 3 doctors in the next 18 months, then later add a fourth.

This would allow complete 24 hour a day, 7 days a week service and vacation coverage, by our

Continued on page 2

Starting with our next issue, 7 News is going onto a summer publishing schedule. What this means is that we will be publishing every third Friday instead of every second Friday during the summer. The next issue will come out on July 11, the one after that August 1, then August 22, and finally, September 12. After that, we will be back on a two-week schedule, starting with the September 26 issue.

If you have any questions, call us at 363-9650.

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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.

7 News appreciated

Congratulations as you advance to your second decade of community journalism! 7 NEWS has always been an outstanding, informative, and interesting community paper, and in my opinion, after many years' residence in the district, 7 NEWS has not only maintained its high standard, but is improving all the time!

The May 23rd issue with its brief history of the past ten years, and pictures of Managers, Staff - "The people behind 7 News", was a real

Cheap threads at All Saints

In a previous issue of 7 News you were kind enough to carry a very full account of the ministry to the Community in and around the buildings of All Saints'.

I would like to give my appreciation of a valuable part of our ministry that was unfortunately not included. This is the All Saints' Clothing Store. Here daily from 9am to 3pm Mrs. Edith Sinclair does a real job for local people. The store offers good used clothing at a most reasonable cost, or — if need be — at no cost at all.

The store is in the basement of the Gymnasium at All Saints', and so is a real "Bargain Basement". They have been here now for about four years, since the store at Gerrard Street closed up.

We are happy to be able to distribute clothing, but our service entirely depends upon the generous donations of groups, agencies, churches and individuals. We are sincerely grateful for such gifts: the door is open from 6am to 5pm.

Rev. Norman Ellis

"highlight"! To each and every one concerned, my sincere, grateful thanks. To those of us who have lived for many years in this central area, the series "Mementoes of Yesteryear" are a real treasure, deeply appreciated, so a special "Thank You" to Mr. George Rust-D'Eye. The Community Calendar is always a real help in advertising the many different events taking place in the area, with necessary information.

It was encouraging to note the long list of supporting members, and it is our sincere wish and hope that it continues to grow. I'm happy to enclose by contribution, wishing you all continued success.

Mrs. Evelyn Wilson

Centre makes plans

team. The nurse practitioner staffing would expand from a half-time role serving young women and children to the care supervision for the elderly. The nutrition program would become a secure part of medical and educational service.

Greater co-ordination and scope for services to women is planned with provisions for complete care throughout pregnancy.

Feasibility studies for Pharmacy and Dental programs will be undertaken. Non-medical programming includes continual work on Pollution,

and the OHIP system, regular community and patient education through this newsletter and community meetings.

The negotiations for funding began in mid March. The Board and staff have worked hard to clarify and justify these directions. Any written comments and reactions on existing services and future plans would be most welcome and appreciated as a sign of support. Please send letters to Health Centre, Attention The Board of Directors, 126 Pape Ave. Toronto.

NIP annual meeting

Neighbourhood Information Post received the largest number of requests last year for help and information in its 10 years of service, the audience at the annual meeting was told.

Alderman Janet Howard was featured speaker at the meeting in the Parliament Street Library, at which officers and Board of Directors for 1980-81 were elected.

Executive Director Cindy Wilkey reported that more than 7,000 telephone calls and drop-in visits were handled by the information centre at 265 Gerrard East at Parliament last year. About 90 percent of the enquiries were from the public, with the rest from other agencies and government departments.

As well, more than 700 low income residents received free assistance in completing their income tax returns in a program staffed by N.I.P. volunteers and members of the Ontario Institute of Chartered Accountants.

Requests for services and information included questions on consumer affairs, personal adjustment, finances, community services, education, government, recreation, immigration, housing and health. The meeting was told that as staff numbers have declined, volunteers have increasingly taken over aspects of operation. More volunteers are needed to ensure that the level of service does not decline in a time of greater need.

Other highlights of last year's activities included the production of a Downtown East directory, increase in community development and liaison, production of a new newsletter, a child care and odd-job registry and the offering of new community printing service available to community groups at minimal cost.

Retiring treasurer Blain Parsons pointed out that increased need for services and increased activities have been taking place at a time when funding for the organization is declining. The funding committee reported that new sources of money from private businesses and individuals will have to be found.

Community worker Suesan Way was elected president, succeeding Susan Scott. The new vice-president is Terry Mercier and treasurer is Pat Porter. The Board of Directors are Joanne Boluk, Dan Harrison, Dr. Ron Ginsberg, Rhonda Love, Lynn Lowes, Elsie McLelland, Bob Patterson, Ethel Proulx, Susan Seaby and Jean Wright.

Honourary directors are Susan Scott, Dr. Tyrone Turner, Ted Ball, Polly Evans, Don Flowers, Gerry Solursh, Gerrard Jones and Jim Hayman.

Other items discussed included the upcoming Annual Garage Sale and Flea Market, and the next N.I.P. TV phone-in show.

Cornwall-Oak site still vacant

By RHONDA SUSSMAN

A decision about the land between Cornwall and Oak Sts. that has been vacant since 1969 may be made this year.

This land was expropriated in 1969 and the 51 homes located on it were demolished by the Toronto Board of Education which wanted to build a school on the site.

However, after expropriating the land from the residents, the Board decided not to build a school after all, and the land has been vacant since.

In 1977, a committee, composed of residents and community workers, was formed to come up with a proposal for the land development.

This committee's proposal, which was approved at a community meeting, was for a combination of residential and commercial development, along with some health and social services.

The proposal went to the Board of Education where it had apparently gone the way of most community proposals—into oblivion.

Now, three years later, the Board reports that it had accepted the proposal and that it has just been re-written by the Board's legal department in order to be publicized in the end of June.

Developers with plans for the land will then have 90 days to make their suggestions to the committee.

The committee will choose the development plan that is most in accord with the 1977 proposal.

It is possible, that eleven years later, the land between Cornwall and Oak will finally be put to use.

Help!

Almost all the stories you read in 7 News are written by volunteers. We always, but especially now, need volunteer writers to write news stories regularly for the paper. No experience is necessary, so, if you are interested, give us a call at 363-9650.

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Drug uses and abuses

By HOWARD HUGGETT

A phrase that frequently turns up on the printed page these days is "the drug culture". It is taken to refer to marijuana, heroin, etc., and is usually associated with the current generation of youth. This culture is considered by most of those who consider themselves to be part of it, as well as by those who want no part of it, to be anti-establishment, against "the system". To what extent are both groups right or wrong?

It is difficult to answer that question without determining what is a drug. The definition that turned up in an authoritative book on medicine is this: "A drug is any chemical that you place on your body, ingest, inhale, take by suppository or needle that causes some biological change in you." That takes in a lot of territory and includes how many thousand, tens of thousands or hundreds of thousands of distinct substances. There are more than twenty-five hundred different kinds of barbiturates alone.

Let's consider one of the most commonly used of all drugs, alcohol. It has been known to human beings since prehistoric times and has been produced in almost every known culture in every known time of history. The ingenuity of mankind will usually find a way to produce some kind of juice that will brighten existence, no matter how primitive the conditions. Here is a recipe that is supposed to work in the Canadian Arctic, at least in the summertime: You find a polar bear, then follow him or her until the animal has a meal of grass. Then you kill the bear, take out the stomach and tie up both ends. When the acids and enzymes in the stomach cause fermentation there is your alcohol. I doubt that anyone ever tried that twice.

In spite of the spectacular growth in the use of drugs, both legal and illegal, alcohol still leads to the most serious problems. Statistics for the U.S. show that about one hundred million Americans drink at least occasionally and that one in ten of

that number, or ten million, will eventually end up in trouble. That trouble is not necessarily alcoholism, it may be a jail term, the break-up of marriage, an automobile or other type of accident, deterioration in health, etc. If those American figures were divided by ten they would give a fair idea of the statistics for Canada. A recent study showed that 3% of all the patients in the hospitals of a Minnesota city on a given day were there because of drug-related problems. Of that 3% alcohol accounted for 2.1%, while all other drugs amounted to only .9%.

Yet when people complain about the abuse of drugs they are seldom referring to booze. It has been with us so long that we now take it for granted. Just recall that there was once an attempt to ban the general use of alcohol throughout the U.S. and most of Canada, just as there is now a policy of preventing the use of marijuana. It didn't work with alcohol, so it could hardly work with a substance that is much easier

to produce, to transport and to conceal.

Now alcohol is legal, respectable and, of course, very profitable. Every day of the year we are told that its use is a very important part of the good life and our provincial governments rake in untold millions from the sale of it. As a way of taxing the mass of the people with a minimum of resentment the control and sale of alcohol was just about unbeatable, at least until governments went into the lottery business. It will be interesting to see if the struggle to find new revenues ever causes the federal government to legalize and tax marijuana.

Another intriguing thing about alcohol is that like other legal drugs it costs more to buy it under a brand name than by the generic description. A plain bottle of the colourless liquid of 40% proof costs more than a dollar less than the cheapest bottle of gin, rye or whatever, contained in a fancy bottle but carrying the identical quantity of spirits. White label beer is not yet here, but

who knows?

The plain truth is that there are drugs that are legal and those that are not, and the ban on some does not necessarily relate to the potency of the drug or the dangers of its use. They are all produced for a profit and they are a part of "the system". Those who want to thumb their nose at the establishment by smoking pot should really grow and process the stuff themselves.

Continued

cheques, all of which had been provided by the Loblaw's Store.

Some residents were cynical of the motives behind the closing and feared that rather than another grocery store on the location some sort of redevelopment project such as an expensive mall might be in the offing. Resident Glenda Wilson wondered "if Loblaw's claims they can't make money off this location, how in the world can anyone expect some smaller chain to come in and make ends meet especially since Loblaw's owned the property."

*** Festival ***



These performers played at the Withrow School Fun Fair, held on Saturday, June 14 to raise money for Withrow Public School. The fair had a watermelon seed-spitting contest, roller-skating, clowns, and much more.

Photo by Rita Hoffman

Riverdale C.I. notes

By ROSS MACKINTOSH

At their annual Athletic Banquet, Riverdale Collegiate's outstanding athletes of the year were chosen — Kuil Mau was chosen as the outstanding female athlete of the year and Mark Enman was chosen as the outstanding male athlete.

In the nation-wide mathematics competition, Riverdale's teams placed near the top; the grade 12 team placed second among the public high schools of Toronto and 40th in Canada. Team members are Tony Yeung, Raymond Chan and

Andrew Martin. The grade 13 team, consisting of Steve Mak, Shun Yam Wong, and Terence Wong, also placed second among the public high schools of Toronto and 27th in Ontario. Steve Mak was one of the best fifty students in Ontario out of 2,400 contestants.

In the annual "Chem 13" exam sponsored by the University of Waterloo and the University of Toronto, Terence Wong, Steve Mak, and Julia Kwan placed in the top 12 percent out of 5,600 students from across Canada.

NDP on asbestosis

Michael Cassidy, Ontario NDP leader, stated in a speech to the Union of Injured Workers in Toronto that the NDP's goal is to "move from representing injured workers fighting claims at the Workmen's Compensation Board to acting to preventing injuries to workers".

The NDP reported that while the WCB has recognized over 200 claims for asbestos-related disease and death, they have done little for other workers at the same workplace.

Johns-Manville had 116 claims and the government has still not asked the union to participate in compiling a list of workers who need to be tested. 65 other companies are known to have workers who contracted asbestos-related disease in their workplace.

In addition, there are 19 workers who are drawing asbestos-related disability pensions who are still working at Johns-Manville. They cannot live on their pensions and are too disabled to find work elsewhere.

Asbestos-related disease has been a known problem since the early 1900's. However, the NDP states, the government continues to do nothing.

Midnight Football

By CHARLIE BRAY

The Toronto Grizzlies are at it again. Last year, to everyone's surprise, the Grizzlies introduced you to midnight football and this year they'll be back with more of the same. But that's nothing — besides playing entertaining football, the Grizzlies are presenting a High School All-Star Football Classic, East vs. West, on Saturday, June 21 at Lamport Stadium (1151 King St. W.).

The Classic will be played at midnight, making it the first time

ever that a high school game of this type has been played this late.

The half-time show of the Classic will feature Canada's best rock group ever, *Teenage Head*. There will also be an attempt to set a World Guinness Record by having 500 people in the stands forming a heart shape and kissing for ten minutes. Last but not least, a cheerleading championship will be part of the evening's events.

So come on out and be a part of this great Classic show of 1980. Tickets may be purchased at the gate for \$3.

Neighbourhood Legal Services

By: Neighbourhood Legal Services

Exciting things are happening this summer and fall at Neighbourhood Legal Services. The clinic offers free legal assistance to people having problems with their landlord, helps people wend their way through the morass of welfare legislation in Ontario, and assists folks caught by the regulations of the Unemployment Insurance Commission.

In cooperation with the Regent Park Services Unit, NLS will be offering legal training to Regent Park

residents, particularly in the area of landlord and tenant law as it relates to the operation of the Ontario Housing Corporation. The operation of the OHC is a prime example of the large impersonal bureaucracy that frustrates and confuses people. We want to get more people involved in the issues that concern the clinic.

To this end Neighbourhood Legal Services will be participating with the Regent Park Services Unit in the Dixon Hall Street Festival. There will be a questionnaire there on legal issues that could affect YOU and the person who answers the questionnaire most accurately will win a dinner for two at a local restaurant. NLS Staff will also be on hand to answer questions.

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Looking for work?

By Paul Hamilton and Maryke Dake

The Canada Employment Centre for Students at 1385 Danforth Ave. is one of 24 offices that will be operating in Toronto this summer. This office acts as a focal point for information regarding summer jobs. The Student Placement Officers at the Centre not only assist students in finding summer employment; they serve an extremely important function as a liaison person between the employment centre and the community.

Everyday, Student Placement Officers are actively seeking employment for students all over Toronto. They are canvassing the area you live in for potential summer jobs. In the month of May, approximately 50 jobs were obtained from 500 employer visits. This community outreach program aids students in securing employment for the summer and informs the Student Placement Officer of current business trends.

As a result of the outreach program the Student Placement Officers have gained invaluable insight into community problems, enabling them to focus on specific community needs. Many employers in this area have informed the Student Placement Officers that business is a lot slower than in previous years

compounding the difficulties of students finding summer employment. Competition has never been tougher. The number of students with higher education in all disciplines and trades has been increasing steadily over the past few years.

Many people view the Canada Employment Centre for Students as another bureaucratic creation attempting to solve a very perplex problem called "unemployment". However, the employment centres offer a great variety of job opportunities ranging from labouring positions to professional skills.

To assist students in their pursuit of summer employment, the Canada Employment Centres have developed a creative job search programme. The objective is to provide helpful tips on how to look for a job, illustrating resumé preparation, the resources available, application procedure, and interviewing techniques.

Creative job search programmes have recently taken place in several neighbourhood schools, complimenting existing programs in the educational system. The response has been very positive. If you are in search of summer employment and would like further assistance, please contact your closest Canada Employment Centre for students.

Canadians spent \$30 million on Valium

By RHONDA SUSSMAN

In Canada in 1979, approximately six million diazepam tablets a week were taken by people attempting to control anxiety. About half of those tablets taken were sold under the Hoffman-LaRoche trade name, Valium.

Valium has been the most extensively prescribed drug in the last decade, and in Canada alone, we spend about \$30 million a year on Valium.

Valium acts on the anxiety-producing part of the brain to suppress it.

No one knows for sure how Valium works, or the effects of long-term usage. It is now known that Valium can be addictive.

Despite claims that Valium is ab-

solutely safe, there is unfortunately a time-lag between tests and results, allowing products to reach the market and the patient.

Your bad reactions to the drug could be a direct result of the drug — and not a symptom of mental distress.

People who take Valium for a long time may no longer derive any benefit from it — they simply would feel worse if they stopped taking the drug.

Withdrawal symptoms include agitation, nausea, depression (what the drug was taken for in the first place), and even convulsions.

Also, Dr. D. MacDonald of the Donwood Institute, an addiction treatment centre, says "any drug that can alter the emotions is potentially addictive, especially in a

society where everyone is looking for quick chemical ways to cure all ills."

Valium is "the most frequently prescribed mood-altering drug in history," according to Dr. Alan Klass, author of *There's Gold in Them Thar Pills*.

Dr. Yvon LePierre, a psychopharmacologist with the University of Ottawa, says that since Valium is prescribed on the basis of subjective judgement by a physician, there is the potential for dangerous overuse.

One of the reasons for the over-prescription of Valium is the drug promotion by huge pharmaceutical companies such as Hoffman-LaRoche. Literally tons of "junk mail" crosses doctors' desks in the course of a year, most of it drug-

related, with free samples available on request.

Doctors continually receive gifts of prescription pads, pens, pencils, thermometers, vitamins, calendars, etc., all, of course, with the drug company's name prominently displayed.

Medical conventions and conferences have booths set up by drug companies, seminars touting particular drugs, and cocktail parties put on by pharmaceutical companies. All this is designed to accustom doctors to prescribing a drug by a brand name rather than its cheaper generic name ("Valium" instead of diazepam).

This battle for the prescription pad costs companies more than \$3,000 per doctor a year. Dr. Alan Klass goes so far as to call doctors

the "unofficial sales staff of the drug companies."

Doctors are not, however, solely responsible for the over-prescription of Valium. The average doctor's waiting room is full of people wanting him/her to make them feel better, demanding instant and easy relief when there is no such thing, especially for problems of stress. There are quite a few techniques for controlling stress and anxiety (biofeedback, diet, meditation, therapy to name a few), but these all take some time and effort.

Inundated with advertisements promising that this or that over-the-counter drug will bring instant relief, we would rather pop a pill. And if over-the-counter drugs are good, prescription drugs have to be better.

Valium is helpful in getting a person through a temporary crisis but does not teach anyone how to deal with stress.

Anxiety and depression, stress and pressure, are maladies of our lives that can't be cured as easily as a sore throat. We can take Valium for some relief, but unless we realize that stress and anxiety are inevitable in a fast-paced and extremely unstable world, we can't learn how to stop our problems from ruling our lives.

Adapted from Phoenix Rising

Hoffman-LaRoche, one of the world's largest manufacturers of pharmaceutical drugs and developer of Valium and Librium, has been found guilty by the Ontario Supreme Court of trying to reduce or eliminate competition by selling Valium at unreasonably low prices.

The indictment covered the company's marketing strategies for Valium and Librium between 1968 and 1974.

From the early sixties until roughly 1968, Hoffman-LaRoche held a monopoly on the market for both drugs, and according to the judge "earned enormous profits" by virtue of its patents.

By 1968, however, government programs to cut drug costs and the marketing of competing drugs similar to Valium had cut Hoffman-LaRoche's profits.

To fight its competitors, Hoffman-LaRoche started a "massive giveaway" program of free Valium to all hospitals in Canada in 1970.

During the trial the Federal prosecutor stated that the company believed that by getting only their products into hospitals they could "educate" doctors to prescribe only the company's brand in private practice.

Find a good babysitter

Almost every young child is left in the care of a baby sitter sometimes. And sometimes young parents find to their dismay that there are baby sitters and babysitters.

St. John Ambulance has a Child Care course that includes sound advice for sitters and parents in addition to a grounding in the health and development of infants and children.

It advises choosing a sitter who is known to be trustworthy, and who is in good health, free of even minor infection.

The sitter should, of course, know where to reach the parents if necessary, and what to do if there is an emergency. Phone numbers for a neighbour, the doctor, fire department and police should be near the phone.

A baby shouldn't be left alone in a room unless he is in a crib, playpen or carriage. A child at the busy toddler age needs supervision all the time.

The Child Care course is available from St. John Ambulance branches listed in your local phone book or from the provincial office at 46 Wellesley St. East, Toronto, M4Y 1G5.



To help make your Ontario holiday more fun, you should now have received home delivery of your very own "Ontario—yours to discover!" vacation guide which outlines, by region and by route, many of our province's holiday delights.

Other handy guides are yours for the asking:

Accommodation. This booklet provides you with detailed information on where to stay, how much you'll pay, and what facilities are available.

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Boating. A wealth of marine facilities with maps of specific water routes and things to see and do along the way.

Fishing & Hunting. Ontario is still one of the best places to fish and hunt, and this guide tells you where.

Summer Events. Ontario is bursting at the seams with things to do and see. This booklet highlights the events and dates in June, July and August.

For your copy of any of these publications, write: Ontario Travel, Queen's Park, Toronto, M7A 2E5. Or call collect:

416-965-4008



Larry Grossman,
Minister of
Industry and Tourism
William Davis, Premier

COMMUNITY CALENDAR

Saturday, June 21

There will be an all-day instruction workshop on **Wen-Do**, a women's self-defence method, at Woodsworth Co-op, 133 Wilton Street, in the penthouse recreation room. Registration is \$30 per woman. For more information, call Marilyn Walsh at 368-2178.

Dancing under the stars: Trip the light fantastic this evening to the music of Gus Armitage at **Harbourfront**. Dancing begins at 8:30pm. at the Amsterdam Cafe at York Quay Centre.

Tonight at 8:30 pm. and tomorrow at 2:30 pm. are the last nights for **Necessary Angel's** production of **BOOM!** This play, using music, dance, acting and sculpture, documents a northern community's reactions to the arrival of the nuclear age in the form of uranium mining in their community. Many questions about nuclear power are asked. At **Theatre Centre**, 95 Danforth Ave., box office number 461-1644.

The Parliament Street Library, 265 Gerrard St. E., is having its annual **Parliament St. Pet Show**. All pets welcome.

Woodgreen Community Centre is having their annual **Strawberry Festival** at Jimmie Simpson Park (Queen St. E. and Empire). The fun begins at 11am. and continues until 6pm.

Sunday, June 22

The first of two **wildlife viewing days** will be held today at the **Aquatic Park** (Leslie Street land split). Wildlife personnel will be available at the viewing stations from 11am. to 5pm. to explain activities and behavior of nesting colonies of birds. Regularly scheduled buses run from Queen and Leslie Sts. to the spit.

Monday, June 23

The Riverdale Socio-Legal Services (RSLs) is holding its **annual meeting** tonight, 7:30 pm. at 932A Queen St. E. Neighbourhood residents are welcome. Refreshments will be available.

The **social action committee** of Our Lady of Lourdes Church is holding a meeting for all concerned with the issue of **single parents** tonight at 7:00 at Rose Avenue School, just west of Parliament in St. Jamestown. For further information, call Father Bolter at 924-6257, or Eunice Mauchline at 921-0751.

A new community centre for seniors, **Frankland Community Centre**, is having a public meeting tonight to inform seniors of the programs available; 7:30 pm. at Frankland School, Logan and Danforth. For more information, call Bill Wood at 466-2173.

The **Chile Solidarity Support Group** is sponsoring a series (films, speakers, discussion, and music) on the use of food as a political and economic weapon. The first in the series, "Growing Dollars" will be held tonight at the Trojan Horse Coffee House, 179 Danforth Ave., from 8 to 11 pm. Admission is \$2, coffee and soft drinks available.

The **South Riverdale Child-Parent Drop in Centre** reopens today. A comfortable place for parents and pre-schoolers to relax and play together. **Outings every Thursday** for

July and August. Arts and crafts every Wednesday afternoon. Toy library on Fridays. **Hours:** Mon. and Tues. 9:30am. to 1:00 pm., Wed. 9:30 to 12 noon, Thurs. meet at 9:30 am. for day trips, Fri. 10 to 4 pm. 126-Pape Ave. For more information, call 469-3776.

Tuesday, June 24

There will be a **blood clinic** today from 5:00 to 8:30 pm. at Chester Village, 717 Broadview Ave.

Thursday, June 26

The **Parliament Street Library**, 265 Gerrard St. E., is screening **Notorious** (1947) starring Cary Grant and Ingrid Bergman, tonight at 6:30 pm. and tomorrow at 2 pm.

Harbourfront is celebrating Canada's 113th birthday with a **six-day bash starting today and going to July 1**. The week's festivities include outdoor concerts, a barbeque by the lake, special days for children and seniors, Canadian art and antiques and a climactic **fireworks display** on Canada Day, July 1. For information on the specific activities planned for each day, call 364-5665 or check your daily papers.

The **Downtown Interaction Group (DIG)** meets today at 10 am. at All Saints Church, 315 Dundas St. E. The agenda includes **emergency housing for women:** Nellie's, Street-haven, Metro Social Services Family Residence. All welcome. For more information call 924-2543.

Sunday, June 29

Is your ivy ill? Your fern funny? Your spider plant spotty? The Continuing Education division of Seneca College can help you **cure your ailing plants** at the Indoor Gardening Workshop. The workshop will be held today from 10 am. to 3 pm. Participants should bring a lunch and their plants in trouble. For more information, call the Finch campus at 493-4144 or King Campus at 884-9901.

If **magic** is your bag, be sure to catch the L. Nelson Magic Show, at **Harbourfront** hourly from 1:30 to 4:30 pm. by the outdoor pond at York Quay Centre. Admission is free.

Monday, June 30

Harbourfront's horror film series continues, tonight with **Nosferatu** (1922) directed by F.W. Murnau, and **Nosferatu** (1979) directed by Werner Herzog and starring Klaus Kinski. 7:30 pm., York Quay Centre. \$2 admission (second feature only—\$1.50).

There will be a **blood clinic** at the CBC, 354 Jarvis St., today from 10 am. to 3 pm.

Thursday, July 3

The **A Space Gallery**, in conjunction with Art Toronto '80, presents a **ten-day exhibition** of video, audio, performance and installation works by artists from across the country. At **Harbourfront**, 5:00 to 9:00 pm. tonight in York Quay Centre and admission is free.

Toronto's all-woman rock'n'roll band, **Mama Quilla II**, plays the Maple Leaf Ball-

room, 665 St. Clair Ave. W., tonight for the benefit of the women's quarterly **Fireweed**. Door opens at 8:00 pm. Admission is \$5 in advance, \$6 at the door. **Advance tickets** at Glad Day Books and the Women's Bookstore.

Saturday, July 5

To celebrate Elm Street's new look, there will be an **afternoon street festival** today. Meet the Elm Street business community; see the new landscaping and streetlamps; listen to some music; browse and relax. Elm Street is located two blocks north of the Eaton Centre and runs west from Yonge St.

Sunday, July 6

There will be a **ping-pong tournament** today at Central Neighbourhood House, 349 Ontario St. Sign up in the games room. Door prize.

The second of two wildlife viewing days will be held today at the **Aquatic Park** (Leslie Street land split). Attention will be focused on the huge colonies of gulls and terns nesting on the spit. Other wildlife visible on the spit at this time includes ducks with young ducklings and songbirds. Buses run from Queen and Leslie Sts. onto the spit.

Monday, July 7

The Physical Education Dept. of the Toronto Board of Education is sponsoring a **co-educational summer sports skill improvement program**. Free instruction will be provided for any student who will be attending a secondary school in September 1980. Instruction begins today in soccer at Danforth Tech., and in basketball at Jarvis Collegiate. To register, call 598-4931, ext. 315.

Ongoing

Once again the park in front of Metropolitan United Church will be transformed into a **festive centre** for ten weeks this summer. You may come to hear a carillon concert, or join in a game of badminton, croquet or nine-man-morris. There will also be classical music, clowns, popular music and poetry reading. This program will be running from **June 16 to August 22** at the Church, Bond and Queen Sts.

Community Calendar is a free community service. If you have an upcoming event which you would like listed in the July 11 issue (all events between July 11 and August 1 should

The **St. Jamestown YMCA Health Club** is located in the basement of the Ottawa building, 650 Parliament St. The facilities include a fully equipped exercise gym, three squash courts, also shower, sauna and pool facilities. **Membership** is \$40 for a full year, \$30 for a half-year. Hours are Mon.-Fri. 12 noon to 10 pm. and Saturdays, Sundays and holidays 11 am. to 9 pm. Membership is open to St. Jamestown residents only.

Volunteer tutors needed—no experience necessary. East End Literacy is holding a tutor training program this month. Call Selinde Krayenhoff for more information at 863-0499.

Queen Anne's Lace is looking for new people. Come out for **folk-dancing** and fun at the 519 Church St. Community Centre. For more information call Els Bell at 447-1275 (after 5) or Peter Finch at 461-4576 (after 5). Or come out and give it a try **Wednesday nights from 7-9 pm.**

The Community Information Centre of Metropolitan Toronto is making available a regular **Saturday telephone information service** between the hours of 9 am. and 5 pm. up to Saturday, August 30. This service will have three lines staffed by three counsellors, one of whom will speak Italian. Information will be provided on services such as day care, housing, services for seniors and the disabled, in addition to emergency services. The number to call is 863-0505.

Operation Springboard is now providing transportation to West End Detention Centre. For more information, call 863-6198.

"Knowledge is power"—visit the **Nuclear Energy information centre** at the courtyard level of the ManuLife Centre, Bloor at Bay. There will be exhibits and literature (propaganda?) to take home. Hours are 9:30 am. to 5:30 pm., Monday to Friday, and 10 am. to 5 pm. Saturday.

The **Central Neighbourhood House Day Camp** still has room for children, so apply now. The camp starts on June 30 and ends on August 29. Many of the day trips will focus outside of the downtown area, for example, Centre Island, Metro Zoo, etc. For more information, call Ken Leger at 925-4363.

go in this issue), 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)

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BUSINESS LISTINGS

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

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.

WALL WASHING and vacant home clean-ups by Homepride Services, 694-9599.

SNIPS LAWN SERVICE will cut and trim your lawn all seasons, from \$60. Call 532-5858 anytime.

NEIGHBOURHOOD INFORMATION POST will answer all your questions. Try us at 924-2543. Or drop into our office at 265 Gerrard East (near Parliament).

SHAKLEE, a unique business presentation. Mondays at 8 pm. For an appointment call 921-8122. 11-1.

RENT-A-WIFE, a co-operative group, to do the jobs you can't, be there when you're not — housework, gardening, surrogate mothering, carpentry, repairs, painting, electrical, plumbing, spring clean ups. Free estimates, Judith, 964-8913. 11-1.

MISCELLANEOUS

LOST — 2 months ago in the Pape Library, a small notebook in a black vinyl envelope. \$5 reward. Leave message at 284-7473 or return to Pape library.

NOW AVAILABLE — Every Saturday, transportation to West End Detention Centre. For information call **OPERATION SPRINGBOARD**. Mon.-Fri. at 863-6198.

FOR SALE

FOR SALE — Brand new Clausey and Short furnace (model no. 114610) 91,200 BTU. Bought for \$600, will sell for \$500. Never used. Call Mr. Samler at 364-0058. 11-2.

DOUBLE BED, box spring and mattress, in excellent condition. Reasonable offer. Call 466-7093. 11-2.

Furniture for sale — 5-drawer vanity with mirror, matching 4-drawer chest, green shag carpet 9 x 12, 3 x 3 glass & chrome table, miscellaneous articles, and apt. size spin-dryer/washer. Call 961-2828. 11-1.

HOUSE FOR SALE — Kingston/Woodbine area, \$42,900. Bright sparkling 5-room, 2-storey house. Separate dining room, new wiring, high basement. Two-car parking. Helen Everetts 699-5002 or 444-5166. 11-2.

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THE ADULT LEARNING CENTRE at St. Ann School, 70 Boulton Ave., holds summer and winter programmes—upgrading in English and mathematics from beginners to grade eight. Registration daily from 10:15a.m. to 2p.m., call 469-3659. 11-2.

FOR RENT

A LARGE BASEMENT bachelor apartment for rent on Riverdale Ave. Newly renovated, own entrance. Unfurnished \$195 a month, including utilities. Phone 465-6159; business 744-3340. 11-1

HELP WANTED

WORK WANTED — Honest, semi-retired, single, non-drinking man with experience wishes a job as a live in superintendent. Must be willing to accept two small dogs. Also do minor repairs, carpentry, gardening, decorating, have own tools. Needed by June 30. Call Art at 921-6978. References available. 11-2.

Required: for ongoing exploration of fine town and country photography, the co-operation of the intelligent, handsome, creatively artistic and particularly dancers. Explanation by post, 921-4529. 11-2.

VOLUNTEER TUTORS needed. No experience necessary. East End Literacy is holding a Tutor Training Program in June. Call Selinde Krayenhoff for more information. 863-0499. 11-1.

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:

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ACCOMMODATION WANTED

Wanted: Apartment for Sensible Woman and Quiet Cat. 2 bedrooms, self-contained, sunny exposures, and access to back yard, call 961-2828. 11-1.

PERSONAL



This is Mollie Clare Rolfe, born June 2, 1980 to Seven News Board members Bonnie Heath and Roger Rolfe. Mollie weighed in at 7 lbs., 10 oz. and is now a growing 8 lbs., 8 oz. She was 21 1/2 inches long at birth, which means she may be a great basketball player later in life. Photo by the proud father. Her expression indicates how she feels about a camera pointed at her.

Pottery industry part of Ward 7's past

By DAVID NEWLANDS

Among the early industries in the Ward 7 area was Toronto's only pottery. The business, which was in operation for some 30 years, was located on the east side of Scadding Avenue, now called Broadview Avenue, between Queen Street and Eastern Avenue. The original pottery property was on lots 72, 73 and 74, now occupied in part by houses numbered 53 and 55. Sherds, or broken pieces of pottery, can still be found around these houses.

Pottery was produced in Ontario

for household and commercial use. The Broadview Avenue business produced crocks, jugs, spittoons, and decorative wares for Torontonians in a time when glass canning jars, refrigerators and other similar conveniences were not available.

Pottery manufactured at the site was made from stoneware clay, because this produced a more durable 'stone'-like product. The clay was imported from New Jersey, and was transported up the Erie Canal and across Lake Ontario by boat.

The stoneware pottery business

was established in 1856 by William E. Warner, an American potter who immigrated to Toronto sometime between 1852 and 1856. Warner had earlier worked at potteries in New Jersey and West Troy, New York, from 1829 to 1852. In Toronto he formed a partnership with J.B. Hayden and J.H. Cornell, and the business was known as Warner & Co. Pottery marked with this name is highly valued by collectors because of the quality of the decoration in cobalt blue colour. The finished product was always attractive

and is used today in some homes for dried flowers, or other decorative purposes.

No picture of the business has been found, and local government records say little about the pottery structure except that it was a two-storey frame building, 120 feet by 23 feet. There were two other buildings on the site, presumably one was for the kiln to bake the pots and the second to store the finished goods.

The business was never a large one. Prosperity for the pottery re-

quired the sale of large quantities of pots. By the time of the 1860 census Warner was listed as insolvent, and tax records for 1862 and 1863 describe the pottery as 'vacant'. In 1863 Warner sold the property to John Smith, a farmer, who later leased the business to a succession of potters.

During the years 1863 through 1865 the pottery was operated by a firm known as Eberhardt & Halm. In 1865 Halm withdrew from the business and Nicholas Eberhardt continued to produce pottery until 1879. Pieces made during the time both Eberhardt & Helm, and Eberhardt himself, operated, are found in many antique stores and local museums.

Prosperity eluded the pottery for in the 1870 census we learn that only two persons were employed full-time to produce wares. In that year the firm made stoneware pottery valued at \$3,000, but to do this had to import 100 tons of stoneware clay from New Jersey.

For unknown reasons, Eberhardt ended his lease on the pottery in December 1879 and the factory was leased to James Burns and William J. Campbell, who operated the new firm under the trade name of Burns & Campbell. Both of these potters had immigrated from Ireland and worked at other Ontario potteries before coming to Toronto. In 1881 Campbell moved to Brantford, where he was employed at the large stoneware pottery there; Burns continued the Toronto pottery until 1887, after which time the building was dismantled and the land used for housing. The houses on the lots today are those built at this time.

Stoneware crocks produced in the Toronto pottery are treasured possessions of Canadian collectors. This interest in our industrial past can be shared by residents of Ward 7, where the pottery was located during its brief but interesting history.

David Newlands, who lives on Withrow Avenue in Ward 7, is author of the recently published book, *Early Ontario Potters: Their Craft and Trade* (Toronto: McGraw-Hill Ryerson Ltd., 1979).

Legal clinic opens its doors to the disabled

By RHONDA SUSSMAN

A community legal clinic set up to deal with the special legal problems of the physically and mentally handicapped opened last April 21.

ARCH (Advocacy Resource Centre for the Handicapped) is the first legal clinic in Canada to focus its attentions on the disabled.

Though the clinic also does public education, and is in the process of setting up a resource library with special equipment for use by the handicapped, its main

reason for existence is to handle the specific legal problems of the handicapped. These problems include unemployment insurance disqualification, employment and housing discrimination, and obtaining increases in family benefits.

ARCH, located in the Northern District library at 40 Orchard View Blvd. (Yonge and Eglinton), is fully accessible to the handicapped, whereas, said staff member Michael Yale, "many lawyers can't deal with the handicapped—their offices are not accessible, they can't

communicate with the deaf, or with people with cerebral palsy because they can't understand them".

ARCH, however, has staff that are specially trained to work with mentally or physically disabled clients. The staff lawyer has extensive experience with the handicapped, and legal worker Michael Yale has twenty years' experience with the handicapped and is himself blind. The legal staff will soon be increased by the addition of an articling student who has experience with ex-mental patients' legal problems.

In addition, ARCH influenced the Workmen's Compensation Board to rule in May that ex-mental patients working in a sheltered workshop are employees and are therefore entitled to compensation in case of injury. Prior to this ruling, employment at a sheltered workshop was considered to be "therapy" by the Board, and was not covered.

ARCH is fully covered by legal aid. If you are handicapped and need legal advice, or if you know someone who does, call ARCH at 482-8255.

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Your Guide to Vitamins A, C, E and K

By ANNE WOODS

When people think of Vitamin C they usually think of colds but fending off infections or viruses is only one of C's functions. Vitamin C or ascorbic acid is also important in maintaining collagen, a protein necessary for the formation of connective tissue in skin, ligaments and bones. When collagen breaks down, skin loses its firmness and begins to wrinkle. The need for Vitamin C increases with age so that collagen can be regenerated.

Vitamin C is instrumental in the healing of wounds and burns because it facilitates the formation of connective tissue in the scar. It also aids in the formation of red blood cells and in the prevention of hemorrhaging.

People who have colds and gulp down Vitamin C without a second thought, should think again. The body can only handle a certain amount of Vitamin C at a time and most of it is eliminated from the body through urine and perspiration within 3-4 hours after ingestion. It makes sense to take several small doses rather than 1 large single dose. Instead of swallowing one- or two-gram tablets in a single sitting, take one 250 milligram tablet six times during the day.

Most fruits and vegetables con-

tain Vitamin C and we do well to eat the equivalent of 30-60 milligrams daily in our diet. Our need for Vitamin C increases, however, under conditions of stress such as infection, burns, anxiety, injury, surgery and fatigue.

Shortness of breath, bleeding gums and weakened tooth enamel are indications of a Vitamin C deficiency. So are nosebleeds, anemia, lowered resistance to infection, slow healing of wounds and fractures, swollen or painful joints and a tendency to bruising.

Now, onto the fat-soluble vitamins — A, D, E, and K. If you recall, these vitamins are stored in the body which means that overdoses over a period of time can be toxic — so be careful.

Vitamin A — The chief function of Vitamin A is to form and keep the epithelial tissue healthy. This tissue includes the skin, the mucous linings of the mouth, stomach, and small and large intestines and the mucous linings in the respiratory, genital and urinary tracts.

Vitamin A prompts the secretion of gastric juices necessary in the digestion of proteins. It also builds strong bones and teeth, helps form rich blood, and maintains good eyesight, especially night vision.

Vitamin A occurs in two forms in nature. The first type is "pre-

formed" and it refers to the already existing Vitamin A found in certain tissues of animal products such as fish liver oil. Carotene is preformed Vitamin A which means the body must convert the carotene into useable Vitamin A. Carotene, though plentiful in carrots, is even more abundant in certain green leafy vegetables like beet greens and broccoli. The conversion of carotene in the body is never 100 percent complete — approximately one third of carotene in foods is converted into Vitamin A.

Vitamin A is a great defense against infection. It gives strength to cell walls and so helps protect the mucous membrane against invading bacteria. If infection has already occurred, therapeutic doses of Vitamin A will help keep it from spreading.

Administration of Vitamin A has helped shorten the duration of communicable diseases, the common cold and infections of the eye, middle ear, intestines, ovaries, uterus and vagina. Patients suffering from bronchial asthma, dermatitis, nephritis and migraines have also benefited from Vitamin A therapy.

Many Canadians, children included, have below average or low concentrations of Vitamin A in their blood. Given our polluted environment, this news is distressing since the absence of Vitamin A quite possible makes our epithelial tissue even more susceptible to cancer-causing substances called carcinogens.

Vitamin D — Fat soluble Vitamin D can be absorbed by ingestion or by exposure to light. D is known as the sunshine vitamin because the sun's ultraviolet rays activate a form of cholesterol present in the skin, converting it to Vitamin D.

Vitamin D is essential for forming bone and keeping it healthy. Bone is made from phosphorus and calcium and Vitamin D helps the absorption of and utilization of both calcium and phosphorus.

Except for Vitamin D added to

milk, food contains very little of the vitamin. Fish liver oils are the best source of the vitamin. North American adults can get their daily Vitamin D intake from a half a pint of milk enriched with Vitamin D; children from a quart of enriched milk. Vitamin D is best utilized when taken with Vitamin A.

A deficiency of Vitamin D leads to faulty mineralization of bone structures. The soft bones that result cannot stand the stress of weight and malformations in the skeleton like rickets, may occur.

Vitamin D aids linear growth and continually strengthens the teeth. Taken with Vitamin A, it wards off colds. The D vitamin also reduces the acidity of gastric juices which, for some people, might otherwise cause stomach ulcers.

Vitamin E is a fat-soluble vitamin occurring in its highest concentration in cold-pressed vegetable oils, shortening and margarine, whole raw seed and nuts, soybeans, whole grain cereals, wheat germ, liver, beans and most green leafy vegetables.

Vitamin E opposes oxidation of substances in the body such as Vitamin A and saturated fatty acids. Vitamin E has the ability to unite with oxygen and prevent it from being converted into toxic peroxides. This leaves the red blood cells more fully supplied with oxygen that the blood carries to the heart and other organs.

Vitamin E also makes it possible for the muscles, the cardiac and skeletal muscles in particular, to function with less oxygen, thereby increasing stamina and endurance. Vitamin E also causes dilation of the blood vessels which permits a fuller flow of blood to the heart. In the same vein, the E Vitamin helps treat various heart conditions and helps prevent heart diseases by causing arterial blood clots to disintegrate.

Vitamin E helps heal burned tissue, skin ulcers and abrasions. It also prevents or dissolves scar

tissues. Better news for some is that the vitamin helps counteract the premature aging of the skin, particularly when it is taken orally and applied externally in ointment form. Vitamin E affects the cell formation by replacing the cells on the outer layer of the skin.

A Vitamin E deficiency usually affects the blood with red blood cells rupturing and hemoglobin formation being impaired. Iron absorption is also impaired and the pituitary and adrenal glands reduce their level of functioning.

Vitamin E is versatile. It can correct menstrual rhythm, eliminate hot flashes and headaches during menopause, and relieve the symptoms of bursitis, gout and arthritis. It is also known for treating varicose veins by decreasing the amount of oxygen needed by the tissues involved. Vitamin E is also beneficial for kidney disease and for promoting body defenses against virus infections. It is also known to ease headaches and migraines and to help return the blood sugar levels of diabetics to normal or near normal.

In the last several years Vitamin E has been hailed with rave reviews. Some people think it improves athletic performance and sexual prowess. Others claim that it will prevent or cure coronary heart disease. Studies have since disproved these claims. Like any vitamin, E helps keep us healthy when taken in proper amounts and megavitamin doses threaten rather than promote health.

Vitamin K — Last but not least of the fat-solubles is Vitamin K. Vitamin K can be manufactured in the intestinal tract and in the presence of certain intestinal bacteria. Eating yogurt or kefir promotes the production of Vitamin K in the intestine. Although the most dependable source for the K vitamin is intestinal bacteria, it can also be found in kelp, alfalfa, green plants and leafy green vegetables. Egg yolks, cow's milk, yogurt, blackstrap molasses, safflower oil, fish liver oil and polyunsaturated fats are also good sources.

Please bear in mind, however, that frozen foods, rancid fats, radiation, X-rays, aspirin and industrial air pollution all destroy Vitamin K. In the case of a deficiency, miscarriage, nosebleeds, cellular disease and diarrhea may result.

Vitamin K is sometimes given to prevent blood clotting, especially when jaundice is present. Vitamin K is also beneficial in reducing the blood flow during prolonged menstruation. It is also used to prevent cerebral palsy and also to prevent hemorrhaging after a gallbladder operation.

Next week — the minerals!

RIVERDALE SOCIO-LEGAL SERVICES

invites you to their

OPEN HOUSE

and Annual Board Membership Meeting

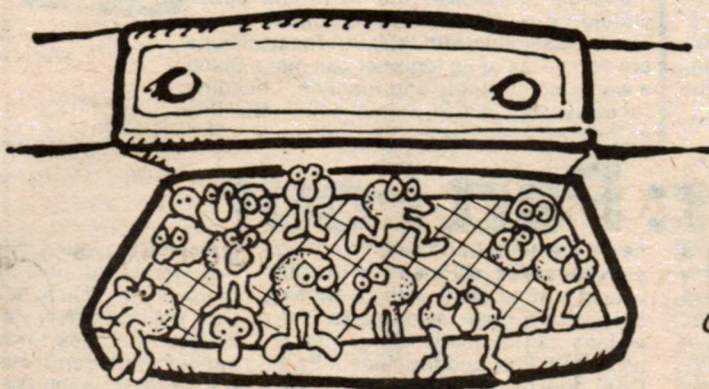
Monday, June 23 from 7:00 to 9:30 p.m.

932A Queen Street East (2nd Floor)

Wine & Cheese Refreshments

461-8102

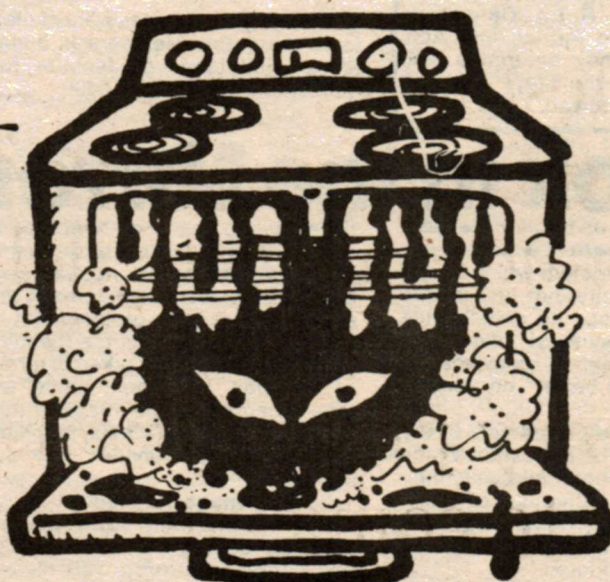
Look who's stealing your electricity.



A stove exhaust fan filter clogged with grease and grime makes the fan motor work longer and harder to draw air through. Just soaking the filter in mild soap or detergent will fix this energy waster.

Use Energy Wisely

Tune-up, clean up. It's simple. Appliances that are clean and well-cared for last longer and use less electricity. Over the long run, you can save money on appliance replacement. And of course, the less energy you waste, the more dollars you save.



Grease and burnt-on food really reduce your oven's efficiency. A clean oven works better and uses less electricity. Opening the oven door too often also wastes valuable heat. If you have a window in the oven door, keeping it see-through clean can clear up the problem.

Don't waste your energy.

ontario hydro



Parkway Tavern

Morning Special

7 — 11 a.m.

Bacon & eggs, potatoes, toast & coffee: \$1.25

Every day a different special!

Seafood, Steaks, B.B.Q. Spareribs & Chicken (4-Course Meals)

Parkway Special

Steak served with choice of potatoes, sour cream, vegetables, chef salad, fried onions, hot dinner roll or garlic bread \$3.25

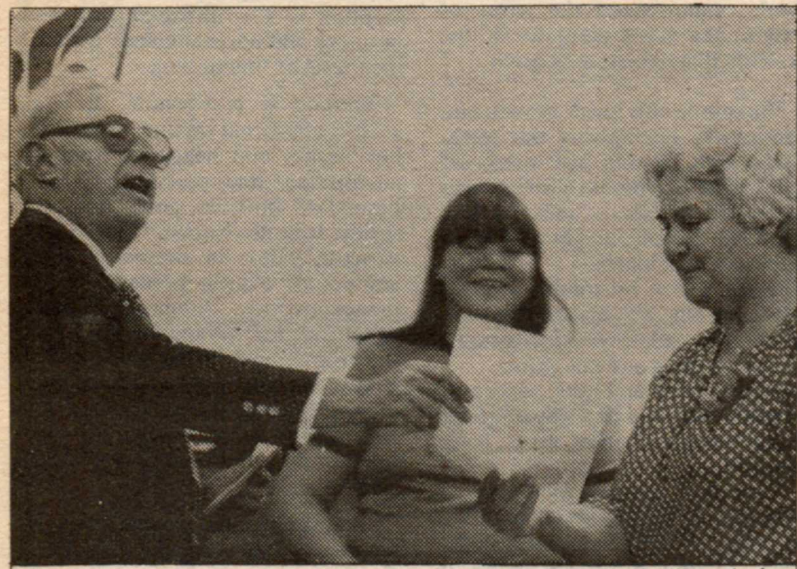
Entertainment Special

8:30 pm - 1:00 am
New group every week

488 Parliament

dixon hall neighbourhood centre

58 Sumach — 863-0498



Volunteer Appreciation Night at Dixon, from left to right Howard Phillips, Andrea Humphreys and Elizabeth Jeschkeit. Photo by Karen Dawson

Family Picnic

The end of June is quickly approaching, and with it will come a change in our Family Night programme. The attendance for our last two Family Nights, May 22nd Blue Jays' Game and June 5th Toronto Island Barbeque, was absolutely incredible! We are hoping for an even bigger turn-out for our sing-along on June 19th.

Family Night will not run every second Thursday during the summer. Instead, on **Sunday July 20th** we will go for a picnic to the **Kelso Park Conservation Area near Milton**. We

are planning to make the event an all day affair. Buses will take us to the park where games and activities will be organized. Some refreshments will be provided, but bring your own salads and juices. There is a swimming area in Kelso Park, so take along your bathing suits and towels.

A small fee will be charged to cover transportation. Call Terry Standish or Kari at 863-0499 to register. Children must be accompanied by their own parent or guardian.

Teen Association



The Teen Association has now hired a coordinator. His name is Mike Sterling and he will be working out of the Regent Park Services Unit. The teens were very active in the interview and hiring process.

On June 7th they organized a dance at Dixon Hall which was at-

tended by almost forty young people.

Over the summer there will be more activities organized by and for the teens in the area, so teens, keep your eyes and ears open if you want to get involved!

ATTENTION TEENS! The Regent Park Teen Association will be operating the famous dunking booth! Don't miss the Teen Association members such as Miraculous Marty, Rebellious Ruby, Dangerous Debby, Portable Patrick and Able Arthur when they determine who gets wet and who stays dry. P.S. Bring your own towel!

Children's Programmes

Regular children's programmes here at Dixon have ended for the season and are being replaced by summer programmes.

Tiny Tots

For children from 3 to 5 years old there will be a Tiny Tots programme. This runs from July 14 to August 22 and the cost is \$1.00 per week per child. The programme

Adult programs

The regular adult programmes are finishing up and will resume in the fall. We thank the instructors for their hard work in the various classes.

If there is a class or programme not offered at Dixon which you would like to see running, why not come over and talk to Ross or Janice.

consists of two half-day sessions and children may register for either the morning or afternoon. To register your children in Tiny Tots call Steve or Janice at 863-0499.

Day Camp

Dixon Hall will again be offering a day camp which will be exploring the many cultural communities in the city.

The camp, which is for boys and girls from 6 to 12 years old, will be split into two sessions, one in July and one in August. Cost is \$4.00 per child per session.

For more information, call Mande or Ross at 863-0499.

STREET FAIR

Where When Who

- Sumach Street between King and Queen (street closed to traffic)
- Saturday, June 28th, 3 p.m. to 12 midnight
- Sponsored by Dixon Hall Neighbourhood Social and Family Service Center, local residents, merchants, churches

Daytime Events

- Penny carnival with games for children
- Tea garden with homemade food
- Seniors will run a craft booth and raffle a beautiful hand made quilt
- of special interest: visit Enoch Turner Schoolhouse nearby and hear speakers and storytellers discuss the history and development of the area

Evening Events

- Barbeque supper and bake sale
- Entertainment provided by local talent — singers, dancers, mime
- Dancing to a live band — 8 p.m. to midnight
- Refreshments

From the Director

I think that some of you may not be up to date with the full range of what's cookin' at Dixon Hall. The summer plans are in place. Daytime programmes for kids, bingoes, a street fair, film nights, family nights, a boat cruise — they're all here! Throughout the rest of this page you will find activities and programmes to satisfy your many interests. Please check them over to see which one 'tickles your fancy'. We'd love to see you.

I wanted to give you the latest information on our building renovation plans. As many of you know, we have had a fund-raising campaign under way now for about a year. The building is a little tired and needs some refurbishing. The basement flooding, the overcrowding, the lack of ventilation, natural light and storage space, make things difficult for us all. So the decision was made to do some renovations.

We have reached over three-fifths of our goal financially. We are shortly to begin meetings to discuss the ways the space should be re-allocated. An architect will be hired to assist us with this. But the decisions are ours — all of us together can make Dixon a warm, comfortable and functional building for everyone's use. Pitch in and help. Call any of the staff at 863-0499 with your ideas.



A Look in the Mirror: Part Four

This article is a continuation of the series begun in the March issue of the Dixon Hall page in 7 News. The articles are based on a research project undertaken by volunteers, staff and board members last summer and fall. We wanted to find out who is living in our changing community, what the issues and needs are, and what the role of a community centre like Dixon could or should be in addressing these needs.

This time we will talk about some specific problems that are experienced by many of our neighbours of all ages, how some agencies are trying to deal with these problems and where there are still unmet needs.

Nutrition

In our research, we found that one important area of concern is **nutrition**. There are many families in this community who have to get by on an extremely limited budget, where only the basic provisions for life can be made. Some children go to bed hungry and arrive at school without breakfast. According to local teachers, this affects the kids' ability to learn and participate in the classroom.

Another nutrition problem is related to "junk food". It is apparent that many children grow up on Coke, chips and candy, food which does not provide the vita-

mins, minerals or fibres necessary for healthy growth. We must add, that this is a problem which exists all across the city, not just in this area. It is perhaps no coincidence that huge amounts of advertising dollars are spent to convince us that "things go better" on burgers and Coke.

S.C.O.R.E. is a programme of the Toronto Board of Education which attempts to support children and families where nutrition is a problem. Cooking classes, home visits, nutrition counselling and nutrition testing are conducted.

At the Downtown Boys' and Girls' Club there are cooking classes for teens. Public Health personnel and teachers in the area are trying to reach families, but find that nutrition is a very sensitive and private matter to deal with. However, we were told that parents are becoming more willing to ask for support.

In terms of what the schools can do, it was suggested that the hot breakfast programme be revitalized.

Nutrition education aside, it seems that the problem is rooted in a basic lack of money to buy good, healthy food. This, of course, is a much wider issue, related to lack of jobs, expensive housing and a rapidly increasing cost of living. Particularly those on fixed incomes and public assistance have rela-

tively less to spend on food that is more expensive than only a few years ago. We can in no way suggest that we even begin to have the answer to this huge problem. But in the meantime, we endorse the initiatives that have been taken in terms of nutrition education; while we take exception to the image of this area painted in the media, labelling parents as irresponsible and uncaring.

Teenage Pregnancy

Some statistics first. During 1977, 993 babies were born to teenage women in Toronto. This means that one out of ten babies in this city are born to mothers under 20 years old.

The abortion rate among teens is rising. Of all the women who had legal abortions in 1977, 20%, or 1,000, were 19 years or younger! Forty-five girls between 10 and 14 had an abortion that year. These are the statistics for the City of Toronto. It is fair to assume that they apply to the teen population in the south Cabbagetown area.

Knowing this, how do we deal with teen sexuality, pregnancy and abortion? Our own moral values aside, many young people are confused, shy, anxious and scared about sexuality; they have a legitimate right to assistance. Organizations such as the Birth Control and VD Information Centre, Plan-

ned Parenthood and the Youthline can be called with any question, which is then dealt with confidentially. From there, referrals to physicians can be made. Clinics such as Hassle-Free and the Regent Park Community Health Centre are among those accessible to area residents, as are clinics in central hospitals.

Many young moms welcome their babies, but find that they are not prepared for the reality of raising a child. Particularly if they are single mothers, the load is heavy and the isolation and depression experienced by many is very real.

Before the baby is born, there are very few pre-natal classes available. The Regent Park Clinic refers pregnant women to Mount Sinai Hospital, but find that such assistance is not requested by a large number. One-to-one counselling seems to be working better, but there are very few services available for this.

After the baby is born is a time when any mother needs extra attention and support. Parent-child centres, where mothers and/or fathers can drop in with their kids, are starting to grow in the area. The centre in South Riverdale has just recently received permanent funding and will be opening again soon. Huntley Youth Services, the Y.W.C.A. and the Catholic Children's Aid also have group pro-

grammes for young mothers.

In terms of post-natal classes there is not much available apart from the mandatory visits from Public Health nurses to the home. Canadian Mothercraft also goes into the home to teach basic parenting skills as part of a research programme. They will do lectures to groups on request.

The Family Benefits Work Group attempts to work at a more political level with mothers on public assistance. Mothers provide mutual support and work together to improve the financial situation of single mothers.

Very little birth control information reaches the young people and few know where to go to find it. This is a difficult area for both parents and teens to deal with, because many kids would never admit to their parents that they are sexually active. On the other hand, some teens in the area felt 'put down' when the Birth Control and V.D. bus was placed in Regent Park. They felt that the bus' presence stigmatized the community and they wanted a more low-key service.

In the next *Look in the Mirror* article, we will focus on mental health problems and crisis counselling. Give us a call if you have comments, criticism or suggestions. The Dixon Hall number is 863-0499.