

# 7 NEWS

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

VOLUME 11, NUMBER 4

AUGUST 1, 1980

## FREE TAKE ONE

7 News is on its summer schedule, so the next issue will be published in three weeks' time rather than in two. Deadline for the next (August 22) issue of 7 News is Monday, August 18 at noon. Bring or mail your news, pictures, or ads to 7 News, 315 Dundas St. E., Toronto M5A 2A2 or phone 363-9650.

## NDP wants more day care

In 1979, there were 41,500 day care spaces in Ontario; in 1977, the Social Planning Council of Metro Toronto estimated that 114,000 of Toronto's children needed day care. It is obvious that major government financial involvement is essential if access to service is to increase.

The NDP is proposing that a fully publicly-funded system is necessary to achieve the goal of universal access to a high quality child care system. The system most closely approximating a universally accessible child care service is our system of public education. It is logical to have one rather than two universal systems when both deal with children.

The NDP's proposal is to place the responsibility for child care services under the Ministry of Education. The program would contain these key elements:

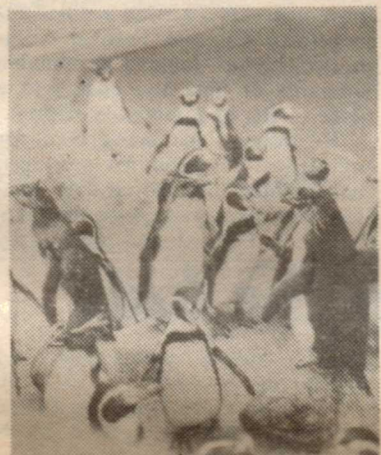
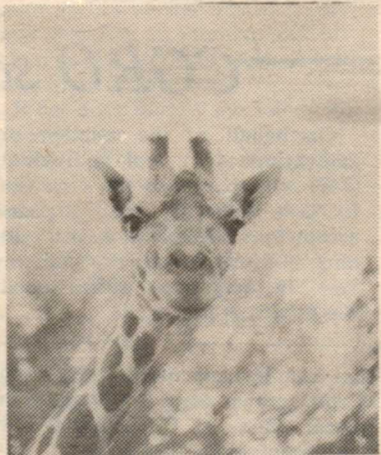
1. Access to universal (non-compulsory), free child care would be recognized as an essential right of every child.

2. The daycare system would provide care, based on the neighbourhood centres to provide a full range and mix of services, including: group centres (principally in schools, but also in community centres, churches, libraries); private home daycare providers, registered as a condition of public funding, linked where possible to a group centre and offering training programmes and other support systems; part-time care through group centres or drop-in facilities; emergency care for sick children, night care, and inhome care for the children of shift workers; special need children to be integrated into group centres in their own neighbourhood.

3. Programmes provided in languages of the community.

Funds would be directed only to non-profit community-controlled child care centres and those operated by government.

## Pet Contest



By popular demand, 7 News is once again running a "Pet Contest".

To enter, just send in a photo or (good) drawing of your pet or pets. We are especially looking for photos of pets doing something

"interesting".

We will select winners from Dog, Cat, and Other (bird, fish, etc.) categories.

The winner will get his pet's photo or drawing printed in an upcoming issue of 7 News.

## Short stories

A banquet was held on Saturday, June 29, to honour the winners of the **First Avenue Short Story Contest**. Keith Potter, chairperson of the awards committee, officiated at the banquet which was held at the Champion House Restaurant on Dundas Street West.

First Prize was awarded to Erwin Buck of First Avenue for a story about life on Tiverton St. Second Prize was awarded to Patricia O'Leary, also of First Avenue for her story about cats. Before handing out the prizes, Mr. Potter noted that the judges were very impressed by the quality of entries received as well as the enthusiastic response to the contest. First prize was an all-expenses-paid trip for two. Second prize was a streetscape of First Avenue.

The next short story contest will be held in the fall. Topic and submission dates will be announced at a later date.

## Parent-controlled school

Last January a group of parents concerned about the short-comings of the traditional school system, and interested in the possibilities of an alternative style of education for their children, met together to do something about it by starting a school of their own.

Today, the Downtown Alternative Primary School is a reality. We have a spacious location at Brant Street Public School; we have a staff—two experienced and enthusiastic primary teachers, with an educational assistant and a half-time school secretary still to be chosen; we have a curriculum that will be the envy of every Kindergarten and Grade One/Two classroom in town; we have a group of dedicated and excited parents who believe that this large and very important aspect of their children's lives deserves their time and attention; and, we still have a number of spaces available for September.

Downtown Alternative Primary School is different from a traditional public school in a number of ways:

1) It is a parent-sponsored and parent-controlled co-operative (although it is part of the Toronto Board of Education) which encourages and provides "real" ties between home and school and between teacher and child.

2) It provides a full-day Jr. and Sr. Kindergarten programme, plus daycare before and after school hours and a healthy (and happy) lunch programme.

3) It provides the minimum teacher/student ratios allowed by the Board of Education and these will be augmented with Educational Assistants and parent participation in the classroom.

4) It provides a curriculum (co-operatively developed between our teachers and the parent body) that follows the academic guidelines set out by the Board of Education but is rounded out by the personal interests of those involved in our co-operative: dance, the visual arts, sports, music, nature studies, cooking, theatre are just a few of our various areas of interests.

We hope that as well as providing a first-rate education for our children, we will be working together as a community founded on our common values, needs, and concerns.

Anyone interested in more information about the school or about the process of co-operative parentally-controlled public education, please call Norrie Drummond at 922-7982 or Birgit Worledge at 487-6175 (bus.), 466-7956 (home).

## Carl Orbach roasted

By DONALD TRIMM

Carl Orbach, a well-known local lawyer and ardent supporter of our Cabbagetown community, strolled into a supposedly routine banquet meeting on the evening of June 25. He received several shocking surprises in rapid succession.

Shortly after calling the meeting to order, our distinguished counsellor found himself confronted with a bizarre accusation. Bridget the Clown bursts into the room, stomach bulging, and threatens Carl with a paternity suit. On that note, the High Kangaroo Court of Old Cabbagetown was called into session. Our guest of honour, having spent many hours in court in a professional role, now found himself in the position of the defendant.

From this point on, events unfolded rapidly and our man on the hot seat was given little opportunity to protest. To ensure that our guest

and suspected felon would not slip away, Inspector Peter Scott emerged to handcuff, bound, and gag the accused. As proceedings went on, before a crowd of fifty and television cameras, the shocking extent of Carl's philandering was revealed. Betty Dawson and Heather McKelvie, two ladies employed with a local prominent real estate firm also were present, both apparently with child. They also pointing the accusing finger at Carl.

At this point our guest of honour begins to feel even more uneasy. He observes a judge, complete with powdered wig and hanging noose, enter the room. He is followed ominously by a man covered in a black hood, bearing an axe.

Even with the adroit defense of Frank Roth and Darrell Kent bearing witness to the defendant's sound character, the outcome of

*Continued on page 2*

## Teen Block-o-rama

The racial issues and tensions in Metro Toronto have received much attention over the past year. The concerns have been recognized by the media, politicians, labour; in fact, all sectors of society. However, the solutions have to date been minimal.

The Teen Association of Regent Park is a non-profit attempt at unifying the large number of teenagers within this region. The concept of this new project is original in that the decision-making and governing body is comprised of teens. The possibilities and enthusiasm from this approach are unlimited and unifying.

The mandate of the Association must be a flexible one, as new teens join and participate in the direction the group takes. An endless list of activities such as sporting events, film making, job training, job searching, theatre arts, life skills are all within reach. As the decisions are collectively made by the teens the specific list of activities is always changing according to their needs

and wants. The whole process as it develops will involve teens from throughout the Park.

The Association has decided that to involve as many teens as possible, we must aim towards a major multi-cultural event. A BLOCK-ORAMA on August 9, 1980 from 3 p.m.-12 a.m. will be just the event to exhibit the Teen Association's overall philosophy. There will be three disc jockeys playing reggae, rock, new-wave, funk and rhythm and blues. There will be food and drink of all ethnic groups as well as arts and crafts. In the centre of the music and booths will be a fun-land with many carnival games. The teens will be setting up the entire event outdoors in the South Regent Square.

As our Association is a non-profit project it is vital that we obtain assistance from the entire community. Therefore, any donation in the form of gift coupons, products or cash will be gratefully accepted.

For further information contact: Mike or Richard at 863-1768.

## Have pen, will write

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.



The Seven News staff, shown above with their children, toil ceaselessly to bring you your community newspaper. Without recognition and often without pay, they labour day and night in a dimly-lit back room of an old church. They work so hard they forget to eat and wash, and that is why they look like this. They deeply appreciate your donations to Seven News, and humbly ask that those of you who haven't already done so become supporting members by filling out the coupon on page 3. Bread and water will be greatly appreciated, too.



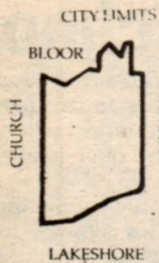
# 7 NEWS

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 Joveer, 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.

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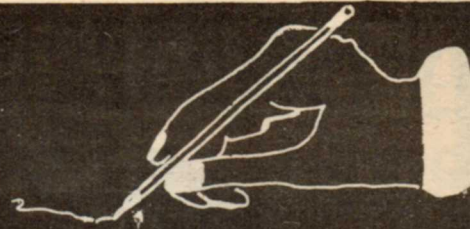
**Entertainment Special**

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

**488 Parliament**

## 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.



## 519 to get mural

I am pleased to announce plans for a Mural to be painted on the 519 Church Street Community Centre's outside South wall, facing Cawthra Square Park.

Our Board of Directors, with the assistance of acclaimed artist Ron Bolt, has chosen a design from over fifty submitted by Toronto artists. The selected design consists basically of a ladder and rainbow over a field of blue sky and white clouds. It was created by Dawnold Brackett, who just happens to live in the Church-Wellesley neighbourhood.

Our goal is to have the Mural painted during the month of August, but we want first to give you

who live and work in the neighbourhood a chance to see and comment upon the design. It is now on display in the window box adjacent to our front entrance.

Please feel free to contact me if there is anything you would like to discuss.

**Roger Hollander**  
 Executive Director

## CGRO says thanks

On behalf of the member organizations (24) and individuals (242) who comprise the Coalition for Gay Rights in Ontario, please accept our sincere thanks for running a blurb about our "Penny Sale" in the July 11, 1980 issue. It was greatly appreciated.

For your information, we took in \$467.49 at the sale. Thank you for helping to make that possible.

Sincerely,  
**Harold B. Desmarais,**  
 Executive Secretary,  
 C.G.R.O.

## Orbach roast

Continued from page 1

the trial is inevitable. GUILTY AS CHARGED.

Fortunately, the noose and axe turned out to be mere props. They were not utilized to carry out sentence against Carl. As it turns out, this evening of humour had been arranged by Carl's friends and associates in the area as a means of offering him a large thank you.

In more than a few ways, Carl

has been instrumental in promoting Cabbagetown as a community in recent years. As Chairman of the Cabbagetown Business Improvement Area, as well as the Cabbagetown Cultural Festival Committee, he has donated inestimable amounts of time and energy to a wide variety of community efforts.

He donates his boardroom for numerous Cabbagetown meetings, has initiated the successful art contest that takes place with the Cabbagetown Festival, and periodically

holds cocktail parties and other events for members of the Business Improvement Area. In addition, Carl played a central role in getting the "Save the Cabbagetown Boxing Club Campaign" off the ground. Due to the efforts of Carl and others, the Boxing Club has been able to purchase its building on Lancaster Avenue, preventing the club's eviction.

We hope that the evening's events were successful in conveying the community's appreciation to Carl.

## Day camp for kids

by Neighbourhood Information Post  
 Dixon Hall Day Camp, 58 Sumach Street, Toronto.

A day camp with multicultural themes for boys and girls aged 6 to 12 years. Monday to Friday, from early July until the end of August. Nominal fee. Contact: Janice Wuerch or Ross Fair at 863-0499.

For boys and girls aged 3 to 5 years, Dixon Hall has a programme for them every afternoon Monday to Friday. Nominal fee. Contact: Janice Wuerch or Ross Fair at 863-0499.

Church Street Community Centre, 519 Church Street, Toronto.

A day camp for boys and girls aged 5 to 12 years. Call 923-2778 for details.

Salvation Army Day Camp, Regent Park Community Centre, 470 Dundas Street East, Toronto.

A day camp for boys and girls aged 5 to 12 years. From July 2 to August 29, Mondays, 9 am to 4 pm. \$1 registration. Contact: Alec Bolton at 264-2541.

A teen drop-in for those from 13 to 18 years is operated at the same address, Monday to Friday 5pm to 9pm. No fees. Contact Alec Bolton at 264-2541.

Centre D'ete Communautaire Francophone

A summer day camp for French speaking children aged 5 to 14 years. The camp aims to provide an appreciation of French Canadian culture. Four 2 week periods between July 7 and August 29. \$45 a session. Contact: Margot La Badie at 367-1950.

Harbourfront: summer Breakaway at Bathurst Quay

A one day recreational day camp and educational programme for groups of boys and girls. Monday to Friday, July 2 to August 29. \$1 per child. Groups must pre-register. Call 364-5665.

Next door to Harbourfront: A creative playground for children aged 8 years and over. Monday to Friday, afternoons only. Groups must pre-register. Call: 364-5665.

Boys and Girls Club of Downtown Toronto, 540 Dundas St. East

Day camps for boys and girls aged 5 to 12 years. Outings a major activity. 2 week sessions from the first week in July to the third week in August. \$2 for a 2 week session. Contact: Diane De Souza at 367-0648.

## New centre almost done

Carpenters will soon begin putting away their hammers and saws at the old post office at the corner of Saulters and Queen St. East. After eight months of work and almost \$1 million worth of renovations, the old postal building is about to be transformed into the new Ralph Thornton (Riverdale) Community Centre.

Ceremonies to kick off the opening of the centre are tentatively scheduled for early October. The centre will offer, among other facilities, a large auditorium, a workshop, meeting rooms, a library, and a sparkling new kitchen.

But though the facilities are almost ready and the full-time coordinator hired, one crucial addition is necessary before the centre is ready to swing open its doors. We need community groups to use the centre. And we also need interested people willing to serve on fundraising, program development, public relations and other committees.

The centre, which receives most of its financial support from the

City of Toronto, will open its doors to community groups in Toronto, with preference going to organizations in the Riverdale area. Groups using the centre could, for example, include everything from a non-profit theatre troupe to an outreach and counselling program, a ham radio club to a children's chess league, Scottish dancing to a parent's self-help group. It's up to the community to decide.

If your group wishes to use the centre; if you have ideas for developing new programs to meet the needs of our community; or if you wish to serve on a centre committee, please give us a call. The centre coordinator is Connie Leslie, 461-6311.

## Perfect Hand

It doesn't happen very often, and it certainly doesn't happen very often in Ward 7. But it happened at the Withrow Senior Club on June 19: Mrs. Marjorie Bell received a perfect (29) hand in cribbage. Congratulations, Mrs. Bell!

## Black Library

The Library of Black People's Literature was founded in 1962 by community minded people who saw the need for print and non-print material that reflected the Black community's concerns. They began by donating books, buying books, appealing for books, and the library took shape. It was first housed at the Home Service Association on Bathurst Street. Later, because of necessity to relocate, the Harriet Tubman Centre at 15 Robina Avenue became its venue. At present the Library is located at 171 Hampton Avenue (near Chester subway station).

The Library is a non-profit registered charitable organization governed by a Board of Directors. It is maintained by volunteer staff. Priorities, when adequate funding is available, include paid skeletal staff in addition to the acquisition of more books and materials, and an audio-visual programme.

The Library of Black People's Literature is a growing collection of books, periodicals and other materials related to the many facets of the world-wide Black experience. The collection at present covers the spectrum of political, literary, economic, geographic and educational areas as they affect those of African descent.

Emphasis is put on information concerning origins, history, lifestyle, aspirations and problems of Blacks in Canada. Material covers Africans, Blacks in America, Caribbean Blacks, Blacks in Britain and Europe as well as in other communities.

We see the library of Black People's Literature as being a focal point for formal and informal study; as a clearing house for ideas and information; as a place for discussion on themes and concerns that affect us; and as an organizing and research centre for community-related issues. It could be of great symbolic value for the Black Community, become a real source of pride for Black People in Canada, and an invaluable resource to the total community.

**ANNUAL MEMBERSHIP DUES** are: \$5.00—individual, \$3.00—students, unemployed and persons on fixed incomes, \$5.00—families.



## "Community" —What does that mean?

"7 News—Ward 7 Community Newspaper".

What is a community newspaper? What does "community" mean?

Sometimes we're not sure we know either. But we do have some ideas about what a community newspaper is, because 7 News is such a paper if anything is.

7 News is a "community newspaper", not only because it writes about Ward 7, or because it gets distributed in Ward 7 but also because it is produced and supported by many people in Ward 7. 7 News is a "community newspaper" because it is a community effort.

People in the community give their time to write for the paper, distribute it door-to-door, and help

out as volunteers in all sorts of other ways.

And they also give their money so that the paper can continue. To date, the people of Ward 7 have contributed over \$1,700 in response to our appeal for "supporting members". We are deeply gratified by this expression of support—but we still need more.

7 News can only survive financially with the money it raises in Ward 7, whether through advertising or donations. A community newspaper has to count on the community for support. You can do your part by sending "\$10 for 7 News"—or whatever you can afford—to 7 News, 315 Dundas St. E., Toronto, M5A 2A2.

Thank you.

## Thank you

7 News' 1980 Supporting Membership Campaign is now well under way, and we would like to acknowledge the generous support of those who have contributed to date. Thank you, friends, for helping launch us into our second decade.

Our thanks to the following:

Patricia Miller, Bain Ave.  
Queen Alexandra School, Broadview Ave.  
Jocelyn Dinsdale, Langley Ave.  
Howard Kreiger, Broadview Ave.  
Bonnie, Alter, Delaware Ave.  
Gladys Hall, Meadowglen Place  
Denis Bourron, Carlton St.  
Mrs. E. Wilson, Shuter St.  
Mrs. A. Hines, Danforth Ave.  
Z. J. Gladki, Amelia St.  
Dr. T. S. Turner, Parliament St.  
Diane Saibil, Bain Ave.  
Cherry Hassard, Bain Ave.  
J. M. O'Brien, Hampton Ave.  
Rhonda Sussman, Yonge St.  
Isobel Clewes, Cambridge Ave.  
Ingrid Romeiss, Grandview Ave.

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Kathleen Austin, Withrow Ave.  
Sharon Lynas, Earl St.  
Elaine Houghton, Grandview Ave.  
Sheila & Niall Byrne, Wellesley St. E.  
Myles Trbovich, Hogarth Ave.  
Jane Maxwell, Bain Ave.  
N. Dunphy & Frank McIntre, Spruce St.  
Mr. & Mrs. K. Wieland, Victor Ave.  
Lilyan Wiley, Huron St.  
Amelia Kane, Howard St.  
Johanna D'Arnaud, Sherbourne St.  
Amy Preston, Oak St.  
Evelyne Gilmour  
Kari Dehli, Bain Ave.

Howard Huggett, Sparkhall Ave.  
Celedonia M. Gloria, Isabella St.  
Rev. V. I Goring, Bowden St.  
Antoinette Harper, Shuter St.  
Julia & Rita Hoffman, Boulton St.  
Gilbert Budway, Grandview Ave.  
Valerie Lawson, Greenwood Ave.  
Pamela Jones, Boulton St.  
Dinny Biggs, Lord Dufferin School  
Lesley Mang, Albermarle Ave.  
Evelyn Elrick, Sherbourne St.  
Jean Wright, Sword St.  
Catholic Women's League of St. Paul's, Power St.  
L. Harvey, Sherbourne St.  
W. Blundell, Bleecker St.  
Elizabeth Piccolo, Bain Ave.  
Roger Rolfe, Carlton St.  
Donald Taggart, Parliament St.  
Beth Rodger, Dufferin St.  
David & Sandra Clanfield, Sword St.  
James Naumoff  
Mr. & Mrs. James Madden, Wellesley St.  
Gerry & Rosemarie White, Alpha Ave.  
Y. K. Bobik, Bleecker St.  
Jane Jersak, Sumach St.

**If you haven't made your donation yet, why not mail it today?**

## \$10 makes you a member

7 News is ten years old now, because you have supported us. We need your support again now to launch our second decade of community journalism. You can help by becoming a supporting member for \$10 (or whatever you can afford). Just fill in the coupon.

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Please make all cheques payable to Seven News. Our address is 315 Dundas St. East, Toronto M5A 2A2.

Remember: if you live on a street not currently getting 7 News delivered every issue, then your donation entitles you to get 7 News mailed to you. Just enclose a note with your donation.

## Living common law?

**Q:** I have been living "common-law" with a man for six years now. Do I have the same rights as a legally married woman?

**A:** No. "Common-law" couples do not have the same rights as legally married couples. However, the law does recognize to some degree a right to support.

**Q:** Are there any criteria which must be satisfied before the law recognizes the common-law relationship?

**A:** Yes. The couple must have lived together continuously for a period of five years or more. Also, where a child is born of whom the couple who have cohabited within the preceding year, are the natural parents, the common-law relationship will be recognized.

**Q:** The man I was living with left fourteen months ago after a common-law relationship which last seven years. Am I entitled to any support?

**A:** Although you may have been entitled to support your entitlement is lost if you fail to make a claim within one year of the end of the relationship.

**Q:** Is it possible that I, as a common-law wife, could be required to support the man I was living with?

**A:** The Family Law Reform Act establishes that each spouse has an obligation to support him or herself, and an obligation to support the other. Therefore wives, or common-law wives in certain circumstances, can be required to support husbands.

**Q:** I worked while living with a man who was going through University. Am I entitled to any support in return now that he has graduated and has ended our relationship?

**A:** The fact that the person asking for support helped his/her spouse through school or advanced his/her career is one of the factors considered by the court in considering how much support a spouse should get.

**Q:** How do I go about obtaining support?

**A:** To obtain a court order for support you should apply to the Family Court, the County Court or the Supreme Court of Ontario. You and your spouse will then be required to provide full disclosure of all expenses and debts.

**A:** No. You are only responsible for those debts incurred for the "necessaries of life" unless of course you have notified the third party

that you are not extending authority to be held liable.

**Q:** A child was born during our common-law relationship. Is the child still considered illegitimate?

**A:** No. There is no longer any such thing in law as an illegitimate child.

**Q:** Am I still entitled to one-half the property which my common-law wife and I purchased if we should ever go our separate ways?

**A:** When it comes to the division of property the common-law spouse does not have the same protection as a married spouse. In such a situation, the name on the deed identifies the owner.

**Q:** My common-law wife has run up a number of debts. Am I responsible for these?

**A:** Under s.33 of the Family Law Reform Act, the person with whom one is living, assuming a legally recognized common-law relationship still exists, can make the other person liable for debts incurred while they were co-habiting.

### Quotations to Remember

Everything that can be said can be said clearly.

—Ludwig Wittgenstein

## Jazz festival

Over 5,000 jazz lovers swarmed to Harbourfront, roaring their approval, stamping their feet and dancing to the music, at last year's Molson's Harbourfront Traditional Jazz Festival. This summer, the jazz festival returns, bigger and better than ever. The two-day dixieland extravaganza, featuring 17 bands, gets started on an upbeat note Saturday, August 16 at 6 p.m. and continues Sunday, August 17 at noon.

Highlights of the festival include the Best New Bands Contest Sunday at noon, and the Festival All-Stars, a special concert by the kings of Toronto trad jazz, that closes this toe-tappin' weekend Sunday at 10 p.m.

Here's the lineup:

**SATURDAY, AUGUST 16**  
6 p.m. Vintage Jazz Band  
7 p.m. Louisiana Joymakers  
8 p.m. Silverleaf Jazz Men  
9 p.m. Jazz Corporation  
10 p.m. Excelsior Jazz Band  
11 p.m. Casa Loma Jazz Band

**SUNDAY, AUGUST 17**  
noon - Best New Bands Contest:  
3 p.m. Black Swan Jazz Band  
Cabbagetown Strutters  
Dixieland Rhythm Kings  
Dixieland Encore

4 p.m. Jim Galloway's Metro Stompers  
5 p.m. Hook and Ladder Six  
6 p.m. Harvey Silver Band  
7 p.m. Bob DeAngelis Dixielanders  
8 p.m. Jim McHarg's Maple Leaf Jazz Band  
9 p.m. Dr. McJazz  
10 p.m. The 1980 Festival All-Stars

The Jazz Festival locale is Harbourfront's York Quay Centre, 235 Queen's Quay W, just west of the foot of York Street. Weather permitting, the bands, all regulars at Harbourfront's Sunday Jazz Club, will entertain outdoors by the lake on the Shipdeck Stage.

Admission to the two-day festival is free. For further details call 364-5665.

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T-SHIRT OF THE WEEK—Kevin Yedon of 355 Gerrard Street is obviously a *Charlie's Angels* fan from way back.

## "Rum and Coca-Cola"

Rum and Coca-Cola go together as well as sunshine and the beach. And, in the Caribbean, all four are smoothly blended in a hot bowl of lively calypso music.

Toronto theatre goers can share in this entertaining mix from July 31 to August 10 in the Black Theatre Canada production of the play "Rum and Coca-Cola".

Set in the Caribbean, the play, written by Mustapha Matura and directed by Ardon Bess, centers around two calypsonians, Creator and Bird, as they struggle to eke out a marginal existence singing calypso songs to tourists in exchange for tips.

Bird, 23, has hopes of someday becoming the Calypso King of the island and so he clings to his mentor, former calypso great and three-time King, Creator.

The former King, 40, realizes he

no longer has the skills and ability to compete with the young calypsonians, feverishly clings to his old, tried-and-true methods of calypso writing and singing, ignoring the modern, popular trends.

The result is a bitter-sweet existence with tragic potential. Rum And Coca Cola is presently playing in Trinidad to rave reviews. And through the BTC production, Torontonians can catch it at Harbourfront during Caribana and then at the Side Door Theatre.

The play will run at the Harbourfront Studio Theatre, July 31 to Aug. 4, Thurs. and Fr. at 8:30 p.m. Sat. at 6 and 9 p.m. And matinees Sun. and Mon. at 2:30 p.m. Then at the Side Door Theatre, 736 Bathurst St. (One block south of Bloor) Wed. to Sat., Aug. 6 to 10 at 9 p.m. Admission is \$4.50, with \$2.00 for children. For reservations call Black Theatre Canada at 656-2715.

## Regent teen group

The multitude of services and activities in the Regent Park area is evident to anyone who simply walks through the region on any day of the week. However, it is not so easy to find out how one uses or becomes part of these particular services.

The Regent Park Teen Association, a newly formed body, has found that there is a great need for a communication system in which the local facilities can attempt some

form of co-ordination.

The Teen Association feels that cooperation amongst all the active agencies and groups in the Park is vital. Without this coordinated participation Regent Park solidarity will continue to dissolve.

We hope that changes in this stalemate will be pursued. Anyone interested in this pursuit can cooperate by calling Richard or Mike at 863-1768.

## George Patton tries

Statement by George D. Patton, Candidate for Alderman, Ward 7, City of Toronto, on July 6.

"As many of you know, when I first ran for alderman two years ago, many people thought that it was a whim, a flight of fancy. But I'm here today to tell you that my attempt of two years ago was a serious one, although I started late and with little organisation.

"I want to represent the people of Ward 7 at City Hall. And this time around I intend to triple the 4,400 votes I received last time by starting early and developing a strong campaign team.

"I intend to start canvassing the ward right away. I'm going to spend each evening I can after work finding out what people's real concerns are. Primarily, I'm going to be a listener. I'm going to be a listener because I think people are tired of being told what is right for them and tired of the running battles which go on at City Hall.

"This ward is as cosmopolitan a place as anywhere in the world —

we have the very rich and the very poor, we have people of every colour, nationality, sexual orientation, and religious persuasion. We have the successful and the downtrodden. And each of them deserves a compassionate and understanding representative at City Hall.

"I have no pre-conceived ideas about what is good for people and I do not intend to balance the interests of one group against those of another for political gain. In this first part of the campaign I just intend to listen to what people have to say.

"And on a regular basis throughout the campaign I intend to let the media know what I have learned so that when my platform is announced in October, everyone will know how I arrived at my position on various issues.

"I start work tomorrow, and I will continue working right up to election day in November. Thank you."

## How's your air?

By sealing their homes tighter, conservation-minded people are cutting energy demands and costs. And trapping indoor air pollutants.

Insulation and other energy-efficient techniques cut energy use by 20-35 percent by preventing outside air from seeping in and inside air from leaking out. As a result, indoor air pollutants can accumulate to hazardous levels.

In a study of homes in six cities, researchers at the Harvard School of Public Health found that in five cities, indoor levels of smoke and dust particles in the homes were twice as high as those outside. Government air pollution regulations focus almost solely on the outside air, yet most people spend 70 percent of their lives indoors. So what people breathe indoors is critically important.

Some communities, including Toronto, have passed laws restricting tobacco smoking indoors. Although tobacco smoke can be a major source of indoor pollution, there are others. Nitrogen dioxide and carbon monoxide accumulate when gas stoves and heaters are burning. Formaldehyde, used in foam insulation and in furniture made of plywood, can escape into the air. Radioactive radon from brick, concrete, stone, and soil can pervade a home. In one experiment, 13 organic chemicals were detected in a room after a scented oven cleaner had been used.

What's to be done? Some experts suggest that gas ovens should be ventilated to the outside, that materials emitting radon and formaldehyde should be painted over with sealants. Though it would increase energy use somewhat, a daily airing of the house could help—if the outside air is clean.

## Care-Ring

**DOWNTOWN CARE-RING IS FOR YOU.** This is a project which seeks to help the elderly, sick or lonely people, — to get them to the doctor or hospital, or just to keep someone company. **CARE-RING IS IN DESPERATE NEED OF VOLUNTEERS.** It is awful when someone calls and we cannot send the help they need, if we have to leave a call unanswered. So we beg you, if you have an hour or two to spare, do please offer your help. Call Dianne at 868-1190 between 9:00 am. and 2:00 pm.

## Staff away

7 News staffers (all two of us) are taking a holiday from August 8 to August 17. If you call, please talk to our answering machine—it gets lonely sometimes.

## Victims

By DOROTHY BUSHEY

Many people have at one time or another become a victim of someone's evil deed or thought.

Elderly people who are handicapped and use aids such as canes, crutches, wheelchairs are the ones who are victimized most. An elderly lady has told me that in the Ontario and Aberdeen area, some young children around 10 or 12 have stolen her purse several times by threatening her with violence. One time a child shoved a rat in her face and when she put up her hands to protect herself, they stole her purse again. She has a cane constantly with her and why it isn't used against her attackers, I'll never know.

Several seniors who live in the Oak Apts. at River and Gerrard are also victims. One gentleman was walking along Gerrard when some young men came up to him and asked directions and as he turned his head to direct them he was slammed in the back of his head, pushed down and robbed.

Some people at the seniors' building on Sherbourne have told me of one elderly gent who had lost his leg at an early age, and who was victimized by some men he brought into his apartment for some Christmas cheer. They ended up relieving him of his treasures and pushed him around a lot, and the sad story goes on and on.

Some people don't even look like victims but they are! For instance home owners I know have become victims of con artists. In one case, an elderly couple was asked by a caller when they were leaving because he wanted to move in. At the surprised look on the elderly couple's face, the visitor told them he had paid an enormous down-payment on this house. The couple explained that their house was not nor had ever been for sale.

I think the most victimized was Miss Hess who died of malnutrition, weighing 54 lbs. The question is, who was the cause of her demise — neighbours, family, or society? I think that it is all of the above. We have to stop ignoring the cries of help from our neighbours because we don't want to get involved.

We have to speak up for those who can't or won't because of fear.

I would like to start a series in *Seven News* on "Victims and Solutions", to possibly help set up a community group organized to try to stop us from being victims.

## OHIP refunds

Liberal health critic Sean Conway has charged that hundreds of elderly people and low-income families could be over-paying the Ontario Health Insurance Plan by as much as \$480 a year because they don't know about reduced rates available to them.

Families with an annual income of \$5,000 or less, and individuals whose yearly income is \$4,000 or less are eligible for premium assistance benefits. However, only those who apply for the benefits get them. As Mr. Conway pointed out, "The problem is that many of the people premium assistance was intended for don't know about it."

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W. Frank Robinson

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# COMMUNITY CALENDAR

## Friday, August 1

The Queen and *L'Ange et la Femme*, two mildly erotic films, are featured tonight as part of Harbourfront's **Images of the Night Series**. 11:30 pm at York Quay Centre. \$2.

## Sunday, August 3

Rev. Ken Bhagan, of Care-Ring, will be speaking at the St. Luke's Forum, being held today at 2:30 pm in Allan Gardens.

Robert DeNiro stars in Bernardo Bertolucci's film **1900**, tonight in Harbourfront's *World Cinema* series. Showtime is 7:30 pm at York Quay Centre. \$2.

## Tuesday, August 5

Harbourfront presents *Fiddler on the Roof*, tonight at 7:30 pm. York Quay Centre, admission \$2.

## Wednesday, August 6

Today is the thirty-fifth anniversary of the bombing of Hiroshima.

## Thursday, August 7

**Canadian Opera Company Summer Festival:** A special condensed performance of *Hansel and Gretel* will be given at 7 pm, and Kurt Weill's *The Little Mahagonny* at 7:30 and 9:30 pm. York Quay Centre, \$1.

There will be a **blood clinic** today from 8:30 am to 3:30 pm at Manufacturers Life Insurance, 200 Bloor St. E.

## Saturday, August 9

The rock'n'roll band, Mama Quilla II, will be performing at a **benefit dance** for the **Toronto Rape Crisis Centre**, at Scadding Court Community Centre (Bathurst and Dundas), 8:00 pm. Tickets are \$5 and available by calling 964-7477.

The Regent Park Teen Association is putting on a **Block-o-Rama** today, starting at 3:00 pm in Regent Park south of the square. Highlighting the event will be three disc jockeys offering a wide range of music from rock, reggae, new wave, funk, to big band. Food, fun, and sun! For more information on either the Association or the Block-o-Rama, call Mike or Richard at 863-1786.

There will be a **fund-raising bazaar** for the Lesbian Mother's Defense Fund today at the 519 Church Street Community Centre, from 1 to 4 pm. Featured will be a rummage sale and entertainment from singer Boo Watson.

## Wednesday, August 13

The Neighbourhood Information Post is holding its **annual Board meeting** tonight at 6:00 pm. All welcome. 265 Gerrard St. East at Parliament. For more information phone NIP at 924-2544.

The **Canadian National Exhibition** opens today. The world's largest and oldest annual exhibition features Canada's largest midway, numerous exhibits, air shows and much more. Great for your out-of-town friends and relatives. Till Sept. 1.

There will be a **blood clinic** today at Wellesley Hospital from 9:30 am to 4:00 pm.

## Thursday, August 14

**CUSO Information Meeting:** A chance to learn about **living and working overseas**. Returned CUSO workers will be present. At the International Student Centre, 33 St. George (west of University, north of College), 7:30 pm.

Dixon Hall presents its annual **Moonlight Cruise** on the Sam McBride. Featured will be a cruise around Toronto Harbour, viewing CNE fireworks display, free snacks and a cash bar. Tickets are \$10 per person, available through **Dixon Hall**, 58 Sumach St., Toronto, or call 863-0499.

There will be a **blood clinic** at George Brown College, St. James Campus, 200 King St. E. from 9:00 am to 12:30 pm.

## Ongoing

• There is a new club for cyclists in downtown Toronto. The **519 Cycling Club** is a program of The 519 Church Street Community Centre. The aim of the club is to provide an opportunity for people of all ages and physical capacities to enjoy cycling as a sport and recreation. During the summer the club will organize ride on most weekends and occasional Wednesday

evenings, starting from the 519. Membership is \$3 for adults, \$2 for students and unemployed, \$5 for families, and is free to seniors. For more information, call Doug Loweth at 925-0903 or Patti Odell at 921-6300.

• Those interested in the history and development of the Danforth Area can purchase **The Danforth in Pictures** for \$3.50 from most Toronto Public Library branches, or through the business office, 40 Orchard Biew Blvd. Toronto, M4R 1B9.

• **Are you interested in providing a valuable service to seniors and earning extra income at the same time?** Become a home helper in the St. Jamestown area for Saint Luke's Church. Contact Betty Lloyd at 924-9619.

• Woodgreen Community Centre will be serving **lunches for seniors every Wednesday** from 11:30 to 1:30, starting July 16. Cost of meal is \$1.50. Limited transportation is available. Those who may be in need of transportation should call Josie at 461-1168.

• Casual and economical Saturday shopping returns to Toronto at the **Paris Street Fair**. Every Saturday from 10 am to 5 pm, browse through crafts, antiques, bric-a-brac, nostalgia, memorabilia or call-it-whatever-you-will on Hayter St. at Yonge, just south of College Park. Bring a friend or meet one at this famous Toronto intersection as you re-discover the real value of yesterday's wares. A great opportunity too for beating high prices and inflation is the Paris Street Fair. Always a surprise for sharp eyes!

• Did you know Woodgreen Community Centre is offering a **crafters' program**? Adults of all ages are welcome to join us every **Wednesday afternoon** between 1:30-3:30 pm to work on various crafts such as macrame, sewing, and more. Free. For more information, call Simon Crook or Debbie Aylwin at 461-1168.

• Central Neighbourhood House is looking for **volunteers for the Home Help Program**. We have many men and women, young and old, who are unable to go out by themselves and who are often quite lonely. We are looking for people willing to spend just a

couple of hours of their time going to pay these people a visit or to take someone out to do some shopping. If you feel you have the time to help, please call Sandi at 925-4364.

• The 519 Church Street Community Centre is looking for a **volunteer to run a film program**. Duties would include the ordering, picking up, and return of the films, projection of the films, and some public relations on the program. We are open to experimentation . . . in other words, the volunteer will be able to play around with her/his own ideas in determining the shape of the program. A challenging opportunity for a creative film buff. If interested, please contact Adair at the 519. 923-2778.

• What is **Pathways to Culture**? It is a fun and exciting way for boys and girls from 10 to 14 years of age to spend part of the summer. Children will meet artists, visit theatres and studios and do practical work in the performing and visual arts.

This program is based at the Pauline McGibbon Cultural Centre, 86 Lombard St., west of Jarvis and north of Adelaide. For further information, call 363-7698.

Community Calendar is a free community service. If you have an upcoming event which you would like listed in the August 22 issue (all events between August 22 and September 12 should go in this issue), fill out the coupon below and mail or bring it to 7 News, 315 Dundas St. E., Toronto M5A 2A2.

DATE OF EVENT .....

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

## □□□□□□ Futurist conference: few answers indeed □□□□□□

By Howard Huggett

Last week Toronto was host to a Global Conference, the first of its kind. This gathering was concerned with what the future promised for us earthlings, particularly with regard to such vital problems as energy shortages, pollution, overpopulation, third world poverty and the threat of nuclear war. It was so large, so varied in its scope and so chaotic in its operations that no one person could take it all in, but fortunately the daily press gave this conference considerable coverage. On the basis of the reporting a lot of relevant questions were asked, but on the admission of the conference chairman not much was accomplished in the way of answers.

One of the most unusual proposals to come out of this meeting was the suggestion of a

## Quit or die

New evidence shows that the benefits in the lungs of quitting smoking are almost immediate, as well as long-lasting. At the University of Oregon Health Services in Portland, a team of researchers examined the pulmonary functions of people who had attended smoking cessation clinics. Researchers studied those who managed to quit and those who did not. The dramatic results, which startled the researchers themselves, were reported in the October 1979 *American Review of Respiratory Disease*.

"We were surprised to find such an unequivocal improvement in the quitters in all of the function tests", say the researchers. Smokers who exhibited decidedly abnormal functions before they quit showed the greatest improvement on all the tests—including the amount of air that could be inhaled with one breath and the amount that could be exhaled in one second.

"Respiratory symptoms virtually disappeared in those who stopped smoking," said the researchers.

global tax on the richer nations to alleviate the poverty of the third world. Of course there is nothing novel about taxing the more affluent in order to raise money for those who need it. Canada, like many other countries, has been doing this for a long time. The results are not secret because Statistics Canada has the figures: In 1951 the 20% of families who received the lowest incomes got 6.1% of the national total, while the top 20% took in 41.1%. By 1974, after many years of the Canada Pension Plan, the Guaranteed Income Supplement, Mothers' Allowances, Disability Pensions, U.I.C., etc., the poorest 20% of the population were poorer still with only 4% of the total, while the 20% on the top had done better with 42.4%. Obviously, there are forces operating in Canada to channel the money back again from the poor to the well-off. Does anyone think that system doesn't work the same way in the rest of the world?

As a matter of fact the richer nations have been carrying out programs of aid to the Third World countries for many years. In order to see how successful they have been it is only necessary to refer to some statistics furnished to the Global Conference by a delegate from the State University of New York in Buffalo:

Of 1.5 billion children under 15, 230 million are undernourished.

590 million people have no access to safe water, 470 million live in inadequate housing, and another 456 million dwell in slum and squatter settlements.

Those frightful figures make it obvious that there are very great changes to be made in our present social and economic system. If this conference made any suggestions they were not reported in the press.

One of the topics to which the Global Conference devoted considerable time was the role of outer space in our future. There were the usual pictures of space stations up

there in the wild blue yonder with optimistic prophecies of colonies of earthlings emigrating to the "new frontier". It sounds like another attempt to escape from the problems of this world by going somewhere else. I am old enough to recall a time when the common belief was that the only way to go "up there" was die and go to Heaven. In order to qualify for accommodation in Paradise it was necessary to follow a lot of do's and don'ts. The prospect didn't sound very appealing, unless you were mad about choral singing and playing the harp. Besides, there were some simple



pleasures that were never referred to, such as eating and drinking. The idea of walking around on streets of gold didn't sound inviting, and that was long before that metal became worth more than six hundred dollars an ounce.

However, compared to what outer space has to offer right now, that old-fashioned idea of Heaven has its points. At least there was some mention of "Elysian fields" and they just might contain a brook or two, flowers, bees and other wonderful things. As far as anyone knows there is not even one blade of green grass in those vast reaches of space that stretch to the farthest galaxy. It is empty, desolate and frightfully cold.

Besides, any attempt to populate space would immediately raise the

thorny problems of jurisdictions and property rights. Right now we have bitter argument between the federal government and some provinces as to who owns the oil and gas in Western Canada. The more industrialized nations of this earth, having gobbled up huge amounts of vital resources in their own and other territories, are now proposing to dredge the deep oceans, to which they have no rights of ownership. The poorer countries of course, lack the technical knowledge and the finances to get their share.

But it is only when you move off the planet into space that this business of trying to apply conceptions of private property break down completely. Who owns the moon? The U.S. because they got there first, or does it have to be fought over, as North America was? A report from the Global Conference advises that the Russians are claiming ownership to the space that lies above their territory! Since this planet turns on its axis once a day and circles the sun every year that particular area of space that lies above the U.S.S.R., or any other country, is not the same at midnight as it is at midday, nor is it the same one day as the next. And how far out is this right of ownership supposed to go? To the upper limits of navigation,

including guided missiles? To the far side of the Milky Way?

Any rational and peaceful use of outer space can only be made on the basis that it is the common property of all peoples. I'll believe in the possibility of this being done when I see the same approach being used with regard to the world's oceans.

## Pets

Hot weather can be hard on animals. If you leave your pet in the yard, make sure he has easy access to shade and a plentiful supply of fresh water.

Fleas are a summer problem. Many animals are allergic to flea collars. If your pet is among these, discontinue use of the collar. Always trim any excess length off a flea collar. If you decide to use a flea tag, let it "breathe" unwrapped for 24 to 36 hours before putting it on your pet's collar. Remove it if your animal becomes listless.

For further information, call the Toronto Humane Society at 922-1191.

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# Minerals in your diet

By Anne Woods

Minerals are like vitamins—they are needed in small but constant supply. There are 17 minerals essential to human nutrition and although only 4-5% of the body weight is mineral substance, this small proportion is essential to mental and physical well-being.

Some minerals, such as phosphorous and potassium, are present in the body tissues in a relatively high quantity. These are called macro-minerals. Others, like aluminium and nickel, are present in the body only in minute quantities and are called trace minerals.

Minerals are catalysts for many reactions in the body including the transmission of messages through the nervous system. They are also important in the production of hormones and in the digestion, metabolism and utilization of nutrients in foods.

Minerals work together to help maintain the delicate water balance in the body. They also keep blood and tissue fluids from becoming either too acid or too alkaline.

A mixed, varied and balanced diet including foods of animal and vegetable origin will supply the body's need for minerals. Physical and emotional stress can put a strain on the body's supply of minerals which can easily be taken care of by supplementing the diet with the scarce or missing mineral.

**CALCIUM** - Is the most abundant mineral in the body. Ninety-nine per cent of it is in the teeth and bones; the other 1 per cent in the soft tissues.

Contrary to what many people believe, it is not just calcium that is responsible for building and maintaining good bones and teeth. Phosphorous must be present to give a helping hand.

Calcium is essential for healthy blood, and assisting in the process of blood clotting. It also eases insomnia and helps prevent the accumulation of too much acid or alkali in the blood. Calcium helps the body use iron and helps regulate the passage of nutrients in and out of the cell walls.

Excellent sources of calcium are milk, hard cheeses (like cheddar), dark green leafy vegetables and fish with soft bones. Second-in-the-runnin are soft cheeses, eggs, nuts and legumes (like beans).

Mothers take heed. The need for an adequate supply of calcium (and phosphorous) begins in the fetus and continues throughout early childhood. Where there is a deficiency, serious consequences may follow. The offspring may not grow, his/her bones and teeth may be deformed or the bones and teeth developed may be of inferior quality so that as time goes on, there may well be problems with slower healing and more fractures. If the shortage of calcium continues through life, the bones are likely to become thin, fragile and porous, a common symptom among the aged.

There is a delicate balance in our bodies between calcium on the one hand and sodium, potassium and magnesium on the other. This balance is necessary for normal rhythmic contraction and relaxation of the heart muscle.

Calcium is not absorbed very efficiently by the body. The 20-30% of ingested calcium that is finally absorbed has many factors influencing this absorption. If acid in some form is not present in the body, calcium is not dissolved and therefore cannot be used as needed by the body. Instead it builds up in tissues and joints as calcium deposits. Adequate amounts of Vitamin D must be present for calcium absorption as must phosphorous, Vitamin A and Vitamin C.

In moderate cases of calcium deficiency people may suffer joint pains, heart palpitations, tooth decay, insomnia, slow pulse rates and excessive irritability of nerves and muscles. In extreme cases of deficiency, slow blood clotting, hemorrhaging and brittle bone and tooth formation may occur.

Calcium is a natural tranquilizer that tends to calm the nerves. If you are upset or nervous, you may find a cup of warm milk or hot chocolate made with milk more soothing than a tranquilizer. Calcium is beneficial in treating cardiovascular disorders, foot and leg cramps and growing pains. An excellent calcium supplement, bone meal, can, if taken regularly, help relieve arthritis. A high intake of calcium may relieve common symptoms of ageing such as backache, bone pain, brittle teeth with cavities and tremors of the fingers. Calcium can also help relieve premenstrual tension and menstrual cramps. When taken with magnesium and Vitamin D, calcium helps overcome the symptoms of menopause such as nervousness, irritability, headaches and insomnia.

The recommended calcium intake is 800 milligrams a day or 1200 milligrams for pregnant or nursing mothers. This may sound like a lot but remember only 20-30% of that is eventually absorbed! The need for calcium increases with age since the rate of absorption is reduced. Avoid a high intake of calcium with Vitamin D since this combination may result in excessive calcification of bone and some tissues.

**PHOSPHOROUS** - Next to calcium, phosphorous is the most abundant mineral in the body. A healthy body maintains a specific balance in the bones of 2.5 parts calcium to 1 part phosphorous. There is, however, a higher proportion of phosphorous to calcium in the soft tissues. The balance of these two minerals is necessary if they are to be used effectively by the body.

Every cell of the body contains phosphorous. It is part of nucleic acids which are needed for protein formation and for the transfer of

hereditary characteristics from parents to offspring; it is needed for the metabolism of carbohydrates and the release of energy from them; and it is part of the phospholipids which help move fats around the body.

It is important to strive for a ratio in calcium/phosphorous intake. If there is too much or too little phosphorous in relation to calcium, the body will not use calcium efficiently. One to two parts phosphorous to 1 part calcium seems to be the best ratio. The upsurge in meat consumption (rich in phosphorous) and the widespread use of phosphates in processed foods suggests that people are exceeding desirable levels of phosphate intake. In such an event, it is difficult to satisfy the body's increased need for calcium. An upset in the phosphorous/calcium ratio may result in such diseases as tooth decay, arthritis, rickets and pyorrhea.

**POTASSIUM AND SODIUM** are like Laurel and Hardy. It is difficult to think of one without the other. Sodium is concentrated on the outside of the body cells while potassium is concentrated on the inside. When the two are in balance, a normal flow of muscle contractions and nerve signals is maintained. If they are not in balance, there will be an irregularity of nerve impulses and muscle contractions. Sodium and potassium work together to normalize the heart beat and provide nourishment for the muscular system.

Sodium and potassium help maintain a balance between the acids and bases in our body fluids. They also help regulate the water balance in our bodies by regulating the amount of fluids on either side of the cell walls.

Sodium works independently of potassium to help in the absorption of various nutrients. It also aids digestion and is necessary for hydrochloric acid production in the stomach.

Since it is found in all foods, especially salt and since as a rule it is too plentifully consumed, sodium deficiency in North America is rare. Too much sodium in the diet may cause a loss of potassium in the urine, abnormal fluid retention and an increased chance of high blood pressure. The easiest way to reduce sodium intake is to stop using table salt.

Potassium helps keep skin healthy, stimulates the kidneys to eliminate poisonous wastes and stimulates the nerve impulses for muscle contraction.

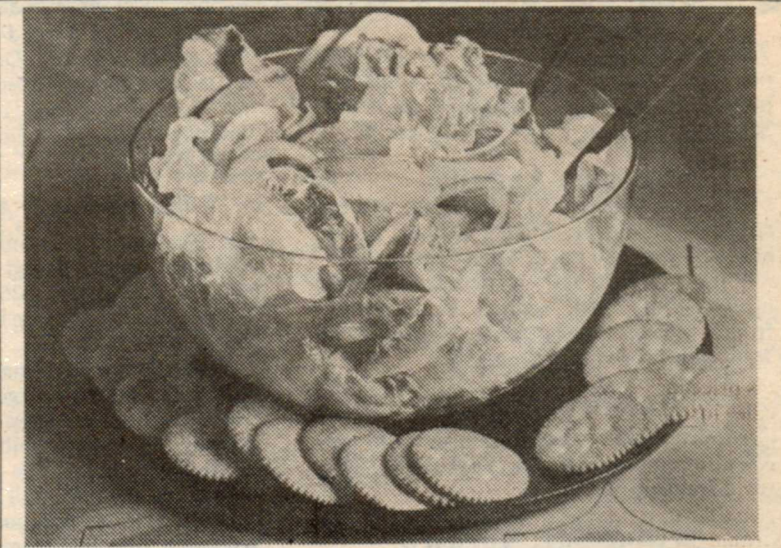
Bananas, tomatoes and their juices are rich in potassium followed by potatoes, fruits and vegetables, meats and cereals.

A potassium deficiency can cause nervous disorders, constipation, insomnia, muscle damage and slow and irregular heart beat. In cases where potassium deficiency impairs glucose metabolism, energy is no longer available to the muscles and they become more or less paralysed.

Potassium has been used effectively to treat cases of high blood pressure directly caused by excessive intake of salt. Potassium chloride has been known to successfully treat different types of allergies, including those that cause headaches.

**IRON** - Got that tired feeling? Maybe what you need is good nourishment, exercise and iron. Iron, a component of hemoglobin and the red blood cells, has the ability to pick up and release energy. With the help of iron in its hemoglobin the body is able to pick up oxygen in the lungs and carry it to the capillaries throughout the body where it releases oxygen to the cells. The oxygen is then used by the respiratory enzymes to release energy for the use of the muscle cells. Iron builds up the quality of the blood and increases resistance to disease and stress.

Liver is an excellent source of iron. Other good sources are heart,



meat, shellfish, beans, peas, spinach, dates, dried fruits, nuts, eggs, whole grain or enriched cereals and breads.

Although the body is very efficient at using its less than a teaspoon full of iron, it is very efficient at building up stores in the case of deficiency. Those with iron-poor blood should try to increase their supply of this mineral gradually. It should be remembered that iron from animal sources is more easily absorbed than from vegetable sources; and iron in organic foods, as in meat and liver, is more available than that in pharmaceutical preparations like iron ferrous. Vitamin C seems to help in the absorption of iron and it may speed up the process if a diet high in iron is supplemented with this vitamin. Breakfast, for instance, might be a glass of orange juice with eggs.

Eighteen milligrams of iron daily is suggested for women, 10 milligrams for men. The need for iron increases during menstruation, hemorrhage, periods of rapid growth or whenever there is a loss of blood. More iron is needed during pregnancy when the fetus must build up its own reserve supply of iron in the liver. Pediatricians recommend supplementary foods or iron supplements to be given at 3 months or age since a baby's iron stores are usually depleted by this time.

Iron-deficiency anemia is the most common type of iron deficiency. In anemia the amount of hemoglobin in the red blood cells is reduced and the cells therefore become smaller, thereby reducing the oxygen-carrying capacity of the blood. Pale skin and abnormal fatigue result as may difficult and constipation.

For those suffering from iron-deficiency anemia, a diet high in iron-rich foods and an intake of Vitamin C will speed up the restoration of hemoglobin to normal.

**CHLORINE** - is an essential mineral that helps regulate the correct balance of acid and alkali in the blood. It also stimulates the production of hydrochloric acid which is needed in the stomach to break down tough, fibrous foods. Chlorine also stimulates the liver to function as a filter for wastes and helps clean toxic waste products out of the system.

The controversy concerning chlorine in drinking water continues. Chlorine is good because it destroys waterborne diseases such as typhoid and hepatitis. Concern stems from it being a highly reactive chemical that joins with inorganic minerals and other chemicals to produce possibly harmful substances. Evidence shows that chlorine not only destroys Vitamin E but also many of the intestinal flora useful for the digestion of food.

**IODINE** - is a trace mineral that is important in the development and functioning of the thyroid gland. It plays an equally important role in regulating the body's production of energy, promotes growth and development and stimulates the rate of metabolism, helping the body burn off excess fat. Plant and animal sea life are excellent sources

of iodine as are mushrooms and Irish moss which have been grown in iodine rich soil.

Iodine deficiency produces a goiter, or enlargement of the thyroid. The deficiency can lead to obesity, sluggish metabolism, dry hair, rapid pulse, irritability, hardening of the arteries, nervousness and heart palpitation. Polio and cretinism have also been associated with iodine deficiency.

**MAGNESIUM** - is an essential mineral that is involved in many metabolic processes such as releasing of energy from glycogen and the making of proteins. It also helps neutralize the acid in the stomach (milk of magnesia, anyone?) and flush out the contents of the intestines. Magnesium helps regulate body temperature and the contraction of nerves and muscles.

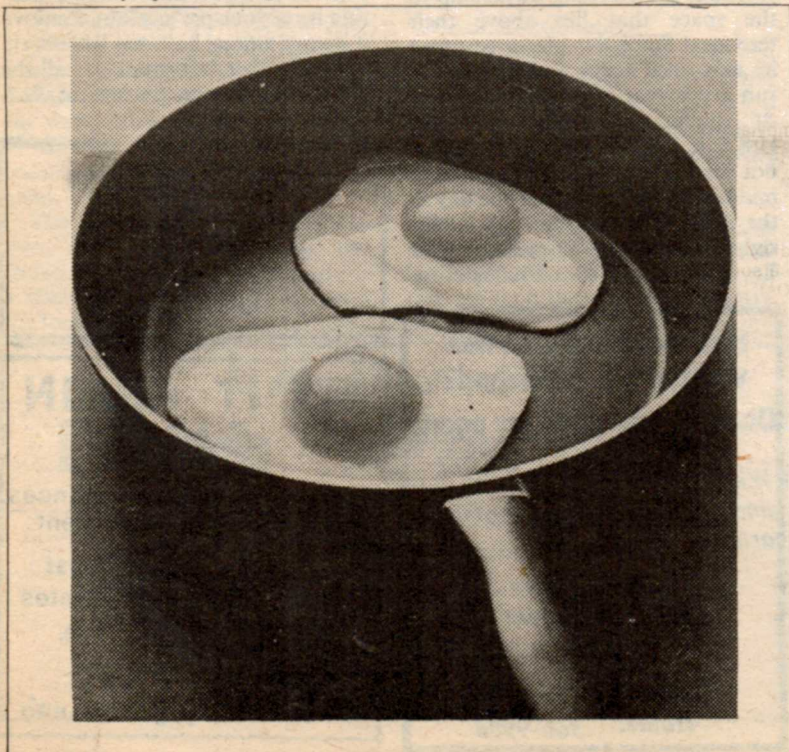
Magnesium is an important mineral. Evidence suggests that an inadequate supply can result in the formation of clots in the heart and brain and may contribute to calcium deposits in the kidneys, blood vessels and heart. A deficiency can lead to irritability of nerves and muscle, including irregular heart beat, muscle weakness and sometimes spasms and convulsions. A diet of highly refined and processed foods natures deficiency. Alcoholics and patients who have been on diuretics for a long time are also prone to magnesium deficiency.

Whole grain breads and cereals, nuts, beans and green leafy vegetables are good sources of magnesium. Enriched bread is not. Cooking washes away magnesium so try and recycle the remaining vegetable water for use in soups or stews. And eat salads since those fresh, leafy greens still have their magnesium intact.

**CADMIUM** - is a toxic trace mineral that has no biological function in humans. When the body is deficient in zinc, it may make up for it by storing the structurally similar cadmium. The theory that cadmium is a major causative factor in hypertension and related heart ailments seems to be born out by the fact that the urine of hypertensive patients contains up to 40% more cadmium than does the urine of normotensive patients. Coffee and tea drinkers should note that drinking about 5 cups a day of either doubles the average intake of cadmium.

**LEAD** is a highly toxic trace mineral for which the body has a very low tolerance. More than 1-2 milligrams of lead (or about 0.0003 of an ounce) can produce toxic effects. Acute lead poisoning attacks the central nervous system and may be a possible cause of hyperactivity in children. Residents of Toronto's east end have good reason to fear the fumes of Canada Metals which are high in lead concentrations. A suggested treatment for lead poisoning is a diet high in calcium along with injections of calcium chloride solution and the administration of Vitamin D.

The other minerals not mentioned in this article can be easily sought out in the library. The more common or important ones are included here. Next issue: food processing!





# Frank Dwyer: aldermanic candidate

Frank Dwyer, a local businessman, has announced his candidacy in the upcoming municipal election. The following is a conversation with Brant Frayne, a Toronto writer, filmmaker and Ward 7 resident.

*Why did you decide to enter politics?*

Over the years in selling and renting homes to people in Ward 7, I became more and more outraged at the kind of prices people were having to pay. Now, it's normal for housing prices to rise over the years, that's healthy, but what isn't normal is price increases of 18% a year. People just aren't going to have homes to live in unless something is done about those skyrocketing prices. I feel City Hall is the place to start, so I've decided to run as the alderman in Ward 7.

*Is housing going to be your big issue?*

Housing is not only going to be my big issue, but the issue for the

80's in Toronto. It is already an issue for any renter or home buyer today.

*What's your reaction to the social issues being discussed in this campaign?*

Toronto has been lucky, in fact, a world leader in social development. But this new trend from all levels of government to cut back or freeze social spending is disturbing and, I feel, short-sighted. We need more day-care, more social community workers, not less. We must re-examine and re-vitalize our social services spending to increase and improve social services and create more social service jobs.

*What does Ward 7 need in terms of services?*

Well, definitely more day-care. We don't have adequate recreational centers in Ward 7 which is something we should be planning towards. More emphasis should be placed on activities such as The

Boxing Club and organized sports. But in order to have those activities we need a facility. Our children deserve more than a rundown old building such as the one our Cabbagetown Boxing Club now uses.

*Where would you put a recreational center?*

There are several sites which we are examining as possible locations. The point is that we should have started finding locations long before this. Our kids deserve an adequate facility so they can enjoy the values of organized sport and activity.

*Do you think City Hall is giving Toronto the leadership it needs?*

No, I don't think Toronto has effective leadership. At the moment all City Hall really does is regulate us—whether it's around day-care or housing construction—and they seem to feel their jobs end there. Well, they don't. City Hall should be a place that encourages every citizen to be imaginative and outgoing about their communities. If a neighbourhood needs day-care, the City should jump to help them. But try and open a day-care centre today. It can take you years.

*Do you think you can change that?*

It's an enormous job and it has to be done. I can try and I can make a start. If we don't start right now, it might be too late the next time around. This city has to get involved in strong and imaginative change. It's as simple as that. And where that change should start is with our politicians.

*When you talk about the need for housing do you envision more projects like Crombie Park?*

I am against large scale development like that. The density is too high. I would rather see that project spread throughout the ward, in small pockets, so we keep our neighbourhood character—mixed development with different styles of housing, old and new, low income and high income—that's what works best—not stacking people in places like Crombie Park.

*Do you worry about being tagged as "pro-developer"?*

Listen, I'm pro-having reasonable places for people to live. I'm pro-building new homes where we can't, allowing people to duplex some of our existing homes without continually being treated like they are Cadillac or Meridian. The building department is a very hostile place for everyone from handyman types to large developers. I'd like to make it a more co-operative place. I'm pro making it comfort-

able and safe for my son to grow up in this city.

You must understand that development doesn't mean St. James-town. That kind of project can't happen again—thank God! But we face a serious housing crisis. A vacancy rate of around 1% is nothing short of criminal. We need more homes and rental accommodation. It's as simple as that. Where we have to be careful, very careful, is that new housing should melt into our neighbourhoods and not completely change them. We also have to look very hard at the use of land in the downtown. A lot of land is zoned light industrial that could be changed to residential.

*Are you in favour of rent controls?*

Absolutely. Without rent controls in today's market, half our renters would be out on the street.

*What do you feel your chances are of going to City Hall?*

I think people will respond to what I'm saying about change in Toronto. Elections are funny events to predict. What I can predict is that I'm working hard now and will continue regardless of the voting results. This city is my home and on the brink of great things. I hope people recognize that and give me the chance to voice, on their behalf, the leadership that I feel we must have from City Hall.

## 519 teen program

The 519 Church Street Community Centre is running a Teen Programme for the summer, open to all teenagers 14-18 years old. We have four interesting workers . . . Bob, Caryl, Irene and Ann who will be here all summer five days a week:

**Tuesdays — 1-10:30 pm**  
**Wednesdays — 1-6:00 pm**  
**Thursdays — 1-10:30 pm**  
**Fridays — 12-8:00 pm**  
**Saturdays — 12-6:00 pm**  
 Tuesdays we have Gym Night,

## K Club honours Eileen McFadden

The Builders Club, which is a concerned group of Gerrard Kiwanis Club teenagers pledged to community service and personal character development, organized a special day honouring one of our neighbourhood's most dedicated citizens.

Mrs. Eileen McFadden, crossing guard at Sprucecourt School, has been involved in community service since the early 1950's. For many years she was prominent in the 'K' Club's Mothers Auxiliary as president and treasurer. Her leadership in any task undertaken in our community has certainly been an inspiration to any and all involved.

On Mrs. McFadden's special day held at Sprucecourt School, the Builders Club presented her with an engraved plaque commending her dedication and loving service to our community's youth. At the same program she was also presented with posters and mementoes from each classroom and Police Officer Les Showers praised her for her exemplary performance as crossing guard. Well done, Mrs. McFadden!

## Quotations to Remember

Men always try to make virtues of their weaknesses. Fear of death and fear of life both become piety.

—H. L. Mencken

## THE BOARD OF EDUCATION FOR THE CITY OF TORONTO AN EQUAL OPPORTUNITY EMPLOYER Requires a SCHOOL COMMUNITY RELATIONS WORKER

### QUALIFICATIONS:

1. Thorough familiarity with at least one South Asian language and culture, and work experience in the South Asian community;
2. A minimum of three years community development experience is essential;
3. Experience in working in inner city neighbourhoods and unorganized communities;
4. Strong ability to work effectively with parents from a wide variety of cultural, linguistic and socio-economic backgrounds;
5. Proven skills in interpersonal and public relations;
6. Ability to work as a member of a team;
7. A minimum of 27 credits year 4 (Secondary School Graduation Diploma); applicants lacking the formal educational requirements but with extensive related experience will be considered;
8. Familiarity with a large urban school system would be an asset;
9. Familiarity with curriculum development would be an asset.

### GENERAL RESPONSIBILITIES:

1. The Worker will spend some time dealing with matters related to the South Asian community, but the main focus of the work will be generally related to the parent communities of the east end of the City of Toronto;
  2. Assisting specific school communities in developing ways of optimizing the level of parent participation in education;
  3. Assisting parents in understanding how the school system works and how to use effectively the existing opportunities for communicating their needs and concerns to the school and to the Board;
  4. Providing an ongoing resource to parent groups and staff groups in areas relating to the development of sound school community relations.
- This position is for 10 months per year (school year).  
 Starting Salary: Ontario University degree or equivalent: \$16,674. per annum  
 Non-degree: \$13,820. per annum  
 Apply in writing, before August 8, 1980, to:

Staff Relations Officer,  
 Toronto Board of Education,  
 155 College Street,  
 Toronto, Ontario.  
 M5T 1P6

## 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

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

**Home Repairs & Renovations**  
 concrete and brickwork  
 Stone waterproof porches  
 Free estimates  
 Angelo Poidomani  
 112 Bellefair Ave. 691-5322

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

**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.

**GORD'S METRO DELIVERY.** Small or big moving jobs. Call any time. 923-8686. 11-3.

**WARD 7 HOUSE** or apartment? Call now for a super cleaning, one-time or regularly by a thorough, reliable professional. References. David 466-0727 evenings; 961-4161 days. (11-4)

**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.

**HOW TO MAKE 25% annual return on your investment.** Call 928-0347. (11-4)

**JACK OF ALL TRADES** — for General House Repairs — carpentry, electrical work, plumbing, roofing, painting. Quality work and free estimates. Call Ted 466-1562. (11-4)

**WALTER, THE STUDENT HANDYMAN.** I do painting, paper hanging, minor renovations, insulation and most other basic home maintenance projects. Guaranteed work at realistic prices. Free estimates. 929-5792. 11-3.

### COMMUNITY SERVICES

We are looking for people interested in working one-to-one with a mentally retarded adult living in a group home. Help an adult in social and practical ways, getting to know the neighbourhood, learning to use the T.T.C. going out to a movie. We all have previous experience at being a friend. That's all that is needed. The hours are flexible — mostly evenings and weekends. Please phone Volunteer Services, Metropolitan Toronto Association for the Mentally Retarded for more information. 968-0650 ext. 10 (F11-4)

**SOUTH RIVERDALE CHILD-PARENT CENTRE**, 126 Pape Ave. A place for parents to come with their pre-schoolers and babies for coffee, conversation, play toys, and fun. Hours: Mon., Tues. 9:30-1 pm; Wed. 9:30-12 noon; Thurs. till Sept., summer day outings, then 9:30-1 pm; Fri. 10 am-4 pm. Phone: 469-3776. (11-4)

### 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**

### INSTRUCTION

### PATHWAYS COLLEGE

1. Free Counselling Services
  2. Summer School Credits — grades 9-13
  3. Day Classes Timetable or Evenings on Request
  4. Correspondence courses: English 9-13; Mathematics 9-13
  5. Tutoring Services: Grade 8-13 subjects
  6. Language studies, credit and non-credit: small classes — personal attention
- Call 967-4668 for appointment and information  
 Visit our 591 Parliament St. campus (at Wellesley)  
**Our Summer School is Cool!**

**THE CENTRE OF MOVEMENT** offers invigorating yet relaxing strain-free exercises that go on working after class is over! Morning Energizer and After-Work Relaxation classes. 466-9549. (11-4)

### FOR SALE

**FOR SALE.** Large, exceptionally private and beautiful property with house. A retreat amidst flower and fauna; suitable for instruction, practice, study, meditation, or fun, relaxation and the pursuit of the arts. T. Morton, 21 Hawthorn M4W 2Z1. 11-3.

**1980 Quasar AC/DC portable home video VHS player** and programmable electronic tuner, remote control. Only used four months. New Condition, \$1400. Good movies. 864-1043, 782-9251. (11-4)

### PERSONAL

**Tired of being alone?** If you are a woman, unattached, separated, single, or divorced and want to meet that special person, apply P.O. Box 104, Owen Sound, Ont. N4K 5P1. Please state age. (11-4)

### MISCELLANEOUS

**3M PHOTOCOPIER** model no. 209, recently reconditioned. Will donate to charitable organization in exchange for tax receipt. Brian Arnott Associates, 364-7986 or 364-7691. (11-4)

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: .....

### SHARED ACCOMMODATION

two men, one woman, one cat, seeking fourth person to share house on Victor Ave., near Riverdale Park. Two rooms available for private use by fourth person — living area shared. Close to downtown, TTC. Rent: max. \$200 monthly. Call 466-0606. (11-4)

### ACCOMMODATION WANTED

**MAN, 63**, trustworthy, seeks apartment (basement) at reduced rent to look after absentee owner property downtown Toronto. Please phone 921-6978 or 461-1913 (8 a.m.) 11-4.

### HELP WANTED

**JOB AVAILABLE** in DonVale area. Retired person required for watchman and light duties. Must be a non-drinker. 3-4 hours daily in afternoon or early evening, 6 days a week. References. 864-1043. (11-4)

**BRANT STREET DAYCARE.** Two part-time positions available at alternative school, one E.C.E. trained, experience required. Apply: J. Baker, 418 Arlington Ave. No. 2, or call 656-2816, 757-5503. (11-4)



# dixon hall neighbourhood centre

A United Way Agency  58 Sumach — 863-0498



From Dixon Hall's Street Fair, June 28

## Activities for Seniors

Activities from August 1 to September 5

The Seniors' Bazaar and Bake Sale on June 28 was a great success. Thank you to all Club members who volunteered their time, and those who brought home-baked goods. Congratulations to the following people who were raffle winners: Quilt — Ross Penhale; shawl — Rita McCarthy; cushion — Pearl Lennon; shopping bag — Suzie Hawthorne; hooked rug — Flo McLatchie; dressed doll — Barb Lidster.

### Seniors' Programmes

Crafts — Mondays 10:00 a.m. — noon.

Luncheons — served every Monday noon — 1:00 p.m. — cost: \$1.25.

### Mondays at 1:30 p.m.:

August 4 — Simcoe Day. Hall closed.

August 11 — Folk dancing with Al Gladstone

August 18 — Entertainment and sing-song — Herb Cheron. (All August birthdays celebrated today.)

August 25 — Bingo

September 1 — Labour Day. Hall closed.

Tuesdays at 1:00 p.m. — 3:30 p.m. — Men's Club

### Wednesdays at 1:00 p.m. — 3:30 p.m.

— Cards, euchre, bridge and cribbage. Everyone is welcome to join in.

### Trips

Brochures were mailed to all members. Please call Linda or Jennifer for more information at 863-0499.

### Fall Programmes

Conversational French classes through Humber College will resume Thursdays from 10:00 a.m. — noon, starting September 18. Cost: 50¢ per lesson.

Introductory ceramics, painting and exercise classes will be starting in September. If you are interested in any of the programmes, call Linda at 863-0499.

## REMINDER

We want to remind you that Dixon Hall can be rented for a reasonable fee for dances, receptions, etc.

Call Maria at 863-0499 for more information.

## Home Help

Phone: 863-0499

**Light Housekeeping:** Call to reserve the worker and the charge is \$2/hour.

**Van Shopping:** Goes to Food City, and the charge is \$1.00 per person return. Call to reserve your seat.

**Banking and Transportation:** Call Linda (transportation to doctor and hospital appointments).

**Tele-a-teers:** Do you want a phone pal? Call Home Help and talk to us about it.

Half the year is gone and it has been an eventful time at Dixon Hall with the plans for renovations and all. If you are interested in all our activities and/or you want to start an activity, call us at Dixon Hall or drop in at 58 Sumach Street.



Dixon Hall's Moonlight Cruise

**CRUISE AROUND TORONTO HARBOUR**  
**DANCE TO A LIVE BAND**  
**VIEW CNE FIREWORKS DISPLAY**  
**FREE SNACKS — cash bar**  
**raffle door prize**

Bay Street and Queen's Quay  
Thursday, August 14, 1980  
8:30 P.M. to 11:30 P.M.  
Boat boarding from 8 P.M.

Tickets \$10.00 per person  
from Dixon Hall  
58 Sumach Street  
863-0499

## Counselling Services

Hi, my name is Lorraine Duff and I am the new Social Services Co-ordinator at Dixon Hall. I am involved with various programs and services in and around Dixon Hall.

One service is the Legal Aid Clinic which operates every Tuesday evening from 6:30 p.m. to 8:30 p.m. on a first come, first served basis, offering free legal advice to all.

Another program is "Big Pals", which is very similar to the Big Brother/Big Sister programs. Anyone 18 and over who would like to volunteer as a Big Pal or anyone under 13 who wants to be a Little Pal can contact me at 863-0499.

I also help to supervise Parachute, a Youth Employment Program for people

16-30 years of age having difficulty finding employment. This is a joint program between Dixon Hall and the Regent Park Community Improvement Association and is located at 44 Blevins Place.

If you are having any difficulties with Unemployment Insurance Claims, Workmen's Compensation, housing concerns, personal problems or anything else that is troubling you, drop by and I'll try to help.

As the summer goes on, I'll be getting out to visit people in the Community. Feel free to drop in to chat and have a coffee or call me at 863-0498 for more information.

Looking forward to meeting you soon!

## From the Director

Well, we're half-way through this long, hot summer. Programmes and activities through Dixon Hall are extremely active.

A couple of reports to you about some of our major events. **The Street Festival**, despite inclement weather, was fabulous. All the essentials happened — water dunking, all the hamburgers eaten, dancing till midnight and we even raised a few dollars for support of the Hall.

Those of you who came out last year to our **Boat Cruise** remember the smashing time we had touring the harbour. This year the Sam McBride has been hired for August 14, band and dancing provided. Call soon for tickets!

We're beginning our plans for the Fall now. Conversational French, Exercise Classes, Self Defence, Dancing, Ceramics are all in the works. Call to register.

## Tiny Tots

There is still space in both the morning and afternoon sessions of Dixon Hall's Tiny Tots summer program. The program is designed for 3-5 year olds, and the kids will be spending their time playing with games and toys, doing arts and crafts, and going on trips throughout the area.

The Tiny Tot program goes until August 22nd, and the cost of the program is \$1 a week. For more information and to obtain registration forms, call Steve or Jo-Ann at 863-0499.

There is also a summer day camp at Dixon Hall for kids aged 6-12. For information call Jamie or Mande at 863-0499.

## Family Picnic

On July 20th two bus-loads of people took off for the Dixon Hall picnic at Kelso Park. We went swimming, ate hot-dogs, played bingo and had some children's games before we got caught in the rain. (Why is it that all our events come on a rainy day? Keep your fingers crossed for the boat cruise!)

A good time was had by all the 95 seniors, babies and all in-between who came out. Seems like we must make this an annual — sunny — event.

## Dogs, Teens

Hey, Teens! Dixon Hall is offering a special Dog Obedience Class just for teens who have a dog that they would like to train. The cost for the course will be \$10.00 for eight weeks of classes, one night per week. If interested call Ross Fair at 863-0499 for more information.

## Day Camp

Before I went to Day Camp I used to think that the summer was watching T.V. But when I went to Day Camp I realized how much fun I was having — like going swimming, Harbour-front and lots of other fun places. Every Friday we go out of the city. Monday til Thursday we stay in the city and go places. It's fun.

By Keri-Ann

## A Look in the Mirror

One of the groups in the Dixon Hall Future Directions Project looked into the occurrence of family and mental health problems in the South Cabbagetown area. The groups interviewed agency workers and supplemented that information with their own experience in social services.

### Family Problems

— as most people realize, any area of the City has families with problems; in fact there are very few families that don't experience one problem or another. However, in the area of our research, a large number of families have very low incomes and few resources available to them when they need support. Most social research supports the notion that poverty contributes to and intensifies family conflict and stress.

What symptoms do we see of this here? Social workers frequently find marital conflict and violence in the home, often exaggerated by overcrowding, stress and alcoholism. The common ways of coping start with guilt feelings, blaming others and taking frustrations out on family and friends. In many cases people get support from their immediate surroundings, but often problems seem to go on and on without improvements.

Social services have very little success helping for several reasons. In many cases, parents are afraid of approaching agencies for fear of being labelled "bad parents". They worry about the power of Child Welfare agencies, and that their children will be "snatched".

As opposed to families who are better off financially, low-income families cannot shop around for the best services. In many cases they do not ask for help until a crisis has occurred, at which time it can be too late.

Agencies who in turn deal with these cases are now seriously understaffed as a result of government cutbacks. One of the most important factors in social service agencies' lack of success, however, is that they are set up to deal with symptoms of poverty, unemployment, and poor housing. Until now, most agencies have taken a low profile in promoting social and economic changes which could address some of the causes of these ills.

**Mental Health** — How many of us know someone who is thought of as a "nut", a "weirdo" or a "crazy"? There are quite a number of our neighbours, who in addition to their difficulty in adjusting to what society has termed "normal behaviour", must suffer labelling by the rest of us.

The situation for those people who are trying to get back on their feet after a stay in a psychiatric hospital can be characterized by loneliness, feelings of rejection and fear, lack of jobs and money and poor housing conditions. This group has been adversely affected by cutbacks in the number of treatment beds. These beds are supposed to be replaced by community care. The latter is, however, not developing as quickly as the residential beds are disappearing. Result: greater demand on rooming houses, and unsupervised, unlicensed boarding homes, and even greater stress on this vulnerable group of people.

In our area, there is a day programme for adult ex-psychiatric patients called **Central Link**. They have recently moved to 386 Parliament Street, where they are open weekdays from 9 to 4. Call 923-1112 to make arrangements to come in.

## Social Services

### FAMILIES:

Family Service Association — 924-8723  
Catholic Family Services — 362-2481  
Jewish Family and Child Services — 781-1592

### YOUTH AND PARENTS:

Huntley-Youth Services — 967-1773  
the Youthline — (phone-line for youth) 922-1700  
Police-Youth Staff Services — 967-2194

### CHILDREN AND PARENTS:

Children's Aid Society — 924-4646  
Catholic Children's Aid — 925-6641  
Parents Anonymous — 967-7227

### GENERAL COUNSELLING:

A number of agencies have locally placed staff at the **Regent Park Services Unit** — here you can find family and individual counselling, information, referral and emergency assistance in many areas.

Call 863-1768 or drop in at 63 Belshaw Place, Apt. 101.

Dixon Hall — Lorraine Duff at 863-0499.

### INFORMATION:

Neighbourhood Information Post — 924-2543.