



7 NEWS

TORONTO'S OLDEST COMMUNITY NEWSPAPER
315 Dundas St. East (All Saints Church) since 1970
Toronto M5A 2A2 Phone: 363-9650
VOLUME 11, NUMBER 9 OCTOBER 24, 1980

FREE TAKE ONE

The next issue of 7 News will be coming out on Wednesday, November 5, due to the municipal election. The deadline for this issue is Friday, October 31. Bring or mail your stories, pictures or ads to 7 News, 315 Dundas St. E., Toronto M5A 2A2 or call 363-9650.

Music Night at Dixon Hall

By ROSEMARIE KLIMASKO-WHITE

In the foyer of Dixon Hall, youngsters clutch violin cases and dog-eared music while whispering excitedly to each other. This is their night, the culmination of hours of practice, and a tribute to their efforts.

At 7.30 p.m., everyone spills into the auditorium for the first event, a recital by some of the children who attended the music camp. Cindy Woods, a Queen's music graduate, professional bassist, and co-ordinator of the music school, introduces the students and various ensembles as they perform. There are piano solos, clarinet solos, violin and piano duets and trios, and even a couple of original compositions. Some approach the stage fearlessly; others with a little trepidation; but all beam proudly as the audience applauds their finished selections.

On to the next event: a slide show of the Dixon Hall Music Camp, held at Norval (near Georgetown) for ten days in the latter part of August. Accompanying Cindy and the 23 students were four music counsellors, Genevieve Graham, Janet Wyckoff, David Blackmore, and Stephen Seillier.

Janet, a first year student in the Bachelor of Music in Education course at U of T, sits beside me for the recital and slide show, and

recounts her experiences with the campers. As well as giving them private violin lessons, she accompanied them on field trips and fishing expeditions on the Credit River, and helped supervise their Field Day.

Meanwhile, all eyes are riveted to the screen as Cindy, now narrator, teases and cajoles the young musicians as the slides flick by. Shrieks of laughter greet Kevin as he proudly holds up his 4 inch fishing catch. Groans of dismay echo as a camp romance is revealed. There are shots of Murray, the mascot hound, of lessons held on shady porches, and sleepy faces lit by the dying embers of a campfire.

Then the show is over, the lights are turned on, and everyone dashes to the back of the auditorium for punch and cookies. I manage to talk to two of the artists - Cathy Keenan, 8 years old and a pianist, who reminisces "horse-back riding was my favourite activity, swimming was fun, and the Greaser Dance was great!" Mile Komjenovich, 13 years old, a multi-talented youth who sings, plays piano, violin, and mouth organ, enjoyed the fishing, looked forward to the two hours of practising in the mornings and delighted in his position as leader of the "Punk Rockers" on Greaser Night.

I then chat with Ross Fair who provides me with some informa-

tion on the funding of the Music School. Terry Lee, Executive Director for the school, and Ross are concerned for the upcoming year. A grant from the United Way for the past two years has expired. Total expenses this year are expected to reach over \$25,000 and Dixon Hall runs a tight ship.

He makes mention of teacher volunteers who come from as far away as Rexdale to provide these children with good musical training. Fees from lessons (what each child can afford) cover only a small portion of the yearly budget. However, Ross's face lights up as he talks about future fund-raising activities. The excellent U of T Jazz Band has offered (with conductor Dave Elliot) to give a benefit concert once again. Rick Blechta's fine Student Wind Ensemble from Etobicoke may perform again.

There will be the annual community dinner at Christmas. Silver collections for these events will be taken at the entrance to Dixon Hall. If you feel so inclined, Dixon Hall would be grateful for any donations (tax deductible) and 75 youngsters can continue to make music and make their lives considerably more rewarding.

Note: Check your community calendar in 7 News for specific dates of these events held at 58 Sumach, Dixon Hall. See you there!



These kids are taking part in a tug-of-war, one of the activities offered at the Queen Alexandra-Dundas playground opening on Sept. 27.

Child-parent centre needs your help

Early on Saturday, August 23, 1980 the River-Oak Parent Child Centre was gutted by a fire. Arson is strongly suspected as the cause.

The Centre is a place where parents and children can play together, for parents to unwind and chat over coffee and has a play area for babies and young children. We had been operating out of the school portable at River and Oak Streets for over three years.

Thanks to the Toronto Board of Education (especially John Bates and Marg Deeth) we were closed for only one week. We are now located at Park School. As the portable cannot be replaced, plans are to renovate the houses on the

site at River and Oak.

Nothing could be salvaged from the fire so we would appreciate any donations. We are still looking for a fridge, rocking chair, file cabinets, file boxes, shelf units, room dividers, coffee percolator, brooms and mops, carpets, record player, cassette player, musical equipment and of course toys.

We are open Tuesday, Wednesday and Thursday mornings from 9:30 to 1:30. Park School is on the north side of Shuter Street, just west of River Street. Our room number is 39. The entrance doors are on the south-east end of the school. Our phone number is 363-9884.

Community House for Sherbourne-Dundas

The Dundas Sherbourne Tenants' Association Inc., a strong tenants' association for a large City Housing project, has its offices in a large century-old house at 249 Sherbourne St., that is part of the project but leased to the tenants for a nominal fee. Over the years as a Tenants' Association we have used the house for many activities (i.e.) special dinners, bingo, seniors' parties, teen dances, tenant office.)

In May of 1980 the tenants voted unanimously to accept a proposal to make the Community House into a separate entity. The house would be open to the surrounding community offering its

space for programs and all existing activities and resources for everyone.

The Dundas Sherbourne Community House Association was formed. A steering committee was elected comprising of tenants, citizens and workers in the neighbourhood. The committee adopted a new constitution with specific objectives for the house, and with the help of our legal consultant the committee applied for a charitable institution registration number that is pending.

The Community House Project

The Community House at present has facilities that give the house potential to be small centre that would provide activities and resources for those in need. We plan to spend time formulating programs that would meet the needs of the elderly, shut-ins, single mothers and teens.

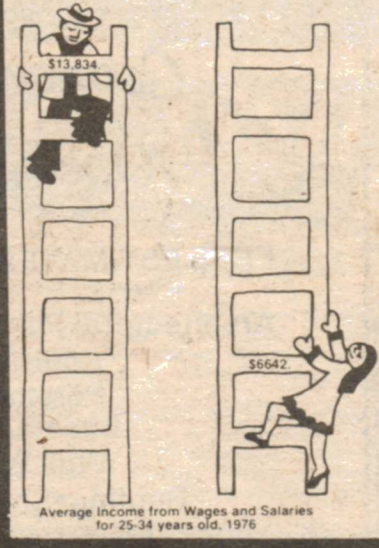
The Community House is officially opening Wednesday, October 29 from 4:00 to 6:00 p.m. Everybody welcome.

Equal pay remains a dream

In 1971, women working a full year earned about \$3,800 less than men working the same full year. By 1976, the wage gap between men and women had grown to about \$6,900.

The Women's Bureau of the Canadian Labour Congress, in a report called "Equal Partners for Change: Women and Unions", revealed that full-time female workers earn less than 60 percent of full-time male workers, and the gap appears to be widening.

Even in occupations dominated by women, such as clerical work, the few men working in these occupations were paid more than women.



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Although all provinces have equal pay legislation, most of this legislation covers equal pay for work that is identical or substantially the same.

In an attempt to bring about the enforcement of equal pay for work of equal value, unions are pushing for and including no-discrimination clauses in their agreements.

The report says that with strong legislation, different but equal jobs would then get the same rate of pay.

To determine the value of a job in order to compare it with others, four factors are used: skill (intellectual and physical abilities needed to do the job), effort (physical or intellectual exertion demanded), responsibility (the extent to which the worker is accountable), and working conditions such as heat, cold, noise and stress.

The report stresses that it is not enough to win equal pay for work

of equal value; if women are denied equal opportunity, they will still be restricted to job ghettos. In almost all occupations, the positions with the most prestige and highest pay are held by men.

To open the barriers which restrict job opportunities for women, to end female job ghettos, the report recommends that affirmative action programs be started in workplaces, and states that the committee set up to plan and monitor such a program should be composed of management and union representatives.

Unions can obtain affirmative action programs through collective bargaining, and that once such a program is set up, unions should watch closely to see that the objectives and procedures are being followed.

The report also urges that since most women will spend at least 30-35 years in the workforce, they must be encouraged to plan their work lives.

Look for excess fats

Should we be concerned about our fat intake? Yes, you can get too much of a good thing. In fact, in the last four decades, our fat consumption has increased from 34 percent to 41 percent of our total energy intake. Recent studies suggest that our fat-laden diet may play a part in several of the leading causes of death in North America.

Proposed theories are:

Obesity: Fat is the easiest way to get fat as it already is fat. Gram for gram, fat has more than twice as many calories as carbohydrates or protein. All fats, no matter what the source (whether liquid oils, shortening, margarine, the marbling in meats or the fat in milk or cheese) have the same caloric value. The calories in one tablespoon of salad oil equal the calo-

ries in twelve cups of leafy green salad.

Heart Disease: A high saturated fat diet, similar to the average Canadian's diet, has been linked to heart disease. The high level of fat circulating in the blood contributes to the fatty atherosclerotic vessels and clots.

Cancer: There is much higher incidence of breast cancer in countries where the diet is high in fat than where a low fat diet is consumed. When people move to a country with a high fat diet, they assume the higher risk of developing cancer. There is also a higher incidence of colon cancer in countries with a high fat diet such as Canada.

Further research will clarify

Continued on page 8

7 News meeting

7 News and Bain Co-op are co-sponsoring a joint all-candidates and 7 News annual general meeting Oct 29 at 8:00 p.m. in Withrow School. The 7 News meeting agenda will include the election of a new Board of Directors. All Ward Seven residents are invited to come and vote.

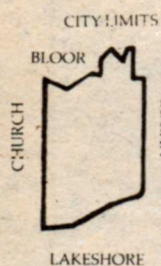


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 with orchestra

November 2

"What is an Anglican, anyway?"

A series of five talks at 9:45 starts Nov. 2. The first guest speaker will be the Rev'd. David Neelands, Registrar of Trinity College.

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Delay sale of River-Oak site, says Dwyer

Frank Dwyer, Ward 7 Aldermanic Candidate, has urged the Board of Education to delay the proposed sale of their land at Oak and River Streets.

The Board had originally assembled the 2.3 acre site to erect a school. Last June the Board decided to sell the land to private developers for low and middle income housing.

"A lot of people feel that the land should be used to build a Recreation/Sports Complex," said Frank Dwyer.

Dwyer is calling for a delay of the sale in order to examine the need for a Centre and study the availability of financing.

"I'm just asking the Board to delay until we can do a study," said Dwyer. "The Oak and River land is centrally located, smack in the middle of Ward 7. Where else are you going to find such a large piece of land so suitable?"

OHC has for years been talking about building a Centre inside Regent Park. One OHC plan being considered is to expand the pre-

'The Reporter' defended

Janet Howard's letter about "The Reporter" in your last issue leaves me somewhat perplexed. Janet suggests that by appearing in a story about Loblaw's, along with Frank Dwyer and others, that she is somehow supporting Frank Dwyer in the upcoming election.

In a story about day-care Richard Johnston is quoted and as a result, according to Janet's logic, must be supporting Dwyer.

My, my, let's not be so defensive. "The Reporter" is a paper that attempted to inform Ward 7 residents about the issues in the approaching election and to expose Frank Dwyer's opinions on day-care, housing and Loblaw's re-opening.

Frank Dwyer in his campaign has been adamantly opposed to party or personal endorsements. He prefers to run as an independent, unencumbered candidate who can deal with issues directly without having to consult the party line.

If Janet Howard thinks she is somehow being aligned with Frank Dwyer she is mistaken. She was quoted in a story about Loblaw's because she was part of that story, a story Ward 7 residents had a right to be told.

By the way, she was quoted accurately.

Yours truly,
 Ed Fitzgerald,
 Editor
 "The Reporter"

sent nursery school on Sackville Green into a Recreational Centre. There are no plans to relocate the nursery centre.

"Regent Park has enough buildings already," said Dwyer. "It would be a shame to build another one and lose a nursery

River-Oak an election issue?

For several years the land owned by the Toronto Board of Education at Oak and River street has been sitting empty. The Board originally planned to build a school on the site where dozens of homes were demolished. However, this school never materialized, as student enrollment kept dropping. So, the Board decided that it wanted to get rid of the property and get a return on their original investment.

For almost three years now, residents in the area have been working with the Board of Education to come up with an agreeable plan for this land. Several public meetings were held and out of this came the Oak Street Site Working Committee. The result of this committee's hard work to date, was the publishing of calls for tenders in the middle of September. The committee has come up with a proposal for what kind of uses there should be on the land. These include some retail and service-facilities (a bank, grocery store, dentist and doctor's offices), some community space for meetings, perhaps a library and/or a tea room, and some mixed housing. The committee worked very hard to include uses that people in the area wanted.

The deadline for tenders is the end of October. Then the committee and the Board of Education will have to choose from among the development proposals, to see if there is one that fits all (or most) of the criteria. Sounds straight forward.

But apparently it is not! Particularly not for Mr. Frank Dwyer — candidate for Alderman in Ward 7. In his eager search for votes he has all of a sudden "discovered" the Oak Street Site. What is more, he has "discovered" that what the community "wants" is for him to build a grand recreation centre there.

What Mr. Dwyer has not discovered, is that for several years, residents in the community which he wants to "help", have worked very hard to get a community centre in Regent Park. Needless to say, neither has he discovered the work accomplished by the Oak Street Site Working Committee.

school in the process. If the Board would delay we could investigate all possibilities for a Centre. I feel the last thing we need adjacent to Regent Park is more housing — the area is already bursting with housing."

One wonders why Mr. Dwyer has not come forward earlier to offer his support in the difficult negotiations undertaken by the residents dealing with the Oak Street Site and the Regent Park Community Centre. The only answer I can come up with is that until he was a candidate for Alderman, Mr. Dwyer was not very interested in these issues or the residents in the area. To expect that everything should stop now to allow Mr. Dwyer to pursue his "good intentions" is presumptuous, to say the least! Trust that the voters in Ward 7 are able to see through this kind of blatant opportunism, and instead elect representatives with a long standing commitment to and involvement in the community.

Kari Dehli

Unemployment bad for the spirit

As Christians we in the Social Justice Departments of the Anglican and Roman Catholic Churches believe in the right of people to work and contribute to the development of their own sense of identity and that of the society in which they live. Therefore, we support in principle the Ontario Federation of Labour's proposed demonstration around the theme "Ontario can work" to be held on October 18th at Queen's Park to protest plant closings, lay-offs, and government cut-backs.

The Anglican and Roman Catholic Churches, have endorsed significant reports on unemployment. Each report outlines the church's concerns, examines the effects of unemployment and proposes some appropriate actions. Each report recognizes the need to protect and increase employment for people and recognizes that this will mean a commitment to change over a long term, as well as adjustments in the life style of all people to accomplish it.

The church reports state that the church is not only concerned with the social injustice of ongoing high levels of unemployment, it is also concerned with the spiritual effect of unemployment on individual workers and their families. The reports show that the present economic situation is producing a human crisis of serious proportions. e.g. The severe economic strain families face when the bread winner's loss of income effects their purchasing power and the subsequent threat of indebtedness, etc. Such personal economic problems and pressures create in their turn feelings of loss of identity and self-worth, anxiety, frustration and bitterness.

Rev. Massey Lombardi,
O.F.M.

☐☐ We goofed ☐☐

The article in the October 10 7 News about starting a food co-op contained a few inaccuracies.

The name is the Ontario Federation of Food Cooperatives and Clubs, not "Toronto", and the correct phone number is 363-3309.

We also forgot to mention that the Ontario Federation of Food Cooperatives and Clubs are also wholesalers of natural foods to food co-ops and clubs.

We are sorry for any inconvenience these errors may have caused.

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The boys and girls at Sprucecourt School ran for Terry Fox and raised over \$2000.00 for the Canadian Cancer Society.

Students from Grades 1 to 6 had their own Marathon at the school recently and each child attempted to run 25 laps of the track to earn money from their sponsors.

The result was a fantastic afternoon of togetherness as they all ran for Terry, not competing for prizes, not expecting anything in return but running to help someone else, and help they did.

By the time all the receipts are in, the students will have raised more than \$2500.00.

On October 16, 1980, at the Sprucecourt Open House, Paul Kubesch, Caroline Barnes, Randy Ouellette and Jack Coney presented a cheque for the initial \$2000.00 to Don Daynard of CKFM for the Marathon of Hope.



Civil liberties need defence

By HOWARD HUGGETT

A most important and interesting meeting was held on the evening of October 15th in this city to mark the tenth anniversary of the declaration of the War Measures Act. This gathering was sponsored by the Canadian Civil Liberties Association and took the form of a panel discussion. Two speakers took the side of civil liberties, Alan Borovoy, General Counsel of the CCLA and Ken Swann, professor of law at Queens University who filled in at the last minute for Edward Greenspan, a well-known Toronto lawyer. The Solicitor-General, and Alan Lawrence who previously held that position in the Clark government. The hall was crowded and the discussion was lively. Considering the importance of the topic and the qualifications of the panelists, this meeting deserved proper coverage from the daily press. Well, it didn't get it.

The Globe & Mail printed four short paragraphs near the bottom of page 19, managed only one rather unimportant quote from Mr. Kaplan and didn't even mention the other three speakers. The

Toronto Star did better, getting its report on page 15 although it was placed below an account of an interview that its reporter had with Mr. Kaplan after the meeting. The Star did manage to quote Borovoy and Kaplan, but not the other two. The Toronto Sun, not surprisingly, ignored the whole matter. What is surprising is that neither the Globe nor the Star

even mentioned the name of Mr. Lawrence, who provided some of the most interesting remarks and came up with the best copy from a reporter's point of view.

The panel discussion centred on an appraisal of the federal cabinet decision of March 27th, 1975, setting out the mandate under which the RCMP may oper-

Continued on page 7

Home Repairs

Our authority on the multitude of problems that can occur around the house will answer questions sent with a self addressed envelope, but he cannot promise to answer every query. Those of general interest will also appear in this column. Write to Paul J. Cooney c/o Ward 7 News 315 Dundas St. East Toronto M5A 2A2.

My home has a front veranda with attached roof to the main house. I would like to remove the living room wall to add extra space and possibly have a solarium so I can enjoy my flowers and plants in the winter, cold spring and fall weather.

There is no problem. This type of an addition or renovation is quite legal, the reason being that you are not increasing the building lot coverage. It is advisable to engage a contractor. The City Building Department requires a building permit. The requirements

for a building application are a plot plan which consists of a lot survey showing the building layout and side and front lot set backs. Two copies of architectural design plans showing elevation and structural components are also required.

I have an open veranda with no roof. Is it possible to have this veranda closed in, so I can enjoy it in the winter?

Under the existing building and zoning by-laws, the answer is no. Alternative - It is possible to make an application to the Committee of Adjustment in the City. The Committee of Adjustment has the power to give a minor variance to the by-laws. This will enable the home owner to enclose the veranda. It is advisable to have your contractor represent you. His technical expertise will be an asset at the hearing.

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Cressy & Reville talk about "The Issues"

Housing:

"We all need good, affordable housing."

House prices are up, vacancy rates are down and OHC is not building. Cressy and Reville support Cityhome and the co-ops in their efforts to provide housing for middle and low-income people. Cressy and Reville think that tenants need a voice on the Metro Housing Authority and that they need the continued protection of rent controls. Cressy and Reville recognize the value of community control of neighbourhoods but will work hard to speed up the issuing of building permits for basic renovations.

Human services:

"We all use human services."

Cressy and Reville think that in tough economic times it is more important than ever that people who need help get help. Cressy and Reville will work hard for good quality day care; it makes good economic sense because daycare allows parents to work or to train for work. Cressy and Reville think that seniors should be able to live in their communities; the building of senior citizens' housing must continue.

Minorities:

"We live in a city that is great because of its diversity."

The rapid changes in Toronto's makeup have created tensions. Cressy and Reville will not tolerate institutional or individual discrimination. Our laws must protect all our people. Program and staffing policies in human service agencies must adequately reflect our communities. Cressy and Reville support the implementation of revisions to the Ontario Human Rights Code.

Jobs:

"We need to keep the jobs we have; we need to create new ones."

Until recently Toronto was losing jobs because industry was leaving. Cressy and Reville support the efforts of the City to retain existing industry through its industrial co-ordinating committees; Cressy and Reville support the creation of a labour-intensive industrial park in the Port Area. Cressy and Reville will continue to support programs directed toward youth employment — Parachute, Youth Employment Services and Youth Employment Lobby.

Gordon & David
live in Ward 7, work in Ward 7 & know Ward 7

Cressy & Reville
Aldermen for Ward 7

For further information call us at
946-6171

Cressy & Reville Campaign Headquarters, 547 Parliament Street, Toronto

WITNESSES WANTED

Would anyone who saw a Chinese man hit a woman on the sidewalk in front of OK Bazaar, 753 Queen St. E., near Goodwill Services, on August 14,

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Dime Day at Thorogood Park

A good time was had by all at the Allen Avenue Dime Day held at Thorogood Park Gardens on September 28.

Luckily, it was a sunny day. All the hot dogs, home-baked goods and coffee one's constitution or pocketbook could afford for ten cents. People who took part in a lucky draw at the gate had a chance to win a clock radio.



Derek Scott and Raymond McCleary perform for Allen Avenue residents.



Gladys Elwell took care of the hot dogs.

New neighbours on the street put on a juggling show and later showed the audience how to do a magic trick. Please, they said, practice before trying it out on your friends.

All in all, young and old alike had a pleasant afternoon.



Mrs. Thorogood in front of her home at 32 Allen Avenue.

Allen Avenue honours oldest resident

By JEAN COUSINS

Just imagine Riverdale filled with apple orchards. Or getting the first phone on the street. Imagine seeing country bulrushes and tall forest in Riverdale. All this and more was brought to mind at Mrs. Doris Thorogood's ninetieth birthday celebration on October 11.

For the occasion her daughter did the catering and many joined them for a happy time. Mrs. Thorogood was delighted that at the open house in her honour at her home, 32 Allen Avenue, neighbours dropped in and almost all her children, grandchildren and great-grandchildren.

It was a memorable day with tales of what it was like here sixty years ago when she and her husband set out one snowy evening to find a cottage they had heard was for sale on Allen Avenue. Snow she said, was then much higher than now, but she and her husband went out anyway and knocked on the doors until they came to number 32. Here the man said he had been thinking of selling and going to New York. The deal was then made.

So, sixty years ago Mrs. Thorogood remembers that Queen Street was a dirt road. Tall trees and rushes hid the lake from view but Mrs. Thorogood followed some children one day along their path and made its discovery. It wasn't far from Queen Street. Imagine being able to go for romantic walks along the lake's edge, such a short distance from home.

Indeed, talking to Mrs. Thorogood is like getting a breath of fresh air, not just from the reminiscing but also because she is so happy to have spent sixty years on the same street.

Many remembrances came to her home. Thorogood Gardens sent a bouquet of red and white carnations. Neighbours sent a large fruit basket. Five mementos were sent from various people in government — Schreyer, Crombie, Scrivener, Davis and Trudeau. Mrs. Thorogood hopes that she'll live to be a hundred and get a letter from the Queen. Many bouquets came from her family, including a dozen roses sent by her youngest grandson. Another grandson sent a poem from England.

land.

Everyone talked of the changes they had seen. And many stories were told of how the Thorogood Park Gardens, named after Mrs. Thorogood's late husband Frank Thorogood, came into existence. Five years ago it was a dirt yard, a dumping ground for garbage, a collecting place for not too good activities. With the joint effort of many neighbours on the street it was cleaned up and made into a little park. Now it has garden plots available to neighbours in the summer, a lovely green lawn and it is home to the June garage sale for the street.

Neighbours talked and laughed about the time the CBC made a movie about the park. It's called The Good Earth.

Indeed all were happy to share Mrs. Thorogood's ninetieth. She has many memories to share.

UNICEF

1980 is a special for UNICEF Canada - the 25th anniversary of UNICEF Canada's Hallowe'en campaign. Every Hallowe'en since 1955, school children across Canada have collected coins for UNICEF, raising nearly \$15,000,000 to help children in need around the world. In 1979 alone, the International Year of the Child, Canadian children collected over \$1,500,000. Ontario youngsters can be proud of their contribution of nearly \$530,000 to this national total.

DEPARTMENT OF THE CITY CLERK
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City of Toronto

Municipal Elections

November 10, 1980

ARE YOU ELIGIBLE TO VOTE BUT YOUR NAME'S NOT ON THE VOTERS' LIST?

Voting Certificates

If you are eligible to vote but your name was omitted from the Voters' List and you missed the revision deadline, you can still vote if you obtain a Voting Certificate.

Apply in person to the office of the City Clerk, City Hall, Monday to Friday, 8:30 a.m. to 4:30 p.m. or on Saturday, November 1, 9 a.m. to 3 p.m.

If you receive your citizenship papers on or after October 23, 1980, have proof of your citizenship and possess the other voting qualifications listed below, you can obtain a Voting Certificate from the office of the City Clerk or make a declaration on the prescribed form before the Deputy Returning Officer at your Polling Station.

Declaration on Election Day

Qualified voters whose names were omitted from the voters' list can vote on November 10, Election Day by making a declaration on the prescribed form before the Deputy Returning Officer in their Polling Subdivision. Satisfactory identification is necessary.

Voting Qualifications

You are eligible to vote if you are a Canadian citizen or other British subject, 18 years of age on or before November 10 and have resided in the City of Toronto at any time between September 2 and October 22, 1980.

If you or your spouse own land or are tenants in the City of Toronto but do not reside in Toronto, you are both eligible to vote if you meet the other requirements listed above.

Roy V. Henderson
City Clerk and Returning Officer

October, 1980

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COMMUNITY CALENDAR

Community Calendar is a free community service. If you have something to announce just send your notice to 7 News, 315 Dundas St. E., or call 363-9650.

Sunday, October 26

Today's speaker of the St. Luke's Forum will be **Anne Cools**. Indoors at St. Luke's Church. (Sherbourne and Carlton) at 2:30 pm.

Tuesday, October 28

The annual meeting of the **Don District Community Health Centre** will be held tonight at 7:45 pm at the 275 Shuter St. penthouse. All residents living between Jarvis St. on the west, Don River on the east, Carlton St. on the north and the Lakeshore on the south are eligible for membership and to vote in the election of Directors.

Playter Area Residents' Association is sponsoring an **all-candidates meeting** tonight at 7:30 pm in Jackman School.

Wednesday, October 29

There will be a combined **all-candidates meeting** and **7 News annual general meeting** tonight at 7:30 pm in Withrow School. The 7 News general meeting will include the election (by the community) of a new Board of Directors. Sponsored by Bain Co-op and 7 News.

Thursday, October 30

Beech Hall, a housing co-op for seniors, is having an **Open House & Model Suite** showing today at 2:30 pm, preceded by an information session to inform visitors about the Co-op, how to apply for membership and how to get involved. For directions and for membership and how to get involved. For more information, call Sue Colley at 769-4119.

Saturday, Nov. 1

The Riverdale Inter-Cultural Council is sponsoring an **Open House** at the **Sikh Temple** on Pape Avenue. There will be workshops and a concert. For more information, call the Council at 469-1819.

Operation Springboard, an organization which works with the families of prisoners, is having a **rummage and bake sale** today in St. Peter's Church, 190 Carlton St., starting at 10:00 a.m.

Indian Encounter: A bazaar and cooking demonstrations set the pace from noon at Harbourfront, 222 Queen's Quay, W. A musical program for and by children is scheduled for 4 pm. Children's films *The Bead Game*, *How Death Came on Earth*, *Gurdeep Singh Bais*, *Hasan*, *the Carpet Weaver* and *Dolphi George: Dances* will be screened at 7:30 pm. Free admission. Films for adults begin at 8 pm and feature the Canadian premiere of *A Sense of Family*, a history of the Indo-Canadian community in Canada. Free admission.

Sunday, Nov. 2

Anna Paczuska, a member of the British Socialist Workers' Party and co-editor of *Labour Focus on Eastern Europe*, will be speaking tonight on "**Poland — The Workers' Resistance**", to be followed by discussion. 7:30 pm at St. Paul's Centre, 121 Avenue Rd. (south of Davenport). \$1 admission. Sponsored by the International Socialists.

The St. Luke's Forum presents Miss Deanne Skeoch of the Institute of Human Relations. 2:30 pm at St. Luke's Church, Sherbourne at Carlton.

The Toronto Committee for Solidarity with Democratic Chile will be sponsoring a film series entitled **Latin America in Perspective**, starting today at 2:00 pm with **The Libertarians** and **Blood of the Condor** at 2:40. Revue Cinema, 400 Roncevalles Ave. Admission: \$3.

Wednesday, November 5

The Funnel Experimental Film Theatre, 507 King St. E., is screening the film **The Man With A Movie Camera** (1929), directed by Dziga-Vertov, tonight at 8:00. Free admission.

Thursday, November 6

Come to a public debate entitled "**Low-Level Radiation — How Safe Is Safe?**" tonight at 8:00 pm in the Brigantine Room, York Quay Centre, Harbourfront. There will be speakers from both government and anti-nuclear organizations, followed by a question-and-answer period. Sponsored by the **Canadian Environmental Law Association**.

Friday, November 7

Rummage sale today from 7-9 pm at St. John's Presbyterian Church, Simpson and Broadview.

Ongoing Events & Services in Regent Park

- **Rummage Sale:** every Monday and Friday morning beside the laundry room in 63 Belshaw Place — cheap prices.
- **Bingo** every Monday night at 203 Sackville Green, 7:00. Jackpot \$25, game prizes \$5. Share the wealth! Sponsored by Regent Park Services Unit and R.P.C.I.A.
- The Regent Park Adult Recreation Centre, 603 Whiteside Place, offers **ping-pong, shuffleboard, bumper pool, cribbage, and arts and crafts**. We also have a library if a quiet time is what you want. Centre hours are Monday-Friday from 1 to 4 pm, nights 7 to 10 pm (except Friday 7 to 11 pm). Phone number is 364-4915.
- The Regent Park Teen Association is steaming ahead with its production of **Rocky Horror Picture Show "Live!"** We still need **guitar players** — Call Mike at 863-1768.

ONGOING

● **Bingo every Tuesday night** at All Saints Church parish hall, 315 Dundas St. E. (at Sherbourne). Door opens at 7:00 pm. Admission 50 cents. Pop, coffee, and juice are sold at counter.

● Volunteers are needed to work with students at Bermondsey School. Bermondsey is a school located near Eglinton Avenue and the Don Valley Parkway, for students 13 to 21 who are mentally handicapped.

If you would like to put some of your spare time to good use between the hours of 9 am and 3 pm, contact the Vice-Principal, Diane Turner, at 757-2831.

● Life can be lonely for young people in the city. There are many social and cultural events going on, but some people are too shy or lack the social skills to take advantage of them. Young women on their own are especially vulnerable and may find as well that they have trouble getting a good job or better lot in life because they are very unsure of themselves. **Catholic Family Services**, offers group and individual help to young adults in this situation. A discussion group for young single women will begin in mid-October. Call Sharon McIsaac 364-2481.

● Rummage sales are held **every Monday and Friday** from 9:30 to 12:30 pm in the basement of 63 Belshaw Place.

● Would you like to develop the skills needed to help an individual learn to read and write? We are looking for **ten volunteers who are willing to take 12 hours of free tutor training**. Your newly acquired skills would be put to use assisting a mentally retarded adult living in Ward 7 or 8 gain functional literacy. For more information, please phone Volunteer Services, Metropolitan Toronto Association for the Mentally Retarded, 968-0650, ext. 10.

● **Become a Dolphin! Join the Jimmie Simpson Swim Team.** Jimmie Simpson Recreation Centre, 870 Queen St. E. Call Susan Francis at 461-2250.

● The Riverdale Library, 370 Broadview Ave. offers **English as a Second Language Classes for Chinese-speaking adults** every Tuesday and Thursday from 9:30 to 11:30 am.

● The Toronto High School for the Performing Arts is now offering **continuing education classes** for adults and students at the main campus, 209 Adelaide St. E. Adults and students can enroll in day or evening sessions. Private and class instruction is available. For additional information on courses offered, please call 868-0058.

● 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 St. Luke's Church. Contact Shana Zameret at 924-9619.

● Are you between the ages of 16 and 24? Have you left school? Have you been unemployed but seeking work? Are you still looking for your first full-time job related to your chosen line of work? If so, the Ontario Career Action Program is for you. This government program places you in a training position in business, industry, a community college, or the Ontario government. You learn practical, marketable skills. During the training period, you receive a training allowance of \$100 a week. For more information, see your local Canada Employment Centre (after the clerks return to work).

● **Creative Movement** classes are being offered to children aged 6-8 years at the 519 Church Street Community Centre. Starting Oct. 18, these classes will be held Saturdays from 11:00 am to noon. Let your child **explore movement with music** to encourage body awareness and creative expression. For pre-registration call Adair Heath at 923-2778.

● Woodgreen Community Centre now has an **evening drop-in** Mon-Fri till 9 pm. Cards, coffee, and some structured programs will be offered. Something for everyone. Woodgreen C.C., 835 Queen St. E.

● Woodgreen Community Centre, now has a seniors' "Diners' Club": a **hot, home-cooked lunch is served every Wednesday** from 11:30 am to 1:30 pm. The meal includes meat and potatoes or other vegetables, dessert and milk or juice, all for the special price of \$1.50. Tickets for the meal can be bought at any time from the receptionist. Transportation for those in need can be arranged by calling 461-1168.

Community Calendar is a free community service. If you have an upcoming event which you would like listed in the next (November 5) issue (any event between November 5 and November 21 should go in this issue), please send your announcement to 7 News, 315 Dundas St. E., Toronto M5A 2A2 or phone 363-9650.

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

Black committee to work for Sewell

Plans are underway to form a Black Community Mayor John Sewell Re-election Campaign Committee.

of black groups. The meeting was called by Connie Leslie, who is helping the Sewell campaign organize black, Greek, and co-op groups.

A meeting was held earlier this month at Scadding Court Community Centre involving Sewell's campaign manager, John Piper, and several leaders

It was decided the new group would focus on the black community to get votes, each person being charged with bringing five to ten workers to the next campaign meeting.

Rainbow Portrait Studios

713 Gerrard St. E. (between Logan & Broadview Ave., at DeGrassi St.)

463-0394

Mon.-Fri. 11-8 pm
Sat. 1-5 pm

- Wedding
- Portraits
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- Passports
- Citizenship
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Special Wedding Packages from \$75!

Jamestown Furs announcing:

A new fur salon in Cabbagetown
Come and see our selection
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480 Parliament St. 968-0166

Insulate your home

By Howard HUGGETT

It's that time of the year again. The leaves are falling, and so is the thermometer. That wonderful season when you can leave the windows and doors open to the summer breezes is gone again. Little Jack Frost will be hanging around any day now, looking for ways to creep in.

He isn't the only one who is trying to get in your place. There are the people who sell insulation. They know that heating costs are escalating, that winter is coming and they want your business.

Most of them, I guess, are reputable and honest, with years of experience in the field. But

some of them are not, and it is difficult for ordinary people to tell when they are getting a fair deal and when they are being taken for a ride. This little note is being written to let you know that there is an organization that can help you make the right decisions. They know a lot about insulation, but they don't sell it.

I am talking about Enersave, a federal outfit that will advise you whether or not you insulation and how much. They have an office in Ottawa at P.O. Box 4510, Station E, K1S 5B5, and you can call them

toll free at 1-800-267-9563. They will send you a questionnaire that you can fill in to give them the particulars of your dwelling as to size and shape, as well as information on the extent of your present insulation, the amount of your heating bill, etc. They will come back with a large sheet about 15 x 24 inches, filled with all sorts of data on the adequacy of your present insulation and advice as to what further protection, if any, that you need.

It's a good idea to get in touch with Enersave first before you get involved in anything. It just could save you some money.

Kids' safety on Hallowe'en

Going trick-or-treating this Hallowe'en? Then have fun, but remember to give some thought to safety as well. The following rules for Hallowe'en are suggested by the Canada Safety Council:

Children should:

1. Wear light coloured, flame resistant costumes with retroreflective stripings that are more easily seen by motorists.

2. Clothing must be short enough to avoid a tripping hazard.

3. Face masks must not obstruct vision. Make-up is preferable.

4. Calls should be made along one side of the street and then along the other: No criss-crossing. Children should cross the street at intersections or crosswalks.

5. Let them carry a flashlight to see better and to be better seen.

6. They should travel in groups of four or five. Young children should be accompanied by an adult.

7. Set a curfew and boundaries within familiar neighbourhoods.

8. Forbid them to enter the house or apartment of a stranger.

9. Children must not eat any gifts until they can be inspected by an adult at home.

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9:30-11:30 am. and 1:30-3:30 p.m.

For ages 2-5

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Another reason to quit smoking

Millions of smokers have switched to brands that list low levels of tar and nicotine on the packs. What the packs do not list are the chemical compounds added to flavour such cigarettes. Nobody, except the cigarette companies, is sure what additives are being used.

According to the Lung Association, low-tar and low-nicotine cigarettes still contain toxic gases that harm the lungs. And unless flavourants are added, smokers would taste nothing, say tobacco chemists. Smoking a low-tar cigarette would be as bland as

smoking a piece of paper.

Cigarette companies are required to list tar and nicotine content on the packs, but as yet they do not have to list flavour compounds added to the cigarette. The individual companies will not disclose their own formulas, which they consider trade secrets. As yet, carbon monoxide production is not listed.

An industry list from flavour suppliers for tobacco companies itemizes more than 1,000 different flavour compounds that can be added to cigarettes. Among them is a chemical called 2-

hydroxypentanoic acid which gives tobacco smoke a sweet, nutty taste as well as a caramel aroma. Extracts of cocoa, licorice, or even prune juice are often added.

Some of these extracts sound tasty. The problem is, says the lung association, that eating something and inhaling it into your lungs are two completely different processes. Teflon is a substance safe to cook on, for instance, but burning it and inhaling it can be fatal. Nobody knows the effects on the lungs of inhaling burning flavour additives.

Drop-in open

The Parliament Street Drop-in has opened for another season. The hours of operation will remain the same as those of last year: Monday to Friday, noon to 4 p.m.

Because of the library strike, the drop-in will be located at Central Neighbourhood House, 349 Ontario St. When the strike has ended we will return to our permanent facilities in the library house, 265 Gerrard St. E.

As with last year we will still have 10¢ coffee, chess, checkers, TV, books and friendly conversation. Hope to see you soon.

Patton bows out

Ward 7 aldermanic candidate George Patton has retired from the race in favour of newcomer Frank Dwyer.

In the last civic election, Patton placed third behind Janet Howard.

Patton plans to work for the Dwyer campaign. "I'm contacting the support I have and asking them to consider Dwyer," he said.

CANDIDATES

With nominations now officially closed, four candidates have registered themselves as Ward 7 aldermanic hopefuls in the upcoming November 10 civic election. Two will be elected. The candidates are Gordon Cressy (running for re-election); David Reville, his running mate; Frank Dwyer, and Thelma Forsyth. A fifth declared candidate, George Patton, has withdrawn from the race.

There are three candidates for the two public school trustee positions: David Clandfield and Fran Endicott, running together on an NDP ticket, and Ann Ladas, a right-wing fringe candidate.

For the single position of separate school representative on the public school board, incumbent Frank Nagle is running again. He is being challenged once again by Maureen Godsoe.

Activist dies

Bert Hunt, who was featured in a 7 News "Day in the Life" article last December, died on October 16 at age 80.

Bert Hunt arrived in Canada as a young boy with his family in 1907 and was a plasterer by trade. He was politically active for most of his life, in the East York Workers' Association, which fought for welfare benefits during the Depression, in the CCF from its earliest days, and in the NDP right until the end of his life. "My hobby is mostly politics", he told 7 News interviewer Lynne Dee Trudeau last year.

Funeral services were held last Saturday.



Do your homework before you do any work on your home.

Before you start on any home repairs or renovations, you should do some careful thinking. Decide exactly what you want done. Draw up an overall plan. And do a little digging around to find out all you can about potential contractors for your job.

A few precautions will eliminate some common problems:

- ✓ Don't be talked into having work done just because the rest of the neighbourhood is doing it or because the price is presented as bargain basement.
- ✓ If the project is a major one, seek professional advice (i.e. architects or engineers) before the work is started.
- ✓ Ask for estimates from at least three reliable firms.
- ✓ When you decide to sign a contract, find out first who does the actual work.
- ✓ Insist that all details be written into the estimate - the type and amount of work to be done, total cost, date of completion and any extras.
- ✓ If a large amount of money is involved, have a lawyer go over the contract before you sign it. Don't give more than 10 percent as a down payment.
- ✓ Never sign a completion certificate until the work has been done to your satisfaction.
- ✓ Hold back 15 percent of the final payment for 37 days after the work is completed. That way, if the contractor or subcontractor does not pay for materials, you are protected from liability under The Mechanics Lien Act.

Unfortunately, despite the most carefully laid plans, you may find yourself the victim of unethical business practices.

Your Provincial Government wants you to know what your rights are under the Consumer Protection and Business Practices Acts.

✓ The Consumer Protection Act allows you to cancel any contract signed in your home (where delivery, payment and performance of work remain to be completed) by sending a registered letter to the company within 48 hours - or two full working days - of signing.

✓ The Business Practices Act allows you to have the transaction cancelled by sending a registered letter to the company if you have been misled by false or deceptive consumer representations.

For five free pamphlets on Home Repairs, Siding, Paving, Painting and Decorating, and Insulation, write to:

Consumer Skills,
Ministry of Consumer and
Commercial Relations,
555 Yonge Street, Toronto, Ontario
M7A 2H6.

Frank Drea,
Minister of Consumer and
Commercial Relations
William Davis, Premier



Ontario

HELP WANTED

The Co-operative Housing Federation of Toronto is seeking a full-time resource staff person with experience in co-operative housing.

The position will emphasize either the development of projects or property management consulting with co-ops, depending on the successful candidate's background.

Resumé deadline is Nov. 1, 1980. Salary range \$17,000-\$19,000. Send resumé to 299 Queen St. W., Ste. #501, Toronto, Ont. M5V 1Z9.

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Civil liberties need defence

Continued from page 3

ate. Mr. Borovoy declared that the wording of this mandate was too broad and too vague, and Mr. Lawrence agreed with him completely. Lawrence went further and stated that in his opinion it was unworkable, that the RCMP itself was happy with it. Robert Kaplan, although he consistently defended the federal government's handling of police matters, did state without any reservations that the RCMP should obey the law like every one else. That sounds better than anything we have heard from the federal government so far on this matter, but most believers in civil liberties would reserve judgement until police law-breakers actually appear in court.

But the most striking comment of the evening came from Alan

Lawrence when he volunteered his evaluation of the role of solicitors-general in recent years. He said the office was "a garbage appointment", that the ministers "were not given the facilities for research, counsel or advice, and were out there like sitting ducks, getting pressure mainly from top police officials". Lawrence did not actually say so, but he left the distinct impression that the solicitors-general did not get much support from the rest of the cabinet.

That is mighty strong and unusual language from a man who recently held the portfolio, and it is worth noting that Mr. Kaplan did not offer a word in rebuttal of this charge. Against the background of the disclosures of the past few years — how senior RCMP officers have misled more

than one solicitor-general; how numerous breaches of the law by the RCMP have gone unpunished — this charge by Mr. Lawrence is highly interesting. It leaves a strong suspicion that there is a deliberate federal policy of leaving the cabinet minister responsible for overseeing the activities of the RCMP without the power to do the job properly.

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ELECT

FRANK DWYER

**As a Strong, Independent
Alderman for Ward 7**

- *A responsive alderman* who will examine the need for a sports centre at Oak and River Streets.
- *An imaginative alderman* who wants "store front" police offices in the ward.
- *A strong alderman* who will strengthen and protect our neighbourhoods.

FRANK DWYER

Alderman Ward 7

453 Parliament Street 968-7928

Writing for 7 News

Adapted from *Women's Voice*

When we like someone, and what they say and what they stand for, we say, "She speaks my language."

We try to speak the language of ordinary people who are not happy with aspects of the society they live in. We try to show that together we can change that society and make it better for all of us.

Many of the things we have to say are based on quite complicated ideas, but it is still crucial to say them simply. You can be absolutely right about an issue, but that doesn't help much if no-one else can understand what you're talking about.

Unfortunately we're all surrounded by bad language. No, not swearing, but language used to distort and deceive. Look at any ad, and work out the tricks used - "from 10 percent savings" or "tested by experts", etc.

Perhaps the first thing to do if you want to write well, is to read well. Become a critical reader.

Decide what kind of articles and books you like reading. Try to take them apart and see how they were put together.

At school, most of us are given a very funny picture of what a writer is. It's probably the last thing we think we could be. Don't you have to live in an attic, and have inspiration, like steam, coming out of the top of your head?

How do you get over the inhibiting feeling, "I could never write anything."

The first way is by caring. The most important thing is that you have something to tell, and you want to tell it. It doesn't matter whether it's a simple news report of a meeting or a strike, or the most elaborate poem - caring matters.

All sorts of things will help you to get your piece written.

First of all, gather together the facts. Read other articles or books. Use your library services. Ask for help if you need it. Go and talk to people who will know. Keep files of newspaper cuttings on the things you are interested in.

Secondly, make your own notes. Most of us have ideas at the oddest times. Things suddenly come to you when you're about to fall asleep. Get into the habit of always keeping a small notebook and a pen handy. Otherwise a good idea can go right out of your mind, never to be recovered.

Before you begin to write, ask yourself what it is that makes this thing worth writing about. What is really important and interesting about it. This will often save you from losing the important things in a mass of detail.

Ask yourself what are the main three or four points you want to get over. Remember, the reader may be tired, or busy. So the main points must be clear, and you won't be able to make too many of them.

And then comes the question, how can I express this? Is there an experience I can relate, to make it come alive? Can I think of a good image? Is there a quotation that says it more directly or in a more lively way? Is the beginning interesting enough to make someone want to read on?

Try to write it as you would say it. Most of us can express ourselves better when speaking than when writing, because we're more used to speaking. Keep your sentences short.

No matter what kind of article you have written there are certain useful questions to ask yourself as you read it through.

Have I clearly explained all the relevant facts? Or are there too many facts and too much unimportant detail? Is the article threadbare? Or (more commonly) is it padded or repetitive? Have I said anything avoidably ugly or ambiguous?

One last thing remains to be said. All the good advice in the world can't replace practice. The only way anyone learns to write is by actually doing. Why not have a try - and good luck!

W. Frank Robinson

Denture Therapy Clinic

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(Corner Yonge & College)

Monday to Friday

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IT'S CLASSIFIED

7 NEWS CLASSIFIED ADS cost \$2.50 for 25 words or less, and 10c 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.

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CANADIAN DECORATORS & painting, 35 years experience. No job too small, free estimate. Day 694-6074, night 469-3780. (11-8)

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

DAYCARE/BABYSITTING

PROFESSIONAL DAY CARE in my home provided by experienced nanny. \$40 a week, meals included. Call 466-2354 anytime 9 to 6.

Pape Children's House in Pape Ave. School (Riverdale Ave. and Pape), a daycare centre offering a Montessori program has openings for children 2½-3½ years. For further information phone Lorraine Ponce at 485-1891 (12-1).

I WILL BABYSIT in my home days for children two and up. I live in the area of Dundas and Boulton. Call 465-7179 anytime (11-9).

COMMUNITY SERVICES

Looking for a unique present to give a friend who no longer lives in the area, or who is moving away. Give them a subscription to 7 News, for only \$7.50 a year. Mail your cheque to 7 News, 315 Dundas St. E., Toronto M5A 2A2.

VOLUNTEERS WANTED

The Riverdale and Beaches leagues of the Young Baseball Association (run by the East City Y) is very much in need of volunteer coaches and officials. If interested please phone Paul Caisie at 694-1159. Enthusiasm is more important than experience. (11-9).

INSTRUCTION

BURGESS' CORDON BLEU COOKING SCHOOL Full participation lessons in basic and advanced French cooking. Call 366-0464 for winter programme.

Chinese Brush-Painting Lessons at Ching Tung Studio. \$40 for four weeks, 8 hours instruction. Small classes, student discount. 1035 Gerrard St. E., call 466-2318 and ask for Jeremy Tsai. (11-6).

SCHOOL OF BALLET, 302 Broadview Ave., offers small classes for children, teens, and adults based on the syllabus of the Royal Academy of Dancing. Theresa M. Dee, A.R.A.D. Call 757-0471 or 461-8711 (6-10 pm) 11-10.

BUSINESS LISTINGS

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.

WANT MORE OUT OF LIFE? A little extra money can mean a lot of extra living! Earn extra income as neighbourhood Amway distributor of nationally known products. For appointment, call 361-0634. 11-7

HAVE A DRAWING of your home reproduced on greeting cards. 50 cards @ \$25. Call Jean Frances at 626-5465 and leave a message.

MANUSCRIPTS TYPED \$1 a page, includes one carbon copy, proofreading and minor copy editing if desired. Call Marg Anne 535-0554. (11-8).

FLOOR SANDING & CUSTOM REFINISHING. I offer: hardwood repairs and installations, stair refinishing, staining in any color. Excellent references. 769-1789 (11-11).

LE CENTRE ACADIEN/Acadian Secretariat, 20 Spruce St., does bilingual typing and translation. Accurate handling of large or small orders. Please call Veronica at 923-8713. (B-99).

FRANK F. FELDMAN — Barrister, Solicitor and Notary Public, Suite 205, 951 Queen St. E., Toronto M4M 1J9. Phone: 469-4313, 783-1916, or 920-8055. (11-9).

FOR SALE — Ladies', men's and children's Dominion boots, roller skates, seconds, limited quantity. Only \$65 a pair. To order, phone Fay at 466-1962. (11-9).

MOVERS

TOM TRUCKER is an expert at small moving and hauling. His services cost about the same as renting a truck and doing it yourself. Call 466-6973. (11-9).

JOBS WANTED

EMPLOYMENT WANTED Woman seeks part-time work (days or evenings) as typewriter or office clerk. Experienced on Computer IV and Mergenthaler VIP typesetting equipment. Also have experience in accounts receivable, typing 40 wpm, filing, etc. Please call 363-9650 (days) or 222-4539 (evenings). 11-7

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

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

My ad should read as follows:

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58 Sumach — 863-0498

Seniors programs

Programmes	Time	Cost
Mondays: Crafts	10-12	
Nov. 3rd Luncheon	12-1	\$1.25
All About Hands & Feet	1:30-3:00	
Nov. 10th Crafts	10-12	
Luncheon	12-1	\$1.25
Penny Bingo & Refreshments	1:30-3:00	
Nov. 17th Crafts	10-12	
Luncheon	12-1	\$1.25
November Birthdays Celebration & Movie	1:30-3:00	.25
Nov. 24th Crafts	10-12	
Luncheon	12-1:00	\$1.25
Folk Dancing & Refreshments	1:30-3:00	.25
Tuesdays: Quilting	10-12	
Tuesdays: Quilting	10-12	
Nov. 4th Quilting	10-12	
11th Men's Club	1-4	
Nov. 18th Men's Club	1-4:00	
25th Men's Club	1-4:00	
Wednesdays: Dancercise	11-12:00	\$1.00
Cards	1-3:00	
Thursdays: French	10-12	.50

SPECIAL EVENTS TO REMEMBER

- Monday, November 10th is Election Day.
- Nov. 3-14: Come down to Union Tower in Toronto Dominion Court at Bay & King to see Seniors' Craft Display requested by United Way on the Main Floor.
- Tickets for our Xmas Party will go on sale as of Nov. 17th. Lunch will be on Wednesday, Dec. 10th. The cost is \$4.50 per person. TRIP: Tuesday, Dec. 2nd — Christmas Fantasyland trip to Weill & Cullen Garden Centre. Meet at 11:00 a.m., Sheppard Subway Station, go upstairs at Bus depot. We will be taking the bus which goes East on Sheppard Ave. No charge.
- Two exciting October events were: The Canadian Opera Company Ensemble who sang favorite arias from opera and operettas. In the group were ROXOLANA ROZLAK, SHAWNA FARRELL, CLAUDETTE ROY, & ROGER OHLSEN with STUART HAMILTON on piano.
- Simpsons asked us to be part of their Senior's Day in the Downtown Store selling handmade crafts on Oct. 28th.

Hallowe'en

There will be prizes for the best costumes (everyone must wear a costume!) for this gala event which begins at 8:00 p.m. Tickets are now on sale at Dixon Hall. No minors please.

Shell out just \$1.00 and have a bewitching evening at Dixon Hall's Hallowe'en Dance coming up on Friday, October 31st.

Programs for Adults

Adult Programmes
Adult programmes here at Dixon Hall are now in full swing with something happening for everyone. Take a look!

Cards
Those who enjoy a game of euchre, bridge, cribbage, etc. can come out to Dixon Hall on Wednesday afternoons from 1:00 p.m. — 3:30 p.m. Come with old friends or come and meet new ones. There is no charge. For information call Linda or Janice.

French
Would you like to "parlez en français?" Now's the time to learn. Conversational French classes are being held at Dixon each Thursday morning from 10:00 a.m. to 12:00 noon. Cost is 50 cents per class. So à bientôt — call Janice or Linda for more information.

Bingo
The friendly bingos continue each Tuesday evening at 7:00 p.m. — 10:45 p.m. and Sunday afternoons from 12:30 p.m. — 4:30 p.m. Come and bring a friend!

Ceramics
For those with an artistic hand, or even just an interest in trying your hand at crafts, come to Dixon's ceramics class. You can learn to make everything from basic pinch pots to elaborately designed ornaments. Everyone is welcome. Cost is \$30.00 for 6 weeks (approx. 18 hours of classtime). This fee includes all materials — what a deal! Classes are held each Wed. night from 6:30 p.m. — 9:30 p.m. To register, call Janice.

Fitness
With the arrival of the cooler weather, we all need a bit of

exercise to get the ol' blood running to keep us warm. Disco Fitness classes run each Saturday afternoon from 1:30-3:00 p.m. Just think for only \$1.50 a class you can learn to move to the groove and keep in good shape at the same time. To register call Janice.

Parents & Tots
The new parents and tots programme is now getting underway here at Dixon Hall. The programme is designed to provide a time when parents can meet with other parents and get involved in crafts, discussions, etc. while their children gather together for a few hours of games and songs. The programme will run each Wednesday afternoon from 1:30-3:30 p.m. If this sounds like something you and your tot(s) would like to get involved in, call Janice (there is no fee).

Teen Activities

Outreach Programme

A new worker has just been hired by a committee of teens and staff. His name is Lucky Barthe. He will begin work on Monday, Oct. 27th. Lucky brings both experience and insight into the community to the position. He has worked previously at St. Jamestown "7" in the teen programme and has lived for several years in the area. Look for programmes to start in November.

Project Achievement

Is providing a tutoring programme on Tuesday and Thursday evenings from 7:00 to 8:30 p.m. This programme is operated for Park School students by parents, in conjunction with the Board of Education and Dixon Hall. Call Ross if you want to volunteer as a tutor (at 863-0498).

The Social Services Programme at Dixon Hall provides many services and programmes for the community.

Group programmes

Friendship Clubs

Dixon continues its Friendship Clubs for children beginning the last week of October. There are three groups starting up; the Little Rascals which is for boys and girls from 6-9 years old, the Girls Club, for girls 10-13 years old. To register in any of these groups, call Robyn or Janice.

Children's Programme

We'd like to welcome a new addition to staff here at Dixon. Robyn Williston has been hired to co-ordinate children's programmes. She'll be working with the friendship clubs and the after-school programmes.

Music School

There are a few spaces left in the Music School. Register

soon if you want to learn to play piano, guitar, violin or a wind instrument. The fee is \$1.00 per week. Classes have already begun and are held daily from 4:00 — 6:00 p.m. Call Cindy to register.

After-4

For students of Park School, a group of parents, with the assistance of Dixon Hall staff and the Toronto Board of Education, will be running an After-4 programme three days a week. All activities will take place at Park School, and will run from 3:30 to 5:30 p.m. Your classroom teacher will be handing out information about the After-4 Programme as soon as the Board approves money for the programme.

Social Services

1. Free Legal Aid Clinic

The clinic operates every Tuesday from 6:30 to 8:30 p.m. on a first-come-first-served basis. A lawyer is available to answer all your legal questions and/or make the necessary referral.

2. Big Pals Programme

This programme matches a suitable volunteer to a child, in order to provide companionship. Monthly meetings and group outings are often carried out. Come in, be a friend to a child!

3. Do you need assistance with: Employment, Health, Welfare, Education, Workmen's Compensation, etc.?

Counselling and referral services are available.

4. Are you 16 to 30 years of age and looking for a job? **Parachute** is a Youth Employment Programme providing job search skills and job placement. It is co-sponsored with the Regent Park Community Improvement Association and Dixon Hall. Go on over to 44 Blevins Place, or call 363-1689.

Look out for excess fats

Continued from page one

these issues. However, fat is a very concentrated source of calories and with our sedentary lifestyle, it tends to make us fat. And, it cannot be denied that obesity is a health hazard.

But, fat is not a total villain! - Fats are valuable because they:

- provide essential polyunsaturated fatty acids required for health. Linoleic acid is one of the most important.
- are carriers of fat-soluble vitamins - A, D, E, K.
- are an important source concentrated energy.
- help to insulate the body against the cold.
- act as protective cushioning for bones and vital organs.
- are an essential part of cell membranes.

Where fat lurks in your diet:

Fat in our diet comes from two sources - 1) fats occurring naturally in foods such as in whole milk, 2% milk, cheese, nuts, seeds, meat, poultry, fish, chocolate ... 2) fats and oils added in preparing foods such as in fried foods, pastries, gravies, salad dressings, sandwiches, mayonnaise ... including all vegetable oils, butter, margarine, tallow, lard ...

Guidelines for the sensible fat eater:

Be a label-reader. Remember, food labels list the ingredients in descending order by weight. If fats are listed near the first then they are major ingredients. Label names for fats include hydrogenated vegetable oils such as palm oil, coconut oil, lard, tallow and any word ending in "glycerides" - monoglycerides, etc.

Beware of foods with extra fat added during processing. Examples: frozen vegetables in butter sauce, butter-basted turkey.

Are your snack choices a greasy pitfall? Examples of fat-laden snack foods are: potato chips, donuts, chocolate bars, "thick" shakes.

Watch out! not all "fat rich" foods feel greasy. Examples: commercially baked goods which are often sprayed with coconut oils.

Tips for excess fat evaders:

- Use milk instead of cream in coffee and tea.
- Spread it thin - a little bit of butter, margarine, or mayonnaise goes a long way.
- When cooking - bake, broil or steam your foods; avoid frying and adding extra fat.
- Choose 2% or skim milk; try low fat dairy products - mozzarella cheese, yoghurt.
- Enjoy the natural taste of

your vegetables - why add butter, margarine, or sour cream?

• Choose lean cuts of meat; trim off visible fat.

• Choose a chicken, tomato, tuna or turkey sandwich instead of a hamburger or fishburger.

• Limit intake of fatty luncheon and variety meats. Why pay protein prices for fat sources?

Remember! In your efforts to cut down on fat don't cut out all sources of the essential type of polyunsaturated fat, linoleic acid. This fat is found in a wide variety of foods in our diet, with highest concentrations in vegetable oils such as corn oil, sunflower oil, soya oil and safflower oil.

There is no need to sacrifice your favourite foods - merely become a little "fat-conscious". Moderation is the key.

Produced by community nutritionists in the Health Departments of Metro Toronto and York Region.

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15% off with this coupon.
757-3050

7 News ANNUAL GENERAL MEETING

Wednesday October 29

at
Withrow School
30 Bain Ave.

at
8 p.m. sharp

The meeting will include election of a new board of directors, a report on the past year's activities, and a discussion of prospects for the paper. The general meeting will be followed by a Ward 7 all-can didates meeting.