

7 NEWS

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

FREE TAKE ONE

The deadline for the next
(February 13) issue
of 7 News is Monday February 9.

No more shivering outside the doors? Major changes in welfare setup

Major changes have occurred at the welfare office at 339 George St. Located off Gerrard St. on the edges of the downtown financial district and Cabbagetown, this centre was set up four years ago to serve single employable men. Located in an area of immense flux (renovations, evictions, even the Hotel Warwick has been demolished), 339 George served these men who lived in the city, between Roncesvalles in the west and Victoria Park in the east (below the Bloor-Danforth line).

In the past, men had to bypass the offices in their own areas, which served only women, families, and "unemployable". As a result of pressure applied by clients and social workers, the Department of Social Services of Metropolitan Toronto has recognized that the service could best be provided "within a setting of people's own communities".

As of January 9, 1981, people were told that 339 George would

become similar to other welfare offices in the city. Now, Community Service Centre "G" (as it wishes to be called) will also serve women, families, and "unemployable". Men currently served by "G" will get cheques from "G" during the period of transition — from January to February 2 — which will contain return addresses indicating their new office.

In reverting "G" to the "community service" approach, the department hopes to use the "field worker" out in the community" concept which keeps people out of the waiting rooms and have assessments done at home.

In the past you would have the tense situation of a hundred people milling outside doors and counters, while 40 people (lower bureaucrats, supervisors, social workers, secretaries and clerks) attempted to serve their needs, on the other side. A trip to the

welfare office could see you wind up waiting seven or eight hours before you could see a counsellor, or not be seen at all — or, if you were really lucky, be told you weren't eligible anyway! Tis called for a few hasty confrontations to say the least.

A year ago, people would line up at six o'clock in the morning and compete to get the limited numbers, that enabled you to get an interview, which were handed out when the doors opened at 7:45 a.m. It was sometimes four o'clock before you got an interview. A third of the people would be turned away. This, while the Social Services Commissioner Ray Tomlinson and Metro Chairman Godfrey were telling the media that the welfare situation was "well under control".

After much criticism (an article in the February 1, 1980 7 News exposed the situation) they rushed 14 additional workers to "G". Tomlinson finally admitted to Gordon Cressy, Ward 7 alderman, that January to March — the winter months — were the hardest. The department, however, saw this as a seasonal maladjustment despite the fact that stringent new UIC regulations had been implemented, pushing thousands of unemployed people on to the welfare rolls.

With this new system in place this winter, the unsightly evidence of people shivering outside Welfare's doors will end. Now people will presumably only have to phone, give their information and arrange a home visit. One of the positive aspects of this is that the social workers at "G", many of whom live in the suburbs, will finally get to see where, and

perhaps how, people they are servicing live.

Tz new boundaries for "G" are from Ossington Avenue below Queen St. to Jarvis St.; from Jarvis below Gerrard St. to the Don River. The islands are the southern boundary. Like all other "service centres" "G" will now have the services of a family

counsellor, job counsellor, home-maker, nutritionist, etc.

The new rules of eligibility state that people attempting to find a place, with no fixed address, will be rejected outright by welfare.

More on this, and other welfare issues, in the next issue of 7 News.



Everybody is reading it: Health advocate Dr. Ty Turner checks out the news in 7 News...

Attack on OHIP hurts poor, ill

By KAREN ENGLANDER

"To opt out of OHIP is to make the wrong people pay for worsening health care," says Dr. Tyrone Turner, a family physician with nine years of experience on Parliament Street. An active community doctor on staff at both Wellesley and St. Michael's hospitals, he is working with other doctors to tackle medicare's problems.

"Some influential members of the Ontario Medical Association appear to be working more against medicare than for it," Dr. Turner says. He points out that they encourage doctors to opt out of OHIP and charge patients extra fees. They say that since OHIP's fees to doctors haven't even kept pace with inflation, doctors should charge additional fees above the OHIP rate. Prior to 1978, the OMA recommended a fee schedule which averaged 10 per cent above OHIP; after the Anti-Inflation Board guidelines were lifted in 1979, the OMA recommended doctors charge fees one-third greater than OHIP. That means a woman could have to pay over \$200 out of her own pocket to deliver a baby.

In the past two years, the percentage of doctors opting out of OHIP has increased dramatically, from 10 to 19 per cent. Many of the influential members of the OMA are specialists who have opted out.

Earlier this month, the doctors' association announced it was collecting almost one million dollars

to hire an advertising agency for the profession. In the letter that went to each of the 14,500 doctors who belong to the association, the OMA executives announced they wanted to improve communications with the public. Particularly at this time with an up-coming election, the letter says, we need to take action. The association wants to promote public acceptance of opting out of government-run medicare and says it must counteract the influence of "the NDP and other groups" (such as the Toronto Board of Health, Metro Social Planning Council, labour organizations and the 70 per cent of people of this province who oppose opting out).

"Many of my colleagues in Ward 7 and beyond are upset with the association," Dr. Turner says. He noted that the association did not consult the general membership before instituting this blatantly political, anti-medicare stand. Also, the \$100 fee each doctor is expected to contribute has been added to the \$350 annual membership fee. If doctors withhold the \$100 for advertising, they are withholding a part of their membership to the association. In effect, they may be forfeiting their professional membership.

"All doctors, regardless of incomes, are asked to pay the same large amount of money to support the small number of doctors who have opted out," says Dr. Turner, "and this in no way

Continued on page 3



...as does Lexie Hines while playing bingo at Dixon Hall.

St. Jamestown Valentine's festival

On Valentine's Day, a special ethnic festival takes place in St. Jamestown. The St. Jamestown Mid-Winter Festival is being staged by volunteers from ethnic organizations, seniors and youth clubs, and other community groups active in the St. Jamestown area.

It features continuous entertainment, music, films and displays designed to present the heritages and talents of the par-

ticipating groups. There will also be door prizes, clowns, outdoor skating, and food from a variety of countries. Parents will be able to leave their children at a special babysitting centre complete with crafts, games, and activities for kids. For seniors and the handicapped in the St. Jamestown area, there's an escort service to and from the festival. To arrange a free escort, call 960-3048 between 5:30 and 9:30 p.m. Tuesday

and Thursday only.

The festival is non-profit, admission is free, and everyone from children to seniors is welcome to come and share in the fun, on February 14th, Valentine's Day, from 11 a.m. to 5 p.m. at Rose Avenue School, 675 Ontario Street, in St. Jamestown. Bring your skates and plan to stay all afternoon. There will be lots to see and do.

Drop in with your kid

By PAMELA JONES

If you have a baby or pre-school child(ren), you may have discovered that unfortunately your little ones are not comfortable or welcome in many places. However, you don't have to resign yourself to climbing the walls at home.

The South Riverdale Child-Parent Drop In Centre has just moved to its new location at 765 Queen Street East. We have a bright room adjoining the new library as well as recently purchased equipment. Our hours are now: Monday and Tuesday 9:30 - 1; Wednesday 9:30 - 12 and crafts for parents and kids from 1:30 - 3:30; Thursday 9:30 - 1 featuring guest speakers; Friday 10 - 4 is the toy library.

The basic part of the program is drop in. Come with your child and meet the staff. Give yourself the opportunity to talk with other parents. Help yourself to coffee, or browse through books and pamphlets. Meanwhile, your kids

can get to know other children.

Our crafts program on Wednesday afternoons offers a special opportunity for grownups and children to make things together in a pressure-free atmosphere. The goal is fun and sharing, not

great artistic achievement.

For more information on any aspect of the South Riverdale Child-Parent Drop In Centre, please call Rosie or Susan at 469-3776. We're looking forward to meeting you!

Colour me Dead

Acid rain and toxic chemicals are threatening our fresh water systems in Ontario. For a readily understandable picture of the current situation, *Public Focus on Great Lakes Pollution* has published two entertaining colouring books for children between the ages of four and nine: *Rain Rain Go Away* and *The Dotted Dragon*.

Rain Rain Go Away, 24 pages, provides information on the threat acid rain poses to our ecology. An "author's note" provides a brief overview, intended to assist parents and teachers in answering the many questions that this book will prompt children to ask. The attractive principal characters — a

loon, an osprey, and a cisco — will lead the child easily into an otherwise complicated subject.

The Dotted Dragon, a colouring book on the Great Lakes, will appeal to children because of its clear, easy-to-colour pictures. Its story line will, at the same time, stimulate their interest in the geography, history and protection of the Great Lakes. This book will be enjoyed by parents and children together.

Books can be obtained direct from: *Public Focus on Great Lakes Pollution*, 894 Manning Avenue, Toronto M6G 2X4. They retail for \$1.95 each.

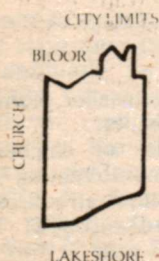
7 NEWS

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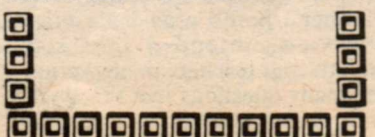
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Drs. Ginsberg and Giddens, 322 Parliament St. are pleased to announce that Dr. Steve Goren has joined them in the practice of Family Dentistry. For appointments call 960-3311.



LETTERS AND OPINIONS

If you have any comments or opinions about what is happening in the community or about what you read in 7 News, write us a letter at 315 Dundas St. E. Toronto M5A 2A2. All letters must be signed but if you ask us to, we will publish your letter anonymously.



Health ministry fails in duty

Patients 'thrown out in cold'

Re: Toronto Star, January 13, 1981

"Mental patient care 'stops at door' health centre told"

I have been watching the Provincial Ministry of Health jettison its responsibilities and I can only respond with a mixture of shame, horror and outrage. The Ministry has been "protecting" the taxpayer by opening its doors and throwing out into the cold many psychiatric patients who had long found a haven of sorts behind Ministry walls. The haven often had little to do with cures but at least food, shelter and clothing were provided for. Many ex-patients have found food, clothing and especially shelter, increasingly harder to come by. There is a housing crisis in the City; perhaps the Ministry has noticed. One of the worst crises exists at the very lowest level of housing, rooming houses.

Now, we are told, the Ministry has even ceased to provide for its ex-patient a destination and some protection from the most appalling of the living conditions among a diminishing rooming house stock.

Ex-patients face horrendous problems in adjusting to life on the outside and have received shockingly little support from the Ministry of Health in terms of follow-up services. Now the Ministry has decided to remove another stick from its already flimsy support structure. The Provincial policy, or lack thereof, amounts to a cruel and unusual punishment, and it is difficult to imagine of what crime the ex-patients are guilty, except having once been patients, which of course is not a crime, officially at least. Ministry policy (or lack of it) places a heavy burden not only on its direct victims, the ex-patients, but also on all the citizens of

Toronto whose social service agencies are required to bear an extra burden for which they do not have adequate funding.

Policies and programs that provide follow-up care for ex-patients must be put in place immediately.

And if the Ministry of Health cannot include in its follow-up a look at rooming houses — to which ex-patients have little choice but to go — then the Ministry of Health must demand that the Ministry of Housing develop without delay policies to stop the decline of rooming house stock, and to assure that such stock provide decent affordable accommodation.

Shame on the Province for shirking its duties! Shame on us for allowing it to do so!

Yours truly,
David Reville
 Alderman — Ward 7

It takes two to tango

By HOWARD HUGGETT

One of the most interesting items in the December 19th issue of *Seven News* was Jean Wright's report on a public forum held in St. Andrew's Church on the subject "Street Sales of Sex: Social Problem or Crime?"

There is no more blatant example of sexual bias than the attitude of society to female prostitution. The prostitute is continually harassed by the police, but her male customers are rarely bothered. Since it takes two to tango, why the distinction? At the meeting mentioned above a police sergeant pointed out the prostitution is not a crime, but soliciting is. Alderman Sparrow is reported as saying that prostitutes have no more right to use the streets for commercial purposes and cause a public nuisance than has a person selling refrigerators.

Well, refrigerator salesmen are not a problem on our streets, but panhandlers are. They are much more evident than "hustlers", but you seldom hear about them being harassed by the law. If prostitutes were more noticeable on the streets the police would probably not have to resort to using operatives to "find them. Officers in plain clothes or hired civilians are sent out as bait, which is referred to as entrapment in the United States and any evidence secured that way would not be accepted in court. You could also call it soliciting, since one of the meanings of that word as given by the Oxford Dictionary is "inviting". It seems to me that these police operatives are inviting attention from the suspected prostitutes, and I doubt that they walk around with hymn

books under their arm.

There was a very enlightening case reported in the daily press recently of a police operative who not only carried out his mission of finding women who offered sexual favours but followed through on the transactions, using of course the money that the police department had given him. It was quite evident from the newspaper interview with this man that he had not taken the job purely from a sense of duty — his "heart" was in his work. It is also worth noting that the police department had given him the sum of \$100, although he is quoted as saying that \$20 would have been sufficient. It is hard to see how tactics like that are useful in meeting the social problem of prostitution.

Just recently a book was published in Vancouver which was based on the experiences of a local prostitute. She had achieved considerable publicity some time ago because the police department in the process of checking on criminal activities had seized a book containing the telephone numbers of her clients. Apparently some prominent citizens were involved, but needless to say the details were not made public. In fact, the book was duly handed back to the lady.

Now, if it is the act of soliciting that is a crime, why did the boys in blue assist this woman to continue breaking the law by returning that very essential little book? Could it be that they have forgotten that their essential duty is to prevent infractions of the law? Are they interested only in securing convictions?

Boxers win 5 of 5

By KEN HAMILTON

At a recent boxing show held by the Bramalea boxing club, boxers from the Cabbagetown Youth Centre scored five victories out of five bouts.

In the 75-pound category, Patrick Platt, in his first bout ever, soundly defeated William Blackburn of Bramalea.

In the 147-pound class, John Macrea also in his first bout ever, easily decided Jeff Lemman of Etobicoke Olympeum Club.

At 139 pounds, Terry Francis scored a first-round knockout over Bam Lockwood of Bancroft.

Terry was awarded a special trophy as best prospect.

In the 175-pound category, Tony Morrison had no trouble at all in decisioning Kenny Bruce of Bancroft.

And in the main event 132-pound event, 14 year-old Asif Dar, a national junior champion, used his outstanding skills to defeat 18 year-old Dwight Fraser of Bramalea.

These and other Cabbagetown youths will be competing at the Labatt's Gloves Boxing Tournament to be held January 24 and 25 at the Etobicoke Olympeum.

Chairman 'insulting'

On Nov. 27, 1980 an outrage was committed against the people of Toronto including the residents of Ward 7 at the Toronto Board of Education. On that day, Irene Atkinson, a person who has openly and publicly made racist remarks was elected Chairman of the Board.

On Nov. 3 Irene Atkinson was asked at an all-candidates cable TV session what could be done to balance the academic performances between children from immigrant and working class homes on the one hand, and those from upper income homes on the other. Ms. Atkinson's response was:

"Well, I'm not so sure that you can because I think genetics play a very large part in determining the potential of students. And that may be a very dirty word, but there is lots of research and lots of evidence."

What sort of research and evidence Ms. Atkinson refers to is still a mystery — perhaps that of the Hitlerite supermen — but she is right about one thing, the kind of thinking her remarks reflect are not only dirty, they are downright obscene and criminal. Is this the kind of person we want responsible for the education of our children?

To add insult to injury Ms Atkinson saw fit to print and distribute a self-exoneration dated Dec. 17, 1980 under the Chairman's letterhead and at public expense. In it she states: "I was making a general statement about heredity, again without any particular race or class in mind..."

This doesn't wash. Her remarks constituted a direct response to a well-defined specific question. Ms Atkinson continues:

"... and I spoke without knowing the whole story on heredity."

I hope you will understand that we all say things without really thinking them through."

Which is it going to be? First she seems to argue that the remarks she made were somehow legitimate and now she asks us to forgive a mistake of her human frailty. In her original remarks she draws on the authority of "lots of research and lots of evidence", and now she pleads ignorance? Too much double talk for me I'm afraid. Ms Atkinson concludes: "And in the quick give-and-take of an all-candidates debate, I spoke without thinking."

Here we have to agree. Even the best concealed thoughts and feelings will sometimes slip out into the open in the heat of the moment.

To conclude I would like to quote Ms Atkinson once again when she wrote:

"It is not by chance that I, and the other 25 members of this Board, are called trustees. We hold positions of public trust."

That trust has been grossly betrayed by Ms Atkinson. Only resignation from office can serve that trust now.

Nicholas Prychodko

French school will go ahead

By RHONDA SUSSMAN

The decision to transfer the 23-student French Language Instructional Unit from Monarch Park Secondary to Jarvis Collegiate was re-affirmed at two Board of Education Meetings last month.

Most Jarvis parents have been opposed to the transfer since it was first announced Oct. 30. In an open letter entitled "Support Jarvis C.I.", Jarvis parents said that space was not available in Jarvis

for the unit, and that classes would have to be combined in order to make room.

The letter also states that the Board has "more than fulfilled all its legal obligations to the French-speaking community" by providing an elementary school (Gabrielle Roy) and the space at Monarch Park, and should respect the wishes of the majority of Jarvis parents.

The Business Advisory Com-

mittee of the Board, which met on Jan. 8, was therefore careful to include in their motion measures that would reassure Jarvis parents.

- Jarvis will be able to maintain the present ratio of out-of-district to in-district students;

- the French unit will be encouraged to offer after-school programs open to all Jarvis students;

- the impact of the unit upon Jarvis will be assessed yearly by the Board.

Ward 6 trustee Bob Spencer believes the situation is now resolved and "would settle out very nicely". He said that the Board had received one "positive" phone call from a Jarvis parent.

The vice-principals of Monarch Park and Jarvis will be meeting with the French teachers in the unit, and the Board is sending an information letter out to Jarvis parents.

French unit blow by blow

1975 — Gabrielle Roy established in the Jarvis Official district — expectation by parents that a follow-up at the secondary level would be in the area.

Spring, 1978 — French Language Advisory Committee (FLAC) requested Jarvis location — Jarvis principal supportive but suggested waiting for two year period (i.e. 1980)

Fall, 1978 — Jarvis staff invite trustee candidates to meeting where question of location of the French Unit at the school is discussed.

—FLAC reluctantly agree to Monarch Park Secondary location since few students say they'll attend.

1979 - 1980 — Ward 6 Trustees attempt unsuccessfully to set up parents' group at Jarvis.

Sept. 1979 — Unit opens at Monarch with 17 students — Grade 9 & 10.

March 1980 — concerned parents meet with FLAC subcommittee and again request a central location for the Unit (anticipation of low enrolment from Gabrielle Roy).

April - June — extensive discussions at FLAC re future of French Unit — decision again sent to Board requesting change to a central location.

June — Board refers FLAC to the Director (on his request) for a report about how the request would be accommodated by September.

Summer - September — The Director sets up a sole administrative committee including the Jarvis and Monarch principals to examine this matter — at this point key Jarvis parents who are responsible for setting up a fall meeting are informed of the fact that Jarvis is under serious consideration for the location of the French Unit. FLAC again (as in 1978) asks for Jarvis location.

September — The Unit enrolls only 3 students from Gabrielle Roy — Grade 11 is cancelled — a total of 24 students.

— Ward 6 trustee requests a September Jarvis parent meeting but this is rejected in favour of the November 19th date.

October — The Director's report on the French Unit relocation is delayed from the 9th to the 30th — on October 30th the Director incorporates the Jarvis recommendation in his Task Force II proposal (the Parkview phase-out was included at this time).

Oct. - Nov. — Ward 6 trustees not permitted to send home

notices to parents/students since Board regulations stipulate that no such communication can occur at election time.

Nov. 3 — Jarvis principal sends home letter to parents after the Oct. 30th decision but letter contains no information about the French Unit location.

Nov. 12 — Ward 6 trustees request to meet with staff — request refused.

Nov. 14 — Jarvis staff distribute letter through students to parents without first checking facts with Associate Director, Superintendent or trustees, and having requested meeting first.

Nov. 19 — parent meeting at Jarvis — Ad Hoc Committee set up and Jarvis Parents' Association finally formed.

Nov. 20 — Board agree to almost two month delay while parents examine implications of the French Unit relocation.

Dec. 2 — Ward 6 Trustees ask parents, staff and students to meet — parents and students respond positively — but still no response from staff.

Dec. 16 — sole meeting of Jarvis Ad Hoc Committee and Board group of trustees — common data base agreed upon.

Dec. 29 — Director sends common data base to all Jarvis parents.

Jan. 8 — Business Administration Committee at Board passes reaffirmation of Oct. 30th motion with a series of provisos and guarantees addressing Jarvis parent concerns.

Prepared by
Joan Doiron
Trustee - Ward 6

POETRY

The Gift of Life

You want a gift that glitters or a ring that's made of gold.
You'd like a pocket of diamonds, there's a better gift I'm told.

This gift I know so well is so nice to show and tell
Some of us can see it but only in a spell
You have it when you're small, you see it when you're tall
This beautiful precious gift of life is the best gift of all.

Paula Barras
Grade 8
Park Public School

Nursery needs volunteers

Woodgreen Nursery School — a school for developmentally handicapped pre-schoolers, (ages 2-5) is in desperate need of volunteers to spend one morning a week (from 9-12 a.m.) in their program.

Each child has an individual program, especially designed to strengthen skills, build self-esteem and provide support and encouragement to their parents. In order to accomplish these goals the children need individual attention.

No experience is necessary. The teaching staff provide the training, the encouragement and the on-going support for the volunteers.

If you are interested in meeting this challenging and rewarding experience please call ELIZABETH SABISTON — 968-0650 Ext. 12, Metropolitan Toronto Association for the Mentally Retarded, A United Way Agency.

Attack on OHIP hurts poor

Continued from page one

helps the more than 80 per cent of the doctors in this province who remain in OHIP. Opting is not acceptable to the people of Ontario and a forceful attempt to convince them otherwise is destined for failure. Public reaction is going to be harsh."

Dr. Turner continues, "I am concerned that the OMA is heading for an unprecedented outburst of 'doctor-bashing.' This practice of doctor-bashing is destructive because it demoralizes all the participants in the health care system: doctors, allied health workers and patients. Also it is off the mark. In no way does it get to the root of doctors' problems which is the government's flagrant health care cutbacks."

In fact, the Ontario government is one of the stingiest health care spenders in the country. Only the Atlantic provinces spend less than Ontario per resident on health care. Increases in the health care budget have been approximately five per cent each year since 1979 — that's less than the rate of inflation.

To cope with less money coming in, losses in all areas occur. Wellesley and St. Michael's hospitals project a combined deficit of almost \$4-million this year. That means that little revamping is done, few repairs are made, nor is new equipment purchased. Hospital administrators try to keep costs down by eliminating beds, but people still get sick. Often people require intensive and expensive care from nurses and labs, and sometimes they are discharged before they are fully recovered because the beds are needed. Public outrage at incidents of people being refused treatment in emergency rooms last year brought promises from the provincial Minister of Health of a token increase in the 1980-81 hospital budget. The five per cent annual increase was raised to 7.5 per cent, which still doesn't meet the inflation rate.

A cutback in hospital spending also means an increased workload for all those in allied fields. Dr. Turner describes one of his patients as suffering from chronic fatigue because she's a nurse's aid at a local hospital. "Her workload has exactly doubled in the past year and she feels inadequate because she can no longer give her patients the care they need."

There have also been enormous cutbacks in services to the mentally ill. The provincial government has closed Lakeshore Psychiatric Hospital, yet for outpatients there are very few psychiatrists in the City of Toronto who accept the OHIP rate.

"Opting out is another symptom of medicare's breakdown," Dr. Turner says. As many as 35 per cent of the specialists in the Ward 7 area have opted out. A recent survey conducted by the NDP showed that almost half the gynaecologists, and a third of all the ophthalmologists in the area have opted out. It also revealed that almost all the g.p.'s are still in.

The problem with opting out is that two brands of medicine are sold and they are based on the ability to pay. Dr. Turner says, "Those who can pay extra go to the specialists of their, and their doctor's choice; the others go to overworked, overburdened specialists who are still in OHIP, and to hospital clinics where they get less continuity of care."

The financial burden is being thrown onto the patients and still doctors see the quality of care deteriorate. Dr. Tyrone Turner is a

leader among doctors who see the Conservative government's inadequate financial support as the real problem. The government has actually decreased health expenditures as a proportion of total government spending. Dr. Turner's commitment to quality medical care is taking him into the political sphere — he is the NDP candidate in the provincial riding of St. David, encompassing much of Ward 7.

"Many of us are working to correct the root cause: a government which is turning its back on health care," he says. "The NDP is the only party which is totally committed to medicare — after all, the NDP brought medicare to Canada. They are committed to a revitalized and properly funded health care system. Doctors would then be discouraged from opting out and be better able to provide the care their patients need."

Poor Alex Dance

Dance Ontario (the Ontario Regional Office of the Dance in Canada Association) announced today the launching of the Poor Alex theatre as a vehicle for dance. The fifteen year old, 140 seat, Poor Alex Theatre (296 Brunswick Ave. at Bloor St.) will be the home of new dance works on a regular basis beginning in January 1981. The theatre is owned and operated by the Three Schools, a multi-disciplinary art school in mid-town Toronto. Dance events and performances will be co-ordinated by the Poor Alex Dance Committee which is comprised of Mimi Beck, Paula Ravitz, Allan Risdill and Brian Robinson under the auspices of the Dance Ontario Committee.

With the closing of the Fifteen Dance Lab as a dance performance space last June, the

P. A. D. (POOR ALEX DANCE) will fill the void for dance artists to create, experiment and present their works.

Dance artists from Toronto, other Ontario centres and across the country are encouraged to make use of the facility as a space to experiment, develop and present their works to the dance community and to the ever-increasing audience for dance. There will be minimal rent charged for the space and interested participants will be encouraged to produce their own presentations.

Submissions, proposals and ideas are invited from all those interested in the creation and development of the art of dance. Send them to:

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Poor Alex Dance
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Riverdale Socio-legal Services

A day in the life

10 A.M. Friday, end of the month

Good Morning, Riverdale Legal

Oh, hi you see I have this problem

Would you like to tell me about it?

I rent this house you see, and well my landlord told me last month that I had to move out as he wanted to live here himself. I don't know if he really does because he lives out in Scarborough . . . but anyway I've been looking for a place and just haven't found one yet and this morning he called me and said he's coming round this afternoon and I have to be out and

Just hold on a moment, you need to speak to John Argue, he handles Landlord and Tenant matters . . . but could I just ask . . . you live in the Riverdale area? Our area covers Coxwell to the Don River and from the lake to the city limits.

Yes, I live on Queen Street, East.

And, may I ask what your income is? We're funded by the Ontario Legal Aid Plan you see, and we can only help people whose income is below a certain level.

Well, I'm on Mother's Allowance, I can't afford to pay a lawyer

Oh, that's fine, our service is free if you are eligible . . . hold the line a moment, I'll see if John's free

Good morning, John Argue here

Hi, well you see I have this problem, my landlord told me last month I had to move and

Hold on there, he told you to move? Did he put it in writing?

Well, no he just said

That's not good enough, he has to give you proper notice, in writing. Why is he telling you to move?

He says he's moving in and

Then he should give you two months notice, and it has to be in writing.

Two months! But my lease says only 30 days.

Doesn't matter what your lease says. But you'd better come in and see me and we'll go over the details.

Yes, but he's coming here this afternoon at 2 o'clock to throw us out

You simply tell him you have got legal advice and he can't do that. If he gives you problems, call the police. In the meantime I'll write him a letter that you can give him. Let's find a time you can come in and see me and we'll get this sorted out.

Good morning, Riverdale Legal

Good morning, Riverdale Legal

Is that the Secretary?

Yes, this is Gladys Bate

I live over on Woodbine and need some legal advice but I think I live outside your area

Yes, I'm afraid so

But my friend says you could tell me where I might get a lawyer just to give me a bit of advice . . . I'm a Senior Citizen you see.

Yes, I can refer you to one of the libraries not far from you where they have a lawyer in once a week who could just advise you. Could you hold the line please? I've got another call, then I'll get back to you with the address.

Riverdale Legal

Who?

Riverdale Socio-Legal Services. Can I help you?

Oh, maybe. Is there anyone there I can talk to about my disability pension?

You mean Family Benefits?

yes, that's it, Family Benefits.

Can I ask where you live? North of Gerrard, east of Coxwell! That's fine, you need to speak to Jenny Callaghan. Hold the line please

. Family Benefits say you owe them \$300.00 and they're taking \$20.00 a month off your cheque? How did this happen?

I really don't know. I have this boarder you know, and it helps to have a little extra coming in but they did know about that. Well there was my nephew staying here over the summer and maybe they thought he was giving me money but he's my sister's boy and, well I didn't mention it to the worker, in case there was a problem and well

Perhaps I'd better speak to the worker. It sounds like a bit of a misunderstanding to me. If we can't work it out with a couple of phone calls we

could appeal it, but I don't think that will be necessary.

Appeal? What's that? I don't want to go to Court!

It isn't Court. It's an informal hearing. If welfare or Family Benefits cancel your allowance or make a decision you feel is wrong you have the right of appeal, and you can have someone represent you there. Can you come in and see me on Monday and bring with you any letters you have from Family Benefits?

Richard?

Mmmm?

Are you very busy?

I'm always busy but what is it?

Well, there's a young guy who just came in, he doesn't have an appointment but he doesn't speak much English and he's been accused of shoplifting, a watch, worth about \$50.00. He's a student, he hasn't much money and he's in our area. Could you see him just for a few minutes right now? His case comes up next week.

Next week! I'm in Court three times next week anyway. Oh well, send him in, we'll see what we can do.

Mr. Ruiz ? Our lawyer can see you right now. His name is Richard Firth . . . the third office down there

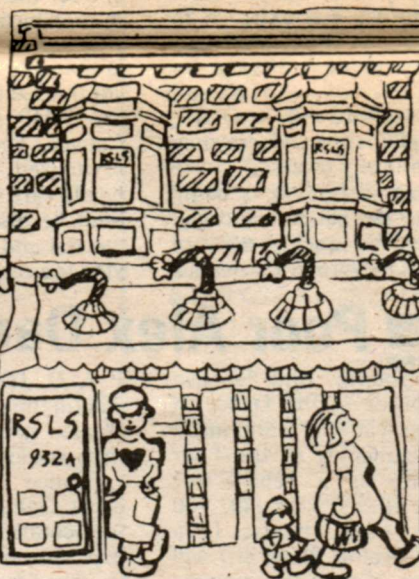
Mr. Ali? You have an appointment with Mr. Mohan at 11 o'clock you say? Well you're a bit early so why don't you take a seat and help yourself to some coffee. Oh, tea, yes tea. It was an immigration matter wasn't it? No, there's no charge if you live in the area and fit into our income guidelines. Yes, Mr. Mohan will represent you at the hearing at the Immigration Appeal Board. Don't worry! Do you take sugar? There's a copy of 7 News you can read. That's the local community newspaper. Excuse me a moment

You have what problem? Oh, you're on O.A.S. and you want to make a will. Hold on and let me see when Mr. Firth is available. No, it's free. Excuse me I have to get the other line. Hello Riverdale Legal

You see I have this problem

Could you tell me what kind of problem, so I know who to refer you to

I'm on Mother's Allowance



Oh, you need help with Mother's Allowance

Well not exactly, I mean, my landlord never fixes anything and the roof's been leaking for months now and I told him over and over, and he said to me

Oh, you have a landlord tenant problem. Well, Mr. Argue's on the line just this minute

. and then all Alfred's clothes were ruined whole he was away, I mean every stitch of clothing soaked, ruined because of the leak and I told the landlord to fix it and then Alfred only gives me \$35.00 a week for food and board and when he saw those clothes you should have heard what he said and he wants to sue the landlord for damages and

Oh, sue the landlord, I see, you need Mr. Mohan's help, sm all claims court, well he has a client with him right now

. . . but then Mother's Allowance said I should have declared the boarder's income, well it costs me \$25.00 a week to feed him you should see what he eats, I mean, he's a big man is Alfred

Maybe you should make an appointment. Do you live in the Riverdale

and now he's moving out and says I owe him the money and Mother's Allowance says

Hold on! I have another call. Excuse me, Help! Jenny can you talk to this lady? And then there's someone on line who's thinking of separating from the man she lives with and wants to know if he has rights to half her house and she'd like to come in and talk to someone next week. Are you free? Richard's in Court three times and

Gladys! Have you finished typing that brochure on Consumer Law? You know I have to have it for the talk to new Immigrants tonight over at Woodgreen

But Mohan, the phone's been crazy this morning. You know what it's like the last Friday in the month - evictions, welfare cheques not arrived, and I have to phone some people to remind them of the Board Meeting next week and Ward 8 are asking for this article, we said we'd write on tenants rights and John hasn't even given it to me yet and

Oh, there it goes again Riverdale Socio-Legal Services Can I help you?

Well maybe so, you see I have a problem

Riverdale Socio-Legal Services is a free community based legal clinic offering legal services to Riverdale residents.

Hours 10 - 5 Monday to Friday, Wednesday open till 6 p.m.

Phone - 461-8102



Seniors' grants

Two local seniors' groups have been awarded federal New Horizons grants to support their activities.

The Mini-Post Newsletter Committee on Carlton St. has

been given \$10,789 to publish a monthly newsletter.

And Canadian Pensioners Concerned has received \$6,674 to organize informational meetings.

Abbey Brown dies

Abbey Brown, a well-known Cabbagetown resident and storekeeper who operated Brown's Bargain Store on Queen Street for 40 years, died on January 16 while vacationing in Florida. He was 78 years old.

The Brown store was located at 302 Queen St. East from 1928 to 1961, at which time the city bought it to make room for the Moss Park apartments, whose grounds now cover the spot. The store then moved to 318 Queen East.

The store was a family business involving Brown, his wife, and

their two daughters, and was regarded as a neighbourhood institution.

Brown himself was involved in many of the affairs of the local community, as a founder of the Ward 2 Businessmen's Association (the then-Ward 2 covers much of what is now called Ward 7), as head of the Rosedale Progressive Conservative Association, and as a founder of his synagogue congregation.

He is survived by his wife Anne and by his two daughters, Ruth Johnson, a local school teacher, and Marilee Weisman, a writer for the Toronto Sun.

Re-cycling plant opens

A large new metal recycling plant has opened on Commissioners Street on a 12½ acre site.

Intermetco Limited, the owner of the \$5 million facility, is Canada's largest metals recycler. The plant is expected to handle about 200,000 metric tons of recycled metals each year, and to employ between 80 and 100 workers.

According to Karl Jaffary, the former Ward 7 alderman who is now chairman of the Toronto Har-

bour Commission, the new industry is a good example on how agreement can be reached on environmental controls, landscaping, noise levels, and fencing.

7 News needs distributors!

If you like reading 7 News, but don't get it delivered to your home, then maybe you would like to deliver it yourself on all or part of your street or in your apartment building. It's easy, and it gives you a chance to get out and meet your neighbours. If you are interested, or know someone who is, call 7 News at 363-9650.

Actor's Lab moves

Actor's Lab theatre has moved to a new residence at 366 Adelaide St. East at Sherbourne combining studio office space.

Activities at the space are administered by Actor's Lab in conjunction with the recently incorporated Canadian Theatre Research Institute Inc. The space will be available for rental by other groups on a part-time basis. Contact Actor's Lab at 363-2853 for further details.

Actor's Lab has also announced the appointments of Dawn Obokata and Patricia White as Associate Directors for the 1980/81 season. Artistic Director Richard Nieoczm, currently on a year's sabbatical, will direct the Actor's Lab major production of Momo: The Fool at Rodez in the Spring of 1981.

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Address

☐ I would like more information. All donations are, tax deductible.

COMMUNITY CALENDAR

Sunday February 1

The Saint Luke's Forum presents Rev. Gordon Hume 2:30 today in St. Luke's Church, Sherbourne and Carlton Sts. Join the in at **Toronto's Largest Garage Sale** today from 10 am - 5 pm at Village by the Grange, beside the Art Gallery of Ontario. Admission is free and underground parking is \$1.50. For more information, call 598-1141 or 598-1414.

Monday, February 2

Dance is the Art of Motion. Harbourfront's film series featuring unusual movies with dance as their theme, runs every Monday and Tuesday in February. Tonight's films include one on trance and dance in Bali, and a film on Tai Chi. York Quay Centre screening room, 7:30. Admission \$2. The Funnel Experimental Film Theatre, 507 King St. E. is offering an introductory

course in Super 8 and 16 mm filmmaking. Participants must supply their own film stock. Feb. 2, 9, 16 and 23, from 8 to 11 pm. Tuition is \$40. For more information, call 364-7003.

Wednesday, February 4

The St. Lawrence Centre, 27 Front St. E. is holding a public forum tonight at 8 pm on the topic **"Film Censorship: Yes or No?"** Panelists will present different views on film censorship and Mary Brown, Chairman of the Ontario Board of Censors, will answer questions concerning the operation and policies of the Board.

Celebrate the opening of the new **Toronto Humane Society** at 11 River St. (near Queen) in Ward 7 with a day of festivities today from 9 am to 8 pm. Included are conducted tours, films and a special children's program. Complimentary beverages

Friday, February 6

The Royal Commission on Newspapers is holding public hearings into the causes and consequences of press concentration and the elimination of daily newspapers, today and Monday, Feb. 9 at 9 am in the Sheraton Centre.

Saturday, February 7

Black History in Early Ontario, an exhibition documenting the significant role played by blacks in Ontario history, opens today in the Market Gallery of the City of Toronto Archives, 95 Front St. e. Hours: Sat. 9 am - 5 pm; Sun. 2-5 pm. Wed.-Fri. 10 am-5 pm.

The development Education Centre is having a **benefit party** at St. Paul's Centre, 121 Avenue Rd. Cash bar, live music from the CeeBees. Tickets \$5 at the door.

Recyclable Rummage Sale today from 10 am to 4 pm, at Trinity United Church, 427 Bloor St. W. (1 bl. west of Spadina). If you have anything to donate please call Carol at 535-1471. Sponsored by **Mobilization for Survival**.

Sunday, February 8

St. Luke's Forum presents Rev. Jim Kirkwood today at 2:30 pm in St. Luke's Church, Sherbourne and Carlton Sts.

Tuesday, February 10

There will be a discussion on the history and recent developments in the establishment of the **Ku Klux Klan** in Toronto. Speaker: Maryka Omatsu of the Human Rights Commission, 7:30 pm at the Cross-Cultural Communication Centre, 1991 Dufferin St. Free.

Harbourfront presents a **French-Canadian winter carnival** from tonight till Friday in the Amsterdam Cafe, York Quay Centre. There French-Canadian folk music will be complemented by traditional dishes from 9 pm each evening. There will be a \$2 cover. Licensed by the LLBO.

Harbourfront's Dance is the Art of Motion series presents five international films on **Dance** tonight at 7:30 in York Quay Centre. Admission \$2.

Wednesday, February 11

The Bitter Tears of Petra von Kant, directed by Rainer Werner Fassbinder, is being shown tonight at Harbourfront, York Quay Centre, at 7:30 pm. Admission is \$2.

The **South of Carlton Community Association** is meeting tonight at 7:30 pm in the Central Neighbourhood House, 349 Ontario St. All residents of the area bounded by Sherbourne, Parliament, Carlton and Shuter are welcome to attend. For more information call 921-3937.

The 519 Church Street Community Centre 1 block north of Wellesley is showing *Lust for Life*, a 1956 film about the life of Vincent van Gogh, tonight at 8 pm. Admission is \$1.

Friday, February 13

Come to a "Fabulous February Frolic" to raise funds for the **John Sewell campaign**.

There will be music, food, dancing, four numbers from the musical "Damned If You Do", a cash bar, and more tonight at 8:30 pm in the new St. Lawrence Market. Tickets are \$13 per person, \$25 for two, and are available from Lynn King, c/o Cornish, King and Sachs, 111 Richmond St. W. Toronto; or call 922-2481.

Saturday February 14

On Valentine's Day, a special ethnic festival will take place in downtown Toronto. The **St. Jamestown Mid-Winter Festival** is designed as a grass-roots project to promote contact between racial and ethnic groups in the St. Jamestown community. It is sponsored by two organizations concerned with race relations: **Religious Leaders Concerned About Racism and Human Rights**, and the **Office of the Race Relations Commissioner**. The festival is being promoted as a model of what good race relations can accomplish, and the organizers hope that the success of this event will stimulate a series of St. Jamestown community festivals. Rose Avenue School, 675 Ontario Street, is the festival location. The time — 11 a.m. to 5 p.m. For information call: Kathleen Fraser — 965-1613 or Rev. Ken Bhagan — 962-5758.

Children can make **Valentine's Day cards** today at the Parliament Street Library, 269 Gerrard St. E. 2:30 pm.

ONGOING

Self-defence classes for gay men and lesbians are held every Wednesday at the 519 Church Street Community Centre. Cost of courses is \$30; for more information,

call 363-4410. Learn how to defend yourself against anti-gay violence.

Over the past few years St. Vincent de Paul has been extremely helpful in aiding our group. **Parents' Resources**, to obtain clothing, furniture and household items, to families in need. St. Vincent de Paul is in desperate need of any clothing, boots, shoes, furniture, household items, etc. Please will you help by donating new or used items to them. You can contact Patrick or any other staff at St. Vincent de Paul at 277-4800.

Boys who wish to belong to the 44th Beaver Colony or Cub Pack, please contact Beaver leader Dave Oliver at 463-9861 or Cub leader Jim McKee at 465-4163. (Beavers are for boys aged 5-7, Cubs 8-10).

A **typing course** will be offered at Dixon Hall, 58 Sumach St., for all those who have callouses on two fingers. Regular office skills will also be taught. The course starts Thursday, February 5 and runs for 6-8 weeks. From 7 to 8:30 pm. The cost is \$1 per lesson. The maximum number of students is 5 — so apply now.

The Toronto Rape Crisis Centre is offering its next series of courses in **self-defense** soon. The courses will run from 7 pm to 9:30 pm one night a week for six weeks. The regular fee is \$30 and the subsidized rate, for low-income women, is \$15. The courses will be taught in both the west and east ends of central Toronto. Women wishing to register should phone the **Toronto Rape Crisis Centre** at 964-7477.

The Pape-Danforth Library, 701 Pape Ave. is exhibiting ink drawings of Pavlos Valasakis, illustrating poems of the famous Greek poet C.F. Cavafy.

Community Calendar is a free community service. If you have an upcoming event that you want printed in the next (February 13) issue, (all events occurring between February 13 and February 27 should go in this issue), mail your notice 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)

The Friendship Centre of All Saints Church, 315 Dundas St. E., has bingo every Saturday evening at 6:30 pm.

Start the New Year on the right footing with **movement classes** that get you on your feet, walking and moving with ease and efficiency, relaxed, breathing, and feeling more alive and aware! Winter sessions in Movement Essentials, Improvisation, and Dance at the **Centre of Movement**, 171 Hampton Ave., are beginning now. Call 466-9549 for further information.

Gay Youth Toronto is planning to send out organizers to existing and potential gay youth groups throughout the province. An organizer's manual and a conference next spring are in the making. If you are interested in more information, drop a line to Russell Martin, Gay Youth, c/o Coalition for Gay Rights in Ontario, 736 Bathurst St., Toronto.

Join a **men's group** which takes place every Wednesday from 5:30 to 7:30 pm at 265 Gerrard St. E. (Parliament St. Drop-In — upstairs). The purpose of these meetings is to help men who are unemployed or feeling the need to make changes in their lives and plan for the future. Topics for discussion include: human rights, loneliness, health, education and employment. The discussions are open to all. Call Jim Brennan at 925-4363 for more information or drop in at 265 Gerrard St. E. any afternoon.

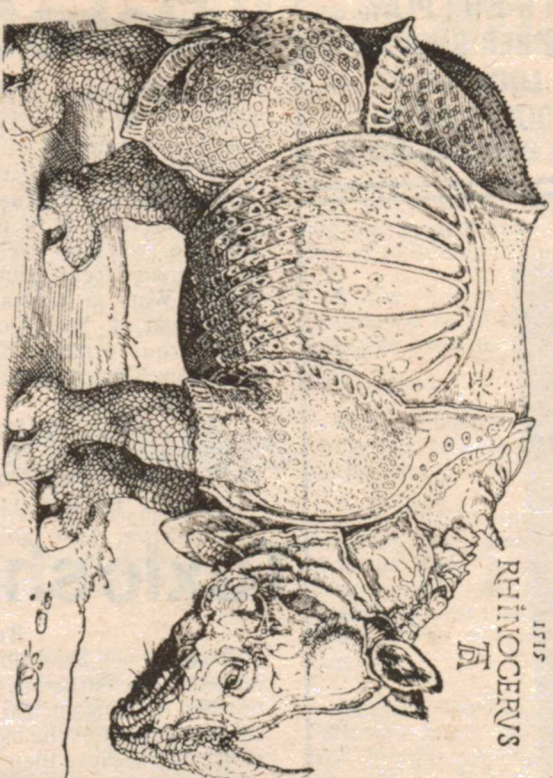
A new **legal service** is beginning at CNH. A lawyer practising in our neighbourhood has offered her services to persons whose problems and difficulties may require legal advice. On a regular basis, this free clinic is available at CNH Mondays at 5:30 pm. Anyone who wishes to consult, in complete confidence, may drop in or make an appointment.

PARTI RHINOCEROS PARTY

CALLING ALL RHINOS!

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(9) Where, without an excuse authorized by this Act, a candidate or an official agent fails to comply with this section, he is guilty of an illegal practice and of an offence against this Act.



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MUSIC!

POETRY!

REFRESHMENTS!

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9 P.M.

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**GUIDE
FOR
SENIOR
CITIZENS**

SERVICES AND PROGRAMS
IN ONTARIO



Ontario Senior Citizens now have their own guide to services and programs.

Ontario's Senior Citizens have contributed a great deal to our province, and to help ensure that they can enjoy healthier and more active lives, the Ontario Government has published a new booklet called "Guide for Senior Citizens". This handy reference guide describes the wide range of services and programs available for seniors in Ontario.

The Guide includes information on health care programs, housing assistance, tax grants, community clubs and centres, and many other subjects of interest to seniors in Ontario. By the end of February, all Ontario Senior Citizens who receive the Old Age pension will receive a copy of the Guide in the mail.

Others who would like a copy can write to:
Ontario Government Publications Centre, 5th Floor,
880 Bay Street, Toronto, Ontario M7A 1N8



Ontario

Margaret Birch,
Provincial Secretary
for Social Development
William Davis, Premier

Benefit for Sewell

A fund-raising party will be held for former mayor John Sewell on February 13 at 8:30 p.m. at the St. Lawrence Market.

The **Fabulous February Frolic**, scheduled from 8:30 p.m. until 1:00 a.m., will offer live music for dancing, an excerpt from the successful Ward 7 musical comedy "Dammed If You Do", some humorous prizes culled from John Sewell's rich political adventures, and a draw.

The fund-raising benefit has been organized by Mr. Sewell's staff and supporters to reduce the campaign deficit from the

mayoralty race last November. A debt of approximately \$25,000 was remaining after campaign expenditures of \$89,000. Since that time, over \$15,000 in unsolicited donations have poured into Mr. Sewell's office, and organizers are expecting the February Frolic to retire the deficit.

The event will be held in the South Hall of St. Lawrence Market which accommodates 800 to 1000 people, and tickets are priced at \$25 per couple or \$13 per person. For telephone orders or information, call (416) 922-2481.

Toxic shock syndrome

By ALLIE LEHMANN

Toxic Shock Syndrome, first recognized in 1975, is significantly related to menstruating women's use of tampons. The precise relationship remains unclear. The theory is that a bacteria (*Staphylococcus aureus*) enters the bloodstream causing TSS. Tampons have been implicated because their use causes drying of the endometrial lining with subsequent micro-ulceration development. The bacteria enter the bloodstream through these small sores producing the following symptoms:

- sudden high fever (over 38.0 C or 102 F)
- generalized muscle pain
- vomiting
- diarrhea
- a sunburn-like rash

Although reporting of cases has steadily increased (approximately 300 U.S. cases and 15 Canadian cases have been confirmed), there is no need for alarm. The incidence is relatively small, i.e., 6:1,000,000. This means your risk of contracting the illness is the same as developing leukemia.

If you use tampons however, and develop any of the above symptoms during your period, discontinue tampon use. Place the tampon in a clean container for culture and contact your physician or nurse immediately.

Precautions

In the midst of an inquiry, a major tampon manufacturer released a press statement encouraging women to change their tampons more frequently. The Centre for Disease Control based in Atlanta recommends that women wishing to reduce their risk of TSS discontinue the use of tampons. If one chooses to use tampons, risk reduction can occur by using them intermittently during the menstrual period. Do not use tampons all day and all night. For example, alternate with pads, refrain from use during the night and keep changing them frequently.

In search of alternatives, many women turned to natural sea sponges. A recent study found evidence of sand silt and bacteria present in sponges. Since these ingredients can cause infection, a reputable clinic in the U.S. has discontinued their use.

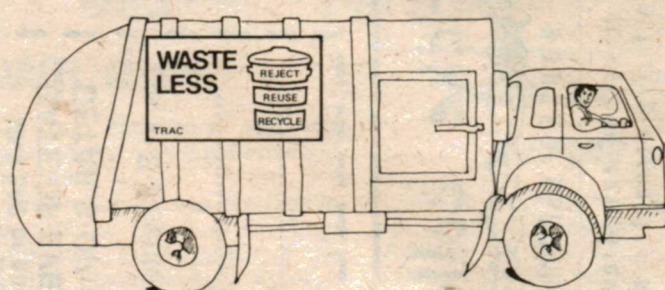
What ingredients are used in tampons?

What is alarming is that the public doesn't know. These products do not contain lists of ingredients — while lipstick does. Manufacturers refuse to divulge the information and are protected by patent law.

In Closing

Women who choose tampons are left spending lots of money on a product whose safety has not been demonstrated. Surely the role of governing bodies controlling such products should be to ensure items are safe and properly labelled. Clearly more research and extensive testing must be undertaken. The onus should not be on the consumer to prove the safety of any product. I smell a cover-up.

HAVE YOU SEEN YOUR GARBAGE TRUCK LATELY?



Waste Less by Using the 3 R's

REJECT

- disposable products such as paper plates and throwaway lighters and razors (if you do use paper towelling, use it sparingly)
- soft drinks sold in non-returnable bottles or cans
- products which have excessive packaging such as 6 nails in a bubble pack or 4 apples on a cardboard tray covered with plastic wrap
- single-use novelties or short-life toys
- gadgets such as an electric shoe polisher which will consume or waste energy while in use

REUSE

- as many products and containers as possible
- buy and return refillable soft drink bottles and milk jugs
- save and reuse twist ties, bags and wrapping paper
- repair items to extend their useful life
- donate unwanted items to groups such as the Salvation Army, St. Vincent de Paul Society, Society for Goodwill Services or second hand shops such as the one run by the Toronto Humane Society
- use empty plastic containers for refrigerator or freezer storage or as holders for sewing or workshop items (if you do use aluminum foil or baking pans, avoid ripping or puncturing the foil and wash the pans so that they can be reused many times)

RECYCLE

- organic wastes by building a home compost heap
- newspapers by putting them out for Wednesday's special pick-up
- bottles and cans by taking them to one of Toronto's 17 recycling depots

*Call TRAC (Toronto Recycling Action Committee), 367 7850, for a brochure on any of these recycling ideas.
(TRAC is a special committee of Toronto City Council)

Caffeine addicts, beware!

When first introduced centuries ago, coffee was considered an intoxicating beverage, dangerous to one's health. Despite this, coffee has proceeded to become one of the most popular beverages in the world. This has had its price. Controversy once again surfaces over the health aspects of coffee, and the debate centres on caffeine.

Caffeine, called "the world's drug of choice", is a highly stimulating chemical compound which occurs naturally in coffee beans, tea leaves, kola nuts and cocoa beans. It is also found in cola type beverages and in several types of over-the-counter drug preparations.

HOW DOES THE BODY USE CAFFEINE?

Caffeine is rapidly absorbed from the gastrointestinal tract, reaches peak blood levels in about one hour and is excreted as another compound in the urine. The body can clear out all traces of caffeine in eight hours — one reason why heavy coffee drinkers wake up craving an early morning cup. It is addictive in that users deprived of it can suffer withdrawal symptoms such as chronic depression, headaches and the "shakes", but unlike other addictive drugs regular consumption does not diminish its stimulant

effect.

WHAT ARE THE EFFECTS OF CAFFEINE?

- Doses of 50-200 mg. (approx. 1-2 cups brewed coffee) are observed to increase alertness and decrease drowsiness. Doses of above 200 mg. may produce "caffeineism", resulting in headaches, tremors, nervousness and irritability.

- Caffeine causes narrowing of the blood vessels; this makes the heart work harder to pump the blood through. However, no significant relationship is evident between daily coffee ingestion and incidence of heart attack.

- 150-200 mg. caffeine taken shortly before bedtime prolongs the time required to fall asleep. The elderly are particularly affected as one's tolerance to caffeine declines with age. They experience decreased deep sleep, take longer to fall asleep and don't sleep as soundly.

- Caffeine raises the blood sugar level and acts as a diuretic.

- Nerves in the stomach are stimulated and the release of stomach secretions creates an empty, hungry feeling. This could increase the desire to eat and could be detrimental for weight watchers.

The effect of the dosage of caffeine is related to body size and weight. When a child drinks a 12 oz. can of cola beverage, the effect of the caffeine intake is comparable to adults drinking four cups of instant coffee. Some pediatricians have expressed concern over "caffeineism" in children stemming from excessive consumption of cola beverages and chocolate.

In a recent study, large doses of caffeine given to pregnant rats produced birth defects. Whether caffeine also affects humans is not yet known but additional laboratory studies are underway. Meanwhile, pregnant women are warned to limit the intake of caffeine-containing beverages.

Adults should not have more than 200 mg. of caffeine a day (about 2 cups of coffee, or 5 cups of tea, or 5 colas). To test if you are getting more caffeine than you should, remove all sources from the diet for one day. If a throbbing headache results one day later that is only relieved by more caffeine, then chances are you are suffering from caffeine withdrawal. Remember, caffeine is present in headache remedies, allergy pills and chocolate bars as well as in tea, coffee and cola.

Produced by Public Health Nutritionists in Metropolitan Toronto, Peel and York Regions.

Cradle and crib safety

Cribs and cradles are often responsible for injuries to young children, according to injury and death reports from various sources.

Improved safety standards for baby cribs and cradles were established on May 1, 1974, when stricter regulations were included under the Hazardous Products Act.

These regulations are designed to prevent serious accidents, such as strangulation, suffocation and falling, associated with cribs in the past.

Under the regulations, all cribs and cradles must have the following safety features:

- The space between the upright bars or slats must not be more than 3 1/8 inches wide, so a child cannot get his head, arms or legs stuck.
- The lock on the drop side must require two separate actions performed at the same time to operate it. This type of double-lock cannot be operated by a baby in the crib or by a child playing under the crib.
- In the raised position, the sides must be at least 26 inches high; in the lowered position, the drop side of the crib should be no less than nine inches high.

- End panels should extend well below the level of the mattress support board so that there is no space left for a baby to get his head, arms or legs stuck.

- The mattress should not be more than 1 1/2 inches shorter than the length of the crib inside, or 1 1/2 inches narrower than the width, or more than six inches thick.

- The crib should not have any sharp edges, corners or bolts which could injure a baby, or any easily-removed parts which can be swallowed, inhaled or broken to expose sharp points and edges. Fabrics used in the crib must not catch fire easily.

- Any device used to rock the crib or cradle must not allow it to swing very far. It should be designed so that it can only be operated by an adult, not by a baby in the cradle or by a small child.

- The overall structure of the crib or cradle should be solid — it must be strong enough to pass a test which imitates the stress put on a crib by a child bouncing energetically.

An older crib or cradle can be made safer with a few simple adjustments

Volunteers needed for tax clinic

Volunteers are urgently needed to help staff the annual free income tax clinic sponsored by the Neighbourhood Information Post at the Library House, 265 Gerrard Street East.

The annual clinic, which offers free help to people of limited income in filling out their income tax forms, has begun on the evening of January 13.

Volunteers are still needed to act as receptionists or to assist with filling out income tax forms (training will be provided). Char-

tered Accountants will also be donating their services.

The clinics are being held during the daytime as well as every Tuesday and Thursday evening until May. The donation of even a few hours would be much appreciated.

The tax service is provided only to people below certain income levels. If you would like to know if you qualify, telephone the Neighbourhood Information Post. If you would like to help out, please phone 924-2543.

New business executive

The Ward 7 Business & Professional Association has elected its 1981 executive. The new officers are Heather McKelvie of Darrell Kent Real Estate (President); Carl Orbach of Orbach, Katzman & Roth (First Vice President); David Weenen of Weenen General Contracting (Second Vice President); Terry Martel of Terry Martel Real Estate (Third Vice President); Sharon Ireland of Colours Collaborators (Treasurer); Paula Smurlick of Paula's Fine Wooden Furniture (Secretary); and Jack Criger (Immediate Past President).

The group's auditors are Robert Dunlop and John McNeil. Ernie Stanton is Honorary President.

The group is planning a number of events for 1981, including its annual "Spring Fling" on March 27 at Casa Loma; a "May Madness" auction, and a Ride the Bicycle Tour in June.

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IT'S CLASSIFIED

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DEADLINE FOR FEBRUARY 13 ISSUE — MONDAY, FEBRUARY 9, 5 P.M.

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). Ads are not accepted by phone. Your ad, along with your payment, should be sent to Classifieds, 7 News, 315 Dundas St. E.

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461-7082

PERSONAL

A VOTE OF THANKS from all pedestrians to public-spirited citizen Howard Huggett, who regularly shovels snow from the sidewalk outside his Sparkhall Avenue home. We love you Howard! (11-15).

SINGLES, COUPLES, meet people for friendship, dating, marriage, etc. I.P.S., Box 213, Stn. W. Toronto M6M 4Z2. (11-18).

HAPPY SECOND ANNIVERSARY, sweetie!

HELP WANTED

PRIVATE TUITION offered by experienced teacher. Ages 6 to 16 years. Most subjects, grades. Learning difficulties welcomed. Phone 423-1931. (11-20).

OFFICE HELP: Design Consultant needs part-time (12-15 hours) office help. Flexible hours. Own car, able to work independently and with self-initiative. Excellent typing skills are prerequisite. Reply in writing to 7 News. References 100-34. (11-14).

HELP WANTED: Groundskeeper, half-time, general cleaner, maintenance, and related duties. Apply to Bain Co-op, 100 Bain, between 1 and 5 pm. Phone 466-2186. Open to men or women (11-15).

RELIABLE, RESPONSIBLE Chinese lady wanted to babysit six-month-old baby and five-year-old boy on occasional evenings. Phone 466-6975. (11-15).

JOBS WANTED

YOUNG MAN, 25, looking for work as a driver. Licensed, but can't read or write very well. Also has a bad back. Call 861-1239. (11-15).

JOB WANTED as dishwasher, preferably Carlton/Parliament area, on weekends or some evenings until 8 or 9. 923-7157. (11-15)

INSTRUCTION

SPEAK EFFECTIVELY with confidence and clarity. Speech communications skills for executives, public speakers, actors, teachers, clergy and the indistinct dialects. Speech Arts and Drama Studio, (private tuition). Stephen Litchen, A.R.C.T., L.T.C.L., Vice-President S.C. Assoc. Ont., O.S.H.A., ACTRA, EQUITY, C.S.A., 9' -2996. (11-17)

CHINESE BRUSH PAINTING, introductory course. Thursday 7:30 - 9:30 pm. Feb. 19 - April 9. Eight sessions, \$40. Register now. 466-2318. Jeremy Tsai, 1035A Gerrard St. E. Toronto M4M 1Z6. (11-16).

DANCERS' ACADEMY is offering adults and children's classes in ballet, jazz, and national folk dances. Located in Eastminster United Church, 310 Danforth Ave. For information call Elizabeth Beddard at 466-2284. (11-14).

MISCELLANEOUS

BAIN APARTMENTS CO-OP is currently seeking to build up its (non-subsidized) waiting lists on 2 and 4 bedroom apartments. For further information call Helga at 466-2186, weekdays 1 to 5 pm. (11-17).

VOLUNTEERS WANTED

OXFAM NEEDS VOLUNTEERS for general office duties, writing, fundraising, etc. Hours flexible. Call Wendy at 961-3935. (11-13).

BUSINESS LISTINGS

RENT-A-WIFE to lighten your load, help with house cleaning, shopping, errands, moving, painting, party preparations including calligraphy invitations; regularly, occasionally for full time. Free estimates Judith 964-8913. (11-18).

GRADUATING soon, or have you recently graduated? We now have graduation gowns and hats for studio portraits. For information call 463-0394, 11-8 pm. (11-15).

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. (11-13).

DAYCARE/BABYSITTING

PAPE CHILDREN'S HOUSE in Pape Ave. School offers a Montessori-based daycare program for children 2 1/2 to 3 1/2 years old. Hours 8 am to 5:30 pm, full or half days, hot lunch, snacks, and a stimulating program. \$250/month full time, \$135/month half-time. Call 469-0470 evenings 461-6427, 463-9464. (11-19).

ITEMS FOR SALE

FOR SALE Film making equipment — Super 8 camera, GAF anamorphic, variable speed, 6:1 zoom lens, automatic exposure; Dual 8 projector with zoom lens, automatic threading; Editor-viewer, Dual 8 motorized. \$150 for all 3 items. Call Dick, home 463-9050, work 497-8445. (11-16).

7 News Classifieds 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:

dixon hall neighbourhood centre

58 Sumach — 863-0498



A United Way Member Agency

A letter from the director

I want to update you on a few items regarding Dixon Hall. We will definitely be moving our operation to at least two locations while we are renovating the Hall. We will locate in the area as close as possible to Sumach St.

The projected date for our departure is April 1, 1981. That is only two months away. Much has to be done in the interval — files packed, things stored and moved. We will be organizing this in a couple of weeks — so any assistance that you can give would be greatly appreciated.

We will be away from the building for approximately 6 months. We have decided to totally leave

— to run no programmes from Sumach St. It would be too confusing to have the work on renovation and to try to run programmes as well. So we need new 6 months locations. We have one spot in mind and we will need one more. If you would like some guests for 6 months (April-October) and have room, please call us.

The fundraising has gone quite well to date. The support has been tremendous, particularly from the local area and individual donations. This has been two years in the making and without all of your support it would not have been possible.

THANK YOU!

Seniors' program

February-March

Here is our proposed programme until the end of March. Sometimes we have to make sudden last minute changes, so don't hesitate to call in and check on a programme. For all programme information call Elizabeth at 863-0499 and for home help call Linda at the same number.

Monday February 2 — Crafts cancelled this Monday Only. Instead, we have a very important programme meeting with Cathy Dowdall from New Horizons. This is the only day Cathy can come, so we hope lots of members will attend to hear what she has to tell us about New Horizon monies for programmes and furnishings and hear your ideas and suggestions.

12 noon — Lunch. Cost \$1.25.

1:30 p.m. — Folk dancing with Al Gladstone.

Monday, February 9 — 10 a.m. Crafts. This Monday members will be putting the furnishing touches to crafts for the Multi-Cultural Fair on Saturday, February 14, from 11-5 at Rose Avenue School in St. Jamestown. Dixon is having a craft table and this is a great chance to empty our cupboard of crafts that have not sold at other bazaars. There will be less for us to move out when we go into our temporary quarters in early Spring.

12 noon — Lunch. \$1.25 cost.

1:30 p.m. Movies. *Rosanna* and *4 Portraits*, continuing our Canadian mosaic theme.

Monday February 16 — 10 a.m. Crafts.

12 noon — Lunch. \$1.25

1:30 p.m. — Paul Buttegeig from Gray Coach Tours will be talking and giving a slide show on upcoming trips. It's also Birthday Monday with cake and presents.

Monday, February 23 — 10 a.m. Crafts.

12 noon — Lunch \$1.25

1:30 p.m. — Cathy & Eric Pelice are giving a "disco for seniors" demonstration for everybody to join in. Their programmes in other Senior Centres have been a great success, so be sure to come to this afternoon.

Monday March 23 — 10 a.m. Crafts.

12 noon — Lunch. \$1.25.

1:30 — Seniors Talent Day. Let's hear well ahead of time from all your musicians, singers, dancers, jugglers and comedians so we can put together a great afternoon's entertainment.

● Starting **Monday, February 9th** we will have a weekly **foot care clinic**. There is no charge and the podiatrist will see people on a first come, first serve basis. Time: 12:30 to 3:00 p.m. For more information call Linda at 863-0499.

Tuesdays — 1 p.m. Men's Club. For details of outings and programmes, please call Judy at 863-0499.

Wednesdays — 11 a.m. — Dancercise. Cost: \$1.00 per class.

1 p.m. — Cards afternoon, euchre and bridge for adults and seniors. Non-members welcome. Charge: 50c.

Thursdays —

10 a.m. — French class (offered through Humber College). Cost: 50c per class. 10-wk. course starts Jan. 22.

1-4 p.m. — Income Tax for Seniors Starting Feb. 19. For Appointments call Linda at 863-0499.

Trips

February 19, Thursday

Hamilton Market & Dundurn Castle. Leave: 9:30 a.m. Back: approximately 5:30 p.m. Cost: \$5.00 (incl. transportation and admission to Dundurn Castle. You are responsible for your own lunch).

March 19, Thursday

Maple Leaf Village, Niagara Falls. Leave 9 a.m. Back: Approx. 6:30 p.m. Cost: \$12.00 (includes transportation, lunch and admission to Maple Leaf Village).

Programme Meetings

Held on the first Wednesday of the month beginning March 4th. Everyone is welcome: the more people and ideas we have the better.

Membership

All older adults are welcome to join the Seniors' Club. The charge is \$3.00 per year.

Home Help February '81

Our programme has been in operation since 1972, and employs Ann, Mary & Dorothy as our Home Help workers; and Martin as our van driver. Our volunteers are Helvi, who does van shopping, and Judy, our student from Ryerson helps out wherever she can.

Van Shopping

Starting February 5th, we will leave at 9:30 & 10:00, Thursday, mornings. Please call in and specify what time you would like to be picked up. Cost \$1.00 return.

Light Housekeeping

Cost: \$2.00 per hour per worker. Call 863-0499 to make an appointment.

Transportation

Cost: \$1.00 each way. Van available Mon.-Thurs. For appointments to visit doctors, hospitals, clinics, etc. call Linda at 863-0499.

Income Tax Clinic

There will be a senior citizens clinic at Dixon Hall starting Feb. 19 on Thursdays, 1-4 p.m. Call for an appointment. Clinics will also be held at: 155 Sherbourne, Thursdays, 1-3 p.m. starting Feb. 5 to March 26, 220 Oak St., Mondays, 10 to 1 p.m. starting Feb. 2 to March 23. Donations will be accepted.

Friendly and hospital visits will be done by workers and volunteers.

Ceramics

Ceramic classes are starting up here at Dixon Hall once again. Classes are held each Wednesday evening from 6:30-9:30 p.m. Cost is \$30.00 for 6 weeks — all material included. The instructor is an accomplished artist and a graduate of the Ontario College of Art. If interested call Janice RIGHT AWAY at 863-0499.

Cards

Those who enjoy a game of cards (euchre, crib, etc.) can come out each Wednesday afternoon from 1 p.m. to 3:30 p.m. Come with old friends or come meet new ones. Fee is 50c for non-members. For more information call Linda or Elizabeth Chester.

French

Those wishing to learn French can take lessons here each Thursday from 10:00 a.m. to 12:00 noon. Anyone interested in taking this 10-week course at 50c per class should call Linda or Elizabeth Chester to register.

Bingo

"Temporary Interruption Only" on Tuesday nights; business as

Group program

Friendship Groups

Children's friendship groups continue to run and are always popular. If you would like to join one of the groups just call Robyn at Dixon Hall. The schedule is as follows:

Mondays — Boys' Club for boys 6-9 yrs. old from 6:30-8:30 p.m.

Wednesdays: Teen Girls for girls 13-15 yrs. old from 7:00-9:00 p.m.

Thursdays — Little Rascals for boys & girls 6-9 yrs. old from 6:30-8:30 p.m.

Girls' Club for girls 10-12 yrs. old from 6:30-8:30 p.m.

After-4 Park School

This programme was organized by a parents' group in conjunction with Park School officials and Dixon Hall. The second term for the programme is now under way with activities taking place from 3:30-5:30 p.m. on Tuesday, Wednesday and Thursday. Activities include puppetry, crafts, dance and fitness, sports and trips. Also scheduled are swimming lessons; however, we need two lifeguards (one instructor; one bronze) before we can get the fifteen children who have signed up into the pool. These are paid positions. If interested call 863-0499. Volunteers for other programs should also call this number.

Project Achievement

This tutoring service is for Park School students from grades 3-8. It runs every Tuesday and Thursday evenings from 7-9 p.m. at Park School. If you'd like extra help in reading, math, etc. or if you'd like to tutor a child call Ross at 863-0499.

For adults only

usual on Sundays. We wish to thank two very special people who have been active for the past FIVE YEARS organizing Dixon's Tuesday night bingo: Mary Deschamps & Mary Jane Korpan. They made this bingo a friendly place to be and were faithful volunteers to Dixon. Mary has recently moved out of the neighbourhood while Mary Jane has decided to devote more time to her work and other endeavors. So, for the time being, until new volunteers come forward to assist Pat Travis, the Tuesday night bingo will not take place. However, the Sunday afternoon bingo will continue as usual. Doors open at 12:15 p.m.

Parents and Tots

There's always a need for parents to have some time with other parents and for little ones to play and learn with other children. This is the lesson for Dixon's Parents & Tots programme. How does it work? Parents come to Dixon with their pre-schoolers and while the kids gather together for a few hours of games, songs, etc. the parents get involved in anything

from cooking to crafts to listening to a speaker. The programme runs each Wednesday afternoon from 1:30 p.m. to 3:00 p.m. If this sounds like something you and your tot(s) would like to join call Janice. There is no fee and parents without young kids are welcome too!

Dog Obedience Classes

Dog obedience classes are scheduled to begin this month here at Dixon Hall each Sunday evening. Plans are to offer both a NOVICE PROGRAMME C.D., and ADVANCE PROGRAMME C.D.X. Fee is \$45.00 and \$60.00 respectively for an 8-week course. Instructor is Stuart Lake, a professional dog-trainer. For information and registration call Irene Lee at 465-7145 or Stuart Lake at 1-476-5823.

Volunteers

As always, we are looking for people who'd like to volunteer a few hours of their time each week. We need people to work with kids in mid-afternoon, music teachers, and volunteers to work with the After-4 and Friendship groups. If you can help, call Janice or Ross at 863-0499.

SATURDAY, FEBRUARY 14, 1981, 8:00 PM

Come and dance your hearts out to the tune of EXCELLENT MUSIC

Eat SCRUMPTIOUS FOOD and refresh yourself at our FRIENDLY BAR.

TICKETS: \$3.50 in advance and \$4.00 at the door.

Dixon Hall
58 Sumach St.

Teen outreach

Our new teen outreach worker, Lucky Boothe, is now well-established in the neighbourhood. In addition to making contact with local teens on an individual basis, he has been active setting up various sports programmes. They include a new basketball programme at Lord Dufferin School on Wednesday evenings (6:30-9:30). It's open to teens, 18 years of age and under. There is no fee. A new youth group meets with Lucky three nights a week at St. Paul's School on Queen St. Activities include volleyball, floor hockey and group planning and discussion meetings. All teens are welcome. Lucky will also be involved in the new Downtown Indoor Soccer

League that is being organized by a group of tenants (community people), youth workers, Board of Education and Parks & Recreation staff. Play begins at the end of January and will be held on Sundays at Park School. Call Myrna at the R.P.C.I.A. (364-2909) or Spiros at Parachute (363-1689) for more information.

Thank you

Thank you to the people who helped us make the 1980 Dixon Hall Christmas Dinner a great success... to the many who cooked delicious turkeys and helped us peel potatoes and kept us happy and sane in the kitchen.

Also a big thank you to the "Yellow Brick Road" group for providing music and wonderful gifts for the children... and of course, to Mr. Claus for his ingratiating presence.

Income Tax clinic

Do you need help filling out your 1980 Income Tax Form? Dixon Hall is holding a free Income Tax Clinic on Wednesday evenings from February 18, 1981 until the end of April. This clinic is held by appointment only. Call Lorraine or Marilyn at 863-0498.

There will also be an Income Tax Clinic for Seniors on Thursday afternoons from February 19, 1981. Call Linda at 863-0499 to set up your appointment.

In the community

Enoch Turner — anyone who lives or works in the area south of Queen, east of Parliament is welcome. We have invited aldermen Cressy and Reville to attend along with the City planner for the area. (Call Kari at 863-0499 for more info).

● The staff in the Community Work Department is working with the **Oak Street Site Proposal Committee**. Although no tenders were received, the Committee and the Board of Education are working to come up with a creative and

satisfying solution. The committee is asking the Board to explore all possible advice on how to develop the property in a way that meets the concerns of the community. The Board of Education will discuss this matter soon (most likely at the February 26th Board meeting).

● Due to our move from Dixon while renovations are in progress, please check ahead with us about programs going on between Wed., March 25 and Wed. April 1.