



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 (April 24) issue of 7 News is Monday, April 20. Bring or mail your stories, pictures or ads to 7 News, 315 Dundas St. E., Toronto M5A 2A2 or phone 363-9650.

Police want more money

The better to harass us with

It's police budget time in Toronto and now is the time for the community to take a look at how Metro Police spend our money.

On consecutive days in early February the police made two raids on the gay community and the black community. Four gay steam-baths were raided on the eve of February 5. The Gayap Rhythm Drummers (a group formed to promote cultural awareness among black youths) were raided during a rehearsal, in a private home, on February 6. Both incidents were carried out in military style within a space of 24 hours!

The steam-bath raids involved 200 plainclothes personnel and over 300 uniformed officers. Damage done to the baths is estimated as high as \$50 thousand excluding damage done to the personal lives of the men charged and their families and friends. Fifty people were deployed for the Gayap raid involving such government agencies as the Emergency Task Force, Narcotics Squad, Immigration officials and Metro Police. The Riverdale Action Committee Against Racism passed a motion unanimously on March 2 condemning the harassment of blacks and gays by the police and endorsed the gay community's demand for an independent public inquiry into the bathhouse raids.

But a motion is not enough:

action must be taken. On April 14 at 10:00 a.m. there will be a special meeting of Metro Council Executive, dealing with recommendations of the budget subcommittee. Changes in the police budget are at issue and deputations from the community can be heard. It is important that you give a deputation or submit a letter to Metro Executive regarding the police budget. For more information call Alderman White's office at 367-7903.

be cut back significantly.

"The Intelligence Bureau in particular has been accused in the past of undertaking activities directed against labour unions, political activists, and minority groups."

They add, "It is crucial that people who are interested in police reform take an active interest in the police budget. Restricting the funding of police functions that are considered harmful to police-minority relations is a necessary



According to Alderpersons Pat Sheppard and David White, "Over \$5 million is allocated for the Intelligence Bureau and almost \$2.5 million for Morality. This contrasts with about \$1 million for Homicide and \$82 thousand for Race Relations. In total the police want \$35 million more this year than last year (1981 projection is \$206,315,000). We believe that there is no justification for funding either Intelligence or Morality at these levels. In fact, both should

part of any police reform."

Also on April 24 at 1:00 p.m. the whole of Metro Council will consider the police budget in the Council Chambers. No deputations will be heard this day. We encourage a large amount of all community groups. (RACAR)



Photo by Dennis Duck

Valerie Howe and Lorainne Naibison (in curls) demonstrate hair-dressing skills at the Parkview School open house.

Hospital fires union activist

Two months after the end of last January's hospital workers' strike, Ward 7's Riverdale Hospital has moved to take reprisals against workers who were involved.

The hospital has fired the chairman of the CUPE local bargaining unit and has suspended a number of other employees who were involved in the strike. Most of the hospital's unionized staff walked out during the dispute, but management has singled out a few whom it

considers to have been the leaders.

The strike involved a total of 10,000 people at 50 hospitals throughout the province. It was ended by a court injunction. The management of many of the hospitals has taken the opportunity presented by the ending of the strike to take action against union activists. Altogether, 35 people have been fired, 4,000 others have been suspended, and 2,000 others have been given letters of reprimand.

The Wellesley Hospital fundraising campaign has now neared the \$3 million mark.

The 70-year-old hospital needs \$9.1 million to replace major pieces of X-ray and other diagnostic equipment which no longer operate at their best. As well, computer systems are needed to monitor patient health and records.

The hospital also needs air-conditioning to improve the hospital environment, especially for patients with respiratory diseases. Government funding does not cover the major building alterations that the Wellesley needs.

The money that the hospital is

eligible for will not be available until 1984 because allocations to other Ontario hospitals have depleted the funds.

Wellesley Hospital has already received generous donations from major companies such as Imperial Oil and Shell Canada, as well as from banks and financial institu-

tions.

Many individuals have given money as well, and more donations are welcome.

Contributions and/or pledges should be sent to: The Wellesley Hospital Advancement Fund, 160 Wellesley St. E., Toronto M4Y 1J3.

Two new programs

The Wellesley Hospital has announced two new programs — a burn centre, and a human brain tissue bank.

The brain tissue bank, Canada's first, is designed to provide researchers with brain tissue samples for studying Huntington's Disease, Parkinson's Disease, schizophrenia and other neurological disorders. Other Canadian brain banks are only for use within the hospitals where they are located.

The burn centre will be Ontario's first Regional Adult Burn Centre, designed to offer

severely burned patients the best in critical care. It will also be a centre for clinical teaching and research.

The objectives of the centre will be "to save lives, discharge patients more quickly, rehabilitate patients more effectively and reduce ongoing illness resulting from severe burns." The hospital still has to find \$1.2 million for capital costs associated with the centre. The Ministry of Health will provide operating costs.

The Wellesley Hospital is at Sherbourne and Wellesley Streets.

Breast self-exam clinic

A Breast Self-Examination (BSE) Teaching Clinic is being offered to encourage and teach women to practise this simple cancer-detection technique. This free clinic will be held April 15 at Kew Beach United Church, 140 Wineva Avenue, from 2:00 until 8:00 p.m. The clinic is co-sponsored by the Beaches-Riverdale Cancer Society and Department of Public Health. Women will have an opportunity to view the film "It's Your Decision", be taught BSE techniques by nurses and have a breast examination done by a doctor. Call 694-3258 for an appointment.

BSE is a simple diagnostic skill which poses no risks, is free and available to all women. The method involves looking at one's own breasts in a mirror to observe outwardly visible changes and feeling the breasts in both a standing and prone position to detect internal changes.

Approximately one in thirteen women in Canada have or will have breast cancer sometime in

their life. Among women aged 35-55, breast cancer is the leading cause of death. In spite of the prevalence of breast cancer and the fact that 85-95 percent of breast cancers are detected by women themselves, many women do not routinely practise BSE. Women who practise BSE monthly are most likely to detect both cancerous and non-cancerous lumps when they are small and easier to treat.

Club cash

The Estonian Heritage Club of Broadview Avenue has received a \$17,756 New Horizons grant to set up activities including film showings, the development of slides on Estonian culture and heritage and the production of audio and audio-visual tapes.

Anti-nuclear week

Growing concern over the threat of nuclear war and Canada's involvement in it will be expressed by thousands of people in Toronto during a week of events on disarmament and survival taking place April 12-17.

The week's events centre around the Litton Industries plant in Rexdale, which makes the guidance system for the deadly American cruise missile. This weapon represents a new escalation of the arms race; it can fly under radar along the contours of the earth, and hence destroy its target without warning.

Leafletting and picketing of the plant will take place during the week, with a mass rally on Good Friday, April 17, which will reflect on Canadian involvement in the arms race. A similar demonstration drew 400 people last year; this year's event has a wider base of support so a much bigger turnout is expected.

The week's events also include a talk on Peace and War by comedian and social satirist Dick Gregory on April 12 at Massey Hall; a panel on women and the nuclear mentality on April 13; a celebration of peace April 14; a St. Lawrence Centre Forum April 15 on the links between nuclear energy and nuclear weapons, with peace researcher Ernie Regehr, Norm

Rubin of Energy Probe, Ursula Franklin and Rosalie Bertell, an expert on radiation effects. A workshop on strategies for disarmament will be held April 16. The week will wind up April 17 with a Christian service at the Church of the Transfiguration, followed by the walk to the Litton plant.

The Week on Survival and Disarmament is being sponsored by a range of organizations, including the Christian Movement for

Peace, Project Ploughshares, Toronto Association for Peace, Youth Corps, World Conference on Religions for Peace, Canadian Friends Service Committee, Cruise Missile Conversion Project, Mobilization for Survival and Teachers for Social Justice. For more information and prior contact John Mihevc at 368-3425/222-1294 or Murray MacAdam at 463-5835/925-5931 ext. 220.

It can't happen here...

From The Body Politic

The following sign appeared inside the locked advertising display case of two elevators in an apartment building at 280 Wellesley St. E.: "Are you sick of faggots in this neighbourhood? In an effort to rid our fair city of this scourge (sic), we are offering a bounty on faggot scrotums. That's right — we will pay you \$50 for

every gay sack you submit to us..." The advertising company responsible for the display says they have no idea how the sign got in there — only their employees and building superintendents have the special tools which open the case. The building manager hung up on TBP, but the advertising company had removed the offending signs by the end of the day.

Stop racist slogans

The thing to do is to call the Inspector Branch of the Department of Public Works, at 461-0891. It's their job to get rid of such signs. State the location of the sign and tell the person on the line that you want this hoarding etc. cleaned up. Get the name of

the person you talk to. Monitor the sign to be cleaned up and keep a record of how long it takes, whether you had to phone back, whom you talked to. If you get no action, call the Riverdale Action Committee Against Racism at 469-3659.

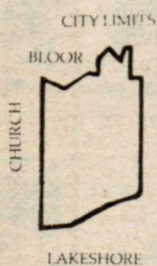


is a newspaper founded in 1970 and published every other Friday by Seven News Incorporated. Address: 315 Dundas Street East (All Saints Church) Toronto M5A 2A2. Phone 363-9650. 7 News is distributed free in its circulation area; mailed subscriptions are \$7.50 per year. Opinions expressed are those of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

BOARD OF DIRECTORS: Margaret Watson, Cyndy Robinson, Jane Craig, Dorothy Bushey, Tom Clement, Rob Hutchison, Larry Patterson, Ulli Diemer.

STAFF: Editor: Ulli Diemer. Advertising: Carol Ramm. Production & Design: Rhonda Sussman, Susan Macdonald, Mike Siggins, Jean Cousins, Kay Graham, Alan Boudreau. Bookkeeping: Margaret Watson, Dorothy Bushey, Carol Ramm. Subscriptions: Marlene Jardine. Writers: Sharon Cameron, Ulli Diemer, Dorothy Bushey, Howard Huggett, Rhonda Sussman. Distribution: 7 News is distributed by over 220 individuals and groups, too many to list, but thanks go to them all.

ADVERTISING RATES



DISPLAY \$5 per column inch
VOLUME DISCOUNTS space purchased
 can be spread over a 12-24 month period Details on request
POSITION CHARGE 10%
PAGE CHARGE 10%
CLASSIFIED 10c/word Minimum
 \$2.50 paid in advance
SEMI-DISPLAY \$5/column inch. Minimum charge \$5.00
NATIONAL RATES 40c/agate line

SEVEN NEWS — serving all of Ward 7 and beyond
CIRCULATION — 20,000

SCIENCE FICTION

A large selection. Also rare & out-of-print books in many fields.
 Open Mon.-Sat. 12:00 - 5:30

Star Treader Books 370 Queen St. E. *366-2375*



W. Frank Robinson

Denture Therapy Clinic

2 College Street Suite 204
 (Corner Yonge & College)

Monday to Friday

923-7558

YOGA

in Ward 7

466-6996

THE ASHRAM

286a Danforth Ave.
 (near Chester subway)

New term begins April

Register on first night you attend.

We offer classes at beginner, intermediate
 and advanced levels.

Very reasonable rates.

clearlake collective



HOUSE REPAIRS

drywalling · eavestroughing
 plastering · carpentry · painting

184 Hastings, Toronto, Ontario (461-3815)

Gordon Cunningham

CHARTERED ACCOUNTANT

43 Geneva Avenue
 Toronto, Ontario M5A 2J9
 Tel: 961-2015

JOB AVAILABLE

The Community Advisory Subcommittee of the Eastern Health Area, a subcommittee of the Local Board of Health, requires a part-time Secretary, who will be responsible for minutes, correspondence, some coordination of information. Some evening work will be required. Must be able to work from own home. Skills and knowledge in community relations an asset. Approximately 40 hours per month. Apply in confidence to: Miss Suki Garson, Business Manager, Eastern Health Area, 430 Broadview Avenue, Toronto M4K 2N1. Tel 466-2181.

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.



Post-election fallout

By HOWARD HUGGETT

Maybe it's because the provincial election just over took place during the tail end of winter when everyone was waiting longingly for spring, but it certainly seemed to last a long time. Or possibly the reason is that campaigns are becoming more like television commercials — filled with noise and slogans that offer quick and easy solutions to old and complicated problems. The "message" can quickly become tiresome after a few repeats.

There is one advantage to a business commercial — you can try out the product to see if it lives up to the promise. If you buy the bar of soap you can soon find out how it performs. With a candidate or a political party it is not as easy and there is far more to it than walking a few blocks and marking an "x" in a circle. The great majority of the electorate do no more than that, and quite a few can't manage to do anything. As for being informed about issues, they have to depend on what the media decide to tell them.

On the other hand, some people do use political parties like bars of soap. They may join a party and become active in it, and in that way get to know some of its representatives and find out what the

organization really stands for. Or they may through some other body, such as a trade union, a tenants' association, etc., get involved in political action and thus find out what the various parties will or won't do for them. When an election comes along such people have already tested the "product" and don't have to depend upon the campaign "messages."

During the election I heard a couple of remarks that were well worth remembering. At an all-candidates meeting for St. George riding, the Liberal candidate, Bruce McLeod, complained that campaigns were too long. He said that political meetings should be held throughout the year to inform the voters so that when an election was

called it could soon be over. John Sewell, during the course of a radio interview just before voting day, made the same point in a different way. When the question of issues was raised he remarked that during the campaign was not the time to raise issues. They should, he said, be introduced well before that and then confirmed during the course of the campaign.

So there are politicians around who realize just how unsatisfactory our political procedures are. But it would be a mistake to wait for them to make changes. The electors themselves will have to find ways to do that.

Are you a poet? Then send us some of your poetry, to 7 News, 315 Dundas St. East, Toronto M5A 2A2 and get your works in print.

How about you?

Reader sends thanks and check

I don't live in the area but I do work at Lever Detergents near Queen St. E. and find 7 News available at locations in the neighbourhood (particularly at Doyle's Drugstore and the Jimmie Simpson Recreation Centre, both on Queen St. E.) I enjoy the opportunity to learn about events in the "ward" and also like to read articles of general interest on sub-

jects such as theatre, politics and current events. The ads point out a variety of services available within a short distance of my work.

Enclosed is a donation to your "Supporting Membership" campaign. I wish you continuing success and look forward to many more informative and thought-provoking issues of 7 News.

Miss K. Dillon

Chinese stores improve area

A wonderful renewal is happening at the corner of Broadview and Gerrard Streets — the Chinese are brightening up the old dull stores. The city, unfortunately, doesn't seem to be interested in assisting with this nature of urban renewal. Why isn't there a municipal parking lot?

Also it strikes me that, with a little thought, the sidewalks could be given a Chinese flavour — maybe trees could be planted?

A city is not just its main street or areas where tourists spend time and money — it is its neighbourhoods. And Broadview and Gerrard can be a great neighbourhood.

Peter B. Pocock

Open letter to Bill Davis

Dear Premier Davis,

The Riverdale Action Committee Against Racism brings together many communities in Riverdale who share the common purpose of fighting the Ku Klux Klan and racism.

Our recent general meeting passed the following resolution:

"RACAR condemns and opposes recent actions of the Metropolitan Toronto Police and other law enforcement agencies aimed at harassing and intimidating communities such as blacks and gays in Toronto, particularly the raids on the bath houses and the attack on the Gayap Rhythm Drummers; further we endorse the gay community's demand for an independent public inquiry into

the bath house raids."

The Gayap are a group of black musicians who have entertained many Torontonians. The Toronto Emergency Task Force, drug squad, and immigration officials used high powered rifles and violent intimidation in conducting a raid during one of the group's rehearsals.

These recent police actions appear to be motivated by the same kind of hateful and racist thinking as is promoted by the Klan and they effectively encourage attacks on and persecution of all minorities which the Klan is famous for.

We urge you to take action to curb this kind of police behavior.

Paul Pelletier, for RACAR

Memories of all sorts

By Bill Wood

When you were young, was it ever impressed upon you, either by parents or teachers, that you had two memories, and that these had to be cultivated and used properly?

The most important one is your "long term" memory, for the items you should store away as being necessary over your lifetime, but which must be "updated" periodically as new, more accurate, information becomes available, and as you decide is necessary.

The second memory, the "short term" type, is, and should be, the repository of data which may only be required in the immediate future.

If you have not used these memories properly as explained

above, you find your long-term memory "cluttered up" with data which is totally useless now, but its side effect remains as "chaff" you have to wade through to get some importantly required data.

This is why some people say "I cannot remember" when the truth is that what is required is not easily accessible, as it should be, being obscured by the chaff.

Now when you become older, your memory of long ago experiences generally remain good, but subject to some inaccuracies: current and just recently occurring events do not seem to be retained, most likely because we put them into short term memory, having lost the ability to "open the long term door."

Government in land grab

Most Ontario residents are unaware that hundreds of thousands of acres of Southern Ontario are being earmarked by the government for future gravel extraction. Current government policy — not open legislation — is quietly demanding municipalities freeze large tracts of land for future mining. Quietly and behind-the-scenes, the aggregate industry is optioning thousands of acres of farmland for strip mines. New residents' groups are forming regularly, attempting to prevent the bulldozers entering their traditionally peaceful communities.

One such group, the newly formed South Grey Aggregate Action Group (SGAAG) is demanding to know where its members stand. "If the Davis government's huge scale gravel extraction programme is successful, living in Grey County will be like living on the moon — craters all around us", said SGAAG President, Charles Dickman. "It's not only our area, but every gravel-bearing township in Southern Ontario — we're living in a cloud of fear, not knowing if our area will be next".

Betty Locke, Secretary of the group, says "our information is that possibly as much as 2,000 acres in our immediate area in Glenelg have been optioned by gravel companies". "We don't want to be like Uxbridge — beautiful forests and hills being ripped up by this greedy industry". Local Ministry of Natural Resources (MNR) officials say they cannot tell her exactly how much land is slated for the bulldozers. Residents' pleas are falling on deaf ears at Queen's Park.

The current controversy in Grey County demonstrates the Davis government's curious practice of protecting Ontario's private gravel industry rather than its people and farmland. In this traditionally rural community residents are facing a long and bitter battle

Continued on page 7

We need you — you need us

"Another fundraising campaign?", one of our loyal supporters groaned the other day. "Didn't you just finish your last campaign? How come you people are always asking for money?"

Good questions.

Well, we really do have only one fundraising campaign a year. But it's true: we do always need money. Often it feels as if life at 7 News revolves around raising enough money to get by. Why is that?

Our budget figures explain it fairly simply. Our budget projects that we will earn \$26,500 in advertising money, and \$500 in subscriptions. That adds up to an income of \$27,000 a year.

Our expenses, meanwhile, are expected to be \$45,000 a year. We have tried, and keep on trying, to whittle those expenses down, but we are already well past what they call the "bone". Printing and typesetting costs alone are \$15,000 a year.

How do we keep on publishing at all with a deficit of \$18,000 a year?

There are three main reasons. The first is wages. When we don't have enough money, we don't pay wage. Our staff are dedicated enough to work without pay when they have to, and to work for minimal wages when they do get paid. By foregoing wages, staff have subsidized the paper to the amount of thousands of dollars in the last two years.

The second thing is rent. We haven't been paying it. Our landlord,

All Saints Church, has been extraordinarily generous with us. Although the church itself is extremely short of funds, it has allowed us to remain in our space even though we haven't been able to pay for it. But this situation obviously cannot continue indefinitely.

The third reason is community support. Donations keep us going. Last year, the Ward 7 Musical, Dammed If You Do, contributed its entire earnings, \$4,500 to 7 News. Without that help, we wouldn't have made it through the year. And our annual Supporting Membership Campaign also brings in several thousand dollars a year.

This is where you come in. If you don't want the community to be without 7 News — please become a supporting member.

The suggested amount for a Supporting Membership is \$10, but if you can afford to be more generous, then please do: those extra amounts are very important to us. (The first batch of donations which arrived in the first few days before our deadline for this issue, averaged \$15 each, 50 per cent more than the suggested amount. Multiplied by a few hundred or even a few dozen people, your generosity can make a difference of hundreds, perhaps thousands of dollars, to how well the Membership Campaign will do.)

But whatever amount you send will be greatly appreciated. Every donation helps us in a very real way. Just use the coupon below and mail it to 7 News, 315 Dundas St. East, Toronto M5A 2A2.

Thank you, early birds

Donations have already started coming in for 7 News 1981 Supporting Membership Campaign. Our thanks to all you "early bird" donors — many of you must have practically run out to the mail box to get your memberships in by our press deadline for this issue. Thank you to the following:

Sarah Hood, Bain Ave.; Jim Hockley, Wellesley St. East; Mara Glebovs, Sherbourne St.; Graham & Charlotte Mudge, Ontario St.; Martha Macdonald, Carlton St.; Peter Birt, Carlaw Ave.; Julie & Rita Hoffman, Bouldon Ave.; Peter Farncombe, Bain Ave.; Cherry Hassard, Bain Ave.; Mrs. Kathleen Wadwell, Oak St.; Russell Simon, Simpson Ave.; John O'Grady, DeGrassi St.; Helen M. Robb; Miss K. Dillon; M.W. Blanchard, Bleecker St.; M. Cooke, Kintyre Ave.; and Susan Garrard, Riverdale Ave..

And thanks to Noreen Dunphy & Frank McIntyre, Spruce St.; Leslie

Van Slyke, Aberdeen Ave.; Jane E. Maxwell, Bain Ave.; Diane Miles, The Esplanade; and three anonymous donors, two on Oak St. and one on Broadview.

And thank you too for your extra generosity: the above 24 donations totalled \$359.00, an average of almost \$15 each.

We would also like to take this opportunity to thank the people who sent us donations on their own accord through the winter and so helped warm up those cold months. Thanks to Cynthia Robinson, Bain Ave.; Barry Morris, Winnipeg; Dick Winters, Bain Ave.; the Sherbourne 155 Residents' Association, The Regent Park Community Improvement Association, the Kirkwoods, Riverdale Ave.; the Broadview-Greenwood NDP, Mr. & Mrs. Kowalchuk, King St., Ruth Hobb, Karin Lehnhardt, Frankland School, St. Paul's Catholic Women's League.

Childcare workers open office

The Toronto branch of the Child Care Workers' Association opened an office at 249 Sherbourne St. on March 18. This is the first office and meeting space that any child care workers' association has opened in Canada.

The aims of the Child Care Workers' Association include promotion and maintenance of an enlightened and progressive standard of child care workers, and to

encourage an active public interest in the professional practice of child care work.

The methods used by the Toronto branch to implement its aims include a newsletter, student representatives at community colleges, as well as public forums, film nights, etc.

For further information, contact Bruce Eakin at 598-1500, ext. 2436.

Solar energy project

An Advanced Solar Energy Project will be getting under way at Jarvis Collegiate this fall.

The project traces its history back to early 1979, when staff and students at Jarvis built a small solar collector which they studied

to learn about solar energy. With their interest continuing, and backed by energy conservation funds from the Board of Education, they are now building a more sophisticated solar collector on the roof of the school.

TORONTO BOARD OF EDUCATION HERITAGE LANGUAGES PROGRAM, 1981-82

SCHOOL PROGRAMS

In 1981-82, all students in the Toronto Board of Education will be offered Heritage Languages Programs in any language requested by a minimum of 25 elementary-aged students. The programs will take place for 2 1/2 hours per week. Letters will be sent home to parents in early September about registering for the program.

INSTRUCTORS AND LEAD-INSTRUCTORS

Applications are now available for instructor and lead-instructor positions in the Heritage Languages Program from the Heritage Languages and English as a Second Language Department at the Education Centre, Room 623, at 155 College Street. Applicants are requested to complete and return forms by April 24, 1981.

EVENING OR WEEKEND BOARD PROGRAMS

Most programs are initiated on parent request for school days, but some community groups may wish to co-operate with the Toronto Board of Education in establishing evening or weekend programs for children from various areas of the City or Metro.

For further information, please call the Heritage Languages office before April 24, 1981, at 598-4931, Extension 605.

\$10 makes you a member

Yes, I want to help keep 7 News a part of the community. Enclosed is my donation for the Supporting Membership Campaign.

Name _____

Address _____ Phone _____

I enclose \$_____ in cash _____ or cheque or postdated cheques

If you would like your donation to remain anonymous, please check here _____

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

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

Regent Park tenants convention

Regent Park tenants are invited to attend the second Regent Park Tenant Convention at Geneva Park Convention Centre, Orillia, May 2 and 3. Come and enjoy a weekend away and discuss with your neighbours matters of concern to your community. Topics to be discussed include 1) Tenant organizing; 2) Race relations; 3) Employment; 4) Community

Centre; 5) Day care; and other important issues.

Your contribution of \$5 per person will include transportation, comfortable rooms, and all meals. Babysitting expenses are available. Please call early to register at either Regent Park Service Unit, 863-1768 from 9 to 5 or Regent Park Community Improvement Association, 364-2909 from 9 to 1.

Thanks from Thornton Centre

The Ralph Thornton Centre wishes to thank all those who came to our official opening on Saturday February 14, 1981. You helped make it a great day. At the present time we have two groups operating. The 50's and Up Club on Tuesdays from 1:00 p.m. till 4:00 p.m. The Riverdale Diabetic Group meets on Thursday from 10:00 a.m. till 4:00 p.m. Coffee and lunch is served daily from

11:00 a.m. till 2:00 p.m.

Auditions were held for our first production. And the play will open May 1st, till May 10th. Still needed are people who would be willing to give time to set-up, costumes, make-up, props.

We would also like to hear from people with ideas for other programs. The number to call is 461-6311.

Kindergarten registration

St. Ann Catholic School, 70 Boulton Avenue, (Howie St. Entrance), Toronto:

Junior Kindergarten for children who will be four by December 31st, 1981.

Senior Kindergarten for children who will be five by December 31st, 1981.

Children will be registered on any school day till June 12th, 1981 between 9-11.30 and from 1:30 to 3:30 p.m.

For further information please call 463-5986.

They need money, too

The School of the Toronto Dance Theatre on Winchester Street is looking to local businesses and residents to make donations to it to support the school's program. The school offers Canada's only full-time professional training program in modern dance, and gives evening classes in dance as well. Government grants cover some of the school's expenses but private donations are needed to keep fees at a reasonable level, according to Darrell Kent of the School's Board of Directors. Donations may be made payable to the School of the Toronto Dance Theatre, 80 Winchester St., Toronto M4X 1B2. Donations are tax-deductible.

Don't marry smoker

A long-term Japanese study has found that non-smoking women whose husbands are smokers are twice as likely to die of lung cancer as those women married to non-smokers.

The study makes it clear why just as many women as men die of lung cancer, when only 15 percent of Japanese women smoke, compared to 75 percent of the men.

The study, conducted by Dr. Takeshi Hirayama, followed 91,540 non-smoking wives over 40 for 14 years.

Dr. Hirayama also found that second-hand smoke had a slight effect on the development of emphysema and asthma.

ATTENTION! Sports Teams & Clubs

Uniforms supplied and custom-printed quickly.

Robert Douglas Sports
925-2474



St. Peter's Anglican Church
190 Carlton Street
Toronto, Ontario M5A 2K8
Rev. John Wiseman, Rector

PALM SUNDAY

9:00 & 11:00 a.m.
Holy Communion
7:00 Holy Communion

MONDAY

10:00 a.m. Holy Communion

TUESDAY

10:00 a.m. Holy Communion

WEDNESDAY

6:00 P.M. Holy Communion

MAUNDY THURSDAY

Institution of the
Last Supper at 7:30 p.m.

GOOD FRIDAY

12:00 — 1:00 P.M. Good Friday
Service

EASTER SUNDAY

9:00 & 11:00 a.m.
Holy Communion
7:00 p.m. Holy Communion

At Nails Plus We'll Shape Your Nails Without Denting Your Pocketbook!

Customized Natural Looking Nails

- Nail Fills \$20
- Manicure \$5
- Lash Application \$15
- Make-up Application

Drop by for a free consultation

Nails Plus
67 Yonge St., Ste. 1301
(at King)
363-4053

Weight and weight-loss myths

Today we use labour-saving devices in place of muscle power. This has brought many advantages but also problems such as obesity and low levels of physical fitness. For the first time in history we have to make an effort to be physically active.

But we are not going back to day-long hard labour. Our caloric intake has to balance our labour-saving way of life. We now need fewer calories than we used to, but needs for protein, vitamins, minerals and other nutrients remain the same.

New dog obedience school

We have a new dog obedience school in Ward 7 and it is off to a fine start. Fifteen dogs and their handlers enrolled in the first session and will be graduating soon.

While the school is new, the head trainer is not. He is Al Mitchell of A.B.C.'s of Dog Training Co., an accomplished professional dog trainer and consultant with over twenty years experience. He is a lecturer of Obedience Training and Dog Psychology and has trained dogs for most work, including companion dogs, police dogs, tracking dogs, personal protection dogs and guide dogs for the blind.

The school is run in sessions of seven weekly lessons. The handler of the dog learns the techniques involved in teaching his/her dog all the basic obedience commands: hee l, sit, down, stay, come, stand and finish. The course is based on the Canadian Kennel Club regulations for its Companion Dog test. As well as all the basic commands

Try the quiz below to check your knowledge about the ins and outs of energy balance. Answer true or false:

Canadians have more weight problems now than we used to because we now eat more.

False. There is no evidence we're eating more. If anything we eat less. But we have become so sedentary that it is almost impossible to compensate adequately with reduced food intake. Virtually every aspect of our lives has been made less active by modern technology — transportation, eleva-



there is a question and answer period each week in which any questions on any problems the handlers are having with their dogs are answered. The classes are run in a very interesting, informative and often amusing manner. Spectators are welcome.

With stricter dog legislation looming overhead, this is an excellent opportunity to ensure that your dog becomes a welcome member of society. The next session starts Thursday, March 26 and welcomes all breeds and cross-breeds.

For more information, call A.B.C.'s of Dog Training Co. at 465-3957 or (705) 689-2923.

tors, electric appliances, occupational machines (from tractors to electric typewriters), entertainment (watching T.V.), sports (spectator rather than participatory).

Some people were born to be fat.

False. Although there may be a family tendency towards fatness, environment probably plays a more important role than heredity. Regardless of either, for any individual, body weight is determined by the balance between energy in (food) and energy out (activity). Only when these are balanced equally is body weight stable.

It is natural to get fatter as we get older.

False. It is common but not natural. The incidence of obesity increases with each age group. Physical activity often decreases as we get older. In addition, there is a slight decline in basal metabolism with each decade. As a result, many people tend to gain unwanted pounds gradually over the years.

Taking a short brisk walk each day is more beneficial than a good, hard workout at a gym or health club once a week.

True. The benefits of fitness cannot be stored. A person who exercises only once a week loses the effect between workouts, and therefore is unlikely to improve fitness level. Six ten-minute brisk walks would therefore be preferable to one 60 minute spurt of exer-

cise. Whatever activities you choose, make sure they are ones you enjoy, because you are more likely to continue them.

A half-hour walk at lunch plus a 15 minute walk-jog with the dog after work could result in a 25 pound weight loss in one year.

True. Although it might take hours to walk off a banana split, regular, moderate exercise combined with controlled food intake is an effective way to maintain or reduce weight. In addition, little things can be done throughout the day to increase output and therefore decrease a sedentary life-style — stairs, extra walking, bending, stretching.

A teaspoon of pure carbohydrate (eg. sugar, cornstarch), has more calories than a teaspoon of fat (eg. butter, margarine, oil).

False. Fat has more than twice the calories, ounce for ounce, as carbohydrate. Fat sneaks into the diet and adds calorie in many ways — on meat, in fried food, butter and margarine, poured on salad, in fat-containing dairy products, in baked goods, in many processed or convenience foods.

An ounce of prevention is worth a pound of cure.

True. Day by day habits have more influence over weight control than occasional binges of exercise or dieting. Despite an abundance of gimmicks and devices for losing weight, their success rate is low for losing weight and maintaining the loss.

What we need to do is choose moderate amounts of foods with plenty of nutrients and balance food intake with a healthy amount of energy output. Now is the time to take a look at your own energy balance. If necessary, make small changes that become habits!

Produced by Public Health Nutritionists in Metro Toronto and the Regions of Peel and York.

Protest program cuts

At a recent meeting of the Metropolitan Toronto School Board, consideration was given to a proposal calling for a reduction of the budget for Heritage Language Programs by \$378,493.00. This matter was deferred to the Budget Night of Metro, scheduled for 8 p.m., April 18 at the Education Centre, 155 College St. (at McCaul).

If the above proposal passes, the results could be disastrous for the Heritage Language Programs. Existing programs could be seriously affected by gradual phasing out, or simply closing the programs.

In order to express your concern about this unacceptable proposal it is imperative that you or your association strongly oppose any reduction in this budget. This can be done by calling John Tolton, Chairman of the Metropolitan School Board, at 598-4620, to express your protest, or writing to him at 155 College St., Toronto M5T 1P6.

Ontario's Tax Grants for Senior Citizens. 1981 installments have been mailed.

Last year Ontario replaced its system of tax credits for seniors with a new program of Property and Sales Tax Grants. The Property Tax Grant of up to \$500 is provided in two installments annually. The Sales Tax Grant is an automatic \$50 paid each year to Ontario residents 65 and over.

Property Tax Grants

◇ **Eligibility.** If you're 65 or over and own or rent your home you're eligible for the Property Tax Grant of up to \$500.

If you reside in a nursing home, a home for the aged or similar institution, you're not eligible for the Property Tax Grant unless you pay for the

full cost of your care and the institution pays municipal and school taxes.

◇ **No Application Needed.** If you qualified for the Property Tax Grant last year you'll automatically receive the April installment. This cheque, to a maximum of \$250 will be half of last year's Grant. Your installment cheque was mailed April 6th. This is intended to assist you in paying your property tax or rent for the first part of 1981. In the fall you'll automatically receive an application for the balance of your Grant.

◇ **If you turned 65 after December 31, 1980** (and therefore did not qualify for a Grant last year) you won't receive the April installment. However, in the fall you'll receive an application for the entire 1981 Grant.

Sales Tax Grants

An annual \$50 Grant is paid automatically to every senior citizen. You will receive your 1981 Sales Tax Grant this fall.

Special Note

If you do not receive the federal Old Age Security Pension and you're 65 or over, please contact our Information Centre toll-free for details on how to receive your Grants.

◇ In Metro Toronto, dial 965-8470.
◇ In Area Code 807, ask the Operator for Zenith 8-2000.
◇ In all other areas, dial 1-800-268-7121.



Ministry of Revenue
Ontario

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

JESUS CHRIST SUPERSTAR

See the real movie
and set the stage
for Easter

**Popcorn - Soft Drinks
Door Prize**

**Sat. April 11 - 6:00
St. Peter's Auditorium**

190 Carlton St.

\$1.50 kids, \$3 adults

All proceeds to the Young
People's Group at St. Peter's
Anglican Church for retreat.

QUALITY STATS FOR GRAPHIC ARTISTS

stat company
466-7940

PARLIAMENT BEAUTY SALON

178 Parliament St.

- Perms \$10.50
- Perfect Comb-Out Perm \$15
- Wella Perms \$18

DO-IT-ALL Construction

- Renovation
- Additions
- Porches
- Dry Wall
- Rec Room
- Fences
- Floor Re-finished
- General Repairs

920-6854 960-0563
Licence No. B-2181

COMMUNITY CALENDAR

Friday, April 10

Camera Dances — films and performance by John Porter, award-winner in the experimental category of last year's Toronto Super-8 festival. Tonight at 8 pm at the Funnel Film Theatre, 507 King St. E. (near Parliament). Admission \$2.

No frills rock band at the Maple Leaf Ballroom, 665 St. Clair Ave. W., tonight. Proceeds to the **Rape Crisis Centre**. Tickets \$5 at Toronto Women's Bookstore, or \$6 at the door.

You are cordially invited to attend the Ontario premiere of a new National Film Board production, **John Raftery, Amateur Boxer**, to be held tonight at 7:30 pm in the Cabbagetown Boxing and Youth Centre, 2 Lancaster Ave. (South of Parliament & Wellesley).

Saturday, April 11

Snack tea, white elephant sale, jewellery and book sale today from 12:30 to 3:30 pm at **St. Luke's United Church**, Carlton and Sherbourne Sts.

Metropolitan Community Church, 730 Bathurst St. (south of Bloor), is having its **annual bazaar** today from 10 am to 1:30 pm. All welcome. Bring spring cleaning items for a sale.

Sunday, April 12

Celebrate **Easter Ukrainian-style** today at Harbourfront with Easter egg painting demonstrations, arts and crafts displays, and ensembles hourly, 1 to 4 pm. Celebration 11 am to 7 pm. York Quay Centre, Harbourfront.

Art's Sake Inc., an alternative art school, is proud to announce an exhibition by artists who have studied at Art's Sake, opening today at 2 pm and running to May 3. Hours: 10 am - 10 pm Monday to Thursday, 12 noon - 6 pm. Friday to Sunday. Art's Sake is located at 1 Phoebe St., 3rd floor (1 block north of Queen, off Spadina).

Rock Against Racism concert tonight at 6 pm at The Turning Point, 192 Bloor St. W. The program will include the punk band The Young Lions. Admission at the door is \$3. **Rock Against Racism** is a group of musicians and music fans dedicated to breaking down racial barriers in this city with music. For more information contact Nick Jennings at 362-1665.

St. Luke's Forum presents speaker **Anne Cools** today at 2:30 pm. All welcome. St. Luke's Church, Sherbourne and Carlton Sts.

Monday, April 13

"Women's Survival — Patriarchy and the Nuclear Mentality", part of this week's **disarmament and survival activities**, will include a **workshop for women only** today from 1-4 pm on the various ways our society makes war on women and what can be done, at the Centre for Christian Studies, 77 Charles St., W.

In addition, there will be a **panel discussion (men welcome)** tonight starting at 7:30 in the 519 Church Street Community Centre on the social, political and economic effects of the nuclear mentality on women. Daycare will be provided at all events. **To reserve daycare**, call Ginny at 466-5415 or Jenny at 534-3165.

Tuesday, April 14

Special meeting of Metro Council Executive, 10 a.m. about recommendations on the **police budget** — the police want \$5 million for "Intelligence" and almost \$2.5 million for "Morality", as compared to \$82 thousand for Race Relations. The Riverdale Action Committee Against Racism urges community groups or activists to give a deputation or submit a letter to Metro Executive regarding the police budget. For more information, call Alderman David White at 367-7903.

Right to Privacy Committee general meeting tonight at 8 p.m. in the 519 Church Street Community Centre. Call 921-6044 for more information.

Wednesday, April 15

La Troupe Folklorique: Learn folk dances in a friendly atmosphere at the Francophone Centre, 435 Queen's Quay West. For more information call 367-1950.

Are there any connections between the promotion of nuclear energy and that of nuclear weaponry? The speakers at a public forum tonight "**Resistance and Survival in the Nuclear Age**" believe there are. Their presentations will explore these connections, examine Canada's role and present strategies for resistance. 8 pm in the St. Lawrence Centre, 27 Front St. E. Free admission.

There will be a **blood clinic** today at the Manulife Centre, 55 Bloor St. W., from 8:30 to 10:30 a.m. and from 12 noon to 4 pm.

The St. Jamestown YMCA is running a 10-week series of **self-defence classes for women**, starting tonight at 8 pm. You will learn such things as holds and striking and disarming techniques that would help you escape from would-be attackers. Cost for

the series is \$25. At the 240 Wellesley St. E. auditorium. For more information, call the Y at 964-8775.

Thursday, April 16

The Law Union is holding a series of seminars entitled "Offence/Defence: Survival Seminars for Activists". Tonight's seminar is **Gay Rights and the Police**. International Student Centre, 33 St. George St. 8 pm. \$2 admission per evening. For information on upcoming seminars, call the Law Union at 368-6974.

Doris' Musical Show is performing at Fudger House, 439 Sherbourne St., at their Easter Party. 2 pm. All welcome. This unique group of senior entertainers has appeared in many places and are members of the Centre for Creative Living. For more information or to book this group, call 222-7422.

Friday, April 17

The Association of Gay Electors will be holding a public forum tonight analyzing the results of the recent provincial election in the 519 Church Street Community Centre, 8 pm. Speakers to be announced.

Saturday, April 18

Children can paint their own **Easter Eggs** today starting at 2:30 pm in the Jones Library, 118 Jones Ave. (Please bring your own hard-boiled egg.)

Monday, April 20

Hear parts 2 and 3 of Handel's **Messiah** tonight in the Simpson Ave. United Church, Simpson and Howland Ave. Admission \$4. Performed by the Simpson Ave. Repertory Choir with orchestra.

Tuesday, April 21

"**The Rule of Thumb: How Society Condones Wife Assault**", an evening of drama, music and speakers presented by Support Services for Assaulted Women, a non-profit organization. Tonight at 8 pm in the St. Lawrence Centre, 27 Front St. E. Free admission.

Wednesday, April 22

Feminist singer **Cris Williamson's** music ranges from haunting ballads to rock and reggae. Tonight at Mariposa Mainland, in Harbourfront's Brigantine Room, 235 Queen's Quay W. Reservations: 869-8412.

Thursday, April 23

Will Women in Politics Make a Difference? A lively discussion sponsored by the National Committee on the Status of Women gets underway tonight at 8 pm in Harbourfront's York Quay Centre, 235 Queen's Quay W. Debaters include Kay MacPherson, past president of the Status of Women Committee, Claire Hoy, Queen's Park reporter for the Toronto Sun and Edward Shorter, Toronto Star columnist and U of T women's studies professor. Free.

Saturday April 25

The Riverdale Hospital Auxiliary St. Mathew's Rd. spring tea and bake sale in auditorium. Fashion shows at 2 and 3 pm, 1:30 to 4. Tickets \$1 at the door.

ONGOING

● The Riverdale Library, 370 Broadview Ave. offers **English as a second language classes** for Chinese-speaking adults every Monday and Thursday from 9:30 to 11:00 am. Call 466-2197 for more information.

Community Calendar is a free community service. If you have an upcoming event that you would like printed in the next (April 24) Seven News (all events between April 24 and May 8 should go in this issue), please clip the coupon and mail it to 7 News, 315 Dundas St. E., Toronto M5A 2A2.

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

St. Jamestown thanks volunteers

The evening of Thursday, March 12, turned out to be very enjoyable for approximately 40 volunteers who had worked long and hard at the St. Jamestown Mid-Winter Festival.

The Race Relations Division of the Ontario Human Rights Commission, along with the Boy Scouts of Canada, treated the volunteers to a delicious meal.

After supper, which was held in the Recreation Room at 200 Wellesley St. East, Dr. Bhausaheb Ubale, Commissioner for Race

Relations, handed out Certificates of Appreciation to those present.

Dr. Ubale remarked that the Mid-Winter Festival, which was held on Feb. 14, at Rose Avenue Public School, turned out to be a great success, with approximately 2,500 to 3,000 people taking in the day's activities. He also said that he hoped such an event might become an annual affair, and that other communities might follow the St. Jamestown example. He concluded by thanking all the volunteers for having made the Festival the success it was.

What's RPCIA?

As you know Regent Park has a well-organized tenants' organization, Regent Park Community Improvement Association. The tenants' association works with tenants to improve the neighbourhood. It has a legal clinic to deal

with landlord and tenant problems and other related issues.

RPCIA also sponsors adult education classes for residents willing to upgrade themselves as well as a youth employment program that offers on-the-job training

possibilities for the young people living in Regent Park. If you want to become a member of the Regent Park Community Improvement Association, please call 364-2909 from 9 to 1. There is no membership fee involved.

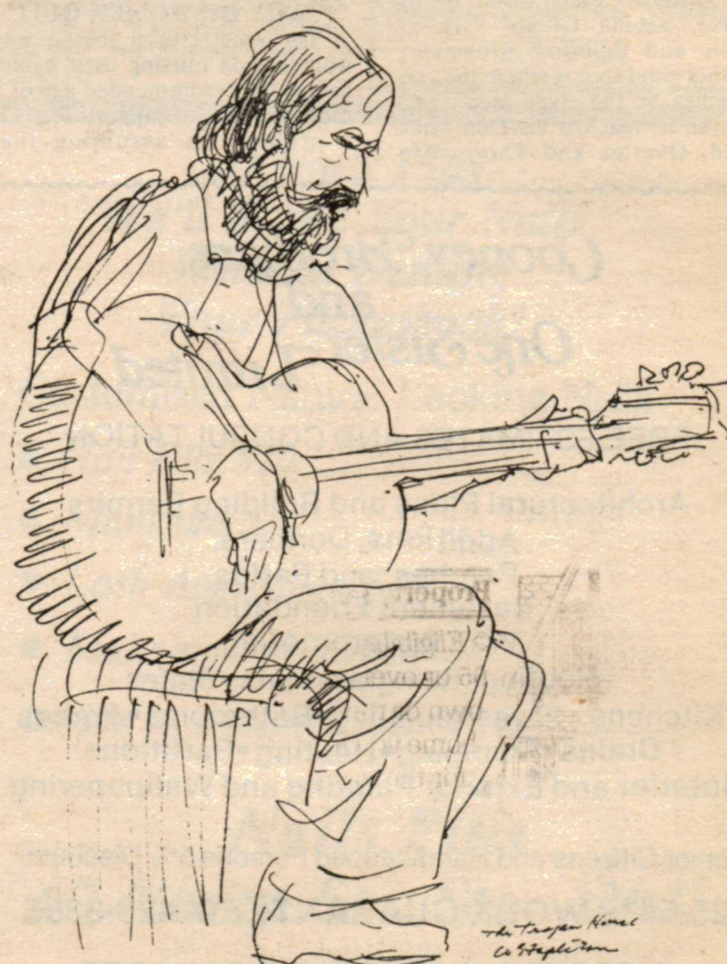
Join anti-bigotry group

The Riverdale Action Committee Against Racism (RACAR) is taking action against various groups that have been distributing hate literature in the Riverdale area. These groups include the Ku Klux Klan, the so-called "Positive Parents" group, and the League Against Homosexuals.

Part of what RACAR is doing is distributing its own literature on streets where hate literature has been distributed.

If you have information about this, RACAR asks you to help by phoning them and letting them know. RACAR can be reached at 947 Queen Street East, or at 461-1143, 461-9857 or 469-3659.

RACAR also generally invites Riverdale residents to join it in fighting racism. They say that they are not asking for much time, just some help in such things as making a few phone calls from home, or showing its petition, buttons, and pamphlet to friends and neighbours. RACAR also has a petition committee which knocks on doors and talks to people, and a youth committee that speaks to classes, school boards, teachers and parents. A separate Research Committee collects information on racism and racist groups and puts together the group's newsletter.



Member of Los Campaneros performing at the Trojan Horse on Danforth Ave., drawing by William Stapleton.

PARLIAMENT ST. LIBRARY

柏拉文圖書館

269 GERRARD ST. E.

為

閣下供應:

- ~ 各種中文小說, 現代小說, 文藝小說, 翻譯小說, 武俠小說, 文學名著等
- ~ 各類中文雜誌, 今日世界, 七十年代, 突破, 婦女, 與家庭, 姊妹, 皇冠等
- ~ 各種唱片, 唱帶, 粵曲, 時代曲, 流行音樂, 學習語言
- 各界僑社消息, 中文報紙

全部免費借閱, 手續快捷簡單, 借書期限三星期
逢星期四早上十時半幼兒班, 星期六下午二時各種節目
每季放映中文電影, 彩色潤銀幕
本年三月六日特別放映武俠巨片《蛇形匕首》

詳細情形請電 924-7122-3

Ward 7 Separatists Seize Power!

By BRIAN MOFFATT

One of the most significant and dominant political trends in Canada today is regional separatism. Dissatisfaction with the status quo has led to the emergence within the various regions of this nation to groups advocating separation as a viable political alternative. And, as with most trends, separatism has arrived in Ward Seven.

A number of residents east of the Don River in Ward 7 have formed an Ad Hoc Committee for the Establishment of Ward 7½. The committee is determined to see that new legislative and administrative bodies emerge to service the community's real needs.

When asked to state the causes of this apparent dissension in the proposed Ward 7½, Committee chairman Ira Dentist cited "the arrogance on the part of the members of the political and social institutions of Ward 7" as the major contributing factor.

Dentist continued to outline feelings that he and his committee members shared: "The people east

of the Don are much different than those on the west side. The folks on the West are a longer established group with higher ideals and property taxes...whereas we on the East, well, we were doing a little speculating on the real estate market and sort of got hooked on the area. However, we're sick and tired of the browbeating and 'we did it first' attitude we get from the West."

The Ad Hoc Committee has already taken certain positive steps toward self-determination by adopting what has since been deemed as the Ward 7½ Official Plan. The purpose of the plan is to co-ordinate reconstruction and renovations in the new ward while at all times respecting the established landmarks as an important part of the social fabric of the area.

Highlights of the Plan include: turning Cherry Beach into a summer resort modelled along the lines of Club Med; converting the Turning Basin into an Olympic calibre swimming complex with diving tower added on to the structure of the Gardiner Expressway; and opening a Las Vegas style

gambling casino in the old Broadway House Tavern.

The most controversial proposal outlined in the Plan, however, is the new Riverdale Golf and Country Club to be built on the Riverdale Park site. According to the landscape development firm of A. Surtch and D. Stroy (the architects who have designed the course), "we have developed a course conforming to the atmosphere of the old Park. We believe we have designed a modern golfing facility to be forged from the stark beauty of Riverdale while at all times tempering our concepts with the vibrant yet fragile Riverdale community in mind."

The first tee would be situated directly north of the old Don Jail (to be converted into a Victorian-style club house). Water will come into play on the 3rd, 9th, 12th, and 15th holes; Parkway traffic on the 4th and 6th, and a hazard unique to golf — a canine relief area on the par five dog-leg upwind 18th.

As well as the Official Plan, certain steps have been taken by individual citizens of the proposed

Ward 7½ in order to protect their property and interests from counter-attacks by radicals from Ward 7. A small band of citizens has formed a vigilante force that roams the streets east of the Don. Drawn from all walks of life, these young men and women patrol the community disguised as alley cats. When approached for questioning, most vigilantes — with the threat of their covert operations being exposed and their identities revealed — bolt under nearby cars or down dark laneways.

Although the Committee acknowledges the existence of the vigilante force they do not condone their activities. One official in the police department denied any

knowledge of a vigilante force in the area. As for municipal officials, no one at City Hall could be found in a responsible position.

Chairman Dentist says another major concern of the people in the area but one of a more general nature and of importance to most Torontonians is that of STOL. The committee is sternly opposed to STOL because they feel that these aircraft flying out of the Island Airport are only a front-runner to the noisier Inter-Continental Ballistic Missiles.

Only the events of the coming weeks and months will indicate to residents of Ward 7 whether this political trend will die or just fade away.

The Art Room for kids

"As children with artistic inclinations and now as mature artists and teachers we felt there was a real need in Toronto for an art school that facilitated serious art studies for children."

This is why Anne Armstrong and Agnes Aru have established **Art Room**, a studio-art school for children, age 4-14, at 107 King St. E. at Church St. Anne and Agnes have taught art classes to children in a variety of settings including: public schools, the Royal Ontario Museum, the Art Gallery of Ontario, the Y. M. C. A., and Inner-City Angels. Building on what they have learned from these teaching experiences, and from their experiences as practising and exhibiting artists themselves, they have set up their studio-school. The studio is 700 square feet of open space. It has white walls, a high ceiling, large windows along one wall and a fireplace. There is also a room for material storage and office work. The shelves in the storage room are filled with artist's materials: conte, charcoal, water-colour, acrylics, chalk pastels, pen and ink, paper and canvas. These materials will be provided to the children in lessons that demonstrate techniques and encourage visual awareness and expression.

Anne and Agnes have some definite opinions about art education and what they are doing at the **Art Room**.

"The demise of art education is starkly revealed in the 'I can't draw' syndrome that afflicts the majority of adults in our society. Yet most children have a natural affinity for artistic expression. When this is ignored, we waste an important and valuable human resource. The development of an artist's skill begins as soon as it is apparent — not suddenly at 18. The handling of a paint brush

requires sensitivity and dexterity that develops with practice. One doesn't play the violin beautifully the first time it is picked up.

"Many children who have a talent in art often are forced to resort to doodling in the margins of a notebook, as the curriculum requirements of an academic school system that children spend their time with lined foolscap rather than with 18" x 24" drawing paper.

"The ability to draw and formulate ideas through drawing is fundamental to many human endeavours. The car that we drive in had to first appear on someone's drawing board, the clothes we wear are drafted on paper before they are cut into cloth, the designs and patterns on our clothing, again on paper first, not to mention the buildings we inhabit. Drawing is a skill that is fundamental to many professions; by ignoring the proper teaching of it we handicap our children the same way we would if we didn't teach them to spell.

"In the **Art Room** we would like to facilitate this kind of artistic learning and growth in children. The large white walls of the studio are there to exhibit paintings and drawings. We want to mount shows of the children's work and any artists interested in showing here. The changing shows will provide stimulus to the children. They will learn about the exhibiting aspect of painting and drawing. If the artists are interested they are welcome to participate in the classes with the children."

The **Art Room** is here to fill a vacancy in art education for children in Toronto. Classes will be offered daily during the Spring Break, March 23 — 27, and once a week April through June. If you would like more information or to register a child call the **Art Room** at 366-3159.

Don River Day once a year

By HOWARD HUGGETT

It's that time of year again. Saturday, April 18th, is Don River Day, the ninth annual canoe tour of the Don River. This is the only day in the whole year that human beings actually float down that little river that winds its quiet way through east central Metro. This annual event happens because a dedicated group of canoeists and environmentally concerned citizens make it happen. They are determined to keep reminding the rest of us how important this stream was in our history and also how valuable it could be in our future.

This group deserves our support. Experienced canoeists are welcome to participate in the event. The launching point is the north parking lot in Serena Gundy Park at Leslie and Eglinton and the time is 10:30 a.m. The trip takes about three hours. For further information, phone George Luste at 534-9313 or Bruce Bolin at 531-1847.

If you don't want to participate actively, try to be a spectator. The best place to watch from is, of course, Serena Gundy Park at Leslie and Eglinton. However, another good spot is where the two branches of the river meet, and this can be reached via Don Mills Road, Overlea and Thorncliffe

Park Drive. Another good vantage spot can be found by turning down Pottery Road Hill off north Broadway Avenue (you can drive or walk). Where Pottery Road comes to the river you turn off to the right and follow the river bank north. From this point you have to walk, there is no vehicular road.

About the last opportunity to see the canoes go by is from that no-man's-land that lies under the Bloor Street Viaduct. This spot can

Babies agree...

Breast is best

With all the publicity lately you'd think most women would choose to breastfeed. And, in fact, there has been a resurgence of interest in breastfeeding. But although more women are attempting to breastfeed in hospital, there is a very high "drop-off" rate. Only 30 to 35 percent of breastfeeding mothers are still nursing their babies at 3 months and many fewer at 6 months.

WHY DO WOMEN QUIT?

The most crucial reason why women stop nursing their babies before the recommended age of 6 months is lack of support. There is a problem in assuming that

be reached by driving to Castle Frank Road and turning down the hill towards the Don Valley Parkway. As soon as the river is crossed look for an entrance to a dirt road leading south towards the Viaduct. This is a big area and there is lots of river bank to watch from.

It's a very pretty sight to see and a pleasant change from watching cars or trucks whiz by. This is the only day in the year that you can enjoy it.

because breastfeeding is natural, it is easy. Breastfeeding can be uncomfortable and often frustrating. A new mother needs moral support, practical help and advice to guide her through successful nursing.

Studies have shown that early hospital experiences play a large part in determining whether mothers will successfully establish breastfeeding. Ideally, breastfeeding should be started as soon as possible after birth and continued on a demand basis if it is to be established and maintained. Rooming-in and supportive experienced nursing staff are two factors associated with breastfeed-

Continued on page 7

Cooney Brothers and One Sister Limited

FREE ESTIMATES AND CONSULTATION

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

Roofing • Shingles • Flats • Slates

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

Senior Citizens and Handicapped Persons 5% Discount

425-5419 WORK GUARANTEED 429-3355

IMPROVE THE VALUE AND COMFORT
OF YOUR HOME

The Cabbage Patch



Fresh Fruits and
Vegetables

202 Carlton St.

WHOLESALE & RETAIL

WE LOOK FORWARD TO SERVING OUR NEW
NEIGHBOURHOOD & OFFER FREE DELIVERY

Please Call 968-1624 For Individual
And Bulk Orders



MECHANICAL SERVICES

EMERGENCY SERVICE

466-1091

NATURAL GAS SERVICE

Heating, Conversions, Piping, Testing, Appliance
Service, Humidifiers, Connections, etc.

Home Repairs & Renovations

concrete and brickwork

Stone waterproof porches

Free estimates

Angelo Poldomani

B1-553 112 Bellefair Ave. 691-532

PAINTER
AT LARGE

Free Estimates

22, The Aberdeens Leo
100 Bain Ave. Best at 6 p.m.
Toronto (416) 463-4658

LAW OFFICE

Harris and Jones
Barristers and
Solicitors

422 Dundas St. E.
Toronto, Ontario
M5A 2A8

Tel: 923-9241

Family Law, Criminal Law,
Real Estate

Breastfeeding

Continued from page 6

ing success.

Physicians have a major role to play since they can be an influential source of support and information. Supportive husbands too seem to be a big factor in determining how long a woman will continue to breastfeed.

The public health nurse is also very important since she is generally the first, and possibly only, health professional to visit a new mother at home. Her reassurance and encouragement are essential for maintaining a successful breastfeeding pattern.

A NATIONAL AND INTERNATIONAL CONCERN

The need to intensify the promotion of a return to breastfeeding has become an international concern. The World Health Organization urged all countries in May 1974 to undertake vigorous action in this regard. Health and Welfare Canada and the Canadian Pediatric Society implemented a project to reach Canadian physicians with an information kit on breastfeeding.

WHAT CAN BE DONE?

It is society's responsibility to promote breastfeeding and protect pregnant and nursing mothers from any influence that could disrupt it. Several major professional organizations have made the following recommendations to support this concept:

1. Information about breastfeeding could be given in schools and in the public communications media.

2. Much more education about infant nutrition could be given in undergraduate health curricula and to physicians, nurses, nutritionists, and other health professionals.

3. Attitudes and practices in prenatal clinics and classes, obstetric wards and newborn nurseries should permit a climate which favours breastfeeding.

4. Supportive people who are knowledgeable and skillful in the art of breastfeeding could be available to mothers in prenatal clinics and classes and during the post-partum period.

5. Consultation between maternity services and those agencies committed to breastfeeding (eg. La Leche League) could be strengthened.

6. Health professionals and educators working with pregnant and nursing women could discuss the many ways of successfully nursing while working. There are many alternatives to consider, e.g. altering the work schedule, location of babysitter or day nursery, expressing milk at work, using one or two supplement bottlefeeds.

7. More day nurseries are needed so that working women who want to nurse their infants may do so more conveniently.

BENEFITS OF BREASTFEEDING

- Always the right temperature & consistency
- Help mother regain pre-pregnancy shape
- Provides intimate physical contact between mother & baby

Can we afford culture?

By ELLEN POMER

Given that a Saturday night at the theatre can easily cost two people as much as \$50.00 including the restaurant before, the parking during and the babysitting after, regular theatre goers are predominantly of the middle-class. Access to cultural activities should not and **does not** have to be restricted to this segment of society. In Toronto you can suit the cost of live theatre to your budget — even if that budget allows for absolutely no frills.

Before getting to the freebies, here are some general tips. Theatre tickets are less expensive during weeknights and weekend matinees than during Friday and Saturday evening performances. And during previews, (performances prior to inviting the press to review the play), tickets cost even less. Usually, discounts are available to students, seniors and for group bookings during the entire run of the show. A group generally consists of 20 or more and can range from a staff association to your mother, father and 17 cousins, to a classroom. As well, many theatres offer attractive dinner-theatre packages, reducing prices of both your meal and tickets. Lastly, if you are so inclined, purchasing a subscription to a theatre's full season will naturally reduce the cost of live theatre.

A word of advice on reducing the cost of tickets: most theatres in Toronto are registered non-profit arts organizations, relying on grants from the three levels of government and the private sec-

tor. If you can afford to pay the regular prices, (with the regular discounts mentioned in the above paragraph), ignore the next paragraph! Even with full houses, revenue from ticket sales, for a non-profit theatre, will cover only about one-third the cost of mounting the production. Your money, if you've got it, is being well spent to build, as they say, an indigenous Canadian culture.

But for those who legitimately can't afford to pay, to begin with, keep an eye on preview dates. In particular, those theatres which do not mount major subscription campaigns, want audiences during previews. For these performances, publicists can offer complimentary tickets to such organizations as Inner City Angels, Women In Transition, etc. Publicists welcome contact with all such organizations, not only to be able to give all people access to their theatre, but also to ensure full houses for their cast. Prior to opening the show to the press, a cast needs the reaction from as many audience members as possible. Tenants' associations, (not Rosedale, please!), all charitable organizations, group homes, senior citizen groups, etc., should inquire about free tickets during the early run of the show. Even theatres with large numbers of subscribers such as Theatre Plus at the St. Lawrence Centre, occasionally distribute complimentary tickets to such groups and do so particularly during the "hold over" weeks, (when a play runs longer than expected.) As well,

many non-profit theatres including Tarragon, Theatre Passe Muraille and Toronto Free Theatre offer 'pay what you can' Sunday matinees.

Lastly, organizations can use an evening at the theatre as a fund-raising event. Arrangements can often be made with a theatre to buy a block of tickets at a reduced rate. The group can then sell the tickets at a higher price to their donors as was done after the last municipal campaign: a New Democratic campaign organized a fund-raising night at Open Circle's WE CAN'T PAY! WE WON'T PAY! and all reports suggest that the evening was a great success for everyone involved.

Land grab

Continued from page 2

against industry and government in their efforts to prevent the establishment of "the largest strip mine in North America". The MNR is attempting to freeze thousands of acres for future gravel pits by using "Cabinet policy directives" to by-pass statutory laws giving municipalities control over their land use. This will have a devastating effect on property values in the designated areas.

Durham Region was recently forced to include more gravel lands than it can tolerate in its Official Plan due to MNR policies which first emerged at the Durham Plan Hearings. Since 1975, the Provincial government has been promising strong legislation to protect the public from the ravages of strip mining, but in fact the aggregate industry, one of the strongest lobbies at Queen's Park, is being encouraged to mine out Southern Ontario, leaving a landscape resembling the moon.

For the past five years, the government has been proudly beating the drums about the great things that Bill 127, an act to replace the present *Pits and Quarries Control Act, 1971*, will do for the people, while in essence it promises to strengthen the grip of the industry. When it came out, the Bill was so woefully inadequate that over 130 amendments were proposed by the Committee studying it. The government, rather than incorporating these amendments allowed the Bill to die with the calling of the election.

ALDON T.V. SERVICE

REPAIRS TO ALL MAKES
7 DAYS A WEEK

Clip this ad & save \$5.00

New and Used Colour TVs 10% off for
with Complete Warranty Senior Citizens

Antenna Repairs & Installations

CALL 465-4653 \$6.95 per Service Call

BROTHER'S CAFE RESTAURANT

● Now Open Under New Management

Daily Specials From 12-2 pm and 5-7 pm
priced from \$2.50

15% off for seniors (food only)

● Fully Licensed ● Cozy Atmosphere

180 Carlton (at Sherbourne) 964-7563

IT'S CLASSIFIED

315 Dundas St. East
Toronto M5A 2A2

DEADLINE FOR APRIL 24 ISSUE — MONDAY APRIL 20, 5 P.M.

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.) ADS ARE NOT ACCEPTED BY PHONE. Fill in the coupon below and mail or bring it and your payment to 7 News, 315 Dundas St. East, Toronto M5A 2A2.

COMMUNITY SERVICES

N.I.P. at 265 Gerrard St. E., in the Library House beside the Parliament Street Library. is open if you need help or information. Please drop in or call 924-2543.

HELP WANTED

PIANO TEACHER wanted for beginning and advanced students in apartment building. Contact Box 10, 7 News, 315 Dundas St. East, Toronto M5A 2A2. (11-20).

CONTACT SCHOOL — needs a streetworker. Attendance follow-up and counselling. \$5.38/hr. Application by resume. Call 922-1314. (11-19).

VOLUNTEERS WANTED

SOUTH RIVERDALE COMMUNITY HEALTH CENTRE NEEDS VOLUNTEERS: poster artists, writers, and editors, a statistician and a slide show attendant are all needed. Please call SRCHC at 461-2494. (11-20).

NEED EXPERIENCE IN COUNSELLING or simply an experience? Free training for serious volunteers offered by John Howard Society to work with ex-offenders. Call Liz at 925-4386 (11-20).

DAYCARE/BABYSITTING

DAYCARE WANTED for 4-year-old girl, mornings and after school. To June 30. Withrow School area. \$50. Call 469-0470 evenings (11-20).

NEED A BABYSITTER? Neighbourhood Information Post at 924-2543, has a registry of people who will do babysitting and odd-jobs, and daycare.

PAPE CHILDREN'S HOUSE in Pape Ave. School offers a Montessori-based daycare program for children 2½ to 3½ 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).

SHARED ACCOMMODATION

SINGLE EMPLOYED MAN — There is a room in a house in the neighbourhood that might be right for you if you enjoy a co-operative Christian environment. Rents \$45 — \$65 weekly. Call 924-1891 between 9 and 12 for Wilkinson House. (11-20).

LOST & FOUND

CAT, small, calico, found in Broadview-Danforth area towards the end of February. Call 463-5835. (11-19).

INSTRUCTION

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. (11-1).

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

SPACE AVAILABLE at DonVale Co-op Nursery School (in Winchester School). Please call 469-3149. (11-20).

YOGA: SCIENCE OF SUCCESS

Reach your highest goals: physical, mental, material, social, spiritual.

YOGA IS FOR YOU, NOW. Narain, consultant, counsellor, master teacher. 921-1810.

Judith Dennison-Broad B.A., A.C.C.E.

Lamaze Childbirth Educator, Member of the American Society of Psychoprophylaxis in Obstetrics. Weekend & Evening Classes 961-5559 (business) 463-8159 (residence)

BUSINESS LISTINGS

DRESSMAKING — clothes made with or without a pattern. Alterations. Responsible work. 39 Victor Ave. 464-3992. (11-20).

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. (11-21).

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).

RENT-A-WIFE makes a great Mother's Day surprise. Give a gift certificate for 3 hours of our service, good any time, for cleaning, cooking, shopping, personalized letter head in italic script, etc. Free estimates. Call Judith at 964-8913 (11-22).

TYPING SERVICE: 25 years experience. Fast, accurate, dependable. Manuscripts, theses, technical reports, correspondence. Reasonable rates. New IBM Selectric typewriter. Eileen: 469-2135. (11-19).

SERVICES

Mark Hines, B.Sc., M.Sw.

Psychotherapy for Individuals
Couples, Families and Groups
(Gerrard- For Appointments
Broadview area) call 461-7082

GOT A PROBLEM: PAY WHAT YOU CAN AFFORD COUNSELLING

Human relations, confidence, goals, career objectives, family spiritual drugs, motivations!

Dr. S.D. Litchen, Ph.D.
Psychotherapist 922-2996

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. E. Toronto M5A 2A2.

My ad should read as follows _____

Opera and other goings-on

By ELLEN POMER

Having grown up to the sounds of Presley, Joplin and the Beatles, I have always felt somewhat intimidated by opera and disturbed by the class distinctions this form of culture seems to represent in North American society. But over the March school break, on a wonderfully sunny day at Harbourfront, I sat amongst a enthusiastic group of children who were singing to Benjamin Britten's children's opera, THE LITTLE SWEEP.

The actual co-production by the Canadian Opera Company Ensemble and the Canadian Children's

Opera Chorus was scheduled to begin at 1:30 p.m.; however, by 1:00 p.m. the room was filled with children who were learning some of the songs so that they could sing along during the forty-five minute presentation. No one had told this assorted collection of children that opera was limited to a certain segment of society — the privileged, the intelligentsia. All they knew was that on-stage stood poor Sammy the sweep-boy who was sold to cruel chimney sweeps. And it was their duty to save him!

This delightful opera, set in England in 1810, obviously over-

simplifies the social upheaval caused by the early stages of the Industrial Revolution. Nonetheless, the situation is ripe for discussion: Sammy is sold to the two 'bad' men because his parents are desperately poor. He is saved by the wealthy children whose chimney he is supposed to clean. The evils of class division are clear and the 'resolution' of the problem, joyful.

Bringing culture to the masses is a phrase frequently bandied about and the Canadian Opera Company Ensemble and Canadian Children's Opera Chorus are to be applauded for taking jargon to action. While regular opera tickets at the O'Keefe Centre are prohibitive for most people — 2 seats in the balcony for THE FLYING DUTCHMAN on a Saturday night cost \$54.00 — the Canadian Opera Company Ensemble attempts to reach a broader audience than can afford to go to the O'Keefe. This resident core of singers regularly presents workshops for schools

across the country and can be heard from shopping malls to intimate cabaret settings. The contact is Irene Wronski, Co-ordinator of the Ensemble at 363-6671.

This children's programme resumes at Harbourfront this summer in their large tent on Saturday and Sunday afternoons. Tickets are \$1.00 for children and \$3.00 for adults. For more information call 364-5665. It seems to me that one should take advantage of the children's programme while we're all still young because implicit in this price differences between tickets at Harbourfront and at the O'Keefe is that as we all get older we all get richer.

On the Toronto theatre scene, there are at least three worthy productions currently playing: Tarragon's presentation of Sharon Pollock's GENERATIONS which is a new play set in contemporary Alberta. Revolving around three generations of a farming family, this drama presents the dreams and conflicts of a family as they

struggle for and against the land which dominates their lives. GENERATIONS is a very warm play for it reaffirms the faith in the family and its ability to overcome crises with humour and compassion. For reservations call 531-1827.

At Toronto Workshop Productions, 925-8640, George Luscombe directs the revival of their international hit, TEN LOST YEARS. Playing until the end of May, this musical is based on the book of the same name by Barry Broadfoot. TEN LOST YEARS is a superbly entertaining and informing re-creation of Canada during the depression.

And NDWT Company at Toronto Free Theatre presents the premiere production of TREBOL DARK, a tale of scientific discovery and political power running amuck in a land undreamed of by contemporary man! Tickets can be reserved by calling 979-3006.

Selects Say Thank You

The Cabbagetown Selects hockey team wishes to thank residents of Ward 7 and surrounding areas for supporting their team in the first annual draw. Winners are — 1st prize: Glen Conway; 2nd prize: Mary Leblond; 3rd prize: Jean Segal.

The team's home ice is Moss Park arena. The Coach is Joe Leblond and the Assistant Coach is Ron Ouellette.

BINGO & BAKE SALE

Friday April 24

★ ★ ★
BAKE SALE 6:30-7:30
BINGO 7:30-10:00

SPRUCECOURT
SCHOOL

★ ★ ★
PRIZES PRIZES PRIZES
Donated by Local Merchants

Another one bites the dust

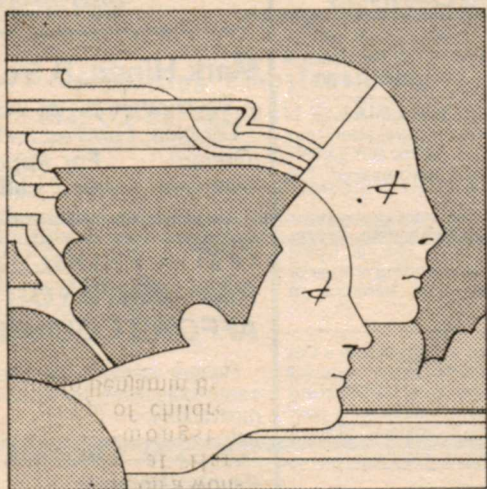
The current wave of bank branch closings seems to be continuing unabated.

Latest casualty is the Royal Trust branch at Danforth and Logan. It is closing May 23 and customers' accounts are being moved a couple of miles away to the branch at Yonge and Bloor.

There are other banks nearby where people could open accounts but none of them offers the convenient hours of the Royal Trust. Regular banking hours simply make it impossible for some working people to get to the bank, and very few banks are open at all on Saturdays.

However, it seems that banks are finding they can make higher profits by cutting back on services and investing in other areas. So customers have to make do with longer distances to travel to the bank, shorter hours, longer line-ups, and longer waits.

What Every Student Needs To Find A Job This Summer



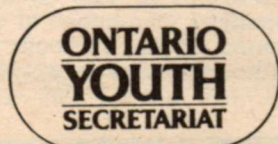
It takes more than a simple desire to work and a little good luck to find a job. It takes organization, determination and a willingness to try a variety of options.

That's why the Ontario Youth Secretariat has written a special handbook called "The Edge."

"The Edge" gives a systematic and positive plan of action for finding work and then making the most of it. It also gives guidelines on how to create a job by turning personal talents into a small enterprise.

"The Edge" is an essential primer for any young person looking for a job. That's why we're making it available free at high schools, college and university placement centres and libraries.

Or you can write to us, Ontario Youth Secretariat, Queen's Park, Toronto, Ontario, M7A 1Z1. We'll make sure you get "The Edge."



Ontario Youth Secretariat.
An agency of the Ontario Government.
Working for youth. Working for you.



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