

# 7 NEWS

TORONTO'S OLDEST COMMUNITY NEWSPAPER  
315 Dundas St. East (All Saints Church) since 1970  
Toronto M5A 2A2 Phone: 363-9650  
JULY 9, 1982

## FREE TAKE ONE

VOLUME 13, NUMBER 3

The next issue of 7 News will appear on Friday, July 30. The deadline for that issue is Monday, July 25.

## TORONTO RAVINES - Ours to Preserve

By ULLI DIEMER

To naturalists, visitors, and to many Torontonians, Toronto's ravines are one of the city's most beautiful features, islands of nature in the midst of a giant metropolis.

To some, however, the ravines have always been a nuisance, hard to build in, interrupting the smooth flow of traffic on the

city's grid of streets, 'waste' land unsuitable for commercial -ation. As a result, many ravines have simply been filled in, and the streams that ran through them have been permanently confined to underground channels. Others have been used for as dumping grounds: for rubble and garbage, expressways and railways, and for industries best kept out of sight,

like gravel pits and brickyards. The city's most important ravine system, the Don Valley, is still virtually inaccessible for much of its length, isolated by an express -way, a railway track, an arterial road, and high, barbed-wire-top -ped fences. Others have survived only because their terrain made them hard to build in or dump

However, the City of Toronto is attempting to make the public more conscious of the need for the preservation of the ravines, and it has now published a pamphlet to that end, entitled Toronto's Ravines.

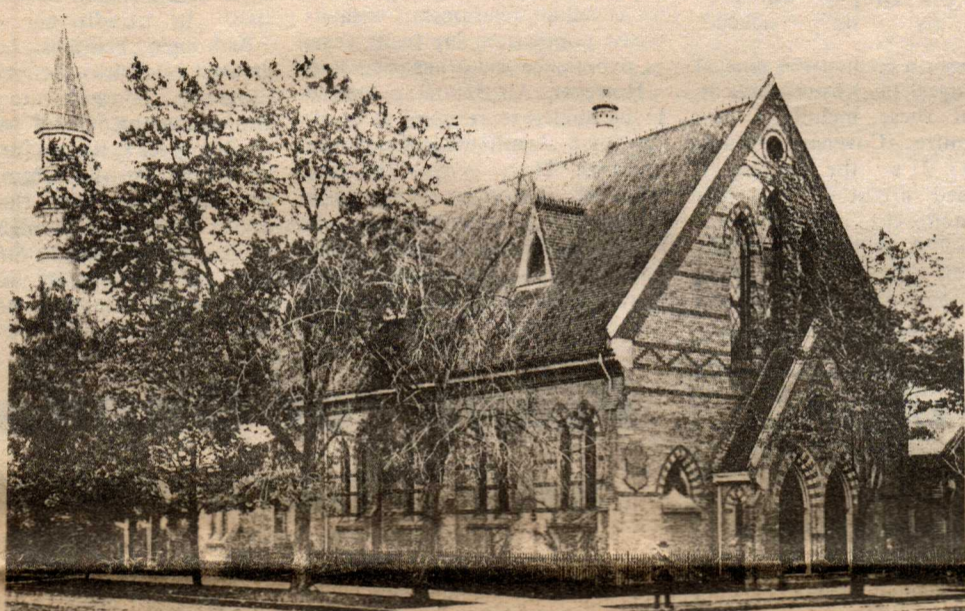
The 24 ravines that still survive in the city (this does not include the other five boroughs or the Metro fringe) have been given some measure of protection -gh the City's Ravine Control bylaws. These bylaws prohibit the destruction of trees and other natural vegetation in the ravines without the consent of City Council, except where this is part of a process of maintaining existing garden areas, steps, walls, etc. (Much of the city's ravine land is in private hands: many of Rosedale mansions, for example, stand on huge lots that include ravine slopes). Also prohibited is any excavation or altering of

ravine lands. The bylaws are not intended to permit the City to acquire privately owned ravine lands, but they do aim to 'protect the ravines as a resource for everyone, and to prevent activities within the ravine areas which are harmful to the environment.' Information and -ion to owners is available from both the City's Planning and Development and the Parks and Recreation Department. Copies of the pamphlet, or further information on Toronto's ravines and their protection, is available by calling the City of Toronto Planning and Development Department at 367-7187. It would however be a mistake

to assume that ravine protection is now 'taken care of'. Pressure on the ravines continues. At least two of the boroughs, for example, are planning major housing -opments on the edges of ravines, despite strong evidence that this would be destructive and dangerous. Meanwhile another borough has been spending large sums of money to aid homeowners whose houses were beginning to slide into the ravine on whose edge they had been built 20 years ago. Scarborough, which perhaps epitomizes land-wasting forms of development that make public

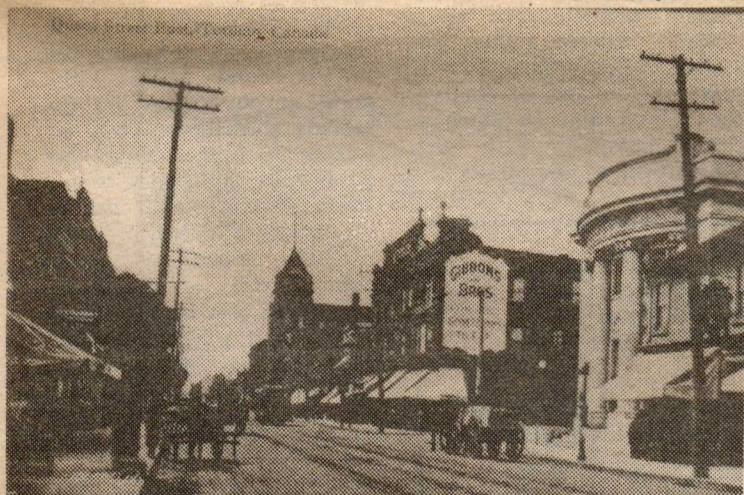
transit and other services prohibit -ively expensive, is considering allowing a development on its fringe, in the Rouge Valley in an area that houses the last herd of deer living freely in Metro. And destruction by individuals also continues. Last summer for example, a dump truck driver decided to save himself bothersome trips to the dump by emptying his loads of rubble down one of the slopes in St. James Cemetery, into the Rosedale Valley.

Ravine preservation, therefore, depends on the vigilance and political persistence of everyone who cares about them. One organization that works actively to preserve ravines and nature generally is the Toronto Field Naturalists, 83 Joicey Blvd, Toronto M5M 2T4. They always welcome new members.



All Saint's Church. early 1900

*These historic shots of Toronto are typical of the pictures on display at the Queen and Saulters Library, of Toronto at the turn of the century. Cont'd on page 8.*



Queen and Saulters, 1909

## Pets get hot too

It's summer time and the living is hot. Not only for you, but for your pet as well. It's time to take a little more consideration with your animal—it will go a long way. The following tips are offered by the Toronto Humane Society to aid you in caring for your pet in hot weather: -Do not leave your pet in a car—even with the windows partially open. The car acts like a hot box and your animal could suffer from heat prostration, which is frequently fatal.

-If you find your pet has heat stroke, immediately douse or immerse him in cold water. When he comes to, take him to a veterinarian.

-If you leave your pet in the yard, make sure he has easy access to shade and a plentiful supply of fresh water. -Your pet's food intake can be reduced during the summer. -It is better to exercise your animal in the cooler hours of the day. -If your pet is particularly thick-coated, a clip might be a good idea. Do not shave your animal right down to the skin as this will diminish his natural insulation and sunburn protection.

The Human Society offers the following tips particularly for vacationing pet owners: -If you decide to take your pet with you make sure he is comfortable in a car. Prior short trips will accustom him to it.

*Continued on page 3*

## Summer events.. free

The kids have been on summer vacation for two weeks—does it feel more like two months? To aid the parent struggling through "summeritis" 7 News is proud to present our guide to free and for children in the Ward 7 area. The next time some popsicle bed-ripped kid tugs at your elbow and whines, 'There's nooooothing to do,' simply whip out this list and your problem is solved.

Recreation and community centres in the area are: Frankland Community Centre, 816 Logan Ave. (463-0554), Jimmie Simpson Recreation Centre, 870 Queen St. E. (461-2550), Pape Recreation Centre, 953 Gerrard St. E. (461-3531). Each of the centres has its own summer programs and the information is only a phone call away. Playschool activities are for all supervised junior and

senior playgrounds. The programs are designed for children 3 to 8 years old and include singing, games, crafts, special event, drama and stories. Playschool will run from Monday to Friday 10-11:30 a.m. The program is also available at Recreation Centres.

Every summer the city of Toronto, Toronto Star and the Toronto Musicians Association present a series of concerts in city parks. The concerts run until August 29 and some of the local parks participating are: Allan Gardens at Sherbourne and Carlton Street on Tuesday evenings at 8 p.m. until August 10; Riverdale Farm at Sumach and Winchester Sts. on Sunday afternoons at 2:30 p.m. August 8 to 29; Regent Park on Dundas St. E., Friday evenings at 7:30 p.m. until August 10; Withrow Park at Carlaw south of the Danforth on Tuesday evenings at 7:30 p.m. until August 10. Country and western music will be featured at

Riverdale Park, Broadview and Montcrest Boulevard, on Wednesday evenings at 8 until August 11.

The greenhouse in Allan Gardens is open, free and displaying beautiful flowers daily from 10 a.m. to 5 p.m. The greenhouse is located in the Allan Gardens Park at Sherbourne and Carlton St.

Riverdale Farm is open daily from 9 a.m. until dusk and displays a wide variety of farm animals. There is no admission charge to the farm, located at the corner of Winchester and Carlton Streets.

For cooling off on those hot summer days, we present a list of wading pools that the kids

can splash in. The pools for children ten and under, are: Don Mount, David Crombie, Jummie Simpson, Morse, Pape, Queen Alexandria, Riverdale East, Riverdale West, Sackville, Wellesley, Winchester Square and Withrow. Some of the

*Continued on page 3*

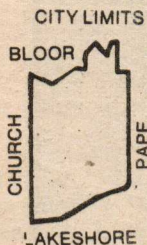


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# All Saints Hostel funded for next year

By KEITH D. ELLIS

Metro Council has recently approved a general grant of \$20,000 for the continued operation of the Overnight Drop-In at All Saints' Church Community Centre during next winter. As much as \$4,000 of this new grant can be used to cover the Drop-In's expenses incurred during a four-week extension period in May.

In a letter to Derek Stodart, Treasurer of the Overnight Drop-In and All Saints' Hostel Manager John Jagt states that: 'We are pleased with your organization's initiative in this area and would urge you to continue the service next winter.' Jagt believes that despite a number of changes in the planning of established hostels, the Drop-In will continue to be needed.

Jagt goes on to mention nine of the changes in hostel services. Some of these include a new crisis centre (Covenant House) for under 21's, the opening of a 30 bed hostel in May for rent women, the continuing of the transient section of Seaton House all summer, the long awaited addition of 170 and 60 beds in October and January

respectively, and a new 90 bed hostel for families in September. However, Jagt still believes the continuation of the Overnight Drop-In service will be needed.

Although the financial future of the Drop-In would seem more secure, clarification of its status is needed. The Board of All Saints' is concerned that the Drop-In should be viewed only as a temporary solution to the lack of available alternatives. To this end, Jagt lists both its limitations and advantages which allow it to function as a back to established services.

The Overnight Drop-In is strategically located, has substantial facilities available to it, can respond to the seasonal demand for shelter and yet is flexible enough to adapt in other respects, and has an excellent relationship with its client population due to its years of experience and other programs.

However, All Saints' is limited in its ability to respond to needs for food, cleanliness and personal comfort. There is also the problem of clients on pensions or welfare who may stay at the In to avoid using their rental income. Fire and safety regulations must also be considered.

Jagt points out that All Saints'

program should respond to the extent that the established hostels are unable to meet the demand. This policy parallels Stodart's (and All Saints') concern that the Drop-In could be regarded as a safety valve to handle the excess population beyond the capacity of Seaton House and other regular hostels.

In addition, Jagt echoes All Saints' concerns in its setting of capacity levels, which were exceeded last winter. He maintains the correct level is influenced by the level of need which cannot be met by other hostels and by the level which can be safely accommodated at All Saints'. Jagt also mentions the fact that clients chose to stay in the Overnight Drop-In despite their being empty beds on occasion in traditional hostels.

Although \$20,000 has been granted by Metro for next year's program, it will only cover approximately 60% of total costs of last year's figures. Individual donations to the Church must be relied upon. Yet, there is no doubt that the Overnight Drop-In has a real future, for as Stodart says, "We must expect an even worse situation next winter."

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## Plans for Dundas and Sherbourne

The Dundas-Sherbourne Community House Association has been busy this last month planning its new and exciting summer program. The co-ordinators, Allyson Lunny and Denise Aylward, plan to involve the tenants of Dundas-Sherbourne and its surrounding community with trips to Marineland, the Metro Zoo

and the farmers' market in Kitchener-Waterloo. Already a group of eager tenants went to Centre Island for a picnic bar-b-que.

The long term goal at Dundas-Sherbourne is to establish a year-round activity program run by-in-large by the tenants themselves. They are looking to other community groups for input and suggestions. If you would like to collaborate with their programs or offer information, please contact them at 964-0095.

Look in this issue of Ward 7 News for a brief outline of their activities for the month of July. For a more detailed itinerary, watch for their activity flyers.

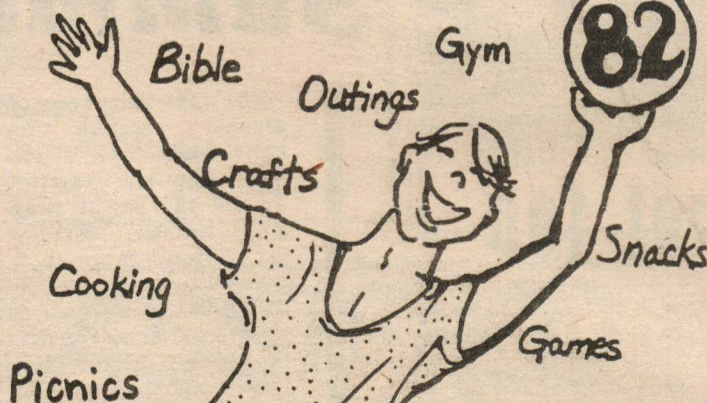
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 9:45 a.m. - Sunday School  
 10:00 a.m. - Parish Mass

TUESDAY 9:30 a.m.

MASS

WEDNESDAY 7:00 a.m.

MASS

FRIDAY 5:30 p.m.

MASS

SATURDAY 9:30 a.m.

MASS

For information on children's activities and other programs, call the Rector, 368-1362.

# 'PETS' CONT'D FROM P.1

-Make sure a smaller pet has a well-ventilated travelling case. If you must leave him in the car for a few minutes, park in the shade, leave the windows open wide and lock him in the case.

-Make sure pets are allowed where you are planning to stay. Never leave your animal unattended.

-If you decide to board him, select a reputable kennel. It's a good idea to visit the kennel before leaving your pet there. Ensure that the cages are clean, a good size and that there is a vet on call.

-Leave your number where you can be reached in case of emergency.

-If you are having a friend look after your pet, leave a list of instructions about his feeding and care.

-Leave telephone numbers of your vet, the Humane Society and where you can be reached should an emergency arise. The Humane Society asks that you also remember that a pet needs a home for life—not just a summer as a child's amusement.

## Local child designs anti-smoking poster

Did you notice the anti-smoking poster in the bus shelter this morning? Chances are it was drawn by Jana Paterson, a Grade 5 student at Withrow School.

Jana's design, chosen by the Department of Public Health for display in 66 bus shelters close to Toronto schools, features a large, vivid rainbow and the caption, 'There are no cigarettes at the end of the rainbow.'

Withrow is one of four Toronto schools participating in a study to test the smoking prevention campaign launched by the Toronto Board of Health.

# 'EVENTS' CONT'D FROM P.1

pools are located in parks while hers are near schools.

For the older kids a swimming pool is the place to cool off. The following pools are open to children from 9 a.m. to 6 p.m. and then again from 6:20 p.m. until 8 p.m. They are all outdoor pools: Greenwood, Monarch and Regant Park. Indoor pools are open only from 7 p.m. until 10 and are located in Board of Education facilities, they are: Jarvis, Queen Alexandra and Lord Dufferin.

Pools located in recreation areas are: Frankland Community Centre, Jimmie Simpson Recreation Centre, Pape Recreation Centre, John Innes Community Centre—phone the centre for their hours of operation.

Instructional swimming is offered at: Lord Dufferin, Jarvis, Queen Alexandra and Riverdale C.I. Registration is arranged through the school.

Supervised senior playgrounds operate from 9:30 a.m. until the hydro lights come on in the evening. The playgrounds are in these

parks and schools: David Crombie, Winchester Square, Withrow Park, Queen Alexandra and Withrow School. Supervised junior playgrounds are located in the following parks and schools: Degraasi, Don Mount, Jackman, Morse, Riverdale (East and West), Sackville, Tiverton, Trinity Church, Wellesley and Rose Avenue. Junior playgrounds close at 5 p.m.

For the older children, unsupervised playgrounds are located on: Bright St., Carroll St., David Crom-

bie, Eastdale and Wardell. If tennis is your racket, try some of these courts: Carroll St., Jimmie Simpson Park, Moss Par, Riverdale Park, Withrow and Rosedale Park; because some of the parks have community tennis clubs using the court facilities, it is best to phone

Toronto Parks and Recreation Department to find out the hours of a court you'd like to use.

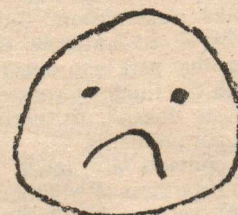
If all of this isn't enough, to keep the kids busy and out of your hair, try sending them to their Grandmother's for a week or two.

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## ONTARIO'S NEW HUMAN RIGHTS CODE BECAME LAW JUNE 15

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Here are some of the main points of the new Code:

**RACIAL, ETHNIC AND RELIGIOUS DISCRIMINATION.** Everyone has a right to equal consideration for employment, contracts, accommodation, goods, services and facilities regardless of race, colour, ancestry, ethnic origin, place of origin or creed.

**HANDICAP.** Every person with a physical or mental handicap has a right to equal treatment under the Code.

**EMPLOYMENT.** The Code has been expanded to prohibit discrimination against handicapped

persons, persons between the ages of 18 and 65, and against persons on the ground of family status.

**HARASSMENT.** Every person has a right to freedom from harassment because of any of the prohibited grounds in accommodation and employment. And unwelcome sexual advances by persons in a position of authority are prohibited.

The Code elaborates these and many other provisions, and permits exceptions in certain cases. We'd like to send you a copy, and your own guide to the Code so that you can find out all the details. Please write: Ontario Human Rights Commission, Queen's Park, Toronto, Ontario M7A 1A2. Or phone:

(416) 965-6841 or 1-800-268-9004.

And see how the new Code supports another very simple but strong idea: Together We Are Ontario.

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# More to contacts than meets the eye

By MARY COUCH

"If only my contacts didn't bother me so much, I wouldn't have to wear these ugly glasses" — common complaint by people who bought contact lenses on the basis of price alone.

Not that price consideration is wrong, or that cut-rate shops sell inferior lenses, they don't. It's just that the few dollars the buyer saves at the outset usually come at the expense of a complete, detailed eye examination, fitting and follow-up call. If the lenses do fit, great, you've saved some money. But if they don't, you've got problems that could lead to further deterioration of the health of your eyes, and probably to the contacts being left at home. I should know, it happened to me.

Basically, contacts are little round disks you put in your eye to improve your vision. And that's where the fit comes in. Obviously, each lens is fitted to your prescription, but it also has to be fitted to your eye since it will be in direct contact with it for hours at a time.

"Maybe we haven't made enough noise about the problem

of poorly fitting contacts" explained Dr. Paul Levy, an optometrist with over 30 years of experience, including 25 years fitting contact lenses. "People are used to glasses, and they've come to know that the curvature of the outside of the lens is the key to better vision. Well, the same is true for contacts ... the outer curve promotes clear vision. But the inner curve is far more crucial because that part is in direct contact with the fluids of your eye ... and if it doesn't fit correctly, you've got problems."

All contacts are made from plastic, regardless of whether they are hard, soft, or semi-soft. Each type has its own characteristics, with hard lenses offering better vision, easier care, durability and sometimes less expense, even though they are harder to get used to. Soft lenses offer greater comfort since they are flexible because they absorb water so they don't give the feeling of 'having something in your eye', help to keep out dust, and don't tend to pop out, which is why they are preferred by people who play sports.

Apart from a few cases of absolute medical necessity, the main reason for getting contacts is cosmetic. Many people don't want to be seen wearing glasses. Maybe it's a fear of being called "four eyes", or forgetfulness to they tend to lose their glasses, or concern that wearing glasses is a sign of old age. But whatever the reason, people like contacts. And contact like people ... if they're fitted properly.

So how do you get a good fit? Where do you go? You've got a choice. You can go to an optometrist, and ophthalmologist or an optician. Optometrists are specialists trained to examine, measure, and detect eye diseases and related problems. Ophthalmologists can go even further in that they can treat those diseases. Opticians are trained in somewhat the same way as paramedics ... they work alongside an accredited optician for two years, take courses, pass exams and then they receive a certificate allowing them to fit contacts too.

"About 90% of the people who need to correct their vision can be fitted," said Dr. Sigmund Vaile, a Toronto ophthalmologist with over 20 years in practice. "The other 10% have physical aversions or allergic reactions that prevent them from wearing contacts."

"Apart from inspecting the eyes for diseases, the major con-

cerns we have when fitting contacts are the curvature and size of the cornea (the transparent outer layer covering the colored iris and the pupil of the eye), and the amount of eyelid exposure. We try to be as thorough as possible, taking the patient's attitude and approach to wearing contacts into consideration right from the start," Dr. Vaile continued.

"Follow-up is a key part of getting contact lenses," explained Dr. Levy. "We want to be sure that the lenses do fit ... that there are no adverse reactions to the lenses or the special solutions ... and that the patient is following the correct procedure for the care and cleaning of the contacts."

Both Levy and Vaile said the patient's motivation was an important consideration for them before they would prescribe contacts. Because of the daily ritual of cleaning that is an integral part of having contacts, both men said it was imperative to be sure the patient would follow the routine and the responsibility every day. People with poor personal hygiene are generally turned down simply because they could be risking further eye damage by contaminating the lenses, the solutions, or by just not following the relatively strict rules that apply to wearing contacts.

In terms of cost, the price of a complete package consisting of a

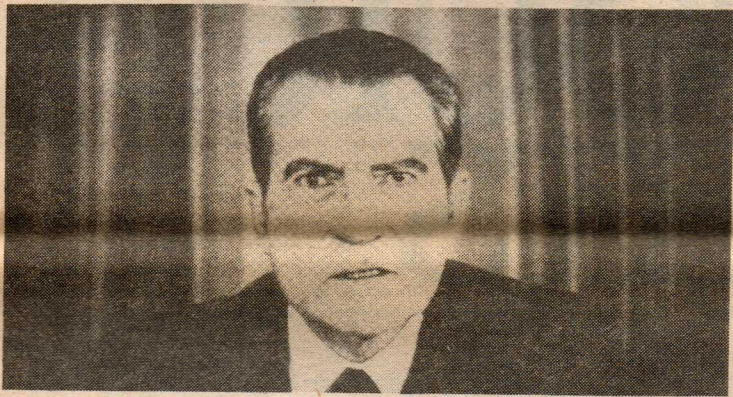
full eye examination, lenses, fitting and at least three months of follow-up to be sure you and the contacts are on a compatible path comes to about \$250. OHIP pays for the prescription examination. Certainly there are cheaper ways to go, but if your objective is to get a good pair of contacts that will both improve your vision and your looks, and rest comfortably on your eyes, price should be a fair way down your list of priorities ... if it's on the list at all.

On the off-chance your contacts don't fit ... either as a result of an allergic reaction, or because you can't adapt to them, don't fight the problem. A sympathetic fitter should make cost allowances. Also, don't give up. Try again later on, since new plastic polymers are being evolved all the time.

And finally, just a passing word on the relatively new bi-focal contacts ... the experts are a little skeptical about their performance and suitability at this point. However, as research goes on, they probably will be perfected and become well-accepted in the near future. After all, it wasn't all that long ago that contacts themselves were a new, and not totally reliable innovation. Now, almost everybody who needs glasses can switch to contacts if they want to ... and in some cases, they can leave them in for days at a time ... with the right care ... and the right fit.

As Dr. Levy said during the interview ... "If you're thinking of getting contacts, or if the ones you have are bothering you, please take the time to get an examination and to get them fitted properly. Your eyes can only take so much punishment. Contact lenses involve a commitment ... a commitment to time ... time to get them fitted ... and time to take care of them."

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## True Facts

By ULLI DEIMER

Ah, how the police mind works! Toronto's finest, with the approval of Metro Council, have just approved a new crime prevention program, to be called Cabs on Patrol.

The idea is based on a similar program operating in Phoenix, Arizona, and simply involves cab drivers reporting suspicious incidents to police. What's a suspicious incident? The police offer two examples: 'unlocked doors and windows on a closed businesses' and—are you ready—'very old cars travelling in wealthy neighborhoods'. Now we can't even drive around Rosedale to look at the houses we'll never see the insides of. Also given was an example of what not to report: 'domestic disputes' (known to many women as 'wife beating')....

If you've been studying the want ads lately, you may have noticed a prominent display ad placed by the Ontario Lottery Corporation, seeking a 'Special Events Assistant'.

The ad stipulates that applicants must possess 'good communication skills, ability to solve problems, organize workload and work with a minimum supervision' as well as a class 'G' drivers license. The ad lists the responsibilities the chosen individual will be required to carry out, culminating in 'You may be required to wear one of our animated character costumes'.....

Spelling out their philosophy in a 1 1/3 page glossy ad in the latest issue of Toronto Business magazine is Via Rail, the people whose recent slashing of rail services is having a devastating im-

pact on communities from B.C. to the Maritimes. "Some say business travellers are a bit more demanding" the ad says.

"We say, a bit more deserving." VIA goes on to explain how it has developed VIA 1, "the most comprehensive first-class travel concept" in the Windsor/Sarnia to Quebec City "business heartland." Business travellers are to get "extra service: Special ticketing and check-in. Pre-boarding in major cities. Complimentary and attentive service...a full range of sleeping car options." "And throughout the Ontario-Quebec corridor"—as opposed to almost everywhere else in the country—"there are more daily trains than ever before." They conclude that "it's not surprising that VIA 1 is the first choice of travellers who want true first-class service".....

You'll be glad to know that the decision of the Reagan administration to 'ease up' on safety violations in U.S. mines was a success in its first year, despite the

'prophets of doom and gloom' who claimed that federal inspectors were already far too lax to start with. The policy of reducing 'paperwork and bureaucracy' so mine owners could get on with making their operations more profitable resulted in a 16 per cent decrease in citations for safety violations (less paperwork), and a 27 per cent decrease in fines (more profit). Of course, mine deaths increased 15 per cent:

more men died in mine 'accidents' last year than in any year in history. But this 'regrettable' detail shouldn't be allowed to obscure the overall success of the policy.

## Dixon Hall funding for skills

After several months of negotiations with Manpower and George Brown College, it looks like Dixon Hall is going to get the funding for its job training program for women.

Final negotiations are now underway between Dixon Hall, Manpower, George Brown and the Ministry of Colleges and Universities.

A Manpower representative at a Dixon Hall meeting on June 17 assured the group that funding for the program would be forthcoming. If all goes well the program is scheduled to start in October. The program is unique to this country because it offers classroom instruction and on the job training where other programs offer only one.

The only sour note to this news is that the women already in the program, who will graduate at the end of July, will not receive any of the wages that subsequent participants will. They will receive only the thanks of those who follow them and the respect owed a pioneer.

# COMMUNITY CALENDAR

**Sunday, July 11**

Dr. Wilson, head of the World Conference on Religion for Peace will speak at St. Lukes Forum in Allan Gardens today at 2:30 p.m.

**Sunday, July 18**

The speaker at St. Luke's Forum in Allan Gardens at 2:30 p.m. today is Rev. Robert Lindsay of the of Mission in Canada of the United Church.

**Sunday, July 25**

Dr. McNemee of York University will speak at St. Luke's Forum in Allan Gardens today at 2:30 p.m.

**Wednesday, July 28**

Riverdale Library (Broadview and Gerard) hosts "Let's play TV", a creative drama program designed to prove to 9 to 14 years old that there is more to television than meets the eye. TV technique included. From 8:30 a.m. to noon. Please register for this free program.



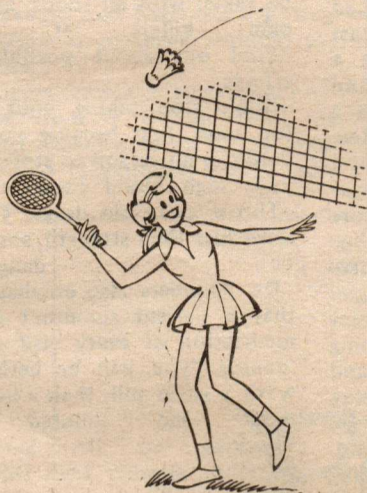
**Ongoing**

The Queen-Saulter Library at 765 Queen St. E. will be presenting the second of its regular monthly art exhibits, starting July 1.

Joanna Van Dewart is the artist whose work will be presented and she will be showing a group of oil paintings, drawings and prints. She graduated from the Ontario College of Art this past May and will continue her affiliation with the college as a Liberal Arts Research assistant. Joanna would like to combine a career as an art instructor with that of a professional painter and print maker. The show of Joanna Van Dewart's work will continue for the entire month of July.

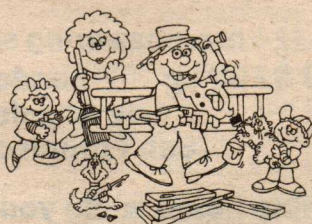
The High Park School for Outdoor Education is a free day program which is available to Grade 4-8 students from July 5 to August 27, 9 a.m. to 3:15 p.m., Monday to Friday. The High Park School has been established by the Department of Parks and Recreation for the city of Toronto and the Toronto Board of Education. Pupils participate in ornithology, geology, orienteering, pond studies, gardening, bird and butterfly banding, conser-

vation, bicycling and walking, and camping trips. Recreational activities include tennis, badminton, swimming, cricket, soccer, photography, macrame, leather crafts and wood-working. These activities vary from week to week. Students may attend one or more weeks and they will be escorted from the entrance of the High Park Subway Station to the site by the staff. Car fare and lunch should be provided by the students. For further information about this program, phone 598-4931, local 667 or 678 or after July 5, 762-7582.



Student Aid program to the elderly and disabled is a free service of the Yonge Street Mission for senior citizens and the disabled living in the downtown core. A team of students, armed with lots of elbow grease, and no fear of hard work, will clean windows, scrub floors, mow lawns, tackle grocery store line ups for you all with a smile.

Janice Rainey, a social work student at Ryerson Polytechnical Institute along with high school students Tery Andrychuck and Valerie Lim have dedicated their summer to making life a bit easier for the people who have a special place in their hearts - the seniors and the disabled. Their salaries are dependant on support from their churches and friends. If donations designated for each student are not forth coming, they receive no pay cheque that week. As program co-ordinator, Janice Rainey, says, "People usually detect something difference about kids who are willing to do this." The team's goal is to practically demonstrate Christian love and the show that "God's children really do care." The boundaries for this service are: King Street on the south; Bloor Street on the north; Church Street on the west and Broadview on the east. The program continues until August 20. Students are available from 10 a.m. to 5 p.m. For information and appointment please call 929-9614.



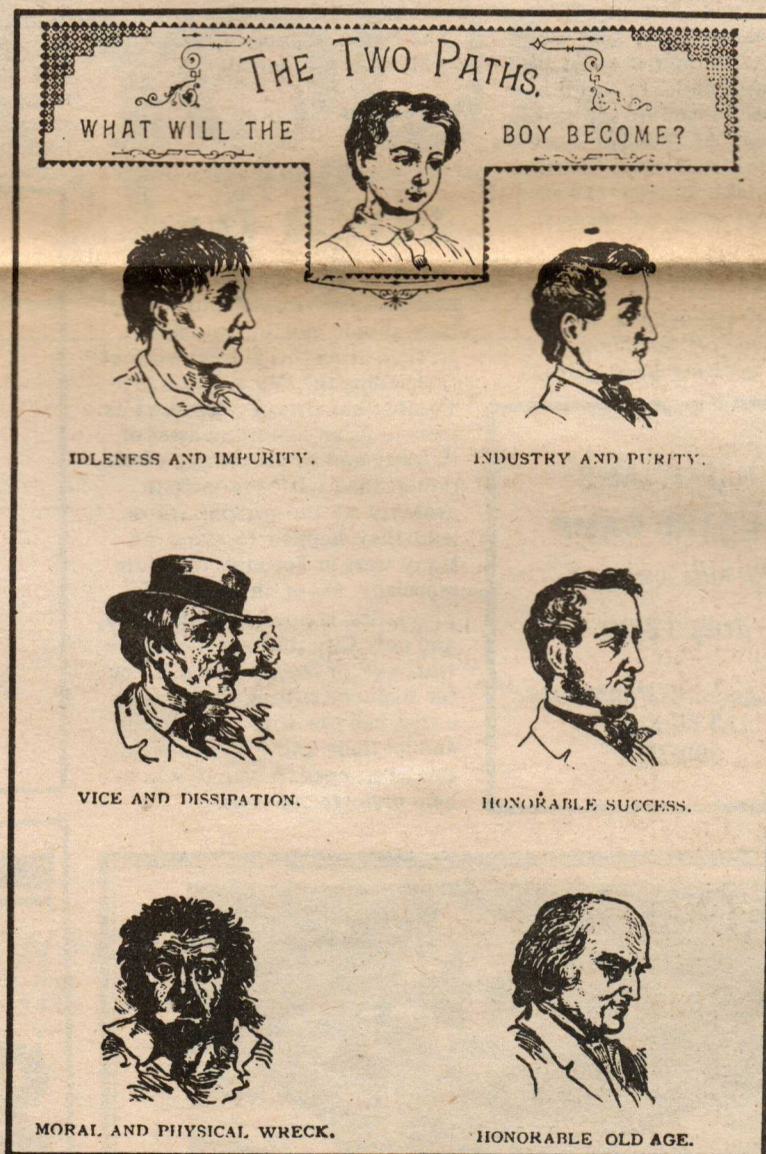
Teachers from Studio Lab Theatre will assist Ernest J. Schwartz in a series of lively and fun-filled workshops. Young people will learn the basics of acting through Theatre games and improvisation. They will learn to use voice and gesture with imagination, working at his/her own pace with plenty of individual attention. No previous experience required. The Ralph Thornton Centre is pleased to be able to offer this special program through the assistance of Theatre Ontario, the Federal Special Initiatives Program and Harbourfront. The Workshops will be held every Mon. and Tues. evening from 7:30 to 9:11, starting July 5 to August 10 at the minimal cost of five dollars a week. Limited enrollment, register soon.

Toronto Dance Theatre will be alive with sound and movement this summer as the school begins its summer program with dance courses in a variety of styles for beginner and professional alike. Starting the first week in July will be evening classes for beginning and elementary students based on the celebrated tradition of Martha Graham. These will run through the end of August. Big

news for the school is its first-ever jazz course, which begins July 19 on Monday and Wednesday evenings for a month. These beginners classes will be taught by Merle Holloman, a member of the Toronto Dance Theatre, whose wide experience include studies with American Ballet Theatre and Harkness Ballet, and three years with the Alvin Ailey Repertory Company and Ballet Hispanico in New York.

An important addition has been made to the school's day-time schedules. An open company class will be held every day at 10:30 a.m. from July 5-30. August features guest teachers Peggy Baker and Rob Besserer of the Lar Lubovich Dance Company from New York. Ms. Baker is well known in Toronto as a former member of Toronto Dance Theatre and co-founder of Dancemakers. She and Besserer will teach two levels of technique classes and Lubovich repertory.

The morning intermediate/advanced classes will resume August 16 for two weeks prior to the opening of the full-time professional program commencing September 7 and the general evening program beginning September 14. For further information contact Stephen Johnson at 967-1365 or Linda Jones at 967-6887.



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

.....  
 .....

## O'Connor Lib choice

Liberals in the federal riding of Broadview-Greenwood have nominated a candidate, 38-year-old lawyer David O'Connor. O'Connor defeated his only rival, businessman David Ellis, by about 20 votes. O'Connor has a tough task ahead of him, because Liberals have traditionally finished third in the riding, behind the NDP and Conservatives. O'Connor's chances of winning may even be smaller than usual since, as he acknowledged in his speech to the riding association, the policies of the current Liberal government are "very dif-

ficult to defend". He expressed confidence, ever, that new economic proposals promised by Finance Minister Allan MacEachen would get the country back on the road to recovery.

The riding became when MP Bob Rae resigned to become Ontario NDP leader. The NDP have nominated Lynn McDonald to represent them, while the Conservatives have not chosen a candidate yet. The by-election, called at the discretion of the Prime Minister, has not been set, and may well be far off in the future.

## Self defense for Seaton staff

After repeated incidents of rowdiness leading to staff injuries at the Seaton House men's hostel on George Street, employees at the hostel are being given self defense lessons.

Three Seaton House staff were off work with injuries when the decision was made. In addition, windows and furniture are broken almost daily at the 800 bed hostel. The hostel serves homeless transients, elderly men, and men who cannot work for medical reason s..

Sixty-five of the hostel's staff are to be given lessons in Defendo, a method of self-defence the at concentrates on subduing an attacker by using hand grips,

pressure points, and restraining holds.

One hostel cleaner suffered four broken ribs several months ago, and another staff member was stabbed in the face with a fork.

The hostel is primarily funded by Metro City Council.

## Your tree is not YOUR tree

The city of Toronto is reminding homeowners and tenants that they should not be trimming, cutting, or removing trees without first calling the city at 367-7281. Toronto has always considered its trees to be an important asset of the city and its people as a whole, rather than just the private property of the persons whose land they happen to stand on. Many trees in Toronto, therefore, especially those in front of properties, are owned by the City, and only City staff are allowed to trim, cut, or remove them. If you see someone cutting or damaging a tree, call the City immediately and let them know, so the person can be stopped. It's up to you to help preserve our trees.

## LILIPUTIANS THEATRE CAMP

for kids and teens

July 12-23

Woodsworth Penthouse  
133 Wilton St.  
368-7007



If 7 News goes broke, I'm not going to lose any sleep over it. In fact, if Canada goes broke, I'm not going to lose any sleep over that, either. If you Bleeding Hearts want to contribute to 7 News' Supporting Membership Campaign, go right ahead. What do I care? But for God's sake, don't bother me about it.

7 News Supporting Membership Campaign  
315 Dundas St. E. | Toronto M5A 2A2

## Drugs can be harmful to you

By JEAN WRIGHT

You come home from a party, a after a few drinks and with a ting headache. You decide to take a couple of 222's, but you still feel lively so you take a couple of sleeping pills to get some rest.

Watch out—that combination of three depressive drugs could just put you to sleep permanently. Too few people realize that drugs in combination are often more dangerous than potent than they are singly. And too few people realize that many common items, such as nose drops, cough syrup, ointments and alcohol are i, in fact, drugs.

That was the message delivered by Dr. S. Saunders to the East Toronto Seniors Network in a talk entitled, 'Medications and Seniors.' Dr. S. Saunders, a member of the Addiction Research Foundation pointed out t that drug combinations are dangerous at any age but become more so whas a person grows older because the effect of drugs increases as a pperson ages.

Depressive drugs that interact include tranquilizers, sleeping pain releivers, anti-histamines and alcohol. Some of these drugs stay in the system a long time and s are addictive, Dr. Saunders said. The user gradually begins to take more and more pills to get the s same effect. Withdrawal include edginess and insomnia.

Another problem is that patients sometimes have several doctors, are on several types of medication and there is no good control over all the drugs they take, including over the counter remedies, and should provide their doctor with that list.

A few other rules:  
—Have your drug intake monitored by a doctor or nurse every six months.

—Never take another person's medication.

—Be sure you understand what a drug is for. As x if the drug can be taken with all foods, alcohol, pain killers, et cetera.

—Find out about possible side effects.  
—Don't stop taking your drugs too soon. Just because you feel better is no reason to stop taking your high blood pressure pills.

—Throw away old drugs. Though most lose their strength, some can be dangerous.

Dr. Saunders also emphasized that a patient shouldn't expect medication at every visit to the doctor. 'you will be better off with a sugar pill, than a harmful drug' she pointed out.

Backing up Dr. Saunders' warnings, speaker Jean Duddley of Ward Nine Senior's Link, outlined several varieties of drug abuse she'd encountered in her

work with seniors: trading drugs, saving and using old drugs and mixing dangerous drugs. Serious problems still arise when people continue taking drugs without a check-up, allowing dangerous levels of drugs to build up in their systems.

The meeting was held in the Riverdale Library.

## JOIN THE LINE

More than 20 people camped out overnight on May 24 for a chance at 300 apartment and townhouse units being built by Cityhome at Sherbourne and The Esplanade. Cithome is the city of Toronto's non-profit housing corporation. Because they are profit, rents at Cityhome projects compare favourably with most other accomodation in the city. The city provides subsidized rents for the needy and on a rent-geared to income basis for between 25 and 40 per cent of units in a project.

## ROOM AND BOARD WANTED

Take a student from abroad into your home!

We need families who can offer room and board to foreign students of English. All payments will be made by the school.

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SNARL CRY  
GASP GULP  
AGREE DISAGREE  
THINK ENJOY  
SUPPORT SPEAK OUT  
SHARE  
CLIP FILE  
WRITE PHONE  
BOOK-KEEP  
REPORT LAY-OUT  
LEARN

## VOLUNTEER

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TO  
VOLUNTEER  
YOUR TIME



St. Peter's Anglican Church  
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## SUNDAY

9.00 A.M. Holy Communion

11:00 A.M. Sung Services of

Morning Prayer or

Holy Communion

7.00 P.M. Evening Prayer

## WEDNESDAY

6.00 P.M. Holy Communion

For information on other services and programs, please call 924-1891 before noon. Rental space available.

# Landlord's ad in bad taste

Dear Ward 7 News:

We were very distressed to see the advertisement for the Landlord's Tenant Consultants on page 2 of your June 4, 1982 issue. We know that you are well aware of the urgent need of tenants in Ward 7 for decent affordable housing. We know you are well aware as we are of just how sharply that supply has diminished over the last ten years. There are very large loopholes in the Rent Review legislation which directly threaten the already dwindling supply of moderately priced housing and promote conversion to luxury apartments ultimately hurting the very people who have been the long standing readers and supporters of the Ward 7 News.

For example, the Residential Tenancies Act allows that if a unit is left vacant for a year, the landlord can set a new rent without the constraints of Review. The Rent Review guidelines further provide that, where a unit has been substan-

Rent Review legislation actually provides an incentive for the landlord to convert affordable housing to "luxury" units that are far too expensive for most people. Perhaps just a "renovation" is the method by which the Landlord's Tenant Consultants achieved their recent success of 34% that they boast about in their ad.

It is obvious that the job is to advise their landlord clients about these and other loopholes that they can jump through. Many of these people are ex rent review Commissioners who have gone on to more lucrative positions with landlord consulting firms. All of this is at the cost of the tenant.

Payments that are made to the consultants by landlords in a whole building review are passed on to the tenants as operating costs. Tenants, on the other hand, are having a great deal of difficulty in securing representation for themselves. Clinics that do rent review are seriously overburdened and understaffed.

We think Ward 7 News should not have accepted this ad. We believe 7 News should not be assisting people who make money out of advising landlords on how they can further overcharge their tenants and do away with moderately priced housing. We hope that the presence of this ad is the result of a lack of understanding and information on your part about some of the negative effects of the rent review legislation and that it does not represent a weakening of your commitment to the people of this neighbourhood. Yours

The Staff of N.L.S.

Editor's Note:

We at 7 News, pride ourselves on our careful screening of potential advertisers; sometimes we have to turn down an ad that we find distasteful or not in keeping with our beliefs and sometimes we run an ad that really ought not be published. We have reviewed our decision with regards to the Landlord's Tenant Consultant ad and have concluded that it was bad judgement on our part that led to its publication. The ad will no longer appear in 7 News.

Dear Sir,

The Riverdale Club of the Communist Party of Canada applauds your move to support the peace movement in the article, 'THE BOMB WON'T GO AWAY ON ITS OWN' (June 4). The threat of nuclear war is a matter of survival, a fact that is clear to the millions of people around the world who are part of the movement for nuclear disarmament, a movement we support.

However we take issue with some of your comments.

The suggestion that Soviet leaders want or need the cold war is abhorrent. The Soviet Union and socialist -ies are opposed to war, hot or cold. The USSR has repeatedly stated and shown that it would rather spend money on housing, education and health than on armaments.

The U.S. record on this question is also quite clear. Not only has the U.S. used nuclear weapons against a civilian population, it has consistently

refused to negotiate in good faith for reduction of nuclear weapons.

## 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.

## Soviets don't want war....

The U.S. has refused to renounce the first use of nuclear weapons. The USSR has. Reagan Administration officials have, on more than one occasion, declared their belief that a 'limited nuclear war' was possible and winnable. No such insane statements have ever emanated from the USSR.

The Canadian Peace Conference in a recent press release quotes Soviet Premier Brezhnev on how the USSR would regard Canada if this country declared itself a nuclear weapons free zone. The Soviet Premier replied as follows: 'The Soviet Union will under no circumstances use nuclear power against states which have renounced their production and acquisition and do not have them on their territory. We are ready to give contractual guarantees to any country without a single exception'.

The U.S. government has made no such promises. On behalf of the Riverdale Club, Communist Party of

Canada.

G. van Houten  
Secretary-Treasurer

Editor's Note

1. Silly us! Our observations of world events somehow led us to the apparently erroneous conclusion that all the major powers act in very much the same imperialistic, power-hungry, cynical way.

It appears that we erred grievously in thinking that the USSR, like the USA, is militaristic, or that it uses the Cold War as a pretext to keep its allies and its own population in line. We shall of course hasten to pass on the good news to the peoples of Afghanistan, Poland, Czechoslovakia, Hungary, Bulgaria, East Germany, Rumania, Latvia Lithuania, Estonia, and the USSR itself, all of whose hearts will undoubtedly be gladdened.

2. Since the office staff consists entirely of women, it would be appreciated if letters to 7 News were not addressed 'Dear Sir'.

## Good work and Good luck

Dear Friends at 7 News;

I know how hard it is to raise money for a community organization. I know that the people at 7 News have busted their guts for years to keep the paper going. As the largest mass circulation paper that reports honestly about the struggle of poor people and the working class I hope your fundraising drive is a great success. Your fundraising appeals are

humorous and a lot more pleasant to read than the snivelling advertising drive I have to put up with when I read one of the big dailies. Sincerely  
Peter Tabuns

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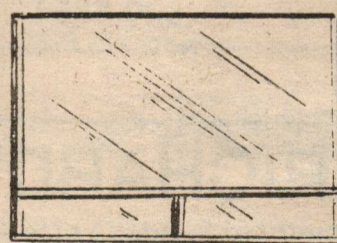
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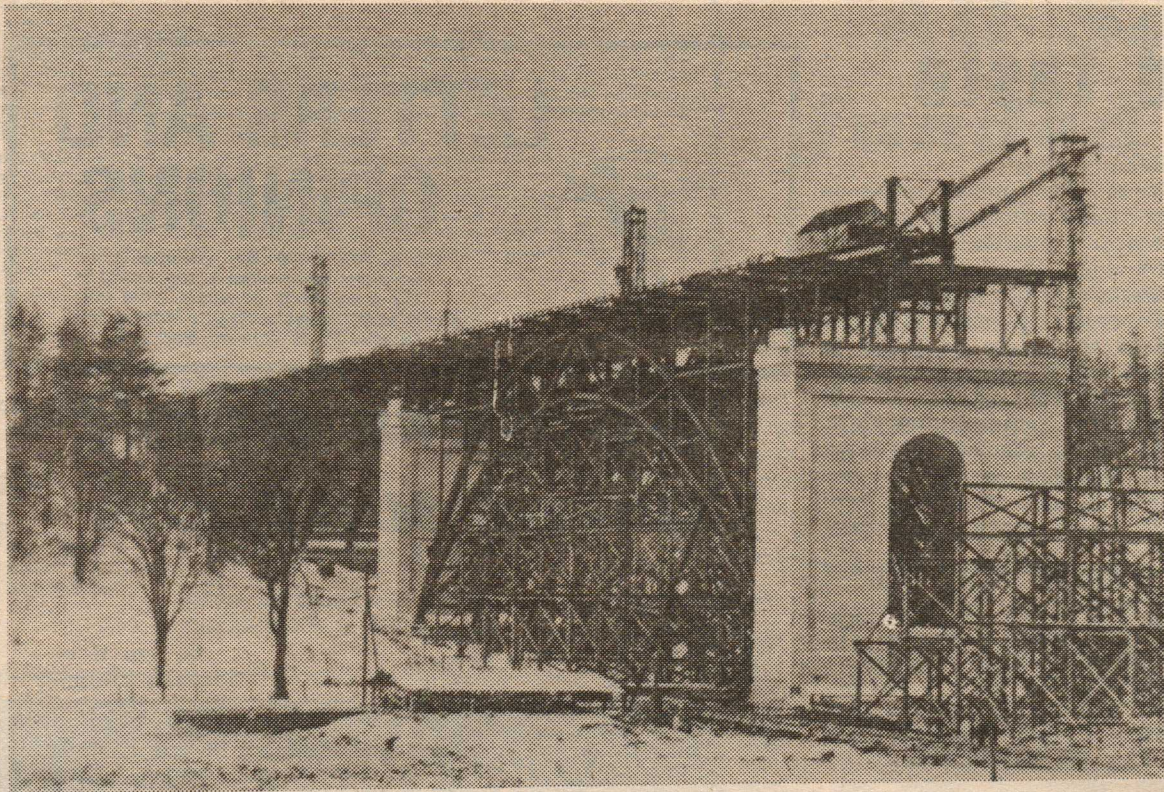
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## Immigrant Women's Centre

A new service for immigrant women who live in the Riverdale area of Toronto has opened its doors at 1306 Gerrard St. East.

The Centre will provide information, counselling and group activities to help immigrant women of all ages gain more access to local health and language services. Immigrant women often face special problems in finding employment and services for their health needs, as well as the health needs of their families. The Riverdale Immigrant Women's Centre

will act as a resource for women of all ages who are interested in developing their language skills and their understanding of available local services.

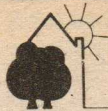
The Riverdale Immigrant Women's Centre is sponsored by the Riverdale Intercultural Council which has been working since 1975 to promote understanding and cooperation among Riverdale's many ethnic and cultural groups. One year of basic funding has been provided by Canada Employment and Immigration

through the community development project grants.

For more information contact Irene Fernandez or Tania Das Gupta at 465-4778.

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**A-1 Clean-up.** Man with truck does yard clean-ups and rubbish removal. Call Doug, anytime, 690-8517. (13-3).

### ITEMS WANTED

**Only 20 days to go!** Have you done your shopping yet? Mimeographed copies of the list are still available. Buy early, buy often.

### HELP WANTED

**Position available at the 519 Church Street Community Centre.** Applications for the job of Office Co-ordinator must be delivered to 519 Church Street by July 18, 1982.

**Neighbourhood Information Post** requires a new, full-time co-ordinator, must have initiative, energy, be well organized and have administrative skills. Related experience and a knowledge of the community is an asset. Starting salary — 14-15,000. Send resumes to NIP, 265 Gerrard St. E. Toronto M5A 2G3. No resumes after July 14.

**Help Wanted:** Have you one or two afternoons a week to spare? Volunteer help is needed for the librarian in the Toronto (Don) Jail. No experience necessary. Call Gwen Heffernan 466-2164 ext. 258.

### COMMUNITY SERVICES

**Neighbourhood Information Post** will answer all your questions. Try us at 924-2543, or drop into our office at 265 Gerrard St. East (near Parliament).

### DAYCARE/BABYSITTING

**Enroll your child** in a stimulating Montessori-based daycare program at Pape Ave. Public school. Hours: 8:00 a.m. to 5:30 P.M. Monday to Friday. Fall and part-time spaces available now. 463-2043 (days) 469-0470 (evenings).

**Child Care Available:** Creative mother in a partially renovated South Riverdale home wishes to take on new-borns only. call 466-3876 Referrals upon request.

### PERSONAL

**Professional model available** for Fashion photography. Call 24 hour answering service at 922-2202 and leave name and number. (Niki).

**Good news for all overweight people.** Now we have a weight reduction clinic in our neighbourhood. Low weekly rates. Health Watch. 513A Danforth Ave. 465-3444.

**Wine Lovers** Tired of soaring prices? Learn from experienced teacher to make quality wine quickly and easily. 363-9733, 366-4739 Evenings.

