SEVEN REWS

November 16, 1984

TORONTO'S OLDEST COMMUNITY NEWSPAPER

CIRCULATION 19,000

FREE

Inside

PHOTO CONTEST RESULTS

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Rooms Registry Office on a typical day....

Leslie Extension Study Funded

Metro Council has voted to go ahead with a \$300,000 feasibility study of the proposed Leslie Street extension.

The proposal would widen Bayview Avenue and Leslie Street, and link them up in a way that would in effect create an expressway for traffic travelling to and from downtown. The traffic would spill out at Gerrard and River Streets, dumping more traffic into already congested neighbourhoods.

The feasibility study does not mean that the project will go ahead, but it is a definite step toward making it happen.

All Saints Church Room Registry

by BERIC GERMAN

Cold breezes of winter have begun to flow past the All Saints Church on the south east corner of Sherbourne and Dundas.

This building is a remnant of the days when asthetic taste outstripped utilitarianism. Stained glass windows allow a subdued light into this high ceiling place of worship.

During weekdays it is home to the shame of Canada – the unemployed, the aged, the handicapped – those who live in poverty.

In February 1972, Grace Morris and four others opened the Open Door Centre and the Rooms Registry Service. The All Saints Church was rented to them at a minimal cost. Twelve years later Ms. Morris is now the administrator of both services and is the only original member of the group still working there.

When asked about the Rooms Registry and the housing situation, Ms. Morris smiles whimsically. She is used to naive questions. She pulls out some newspaper articles from 1972. Their headlines read: "It's a vicious circle, few rooms, more people," and "Poor are warned to avoid Toronto, housing desperate."

"If anything, the situation is worse (now)," said Ms. Morris.

The Rooms Registry, a free housing service which matches up tenants to land-lords, is currently on a drive to locate and sign up more landlords.

Doreen Warner and Mary Swoffen operate the food bar at the Open Door Centre. They provide inexpensive sandwiches, soup, coffee, juice, and even hot meals to those who venture in out of the cold. These two women work hard to serve the disadvantaged. Their attitude is best portrayed by their insistence during interviews that, "You tell people that those we serve here are friendly and pleasant."

It is difficult for some people who use their services to always be "friendly and

Continued on page 2

Pollution From Incinerators

A researcher for Pollution Probe has written a study which calls for a halt to the construction of new municipal garbage incinerating facilities.

The researcher, Joanna Kidd, says that not enough is known about the potential emission of toxic pollutants from such incinerators.

Kidd is particularily concerned about energy-from-waste incinerators such as the one under consideration for Cherry Street here in Ward Seven. The proposed plant would heat water to produce steam energy. A similar plant in Hamilton was found in 1983 to be emitting large quantities of toxic pollutants.

A spokesperson for Citizens for a Safe Environment backed the recommendations of Kidd's report, saying that "we question the environment ministry's guidelines. They seem to be plucked out of the air."

Environment ministry spokespeople have said that there is no reason for concern, and they point to the environmental benefits of getting rid of garbage in a way that produces some benefits.

Would You Retire?

By HOWARD HUGGETT

A great many employed people look forward to retirement as a kind of escape from the struggles of a working life, a chance to "take it easy."

It would be more accurate to describe it as a new situation with new problems.

When you are working you are giving up large amounts of time for money to live on. Since you have to do this you tend to regard work as a task, particularly if the job is difficult or boring, as so many of them are. And your leisure, because it is limited, seems very precious.

However, at retirement the situation is reversed and you find yourself with more time, and usually less money than you need. This can be quite a shock, and it is wise to prepare for the change.

That double problem of too much time and not enough money represents two results of one condition — a lack of activity. Many pensioners complain of loneliness, of a feeling of being "on the shelf." What they so often need is the challenge of a new occupation, the companionship that comes from working with others, the satisfaction of being useful. So many people spend their working lives at menial, boring jobs in order to earn a living. If they could on retirement find a fresh occupation that was interesting and rewarding they might enjoy some of the best years of their lives.

Wilder Penfiled, the famous Canadian Surgeon, once said that everyone should start a second career in later life. If the new job brings in much-needed money the two main problems of retirement could be solved.

Alas, it isn't easy. Finding a new activity in later life, even when your health is good, can be difficult. It helps a lot to possess some skills of hand or brain, a good education, the capacity to "mix" with others, the ability to express oneself. And let us not forget the importance of "good connections," of friends or acquaintances who have some influence and can supply that helping hand that often means so much.

Well, none of these advantages can be acquired over night. They have to be

developed in earlier years, and the sad fact is that the very people who have never enjoyed such advantages during their working lives are the ones who will need them most on retirement.

The skilled worker, the university graduate or the business executive is more

Continued on page 5

St. Luke's Meals On

by RENA GINSBERG

Every day, around noon at 353 Sherbourne Street, you can see pairs of people carrying baskets and hampers of food to cars. No, they are not off to a company picnic or a week in the country. They are on their way, you might say, to grand-mother's house. But, unlike Little Red Riding Hood, these folks never linger along the way.

They are volunteers in a Meals on Wheels program operated by St. Luke's Community Services. Some have been delivering a hot mid-day meal to the elderly or disabled for as long as 12 years. Others have just started volunteering, part of a recent effort to bring workers from near-by businesses in to help. All are providing an invaluable service by delivering nutritious meals to the program's cli-



Meals on Wheels volunteers Marietta Freeman and Thea Gray.

Wheels

ents, 80 per cent of them elderly. They also bring a feeling of community to people who can easily get isolated.

"Hello, how are you today?" says
Marietta Freeman-Atwood as she greets
her clients in a high rise building on a typical day. A little chat is part of the delivery. "It's a real break in the day for
them," she says. "That little bit helps."

It's also what makes volunteering enjoyable, along with the camraderie among volunteers. The people who deliver, says Catherine Ryerson, are "friendly and enthusiastic" and "really try to get it out fast so that the meals are hot."

St. Luke's program delivers 110 meals a day on average with the gracious help of 16 volunteers per day, five days a week. The service, one of 28 meals on wheels programs in Metropolitan Toronto, extends to an area bounded by Bloor, Sherbourne, Front and River Streets.

Most recipients get five meals a week, and it is possible to arrange additional meals on weekends (delivered by another community group). Each meal includes soup, salad, a main course, a bun and dessert. Special meals for those on restricted diets are also available.

Fudger House, a home for the aged on Sherbourne Street, does the cooking and packaging, and according to client Millie Morrow, the food is "good."

Everybody pays \$2 a meal, which covers the costs of the food, but not the administrative costs, which must be raised through a combination of provincial, municipal and private donations (among

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This issue would not have been possible without the help of over 150 volunteers. Seven News is a non-profit

All Saints Room Registry

pleasant," though. Those who live in poverty have traditionally been discriminated against. They include those who are working for low incomes, handicapped who can't work, single mothers, the aged, and those who are simply unemployed.

A recent incident at the registry office illustrates what new recipients of services have to deal with. A well dressed women stood out particularly. She had recently lost her job. This had forced her onto

Here she describes her change of attitude: "I had a job in a bank. You know, when the welfare people came in to cash their cheques, well, we (the workers) used to laugh at them. They looked so pathetic. I never thought that I'd be on welfare myself. I've found out what a dead end it is. And now I can't even find a room for myself and my child. Maybe I can do

some volunteer work here to help out. It's really tough for people," she said.

The work of the Rooms Registry becomes less hopeful against the demoralization caused by unemployment.

Bill Lewis of the Toronto Union of Unemployed Workers (TUUW) points out some of the frustrations of the unemployed. He says, "Single people are discriminated against by welfare which won't pay first and last months rent, which most landlords demand "

This leaves a lot of single people in transient hostels or literally in the street. Mr. Lewis points out that even if people on welfare do get a place, "the money is totally inadequate. Especially for those who are termed 'employable' and have to participate in an active job search. With TTC tickets at almost \$1 each it doesn't leave a lot for food.'

employed. They are also involved with individual advocacy work. Two booklets, Unemployment: Its

Impact on Body and Soul, by the Canadian Mental Health Association, and The Other Ontario, by the NDP, both say that unemployment creates alcohol and drug abuse, increased mental illness, and increased incidents of homicide and other forms of violence. Meanwhile, Mary Bissonnette from the

The TUWW workers have been active in taking up the political case of the un-

Rooms Registry is scanning her list of rooms and apartments available. She looks up to see her next clients come in. If you look closely you may see her face tighten up as another mother and child approach.

The Toronto Union of Unemployed Workers has their office at 1357A St. Clair Ave. West. Call 654-7945.

LANDLORDS

Please contact the Rooms Registry service at 366-4319. They are very short of accommodation. The service is free to both landlord and tenant.

Donations to the Open Door Centre can be sent to 315 Dundas Street East, Toronto. The Open Door is a registered charitable organization.



in a distant land stood Naomi was bidding her daughters in law farewell. One of them kissed Naomi & retioned to her own home. But Ruth said Where you go, so will I. Your people and your God shall be mine to So the two women returned to Naomi's land and struggled to survive. Buth went to glean in the fields of Naomi's rich kinsman, Boaz As Ruth gathered the grain left by the harvesters Boaz saw her and loved her. They were married and lived in great happiness: Www another Ruth-a quiltmaker by design - has set out to dean the giftwear fields of the world gathering a collection of wonderful things to give ... and own

553 Parliament St.

GLEANINGS



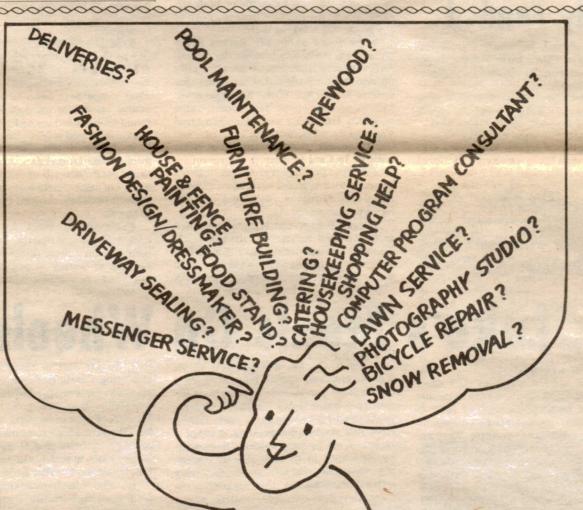
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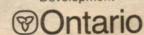
If you qualify, Ontario Youth Enterprise, through the Youth Venture Capital program can provide you with a 12 month interest-free loan of up to \$5,000, to help get you started.

Think about it. You could be your own boss, get valuable experience and give that idea of yours an opportunity to grow in the marketplace. For more information, phone the Youth Hotline

1-800-263-7777.

Secretariat for Social Development

000000000



Gordon Dean, Provincial Secretary William Davis, Premier

ONTARIO PPORTUNITIES Secretariat

SPEAKING OUT

MP Reports

by LYNN McDONALD MP

The Throne Speech on November 5 outlined a number of goals: economic renewal, consultation and social justice. However, they are not new.

Indeed, they can be found in the December 1983 Liberal Throne Speech. The only difference is in the buzzwords used. However, I believe that the people of Canada wanted change when they went to the polls on September 4. Unfortunately when it comes to specifics, the Throne Speech comes up short on policies that will deal with the serious economic and social problems that face most Canadians.

The problems of unemployment, inequality between the sexes, unfair taxes, cuts in services and the growing threat of a nuclear war will remain with us. The speech failed to address such issues as the minimum tax, the youth initiative fund, lower interest rates and mandatory affirmative action programs for companies doing business with the federal government

The conservative government will be setting up yet another task force on day care!

On arts and culture, the conservative government, after having promised at least to maintain existing funding, is now addressing only the possibility of encouraging artistic, cultural and athletic excellence. Perhaps its willingness to slash the CBC and NFB dudgets is a more accurate reflection of its real intent.

In the next column I will deal with the Minister of Finance's Economic Statement and compare it with the promises made by the Conservatives during the election campaign.

Craft Co-op

by HELEN M. WATTERS

On November 3 I saw the beginning of a new life. Like a caterpillar within a cocoon the craft area in Cabbagetown has been hidden, but behind that curtain many changes have been taking place.

Now at the Cabbagetown Community Arts Centre the butterfly is emerging. We are talking here of the new Cabbagetown Crafter Co-op. Some people who have not made things since their school days have begun to get involved with their hands again and creative ideas are flourishing.

Many ideas are coming forth as more crafters get involved in the spirit of new life for all ages.

Look for us at the craft sale on Saturday November 17 from 10 a.m. to 2 p.m. at 435 Parliament Street. Stop and chat about crafts, your ideas and what you make.

Bicentennial Medals Awarded

A number of local people are to be among the recipients of Ontario Bicentennial medals being awarded on December 9

The medals are to people who have made a contribution to their community through volunteer service. The recipients of the medals were selected through a process that began with public nominations. The local winners are:

Jack Gertzbein, of Wellesley Street East, who organizes bingo games, auctions flea markets and sales to raise money for the Cancer Society.

Mile Komlen, of Donmount Court, who has donated his services to Dixon Hall and has written plays to raise money for the Hall's music school.

Charles Sauriol, of Hillside Drive, who has worked for many years to conserve natural areas, especially in the Don Valley.

Josef and Zdena Skvorecky, of Sackville Street, who established Sixty-Eight Publishers Corporation, an important outlet for Czechoslovak fiction.



CAPITAL PUNISHMENT

by ULLI DIEMER

Almost 22 years ago on December 11, 1962, the last execution in Canada took place here in the middle of our neighbourhood, at the Don Jail, when the murderers Lucas and Turpin were hanged back to back.

Ten years before that in December 1952 the Don was the site of another double hanging when Jackson and Suchan went to the gallows at midnight while outside, waiting for news of the murderers' death, a drunken crowd milled about, celebrating and providing living proof of the uplifting effect which the dealth penalty has upon a society.

The deliberate legally sanctioned taking of a human life is a poetent emotional totem, an act through which we participate symbolically in the forbidden act of killing. No wonder then that the "debate" over capital punishment is so emotional, so categorical, so barren of analysis of whether the death penalty actually makes practical sense.

The latest round of demands for the restoration of hanging illustrates vividly the blind emotionality the subject arouses. The demands are spurred by the recent killings of several policemen; supposedly the death penalty would be an answer.

Yet look at the nature of these killings. A teenager with no record of crime or violence rams a police car broadside without warning, killing the officer, and then shoots himself dead. A young man tells his girlfriend that he is going to shoot someone, goes out and machineguns the first handy policeman, then turns the gun on himself. A man lures a police officer to his home on a pretext, kills him, and then kills himself. A man who has sworn to his friends that he will never allow himself to be taken alive guns down a civilian and a policeman before being killed in a shootout in which another policeman also dies.

How can capital punishment be used to punish those who are already dead? How can it deter someone who is out to die? What possible relevance does the death penalty have to any of these tragedies?

In short, none. They are merely an emotional trigger for those who have come to believe that the abolition of the death penalty represents part of a slide to social chaos which could be reversed if only the noose were brought back. There have been many studies of the relationship between capital punishment and the incidence of murder. The universal conclusion has been that there is no relationship.

In the United States, it was found that states without capital punishment had slightly lower murder rates than those with it. In Canada, despite the recent incidents of police murders, killings of policemen have in no way increased since the death penalty for killing police officers was abolished.

In fact, the most policemen ever killed in Canada in one year, 11, died in 1962, when the death penalty was last carried out. The following year, with the noose put away, not a single policeman was killed. Hardly an indication that Canada is full of potential police killers held in check by the death penalty alone.

And common sense does suggest to us that anyone mentally stable enough to be deterred by anything is as likely to be deterred by the prospect of 25 years in prison as by the prospect of death. Neither threat is likely to deter the criminal who is convinced that he won't be caught anyway.

A prison sentence is not only an effective deterrent, but it also offers an important advantage over capital punishment: it is possible to make amends for a mistake. We have had in Canada three well-publicized cases recently of prisoners serving lengthy jail sentences for crimes they did not commit.

What resitution would it be poseible to make to Donald Marshall, for example, if he had been hanged for the murder to which another man confessed after Marshall had served 11 years in prison?

Motorists, Be Careful!



Each year in Canada, approximately 100 school-children of ages 5-14 are killed in pedestrian traffic accidents. Many of these would not have happened if children had obeyed the rules of pedestrian safety, but all too often, children get so wrapped up in the excitement of the moment that they don't think about the consequences of their impulsiveness.

The Canada Safety Council would like to take this opportunity to remind motorists to drive carefully, especially in school zones and residential areas.

Now that autumn is here, nightfall arrives early and students may be more difficult to see returning home from school. Always be on the alert for the unexpected, like a child suddenly darting into the path of traffic. Always stop for flashing schoolbus lights, and consider these a warning that little ones are near. Be extra careful when passing a cyclist; he may suddenly have to swerve to avoid a pothole or lose his balance riding over wet leaves. Always allow a full lane when passing a cyclist — this is the law and good common sense.

Responsibility for child safety on the street is shared among children, parents, educators and motorists alike. This year's theme for school safety week is "A Little Care Makes Mishaps Rare." It is hoped that it will remind Canadians that a little effort on everyone's part goes a long way to ensure the safety of our school-children.

Raffle Winners

The winners of the Gerrard Resource Centre's recent raffle have been officially announced. They are: first prize, Kit Nero, Royal Doulton figurine; second prize, Kathy Hewitt, handmade Afghan; third prize, Dean Egan, handmade Afghan; fourth prize, Beverly Martin, handmade rug hooking; fifth prize, Pam Doyle-Easton, doll with handmade clothes; and sixth prize, Kelly Yardy, homemade cake.

Proceeds from the raffle will be used by the Gerrard Resource Centre to purchase additional developmental assessment and programming resources for their library. Thanks to all those who helped make this raffle a success.

Welcome!

Seven News extends a warm welcome to our new office person, Toni Cuozzo. Toni comes to us from the Parachute Employment program . . . and none too soon! We really appreciate the difference she makes around the office. Welcome aboard Toni!

Poetry Corner

CABBAGETOWN by E.J. Jester

In my city right downtown
There is a place that is renown,
Where cabbages in every pot
Have been replaced by Stroganoff.
Most of the houses are old as such,
To purchase one requires the Midas touch.
There are famous people all over the
place,

Next to the drunks who fall on their face.

All stores are quaint and numerous
The food for sale deli-ci-ous.
For herbs and cheese and condiments,
Your best bet is on Parliament.
When looking for a special treat
Try your luck on Carlton Street.
There are antiques, junk and a Goodwill

Vintage clothes, hats and much, much

In these few narrow streets,
The old and the new successfully meet.
In the whole world on land and sea,
Cabbagetown will always be,
For many people and for me,
A place of fun and mystery.

Unhealthy Torontonians

The city of Toronto has released a report on a community health survey which it conducted last year. The survey looked at the "health status" of Torontonians.

The following are some of the facts to emerge from the survey:

Twenty-two per cent of Toronto residents consulted a physician in the two weeks prior to the interview.

Eleven per cent stayed overnight in a

hospital during the previous 12 months.

Ten per cent had received out-patient

hospital services during the previous 12 months.

Women were more likely than men to

have been hospitalized overnight.

Forty per cent had taken medication or drugs of some kind within the two days

prior to the interview; 13 per cent more than one kind of drug.

There is more medication and drug use among women than men and in the oldest age group compared to younger ages.

Twenty per cent of drugs taken were non-prescription.

Twenty-eight per cent of Toronto residents experienced a limitation in activity because of ill health. Ten per cent experienced major activity limitation; women more than men, with the greatest limitation among women 55 years of age or older.

The survey is to be used in helping the department of public health and other bodies in planning their activities.

Photo Contest Winners

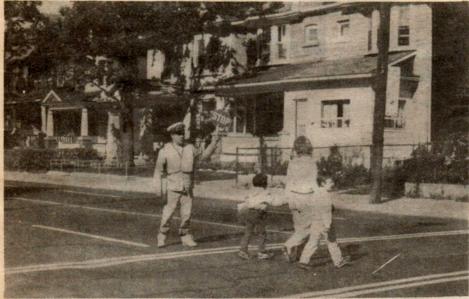


photo contest sponsored by the Pape-Danforth Library went to Chi Hu Tu of Riverdale Avenue, for "Be Careful With Our Next Generation" (left). Patricia

First prize in the "My Neighbourhood"

Morrison of Gertrude Place took both second and third prizes for "Patron at Sunnyside Market" and "Pape-Danforth Library" (both below).



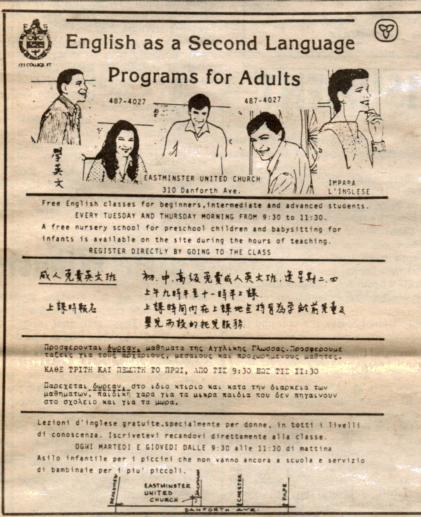


Christmas Star Box Applications Dixon Hall will be filling out Star Box Applications for local families. These are the Toronto Star Christmas gift boxes donated to needy families. If another agency will not be applying for a Star box on your behalf, you may apply through Dixon Hall on the following days

TUESDAYS: 1 to 5 p.m. WEDNESDAYS: 1 to 4 p.m. THURSDAYS: 9:30 to 11:30 a.m.

Location: 58 Sumach Street (between Queen and King). Deadline is November

Call 863-0499 for more information and ask for Helen or Elizabeth.





CITY OF TORONTO Public Notice —

Special Evening Meeting FRONT YARD PARKING and PERMIT PARKING

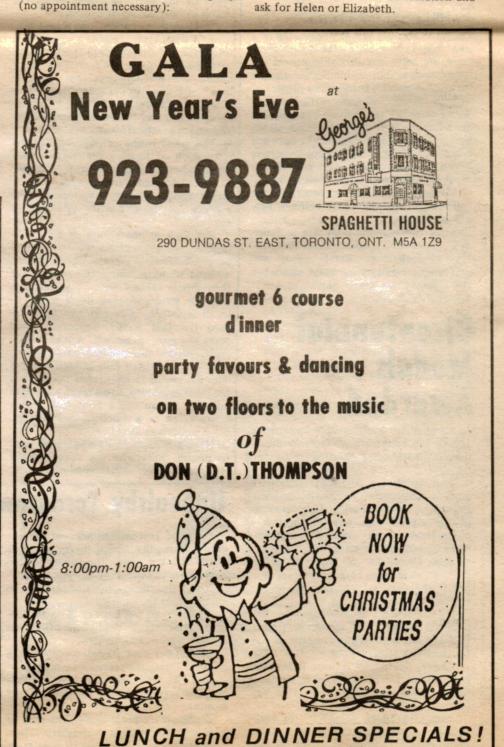
Notice is hereby given that the City Services Committee, at its special evening meeting to be held on Thursday, December 6, 1984, at 7:00 p.m., in Committee Room No. 3, City Hall, will hear further representations in respect of recommended changes to the current front yard parking and driveway widening by-laws, as follows:

- (a) Coexistence of Front Yard Parking and Permit Parking;
- (b) Polling procedures;
- (c) Front Yard Parking and Driveway Widening Parking at other than right angles to a dwelling;
- (d) Parking in front of the main wall of a house; and
- (e) Legalizing parking on an existing driveway that no longer leads to a legal on-site parking space.

Copies of the report (June 7, 1984) from the Sub-Committee on Front Yard Parking and Permit Parking may be obtained by telephoning 947-

Interested persons, groups and organizations are requested to inform the City Clerk's Department (947-7030) by 4:30 p.m. on December 5, 1984, if they wish to make representations on this matter.

> Roy V. Henderson City Clerk



DO YOU REALLY WANT TO RETIRE?

Continued from page 1

likely to reach pension age with substantial savings and a satisfactory private pension, and therefore have no need to earn additional money.

But if they should have to work their chances of getting a satisfactory job are much better because of their more favourable circumstances. The low income worker does not escape from disadvantages on retiremet, they follow him or her down the road.

There is one acquisition that can be very useful in later life, and that is a hobby. When time hangs heavy a hobby can brighten many an hour. Besides, it can sometimes be used to earn money. But here again, hobbies are better acquired in earlier life, when learning ability is higher and there is ample time to develop skill and experience.

The point is plain, the time to prepare for the problems of retirement is during the working life. Do what you can to develop your capabilities when you are younger, so that you will be better able to meet the difficulties of your later

Now of course a great number of working people, despite all their efforts,

New Health Board Members

On the evening on November 8 five positions on the Board of Directors of the Eastern Health Area Advisory Board were filled at that Board's Annual General Meeting.

Margaret Meade and Jane Wingate join David Sugarman, Sheila Cramm, and Barbara Linds (who were re-elected for another term) and five other members not due for re-election this year.

The meeting, held at Rhodes Avenue

United Church, was attended by about 100 people and was orderly; not reminiscent of last year's crowded, prolonged meeting and election, say observers.

The Board's role is to advise the Department of Public Health on community health issues.

will have to go through life without the skills, education and other advantages enjoyed by the more fortunate. This means that their situation at retirement will be about the same as a very large number of pensioners now have to put up with, unless our society makes a considerable improvement in the lot of the senior citizen.

This is another way of saying that the working person and the pensioner have common problems. The time to put pressure on the government to give a better deal to senior citizens is when you are still working and have some economic power and the advantages of working association with others.

Once you go on pension you are much more on your own and the influence of

an individual pensioner is mighty small. The proof of that is that although there are nearly two million senior citizens in Canada the majority of them are living in poverty. Their great numbers are of little value because they are not organized.

It is the responsibility of pensioners, who know all about their difficulties, to make sure that those who are still working are made aware of the situation that awaits them on retirement. After all, working people are supporting those in retirement, and in return for this service they are entitled to any help that seniors can offer.

Besides, most pensioners have children or other younger relatives, and they should be concerned to do whatever they

can to make sure that the next generation gets a better deal than they have.

But, most of all, it is the responsibility of those who are working to interest themselves on the situation of the senior citizens, the generation that did so much to help build this country. It is in the interests of working people to improve that situation - it will be theirs one day.



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360	Common-law Relationships	WILLS/	ESTATES		
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380	Separations/Separation	790	Making a Will		
	Agreements	800	Probating on Estate		
385	Mechanics of Separation	CONSU	MER		
395	Battered Women	70	Door-to-Door Sales		
400	Requirements for Divorce	125	In Debt? Your Options		
405	Uncontested Divorce	EMPLO	YMENT		
	Procedures	275	Minimum Standards-Wages		
125	Custody and Access	280	Minimum Standards-Hours		
130	Dividing Family Assets	290	Minimum Standards-		
155	Changing Your Name		Termination		
160	Adoption	320	Wrongful Dismissal		
CRIMINAL		LANDL	ORD-TENANT		
145	Possession of Marijuana	545	Tenant's Rights & Duties		
150	Shoplifting	550	Landlord's Rights & Duties		
155	Impaired Driving.				

947-3333



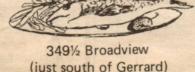
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SEVEN NEWS Annual **General Meeting** Tuesday, Nov. 20, 7:30 p.m.

Q......

Dundas-Sherbourne Community House 249 Sherbourne St. (above Dundas)

AGENDA

- 1. Minutes of 1983 Annual General Meeting;
- 2. Financial Report;
- 3. Report of outgoing Board of Directors;
- 4. Discussion of Seven News' plans for 1985;
- 5. Elections of 1985 Board of Directors. (Nine Directors to be elected. Directors must live or work in Ward Seven.)

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IMPORTANT MESSAGE

INCOME SECURITY **PROGRAMS**

- Canada Pension Plan
- Old Age Security
- Guaranteed Income Supplement
- · Spouse's Allowance
- Family Allowances
- Child Tax Credit

EFFECTIVE NOVEMBER 19

There will be two offices to service the Scarborough area:

 a new office at SCARBOROUGH TOWN CENTRE GOVERNMENT OF CANADA BUILDING TEL: 973-4950

• 2401 EGLINTON EAST TEL: 752-6480

CLOSING **NOVEMBER 16** DON MILLS OFFICE

789 Don Mills Rd. will be closed officially.

OFFICES TO SERVE YOU

OTHER METRO . WILLOWDALE

4900 Yonge Tel: 224-4403

• ETOBICOKE

1243 Islington Tel: 231-5683

• TORONTO MID-TOWN 60 St. Clair E. Tel: 966-6580

NEW PHONE NUMBER

Change of Address Service

Non-Receipt of Cheques Inquiries

973-4975



and Welfare

Santé et Bien-être social Canada

Income Security Programs Jake Epp, Minister

Canadä



Wish Ward Seven a



in SEVEN NEWS

Take advantage of the opportunity to extend holiday greetings to all of your friends and neighbours in Ward Seven, by wishing Ward Seven a "Merry Christmas" in Seven News.

The Christmas issue of Seven News (December 14), will have a special page of holiday greetings — if you want to be included, just fill in the coupon below and return it, along with your payment, to "Seven News," 249 Sherbourne St., Toronto, Ontario, M5A 2R9. Deadline for your greetings is December 5, 1984.

Name:	Telephone:
Address:	The state of the s
I want to wish Ward Seven as follows:	a "Merry Christmas." My message is
Property and the second	

payment is enclosed (\$10.00 for the first 30 words, and

\$2.00 for each additional 10 words).

What's on at the Libraries



370 Broadview Avenue, 466-2197

BOYS and GIRLS

Saturday November 17 at 2 p.m. Crafts for ages seven and up. Make your own Christmas decorations. Sign up at the

Thursday November 22 at 2 p.m. Children's Book Festival with author Sean O'Huigin. Grades 4 to 6 are welcome to bring their teachers. Please let us know that you plan to attend since space will be limited.

Saturday November 24 at 2 p.m. The Dynamic Dr. Toronto Battles that Rancid Rascal, Leslie S. Spit! For ages five and up. Come and cheer our hero!

Wednesday November 28 at 2 p.m. Sesqui Puppet Show. A performance for Kingergarten to grade 4. Teachers should call and let us know if you plan to bring your class.

YOUNG PEOPLE

Tuesdays from 3:45 to 6:30 p.m. Dungeons and Dragons Club. New members are welcome.

Friday November 16 at 2 p.m. Comedy films: Charlie Chaplin.

Thursday November 29 at 4:30 p.m. Chinese Movie.

Friday November 30 at 2 p.m. More Chaplin films.

Monday and Wednesday evenings from 6:30 to 8:30 p.m. Citizenship classes for Chinese adults.

Monday and Thursday mornings from 9:30 to 11:30 a.m. Citizenship classes for Chinese adults.

Monday and Wednesday mornings from 9:30 to 11:30 a.m. English as a second language for Chinese speaking adults.

Pape Danforth Library 701 Pape Avenue, 465-2421

BOYS and GIRLS

Wednesdays from 10 a.m. to 2 p.m. is the preschool story hour for registered

Saturdays from 12:30 to 2 p.m. - Toys and games.

Saturday November 17, film feature, great movie stunts: the Making of the Raiders of the Lost Ark.

Saturday November 24, 2:30 p.m. -Abracadabra: linking loops that never end.

ADULTS

Tuesday night film series exploring cities of the world at 7 p.m.

The Photo Contest winning pictures will be on display



Oueen Saulter Library 765 Queen Street East, 465-2156

BOYS and GIRLS

Fridays at 4 p.m. - Fix Up Your Room! Books for Babies continues to November 30 at 9:30 a.m. Pre-registration is neces-

Parliament Street Library 269 Gerrard Street East, 924-7122

BOYS and GIRLS

Saturdays at 2 p.m. Stories for three year olds and up. Puppet shows at 2:30 p.m.

Saturday November 17 at 2 p.m. A special event for seven to 12 year olds. Join the world of model railroads with Peter Wilmott.

Saturday November 24 at 2 p.m. Stories for three year olds and up. Movies at

Thursday mornings at 10:30 a.m. Preschool hour continues for two to four year olds. Newcomers are welcome. Come and join us for songs, stories, fingerplays, films and crafts. Registration is

St. Luke's Meals

Continued from page 1

them the United Way).

Clients are referred by medical professionals or hear about it through word of mouth. St. Luke's makes a home visit and assessment to see if the program is suited to the applicant. People qualify because of advanced age, physical disability or mental disability

Meals on wheels, once an outreach of St. Luke's United Church, is now one of four community programs offered by St. Luke's Community Services, an inde endent organization since 1973.

Meals on wheels "gives people choices; it allows them to remain in their homes if they so choose," says Betty Lloyd, executive director of St. Luke's Community Services. Its benefits are both physical and social, she says: health and well-being are improved and people feel less alone, more in touch with the community and more secure. If a client does not answer the door when the volunteer knocks, a contact person is always called.

Volunteers are essential to the success of the program and St. Luke's has recently looked to a new source to recruit them. Arrangements have been worked out with Aetna and Travellers Life Insurance whereby employees who would like to volunteer give up their lunch hour and are given an additional hour off by their company.

Volunteer co-ordinator Jean Mautner says that, to her knowledge, this is the first volunteer program of its kind in Canada. The idea evolved out of necessity: with many married women now working, traditional sources of volunteers are drying up. The arrangement is working out very well so far and St. Luke's is presently negotiating with the Liquor Control Board where they hope to get more volunteers with cars.

People helping people - meals on wheels makes that happen. It is no new thing. But in our modern era a sense of community often gets lost, leaving many people behind; neighbourliness becomes a thing of the past. It's nice to know that, behind the scenes, programs like St. Luke's meals on wheels are keeping it

STEAK & CHOPS

516 Parliament St.

Until November 21, 1984

SWIFTS LAZY MAPLE BACON \$2.79/lb.

FRESH SIDE SPARERIBS \$1.79/lb.

We specialize in freezer orders.

COMMUNITY CALENDAR

Friday

November 16

Pelican Players Neighbourhood Theatre presents Peace In Action. Young people's play on peace. Oakwood Collegiate, at St. Clair. Call 654-4510

A two-day conference in Solidarity with the women of Southern Africa and Namibia begins tonight at 7:30 p.m., OISE, 252 Bloor Street West. Call 461-4255 or 967-5562 for registration information.



Festival of Rainbow Women in the Arts. A highlight of the contributions women of various heritages have made to Ontario's cultural mosaic. Weekend long events. Dance tonight at the Buttery, 15 Devonshire Place, 9 p.m. Workshops on music, dance, poetry, theatre, art, and politics on November 16 and 17 at Trinity St. Paul's United Church, 427 Bloor Street West, 12 to 6 p.m. Concert on November 17 featuring the Ring Ensemble and the Paradise Women at the Music Hall, 147 Danforth Avenue, 8 p.m. Artists and performers will include Salome Bey, Faith Nolan, Sheila James, Susan Howlett, Monique Mojica, Makka Kleist, Rina Singha, Audrey and the Cheetah Dancers, Himani Bannerji, Dionne Brand, Joy Kogawa, and Nancy Woods. Call 922-

International Bake Sale and Bazaar today at Central Hostpial, 333 Sherbourne Street from 11 a.m. to 8 p.m. Come join us for great food and bargains. Feature raffle: London, England, Sponsored by the association of volunteers and staff of Central Hospital. Proceeds to the Central Hospital Foundation.

Poet and storyteller Taylor Green at the New Trojan Horse Cafe, 179 Danforth Avenue.

Saturday

November 17

Learn Handicrafts: Make Christmas decorations, clothes for your kids, gifts for your friends and family, stuff for your home . . . beginners and experienced welcome. Make new friends and have fun at Central Neighbourhood House, 349 Ontario Street, every Wednesday at 7 p.m. Free childcare. For women only. Call Kay at 925-4363.

Women's Wednesday Evening. Central Neighbourhood House, 349 Ontario Street, offers films, handicrafts and a pleasant place to meet new and old friends. Every Wednesday at 7 p.m. Free childcare. Call Kay at 925-4363.

Grand Auction today at the 519 Church Street Community Centre. Auctioneer Alderman Jack Layton will begin the sale at 2 p.m. Items include dinners for two, unique clothing and great gift possibilities. Admission is \$1 and all proceeds will go towards programming at the centre. Doors open at 1 p.m.

Rabies Awareness Week: Veterinarians across Toronto are offering low-cost rabies shots to pets today from 1 to 5 p.m. Pet owners are invited to call 241-2307 for more information.

The Women's Press slightly damaged book sale. Fifty to 90 per cent discount on women's and children's books. Women's Press, 16 Baldwin Street, 10 a.m.

Sunday

November 18

Harbourfront Children's Reading Series: Mark Thurman, author of City Scrapes (ages four to seven) at 1:30 p.m.; Keven Major, author of Hold Fast (ages 11 to 14) at 2 p.m. Admission is free. York Quay Centre, 235 Queen's Quay West. Call 364-5665.

Monday

November 19

The Riverdale Animal Farm is holding its annual meeting tonight at Simpson House, 8 p.m. We will be holding elections for new committee members. If you are energetic, enthusiastic and interested in the farm, please come! Call 465-4847.

Wednesday

November 21

Two NFB Films: Acid from Heaven, and Acid Rain: Requiem or Recovery today at 12:15 p.m. NFB Theatre, 1 Lombard Street. Admission is free. Call 369-4094.

A panel of health care professionals will discuss prementstrual syndrome (PMS) at a public forum sponsored by the YWCA in co-operation with the Centre Stage forum. St. Lawrence Centre, Town Hall, 27 Front Street East at 8 p.m. Admission is free, Call 961-8100.

The Second Mile Club is holding their annual Christmas Bazaar today from 1 to 3 p.m. Crafts, baking and white elephants. 192 Carlton Street, 923-4641.

Through Her Eyes: An International Women's Film Festival will take place at Harbourfront tonight through December 1. The best of films by women from Canada and around the world. Workshops and seminars will complement the screenings. For information and admission prices call 364-5665.

The Toronto Committee for the Liberation of Southern Africa presents the Politics of Liberation in Southern Africa. Tonight: SACTU Solidarity Committee. History of non-racial trade unions, independent labour movement of the '70-'80s. Lord Lansdowne School, 33 Robert Street, 8 p.m. Call 967-5562.



Thursday

November 22

Rasheed Araeen performs Paki Bastard (portrait of the artist as a black person) tonight at A Space. Admission is \$4. 204 Spadina Avenue. Call 364-3227.

Open Studio: open house and sale. Today through November 25, Special highlights include demonstrations of etching, lithography and screen process printing techniques, and an exciting display of small prints. 525 King Street West. Call

Young People's Conference on the Future: Approximately 600 high school students are expected to take part in this major conference at the new Metropolitian Toronto Convention Centre. For more information call 947-1989.

Friday

November 23

The Potters' Studio members are delighted to announce their annual pre-Christmas open house and sale. Today through Sunday. The Studio, a non-profit co-operative, provides a working space and facilities to its members. Potters share their knowledge and develop their skills in producing hand-built and wheel-thrown work of excellent quality. The sale will take place at the Studio, 2 Thorncliffe Park Drive, Unit 16. Call 421-0089.

The Fallout Shelter Coffee House presents the Freedom Fighters, reggae! Tonight at 9 p.m. Admission is \$5.370 Queen Street East. Call 362-0354.

Christmas Gift Bazaar today at Castle Frank High School from 1 to 5 p.m. A percentage of the profits will be donated to the United Way with the remainder going to support school activities. Items include posters, ceramics, pottery, plants, crafts, baked goods and more. Please attend and support your community school and students.

Saturday

November 24

The Toronto Association for Peace presents a public dialogue on the current international situation and challenges facing the world peace movement. Free admission and childcare. Convocation Hall, 7:30 p.m. Call 469-3422.

Simpson Avenue United Church Christmas Bazaar today from 11 a.m. to 4 p.m. Baked goods, crafts, white elephants, hot lunch, afternoon tea, and more. Everyone is welcome. 115 Simpson Avenue.

The East Toronto Seniors Centre is pleased to present its first ever Night on the Town Auction for seniors. Many organizations have donated special packages of entertainment for two just for this fundraising event. Theatre tickets, sporting events, dinner for two, etcetera will be up for bids, Doors open at noon and the auction starts at 1 p.m. prompt. 2029 Gerrard Street East, Glenmount United Church.

Monday

November 26

Interfaith Program for Public Awareness of Nuclear Issues. A series of balanced public hearings for consultation on nuclear issues in Canada. Week of November 26 to 30: Canada's Involvement in Nuclear Arms. Holy Blossom Temple, 1950 Bathurst Street. Call 884-6759 for registration and session hours.

Tuesday

November 27

Toronto Women's Housing Co-op — The Beguinage is a new co-op for women on Shuter Street. One and two bedroom units are available for December 1. Come to the information meeting tonight at 7:30 p.m., 299 Queen Street West, Suite 400. Call 925-2475.

Wednesday

November 28

Free NFB Film: Prisoners of Debt: Inside the Global Banking Crisis. NFB Theatre, 1 Lombard Street, 12:15. Call 369-4094.

Thursday

November 29

Everything You've Always Wanted to Know About Cockroaches is the topic of a noon-hour meeting sponsored by the Eastern Health Area today at 815 Danforth Avenue.

Saturday

December 1

Annual Dixon Hall Seniors' Bazaar today from 11 a.m. to 2:30 p.m. Crafts, baked goods, white elephants and a fish pond for children will be featured. 58 Sumach Street (just east of Parliament Street and south of Queen Street).

Bain Co-op Christmas Craft Show today from 11 a.m. to 4 p.m. Toys, pottery, jewellery, weaving, puppets, woodrafts, Christmas decorations and cards at the Bain Co-op Community Centre, 100 Bain Avenue, corner of Bain and Logan.

ENTERTAINMENT



Movie Mondays at Gallery 940. Film screenings on the first Monday of the month for 99 cents. Call 466-8840.

Soundwomen is a one-hour radio show featuring music by and for women, interviews and community announcements. Sundays from noon to 1 p.m. CKLN, 88.1 FM.

The Market Gallery of the City of Toronto Archives resurrects those ill-fated development projects that for better or worse never became realities. Architectural drawings, maps, photographs and scale models from the city's and private and public collections show what might have been. The Market Gallery is located in the South St. Lawrence Market, 95 Front Street East, at Jarvis. Call 947-7604

Back to Back: An installation of bodycast sculpture by Toronto artist Yvonne Singer, Toronto Sculpture Garden, 115 King Street East to April 1985.

Learn how to handle a handful — without dropping it! Free instruction for apsiring and improving jugglers. Jackman Public School, 79 Jackman Avenue. Sessions every Wednesday from 7:30 to 10 p.m.

The East Side Players Present "Tribute", by Bernard Slade. Directed by Doreen Bronson. Nov. 22-24, Nov. 29, 30, Dec. 1-8. Tickets \$5.00, seniors \$4.00. Todmorden Theatre, Pottery Road (between Bayview and Broadview). Reservations: 425-0917.

The Toronto Free Theatre presents Sam Shepard's modern-day western Fool for Love from November 14 through December 23. According to TFT, "Shepard's vision of the American Dream turned nightmare comes to life in a seedy motel room on the edge of the Mojave Desert."

Playing downstairs at the Toronto Free Theatre is Prisoners of Time, which opens November 14 and runs through to December 16. According to the description: "the generation gap is alive and well in this darkly humourous vision of 2,031 AD as a group of geriatric baby-boomers fight the battles of the rebellious sixties The Toronto Free Theatre is at 26 Berkeley Street, 368-2856.

ONGOING

Frankland School has free fitness classes on Tuesdays and Thursdays from 7:15 to 8 a.m. Other fitness and aquatic classes are held throughout the day.

The School of Life Experience (SOLE), a public secondary alternative school run by the Toronto Board of Education, is an independent studies program, in which students complete credits at their own speed. The courses are taught on a oneon-one basis, with the students working on their own, under their teachers' supervision. SOLE is now offering students the option of taking subjects one evening a week, ideal for those individuals who cannot attend traditional night school classes, or during the day. SOLE offers most academic subjects, as well as various business related courses. There are also special interest courses, such as languages, and photography. These courses are free to all students entitled to go to school in Metropolitan Toronto. Call 463-

Community Calendar is a free community service. If you have an item for the next (November 30) issue of 7 News, please have your material in by Wednesday November 21. Events between November 30 and December 14 should go in this issue.

Classified

ART WANTED

Black Perspectives is looking for art work in all visual media to be displayed in a group show during black history month in February 1985. The focus of the show will be on the black experience in Canada with a particular emphasis on the community of Regent Park. Black Perspectives is made possible by a gant from the Explorations Program Canada Arts Council. Call Charles for more information, 863-1768 or 860-0265.

CREATIVE SERVICES

Do you want your newsletter, pamphlet, magazine to look as good as possible and cost as little as possible. 7 News Typesetting can provide you with advice, design and layout help, and inexpensive high-quality typesetting. Call us at 921-2548.

HELP AVAILABLE

Woman will babysit Monday to Friday afternoons from 1:30 p.m. until whenever... One child, one year and up. Call 922-0574 in the evenings only.

HELP WANTED

The Elizabeth Fry Society of Toronto has openings for a Community Education Assistant and an Assistant to Director of Volunteer Programs. These are Ontario Youth Corps jobs subsidized by the Ministry of Correctional Services and are being offered to young people up to 24 years of age who have left school, are unemployed and have been looking for work for at least 12 weeks. Duration: 20 weeks maximum. Minimum wage, 40 hours per week. Phone Brenda Somers, director of volunteer programs, 924-3708.

The Chinese-Canadian National Council has four job openings: Co-ordinator for CCNC, Toronto Chapter; Slide Tape Show Co-ordinator; Project Co-ordinator for Voices of Chinese-Canadian Women; and Race Relations Co-ordinator. Information, resumes: CCNC, 150 Dundas St. W., Toronto M5G 1C6, phone 977-3081.

Part-time experienced person Friday for downtown business. Some bookkeeping experience preferred. Half-days Monday to Friday. Phone 923-9887 from 2 to 5 p.m.

Person wanted for part-time childcare of 9 month old boy. Hours and fee negotiable. Call 465-8374.

INFORMATION

Emma Productions is a collective of women who make videotapes, slide-tape shows, and other media, about struggles for social change. We would like to offer our services to you: to help you produce video- or slide-tape shows that tell others who you are; to document events or conferences; or for consultation and workshops on all aspects of media. For further information call 461-3488 or write Emma Productions, 100 Bain Avenue, 69 The Lindens, Toronto.

The Cross-Cultural Community Centre has just published the Toronto Immigrant Services Directory, 1984. It lists 162 organizations that provide direct service to immigrants in Metro. It costs \$8. To order call 653-2223.

Living With Cancer. Groups led by health professionals working in a volunteer capacity, discuss misconceptions of the disease and its treatment. Practical advice and support is given in coping with the emotional and social problems often associated with cancer. Four different locations where groups meet twice monthly. Patients, family and friends — all welcome — call 961-7030 for location nearest you.

Nuclear Power, Mega-Hydro, Pollute the Environment, or freeze in the dark? There are groups cross Canada working for sane energy alternatives. Find out about them in the latest issue of Connexions, a digest of resources and groups for social change. \$2.50 from Connexions, 427 Bloor Street West, Toronto, M5S 1X7. Bulk orders at reduced rates for educational use.

DEC Resource Library contains a unique collection of papers, pamphlets and periodicals on economic and social development in the Third World. Hours: Monday to Friday, 9:30 a.m. to 5 p.m., Saturdays 1 to 5 p.m. There is no charge and materials must be used at the library. Location 427 Bloor Street West, basement. Call 964-6560.

INSTRUCTION

Singers-actors: Internationally known singer-actor radio, TV, recordings, stage, screen, offers elementary to advanced level of instruction in breathing, vocal technique performance. Appointment only. Charles Jordan Vocal Studio, 914 Yonge St. 923-8003.

MUSIC

William Shackleton's Piano Tuning. Reasonable rates. Call 439-3647.

Piano Tuning Special: \$30 for all adjustments. Also repairs, ivories replaced, voicing, new hammers, et cetera. Scott Carroll 466-2485.

MUSIC LESSONS

Singing and piano lessons with experienced performer and teacher for music enthusiasts of any age. Very reasonable fees! Call Lynn (B. Mus.) at 469-2033.

The Cabbagetown Community Arts Centre is presently forming The Golddiggers Marching Band of Cabbagetown. Sixty places are still available to 10-17 year old girls and boys. The Centre provides instruments, instruction and leadership. Rehearsals are at the Toronto Christian Resource Centre, 4 Oak St. (at Parliament) every Monday at 7 p.m. There is a \$10 monthly charge involved. Fundraising will be done to offset expenses for travel and competition. Call David Blackmore for more details 925-7222.

Send or deliver your ad today
Next Deadline: Wednesday November 21 CLA

\$7 CLASSIFIED COUPON

Write your ad clearly in the spaces provided.

I I should not the		
NAME:		
ADDRESS:		
PHONE:	CATEGORY:	

My ad is to appear for ______issues totalling \$_____enclosed. Send or deliver completed form and payment to Seven News Classifieds, 249 Sherbourne Street, Toronto, M5A 2R9 (just above Dundas).

PETS

Kittens: adorable, cute and cuddly. Good homes needed. Call 531-8101.

Christmas puppies! \$40. each. 921-2548 or 536-5839.

TOSHARE

Co-op of 3 women require 2 new people for December 1. We would like people who are non-sexist, non-racist, non-smokers who have a commitment to co-operative living. We have a spacious house in the Spadina-Harbord area with 5 bedrooms, living, dining room, kitchen, 1½ bathrooms, guestroom, basement and garden! Rent \$247 per month inclusive. Call 928-0332 or 928-0326.

In the heart of Cabbagetown: spacious (2 storey), 2 bedroom apartment, semi-furnished, sun deck, parking. \$350. Suit professional. Available immediately or December 1st. 925-0080.

SERVICES

House painter and decorator. Used to work for employers, residents and homeowners. As well will be available to do some work on your holidays. P.O. Box 1311, Station A, Toronto, Ont. M5W 1G7.

VOLUNTEERS

Tools for Peace is a nationwide campaign involving thousands of Canadian volunteers collecting \$1 million worth of material and financial aid for Nicaragua, sponsored by the Coalition for Aid to Nicaragua. If you want to make a financial contribution, donate materials, be a volunteer, or obtain more information contact: Janice Acton, Coalition for Aid to Nicaragua, c/o 175 Carlton Street, Toronto M5A 2K3, phone 925-7502 or 961-3935.

Interesting activities in a friendly environment. That's what we can offer you if you can spare some time to volunteer at Seven News. You can have your choice of tasks, large or small, and you can set your own times. We need help with office work, writing, layout, taking and developing pictures, typing, fundraising, delivering newspapers and lots of other things. Call the Seven News office at 921-2548 or Ulli at 960-3903.

Central Neighbourhood House needs volunteers to tutor school age children, drivers for seniors, assistants for the stroke club, childrens', teens, day care and adult programs, arts and crafts instructors, basketball coaches, et cetera. Interested in helping? Call Eva 925-4363, 349 Ontario Street.

Everyone Needs Friends. Extend-A-Family is a volunteer organization which encourages new friendships with handicapped children who live in our neighbourhood. It's fun and rewarding! Interested? Call 483-2668.

Looking for some meaningful activity in a friendly environment? Why not consider volunteering at Connexions, a quarterly magazine that keeps track of the activities of people across Canada who are trying to change our profit-oriented, antifreedom society? We need help with everything from writing, layout, and indexing to fundraising, mailing, and filing. If you think you might be interested, call Ulli at 960-3903. No experience necessary.

WANTED

Lamps...... Tall lamps, short lamps, hanging lamps, floor lamps — Seven News needs lamps to brighten our office. Call 921-2548.

Vacuum cleaner that works, please.... needed by clean community newspaper. Free/Gratis...thank you! 921-2548.

Professional Directory

DR. T. McGARRAGLE 698-3322

HOUSE CALLS

Metro Animal Hospital 2646 Danforth Avenue Toronto M4C 1L7

> DR. C. KNEEBONE 698-3838

Optometrists

Telephone 466-6670 _

Dr. Albert S. Y. Ng. Dr. Archie Chung and Associates

318 Broadview Avenue (Broadview and Gerrard) Toronto, Ontario M4M 2G9

Robert A. Brosius

CHARTERED ACCOUNTANT

Tax and Accounting Services

922-6949

97 Maitland Street Toronto, Canada M4Y 1E3

Church Directory

Saint Luke's United Church

Corner of Carlton & Sherbourne

10:30 a.m.

Sunday Worship Nursery and Sunday School Fellowship Hour

> A welcome to all Enquiries 924-9619

Little Trinity Anglican 425 King St. E. Church Office 367-0272

9 a.m.
Holy Communion
10:30 a.m.
Morning Prayer
7 p.m.
Evening Prayer