

NEWS

WARD 7 COMMUNITY NEWSPAPER
265 GERRARD ST. E.

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NEXT ISSUE
Copy is still urgently needed for future issues. At the least, write a letter-to-the-editor. Deadline for all copy for the next issue is **MONDAY, NOON March 4.** Drop copy off at 80 Winchester St. or 265 Gerrard St. E.

Parlton Village new Improvement area

With final approval by City Council and the Ontario Municipal Board, a section of Parliament street is now officially a "Business Improvement Area".

At their last meeting, the Ward Seven Businessmen's Association turned down the idea of having a contest to chose the name for the area. Instead, they recommended that the newly created Business Improvement Area be called "Parlton Village".

Parlton Village runs from Winchester down to just south of Gerrard on Parliament street, east on Gerrard just past the Gerrard Hotel and west on both Gerrard and Carlton to Berkeley street.

Roughly 128 businesses are in the Improvement Area.

Funds will be borrowed from the City to improve Parlton Village and the City will be paid back through a special business tax levied against all businesses in the area.

An independent Board of Management has been created to administer the funds and draw up plans for improving and making the area into Parlton Village.

Named so far to the seven-person Board of Management are Bart Davis of Davis Cleaners, Saul Wayne of Wayne Furniture, Jim Renieris of Royal Hardware, Carl Orbach, Q.C., a lawyer on Parliament street, and Alderman Karl Jaffary. There are still two positions open on the Board.

The Board is expected to meet shortly to begin drawing up plans for making the newly designated Parlton Village into a reality.



Work is progressing nicely on changing the former Dunlop site on Queen Street east near Booth to Jimmy Simpson Park. Among the structures being built is an artificial ice rink and two swimming pools. Ironically, one of the swimming pools is being built directly in the path of the proposed Scarborough Expressway.

photo: e. kolompar

Sprucecourt Tenants form tenants ass'n

Fourteen residents of Sprucecourt apartments, a 100-unit housing complex located at Spruce and Sumach streets in Don Vale met recently to discuss the value of attempting to form a tenant association.

The talk touched on a number of subjects:

- The difficulty some tenants have had in getting painting and repairs done,
- The fact that no leases are being renewed,
- Fear that renovations planned for the apartments might lead to wholesale evictions,
- The possibility of renting a garbage dumpster from the City,
- The problem of collecting interest on security deposits paid to the management.

In general it was agreed that a tenants association would be useful only if most of the residents of the complex were involved and information sharing was arranged with the owners about their future plans.

It was decided to publish an internal newsletter to keep residents informed and it was also decided to seek out and contact the owners as to their plans for the buildings.

Another meeting will be held on Feb. 25 at 7:30 p.m. in the teacher's lounge at Sprucecourt public school. Residents of the apartments are invited to attend.

New plans for North St. Jamestown

Plans are under way for the redevelopment of North St. Jamestown. North St. Jamestown is that area lying north of Howard street between Sherbourne and Parliament.

The redevelopment plans for that area are the type that will win instant approval from everyone concerned as they call for the deed-ing of a major portion of its proper-

ty by St. Simon's Church to the City of Toronto for parks purposes.

The hope is that other major property owners in that block will follow suit although Meridian has reportedly made an oral agreement to sell its property north of Howard street for use as a commercial development.

The site, now being used as parkland, is at the eastern edge of the

block and is presently zoned for residential use. Because of its proximity to the heavy traffic on Bloor and Parliament streets it is unlikely that the city will allow it to be rezoned.

A series of public meetings are planned in the North St. Jamestown area in the near future to discuss these developments and the impact that the building of West St. Jamestown will have on the area.

NEWS ROUNDUP

Rotenberg, O'Donohue, Stamm rumoured to run for alderman

The Community Development Branch of the Ontario Government, which partially funds the Federation of Don Area Resident Associations, (FODARA), has named Denis Morrice as their liaison person with that group.

New Board members of Seven News, Inc. are Peter Patterson of Withrow Ave., Frank Showler of Chesterhill and Jim Renieris, owner of Royal Hardware and representing the Ward Seven Businessmen's Association. These appointments are interim, until the Annual Meeting in October when full Board elections will be held.

SEVEN NEWS needs volunteers with cars who can help deliver the paper to our distributors. If you have a couple of hours free time one Saturday a month, and can help out, phone Dave Ruppel at 920-8632.

ELECTION RUMORS: (You-saw-it-here-first, Dept.) Tony O'Donohue is reportedly going to run for Alderman in Ward Seven. David Rotenberg, it's rumored, will run in Ward Six. Both are former aldermen and were defeated by David Crombie in their bid for the Mayoralty position in the last election.

Ontario Housing Corporation has agreed in principle to paying tenant representatives in each Regent Park building for some managerial duties. Details are still being worked out and a final agreement is expected shortly.

Both SEVEN NEWS and R.P.C.I.A. are in need of an auditor who can do a reasonably good job at an inexpensive rate. Any ideas or suggestions are welcome. Phone 920-8632.

The South Riverdale Planning Office will be holding an Open House all day Saturday, March 2nd at their office at 731 Queen Street East. Refreshments will be served and various planners and local aldermen will be on hand for the occasion.

SEVEN NEWS is now doing its own paste-up and we need some volunteer help. If you have a free Wednesday afternoon or evening, every second week, and would like to help out, phone the editor, Norman Browne at 920-8632.

Free Legal advice is available at the Neighbourhood Information Post every Wednesday evening from 7:30 to 10. Call 924-2543 for an appointment, or drop in any Wednesday evening at 265 Gerrard Street East.

MORE ELECTION RUMORS: Gary Stamm, a key member of the Don Vale Neighbourhood Action Committee has a reported \$8,000 in a "war chest" to run for Alderman in Ward Seven.

New Riding Assistant to MP Donald Macdonald is Chris Parke. He acts as a liaison person with community groups and replaces Gerry Tooke who has taken a position with the LIP program. Chris can be contacted at

the Macdonald Riding Office, 241 Jarvis street, phone 366-2300.

Tutoring service for students in all subjects is available, free, at the Parliament Library House, 265 Gerrard East. Call 921-8674 for information.

Bain Avenue Apartments are reportedly being redeveloped into luxury condominium units.

Dr. Dan Perlitz has retired from his recently opened practice on Parliament street to work full time for Browndale Homes. His practice will be taken over by Dr. Sharon Baltman.

Rumour has it that the owner of 50 houses, scattered throughout the Don District of Ward Seven has suddenly put them all up for sale.

The South Riverdale Planning Office staff are now working with the Scarborough Expressway coalition group, doing feasibility studies on a light transit proposal as an alternative for the Scarborough Expressway.

Neighbourhood Information Post, located at 265 Gerrard E. is looking for volunteers to staff its office. If you have some free time one morning or afternoon a week, call 924-2543.

The YMCA in St. Jamestown is considering setting up a full day care centre for children of residents in the area. People who are interested in the idea should call Marilyn Bolton at the YMCA office, 964-8775.

The St. Jamestown Community Improvement Association, at a meeting last Sunday night, decided to approach Meridian with a plan that would provide more parking space for visitors.

On Tuesday, February 12, the tenants playing Bingo in the Lounge at 41 Oak street were treated to carnations and Valentine cards, thanks to the efforts of John Sanlon, Bill Deely, Jessie Avery, Sheila Banks and Gail Riddell.

Central Neighbourhood House reports that it has been allocated \$119,000 by the United Community Fund for the year 1974. This is a \$10,000 increase over their allotment last year.

Thanks to the alert efforts of John Sanlon and Mrs. Jessie Avery a fire in an apartment at 41 Oak Street was brought under quick control on a recent Sunday.

The Polka Dot Door Shop, a new and used thrift shop, located at CNH at 349 Ontario street is seeking donations of clothes and items to stock the shop. Proceeds are used to pay the salaries of community people who staff the store. Phone 925-4363 for information or a pick-up.

A Nationwide survey of historical buildings is being made throughout Canada by the National Historic Sites Service, to record Canadian architectural heritage. During the next few weeks several people in the Ward Seven area will be knocking on doors to help record this data.



DACHI proposal railroaded through council

DACHI scheme 'disturbing'

Dear Sir;

In your edition of the Ward Seven News of February 9th you and Michael Stuart made comments which I think should be clarified.

The first, attributed to you, was that the DACHI proposal for Don Vale was a "medium density residential development". If the DACHI proposal is for medium density than this would imply that there are housing developments more dense than what Don Vale would be after the DACHI development.

Could you or DACHI name these residential housing areas which are more dense than it will become? Are there any developments composed strictly of low-rise houses which are denser now than Don Vale is, or will be denser than Don Vale after the DACHI scheme?

Of the areas that are denser than Don Vale, which of these would you consider better than slums?

My second question was with regard to Mr. Stuart's comment that the community, the city, CMHC and the Cowley residents will have control of the development in the future. Will we not be able to control the development currently?

Are all issues open to community discussion? If there is discussion

by the community and agreement is reached on key issues such as the maximum density the community would prefer, will these decisions be adhered to by DACHI?

Is not DACHI already committed to higher density housing in its development than currently prevalent in Don Vale?

I regret having dealt with density to such an extent but it is one of the main issues we fought against in West and South St. Jamestown and is an issue which I feel is disturbing some of the residents of Don Vale when they regard the DACHI scheme.

Alex C. Doulis
Laurier St.

(EDITOR'S NOTE: Present zoning in Don Vale allows 130 people per acre. The density in Don Vale, including streets, sidewalks and lanes is 60 per acre. The DACHI proposal is for 150-170 per acre. The development on Wellesley street is 170 per acre. The Sleepmaster development is 170 per acre. The Dundas-Sherbourne development is considered "high-medium" development and has 314 persons per acre. The term "slums" is relative. One man's slum is another man's palace. Compared to some cities in North America and Europe, there are no slums in Toronto...)

Dear Editor:

I am a home owner in Don Vale and I take pride in my home, my neighbours and my community. I am neither a man of letters; nor am I very articulate but feel prompted by my diminishing faith in politicians to write this letter.

I am writing in reference to the D.A.C.H.I. proposal, which our Aldermen Mr. John Sewell and Mr. Karl Jaffary have railroaded through the executive Council, against the Don Vale Community at large and without due process. In addition, they also had the D.A.C.H.I. proposal passed in principal through the City Council meeting of 23 January 1974. I am not sure whether to be alarmed or terrified that ANY proposal can be passed through Council in principal alone without investigating their substance.

I plead with all readers to have an open mind and consider the following questions which have never been answered publicly:

1. Who are the present owners of the Cowley Assembly?
2. Why would a private developer sell his properties for a profit of \$150,000 when in his own words he could make 4 times that amount by developing on his own?
3. Could there be a hidden profit?

Doesn't this prod someones curiosity? Can we not see the forest from the trees or are we just burying our heads in the sand?

Undoubtedly you are aware that a petition was submitted to Council with a overwhelming number of supporters against the D.A.C.H.I. proposal, to be exact there were 806 names and I understand there was an addition petition of 150 names which unfortunately did not reach Council in time. This represents nearly 1000 names of Tenants and Homeowners alike, some of which worked long and hard to present these petitions. I think you will find that the Don Vale Community as a whole does not approve of any assembly of land by speculators or private developers or even the Browndale School which is a new thorn in the side of Don Vale.

During the past five years there has been an incredible change in our area. What was a beautiful residential section both historically and architecturally deteriorated into a near slum. Young working people with pioneering hearts moved in and slowly with hard work, their sweat and savings, pulled the area up by its boot straps. Once more it is a beautiful area with even a more beautiful mix of people, young and old, poor and affluent. We ask for nothing more than to preserve this mix and our community.

Now that we have developed a stable community, we appear to be attracting speculators, developers, and institutions, such as the Browndale School for Emotionally Dis-

turbed Children, who have leased a complex of seven houses for ten years and then asked for community approval after the fact. We are now told that they have leased an additional five houses which give us a total of twelve homes in the Don Vale Community. Why so much interest in our community.

In both cases, that of D.A.C.H.I. and Browndale, we are dealing in public funds. I am sure we as a community do not necessarily oppose them in principal, but we do oppose their methods.

I pose the question: How many neighbourhoods like ours remain in the city core?, where neighbours are friends and friends are neighbours, ready and eager to help each other whatever the need. We do not all necessarily agree on issues but we do have aim in mind. Is a small neighbourhood, approximately a three-by-five block area, destined to eventual oblivion as a small community?

WHY is it necessary in a stable community to intensify people in high density complexes, either high rise or low rise. People cry out now about overcrowding and concentration of people in the center core. Yet we keep building high rises, low rises, skyscrapers, etc., which in turn, draws even more people to the center core. Soon our City will become a massive jungle of steel and concrete, high density complexes and little or no open spaces. Why is it wrong to try and preserve a small residential neighbourhood pocket for homeowners and tenants alike? I FEAR THE ALTERNATIVES not only for us but for homeowners and tenants in other wards as well.

In closing, I plead with all members of the Don Vale neighbourhood to consider your position in these matters and beg of you to offer your assistance in helping to preserve our neighbourhood.

Ronald R. Kepes
Metcalfe St.

(EDITOR'S REPLY: I am touched by your concern "to preserve this mix and our community.", "where neighbours are friends and friends are neighbours". But lets look at the facts:

The house you bought and townhoused was formerly occupied by a French-Canadian family and roomers comprising 12 to 15 people. They were a little boistrous,

a little noisy but accepted by their neighbours and added color and variety to the community. In the wintertime, they cleaned their walk after every snow fall; on hot summer nights they sat out on the front porch, sipped beer, and played the guitar. Are you concerned about them?

Are you concerned that you personally have contributed to the housing shortage in Toronto by reducing the occupancy of your house from 12 people to two people? At your rate of "density" (two people per house) five additional houses will have to be built to house the people evicted from your house.

Are you concerned that every single tenant in the Cowley Houses will be turfed out and forced to find new accommodation if the DACHI proposal fails?

If the Cowley Tenants are your neighbours (and therefore, your friends) why are you trying to evict them from the area? How can you talk about "preserving" the neighbourhood on the one hand while you actively try to evict a portion of the population from that same neighbourhood?

As I said, your concern is touching. . . Norman G. Browne.)

Good Deed

Donwest Neighbours Group, a non-profit housing group now has six houses it has purchased and has renovated or is in the process of renovating. All six houses are in the South of Carlton area and all but one tenant have lived in the area previously. It has three fully occupied, two partly occupied and one under renovation.

At 359 Ontario Street the unit reserved for a new tenant was not quite ready for occupancy. The tenant was expecting to move in February 1. A new baby was expected any day. What to do?

Terry Kropf, the foreman of the work team said, "Some of the team had taken 3 days off to attend a Church conference in New York, recently, and we do have a commitment to the house on Ontario Street." So . . . two of the work team started to work in the house on January 31st. early in the evening, then after a meeting 6 other guys turned up and worked at painting, floor tiles and finishing touches until 5:30 a.m.

Ethel Proulx

Insurance Company rip-offs

Dear Sir;

I read your article in the SEVEN NEWS about Insurance Companies and thought I would tell you of the experience I had with one this winter.

My Policy was up in January so they sent me a new one; the old one was for \$4,000 fire insurance and covered eruption of hot water

pipes and the premium was \$32.00.

The one they sent me was for \$4,000 fire insurance but not for burst hot water pipes but had \$25,000 coverage for personal injuries and \$500 coverage for medical expenses. The medical and injury coverage, however, was not for me but for anyone who happened to be visiting me. The premium was \$64.00.

I was furious and I called them but the woman I talked to said that was all she could give me.

I talked to my son and he told me to call the head man and I did so. He said that the woman who advised me was wrong. He said they could give me a policy for \$4,000 fire alone, not covering the bursting of pipes, but the premium would be \$50.

This is a jump of \$18 without as much coverage and I think that is a bit much, especially as the building I live in is fire-proof inasmuch as the walls are solid concrete and the door and door frames are steel. There is nothing to burn but the furniture.

Thank you for giving me space in your paper to let people know some of the things Insurance companies are doing.

M. Christenson
295 Shuter St.

'Abhorred' by Scrivener

Dear Editor;

As a supporter of the concept of low income housing and the DACHI development, I am abhorred by the petty and unreasonable response by Margaret Scrivener.

Mrs. Scrivener claims to support the concept of low income housing and yet when a possibility arises she works against it.

First of all, DACHI was asking for approval in principle of their project, NOT approval of final plans. Despite this, Mrs. Scrivener talks of "substandard housing plans below city standards". Is she unconscious of the fact that CMHC housing standards are higher than City standards in many respects?

One objection is that the DACHI proposal rents are rather high for

low income residents. Nevertheless for low income people a little high is better than nothing. There is also the possibility of co-operation with OHC and other agencies to keep rents at a decent level.

Mrs. Scrivener states that a thousand Don Vale residents are against the DACHI proposal. However, at the Residents meeting a majority (198-158) voted in favour of the project.

There is little that groups like DACHI can do to co-operate with those who would destroy the diversity of the community. DACHI'S proposal is not one of many proposals to save Don Vale's diversity - it is the area's last chance.

Robert Mills

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Construction is proceeding on schedule for the 17 new houses being built on Trefann street as part of Phase I of the Trefann Urban Renewal Scheme. photo: e. kolompar

Trefann Centre provides full range of activities for community

by ALLAN DUDICK

After successfully applying for funding by the Federal Government's Local Initiatives Program, the Trefann Court Community Centre is now able to provide a full range of activities for the community.

The Community Centre, located at 440 Queen East at Sackville, has a history going back to the summer of 1971. At that time, teenagers in Trefann Court ran a program funded by Opportunities for Youth. Their activities included a clean-up campaign, day care, senior citizen's assistance and community social events.

The same location, which also houses the Trefann Court site office, was also used for an OFY youth project during the summer of 1972.

By this time, people were feeling that many activities initiated by the youth project would be valuable if available on a long term basis so a LIP grant was applied for.

The LIP application was successful and a program was established in January of 1973 and continued until June of that year. The LIP project was called the Trefann Court Social Improvement Program and provided activities for all age groups as well as sponsoring a variety of social events.

In May of 1973, the Trefann Court Working Committee again stated its recognition of the need for social programming in Trefann Court. Support was given to secure funding in order for the Centre to continue and a brief requesting funds was presented to the City Executive Committee.

The Committee and City Council approved the request for \$5,000 and with that money and volunteer staff, the Centre was able to function until the current LIP grant was

made.

During this past summer the volunteer staff (the teenagers were paid a small honorarium weekly) provided daily activities for the children both in and out of the area.

One of the highlights of the summer program was a community picnic at Hart Lake.

Towards the end of 1973 the adult volunteers of the Centre submitted a LIP application to provide salaries and costs to run a full program for six months. The application was approved and the activities are just getting into full gear now.

The LIP staff hired were Edna Dixon, Noreen Gaudette, Nora Brewer, Olive Miller, Helen Connor and Community Handyman, Homer Chapman.

At a General Meeting held late in January, the Trefann Court community decided to:

- Keep the Community Centre as unstructured and informal as possible with the idea of it being a "drop-in place".
- Keep the Community centre flexible so that if an unmet need arises, the community centre can handle it.
- Look into the possibility of getting another structure for use as a community centre once the Urban Renewal Scheme is completed.
- Establish a Board of Directors under a Provincial Charter sometime before the present LIP grant expires in June.
- Set up informal committees to meet with neighbouring Dixon Hall so that the two groups don't set up competing services and programs.

DACHI makes downpayment on Cowley Assembly in Don Vale

by NORMAN G. BROWNE

On the strength of two letters received from Central Mortgage and Housing Corporation (CMHC) on Feb. 4 and 5, DACHI exercised their option and made a down payment of \$5,000 on the Cowley Assembly in Don Vale.

Because CMHC raised a number of financial and zoning problems in their letters, Alderman John Sewell and Don Vale planner Joe Berridge flew to Ottawa the following weekend to clarify what information CMHC wanted before fully approving the DACHI proposal.

At the Feb. 11 DACHI meeting, Joe Berridge reported four problems that needed fuller clarification for CMHC:

- A comparison of rent structures in similar accommodations in the Don Vale area.
- Specific information on operating costs of the DACHI proposal, especially heating costs.
- The real market value of the properties.
- Fuller specification of all the possible options and plans open to DACHI for developing the Cowley Assembly.

CMHC also seems concerned with the possibility of the proposal falling through after they have advanced the mortgage money. To cover this possibility, DACHI originally tried to arrange a buy-back arrangement with the seller of the Cowley houses but CMHC wasn't excited about that idea. DACHI now proposes to show that the properties can be sold at any time on the open market to recoup the mortgage money advanced by CMHC.

Meanwhile, the Toronto Christian Resource Centre, located in one of the Cowley Houses on Carlton street became concerned that a crisis had risen in the Don Vale community over the political controversy generated by the DACHI proposal.

Lacking the manpower to handle the problem themselves, they called on the Inter-faith Committee of St. Simon's church for the loan of their community worker, Jim Houston.

Mr. Houston was made available to work with a committee of DACHI and the executive of the Don Vale Resident's Association to disseminate information about DACHI and its proposal to the Don Vale Community.

Under the guidance of Mr. Houston, a fact sheet on DACHI was prepared and canvassers were enlisted to take around copies and talk to all the residents of Don Vale

on a house-to-house basis.

The canvass and the block meetings were reportedly "productive and useful" and had the desired effect of cooling some of the tension that was dividing the community.

The block meetings also each elected two of their members to form a Working Committee which will meet with DACHI to help develop the final plans for the Cowley Assembly.

Meanwhile, a further committee has been established, containing representatives from DACHI, the Cowley tenants and the Resident's Association to establish criteria for admission into the Cowley Co-op when it is fully established.

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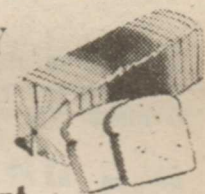
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education report

Workshop held to explore uses of extra space in schools

by **DOUG BARR** and
GORD CRESSY

On Feb. 14, a city-wide workshop was held at the Board of Education to explore the topic of "Planning for the Future Use of Surplus Educational Space in Toronto Schools."

Workshop participants included representatives from the Board, City Council, citizen groups, home and school associations, social agen-

cies, parks and recreation, emerging services (LIP), and interested citizens.

The workshop was convened for three important reasons. First, enrollment projections indicate that over the next ten years we will drop approximately 20,000 to 30,000 pupils.

This drop will result in a large number of vacant classrooms which could be used for a variety of purposes at the same time as schools are offering their regular program (i.e. parallel use).

Second, the Provincial Ministry of Education is presently preparing guidelines to a bill which may be even more restrictive regarding the freedom of local boards to plan for the use of their own vacant space.

Third is the growing movement among an increasing number of Torontonians to view education as a life-long continuing process which can involve various community sources.

In preparation for the workshop, a small planning group of citizens, under the chairmanship of Fiona Nelson, convened seven small discussion groups of around 15 people. Each discussion group responded to a draft policy paper prepared by the planning group and the amended versions were presented to the workshop for modification and approval.

It is hoped that the Toronto Board of Education will ratify the Workshop paper and make it policy for all Toronto schools.

Some of the recommendations in the brief include:

1. *The need for shared planning and decision-making at a local level between Boards and their school-neighbourhoods regarding the parallel use of vacant school space.*

2. *The recognition that the first responsibility of a local school is the education of children and that parallel uses should only be considered where a neighbourhood school no longer needs to use portables for instruction and where*

vacant space is located within the school building.

3. *The need for the Province to integrate and expand their social development grants and cost-sharing programs to finance operating and overhead costs of parallel programs.*

4. *The feeling that a very low priority be given to profitmaking groups in making parallel space available.*

Examples of the parallel use of unused school space are: experimental educational programs, student run services and lounges, site offices for planners, community offices and meeting rooms, community newspaper offices, neighbourhood use of kitchen facilities, recreation and fitness programs, theatre rehearsal and set storage space, counselling and multiservice centres, health and legal clinics, breakfast and lunch programs, day care centres, etc.

Once the comments from the Workshop participants have been incorporated into a final copy of the policy papers, the paper itself will be presented, with community endorsements, to the Toronto Board. From there, it is expected a delegation will go to the Provincial Government to make the Toronto views known.

After the Board meeting on March 21, the second phase of collaboration with the community will begin. The planning group will try and come up with a new mechanism for sharing decision making between the Board and school neighbourhoods for determining the use of vacant school space.

This will require considerable effort on the part of all concerned but is crucial to the concept of local school-community autonomy.

Another important task has to be done after the policy has been approved in principle. This is the clarification of such practical aspects as insurance, caretaking and maintenance costs and the need to help community groups obtain grants so they can pay for parallel space.

Because many schools in Ward Seven have declining enrollments, this issue has enormous implications for the character of school-community life in the Don Area.

The choice is between retaining the concept of the local neighbourhood school or having them closed down, sold off and our children bussed to other locations.

If you and/or your organization wish to become involved in this matter, contact Gord Cressy or Doug Barr and we will send you a copy of the Position Paper.

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Sidewalk and Road Improvements in Ward

The Public Works Department of the City of Toronto has released its proposed 1974 improvements to roads and sidewalks for the City. A summary of recommendations for Ward Seven is listed below.

If anyone finds any obvious errors or omissions, please contact Alderman John Sewell at 367-7480 or Karl Jaffary at 367-7017 or drop them a line at City Hall. They will attempt to convince the Commissioner of Public Works to amend the proposals accordingly.

SIDEWALK REPAIRS

- Carlton St. from Parliament to Metcalfe (both sides).
- Carlton St. from Metcalfe to Sackville (both sides).
- Howard St. from Sherbourne to Glen Rd. (even side).
- Howard St. from Glen Rd. to Ontario (even side).
- Howard St. from Ontario to Edgedale (even side).
- Howard St. from Edgedale to Parliament (even side).
- Jackman Ave. from Danforth to Hurndale (both sides).
- Parliament St. from Winchester to Prospect (both sides).
- Parliament St. from Howard to Bloor (both sides).
- Victor Ave. from Broadview to Logan (both sides).
- Winchester from Ontario to Rose Ave. (even side).
- Broadview from Eastern to Queen (even side).
- Ontario from King to Adelaide (odd side).
- Parliament from King to Adelaide (both sides).
- Parliament from Adelaide to Richmond (odd side).
- Parliament from Richmond to Queen (both sides).
- Power St. from Adelaide to Richmond (both sides).
- Power St. from Richmond to Queen (both sides).
- Pretoria from Broadview to Ellerback (odd side).
- Queen from De Grassi to McGee (even side).
- Sumach from Easter to the end of Sumach (even side).

PAVEMENT REPAIRS

- Queen St. from Booth to Logan.
- Winchester from Parliament to Sumach St.
- Bayfield Cr. from Playter Cr. to Playter Blvd.
- Berkeley from King to Adelaide (patching only).
- Berkeley from Queen to 150' north.
- Bonnycastle St. from Queen's Quay to Lakeshore.
- Booth from Eastern to Queen.
- Boulton from Queen to Cummings.
- Boulton from First to Gerrard.
- Cornwall from River St. east (patching only).
- Dermott Pl. from Spruce to Carlton.
- Don Crest Rd. from Cambridge to the end.
- Eastmount from Cambridge to the end.
- Erin St. from Front to Derby.
- Hamilton St. from Dundas to Gerrard.
- Howard St. from Sherbourne to Parliament.
- Ingham Ave. from Millbrook to Tennis Cr.
- Jackman Ave. from Danforth to Hurndale.
- Jackman Ave. from Hurndale to Fulton.
- Metcalfe St. from Carlton to Amelia.
- Millbrook from Broadview to Ingham.
- Munro St. from Queen to end of Munro.
- Ontario from Shuter to Wellesley.
- Parliament St. from King to Gerrard St.
- Power St. from King to Queen St.

Hey, Mom!

by CATHERINE VERRALL

Wheat germ is a best buy: cheap (around 25¢ a pound), packed with many nutrients that we need for health, and don't get, in much of the processed stuff we eat. And so easy to add to all sorts of food.

Feel tired and draggy, bad-tempered, muddle-headed? Protein gives energy, puts kids and grown-ups in a better mood, helps us think straighter. And wheat germ is high

in protein (so is MILK).

Most of the B vitamins are mainly in wheat germ (also liver and brewer's yeast, and produced in the body by yogurt). A great many ailments are due to a lack of the many B vitamins. Research on people and animals shows that ailments such as heart disease, lung infections, cancer, depression, exzema, falling hair, kidney and liver disease, high blood pressure, may be produced, when B vitamins are missing from an otherwise adequate diet. Certain B vitamins break down the cholesterol (which the body needs) into tiny particles which cannot clog the arteries. (So don't give up protein-rich eggs...

just get enough vitamin B!)

Then there's vitamin E, found only in wheat germ (and nuts and cold-pressed oils bought in health stores). Every cell needs this vitamin. It works against clotting (as in strokes), and scarring (as in burns), premature and defective births, liver damage from food additives, and other symptoms of "ageing".

And the bran in wheat germ, used regularly, means no more constipation.

Refining flour (taking out the wheat germ) is a modern invention that has done great harm. During World War I in Denmark, and during World War II in England, refining flour was forbidden. General health improved, despite the war, and cancer, diabetes, heart and kidney disease dropped markedly, thanks to wheat germ. Our so-called "enriched" flour has at least 25 nutrients removed, and 3 replaced.

This information I have gleaned from *Let's Eat Right to Keep Fit*, by Adelle Davis, "America's foremost nutrition authority".

So let's grab a bag of wheat germ, and help give our families the health nature intended. And of course, buy whole wheat bread and flour (5 lb. for 93¢ at Loblaw's, with preservatives added; 99¢ at Minnie Prices Health Store, no preservatives added). Keep it refrigerated.

Add wheat germ to cereals, rice,

casseroles; sprinkle on soup. Substitute in recipes, maybe replacing 1/2 cup flour or rolled oats with 1/2 cup wheat germ. Be inventive!

MEAT LOAF

2 eggs, beaten
1 lb. (or less) ground beef
1/2 cup each: wheat germ
skim milk powder
rolled oats, or whole wheat
bread crumbs from old bread
1 tsp. salt (unless you have heart
or high blood pressure problems)
1/2 tsp. each: garlic powder,
marjoram, basil, mustard (or
what have you?)
chopped onion, (parsley? green
pepper?)
1/4 cup catsup
3/4 cup milk (or water)

Mix together. Bake in greased pan, at 350, about 1 hour. Pour off fat. Serves 8 or so.



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SURVIVAL!

by AUDREY SMOLIN

When do you go to the doctor? Almost all of us would probably answer that question — When I'm sick. Most of us tend to think of doctors, medical examination, and being sick, all in the same breath. We have all heard that we should be checked regularly but what does that mean, and why bother?

We tend to think of sickness as something that just happens to us that we can't do anything about. This is not true! Many illnesses are caused by poor diet, lack of exercise and crowded living conditions. Other illnesses could be cured if detected early. Still other illnesses need not cause severe disability if detected early and treated regularly.

Let's take glaucoma as an example. Glaucoma means increased pressure of the fluid inside the eyeball. It is the single greatest cause of blindness in people over 40. Often people will ignore early symptoms such as headaches, blurry vision, and reduced ability to see things that aren't straight ahead. A simple test called "tonometry" can detect high pressure in the eyeball and medication can prevent damage to the optic nerve (nerve to the eye). This is only one example of an illness that could be detected and treated if you go for an annual physical check-up.

Many of us don't know what we should expect from an annual physical exam. There are a few basic principles. You have the right to know what is being tested and why. You have a right to know if anything is found to be wrong. You also have the right to know the tests, dosages, and effects of any medications you are given. You should also be able to get information about how to stay healthy — good diet, the right kind of exercise for you, and general information on how your body works!

A good general physical exam will go something like this (the order will depend on how the Doctor's office is set up): The first step in your check-up will usually be telling your own past medical history, your family history, and complaints you have right now and any problems that are affecting your health care (housing, lack of money, family problems).

Your "history" will include questions about what illnesses and operations you have had, as well as what people in your family have had, and possibly died from. You should also try to remember what vaccinations you've had and what you are allergic to. Questions about where you work will give the doctor an idea of any possible occupational hazards such as lead poisoning, etc. which may occur. A good doctor will review the different parts of your body, asking questions to make sure nothing is wrong that you are not aware of.

If you are seeing a doctor for a specific problem, and you haven't had a complete physical examination in a while, a complete review of your body systems is a sign of good medical care, and will often give a much clearer picture of the problem which sent you to the doctor in the first place.

Next comes a trip to the vampire — a few small vials of blood will be taken to find out things like:

- the number and condition of red blood cells
- the amount of hemoglobin (protein in the red blood cells that carry oxygen)
- the number and kind of white blood cells (to detect any infections)
- chemicals in the blood (sugar, salts and other substances) that show if the body is in balance.

At this time you'll also probably give a urine sample to be tested for sugar, protein and bacteria among other things. This along with blood chemistries, can give important information about your kidneys, and information about possible diabetes.

A chest x-ray should also be done — not only to help detect T.B. but also many other conditions of the lungs. Once or twice a year X-rays are enough unless some health problem (such as T.B.) requires more frequent X-rays. If the equipment is not in the doctor's office, you should ask the doctor where a free chest x-ray can be obtained.

Your height and weight (groan!) will be measured. Your temperature will be taken, as well as your pulse (rate of heart beat), number of respirations, and blood pressure will be measured. Blood pressure measures the efficiency of the heart.

So far, we've talked about the first part of a physical examination, including history testing, vital signs. In the next issue of SEVEN NEWS, we will explain the remaining physical exam including various systems and the reasons for all the probing, tapping, listening, touching, that goes on during a complete physical examination.



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Frankland pupils enjoy trip to Quebec

(EDITOR'S NOTE: Recently a group of students from Frankland Public School on Logan Ave. went on a trip to Quebec City. Following is a report on the trip, written by three of the students who took part...)

DAY ONE
by STEVEN COOPER
It was 7:30 a.m. when the bus started to leave. There were 42 people going to Quebec from Feb. 4 to 7. On the way we went on the Macdonald-Cartier highway. There was hardly any traffic.

We stopped twice. Our first stop was in Kingston where we had lunch. Our second stop was for a snack and everybody spoke French.

When we started to go again, the roads got high and rocky (Canadian Shield - east of Kingston). We crossed into Quebec City over the Pierre LaPorte bridge that was over the Saint Lawrence River. Next to it is the old steel Quebec Bridge.

We could hardly believe it, we had travelled 500 miles in 9 hours and we were finally in Quebec City. We stayed at a modern University campus. The name of the campus was Pavillon Andre-Coindre.

DAY TWO
by DAVID BLUIS
We started with a tour of the city (which had 2 feet of snow).

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First we went to the Quebec Parliament Buildings. Then across the street to where preparations for a Carnival with Bonhomme (the mascot) and the ice palace were underway.

Then we went to the Citadel which was used to guard Quebec. It is about 300 feet above the St. Lawrence River. It also has a war museum with a little hut with the names of soldiers that died in the wars of the world.

After the Citadel, we went to Laval University for lunch.

After lunch, we went to the Plains of Abraham. This is where the British under Gen. Wolfe defeated the French under Montcalm.

At an Aquarium we saw: Octopus, trout, seals, sharks, turtles, crabs, lobsters, snakes and sea shells. These are just a few of the things that were there.

Our next and last stop was to the toboggan run. It costs \$1.00 to rent a toboggan for about "trois heures". You go down it at about 45 m.p.h. It is one of the main attractions of the Ice Carnival.

That night we played ice hockey, ping-pong, pool and cards. Then we went to bed feeling very tired.

DAY THREE
by BRIAN MINSHALL
Today we got up and made our beds and got ready for breakfast. We always had as much as we could eat.

We went to a grade 5-6 French School and watched and listened. At 10:30 we went for recess. When we returned to class, some of us had to answer questions from the

French pupils about our school and Toronto.

After that, we went to Musee du fort and watched the battle of French soldiers and British soldiers fighting for control of Canada. Next we went to Montmorency Falls. It's said to be bigger than Niagara Falls.

Our next stop was Ste. Anne du Beaupre miracle Church. It's called the miracle Church because some people go in crippled and come out with no crutches.

While returning to our residence, we stopped at Place Laurier. It would be our last chance to buy souvenirs. It is bigger than Yorkdale and has a lot of stores.

In the evening we played broomball. It's something like hockey but you use brooms and a plastic ball. The ball looks like a bowling ball. Some people watched Minnesota cream Montreal on TV. Then we went to bed.

On the last day we mostly travelled. We stopped for lunch in Ontario. We got home at 5:30 p.m.

More self-defence classes for women

by ALICE MacPHERSON
Times have changed and women's role in society with them. A woman is more likely now to be in a position of needing some form of self-defense.

Even if you have not taken any self-defense there are things you can do to escape an attack. If you can, scream and run. If you can't, stay calm. Panic and you are lost. Breathe deeply and slowly to stay as relaxed as possible.

Never raise your voice - rather, lower the pitch and volume. This may pacify your attacker. Most people know that a dog will attack you if you show fear. People attacks can also be triggered by fear.

If your attacker is a man, kick for the groin. If that is protected or the attacker is a woman, aim for the eyes. Strike hard, strike twice, and don't tell them what you are about to do. Surprise is your best weapon.

This may sound cruel but remember he is attacking you, not the other way around. You may be saving your own life by your actions. Always call the police as soon as possible. Your attacker may be wanted for other assaults besides the one just committed.

Better still, take a course in self-defense. One such course in the community has just completed but another is starting on Thurs. March 7 at 7:30 at the Don Vale Community Centre, 80 Winchester street. Registration for the four week course is \$1.00. For further information call Suzanne Noble, 921-6710.

Use discretion if you can - use self-defense if you must.



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COMMUNITY BULLETIN BOARD

MONDAY, FEBRUARY 25

7:30 Don Vale Community Centre (80 Winchester St.) General Meeting of SEVEN NEWS, INC. Everyone in community invited.
8:00 Dixon Hall (58 Sumach St.) Meeting of the South Cabbagetown Community Improvement Association.
6:30 Dixon Hall (58 Sumach St.) Free Legal Aid Clinic.
7:30 Parliament Library House (265 Gerrard East) Photography workshop for adults. Free. Bring your own camera.

TUESDAY, FEBRUARY 26

1:30 p.m. Sprucecourt school (70 Spruce St.) Rummage and Bake Sale in the gymnasium.
10:30 a.m. Parliament Library House (265 Gerrard E.) Ladies Day Program. Calligraphy. Coffee served.
7:30 p.m. Don Vale Community Centre (80 Winchester St.) Bingo.
8:00 p.m. Enoch Turner schoolhouse (10 Trinity St.) Planning Meeting on industry in the King-Parliament area.
7:30 p.m. Danforth Library (701 Pape) Film series: People and Places. The world of scientists and the sea.

WEDNESDAY, FEBRUARY 27

8:00 p.m. Regent Park Church (40 Oak Street) Annual Meeting of the St. David Liberal Association.
7:30 p.m. Don Vale Community Centre (80 Winchester St.) Starting a two-session yoga course. To register phone 921-6710.
7:30 p.m. Parliament Library House Neighbourhood Information Post Board of Directors meeting. All welcome.
7:30 p.m. Parliament Library House. Photography workshop for teens 12 to 18. Free. Bring your own camera.
7:30 p.m. Parliament Library House. Downtown Community TV production meeting. Free, open meeting.

THURSDAY, FEBRUARY 28

1:00 p.m. Don Vale Community Centre (80 Winchester St.) Free income tax clinic. No appointment necessary.
8:00 p.m. United Church (115 Simpson Ave.) Presentation by the Comedy Players of "You Can't Take It With You". Also playing March 1 and 2. Tickets \$3. Phone 362-5311, ext. 312 for info.
8:00 Parliament Library House. Open poetry readings.
9:30 a.m. Central Neighbourhood House (349 Ontario) Health Clinic. All welcome. Free.
Noon Dixon Hall (58 Sumach St.) Community lunch served. 60¢.

FRIDAY, MARCH 1

8:00 p.m. 48th Highlanders Hall (519 Church St.) Annual meeting of the Rosedale Liberal Association. Speaker Donald Macdonald.
8:00 p.m. Parliament Library House. Film series: Canada at War. Last of this series. Admission free.

SATURDAY, MARCH 2

10:00 a.m. Don Vale Community Centre (80 Winchester St.) Rummage and Bake sale. Admission free. Bargains galore.
10:00 a.m. Riverdale Site Office (731 Queen St. E.) Open House to all in the community. Refreshments and special guests.
2 p.m. Parliament Library House. Bring poetry to read or rap.

SUNDAY, MARCH 3

12:30 Regent Park Church (40 Oak Street) Annual meeting.

MONDAY, MARCH 4

Noon SEVEN NEWS office (80 Winchester St.) Deadline for items for the paper and for items for this column.
7:30 p.m. Parliament Library House. Play reading. Free.
8:00 p.m. Queen Presbyterian Church (Carlaw & Queen) Annual Meeting of the Broadview Liberal Association.

TUESDAY, MARCH 5

7:30 p.m. Parliament Library House. Creative writing workshop.
8:00 p.m. Don Vale Community Centre (80 Winchester St.) Meeting of executive of Don Vale Homeowners and Residents Association.
8:00 Parliament Library House. Free Yoga classes.

WEDNESDAY, MARCH 6

Noon — Don Vale Community Centre (80 Winchester St.) Hot lunch served for the community on a pay-what-you-can basis.

THURSDAY, MARCH 7

Noon — Don Vale Community Centre (80 Winchester St.) Free income tax clinic. No appointment required.

FRIDAY, MARCH 8

8:00 p.m. Parliament Library House. Feature Film presentation of movie "Goin' Down the Road". Admission free.

活賢舞蹈團 招收團員
本市訊：活賢社區中心華人部，為提倡，研究，介紹及推廣舞蹈起見，組織活賢業餘舞蹈團，暫假皇后街東入百廿五號活賢社區中心為通訊地址，歡迎對舞蹈有興趣及有毅力，無不良嗜好之青年男女加入，有意者請向活賢社區中心華人部職員查詢，電話：四六一一六八。

(Information for this column is collected by Neighbourhood Information Post. Items for future listing should be phoned into NIP at 924-2543. There is no charge for this service.)

(This space contributed by Community Development Branch, Ont.)

Community Centre to begin Hot Lunches

by BILL KELLY

The Don Vale Community Centre will be getting a "hot lunch" program underway in early March. Initially, it will be open once a week for a noon-day meal on the basement floor of the Centre at 80 Winchester street.

The program will provide an opportunity for people in the community to get together and enjoy a good, hot, nutritious meal served family-style for under \$1 per plate.

It will also be a good time for those interested to discover for themselves what else is available at the Centre — be it a game of checkers in the hospitality room or information from the health centre on the 2nd floor.

The luncheon program will be run by a small but enthusiastic group of staff and community people headed by Dorothy Bushey and will be active in all areas of the meal program. However, there's still plenty of room in and around the kitchen for more help. If you would like to share some of your time and talent with us, give Bill Kelly a call at 921-6710.

In order to finance the costs of starting this weekly event, the Community Centre is having a Rummage and Bake Sale on Saturday, March 2nd from 10 a.m. to 1 p.m.

If you have any donations (clothing, dishes, etc. up to small furniture) or if you would like to contribute your favorite home-baked goods, please call 921-6710 days or 961-1351 in the evenings.

Red Emma comes to Don Vale

Toronto Free Theatre's successful production of "Red Emma" will be shown for one night only at the Don Vale Community Centre, 80 Winchester St. The date for the show is Tuesday, March 5 with show time at 8 p.m.

The play deals with the early years (1890-1900) of Emma Goldman, the famous anarchist who was involved in the struggle for workers and particularly women's rights.

Following the play, coffee will be served and the cast will mingle and talk with the audience. Admission is free.



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Free Tax Clinic

The Parliament Street Library House, in co-operation with the Neighbourhood Information Post, is sponsoring a free income tax clinic beginning Monday, March 4.

The clinic, organized by the Department of Citizenship and the Canadian Institute of Chartered Accountants, will operate on Monday, Tuesday, and Thursday evenings from 7 to 9:30 p.m. on an appointment only basis.

The Department of Citizenship has decreed that the clinic can only serve single taxpayers earning less than \$5,000 or taxpayers with one dependent earning not more than \$6,500 net, adding \$500 for each additional dependant.

This new clinic is in addition to the regular income tax clinic operated by NIP, which is open Monday to Friday, 9:30 to Noon, 1 p.m. to 5:30 p.m. and Monday and Tuesday nights from 7:30 to 10 on a drop in basis.

For information or appointment, drop in at 265 Gerrard St. east or phone 924-2543-4.



The Beamish Regent Park Pee Wee team defeated the Trinity Raiders 5-1 last week-end to clinch first place in their league. It also earned them a berth in the play-offs, to be held in Maple Leaf Gardens in March. Pictured above, back row, are Warren Beamish, Kenny Walsh, Colin Green, Lawrence Barris, Billy Heath, Al Henry and Harold Lounds.

Front row are: Derek Thompson, Fred Barris, Ricky Nevills, Dennis Galloway and Ron Hewell.

Other Regent Park teams who have assured themselves of a Gardens play-off slot are: Scrivener's Scramblers (Atom), Domstram (Minor Bantam), Local 43 (Midgets), and Westway Forwarding (Juniors).

Re-union at Rose Ave. Public School

This year marks the ninetieth birthday of Rose Avenue School and they plan to have a "Birthday

Party". Their plans don't call for an elaborate affair but instead they want to have a re-union tea for as many former pupils and teachers as can be contacted. The "Re-union Tea" is scheduled for April 4th.

In order to do that, however, they need the help of the community.

If you were a pupil of Rose Avenue School would you please send them your name and address, your phone number and the approximate dates of your attendance. If you are a married woman,

please also include your maiden name.

If you were not a pupil yourself but have friends or relations that were, the school would like information from you on them or have them contact the school direct.

Information should be sent to the Birthday Committee, c/o Rose Avenue School, 675 Ontario St. Toronto M4X 1N4. The information can also be phoned into Mrs. E. Schenk at 924-6768 or Mrs. W. Keith at 964-6989.

They are also looking for volunteers to make the re-union a success. Call them or call on them if you want to help.

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