

# NEWS

WARD 7 COMMUNITY NEWSPAPER  
265 GERRARD ST. E.

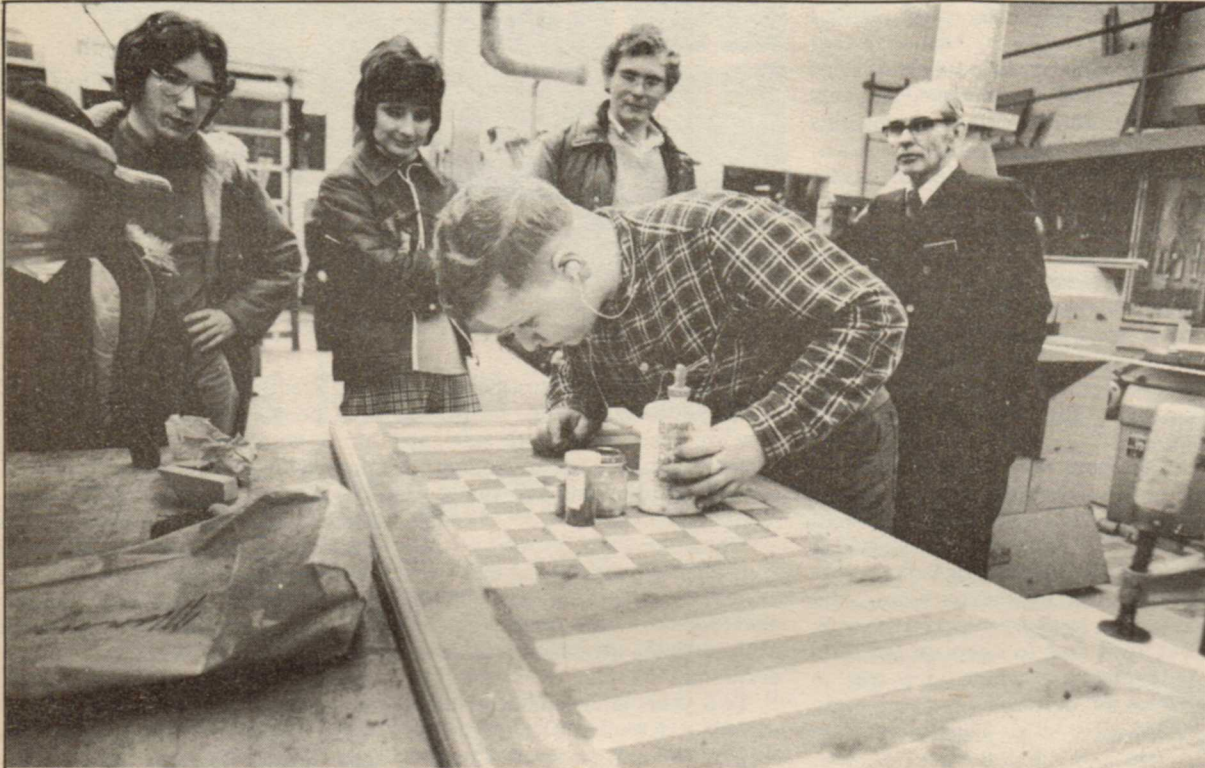
VOLUME 4, NUMBER 18

920-8632

MARCH 9, 1974

### ARTICLES NEEDED

This issue should have been 12 pages but we lacked enough copy. Please write something for the next issue and we'll try for 12 pages for it. Deadline is NOON, Monday, March 18. Drop copy off at 80 Winchester St. or 265 Gerrard St. E.



John Chamula is pictured above being watched in the woodworking shop by students and parents attending the 11th Annual Open House held last week at Castle

Frank Secondary school on the Danforth. The event was very successful with over 1,000 people in attendance.  
Photo by Peter Paterson

## Community Bank: Rip-off or Godsend?

by NORMAN G. BROWNE

The image presented by banking institutions in Ward Seven is not a very good one. Biggest complaint amongst Ward Seven residents is that there are not enough of them.

Another complaint is their sterile uniformity: any branch of any bank in Ward Seven looks like any branch of any bank anywhere else in Canada.

A third complaint is their seeming lack of awareness of the varied needs and life-styles of Ward Seven residents.

The best example of this is the advertising posters hung on the walls behind the tellers cages. A smiling man is pictured: he's white, anglo-saxon, clean-shaven — has short hair and is wearing a white

shirt, coat and tie.

The people down below, actually using the bank, vary through every color, race and creed and vary in lifestyles from the barefoot hippie with shoulder-length hair to the harried welfare mother with three children to the old-age pensioner to the wino coming off a three-day drunk.

And of course, the man pictured in the poster on the wall of our local banks is usually pictured saying something completely inane and irrelevant like, "I took out a Red Convertible Loan, why don't you?"

But there is still hope. Ward Seven has been chosen as the site for a true "community" bank — only the second of its kind in Canada.

But that presents another problem. How does a major bank set up a so-called community branch without the residents crying, "Rip-off and tokenism"?

The Royal Bank has done it by holding meetings over the last six months with community people and local leaders — and allowing the people at the meetings to make the decisions on how the bank branch should look, function and operate.

And it seems to have worked. The community has decided that the bank will have a meeting room in front with audio-visual equipment. It's decided that there should be no rugs on the floor of the bank (and only a thin one in the manager's office). It's decided that the hours of the bank should be from noon until 7:00 p.m.

The community was presented with a choice and decided the bank manager should be a bank manager and not a social worker. But he will have an up-to-date list of resources and services in the community for referral purposes.

The bank will be located at 930 Queen street east but won't open until later on this month. In the meantime, meetings are still being held on the concept of the bank (and will be, even after it opens).

The next meeting will be held on Monday, March 18 at 7:30 p.m. at Queen East Presbyterian Church, Queen and Carlaw. Anyone is invited to attend and air their views. Or for more information, phone the new bank manager, Gerry Bennett at 445-3200.

And oh yes. Mr. Bennett, the bank manager, says there won't be any of those stupid posters staring down at you from the walls...

## Locked doors at Regent Park

After about five years of requests, delegations and briefs, by residents of Regent Park, OHC, their landlord has finally taken action on improving the security of the apartment buildings in Regent Park.

The problem has been that none of the apartment buildings in Regent Park have locks on their outside doors or inter-com systems. As a result, the buildings have been wide open to strangers who come in to vandalize or sleep in the halls.

As a pilot project, the outside doors of 325 Gerrard St. E. had locks placed on them and keys were given to all the tenants in the building. Because of the lack of intercom

system, however, the buildings doors were not locked until 11:15 each night.

Bill Deeley, Unit Representative for the building reports that the new system has worked out very well and the only problem has been the occasional tenant who has forgotten his key. Early reports show that incidents of vandalism and strangers in the building have been cut dramatically since the locks have been installed.

In light of the success of the pilot project, the Regent Park Community Improvement Association is expected to request that the same lock system be instituted with every apartment building in Regent Park.

## Free Store to open in Riverdale

by PEGGY WELSH

A Free Store has been opened by the Riverdale Community Action Centre at its newly enlarged and renovated premises at 725 Gerrard St. east.

A Free Store is exactly what the name implies — a store with no cash register; a store where everything is on "sale" completely free of charge.

There are presently a lot of churches and institutions in Ward Seven that sell at cut-rate prices, goods given to them free of charge. Under the Free Store concept, there is no rip-off as all goods donated by the community are given back to the community free of charge.

To get the Free Store going properly it needs a stock of items, not junk but things you no longer need but are sure someone else could use: clothes, linen, dishes, books, etc. — anything and everything.

The Free Store has as yet got no truck to make pick-ups so if you have a large car or small truck and can help them out once and awhile that too would be appreciated.

If you have items to donate, bring them to the store at 725 Gerrard St. E. or if you can help make pick-ups, phone them at 461-1023 or call Peggy Welsh at 465-6139.

### newsroundup

## Sheltered Workshop, Woodgreen receive funding

Judith Killarn of Women's Place is putting together a booklet called "Single Mothers Survival Book" and would like to hear about the problems of mothers on their own. Call her at 929-3185...

The St. Jamestown YMCA is looking for occasional office help that can type 50 WPM. Contact them at the YMCA office, 240 Wellesley street east next to Shoppers Drugs...

Charles McLellan has been named acting Chairman of the newly formed Sprucecourt Tenants Association... The United Community Fund has made a grant of \$68,000 to Community Sheltered Workshops and \$123,000 to Woodgreen Community Centre. Both are Ward Seven agencies...

Surprise visitors to Ward Seven last week were Bob and Roberta Sankey, well known leaders in the South of St. Jamestown struggle...

Alex Doulis of Laurier street was misquoted in the headline over his letter in the last issue of SEVEN NEWS. Mr. Doulis isn't "disturbed" by DACHI or the density of its project in Don Vale. But he felt some Don Vale residents were...

Rev. John Metson, executive director of the Christian Resource Centre on Carlton street was elected President of the St. David Liberal Association at their annual meeting held in Regent Park last week. He replaces out-going President,

Anne Read...

Thanks to Mrs. Helen Petrie of Blecker street who donated a quantity of good, usable furniture to SEVEN NEWS to be given to a needy family in Ward Seven...

The Don Vale Community Centre Free Book Store has just received a donation of 200 hardcover books from local resident, Don Smith. The books can be had free or in trade from the centre at 80 Winchester street...

New President of the Regent Park Community Improvement Association is Janet Ross. She was elected by acclamation and takes office in April...

The Dixon Hall Board of Directors has approved the hiring of Noreen Dunphy as a Community Worker for the south Cabbagetown area. Noreen will be working for the South Cabbagetown Community Improvement Association on housing matters...

The new OHC building across River street at 220 Oak street has been added into the Regent Park complex and two additional security guards have been added to the Regent Park force to patrol the new building...

Harry Keenan, a Rosedale lawyer defeated Mike Doran, a Don Vale resident for the presidency of the Rosedale Liberal Association at their annual meeting held last week...

A reunion of all those involved in the South St. Jamestown struggle is being set for mid-

April. Anyone who was involved wanting to help make the reunion party a success should call Marilyn Gallagher at 924-2544...

The business part of the recent SEVEN NEWS General Meeting lasted 12 minutes. The vast majority of those attending, came to view the film on Blecker Street. The film was run twice to accommodate late arrivals...

An anonymous petition being circulated in Regent Park asks that control of the Regent Park Teen Centre be given back to Regent Park youth and "outside professionals" operating the Teen Centre be removed. The RPCIA office claims no knowledge of the petition and says the Teen Centre is presently being operated by an elected board of local teens. Only outside person involved is a YMCA worker...

Old copies of SEVEN NEWS and other newspapers should be bundled neatly and placed out at curb-side before 7 a.m. Wednesday morning for pick-up by the City for recycling. Don't put your newspapers out in the garbage...

Anyone interested in a ladies exercise group, contact Suzanne Noble at the Don Vale Community Centre at 921-6710.

A Youth Drop-In for teens 12 to 16 will operate Monday and Wednesday evenings at the Don Vale Community Centre from 7-9. Anyone interested contact Frank Ingram at 921-2426.

## Sunday store closings

Dear Sir,

As an item of local interest, two Members of Ward Seven Business Mens' Association have been appointed as Directors of Greater Toronto Business and Professional Federation Inc. for this current year. They are Mr. E.J. Stanton and Mrs. Edith Justin and their function is to report back to their local Association on items concerning us all as Businessmen, on a Metrowide basis.

One of the hottest concerns on a Metro and indeed Provin-

cial-wide basis is the matter of Sunday closings - the Federation is practically unanimous in support of this. We are sure that the public does not understand how costs will rise on all merchandise due to increased cost of services - and should you be interested in reporting to your readers, we have arranged to have a very knowledgeable Speaker on this subject at our annual meeting on Tuesday, March 5th, 1974.

W.B. Hambly

## Bake sale raises money

Dear Mr. Browne;

A white elephant and bake sale was held at 200 Wellesley St. on Feb. 1st to raise money to provide transportation for the St. Jamestown Songsters so they can go and sing at hospitals or wherever they are requested to sing. The amount raised was \$129.00.

Mrs. Jean Coulson of 275 Bleecker street provided a group of volunteers for the day from her building. She also donated two beautiful prizes for a draw. Two other prizes, a hair styling and a dinner for two, were donated by neighbouring businesses.

Prize winners were Betty MacKay, Terry Betz, M. Hood and Bella Andrew. The drawing for the prizes

was made MPP Margaret Campbell, Maureen Keddy and Patty Webb.

Ethel Barrett, president of the St. Jamestown Songsters accepted the money on behalf of the group.

Volunteers for the occasion were Mr. and Mrs. Frank Tafe, Mrs. Lil Burke, Bonnie Williamson, Tina Williamson, Masie Hogan, Bob Walker, Jan Deans and Norm Cohen.

The Songsters would like to say many thanks to Mrs. Coulson for her donations and work on behalf of that group. It will be a great help in providing transportation for them. It would be nice if we had more people in St. Jamestown like her.

Eunice Keddy  
275 Bleecker St.

## Group fixes up houses in Riverdale area

by LAB KAGAN  
and JESSE WARNKE

Once upon a time a group of individuals saw an unfulfilled need - a need to develop a comprehensive rehabilitation program in a neighbourhood in the East End of the City of Toronto.

Riverdale, a large, stable, low-income community near the core of the City, has many fine qualities but more problems than a lot of communities. The group felt a joint effort could be launched to help resolve two of the most pressing problems.

First, while most of the houses in the area were structurally sound and well looked after, a noticeable minority were not. Some of the rundown houses were the victims of slum landlords and speculators but there were many owned by people who cared very much about their homes but were just not financially or physically able to look after them.

To these people, visits from the City Housing Inspector were greatly to be feared. While repairs ordered by the City were very necessary, for people on a tight budget they were usually out of the question. And the City knew this perfectly well, but they had to keep up the standards or the whole area was in danger of deteriorating... a nasty trap for the home owners who were caught in the middle.

Second, Riverdale seemed to have higher unemployment than elsewhere. Most of the unemployed were eager enough and intelligent enough to work, but, being without the necessary job skills, found themselves in the unskilled labour category - always the last to be hired and the first to be fired.

The plan was to take people from the community and train them to be proficient in house renovations. A need - a plan - a company is formed, Neighbourhood Renewal Corporation. Early



Left to right: Richard Hoi, Mrs. Margaret Medland, Jesse Warnke. On the new verandah at the rear of Mrs. Medland's home.

in 1972 a LIP grant was obtained and agreement reached with the City of Toronto to both refer appropriate homes for rehabilitation and to supply necessary funds for building materials.

"Sure there'll be problems", said Al Smith, present Field Coordinator, and one of the innovators of the project, "but nothing that a little hard work can't overcome."

Two years later, and after much shedding of blood, sweat and tears, Neighbourhood Renewal Corporation takes pride in having brought over 70 homes up to respectable building standards in Riverdale and having provided jobs and training for many men.

Al takes great care when training his crews to make them aware that they are much more than just another dollar and cents pressurized output operation. He stresses the importance of having his crews take the time to show and explain to the clientele what the workers are doing, why they are doing it, and how the homeowner can do it for himself in the future. "To give them a home they can take pride in and respect is our goal."

Because of this the crews are very aware that what should, and

very frequently does happen is that the people are getting renovated along with their houses. The busy housewife who has been working in a dark, cramped, inconvenient kitchen suddenly has a totally new outlook on life when the kitchen is renovated; the elderly widow existing on a pension no longer dreads a long, cold winter when her house has been snugly insulated. No matter how busy they get, the crews always try to keep in mind the basic philosophy that people come first, houses second.

In return for the efforts the crews have put forth, there have been immeasurable, intangible rewards. One of the more shining examples is evident in the following letter:

October 30, 1973

Dear Sir,

Words cannot express how very grateful I am for the work done in my home by Neighbourhood Renewal. The courtesy and thoughtfulness of the workmen is to be very highly commended. I do not think I will ever forget one of them.

This work being done has now given me such a great lift in my ambition to freshen up my home that I am trying to do as much as I can to the small jobs which I am able to do. There is a beautiful verandah on the back of the house which Richard designed and I am sure anyone would be very proud to see how it is setting off the back of my home.

A cement block wall in the west side of my basement was completely renewed and has a large window.

A complete ceiling was done in the back bedroom on the second floor and my house was painted on the whole exterior.

A complete job was done in my cellar way which needed to be done in non-flammable material and a hand rail which I did not have, then all painted white. Many little jobs were done such as caulking and putting cracks and renewing my screen in my back door and re-finishing it to match my verandah.

I wish to thank all in Neighbourhood Renewal and especially Doug, Richard, Tony, Jesse, and Mr. Al Smith for their kind efforts to beautify my home which I feel they have certainly done a beautiful job.

Sincerely,  
(Signed) Mrs. Margaret Medland

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To provide financial assistance to elderly home-owners, City Council has authorized the City Treasurer to allow certain owners of residential property a credit of \$100.00 against the 1974 taxes imposed on such real property, subject to the following qualifications:

TO QUALIFY, THE OWNER OR SPOUSE OF THE OWNER MUST:

- Be 65 years of age or more by March 31, 1974, which is the last day for filing applications;
- Be in receipt of the monthly GUARANTEED INCOME SUPPLEMENT provided under the Old Age Security Act (Canada);
- Occupy the property on which the municipal taxes are imposed and;
- Have been continuously assessed as the owner of residential real property in the City of Toronto for not less than 5 years immediately preceding March 31, 1974.

If you qualify for this assistance and have not received an application form, TELEPHONE THE CITY CLERK'S OFFICE AT 367-7036, and an application form will be mailed to you.

Application must be made each year for this assistance. This credit, where allowed, will be an outright grant made by the City and will not entail repayment of any kind.

For further information or assistance, telephone 367-7036.

G.T. BATCHELOR,  
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## Local Riding Boundaries need to be changed

by NORMANG. BROWNE

Quick, off the top of your head, what Provincial and what Federal Riding do you live in?

A lot of people can't answer that question and the only time they really find out is at election time when various campaign literature shows a small map and tells them.

The map shows a strip running from the wilds of North Toronto down to the lake. You look at it and wonder fleetingly what you have in common with someone living a way up in north Toronto.

If you look closely at the various riding maps, you will see that Ward Seven overlaps two Federal Ridings, and elects a Liberal and an NDP member to the House of Commons. Ward Seven also overlaps three Pro-

vincial Ridings and is represented in part by a Liberal, Progressive Conservative and NDP member in the Provincial parliament.

Wouldn't it be nice if the Federal and Provincial Riding boundaries were "blocks" instead of "strips" and overlapped almost exactly with the Ward boundaries?

Once every ten years a census is taken in Canada and by law, the various Riding boundaries have to be adjusted according to increase or decrease in population. A committee is usually formed and it's logical to assume that at that time the committee could be implored and pressured to alter the Riding boundaries so they conform more with the boundaries of Ward Seven.

The Federal Boundary Commission has met and heard briefs and

representations from local citizen groups asking that the Federal boundaries be changed to conform to the Ward boundaries.

However, the Boundaries Commission report has been stalled in the House of Commons for about a year, may not be released or discussed for another year or more and may not alter to any degree the present boundaries that affect Ward Seven.

The Provincial Boundary situation is even worse. That newly created Boundary Commission evidently has no concept or intent to regard citizen participation in their deliberations.

Contacted by phone by community worker Michael Stuart of the Federation of Don Area Residents Associations (FODARA), they informed him that:

- The Provincial Riding Boundary Commission would be holding no public hearings or debate prior to presenting their report in early spring.

- No public debate or hearings would be held after the report was presented.

- The Boundary Commission was "surprised and unhappy" with the suggestion that FODARA be put on their mailing list.

Upon hearing this, FODARA authorized the writing of an official letter requesting that it be put on their mailing list.

But is that enough?

You still don't know what your riding boundaries are. And that means you're not quite sure who your local MP or MPP is.

One thing is for sure. Your local MP or MPP is probably a lawyer, probably a millionaire and certainly doesn't live south of Bloor street.

## Meetings held on industry in King-Parliament area

There have been two meetings in the King-Parliament planning area in the past three weeks on the subject of industry.

The first, a meeting for industrialists and businessmen only, was called by Mr. J.D. Carrier of Carrier Shoe Company on Ontario Street. He was concerned that local businessmen were not aware that the Part II Planning Study would have serious implications for industry in the area. The second, a public meeting, was called by the King-Parliament planners to present their report, "Industry in King-Parliament".

The first meeting, held at Crippled Civilians' Cafeteria on February 20th, brought out over 60 businessmen who were encouraged by Mr. Carrier to take a much more active role in the planning study.

At the second meeting held at Enoch Turner Schoolhouse on February 26th, the 65 people present, including a large number of businessmen, took part in a discussion about the problems which face central area industries. The planners described the decline in industrial activity in the City of Toronto over

the last 25 years and presented reasons why they felt this trend should not be allowed to continue.

At the end of the meeting, a sub-committee of 15 people present was formed to prepare with the planners an industrial policy for the King-Parliament area. The planners' report, "Industry in King-Parliament", was adopted by the meeting as providing a direction for the work of the sub-committee.

At the Enoch Turner meeting, the planners reported that they had encountered several technical and legal difficulties with the Temporary Planning Control By-law which had been proposed by the previous planning area meeting on January 23rd. As a result, a further public meeting on Controls is being called on March 11th at 8:00 p.m. at Enoch Turner Schoolhouse.

A report on "Housing in King-Parliament" will provide the basis for the next major topic to be considered. This will be prepared for a public meeting in approximately two months time. Anyone wishing further information, should contact the Site Office (367-7609).

## Roomers rumoured under study

For a long time, many roomers have had to put up with poor living conditions in rooming houses. Even though rents may be high, the landlord has not been willing to do any repairs. These conditions, gone uncorrected, have at times resulted in fires which have caused loss of life and considerable property damage.

City Hall has been discussing the possibility of improving this situation and have hired consultants to draft a lodging house by-law by May 1974. Residents and staff from the planning office in the South of Carlton area will be working on a report on rooming houses in South of Carlton as an input into the City's study.

Some of the issues the South of Carlton report will look at are: What are the present conditions of rooming houses? What problems are people having with getting repairs done? Right now, it may be cheaper for many landlords just to pay a fine than to do the repairs. On the other hand, there may be some by-laws right now which make it unnecessarily difficult to operate a rooming house. The report would also be looking at what impact a by-law which regulated rooming houses would have on the South of Carlton area.

If anyone is interested in this issue and would like to discuss it further drop into the planning office at 265 Gerrard Street East or give them a call at 924-4826.

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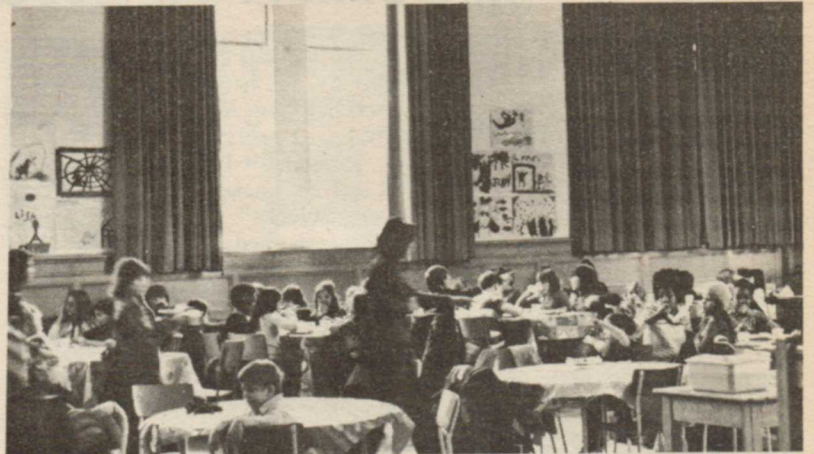
# Duke of York: a true community school

by CAROL FITZ-ROBB

Have you ever looked upon a cold and quiet school building after school hours or in the summer, and wondered about your tax money, the unused equipment inside and the locked playgrounds outside? The people in Ward Seven around the Duke of York Public School on Pembroke Street do not have to wonder anymore - the school belongs to them, and they are beginning to get their money's worth.

Most school auditoriums lie empty between student assemblies. But not the Duke of York auditorium - it is the focus of the special non-institutional atmosphere that permeates this school. 75 children breakfast there each week day morning, about 100 children eat lunch there, and an average of 80 children play there after school and in the evening.

This auditorium is the centre for



a six-to-ten year old daycare centre, the organizing centre for a new pre-school daycare centre, the dining hall for a community dinner and bingo on Thursdays and the place for young people to find the keys to the games, craft rooms and gymnasium in other parts of the school.

service for pre-school children. The service grew and soon will become a separate daycare centre on the second floor of the school.

The Board of Education has donated two large sunny rooms, a kitchen, and a room across the hall. The rooms were once a kindergarten, therefore all fire, health, and safety requirements have been met. They just need some furniture, kitchen equipment and staff. The children are waiting and ready.

A parents committee is presently working on the setting up of the new centre and the hiring of the staff.

The YMCA will pay the bills for the first year. This money will be paid back from the subsidy given by Metro Social Services - a specific rate for each child per day.

There is an additional daycare centre operating out of this school. Thirty-five children between the ages of six and ten are supervised there when school is not in session. Another staff of seven people supervise, but lunch is served to them at the John Innis Community Centre on Sherbourne Avenue.

Thursday afternoon there is bingo and many senior citizens come and enjoy themselves and stay for the big community dinner in the evening. If someone in the area arrives home on a Thursday evening too exhausted to cook, they can drop down to the school and for 75 cents per adult, or 50 cents per child they can enjoy a nutritious meal with all their neighbours.


If Duke of York school has suffered, then it has been from growing pains as the uses to which the building can be put seem only limited by the imagination of the local community.

It is no longer an isolated institution but a true "community school". Within its walls there is a program for school drop-outs, a public school, a daycare centre, a new education experiment, a self-help project, a youth centre and all taking place in an atmosphere of warmth and friendship.

For those cynics who bemoan urban living and say people and things will never get any better, the people of the Duke of York school community are an example and a challenge.

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# APRIL AID

## The income tax help system and how to make it work for you.

As you know by now, we changed a lot of things last year. We gave you a new return, a new Guide, several new deductions and a few new rules. And quite honestly, we were more than a little concerned about your reaction to it all. (And very, very interested in your opinions.)

Well, now that we've had time to really look back at it and assess it honestly, it appears that most taxpayers did not seem to find it too difficult. The error rate did not accelerate greatly or change drastically from former years. Generally, most taxpayers seemed to handle their new returns fairly well.

However, Income Tax will never be the easiest or most enjoyable thing in anyone's life. And it will always present problems in some areas, for some people. That's expected and understandable.

So, what we want to do now is really work on those problem areas. And the best way to do that is to work with you, individually, on whatever part of Income Tax that causes you difficulty.

And that's what April Aid is all about. It's a help system and its primary objective is to ensure that whenever or whatever you need help with, you can get it. And know how to get it.



And this is how it works:

**First.** Your Guide is always the best answer when you have a problem. Read it. Follow it. It not only gives explanations, but in many cases, examples of just how to figure something out.



**Second.** If you're still confused or something just doesn't seem to work, phone. The number of your own District Taxation Office is below and at the end of that number there are people whose only job is to help taxpayers with problems, by telephone. And on Mondays and Tuesdays phone lines are open 'til 6 p.m. So don't hesitate.

If you live outside the office area, call the Operator and ask for Zenith 0-4000. She will automatically connect you to your own District Taxation Office. Remember, all calls are free, all questions are answered, and if you have queries, we want you to call.



**Third.** Some people prefer to talk things over in person. If you're one of them and have problems, drop by for free help. Anytime. The address of your District Taxation Office is below.



**Fourth.** Write. To the address below. Explain your problem as clearly as possible and include all information. (And your return address, please.) In return, we'll answer all letters as quickly and clearly as possible. Remember - if you need help, it's there. (And free). And all you have to do is ask.

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# SURVIVAL!

## Check-up for good health

by AUDREY SMOLIN

In the last issue of SEVEN NEWS we talked about the first part of a complete physical exam — your medical history, lab tests and vital signs. All or part of those sections of the exam might well be done by people other than the doctor.

If someone else took your medical history the doctor will probably review with you any complaints you have now, what medicines you are presently taking and how you feel your life is going. Try to be honest about problems you are having and don't feel you are "bothering" the doctor. How you feel has a great effect on your body.

The doctor will make observations about your general appearance. He or she will look for things like whether you seem well or poorly nourished, tired or alert, older or younger than your age; whether you are pale or flushed, bluish, grayish, yellowish. The doctor will listen to how you speak, will match how you are breathing. All of these observations give valuable first clues to tell the doctor something might be wrong.

Your skin will be checked for color — paleness might tell the doctor to look for anemia or lack of physical exercise, blueness of the skin means not enough oxygen is getting to your body's cells and your heart and lungs should be carefully checked. Of course you know what your skin is like normally and this is obviously important information. The doctor will check for pimples, rashes, warts, moles, boils or any places that appear reddened or irritated.

The examination of your head includes checking to see that your hair is springy, elastic and slightly oily, as well as feeling the skull for any unusual bumps. Then the doctor continues the exam by checking your eyes. He or she will check the whites of your eyes to see if they appear yellowish or pink.

The doctor will check the inner surface of your eyelids and for any discharge from the eyes. A beam of light shined in your eyes should make both your pupils get smaller. This pupil reflex is an important test if you have had a head injury. The doctor will check the coordination of your eye muscles by asking you to follow a fingertip with your eyes. He or she will use an ophthalmoscope to look inside your eye.

The doctor can see through the lens of the eye and check the retina (back part of the eye where the image is registered). By checking the condition of the blood vessels of your retina the doctor can get valuable information about diabetes, high blood pressure and eye diseases.

The ear examination should include checking the outer ear for redness, sores, and scaliness. An otoscope allows the doctor to see if the ear canal is blocked by wax or reddened, or if there is any discharge. It also allows the doctor to check the color and condition of the ear drum — among other things this can help pick up middle ear infections. Your hearing should be tested. This will include testing your ability to hear normal voices and whispering and possibly testing with a tuning fork.

Your nose will be checked for color and condition of the lining of the nasal passages. Any discharges, swelling, redness or blueness will be checked for. The doctor will also check for obstructions.

You can help by telling the doctor about your normal breathing patterns. Do you find yourself breathing through the mouth quite a bit? The doctor will check your sinuses by pressing on them (just above and below the eyes). You should report any feeling of pressure or tenderness.

Next comes the open your mouth and say Ahhhh section of the exam. The first thing the doctor will do is note the odor of your breath. No, don't douse yourself with Listerine before visiting the doctor. Some illnesses have typical breath odors. Most often, bad breath comes from poor care of your teeth.

The doctor will examine your gums for redness, swelling, and bleeding. You should let him or her know if they have been sore. Your doctor will observe the general condition of your teeth, but this is your dentist's job and regular dental care is essential. Your doctor will observe the color and texture of your tongue as well as how well you are able to coordinate it.

Now comes that somewhat uncomfortable time when you will be asked to open your mouth as wide as possible and the doctor will press down on your tongue with a tongue depressor. This allows him or her to see your throat.

The doctor will check the size and color of your tonsils, the condition of the mucus lining, and any drainage seen in the throat. Your physician will also look for sores or white spots around the mouth, gums, and lips.

(If you are complaining of a sore throat, a throat culture which is a sample of throat germs should be taken to see whether abnormal bacteria are causing your sore throat). The doctor will feel for glands and lymph nodes (these can't be felt when you're healthy) around the under surface of the jaw. He or she will also check for any stiffness of the neck.

WILL YOUR DOCTOR ASK YOU TO TAKE A DEEP BREATH? WILL HE OR SHE REALLY LISTEN TO YOUR HEART? Be sure to find out by reading SEVEN NEWS in two weeks for the next exciting chapter in the continuing story of "Your Physical Exam."

And for more information about your health, any questions or problems call or drop in to the Don Vale Community Health Centre, 80 Winchester Street. Phone 961-8627

## Input sought for Legal Aid

Sooner or later, nearly everybody needs a lawyer or has problems which a lawyer could help solve. The difficulty is that not everybody can afford a lawyer. That is why Ontario has a Legal Aid Plan.

Recently, a Task Force has been created to study ways of improving the present Legal Aid Plan and the Task Force is seeking as much input as possible from the public. Public meetings will be held, delegations will be heard, and briefs and letters are sought.

The Task Force itself has suggested a list of questions which it hopes will be answered by the public:

- Is Legal Aid delivering the service it should in all areas of the law?
- Are the people who need legal aid actually getting it?
- How can service be improved to assist lower income people in this area?
- Are ethnic groups, minority groups and native people being properly served under the present legal aid plan?
- Are storefront clinics the best way to provide legal service where it is needed most, or should every citizen be able to choose his own lawyer?
- Is it practical or desirable to train para-legal personnel to help

people with routine legal problems?

If they are notified well in advance, the Task Force will set up a special meeting with any group in Ward Seven. Write them at Suite 334, 145 Queen St. West, Toronto, M5H 2N7 or phone Ian Scott or Marie Corbet at 965-7773.

SEVEN NEWS is a community paper and the merchants in Ward Seven are part of that community. Their advertisements pay for the cost of publishing this paper. Thank them by patronizing their shops and services. And thank them for advertising and thus supporting SEVEN NEWS.

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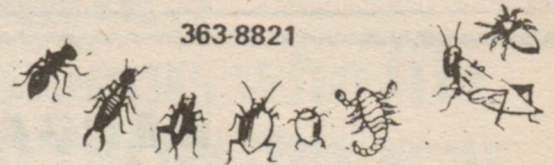
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**Woodgreen programs**

by CAROL BROWN  
 Woodgreen United Church Neighbourhood House, located at 875 Queen Street east has openings in two of its most popular programs.

For boys and girls aged 11 to 15 there is a comprehensive after-school program running every Tuesday, Wednesday and Thursday from 3:30 to 5:30 p.m.

The program consists of small groups and classes that are given the freedom and supervision to plan almost anything. Some of their present activities are crafts, out-trips, gymnasium classes and cooking classes.

Equally popular and rewarding is the Woman's Group which meets every Wednesday afternoon from 1:30 to 3:30 p.m. A baby-sitting service is available for the mother who wants to join in the program.

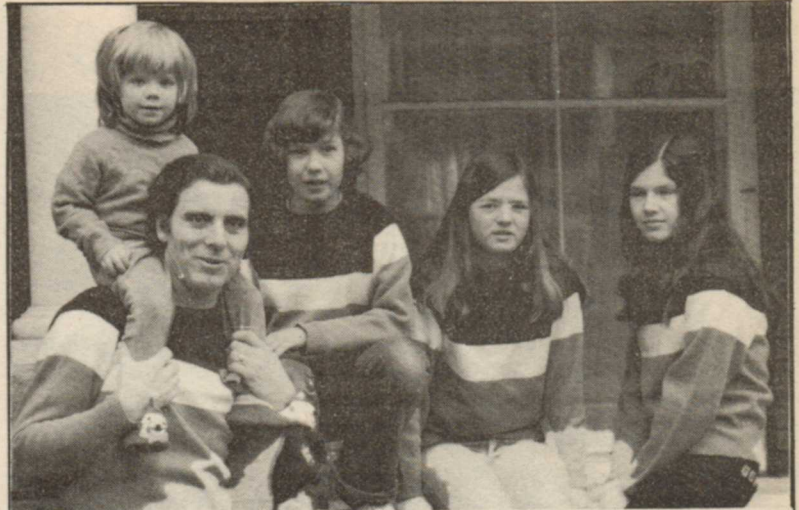
Some of the activities of the Woman's Group are outings, tours, craft classes, parties, guest speakers and films.

Both programs are free of charge and more information can be had by phoning the church at 461-1105.

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The Brant Family: Wally (father), Jill 2 1/2 (on Wally's shoulders), David 11, Susan 12, Paula 14, Mrs. Brant (Rita) was busy typing the following article and unavailable when the picture was taken.

**Distributor of the week**

"No problem", I said when asked if I would write an article to accompany the picture of Distributor of the Week. Secure in the knowledge of how well Paula, Susan and David do in creative writing at school I thought it would be a cinch to get THEM to do it. However, David's free time this week was taken up by a stay at the Toronto-Island Science School, guitar lessons, Saturday morning classes and hockey.

Next try - Paula, whose first year at Riverdale Collegiate has brought homework, chamber strings' practice and seemingly endless hair shampooing. Susan would do it for sure but when? Before piano lessons or after her Saturday morning sessions at Fort York or squeezed in between all those important phone calls that start when she gets home from grade 7 at Queen Alexandra?

So - it's up to me to identify the crew who delivers the SEVEN NEWS on Albermarle and Grandview Avenues (and the

mates to all those single socks of Wally's will go unfound a little longer).

Besides Susan and Paula, Kelvin Goddard and Bobby Feeny, 6th grade classmates at Withrow School have also helped David.

Some days in the last 1 1/2 years the paper has been a drag to deliver and David has come home happy that the job is done. Occasionally he still runs across people who have to be convinced to take the paper - that yes, it is free and no, the paper does not pay him for delivering.

Happily, he's learning that people have appreciated receiving the paper regularly and thanks those who bought tickets for the Varsity Atom hockey game in February. As a result of selling those tickets David will be wearing a bright red hockey jacket this spring.

We've never before lived in a community that had its own paper and we look forward to reading SEVEN NEWS and we are all happy to be a small part of it.

**Curriculum Council in formation stage**

An Ad Hoc Committee of teachers, parents and students has been meeting for the past month for the purpose of setting up a Curriculum Council for the public and secondary schools in Ward Seven.

The Curriculum Council (similar to a Ward Council but dealing in education matters only) would have as some of its goals:

- To share knowledge on a wider basis about local school and school related projects.
- To discover methods of involving more people in local school and school related projects.
- To help shape local school programs that are more appropriate to local community needs.
- To suggest ways of improving the present local school system.

**Survival course**

Ross Murphy, a Ward Seven resident, has come up with an idea for a youth project for the coming summer and he's interested in hearing from people who would like to help him with it.

Basically, the program would be an outdoor education program teaching people how to cope in emergency and stress situations. Ten people, between the ages of 16 and 26 would be hired as instructors and they would teach survival swimming, physical fitness, bush survival, etc.

The program would involve one week of class instruction and two weeks of practical application in the bush. Ross is looking for people who are qualified to teach such a course and people interested in taking such a course.

Phone him at 920-9486.

No date has yet been set for a meeting of the Curriculum Council and no decision has yet been made as to how it will be formed or how it will function.

More information will, however, be sent out toward the end of March in the form of letters from all the area schools.

**Backdoor Theatre presents new play**

The Backdoor Theatre, 474 Ontario Street, has announced the opening of a new play for a two-week run in late March.

The play is called "The Proud One" and is written by Lily Poritz Miller and directed by Mel Tuck. It looks at a closely knit Jewish family disrupted by the return home of their rebellious and too proud daughter, Martha.

Martha's seduction of Philip in her mother's house brings shame to the Hoffman household. Frustrated by her inability to express her love, Martha lashes out and destroys the family.

"The Proud One" will open March 13 and run through to March 31, playing Wednesdays through Sundays at 8:30 p.m. Tickets for Thursdays, Fridays and Saturdays are \$2.50 regular and \$1.50 for students.

On Wednesdays and Sundays, the play will be shown on a pay-what-you-can basis. Reservations are necessary for all performances. Phone 961-1505 or 964-1513.

**WARD 7 SCHOOL BY SCHOOL POPULATION FIGURES**

| School          | Designated Capacity | Actual      |             | Projected   |             |             | Decrease 1973 to 1978 |              |
|-----------------|---------------------|-------------|-------------|-------------|-------------|-------------|-----------------------|--------------|
|                 |                     | '73         | '74         | '75         | '76         | '77         |                       |              |
| Rose Avenue     | 464                 | 481         | 430         | 421         | 399         | 368         | 348                   | -133         |
| Winchester      | 666                 | 476         | 395         | 374         | 349         | 329         | 302                   | -174         |
| Sprucecourt     | 584                 | 578         | 525         | 498         | 457         | 440         | 427                   | -151         |
| Lord Dufferin   | 848                 | 999         | 932         | 859         | 789         | 748         | 706                   | -293         |
| Regent Park     | 832                 | 472         | 425         | 392         | 347         | 322         | 306                   | -166         |
| Park            | 824                 | 926         | 866         | 831         | 808         | 776         | 732                   | -194         |
| Sackville       | 126                 | 59          | 41          | 42          | 40          | 32          | 30                    | -29          |
| Frankland       | 636                 | 744         | 723         | 701         | 675         | 640         | 612                   | -132         |
| Withrow         | 892                 | 811         | 737         | 705         | 651         | 598         | 561                   | -250         |
| Dundas          | 930                 | 814         | 741         | 665         | 616         | 603         | 508                   | -306         |
| Queen Alexandra | 816                 | 625         | 583         | 544         | 493         | 457         | 404                   | -221         |
| <b>TOTALS</b>   | <b>7618</b>         | <b>6985</b> | <b>6398</b> | <b>6032</b> | <b>5624</b> | <b>5313</b> | <b>4936</b>           | <b>-2049</b> |

Across the city it is apparent that there will be a 33% decline in school population for the 9-year period 1970-78.

# Student population continues to decline

by GORD CRESSY and DOUG BARR

It is clear that the student population in Toronto is going to continue to decline for some years to come. There are a number of reasons for this change:

- Declining birth rate.
- Decrease in immigration.
- Movement of families out of the city.
- Switch of Catholic students from public to separate

schools.

The reasons for student decline can change from area to area and from school to school. Ward Seven is no exception. Since we believe this population is important to you, we are listing a school by school breakdown with projections until 1978. Since housing is never static, some of these projections are subject to change.

|              | TOTAL CITY     |                |                |               |
|--------------|----------------|----------------|----------------|---------------|
|              | 1970 actual    | 1973 actual    | 1978 projected | Decrease      |
| Elementary   | 74,103         | 64,697         | 42,087         | 32,016        |
| Secondary    | 36,047         | 35,821         | 30,050         | 5,997         |
| <b>TOTAL</b> | <b>110,150</b> | <b>100,518</b> | <b>72,137</b>  | <b>38,013</b> |

Secondary school figures are not broken down on a school by school basis, yet. The implications of these figures are staggering. At our last Board Meeting for example, we agreed to sell off 67 portable school rooms.

In the next issue, we will look more closely at what the declining student enrollment means both to the city and to us here in Ward Seven.



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| natural peanut butter | .89      |
| soya beans            | .39      |
| red kidney beans      | .55      |
| wheat germ            | 2lb/.39  |

## COMMUNITY BULLETIN BOARD

**MONDAY, MARCH 11**

- 1:00 p.m. Eastminster Church (Danforth at Jackman) Start of a 5-day training program on welfare rights and family benefits. Carfare and babysitting provided free.
- 7:30 p.m. Parliament Library House (265 Gerrard E.) Photography workshop. Bring your own camera. Free.
- 7:30 Sprucecourt school (teacher's lounge, 2nd floor) Meeting of Sprucecourt Apartments Tenants Association.
- 7:30 Central Neighbourhood House (349 Ontario) Meeting of the South of Carlton Working Committee.
- 8:00 p.m. Enoch Turner Schoolhouse. Meeting on planning controls for the King-Parliament area.

**TUESDAY, MARCH 12**

- 7:30 Parliament St. Library (Gerrard & Parliament) Toronto Free Theatre presentation of "Red Emma: Queen of the Anarchists". Admission is free.
- 8:00 p.m. St. Lawrence Hall (157 King St. E.) Nominating convention for the Conservative candidate for Rosedale Riding.
- 7:30 Danforth Library (701 Pape) Film Series: "The Atlantic".

**WEDNESDAY, MARCH 13**

- 7:30 Parliament Library House. Panel debate and open discussion on the topic of Health in the Community.
- Noon — Don Vale Community Centre (80 Winchester St.) Hot lunch served to community. All you can eat — what you can pay.

**THURSDAY, MARCH 14**

- 7:30 Parliament Library House. An evening of poetry.
- 8:00 Don Vale Community Centre (80 Winchester St.) Meeting of Board of Directors of Community Centre. All welcome.

**FRIDAY, MARCH 15**

- 4:00 p.m. Parliament Library House. Free film presentation: Chariot of the Gods. For teens only.
- 7:30 Lounge (41 Oak street) St. Patrick's Day Party. All senior citizens are welcome. Refreshments and dancing girls.
- 8:00 Parliament Library House. Free film presentation of Chariot of the Gods. Adults only.

**SATURDAY, MARCH 16**

- 2:00 Parliament Library House. Poetry and rap with Bob Finch.
- 2:00 Riverdale Library (370 Broadview) Puzzle show, with Tom Ransom in the Boys and Girls department. Admission free.
- 8:00 Holy Trinity Church (Yonge south of Dundas) Gay Liberation Dance. Refreshments. Admission \$1.50.

**MONDAY, MARCH 18**

- 2:00 p.m. Riverdale Library (370 Broadview) Tissue-paper crafts.
- 2:00 p.m. Danforth Library. Arts and crafts for children.
- 2:00 p.m. Parliament St. Library. Films for children. Free.
- 8:00 Community Secretariat (249 Gerrard East) Meeting of Don Area Co-op Homes, Inc. Everyone welcome. Free.

**TUESDAY, MARCH 19**

- 6:30 Club Harmonie (Sherbourne St.) Meeting of the Ward 7 Businessmen's Association. \$3 for the dinner. Drinks extra.
- 7:30 Danforth Library. Film series: "The Foreign Legion".
- 7:30 Parliament Library House. Creative writing workshop.
- 8:00 Regent Church (40 Oak street) Meeting of all candidates standing for election in RPCIA. All welcome. Free.

**WEDNESDAY, MARCH 20**

- 7:30 Parliament Library House. Photography workshop for teens.
- 8:00 Community Secretariat (249 Gerrard St. E.) Meeting of Board of Federation of Don Area Residents Associations (FODARA).
- 7:30 Don Vale Community Centre (80 Winchester St.) Meeting of the Board of Directors of SEVEN NEWS, INC. All welcome.

**THURSDAY, MARCH 21**

- Noon — Don Vale Community Centre (80 Winchester St.) Free income tax clinic. No appointment necessary.
- 2:00 Parliament St. Library. Puppet show: "Beauty and the Beast".

**FRIDAY, MARCH 22**

- 2:00 p.m. and 8 p.m. Parliament St. Library House. Free showing of film, "Julius Caesar" with Marlon Brando and James Mason.

(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.)

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**2 out of 3 Ontario residents who file income tax returns this year will share \$300 million in tax credits.**

**(Even if they don't pay income tax!)**

Families, pensioners, roomers, boarders, the handicapped and others will benefit. Ontario's new Tax Credit System provides for three separate credits, and here's how they work:

1. People who own or rent (including roomers and boarders) may share in the **Property Tax Credit**.
2. People who fill out a Federal income tax return may share in the **Sales Tax Credit**.
3. People over 65 may share in the **Pensioner Tax Credit**.

**You must fill out a Federal income tax return.**

The new purple Ontario Tax Credit Form comes attached inside it. So even if you don't pay income tax, you should still file a Federal income tax return with the Ontario Tax Credit Form this year.

**We want you to get your fair share of Ontario's tax credits.**

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Arthur K. Meen, Minister of Revenue

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Pressure on

# Floor hockey goes into play-offs

by BILL WALKER

The end of a very exciting season of floor hockey is almost over. With only one game remaining in regular league play and play-offs just around the corner, tension is building and the pressure is on.

Bantam Standings

YWCA ended in first place with 26 points due to the fine efforts of Henry Takatsch who scored 84 points for his team and won the scoring championship.

YWCA was closely followed by ABC with 25 points. Odina Cyr scored 81 points for ABC and won Most Valuable Player honors this year.

Following ABC was The Counts with 20 points. Thanks goes to Steve Briggs for without his leadership and coaching they would not have done so well.

Next in standing was Irish Spring who did not give up third place, scoring 19 points, only one behind The Counts. Thanks go to Carmen and Joe Pasana for a fine job of coaching Irish Spring.

Fifth place was taken by Ajax with 16 points coached by Joe Mattes followed by David Smith and his University Settlement team who scored four points.

Pee Wee Standings

Pee Wee standings are not final as yet for they still have one league game left to play:

|             |         |
|-------------|---------|
| Ultrabrite  | 28 pts. |
| Fab         | 28 pts. |
| MFP         | 11 pts. |
| YMCA        | 10 pts. |
| Un. Settle. | 10 pts. |
| Palmolive   | 7 pts.  |

Leading scorer is Tony Dicomillo with 42 points, one higher than David Dankiw with 41. That contest will be decided in their remaining game.

Most valuable player honors will probably go to Steve Padar, goalie for University Settlement, although there is an outside chance that Tony Dicomillo may tie him. Pete Dimauro and Pete O'Connell, league convenors would like to take this chance to wish every team the best of luck in the play-offs.

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## What's your opinion....?

1. Did you vote in the last municipal elections?  
Yes  No
2. Do you intend to vote in the next municipal elections?  
Yes  No
3. Which of the following do you think would make a good candidate for alderman in Ward Seven? Mark those you know or approve of:
 

|   |  |
|---|--|
| Charlie Rolfe <input type="checkbox"/>  | Jack Heighton <input type="checkbox"/> |
| Pat Travis <input type="checkbox"/>     | John Barber <input type="checkbox"/>   |
| Garry Stamm <input type="checkbox"/>    | Jim Houston <input type="checkbox"/>   |
| Tony O'Donohue <input type="checkbox"/> | Jerome Murray <input type="checkbox"/> |
| Peter Akehurst <input type="checkbox"/> | Dennis Wood <input type="checkbox"/>   |
4. Is there any person not listed above whom you think would make a good aldermanic candidate in Ward Seven? List their names please: \_\_\_\_\_
5. Do you think the community of Ward Seven should get together before the election and choose a candidate to run with John Sewell for alderman?  
Yes  No  Don't know
6. Do you think Alderman John Sewell should pick his running-mate from the community?  
Yes  No  Don't care
7. Do you think anyone who wants to should run and leave it up to the voters to decide who will be alderman?  
Yes  No  Don't know  Don't care
8. Please list your address or the street you live on. \_\_\_\_\_

Fill out this questionnaire and mail it to:

SEVEN NEWS  
265 GERRARD STREET EAST  
TORONTO, M5A 2G3

All results will be compiled and published in the issue after next.



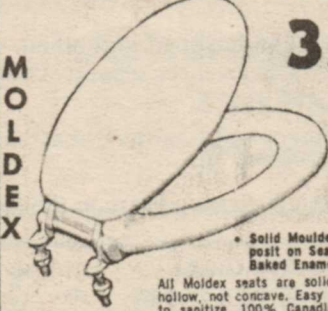
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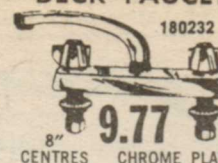
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