

THE VALLEY OF THE DON

by GEORGE RUST-D'EYE

Nature has been kind to Ward 7. During the last million years or so, a succession of glaciers and interglacial periods led up to the formation of Lake Iroquois, which once covered this area. As the waters receded, 10,000 or 20,000 years ago, Lake Iroquois dried up, leaving Lake Ontario bounded by a clay and silt plain up to the former Lake Iroquois shoreline near St. Clair Avenue. Through this plain the streams which had flowed into Lake Iroquois cut valleys. The valley of what is now the Don filled in with sand and clay leaving a flat floor through which meandered a somewhat sluggish river.

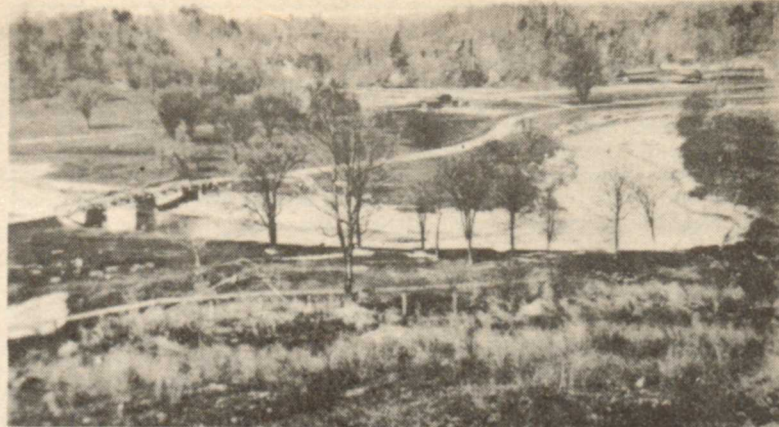
The Don was first mapped by the Frenchman, Raffeix, in 1688,

and may have formed part of a trade route on the way between the St. Lawrence and the upper Great Lakes. However, since the Don was navigable only as far upstream as Todmorden, and the French, and later the British, centred trading activity at the Humber, it seems unlikely that the Don was ever of major trade importance.

It is also unclear as to whether the Don Valley was ever the site of Indian settlement. It is possible, however, that there were Senecas here in the 1600's and it is certain that the later Mississaugas until as late of the 1830's fished and hunted and exploited the river flats for agriculture. It was here that the great Canadian artist, Paul Kane, gained painting experience by sketching portraits of the native

peoples.

In the early days the Don Valley teemed with wildlife. The marshes were the home of muskrats, snakes, frogs, lizards and turtles. The fields and banks abounded in woodchucks, raccoons, mink, fox and squirrels. In the great pine forests on the hills overlooking the valley, deer, bears and wolves were to be seen. Rock-bass, perch, pike and eels swam in the Don, and large salmon were speared at night from boats, having been attracted to them by blazing pine knots suspended from poles at the bows. Every kind of tree and wildflower was to be found. On the surrounding farms, settlers cultivated orchards, grains, rhubarb, vegetables, and English flower gardens. In the meadows on the flats, far-



View of the Don Valley in the area of the Playter Estate, just north of what is now Danforth Avenue. The area was originally known as Doncaster and later Chester, not far south of Todmorden Mills.

mers tended sheep and other domestic animals.

In spite of all this natural beauty, the most publicized form of Don wildlife remained that hated

enemy of man — the mosquito, which thrived in the marshes of the Don, and which caused the spread of malaria in the Town of York. **Continued on page six**


Seven News needs your help

Seven News is in urgent need of a number of volunteers to help out in some critical key areas in the production of the paper. If you have a little free time and want to help out in your local community-owned newspaper, your help would be appreciated.

BILLING: This can be done at home by someone in the Don District. It's about a three hour job, every two weeks and consists of making out, addressing and mailing the invoices for the advertisements that appeared in the previous issue. We supply everything. Phone Ulli at 920-8632 if you can help out with this job.

PASTE-UP: People experienced in the art of paste-up are needed to help out in the actual production of the paper. People are needed Monday, Tuesday and Wednesday evening or Tuesday and Wednesday afternoon during production week. Hours and times are flexible and you can help out as little or as long as you want. Phone Ulli or David at 920-8632.

WRITING: People with some competence in the field are still needed to take on writing assignments for the paper. Almost everything in the paper is written by volunteers and we always have more article ideas than we have people to write them.



NEWS

WARD 7 COMMUNITY NEWSPAPER
265 Gerrard St. East 920-8632
Office at 80 Winchester St.

VOLUME 6, NUMBER 14 JANUARY 10, 1976

Pape Library holds photo contest

The Danforth Library, 701 Pape is sponsoring and holding a photography contest for residents of Ward Seven. Prizes will be a valuable set of books and will be given to both the best colour and black and white photo entries.

All photo entries will be exhibited at the library during the month of March and judging will be done by the public. Winning entries may also be published in Seven News.

The contest is open to anyone over the age of 12 but photos must be taken in the area bounded by the Don River, Dundas, Mortimer and Coxwell.

Any photos taken in 1975 are acceptable or new ones may be shot. All pictures must be two by three inches or larger and there is no limit to the number of photos that can be submitted.

On the back of each photo entry should be printed in ink the name, address and phone number of the photographer and a brief description of the photo.

All entries become the property of the Danforth Library's local history collection.

Deadline for entries is February 29.



A crowd of eager kids are lined up at the door to get into the Christian Youth Centre at Gerrard

and Berkeley Street. **FOR STORY SEE PAGE FIVE.**

Photo by Steven Evans

NEWS ROUND-UP

Parents to hold meeting on inner-city school problems

The regular yearly **Income Tax Clinic** for people on low income is now being held by the Neighbourhood Information Post. Hours are Monday, Wed., and Fri. from 1 to 4:30 p.m. and Mon. and Wed. nights from 7 to 9 p.m. Call 924-2543 for an appointment.

The Don Vale Community Centre will hold a rummage and bake sale on the **last Saturday of every month** during 1976. The first of this series will be held Jan. 31 starting at 11 a.m. Donations are needed for these sales and should be brought to 80 Winchester St. or phone 921-2426 for a pick-up.

The Regent Park Al-Anon Family Group will be holding an **open meeting** at Regent Park United Church, **40 Oak Street** on Wed. Jan. 21 at 8 p.m. There will be three guest speakers on the topic: "Alcoholism — The Family Disease".

The Don Vale Community Centre **hot lunch program** will resume at noon on January 12 at 80 Winchester St. Good home-cooked food at reasonable prices.

Parents and community people concerned about the quality of education being taught in **inner-city public schools** are invited to attend at meeting to be held at 7:30 p.m. on Jan. 29 at the **Duke of York school**. Local teachers and school trustees will be present at the meeting to answer questions and take part in the discussion.

Around 80 seniors attended the Regent Park **Busy Bee Club** Christmas party held last month at 41 Oak Street. Special guests were **Mr. and Mrs. Waterson, Cathy Dawdall and Des Ryan**. A Christmas light bus tour, held later that month took 70 seniors from the building around the city.

A 10-week course in **Hatha Yoga** will be held at **St. Barnabas Church**, 361 Danforth starting at 6 p.m. on January 12. Fee is \$25. For information and registration call **Dan Johnson** at 461-8830.

Excerpts from Sir Kenneth Clark's film series, **Civilization**, are being held at the Parliament Library House during January. On Jan. 14 the film will be **The Great Thaw** and Jan. 21 will feature **Romance and Reality**. Show time is 1:30 and admission is free.

On January 13, the **Tuesday Literary Workshop** will present films and discussions on **Dylan Thomas** and his work. On Jan. 20, **Faulkner and Hemingway** will be contrasted in a discussion led by **Dave Senger**. Both are free, at the Parliament Library House, 265 Gerrard East and start at 7:30 p.m.

Friday feature films at the Parliament Library house will feature two **Mack Sennet comedies** on Jan. 9; a classic German horror film, **Nosferatu the Vampire**, on Jan. 16; and a Buster Keaton film, **College**, on Jan.

23. Admission is free and show time is 8 p.m.

Withrow Senior Citizens Club and the **Regent Park Busy Bee Club** have both received recent grants from the Province of Ontario under their **Action Age Program**. The grants will help the clubs act as a resource for activities and information for elderly persons in the community.

A display of **photographs** taken during the recent Old Cabbagetown Street Festival will be on display during the month of January at the Parliament Street Library.

Cabbagetown: a community in transition, will be the title of a half-hour show to be

Hindu group gets new leader

A Ward Seven based group, the Canadian Hindu Organization has a new cultural and spiritual leader. Shri Yogiraj, a renowned Hindu astrologer and former government of India cultural representative was recently named to that post.

The Canadian Hindu Organization conducts regular cultural activities every Sunday from 4 to 7 p.m. at Eastdale Collegiate Institute, 701 Gerrard St. East.

Besides its regular activities, the organiza-

tion celebrated several Hindu festivals last year. Many Ward Seven ethnic people and groups attended and participated in these functions.

Roop Sharma, a trustee of the organization states that the group plan many similar events in 1976. "To develop a spirit of community and a better understanding of the different cultures, we will continue to hold joint cultural events."

Canadian poet **Al Purdy** will read from his work at 7:30 p.m. on January 16 at the Riverdale Library, **370 Broadview Ave.** Admission is free and all are welcome.

A free **income tax clinic** for people of low income will be held at the Emergency HELP Services office, 200 Wellesley St. East every **Monday evening** from 7 to 9 p.m.

Wayne Baker from the Donwood Institute will talk on alcoholism and drug abuse to the teens in **St. Jamestown** in the teen room at 7:30 on January 26. For more info call the "Y" at 964-8775.



SEVEN NEWS is a community-owned newspaper published every other Saturday by Seven News, Inc., 265 Gerrard St. East. Editorial offices are located at 80 Winchester Street, phone 920-8632. SEVEN NEWS does not support any political party or individual and invites all members of the community to write for it. Any opinion expressed in SEVEN NEWS are those of the individual writer and do not represent the views of the staff or publishing organization. Where errors of facts are brought to our attention, we will print a suitable correction.

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It's Carroll Street not Steiner, says reader

Dear Sir:

I recently picked up a copy (my first one) dated Nov. 29, 1975, of your community newspaper, and was very impressed with your coverage of so many items concerning this area — especially the South Riverdale Neighbourhood Improvement Program (NIP).

However, the map accompanying the article on the South Riverdale NIP shows the first street east of the Don River running north from Queen to Dundas as being named Steiner and not Carroll Street.

I personally went to a great deal of trouble (getting petitions, writing to City Hall, calling on aldermen, etc., etc.) to have the name Carroll kept as such and not changed to Steiner.

I have a very nice letter from City Hall regarding my interest and

an assurance that Carroll will be Carroll from Queen to Dundas from now on.

I checked the sign posts and am delighted to see that all the street signs say it is Carroll Street. Would you please change the street name on your maps accordingly.

It's not much to ask, but I sure worked hard and I'd like to see my work on the map, so to speak.

Mrs. E. Duffy
15 Carroll St.

(EDITOR'S NOTE: It's not our map; the map used to illustrate that article was a city map and obviously out of date as are most city-produced maps. However, I'm sure that when they next get around to producing a new map of the area it will show the proper street name. NGB)

S. Riverdale seeks \$3 million

Dear Mr. Browne:

I wish it were true. Unfortunately, South Riverdale won't be asking for 7-1/2 million dollars in N.I.P. money. We do hope, however, we will be able to increase the estimate from the present 1 million to about 3 million.

The report in January will recommend that the boundaries for the City's purposes be enlarged to include the Don, Gerrard, Coxwell, Lakeshore area. 37,000 residents would have the benefit of staff help, organizational funds, money for small capital improvements and house repairs.

The amount of money available for the programme is limited by the City's contribution, and the City cannot afford the almost 2 million necessary contribution to implement the plan in the whole South Riverdale area. The area that will apply for the Federal programme would be self-defined by the plans of the community.

We would like to give the whole area a chance at the programme rather than imposing arbitrary boundaries on the area.

Margaret Bryce
City Development Dept.



Despite efforts by the businessmen on Parliament Street to upgrade the stores in the district, there's always someone with a different idea. Last year, a couple of businessmen's idea of what "Old Cabbagetown" should be was Submarine stores. This year, "Old Cabbagetown" is pin-ball em-

poriums. One has opened at Dundas and Parliament to siphon off the nickles and dimes of kids from South Regent Park and the above, at Parliament and Gerrard is doing a roaring business with kids from North Regent and surrounding area.

Photo by Steven Evans

LETTERS



Drunks keep us from fascist society

Dear Editor:

I have often heard it said around me that all the bleeding hearts with their helping hands waste their time helping the old drunks that abound in Ward 7; that these offered resources, if available, should be used where they might do some good, on other needy groups, maybe young drunks.

Old drunks are expendable — they'll stop drinking when the dirt hits their coffin — so why bother with them.

I feel this too.

I grew up with alcoholic parents and I constantly wished them dead — night after night — the same repetitious "shit". Why did they

not expire — if not from the booze — at least from the boredom of it all. (I, of course, had many other feelings, for I loved them too.)

Though my gut feeling is that society's so-called parasites, old drunken bums, are expendable — my intellect tells me if any group, old drunks, unborn babies, mentally retarded children, Jews; is judged expendable, then we are all, by someone's standards, expendable. If we bring in a "final solution" to clean up society where will it end? Who will decide to whom it should apply? The Federal Government will set up a bureau to control it. Then it will depend on who is in power. What

if the Prime Minister is a drunk who does not like old ladies? or a young woman who hates her father — the possibilities are endless.

So you see when I really think about it I realize that these so-called expendable groups are a buffer in our society — they keep us from the fascist state. If one of us is expendable — in theory we are all expendable (to someone) and if none of us are expendable — we are all safe.

Now, if we are not going to institute a "final solution", why not institute some social policies for our understandable and legitimate self-interest and for the greater good. Policies which make things nicer for those of us who are not blind drunk and get tired of the eyesore of drunks and for those of us who are drunk, cold, hungry and sick. We should set up rooming houses for them and keep the drunks off the street and as comfortable as possible under the existing circumstances. It won't hurt and it might help.

Ms M. McDonald

Crossing guards get raw deal

Dear Editor:

The Police Commission, with Judge Bick as its chairman, discriminate against School Crossing Guards.

The only time the Crossing Guards get a raise in salary is when the government raises the minimum wage. They have no job security, no pension plan, no sick leave pay, and do not get paid for public or school holidays.

The Green Hornets, on the other hand, enjoy all of these benefits, plus they get a good-looking warm uniform to wear, as against the cheap plastic vest that is issued to Crossing Guards. The Green Hornets also get a big fat salary as against the \$2.60 per hour paid to Crossing Guards.

Recently, a proposal was made to the Police Commission to have Crossing Guards on duty eight hours a day for the protection of pre-school-aged children and senior citizens, who wish to cross our busy streets.

But this was turned down because Judge Bick and the Police Commission failed to see the need for full-time Guards. But the need is there. The parents of this city should demand full-time Guards if they value the lives of their children.

Unless and until this is done, we

will have more of our children struck down on our busy streets. The Police Commission don't give a damn, nor do our elected politicians, because after all it's not their lives at stake.

The only Police Department employee that the Commission and Metro Council care about or do anything for are their little fair-haired boys, the Green Hornets.

During the school Christmas holiday period, there were no Crossing Guards on duty which meant that more of our children could have become traffic victims.

I don't know what the number of reported accidents were over the holiday, but statistics show there are fewer accidents involving children where there is a Crossing Guard on duty. All of which points out the need for full-time Crossing Guards.

So come on you parents of Toronto. Rise up and make the cries on the Police Commission see the need for full-time Crossing Guards. Bear in mind we don't have one child to spare. And a Crossing Guard's salary is nothing as compared to the life of a child.

I am a concerned Crossing Guard who lives and works in Ward Seven. For obvious reasons would like to remain anonymous.

Name Withheld

THANKS FROM THE DVCC

Dear Norman:

The Don Vale Community Centre wishes to thank the many volunteers and friends who have supported us over the last year. We wish to especially thank the community for assisting us with our survey last summer, because the information obtained has helped us to redefine our role in the community and provide more meaningful programmes and services. Without such on-going donations of time, money, and supplies, our small staff would face an almost impossible task. We hope to continue serving the Don Vale area in the upcoming year, and in order to accomplish this we need your continuing support. Thank you from the Staff and Board.

Mike Yale
Co-ordinator

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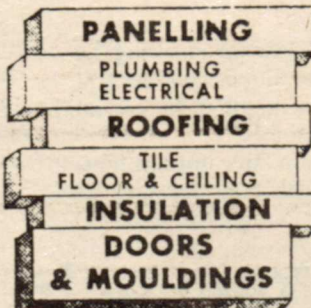
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Don Vale elects new executive

George Rust-D'Eye, Don Vale author, historian and lawyer, was elected President of the Don Vale Association of Homeowners and Residents at the annual election meeting held last month.

Mr. Rust-D'Eye defeated Frank Bugala for the position and replaces Robert Russell who was President last year. A total of 36 people were nominated for the 20 executive positions with both the right and left wing elements in the community running their own slates.

Elected as Vice President was Duncan McPhee, defeating Stewart Brown and Robert Maron.

Acclaimed were Recording Secretary, Wayne Rosenman; Corresponding Secretary, Michael Lloyd and Treasurer, Margaret Haliburton.

Elected as Members-at-Large were: Peter Akehurst, Scott Aspinall, Norman Browne, Craig Dowler, Polly Evans, John McDonough, Leith Piper, Robert Russell, Kate Stevens, Tom Wickett, Tom Wilson, Dennis Wood and Frank Bugala.

There was a four-way tie for two positions as Members-at-Large: Thasso Lakas, Brian Millan, John O'Conner and Elmie Saaltink. A run-off election will be held later



Photo by Dora Rust-D'Eye

GEORGE RUST-D'EYE

this month to determine which two of those four will sit on the executive.

Thuna Herbals - a fixture on the Danforth

by RICHARD TODD

For thousands of years people have been treating sickness with herbal teas and tonics and salves. These remedies all are still available at Thuna Herbals on the Danforth. One of the oldest business's in Ward Seven, Thuna Herbals was started in 1888 by Max Thuna a doctor from Austria.

When Max Thuna arrived in Canada he tried to find many of the herbs he had used in his medical practice in Austria, only to find they were not available. Wanting to practice his medicine the way he knew best, he started importing herbs. Now 800 different herbs are imported from 67 different countries by the business run by Saul Pasen and his son Lionel. The Pasens are grandchildren of Max Thuna. They have been on the Danforth for 47 years and Saul Pasen has been supplying herbs to help people for most of that time.

When you enter the shop you see walls covered by jars filled with fascinating herbs such as: cornsilk, horsetail grass, Queen of the Meadow, ginseng and periwinkle.

Herbs are medicine and many of today's patent medicines are based on herbs, or are herbs under fancy names. Two herbs used in the treatment of heart disease are supplied to druggist by Thuna. They are belladonna and digitalis.

Lionel Pasen told of some interesting drugs. Did you know that the drug Lupulin, used as a tranquilizer, grows on the underside of the leaf of the hop plant? Hops are a major ingredient in beer.

Gumacacia is the gum of the acacia tree. The tree grows in the mid-east and the gum is obtained by hitting the side of the tree with an iron bar, and only an iron bar. The gum that oozes out of the wound is then used for a variety of things from ice cream to prevention of oxidation on printing plates used by newspapers.

Juniper berries, used in making gin, is a diuretic, as are Horsetail Grass and cornsilk. A diuretic aids in the elimination of liquid waste from our system.

Herbs probably played a part in your childhood if you were given doses of Senna by your parents.

Senna is one of the oldest known laxatives and it works. Another laxative that works and is often prescribed by doctors is Cascara. Cascara is available at Thuna in combination with some other herbs and sold without need of a prescription. With the price of prescription drugs what they are, and the price of off-the-shelf remedies not cheap either, you might want to compare those costs with the cost of herbal remedies.

There was no talk of herbal medicines being better than synthetic medicines, for 'both have their place' according to Lionel Pasen. When a large powerhouse dosage is needed to combat a strong bacteria, the synthetic drug works best. When you want to keep in good health, fight disease and treat minor ailments, herbal medicine is a trusted alternative to brand name drugs that are available on the shelves and sold to us through TV and magazine ads. Often the major ingredient of those remedies is available in its natural state: the herb.

Lionel Pasen says to not be taken in by old wives tales and wild stories claiming that herbs perform miracles. He says to phone him and ask about the use of an herb and he will give you a straight answer.

He told of one woman who phoned wanting skunk oil. She needed it to make a salve or poultice for the back of her neck to keep the spirit of her dead husband away from her. Fortunately Thuna didn't have skunk oil.

Lionel Pasen said he could talk for days about herbs. He said it was a subject you never stopped learning. He and his father regard herbs as medicines and they treat them with respect. They love their work and it shows.

They have coffee substitutes, skin aids, teas, and are willing to share their knowledge with you. They'll tell you what Queen of the Meadow is.



The interior of Thuna Herbals contains jars and jars of every conceivable herb and spice. Enough to satisfy even the most avid health food fanatic.

Photo by Steven Evens

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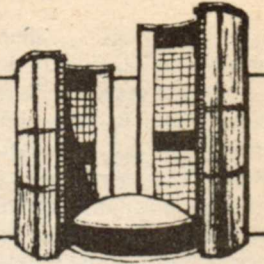
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city hall report



Regent Old Boys hold dinner

by JANET HOWARD

The Regent Park Old Boys Association held its annual Christmas dinner for senior citizens in mid December. Each guest received a roast beef dinner, a couple of drink tickets and a Christmas present. Some won prizes in the draw. There was music, dancing, and a lot of really good cheer.

But the major gift each guest received was the care and the work the Old Boys and their wives put into the event. Organizing began months ahead, cooking took up two days. People like Joe Ganny, the president, and Ron Hornblow, and a handful of others and their wives saw to it that the Christmas dinner was special.

It could be the last. Like many organizations, the Old Boys suffers from a lack of new people to carry on when its steady members get tired. Funds are short since regular dances had to be cancelled because a few people caused trouble at them, and now Bingo games have to make do.

For as long as many Regent Park residents can remember, there have always been Old Boys dinners, dances, picnics and parties. A mark of how successful they have been is the fact that many people who have long since moved away return for the social events which have fostered a real sense of community. Now the Easter party has had to be cancelled, and maybe there won't be a summer picnic.

One reason why Regent Park has been able to develop and maintain its many organizations is that original residents of the area were rehoused in the buildings as they were put up. This is not usually the practice in public housing, and by the time a project is completed the residents are so scattered any sense of community they once had disappears with the old neighbourhood. Regent got off to a good start that way, and over the years traditions like the Old Boys have built on that continuity.

I thoroughly enjoyed the Christmas dinner. It will be a tragedy for Regent Park and for many former residents all across Metro if it is the last one.

Regent Park seniors have happy holidays

by TED PLANTOS

There was plenty of Christmas cheer for Regent Park senior citizens and tenants at 41 Oak St. this past Yuletide season. There was an inter-church Christmas Service and Variety Program on Dec. 18, and on the following evening a lively and well attended Christmas Party 75 took place.

The Christmas Service and Variety Program was conducted by Father King of St. Paul's Roman Catholic Church, Father Belway of St. Bartholomew's Anglican Church, and Rev. A. Dayfoot of Regent Park United Church. There was carol singing, children's gymnastics, and a puppet show (The Twelve Days of Christmas) conducted by Eva Martin and Christine Bollender, librarians at the Parliament St. Library.

John Sanlon, 41 Oak St. Representative and the man who coordinated both activities for the Bingo Club, says, "Everyone enjoyed the party and the music we had tremendously... there were seven members of the Ulster Accordion Band, led by Joe Cromwell, and they played Christmas and dance music for our pleasure. We had a great chicken dinner and lots of goodies. We're hoping to make the Christmas Party an annual event, and to invite the Band back again."

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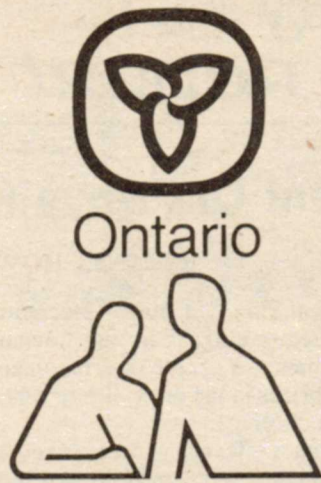
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RENT REVIEW

These are the facts:

Ontario's new Residential Premises Rent Review Act affects most landlords and tenants in the province. The act allows for a review of the amount of rent a landlord may charge.

Landlords and tenants should be aware of their rights and responsibilities under this legislation. The Ontario Government is in the process of establishing rent review offices in major centres across the province. Review officers will hear disputes on rent increases by both landlords and tenants.

A rent review board is being established to hear appeals by tenants and landlords against the decisions of rent review officers.

What does the act cover?

- apartments • houses • townhouses • duplexes
- triplexes • rooming houses • mobile-home sites
- rent-geared-to-income units

What are the exceptions?

- certain non-profit housing or non-profit co-operatives
- units in a hotel, motel or vacation home which are rented for a seasonal or temporary period not exceeding four months
- buildings that were first occupied as residential premises on or after Jan. 1, 1976.
- commercial premises

How does it work?

If you have entered into or renewed a tenancy agreement which became effective between July 30, and Dec. 31, 1975, inclusive, you should be aware that:

The maximum rent increase for such agreements cannot exceed eight per cent of the rent charged during the last full month prior to Aug. 1, 1975, unless:

- (a) the tenant and landlord agree on a higher rate of rent, or
- (b) the landlord obtains the necessary approval from a rent review officer.

A landlord may apply to a rent review officer for permission to increase rent more than eight per cent. A tenant may file an application with the landlord requiring him to justify any increase. These applications must be made by Jan. 31, 1976. Should a landlord and tenant agree on an increase in rent above the eight per cent guideline, they must complete and sign a rent increase agreement no later than Jan. 17, 1976. Copies of these agreements should be kept by both parties. Forms may be obtained by writing Rent Review, Box 580, Postal Station F, Toronto, M4Y 2L8. Or you may wish to use the form published recently in this newspaper.

However, a tenant may cancel such an agreement by completing a statement of revocation within 30 days of the signing of the agreement.

By signing a rent increase agreement the tenant waives the right to appeal the increase during the period July 30, to Dec. 31, 1975. The tenant also waives the right to collect a rebate of rent as provided for in this act, other than the amount of rebate, if any, stated in the rent increase agreement. Rent increase agreements do not apply for any period after Dec. 31, 1975, and do not constitute a waiver of the tenant's right to appeal the amount of rent charged on or after Jan. 1, 1976.

The rent increase agreements do not relieve the landlord from his obligation to obtain approval from a rent review officer for any rent increase charged on or after Jan. 1, 1976 that is more than eight per cent of the July, 1975 rent.

Where the landlord and tenant do not agree on a rent increase above the eight per cent, the tenant is entitled to a rebate of any rent paid in excess of eight per cent by Feb. 16, 1976. If the landlord fails to make such a rebate the tenant may apply to a rent review officer.

If a tenancy agreement becomes effective or is renewed between Jan. 1, and July 31, 1976, inclusive, you should know:

A landlord who wishes an increase of more than eight per cent must file an application with his rent review office and notify the tenant at least 60 days before the increase is scheduled to become effective. In respect to those rental increases taking effect between Jan. 1, and Feb. 29, 1976, the application must be made by Jan. 31, 1976.

A tenant who wishes to appeal an increase has 60 days in which to file an application with his landlord requiring him to justify the increase.

In case of a hearing, a date will be set by the rent review officer and both landlord and tenant will be notified.

After the hearing the rent review officer will establish the rent, and may order retroactive adjustments.

What is a tenancy agreement?

A tenancy agreement gives a tenant the right to occupy a particular dwelling, or to renew the right to rent a particular dwelling.

The agreement can be written, verbal or implied. In other words, even if you don't have a written lease you are covered by the legislation.

For written agreements, the important date is the date the agreement comes into effect, not the date on which the agreement is signed.

Rent review legislation is tied to the dwelling on an annual basis with the July, 1975, rent taken as the base rent.

Who attends hearings?

Tenants, landlords or their representatives should attend rent review hearings. Failure to appear or be represented removes the right to appeal the rent review officer's decision.

The hearings will be informal, and every effort will be made to keep the procedures simple so that individuals may conduct their own cases.

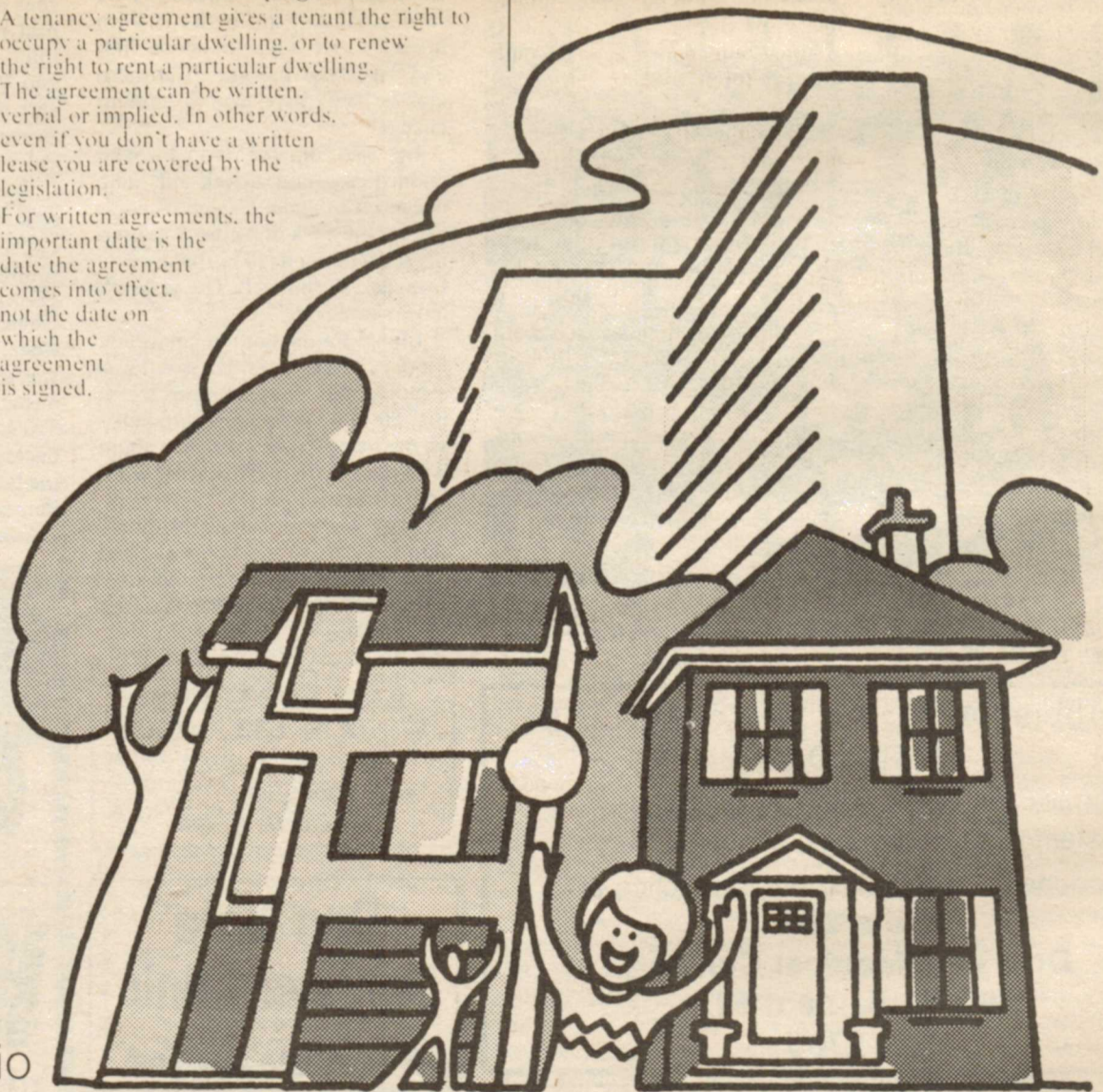
A rent review officer has the power to call witnesses and to order the production of the necessary documents.

Tenants should be aware that, should they appeal their rent increase to a rent review officer, the officer could permit the landlord a greater increase than the one originally demanded.

Where a landlord has been required to justify an existing or proposed rent increase, the rent review officer may adjust the rent to an amount below the original rent level.

Until the rent review mechanism is in place, please do not telephone. You can obtain further information on the Residential Premises Rent Review Act by writing:

Rent Review,
Box 580,
Postal Station F,
Toronto, M4Y 2L8



Harold West: amateur historian and long-time resident

by DAVID JOHNSON

Harold West is a dapper man. His familiar form can be seen through out the ward, bundled against the cold in a sheepskin coat and with a cigar stub protruding from the corner of his mouth. Long time residents may even remember a younger Harold West in his neat suits, well trimmed moustache and wire rimmed glasses. There are even a few old timers, perhaps, that might remember him as a boy selling newspapers in front of the old Crossman House Hotel at King and Church.

Harold West is a man people do remember. He had lived and been active in the ward for a large part of its history. Though other men may have become famous and held centre stage, for seventy years, Mr. West has done his part with a generous and self-effacing nature. In doing his part he has come to be known and respected by many.

His mother was a widow, so he left school early in order to work. As a boy he held a variety of small jobs, including selling newspapers for 2 cents a piece, shovelling snow in the winter and cleaning and changing light bulbs in the old fashioned electric signs.

At the age of twenty, he went to work for the already distinguished bookseller, Albert Britnell, where he remained for more than 50

years. He started in the shipping room and sent books "To everyone — Royalty, presidents, prime ministers — I even remember boxing up four handsome volumes on naval warfare for Winston Churchill."

The Studio, the home of the famous Group of Seven, Canadian artists, was near the bookstore, and from making personal deliveries, he came to know A.Y. Jackson and J.E.H. McDonald.

Another friendship, the kind that springs up between collectors, was with the late Prime Minister W.L. MacKenzie King. Their relationship, lasting until Mr. King's death, was professional, but Mr. King was in the habit of sending first editions of his works, warmly inscribed, to Mr. West and Mr. West was, at one time able to visit Laurier House in Ottawa.

As a result of his activities, and through his shrewdness and good eye, he now owns an important library of historical Canadian books, photographs and memorabilia, including such a large number of rare or unique pieces that recently a York University student photographed many of them for inclusion in his thesis.

With this store of raw material handy, Mr. West would like to write a history of Toronto, but "there just isn't enough time to do all you want." Respecting him-

self, his words are certainly true. With retirement, his activities have not diminished. He is no longer active in the Merchant's Association, but still fills the post as permanent Secretary for the Dufferin School Old Boys' Association, is active in his church and with the Masons. This is not to mention his work with the Busy Bee Club.

As one of the founders and entering his second term as President of the Regent Park Senior Citizens Busy Bee Club, he is modest about the role he plays. He insists, "Don't mention my name unless you mention the rest. There is the Board and the other officers. . . ." He begins to list the names of the other people active and responsible for this senior citizen's club.

Working with club members, government officials and other groups, he guides the club in providing an extra something for the elderly living in or near Regent Park. That something now includes a meeting place of their own complete with kitchen and piano, free films at meetings, free bus tours, and parties. He is working to see the club's activities expand even further.

What does a man think of change, when after after living on the same block for forty years, the city tears down his home? There is no bitterness, he has the perspective in time to see change as or-



HAROLD WEST

ganic and natural. His description is lyrical when he surveys nearly three quarters of a century from the same spot. (His apartment in Regent Park is only a few hundred feet from where his house stood.)

"Back then, King Street was the big thoroughfare. Every corner, practically, had a hotel on it. . . I lived in Duke Street. It was changed to Adelaide when they cut the streets through. . . The Campbell House was there. . . They made horseshoe nails in a factory built on the back — Capewell Hor-

shoe nails. . . Jarvis was a main street too. The big dry goods stores and food stores were there. . .

"Parliament had many important businesses. . . At Gerrard was the Calgy Butcher shop. The building is still there. It had a porch that extended right to the street and horses and wagons drove under it to load. . . There were feed stores too, you know, where they sold hay. At Sackville was the Bell Ewert Ice House. When it burned it went for nine hours. . . The city baths were on Sackville at St. David. For a nickle, you could get a bath.

"St. Augustin's Church was at Spruce and Parliament, where the Loblaw's Store is now. It burned one night. The fire went up the steeple and when it went, the bell dropped straight down. You know, that bell could be heard for a half mile around when it fell.

"The biggest change came when the city bought the new street cars. Of course, they're not new anymore, but the old ones were wooden. . . I remember in the winter they had a stove just inside — the front and back were open."

The area lost much of its old character then. Streets were widened, new ones were cut through, more bridges built across the Don River, street names were changed and the street car routes were lengthened from small circular routes, as the Winchester Street Line. The bend on Dundas between George and Sherbourne was then Wilton Crescent. "It was lined with homes of prominent people. . . The area south of Dundas changed too. That was the old cabbagetown. It wasn't a derogatory term then. . . But that's all gone too, long time ago."

Harold West is not depressed by the present or by thoughts of the future. "I have it pretty good now, there's no better place than right here to live," he says with a sweeping gesture indicating his large and well furnished apartment. His school was torn down in 1927, but the Old Boys still get together and memories of bell ringing duty and marching up the stairs are still alive. The church where he and his wife were married, fifty years ago next month, and which they belonged to for many years is also gone. Harold West does not indicate any regret, he now belongs to a church closer to his home and shared by many of his friends. His concerns have been and remain for the future.

Christian Youth Centre sheds air of mystery

by BILL MARSHALL

For the past eight years the Christian Youth Centre has been something of a mystery to the residents of Ward Seven. Perhaps now the mystery has been solved.

Officially opened to the public in the summer of 1968 the Youth Centre is located at 270 Gerrard St. E. at the corner of Berkeley St. This location was decided upon because the Yonge St. Mission felt the surrounding area needed such a centre and because the necessary land was available at the time.

The Christian Youth Centre acts as an arm of the Yonge St. Mission. An independent, non-profit organization which receives donations from private citizens, churches and businesses.

One of the initial aims of the Youth Centre was to try and get the kids off the streets. Over the past few years this aim has become secondary.

"Christian evangelism is the aim of the Christian Youth Centre and to try and help the kids build towards emotional and psychological stability," says George Budd, program co-ordinator of the Christian Youth Centre.

Nowadays the Youth Centre not only concentrates on youth but has turned its attention towards other age groups as well. A morning hours coffee club for mothers and housewives has been started as a part of the new winter schedule.

Mr. Budd and the rest of the Christian Youth Centre staff are trying to create a family atmosphere within the walls of the Centre. Staff are continually trying to develop ways and means of stabilising family situations says Mr. Budd.

"The first couple of years it was just jam packed with kids in here," says Mr. Budd. Now the Centre is experimenting with a much more structured program. "We try to get all the programs to correspond."

The present idea at the Christian Youth Centre is: "not to just drop the kid in the middle of fun and then take him out of it. That's

probably one of the reasons that his place isn't overrun with kids," says Carsten Pellmamm, a part-time staff member at the Centre.

When asked if the religious aspect of the Centre had any effect on attendance, Mr. Budd said yes, but added that this past October saw the heaviest attendance since he began working at the Centre.

"We're certainly not down, that's for sure," says Mr. Budd. Average attendance at the Youth Centre totals 1,100 people a month.

When the Centre first opened many young people who attended in order to use the sports facilities felt duped when suddenly confronted with a Bible study class. Mr. Budd is trying to change this image.

"We now work on a much more personal basis and we tell them straight on that there will be a Bible study," says Mr. Budd.

Wayne Desmond a former member of one of Christian Youth Centre programs wonders if the Centre is actually getting through to all the kids who attend.

"When I joined I didn't know there would be Bible classes. We just put up with religion because it was compulsory and most of the guys liked the sports and the refreshments," said Mr. Desmond reminiscing about his days as a member of the Brigades.

"It's something like Sunday school in a way I suppose. It's good for a lot of the kids around here. They have nowhere else to go," says Joyce Moores. Joyce's daughter Kimberley is a member of Tumbleweeds, an after-school club for children.

"I like all of it," says nine-year-old Kimberley, "I like gym most of all."

Mr. Budd agrees that the facilities of the Christian Youth Centre are not presently being used to their full capacity.

"We used it right now to the potential of our staff but not to the potential of the building," commented Mr. Budd, who



Children sign in for a program at the Christian Youth Centre.

Photo by Steven Evans

made it clear that even with the current volunteer help, more was needed.

Ignorance on the part of Ward Seven residents about the Christian Youth Centre may stem from the fact that the Centre has not really become involved in community affairs since its inception eight years ago.

In certain cases this lack of involvement is a direct consequence of being a religiously orientated organisation. The Centre refuses to participate, "where our ethic would not coincide with another ethic," stated Mr. Budd.

Often it is because of a lack of staff. "I don't think we're involved to the extent we should be but it's due to our staff shortage," Mr. Budd sadly admitted. Future plans of the Christian Youth Centre include a stronger concentration on the junior-high age group and various activities in which the family can participate as a group and not just as individuals. As always the programs will be well laced with religious instruction.

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As the above photo attests, more people seem to have used Riverdale Park in January of 1914 than are using it in January of 1976. This

photo, courtesy of the City of Toronto Archives also shows that a lot of changes have been made over the years.

The Valley of the Don

Continued from page one

In the 1790's, when the Town was first laid out, the Don emptied into the Bay as "The Don" and "The Little Don", forming a delta at its mouth. The marshland to the east filled the area between the mainland and the isthmus which ran from Ashbridge's Bay to the peninsula now known as the Toronto Island. The Island resulted from a storm in 1852 which caused waves to break through the spit forming what we now know as the eastern gap.

There is no record of any name being given to the Don by the French traders. There are two Indian names ascribed to it: Wonscoteonach, or black burnt grounds, indicating a river coming down through forests burnt by fire, and — Nechinquakokonk, of uncertain meaning. It was named "The Don" by Lt.-Gov. John Graves Simcoe soon after he arrived at

York in August, 1793. He and his family, finding the Don Valley picturesque, chose a site on a hill overlooking it for their summer-house, Castle Frank.

By 1795 there were twelve log cottages at York, all of them near the Don. Some of the early settlers of the lower Don were: William Smith, son of the builder of many of the early homes of York; John Scadding, who came to York with Simcoe in 1793, and whose second house, a squared-log cabin, now stands in the CNE grounds; George and John Playter, immigrants from Pennsylvania; and a Mr. Coon, who had a farm near Chester (just north of what is now Danforth Road).

A wooden blockhouse, one of a series built to guard the Town of York, was erected near the mouth of the Don to protect the road leading to the peninsula. There was also an earth-work battery near the junction of King and Queen

Streets, armed with a twelve-pound cannon during the war of 1812. When the American invasion came, in 1813, these devices were of little use. The invading forces occupied the Town and proceeded up the Don Valley to the Playters' estate, where they seized many of the Town's important documents and records. Not far from where this incident occurred, there now stands "Drumsnab", built by William Cayley in 1830 on a prominent position on the edge of the wilderness overlooking the Don. In 1860 a second storey was added to the house. Its present address is 5 Drumsnab Crescent.

The Don's importance to the Town of York grew out of its commercial use by early millers. Parshall Terry, who came to York from Connecticut in 1794, erected a saw mill near what is now called Todmorden Mills. His house still stands. At about the same time, Capt. Timothy Skinner and his sons built a grist and saw mill nearby. In 1820 the Skinner property was acquired by Messrs. Helliwell and Eastwood, who built a brewery and distillery at the site, and later paper mills upstream. The Helliwell house and brewery also still stand at Todmorden which was named after the village in England, the family home of John Eastwood. Most of the prop-

erty used by these early mills ended up in the hands of the Taylor family, who operated three paper mills on the Don.

The presence of the mills led to the building of Broadview Avenue (originally the Mill Road), by Timothy Skinner in 1798. Wheat for the grist mills was taken up the Don in boats to Winchester Street, and then up the flats by ox-teams to the mill. In the winter heavy sleighs were used to carry cordwood, sawn lumber and hay down the frozen Don to the Town. Dr. Scadding notes that beer from Helliwell's brewery was sometimes carried down the Don in a 40-foot-long canoe, hand-made by Joseph Tyler, who lived in a cave in the side of the river bank near the present Gerrard Street. This canoe held 22 barrels of beer, and was also used from time to time as a ferry across the Don.

Butternut Bridge

The earliest bridge across the Don was a butternut tree felled across the river near the foot of Winchester Street. Mrs. Simcoe records having used this bridge in 1794. The crossing of the Don at Queen Street, (the Kingston Road), was originally accomplished by means of a scow. The first bridge at this point, "Scadding's bridge," was constructed by William Smith. By 1809 a larger rough timber trestle bridge supporting a plank road, was erected nearby. The Don bridge, by this time a covered one, was the scene, in December, 1837, of an attack by some of Mackenzie's rebels who, led by Col. Von Egmond, set fire to the bridge. The "British-American" fire brigade rushed to the scene of the fire, trundling a hand-operated water pumper. The rebels, hearing the clatter of the pumper's wheels, thought that a cannon was being brought to bear. Fearing injury, they fled, leaving the fire company to arrive on the scene and put out the fire. This bridge remained until 1850, when it was washed away in

a flood. The next wooden bridge stood from 1851 to 1878 when it was replaced by an iron one.

In 1856 the Don was crossed by the main line of the Grand Trunk Railway. In the late 1880's, the City straightened the lower Don south of Winchester, thus permitting the Canadian Pacific, in 1889, to reach Toronto from the east by laying its tracks through the Don Valley. In the early 1890's, the Belt Land Corporation laid its Belt Line tracks through the valley as part of a 20-mile-long circular commuter line. There were stations at Moore Park, Don Valley, Gerrard, and Don (Queen). The fare was 5 cents from station to station. After a few months the line closed down, leaving a vacant right-of-way of which traces are still to be found around the City.

Today, major expressways run through the Don Valley, and the River, although straight, has become polluted. The centre of the valley near Drumsnab marks the site of the Don Valley Brickworks. Below that point, however, the valley is free from commercial use, and north of Gerrard the creation of Riverdale Park has provided pleasant recreational facilities for the residents of Ward 7. During the days before television and the extensive use of the motor-car, thousands of people would flock to Riverdale to play lacrosse, tennis, football and baseball. In the winter-time there would be skating on the frozen Don, and sleighing and bobsledding on the hills.

The City apparently now has plans to open the centre part of the valley for use as a nature trail. This, and the ongoing improvement in the quality of the water, are encouraging signs. The Don and its valley are among Toronto's most important natural resources, and even the abuses which they have suffered over the years have not destroyed their charm. Even with the expressways, there is still an abundance of natural beauty to be found on a walk through the Valley of the Don.

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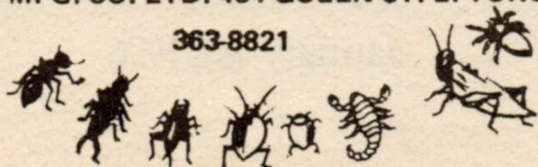
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Some people don't need ice to play hockey. Either lack of skates or lack of free ice caused these Regent Park boys to improvise a game of street hockey. Photo by Steven Evans

Food for Thought:

A history and study of the value of bread

by NEIL ROTHENBERG

5,000 years ago, bread as we know it was first being made by the Egyptians. Bread was their main food and they made it as much as we do today. The importance of bread to the Egyptians is exemplified by the fact that they based their economy on it. Common workers, for instance, received two jugs of beer and four loaves of bread for a day's labour. In Egypt and later Palestine, it was bread that kept man alive and it came to be known as "The Staff of Life". Bread at that time consisted mostly of wheat, barley and durra, a variety of millet.

Since bread played such an important role in the sustenance of humankind, it soon became an integral part of their spiritual life. Since Christ first multiplied the loaves, bread has played a role in the Christian mysteries. Prayers accompanied baking, and sacred designs, usually the cross, were pressed into the dough. Nestorian Christians kneaded history into their bread doughs by adding crumbs from previous bakings of sacramental bread. In this way, they claim that today's bread has in it fragments from the bread of the Last Supper.

Beginning in ancient times, white bread was considered a luxury and was reserved for the rich. This was due to the more complicated process involved in making white flour. The common people had to settle for whole grain bread. Wheat bread, however, was also considered the more nutritious. The Greek name for whole wheat bread was ironically "health bread", but the rich still preferred breads made from white flour. The situation stayed pretty much the same until the 18th century, when white bread, due to improvements in agriculture and milling procedures became the main staple of rich and poor alike.

What is the difference between bread made from white flour and bread made from whole grain wheat? Actually, they both come from the same source, the wheat kernel. The wheat kernel consists of three main parts: the bran, the

germ and the endo-sperm. In white flour the bran and the germ are removed and since the resulting flour is actually yellow, it then undergoes a chemical bleaching process which turns it white. Whole wheat flour retains the bran and the germ and is unadulterated.

Recently nutritionists have been pleading for a return to whole wheat breads. It has long been known that bran, the fibre content of the wheat, is an important aid to proper elimination. Many authorities rank the lack of fibre as one of our top nutritional problems. Recent discoveries link its lack in our diet with the occurrence of intestinal diseases, that can lead to more serious disorders of the digestive tract, such as cancer of the colon. The germ, or wheat germ, as it is more commonly known, is only a tiny part of the grain, but nutritionally, it is concentrated goodness. It is an excellent source of both vitamin E and the B vitamin complex. It also contains all of the essential unsaturated fatty acids.

In Denmark during World War I, the government forbade the milling of grain. No white bread or flour was available. During the war years the death rate fell 34 per cent. The incidence of cancer and heart and kidney diseases dropped significantly and evidences of positive health greatly improved.

With all these facts revealed, it is obvious that whole grain bread gives you more for your dollar in terms of nutritional value.

Here's a good recipe for home made whole wheat bread:

WHOLE WHEAT BREAD

- 2 cup milk
- 3 tbs. oil or butter
- 1 tbs. salt
- 1/2 cup honey
- 2 tbs. active dry yeast
- 5-1/2 cup unsifted whole wheat flour

Heat milk to simmer. Drop oil, salt and honey into simmered milk and pour into large mixing bowl. Cool to LUKEWARM. Dissolve yeast in 1/3 cup LUKEWARM water about 4 minutes. Add dis-

solved yeast to mixture in bowl. Add 3 cup flour. Stir 8 minutes with electric mixer at low speed or 300 strokes by hand. Add 2 cup flour and stir well.

Turn on to floured board and knead until dough is smooth and elastic, kneading in more flour if necessary.

Place in oiled bowl, cover with towel and let rise in a warm place until double in bulk (80 degrees to 85 degrees F. for about 1 hour)

Knead down to original size, cover and let rise again.

Knead down to original size, cut in half, shape into two loaves, place in oiled bread pans, cover with towel and let rise until dough begins to lift towel.

Place to bake in 375 degrees F., preheated oven for 45 minutes, or until golden brown. Remove from pans and place on wire rack to cool.

If soft crust is desired, brush with cream or soft margarine.

(Neil Rothenberg is a member of a Ward Seven project called FEED (Food for Everyone Every Day). The purpose of the project is to assist and encourage the setting up of food co-operatives across the Ward and encourage the use of low-cost, nutritional foods.)

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You can call the VON. The Victorian Order of Nurses in Ward 7 brings professional nursing care into your home on a part-time basis. It is your agency. The service is there for you to use. If you know of someone who is sick and needs nursing care at home, telephone 363-5621 (24 hours) or Central District 487-1504 (Monday to Friday 8:30 a.m. - 5:00 p.m.)

The VON nurse will visit to give care, such as injections, baths, dressings, irrigations, enemas, etc. She will also teach how to move a person in bed, help a person out of bed, read a thermometer, or do a dressing or treatment so it is safe. The nurse is also concerned about nutrition, safety, the prevention of illness and accidents and, rehabilitation so that the person can be as independent as possible.

Lady Aberdeen

The Victorian Order has been helping people in Canada for over 75 years. It was created in 1897 under the leadership of Lady Aberdeen, the wife of the then Governor General of Canada, at the request of several groups of women throughout Canada.

These women saw that there was a need for visiting nurses. In 1897 people sick at home were not able to get to a doctor or to a hospital and so the Victorian Order of Nurses (named in honour of Queen Victoria's Jubilee) was started to bring nursing care to the home. This was the time of typhoid, malaria, pneumonia, (there wasn't penicillin then), babies being born at home and babies dying early in life. The first twelve nurses were admitted to the VON November 1897. Five months later in April 1899, the Order was able to send four Victorian Order Nurses to the Klondike to help the injured and ill gold miners. This team accompanied the Canadian Government Expedition to Dawson on the Yukon River. Nursing care was given to many persons along the way. The patient had in many cases walked five, nine or perhaps twelve miles in the boiling sun, their temperature ranging from 101 to 104 degrees Fahrenheit, their strength often failing before reaching the hospital.

Conditions have improved since 1898 but in the 78 year history of the Victorian Order its nurses have continued to go where needed. The VON serves people in Canada from coast to coast through eighty branches. More than 80 skilled professional nurses wearing the Order's uniforms are well known figures in the large Metropolitan areas and throughout towns and rural areas served by VON branches.

Immunization Clinics

Though nursing care in the home is still the main part of VON service, it may (throughout Canada) include nursing service in schools, child health centres, immunization clinics, or industry. In some centres, the VON supervises and attend to the health needs of residents in senior citizen housing complexes. In others, the Order may administer Home Care programmes, "Meals on Wheel" or homemaker service. The extent and nature of VON services varies from province to province and from branch to branch. Response to needs is the guideline wherever the Order operates. But always the VON nurse visits in the home to provide professional nursing care for the patient and the family.

What should the VON mean to you? It should mean that if someone is ill at home and needs professional nursing care, you can telephone the Central District 487-1504 and request that a nurse visit. The VON will answer every call and continue to visit as required. If you do not have a medical doctor, the nurse will help you to find one in your area. In order to continue having VON visits, it is necessary for you to have medical supervision. The nurse works closely with your doctor, contacting him regularly and keeping him informed as to how you are doing.

The VON is a voluntary, non-profit organization. Its funds come from fees paid by patients (if they are able to pay), from the patients insurance coverage, if it applies; from levels of government where government has assumed responsibility for the patient; and from the general public in the form of donations and bequests. VON depends on the support of interested groups and individuals in each community to maintain and develop its service.

(This health column is being written and co-ordinated by the Don District Community Health Centre. Any suggestions, ideas or items for future columns should be directed to Maggie Brockhouse at 364-1361.)

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