

SEVEN NEWS

DECEMBER 1, 1983

TORONTO'S OLDEST COMMUNITY NEWSPAPER

FREE

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Seven News: The verdict is in!

by ANNE-MARGARET
HINES

It was a dark and stormy night, but in spite of the torrential downpours which hit our area last night there was a good turnout of people at our annual general meeting at which the fate of Seven News was once again decided.

In general, the feeling seemed to be that there were a lot of people who didn't want to see the paper close down, but who didn't have the vast energy required to keep it going. Everyone did agree that Seven News cannot afford a paid staff at this time and that its only chances for survival will be to find government grants to cover salaries, or to run on a strictly volunteer basis.

John Campey, a member of the Seven News board of directors tabled a proposal for such an organization, which met with unanimous approval. A new board was elected which will be as follows: John Campey, Meg Filloyd, Peter Oliphant, Rob Hutchinson, Barb Hall, Frank Guile, Anne-Margaret Hines (as staff representative) and a yet to

be appointed member of the Dixon Hall organization. There are still two board positions open and anyone who might be interested can call John Campey (463-3240) for information.

The new operation of Seven News will follow these guidelines:

That Seven News continue publication on the following conditions:

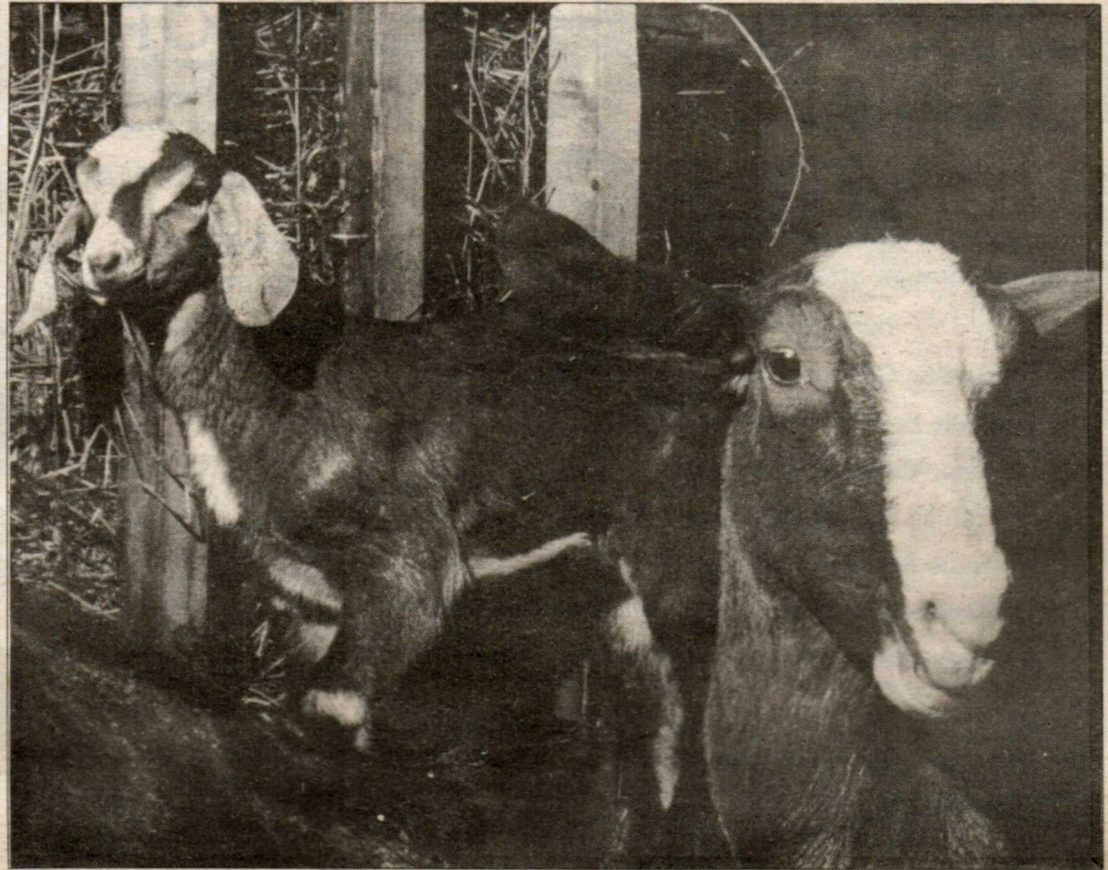
1. That no issue of the paper be produced unless its costs are covered by revenues, or accumulated revenues from previous issue(s).

2. That the board of directors appoint from among its membership a manager to oversee the ongoing business of the publication.

3. That the commitment to repayment of the bank loan, at a minimum rate of \$200 per month, be reaffirmed as an ongoing commitment.

4. That remuneration of staff be based on such income as is available from a combination of grants and commissions, until the publication is in a financial position to, from its own revenues, either supplement or re-

con't on page 6



Winter got your goat? The Riverdale Zoo collective says there's 'spring' babies at the farm, and lots of festivities planned for Christmas to warm anyone's winter! photo by Doron Rescheff

It's spring on the Riverdale farm

by THE ZOO COLLECTIVE

Winter at the Riverdale Farm means renewal, not hibernation. The first days of fall brought a number of new arrivals: in the goat department, two sets of twin kids were born, while the fowls kept pace by hatching a large flock of guinea chicks. A pure black girl-lamb was born to one of the ewes, and "Mom" the sow is due to produce a litter in December.

The harvest season was officially kicked off by the annual Riverdale Fall Festival, held the weekend of September 10-11. Morning events included the traditional pancake breakfast (turned out by community cooks) and a song and story-telling session in the barn for the junior set. On display in the barn were a garden's worth of delectable Toronto grown vegetables, ranging from miniature ivory-hued eggplants to giant zucchini. Also displayed were the colourful results of the children's summer craft program at the farm: kites, claywork, hand-dipped candles and weaving.

Saturday evening featured a lively square-dance, with music by the Nobleton Fiddlers, and hot-buttered, fresh-picked corn.

More corn for brunch on Sunday, along with a virtuoso fiddle performance by Eleanor Townsend, incidentally the only woman ever to win the Golden Fiddle Award at the Shelburne, Ontario Fiddle Competition.

Then, on Hallowe'en, the farm staff put on a party for local nursery groups, and for two classes of children from schools for the handicapped. This, too, has become an annual event to which both parents and small fry look forward. There is donut bobbing, bags of popcorn, pumpkin carving, and the great favourite, hay-jumping.

This holiday season, area residents can again look forward to a Christmas party at the farm, featuring hot cider, carols around the fire, and, of course, a visit from Mr. and Mrs. Santa. The date set for this event is Sunday, December 18. Last year we had a beautiful snowfall on the occasion of the party, so let's hope for the same this time around. (It does make things easier for the reindeer.)

A different kind of innovation at the Farm is the presence of a new craftsperson, Jacinthe, from Quebec City. She will be demonstrating traditional crafts at the Simpson House - including

spinning, weaving, and quilting - every Saturday from 11 to 3 p.m. Jacinthe is eager to teach her crafts to both children and adults, and has a loom and a spinning wheel, so by all means include a visit to her on your next trip over to the farm.

Although many of the initiatives, and much of the energy surrounding farm activities come from the farm staff, there is a group of local residents who constitute the Riverdale Farm Committee. This group has been in existence since before the actual opening of the farm, and has tried to serve as intermediary between community, staff and the Parks Department at City Hall. Membership on this committee has traditionally been open to all, and the next general meeting will be held on Tuesday November 29, at 8 p.m. at the Simpson House. Anyone interested in being more involved with the farm activities is welcome. The agenda will include: 1) update on the Donnybrook Pavillion Project, 2) planning for the Winter Festival, 3) Farmer's Report, and 4) Election of Officers.

Happy
Holidays

Toronto's finest under fire

by MICHELE YOUNG

As winter approaches and the weather cools off, so does the cold war between the Metro Police and their critics over the issue of police harassment.

Anti-harassment groups and the police are still not talking to each other, but much of the steam that built up during the summer months has now dissipated.

In Ward Seven's Regent Park, things came to a head two months ago when a candlelight vigil was held in the park. The protest was organized by the Regent Park Committee Against Police Harassment (RPCAPH). As Elvis Peters, a member of the group explains, it was held to voice some discontent.

"There seemed to be an escalation of beatings and harassment in the park and people were frustrated over it," says Peters. "The point is that the police were not there to prevent crime, they were there to victimize people."

Some of the alleged incidents were listed in an RPCAPH press release:

* Sept. 12, a black youth is beaten by a uniformed officer with 75 witnesses;

* Aug. 25, 11 cars from 51 Division enter the park to make just one arrest;

* July, three more youth are beaten by police from 51 Division;

* In June a security check is done on most members of RPCAPH by the Metro Police

con't on page 6

Workout! ~ 4

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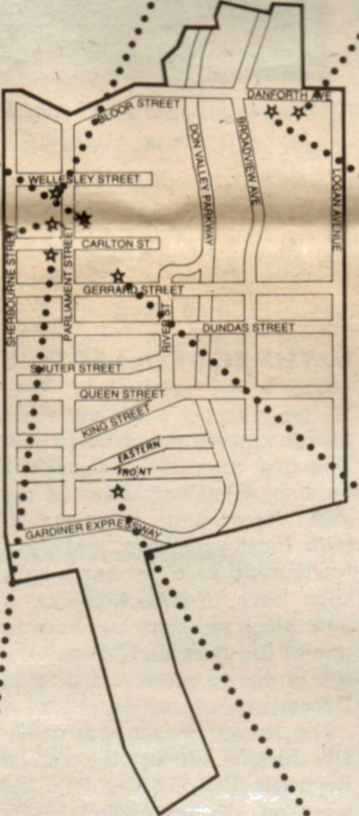
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SPEAKING OUT

Political file

Good news for singles

from
JOANNE CAMPBELL

There is a group of people in Toronto today who are ignored, forgotten and vulnerable. Already hardest hit by unemployment, recession and cutbacks in all sectors, the number of low income single people has substantially increased in recent years. At the same time the stock of affordable housing has been quickly disappearing through the effects of demolition and renovation. Right now, there are 12,000 low income singles who are homeless or severely underhoused.

Recently the Metro Task Force on Housing for Low Income Single People, which I chair, released its report. In it we note the steadily increasing number of young people relying on the hostel system. In the latest count almost half of the hostel population in Metro was under 25. Social agencies told us repeatedly that services assigned to support upgrading and self-reliance have little effect in the absence of stable affordable housing.

We learned that due to the high cost of land, materials and money, it is wrong to expect that private builders can construct housing affordable to low income singles without deep government subsidy.

At the same time, the traditional rooming house stock has been rapidly reduced by 'de-conversion,' demolition and renovation. Even with recent increases to the General Welfare Assistance (GWA) most GWA recipients spend 70 per cent of their income on rent. This seriously affects the ability of people to provide themselves with other basic needs.



Outside a men's hostel on Sherbourne Street. Many of these people are not looking forward to a very bright Christmas-but you can help. See page 7 for details. Photo By Doron Rescheff.

Clearly there is a role that the public sector must play in the provision of housing for low income singles. Our Task Force has stressed the need for senior levels of government to make subsidies available for the construction of housing for low income single people. Existing public housing ought to be opened up to singles on limited income and General Welfare Assistance (GWA) rates increased to more realistically reflect the housing costs of living in a large urban centre.

The Task Force has urged the

municipalities to adapt local by-laws and regulations to meet the housing needs of the changing populations in their areas. Further, it has urged Metro Toronto to use the Metro Toronto Housing Company to provide accommodation for low income singles of all ages and to commit \$10 million to the capital costs of producing singles units through the conversion of existing buildings. The Task Force has also recommended to Metro Council that it increase the advance issued to GWA applicants to assist them in obtaining accommodation and that housing assistance be provided in local welfare offices.

These and other recommendations of the Task Force go part of the way to meeting the housing needs of low income singles. The whole solution depends on the co-operation of senior levels of government, local municipalities, and church and non-profit groups.

What is clear is that governments at all levels through their social housing programs must address the growing needs of low

income singles for affordable accommodation.



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SEVEN NEWS

Volume 14
Number 11

249 Sherbourne St., Toronto M5A 2R9 Tel: 921-2548

Editor: Anne-Margaret Hines
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Next deadline: Dec 7

This issue would not have been possible without the help of over 150 volunteers.

Seven News is a non-profit newspaper published every 2nd Friday by Seven News Inc.

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Salute to trade

by RIP PAULO

From the recent trade mission headed by the Premier of Ontario to Hong Kong, it is doubtless to foresee that the investment from Hong Kong to Toronto will soon be drastically increased if the 1997 issue (the year China regains the sovereignty of this colony) is not solved in the near future. This mission from my point of view is very successful, not only Ontario will get more investment but there will be more jobs for the Torontonians.

Unofficial estimation of Hong Kong investment in real estate in Toronto is around one billion dollars and the Toronto Chinese population has grown from a handful to about 200,000 now.

Looking back at the Chinese history in Canada, this year in fact is their 125th anniversary, although some people believe it is longer.

According to ancient Chinese archives, 458 A.D., some Buddhist monks sailed across the Pacific Ocean and landed on a place they called "Fusang" — the extreme east and in 1788, Captain John Meares brought with him fifty Chinese artisans to build the first ship on the Northwest Canadian coast when he returned from China.

Until 1858, the year of gold rush, which brought many Chinese to the goldfields of Fraser River determined the establishment of a continuous prosperity of Chinese community in Canada.

Throughout these 125 years, the Chinese had once suffered from the New Immigrant Head Tax Act, the deprivation of voting rights and the forbiddance of employment in the public sector in British Columbia.

In 1979, Chinese Canadians across the country joined together to protest the irresponsible journalism of W5 nationally televised program — "Campus Giveaway." As a result, CTV publicly apologized the racist reporting. Moreover, a strong Chinese national organization — Chinese Canadian National Council was born out of this incident. The CCNC grows rapidly across the country, made up of concerned people in dealing with many local and national problems.

Today, the Chinese population is estimated over 400,000 in Canada. The large influx of immigrants and the tremendous increase in number of Canadian born keep the Chinese Canadian culture alive. Furthermore, the Chinese are not only involved in traditional grocery, restaurant or laundry types of business they are in all walks of life, keeping pace with the growth and development of Canada.

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CLOSE UP

Ready for the turkey, the stuffing, the plum pudding? Then get ready for

The Workout!

by ANNE-MARGARET HINES

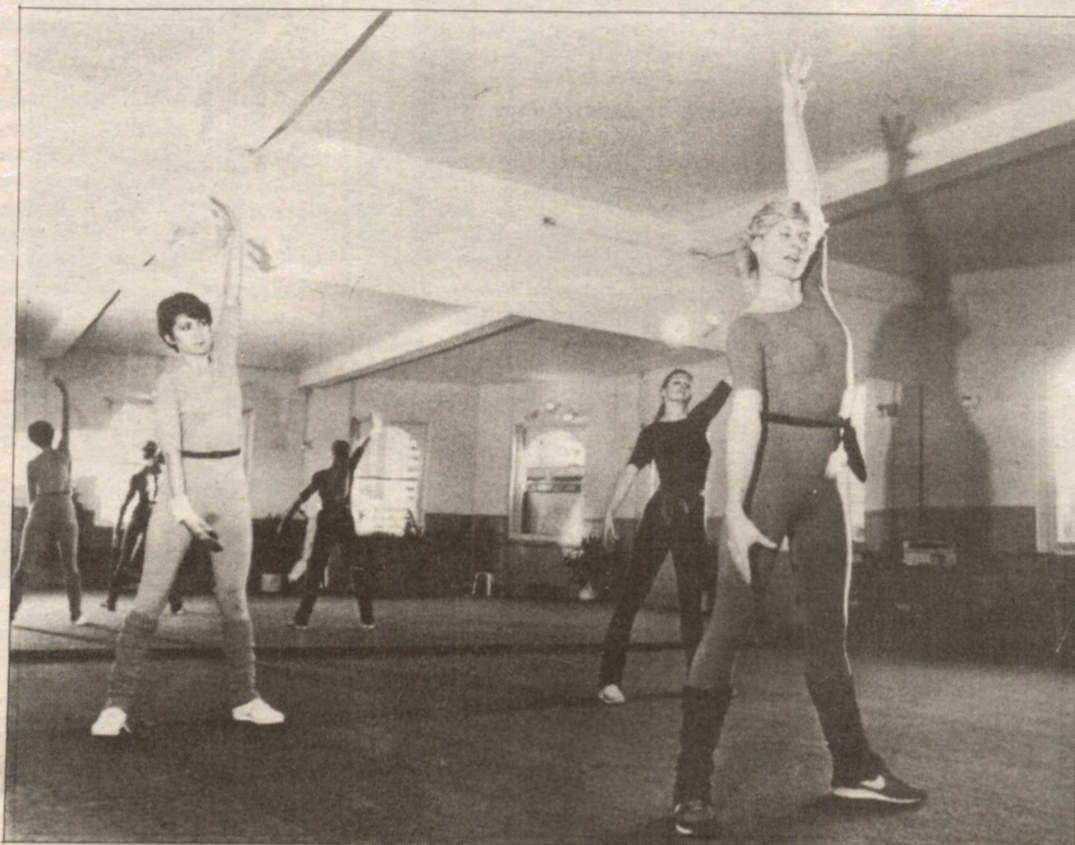
With Christmas feasting fast approaching and many of us gearing up to do full justice to our share of the goodies, this seems like a good time to offer some help as to how to get your post-turkey body back into pre-turkey shape! With this in mind, Anne-Margaret Hines has spent the last two weeks checking out some of the fitness studios in the area and has these tips to offer when you're looking for a place to take your shape.

The first thing to keep in mind when choosing an exercise studio is that price and location are not everything. It's important to pick somewhere that's handy enough to get to regularly, and that leaves you enough cash to buy a sweat band or two, but all exercise studios are not created equal, and it's important to find one that knows how to look after your body while you're getting in shape.

Some of the important things to look for are:

- * Does the studio require proper foot gear for classes? If they don't insist on running shoes with good support and padding to absorb shock, they probably don't care if you end up with shin splints either.

- * Do the instructors do bouncing exercises or straight leg extension exercises? Do they do any movements in class which pull on the lower back? If so — keep shopping around. Any of these can lead to pulled or strained muscles and real problems down the road.



Zirka, Barbara and Karen of Body Corps run through some of the exercises that they use to tone bodies and rejuvenate heart and lung muscles. Reporter Anne-Margaret Hines found Body Corps to be among the most impressive of the studios she visited. Photo by Doron Rescheff

- * Are the instructors really qualified? Exercise studios are one of the only multi-billion dollar industries that have no regulations or controls. Find out if your instructor has had proper training at a recognized school. Ask if they have been teaching for long. Many of the larger commercial studios hire young men and women who have physical education training, but no real understanding of body movement or muscle training.

These instructors usually come cheap, but shouldn't be trusted to give you a good workout that won't end up harming you more than it helps.

- * Is there individual attention in classes? If you're not doing an exercise properly, will the instructor have too many other students to notice? Improper exercises can end at chiropractors — make sure the classes are small enough and the teacher interested enough to make sure you're doing things right!

- * Are there different levels of classes? You don't want to be in a class that's ready for a Jane Fonda level of workout, but you do want to move up the intensity of workout as you improve your fitness level. Find a studio that offers both basic and advanced classes.

- * Do they promise you'll lose weight? Sure, we all exercise in the hopes that we'll lose a few pounds, or just rearrange the excess a bit, but any studio that just promises weight loss isn't interested in showing you how to tone and shape your body as a whole. Better fitness starts with the heart muscles and moves outwards and the effects may take a while to reach your thighs. But you'll feel better, look better and that's what's really important.

These are the things which I found to be important in choosing a class, but of course in the end you'll have to find the studio that suits your own needs. To that end I have sweated up a storm in several of the studios in the area (all East of the river, you'll note — are the people over there fatter, or what?) and, having found new meanings for the word perspire, I have this report on some pos-

sible spots to start your own fitness program.

sible spots to start your own fitness program. waiting for Saturday afternoon, and her enthusiasm for the workout was catching. There are several levels of classes offered, but the times change throughout the week, so if you're on a tight schedule it's not likely that you'll be able to get to more than two or three a week. There were several men in the class, which was nice. This may signal the decline of single's bars.

The routine itself was much like the 20 Minute Workout on television, but without the bouncing and at a much more reasonable pace. I found it fairly intensive and interesting, although I did have trouble following some of the exercises.

The next day I was very stiff (stiff is the fitness expression for being in pain), but some people are convinced that that's a positive sign of improvement. I personally would rather be fat and comfortable — but you decide for yourself.

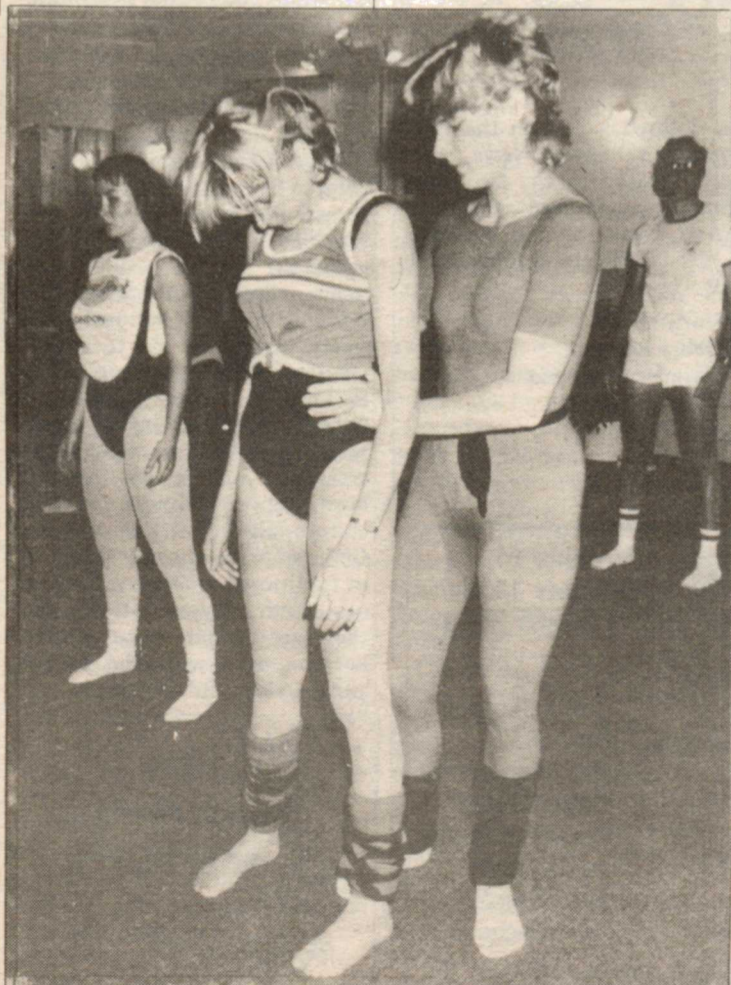
The verdict on this one — Sandra Beattie is a great motivator and lots of fun to learn from, and the workout was good.

Body Sculpture (Danforth and Chester, 477-3607). Patty was a student at Body Sculpture for two years before taking over the classes herself. She has studied some yoga, ballet but found aroebics to be the most interesting and so that's what she concentrates her considerable energy on now.

The classes are held in a church gym, which has the advantage of being large enough to accommodate any size of class comfortably, and to allow for some juggling exercises.

Also, for those who are a bit shy of exercise studios, the less formal atmosphere of a church gym will be appealing.

Classes are only offered Monday, Tuesday and Thursday evenings at six o'clock, however, so there isn't much choice as to when to go if you want to get your three workouts a week in. Also, there is only one level of class. Students are encouraged to decide for themselves how



Barbara Frensel of Body Corp checks an exercise for Anne-Margaret Hines. Photo by Doron Rescheff



Students at Sandra Beattie's Shape Yard. Photo by Doron Rescheff

much of the class they can keep up with. Personally, this approach never works for me. If the person next to me is doing 20 jumping jacks I'm going to do 20 too, or parish in the attempt. Also, I find it hard to determine what's healthy strain and what's over exertion. However, if you're good at deciding your own pace without too much supervision then you'll find this approach fine.

Again, there were several men in the class. One young football player said that dancersize-type exercises improve his stamina and flexibility for the game. Also again, I found it hard to follow some of the dance exercises (maybe this should tell me something).

On the plus side, Body Sculpture is less expensive than the other studios I tried, and they have some good rates for families and couples. Patty is offering open house nights in December, so you might want to try a free class and decide for yourself whether or not it's the place to entrust with your body.

The Centre of Movement (Danforth and Hampton, 466-9549) offers a very different approach to fitness than most studios. Owner/Instructor Leslie French is concerned with natural body movement, and creating a balance and strength in the body through relaxed movements and exercises. These are no-strain classes designed to put the student in tune with how their body works and how to overcome bad movement habits which develop due to stress, bad posture etc.

The classes are held in a church hall and come in two forms. Movement for Everyday Living explores how modern life inflicts it's stresses on our bodies and how we can regain a more organic way of moving. Dance for Movement involves some improvisational movement to music and rythms as well.

Leslie has studied both dance and movement therapy very intensely and feels that a no-stress approach a better all over tone and well-being to the body. These classes are particularly good if your know you have a problem like lower back pain or stress and there are private classes available to those with particular needs in these areas.

The cost is about the same as most fitness studios, but the approach is so different that it's essential to try a couple classes before you decide that it's for you. In a world full of Flash Dance type exercises, though, the tranquility at The Centre of Movement is a real relief!

Body Corps (95 Danforth Avenue 469-5225). A minor miracle occurred at Body Corps. Instructor Karen Berettea looked at my back and told me that without proper exercise I'd have real back pains when I get older. Now this is something I've known for years, but no exercise studio (and I've been to many in my time) has ever identified the problem that way. Karen used to be a dancer and she and partner Barbara Frensel (a kinesiologist) are as concerned with making sure your body is carefully treated as they are with putting you through a good

workout. At Body Corps, every student fills out an extensive list of possible health problems and Karen and Barbara will discuss what you should or should not do in the way of exercising to account for those problems. In many other studios I was asked to do exercises which left my lower back aching, and it was some time before I learned that this wasn't a healthy ache at all.

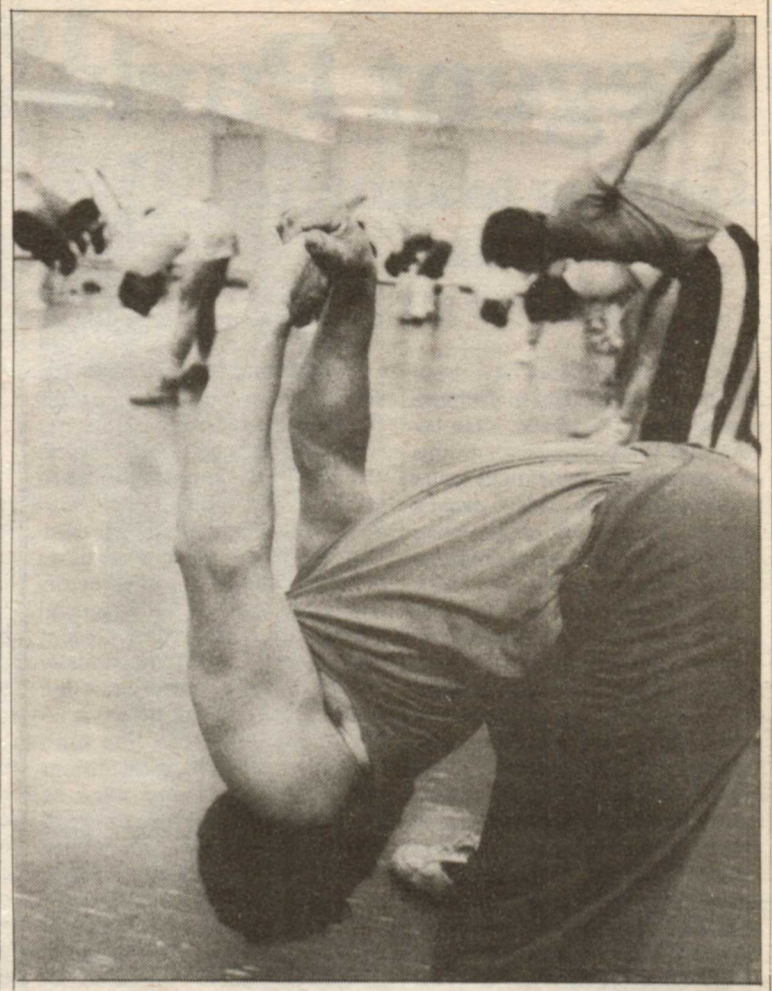
The studio at Body Corps is bright and airy, with lots of plants and natural light. There are several levels of classes and these are offered at different times throughout the day. Both Karen and Barbara attended the class I was at so there was a great deal of personal attention, which was a real bonus.

The workout was very satisfying. The exercises were easy to follow, and interesting. And - I didn't hurt! I felt tired, well stretched, but there was no stiffness or soreness!

Body Corps will cost you a bit more than some other places, but for my money it's the best quality workout, and really in tune with personal fitness needs.

Finally, I must stress that you should try a few places yourself before making up your mind as to which one is right for you. Most studios will give you a free introductory class which gives you a chance to see if you like the workout, the instructors and the atmosphere of the studio.

Alright, I've done my part to further your fitness resolutions for the new year - have fun and don't forget your running shoes!



Men get into the act too at The Shape Yard. Photo by Doron Rescheff

In these days when fitness is next to godliness, it's probably only a matter of time before Participation dumps Jolly Old St. Nick for a Christmas symbol who sets a better example. In anticipation of this, Sandra Beattie has updated an old favorite to give the dear old elf some encouragement.

 *
 * **Santa shapes up** *
 *
 * 'T'was the night before Christmas when all through the house,
 * Not a creature was stirring, not even a mouse.
 * The sport-socks were hung by the chimney with care,
 * In hopes that St. Nicholas soon would be there.
 * The children were nestled all snug in their beds,
 * While computerized visions danced in their heads.
 * And Mamma in her legwarmers and I in my cap
 * Had just settled down for a long winter's nap
 * When out on the lawn there arose such a clatter,
 * I sprang from my bed to see what was the matter.
 * Thank heavens I stretched all my muscles that day
 * As my increased flexibility helped me make way.
 * Off to the window I flew like a flash,
 * Tore open the shudders and threw up the sash.
 * The moon on the breast of the new fallen snow
 * Gave a luster of mid-day to objects below,
 * When, what to my wondering eyes should appear
 * But a svelte looking Santa and eight sinewy reindeer.
 * Now I know what you're thinking and don't be so quick
 * The minature sleigh was not being driven by lively St. Nick,
 * So please let me tell you as I am sure you should know
 * St. Nick was out jogging in runners made for the snow.
 * He whistled and shouted that he felt so ashamed
 * How in previous years too much weight had been gained.
 * While he still liked to celebrate on this joyous date
 * He insisted a fitness program was never too late.
 * More rapid than ever before his coursers they came
 * And so fit they'd become he'd changed all their names.
 * Now Stretch, now Bend, now Breath and Keep Walking,
 * On Sit-up on Leg Lift, on Ice-Skates, Stopped Floppin'.
 * Up to the house top the coursers they flew
 * With Jolly Fit Nick leading the crew.
 * When I drew in my head and was turning around
 * Down the chimney he came in one single bound.
 * He was dressed warmly in layers, from his head to his foot
 * And his clothes were not covered with ashes or soot as he'd given
 * up pipe-smoking for good.
 * His eyes how they twinkled, his dimples how merry
 * And his blood pressure he claimed never gave him a worry
 * He was no longer chubby and no longer plump
 * And thanked regular exercise for getting him out of the dumps
 * He filled all the stockings and to his team gave a whistle
 * And away they all speed walked like the down of a thistle
 * But I heard him exclaim as he drove out of sight
 * To enjoy the festivities, stay active and think light
 * And of course Happy Christmas to all a good night!
 *
 * Sandra Beattie is owner/instructor at The Shapeyard,
 * 756 Queen Street East.

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Regent Park: Getting to know us

from the RPRA

Regent Park residents have been organizing themselves to promote change since the 1960s. Even before that there were small groups of concerned individuals who would meet in each other's homes to discuss ways they could work together to improve their community.

Throughout the 1960s and 1970s resident organizing brought skating rinks, a swimming pool, a health clinic and a youth employment centre to Regent Park. The Regent Park Community Improvement Association was particularly effective in helping residents deal with maintenance and other housing problems. When residents expressed a need for such services as CAS and CCAS to be in the Park, RPCIA negotiated with these and other agencies to bring workers to the Services Unit at 65 Belshaw Place. It was felt that making the services more accessible would "humanize" them.

The two resident groups, RPCIA and RPSU, each had its own funding, space, staff and constitution. Each had its focus of activity in the community. During a tenants convention at Geneva Park in 1980, the two groups began to see they had much in common, and began to discuss amalgamation.

By September 1981 the two boards of directors had begun meeting together on a regular basis. It was felt that the new group thus formed had its own special identity and that amalgamation would mean more than just the old board sharing the same office space. This was a unique new organization.

At one of the first meetings we decided after much discussion that we were the Regent Park Residents' Association. We talked about what it meant to be a residents association - how a group of residents could help others to realize their potential, to develop control in their lives.

We had all had plenty of experience with agencies and individuals coming to Regent Park and "organizing" us. This organizing always seemed to help the agency (or person) more than it did us. From this discussion came the first principle of the new association: "Residents working and organizing together to act on issues that affect the quality of life in Regent Park." This principle meant, as well, that strong efforts would be made to break down barriers which prevented residents from working together on common concern. For example, the Association would not support or be linked to any individual religious or political group.

Another experience we were familiar with was having programs that had been initiated by us 'taken over' by an agency, and run by that agency's rules. A community group sets up a service or program to fit the needs of that community. Knowing it's own limitations, the group requests a "professional" to facilitate. A professional board is set up, and real resident input in the service or program is lost. Painfully aware of this phenomenon we stated our second principle: "Residents organizing, developing and

initiating programs that will be under the control of residents in the Park."

We wanted to represent Regent Park as fairly as possible. We also wanted to maintain our status as a charitable corporation. It is important, when building credibility with both Regent Park and the larger community, to be as democratic as possible. The board of directors would be elected at a general meeting to which every Regent Park Resident was individually invited. Every decision that board made would be as a result of majority vote. The third principle: "Resident decisions and actions shall and must be based on accountability to themselves and to the community through a democratic elective process."

We saw a need to link people in Regent Park with facilities already in place. It would be our responsibility, then, to help make services available to residents who were perhaps unable to speak English well enough to understand flyers, who felt too threatened by an agency to use its services, or who were unfamiliar with the process of getting a service. We also felt that, as a representative body in Regent Park, we should monitor services available to residents, and inform the deliverers of that service if it was in any way exploitative, or ineffective, so our last principle would be: "The Regent Park Residents' Association will endeavour to inform residents of the services available in Regent Park and will attempt to ensure such services are consistent with the needs of Regent Park."

What does it mean to "work and organize together to act on issues that affect the quality of life in Regent Park"?

In December 1981 ComSoc Minister Frank Drea announced plans to drastically change the administration of the Family Benefits Act. Several residents attended meetings of a coalition of agency representatives and community leaders who recognized the tremendous threat these changes would mean to single mothers in Regent Park. Regent Park residents organized what would become the Regent Park and Area Sole Support Mothers, a group whose focus is to give support to single mothers on government assistance to develop skills, discuss issues and take action on concerns. They are currently organizing a wood-working class at Park School, to make toys for Christmas.

Residents responding to concerns that affect the quality of life in Regent Park has resulted in the formation and RPRA endorsement of the Teen Association, Community Centre Committee and Regent Park Committee Against Police Harassment.

The RPRA Board of Directors meets on the first Wednesday of every month, at 7 p.m., 65 Belshaw Place. Board meetings are open to every resident of Regent Park. To get involved, or simply find out more about the following groups, please phone the RPRA at 863-1768:

RPRA Board; Legal Clinic; Sole Support Mothers Group; Committee Against Police Harassment; Teen Association; Community Work Training Project; and Community Centre Project.

SEVEN NEWS *con't from pg. 1* place the grant and/or commission revenues.

5. That be reaffirmed that Seven News is a volunteer paper, and that members of the community should be actively encouraged to participate in its production and development.

6. That this motion be subject to review, at the discretion of the board of directors, at any time between now and the next annual general meeting, at a meeting of Seven News convened for that purpose.

There are still enough people who care about our 13 year-old publication to keep it going for a while longer. However, without a lot of time and effort from everyone who thinks the paper deserves a stay of execution, it won't be long before we'll be facing the problems of burn-out as before.

Seven News is a community newspaper dedicated to developing an understanding of what makes this area unique in Toronto and, if we are to continue a new board and guidelines for operations will not be enough. We need the support of everyone in the community who is concerned with the social issues of our area and the quality of life. Whether you can contribute time or ideas to the board of directors, the editorial committee (who will assist in suggesting story ideas), the lay-out, the distribution, the writing or any other aspect of the paper's production, we need your help to keep Seven News alive as a community service.

Next year marks our 14th year of publication and it could be the start of a new era for our paper. Let's work together to make Seven News work for everyone.

POLICE *con't from pg. 1*

Dept.

This fall there have also been alleged incidents where youth have been photographed by police for their files while leaving school.

District Five community relations Officer Brian Cove-Shannon says he is not familiar with the incidents in the park since no one has come to the police about them as far as he knows.

"If these things are actually happening, the people involved or witnesses will have to come forward," he says.

Officer Cove-Shannon says the police have made attempts to open talks with RPCAPH, but without success, "even to the point where they sent us a letter saying they didn't want us at their meetings."

Officer Cove-Shannon says that police on the beat receive a lot of positive response from the community. From people like Bernadine Maxim who lives in Regent Park.

Maxim says that as a resident she wants the police there, because "you've got to have that protection."

But she adds that groups like RPACPH are necessary. In all professions you will find "bad apples and you've got to weed these people out. You can't just let it go."

Lucky Booth, another member of RPCAPH, says the group is not against talking to the police because "ideally a community should be able to. But first good faith must be established. I've been asked why I'm so anti-police. I'm not. I'm just anti-police harassment," says Booth.

Booth says he has had bad experience in talking with the police in the past. That was when he belonged to the Area 51

THE CITY OF TORONTO
PLANNING AND DEVELOPMENT DEPARTMENT
STEPHEN G. McLAUGHLIN, COMMISSIONER

Invites you to attend a

PUBLIC MEETING

WEDNESDAY, 7 DECEMBER 1983
at 7:30 P.M.
STAFF ROOM, MORSE PUBLIC SCHOOL
180 CARLAW AVENUE

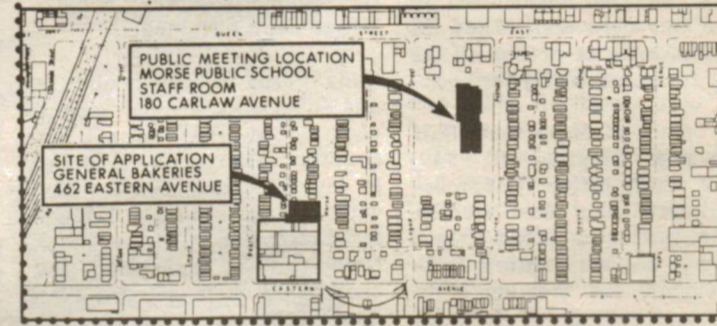
General Bakeries want to extend their premises at 462 Eastern Avenue. They have applied to the City for permission to build a two storey extension on the north-east corner of their site, along Logan Avenue.

The site of the proposed extension is, at present, a paved yard used in connection with the loading and unloading of vehicles at the northern flank of the General Bakeries factory. The proposed extension would provide for fully enclosed loading at grade level. At upper floor level it is intended to provide additional space for manufacturing purposes.

The present use of the paved yard is permitted under a special by-law which dates back to 1976. However, the yard area is zoned for residential purposes and the present proposal involving a new permanent building requires a zoning by-law amendment.

This public meeting is being held so that people who are interested can express their opinions. Representatives of the applicants will be present and there will be opportunities for questions and further clarification of the proposals. Members of the public are urged to attend.

Copies of the preliminary planning report on the Rezoning Application No. 1714 can be obtained from Ken Tomilson, 19th Floor, East Tower, City Hall telephone 947-7185. For further information on the report and planning aspects please contact the Area Planner, Lester Hillman at 463-5914.



Police-Community Relations Committee, developed so that people could come to 51 Division and talk to the police directly about problems.

Ward Seven Alderman, David Reville says another problem the police have to deal with is an "understandable confusion as to what their job is."

"The motto on the side of their patrol cars is 'to serve and protect,' he says, "but the question is who are they serving?"

The police are there for the prevention of crime and the protection of those who need it he says. But some officers have the attitude that certain groups such as blacks or youth in general are the source of the problem. Then they go into an area with a mind to prevent disorder from occurring.

The conflict then begins when members of the community de-

cide they are being harassed, and in that case, Reville says, "it could be the police are actually creating disorder."

But Reville says that there is hope for better police-community relations in the future. RPCAPH is maintaining a broad base in Regent Park. They have remained completely accountable to Regent Park residents and hold frequent community meetings.

As well, police at senior levels are expressing willingness to negotiate with groups like RPCAPH. And Reville for his part has offered to act as a liaison between the two. His only hope at this point is that the groups will take him up on his offer.

1984 TOYOTAS

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TERCELL from \$ 6,448 CELICA from \$11,528

CRESSIDA from \$16,748 CAMRY from \$11,388

TRUCKS from \$ 7,398

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Liftback. Finished in 2-tone black & silver with complimentary blue interior, fully equipped including tilt steering, 5 spd. transmission, Panasonic am/fm stereo, cassette. (613757). Full parts & labour, 2 yr. 40,000 km warranty.

'78 DATSUN 510 WAGON \$3,995

Finished in Arctic white with chrome roof racks, 4-speed transmission, am/fm radio, and extra snow tires (064460). 1 year 20,000 km. warranty incl. parts and labour.

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CHRISTMAS



Special events

December 11-

Christmas Splendour Festive Music for Brass Band: The Hanford Street Silver Band, conducted by Wayne Jeffrey, presents Christmas Splendour, at 3 p.m. at Little Trinity Church, 425 King St. E. Admission is \$5. Seniors and students \$2.50. Call 698-3941 or 465-2945, or buy at the door. Christmas Splendour includes seasonal and traditional compositions by Holst, Howarth, Calvert, Golland and others. Trombone soloist Robert Ferguson performs Blithe Spirit by McFarlane. The Hanford Street Silver Band, a 20 member ensemble using cornet, flugelhorn, E-flat tenor horn, baritone, euphonium, trombone, tuba and percussion is dedicated to the authentic performance of the wealth of brass band repertoire. The brass band phenomenon, dating back over 100 years to northern industrial England, enjoys a worldwide following today. Call 698-3941.

December 3

Swedish Christmas Bazaar: The Swedish Women's Education Association presents this festival of Swedish delights, complete with a Swedish smorgasbord, arts and crafts sales and displays, Christmas decorations, children's workshop and entertainment. 11 a.m. to 6 p.m. free. Harbourfront.

Christmas Tea & Sale at St. Barnabas Church Parish Hall, Danforth & Hampton Aves., 2-4 p.m. Sponsored by the Anglican Church Women of St. Barnabas Church. Gifts, decorations, gently used items and much more will be on sale. 463-1344.

Antique Market: This is the second day of the Harbourfront Antique Market's Special Christmas Show. 200 dealers will display a vast selection of antiques to answer the needs of even the most demanding Christmas list. Canadian and European furniture, china and crystal, jewellery and silverware, clocks and quilts, movie memorabilia and photographs, paintings and prints are just a few of the antiques to be found at this show. Admission is free. Open today from 9 a.m. to 5 p.m. Harbourfront. Call 364-5665.

December 18-

Christmas Concert - St. Peter's Church 190 Carlton St. 7 p.m. Jane Davidson-Neville, Soprano, Mary-Lour Basaraba, Alto, Nick Milner, flute, Eric Hanbury, organ. Music of Palestine. For information call 962-1049.

December 14-

Annual Christmas Dinner at Dundas Sherbourne Community Centre. Final day for tickets is December 7. \$3.50 call 964-0095 for information.

Where to find Santa



How to address your letter to Santa: Santa Claus has announced that Canada Post Corporation employees have again volunteered to help him answer the thousands of letters he'll receive from Canadian children this Christmas.

"Santa says: 'Last year, post office employees in Ontario alone addressed more than 100,000 letters to children who wrote to me. I'm really delighted they're volunteering to come to my assistance in 1983.

'I'm also happy Canada Post Corporation has once again given me the same postal code as last year - HOH 0H0. All my young friends have to do is write to me, Santa Claus, North Pole, Canada HOH 0H0 and remember to put

their return address and postal code on the envelope. That way I can make sure they get an answer."

This year, the Toronto Junior Board of Trade has also come forward to help Santa. They have arranged for a group of residents from the Isabel and Arthur Meighen Retirement Lodge in Toronto to work with Canada Post Corporation volunteers.

Santa Claus also wants children to know that he's recorded a special telephone message for children in the greater Metropolitan Toronto area. If children dial 585-HOHO (585-4646), he'll talk to them about mailing their letters to him.

HELP

519 Church Street Community Centre is looking for donations of mens' winter wear. Items such as coats, scarves, hats, mitts, gloves and so on are in desperate need. Help make this a warm winter for many men in the area by dropping off donations at the Centre. For more information please call 923-2778.

Every year, all over Toronto agencies like the Salvation Army, Scott Mission and Red Cross team up the businesses and corporations to provide a merrier Christmas for needy Metro families. And every year The Christmas Bureau, a City-run organization, takes on the massive task of co-ordinating those who have things to give, with those who have need of them.

Frank Kombargi is the director of the Christmas Bureau and he describes their work as "pretty hectic this time of year." From the time the bureau opens at the beginning of November

until just after the holiday season his office handles calls from companies and individuals who have toys, food, money or clothing to donate to families who cannot afford the things many of us take for granted at Christmas." "Someone like Seven-Up or Dominion will call in," explains Frank "and we refer them to an agency who handles dispensing gifts to families in need." The agencies have a file of people who want to receive Christmas gifts or food and they make sure everything gets to the people who really need it.

The Star Christmas Wish and several other media fund and toy raisers are also co-ordinated through the bureau office.

"We serve thousands of needy people every year," says Frank and with unemployment and inflation the way it is, people are coming to us for help that never had to before. We feel like we're really contributing to a happier holiday season for many people in the City."

If you'd like to give a gift, or if you need assistance from the Christmas Bureau, the number to call is 598-2777. And Merry Christmas, from Frank and everyone at the Christmas Bureau.

make note

The holiday season is a time for family, friends and good cheer. It is also a time for homeowners to be especially wary of fires and burglars.

Crimes against homeowners have risen constantly in the last five years, and fires exacts a heavy and far more frightening toll in property damage, injury and loss of life.

"People are more relaxed and carefree during the Christmas holiday season," says Ron Thornley, President, Canadian Operations, ADT Security Systems, an international manufacturer and supplier in the life and property protection industry. "After all, it's a time of celebration and sharing. Fire and theft have no place in such an idyllic setting."

But homeowners can still be relaxed and carefree during the Christmas season once they have taken some simple precautions.

For a safe, theft and fire-free holiday season, the professionals at ADT recommend the following safety measures:

- * To prevent fire, turn off Christmas tree lights when you go to bed and when you leave the house. Be sure to keep the tree well watered so it doesn't dry out, and don't use space heaters near the tree.
- * Fireplaces should be completely screened, and you should never go to bed leaving a fire to "burn out." Also, never overload a fireplace with paper, wood or plastic.
- * Never leave candles burning unattended and keep open flames away from the Christmas tree or any greens.
- * Don't smoke in bed. Cigarettes cause close to one-third of all multiple-death fires.
- * Install a heat and smoke alarm in the immediate vicinity of bedrooms and on each additional floor of the house, including the basement.
- * Develop and practice a fire escape routine.
- * To discourage burglars, make sure your home appears to be occupied all the time. When you're away, be sure snow will be shoveled or grass cut and cancel all mail and newspaper deliveries.
- * Leave a car in the driveway, if you can, when you're away. Or scatter a few inexpensive children's toys around your place.
- * Leave lights on - preferably controlled by timers that automatically turn on and off - when you go out.
- * Let trusted neighbours and your local police know about vacations and other long absences.

Christmas Tree Sale

The Neighbourhood Information Post (NIP), a non-profit information and referral service, has been providing assistance and advice to the 78,000 residents of downtown east Toronto since 1970. Now NIP can even advise people on where to buy their Christmas Trees.

A \$25 contribution to NIP reserves a 5-7 foot Scotch Pine tree which can be picked up at NIP's office at 265 Gerrard Street between December 9 and 17. Donors will receive a tax receipt for \$12.50 if they take the tree home. If they wish to give the tree to a needy family through the Christian Resource Centre in Regent Park, they will receive a tax receipt for the entire \$25!

Proceeds from NIP's First Annual Christmas Tree sale will help continue to provide economic, legal, cultural and social information to the residents, agencies and organizations in downtown East Toronto.



924-2543

Next Issue:
Gift ideas, Christmas feasts, stories,
poems, our staff party
— available Dec. 15



COMMUNITY CALENDAR

Friday

DECEMBER 2

Charity Booksale: new books up to 50 per cent off regular price. Through Dec. 10 College Park Gallery. 10-10 p.m. everyday but Sunday. In support of The Ontario Association for Children and Adults with learning disabilities and the GAPS Foundation. Call 366-4035 for information.

La Cloche: Scenic area north of Georgian Bay. Slide show and talk by Peg Forbes. 7 p.m. Pape/Danforth Library. Free.

Concertsingers a chamber choir under the direction of John Tuttle, will open their 1983/84 season with a program of Christmas music including workers by Benjamin Britten, Gabriel Faure, William Mathias and Ralph Vaughan Williams. The concert will be held at Christ Church Deer Park, 1570 Yonge Street, Toronto at 8 p.m. Ticket prices: adults, \$7, students and senior citizens \$4. For information and tickets call 698-6935.

Saturday

December 3

Thoma Ewen: Tapestry Maker is showing work at 5 Woodstock Place, Toronto (north off Carlton, 1 east of Sackville in Cabagetown). Saturday 11-7, Sunday 11-5. Or by appointment: 961-2014.

Doll Show & Sell at Glenmount United Church, 2029 Gerrard St. E., 10-3 p.m. Antique, unusual and handcrafted dolls some for display, some for sale. This unusual fundraising event takes place just in time for Christmas shopping. For further information contact Helga Allan at 690-3877.

Christmas Crafts at Riverdale Farm. Staff at Riverdale Farm are excited about the traditional Christmas craft workshops being held at the Farm every Saturday from 10:30 to 12:30 p.m. till December 17. Children and adults are invited to come and make Christmas decorations, tree ornaments and special gifts for family and friends.

Kaleidoscope: A special Swedish Christmas program, where kids and parents can make straw, ribbon or dough decorations, 11:30 a.m. to 5 p.m. free, Harbourfront.

Sunday

December 4

Traditional Sounds: The strolling Victorian Carollers are guests at 1 p.m. Free, sponsored by Coca Cola Ltd.

Robin Hood Baking Festival: Holiday baked goods from 12 different cultures, featuring a gingerbread house - decorating demonstration and special awards. Noon to 5 p.m. Free, sponsored by Robin Hood Multi-foods Inc. Harbourfront.

Tuesday

December 6

Dramatic Arts in Education: The Paul Gaulin Mime Company offers a full-day performance and workshop program for students from grades 7-9, today through Friday. For details and registration call 869-8416.

Reading Series: Heather Robertson reads from her new book on William Lyon Mackenzie King, Willie: A Romance. Poets Bronwen Wallace and Douglas Smith also read tonight. 8:30 p.m. Free.

MacDonald Commission On Canada's Future Comes to Regent Park: meet with the Commission at 7 p.m. Park School (440 Shuter) to state your concerns about unemployment, housing, welfare, education or anything else! and your opinion of how things should be changed. Free day care, food and translation. Regent Park Residents especially invited. For more information call RPRA at 863-1768.

Rendezvous for Seniors: Seniors enjoy disco and ballroom dancing Tuesday 10:30-2:30 p.m., and international folkdancing Thursdays free. York Quay Centre.

Wednesday

December 7

Gallery Nine Forty, a storefront exhibition space for feminist art, announces an exhibition of paintings by Toronto artist Jean Eng. "Stop Along the Way" will run through Dec. 21. Hours: Mon-Fri. 1-6 p.m., Sat. 11-5. Jean Eng states: "These paintings are records of a growing sensibility especially involving the question of androgyny: the conflict between male and female principles,

characteristics. There are recurrent masculine/feminine images - cleft, spiral, floral, tubular, vertical, horizontal, angular, curved, phallic, intro-uterine shapes - presented often as units, sometimes alternating as the stronger visual element. The source of imagery stems from dream interpretations and subjective responses, allowing for both a feeling of impermanence and an exploration of tensions and rhythms which parallel human nature. They express one individual attempt at harmony of the self in its relationship to a transient environment." Call 466-8840.

Thursday

DECEMBER 8

Antique Market: A dream for bargain-hunters and connoisseurs alike, the Antique Market is open for Christmas shopping from noon to 8 p.m. Thursdays and Fridays, early morning to 5 p.m. weekends, and noon to 6 p.m. Tuesdays and Wednesdays. Market Building, 222 Queen's Quay West; call 363-9622.

Sunday

DECEMBER 11

Christmas Party: the 519 Church Street Community Centre is again holding its annual Christmas Party for children, teens adults and seniors. Santa Claus will be there with gifts for the children. We suggest each person bring a small treat such as cookies or cake and the beverages will be provided. Parents, please call us and identify the age groups of your children so the gifts can be distributed accordingly. Time 2-4 p.m. Call 923-2778 for information.

Tuesday

DECEMBER 13

East End Network: Next meeting December 13. Topics: day-care; EEN Directory Business. This will be the Christmas meeting and social get together - you are invited to attend and bring a dessert. Call 691-1113 for information.

Thursday

DECEMBER 15

Celtic Music Society presents Aslin tonight at 8:30 p.m. The New Windsor Tavern, 124 Church St. (at Richmond). For information call Dan Meaney 925-1022.

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Messiah

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Wednesday December 21 at 8:00

427 Bloor Street West (one blk. W. of Spadina)

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please call: Maureen
922-4954

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CLASSIFIED

Help Wanted

Church of Scientology Celebrity Centre is hiring. Low pay - excellent future. Contact Mr. Hickson from 7-11 p.m. 961-0085.

Wanted

Wanted: One car garage for winter months. Call John at 364-6200 after 4 p.m. Will pay \$ \$.

Services

Dressmaking: from a pattern, or measurements. Call 465-3992.

Classes

Body Corps Exercise Studio. High quality aerobics classes to shape, tone and increase vitality. Jazz classes also available. Complimentary first class. 95 Danforth Ave. 469-5225.

Misc.

Wonderful, Wonderful play at Mercury Theatre- I should know, I directed it. Call 927-9533. Your editor.

Fred Gardner-
Call the paper
921-2548

TO B. Anytime and anywhere (except the Montreal). Just because I'm not there doesn't mean I'm not thinking about you. YKW