

SEVEN NEWS

MARCH 22, 1984

TORONTO'S OLDEST COMMUNITY NEWSPAPER

CIRCULATION 16,000

FREE

Inside

Speaking Out	3
Close Up	5
Calendar	7
Classified	8

The jobless get organized

STEVE HELLER

The Toronto Union of Unemployed Workers (TUUW) has recently moved from their College Street office to 370 Queen Street East. Although they are not a bargaining unit they do organize themselves for various activities. They are a warm and friendly group not embittered by their lot. Anyone entering the office will find a cordial and business-like atmosphere.

The volunteer staff of TUUW have generated a number of projects. The membership fee of one dollar a year does not permit the union many luxuries, or even the necessities of a normal office. They do receive support from employed fellow unionists and donations from the public.

Open membership meetings are held every other Thursday starting at 7:30 p.m.; the next one is on April 15. These meetings are mixed in format — some business, some educational and of course, social activities are held.

One of their chief activities centres around making public the locations of the Unemployment Commission offices where their members may apply for benefits and seek jobs.

Alerted to possible cut-backs in UIC services the union mounted a protest picket line in front of John Robert's office on St. Clair Avenue West on March 1.

The union hopes to induce Roberts to keep all UIC offices open and give better services to those entitled to benefits.

\$150,000 for special projects

The United Way of Greater Toronto will allocate \$150,000 for special projects in 1984.

Special project funding will be available for a one-year period beginning July 1, 1984.

Organizations that meet service gaps in the suburbs, serve ethno-cultural and native communities, provide innovative services for the isolated or deal with stresses created by unemployment are eligible for priority funding.

Applications will be received up to April 6, 1984. For more information please call Casey Ready, United Way, 979-2001.



Toronto women braved unseasonably cold weather to march in the annual International Women's Day parade on Sunday, March 11. The four women politicians in the Ward 7 area share their views on women's issues [4].

Konnie Reich

Tenants win victory in Ward Six

by ANNE MASON-APPS

Those of us who live in the Grange community won at City Hall — sort of.

The expropriation of an elderly couple's home on Larch Street for a parking garage has been halted. But a dozen tenants are still threatened with eviction and 13 other houses that have provided affordable family housing for more than 100 years are still in danger of being demolished.

Dozens of local residents have spent hundreds of hours writing briefs, attending meetings and making deputations at City Hall to stop something that shouldn't have happened in the first place — and wouldn't have, if the community had been consulted.

The problems on Larch Street, just east of Spadina Avenue, off Dundas Street, began two years ago. At that time the City approved plans, backed by then-alderman Gordon Chong and John Sewell to buy the 14 houses for a 370-space underground garage to serve the needs of the businesses in booming Chinatown West.

Residents became aware of the City's plans last spring when tenants began to receive eviction notices. The absentee owners had sold out for very generous prices and within four months 12 houses were boarded up.

Things looked pretty hopeless until Mike and Catherine Harrack, owners of the thirteenth house on the street, refused to sell. The City was forced to expropriate. This requires a spe-

cial hearing in front of the Mayor and Executive Committee.

Catherine Harrack has lived on Larch Street for 30 years and says she is too old to move. "I go to communion at the church on the corner every day. It is part of my life."

Tenants from the other houses on the street joined the Harrack's in their fight against expropriation. Chris Burtch, a young landscape architect successfully fought his eviction last April. Since then, he conducted a number of traffic studies with the help of other residents. These studies show a garage emptying onto Dundas Street

would create havoc in what is already the worst traffic bottleneck in Toronto.

Support for the residents of Larch Street grew over the summer. Kay Parsons, a resident of nearby Beverly Street, became involved when she learned the City was acting against its own Official Plan. Parsons has participated in City-sponsored planning studies for more than a decade.

"Tearing down houses for parking when there are so many vacant lots just doesn't make sense," she says.

Doug Hum, a life-long resident,

Seniors' group gets grant to renovate church

by VICKI BURRUS

A senior citizen's club has received almost \$36,000 under the federal government's New Horizons program. Le Club de l'age d'or du Sacre-Coeur de Toronto, which is connected with l'Eglise de Sacre-Coeur on Sherbourne and Carlton Streets, now meets in the church's hall.

"We don't have all the space we need," says Rosairy Vachon, secretary and treasurer of the club, which has over 130 members, and is still growing.

The club will renovate and rent from the City a small vacant church adjacent to their own. Vachon says the club plans to make the new building into



a place where the members can do crafts, play billiards, cards, hold dinners, rummage sales and "once in a while a dance."

The New Horizons program provides funds for senior citizen's projects, and is part of Health and Welfare Canada.

is now everyone's constitutional right to keep silent after stating their name until their lawyer is present. Anyone being held but not under arrest need not give their name.

CIRPA is working on a picture file of all policeman to help citizens identify them if necessary.

And finally, to sum up their efforts to protect citizens against police harassment, CIRPA proposed resolutions calling on the police department for a clear policy of discipline for those police charged with any abuse of power as determined by the courts.

whose own family has been expropriated twice, was concerned about social disruption. "By evicting the residents and demolishing the houses you destroy the existing social network and fabric of the area," he says.

Newer residents like writer Margaret Atwood were concerned about the spillover of traffic into the neighbourhood. They too, questioned the expenditure of \$6 million to tear down homes to provide parking at a time of serious recession.

In spite of the letters and briefs sent by residents last summer and fall, City Council voted to go ahead with the garage. The residents' position was bleak until the need to expropriate the last remaining house came up

this month. For the first time we could make our presentations to the Mayor and the Executive Committee.

Several days before last week's special meeting the residents held a press conference. For the first time the issue got coverage in the big daily newspapers and major television stations.

As well, residents' associations across the city were alerted about the possible expropriation. An expropriation of this kind would be the first in over ten years and could have serious implications for future city policies.

Seventeen people made deputations to City Hall. About one third were from businessmen, who unanimously wanted the garage to go ahead. The rest were from residents, backed by Jack Layton, the Board of the University Settlement House and the Toronto School Board.

The politicians listened, then voted to stop the expropriation of Mike and Catherine Har-rack's home. However, the fate of tenants in the rest of the houses on Larch Street is yet to be settled.



Doron Reschel

The Toronto Union of Unemployed Workers offers educational workshops for its members.

The TTUW also greeted Roberts aspirant to the position of prime minister, at a public meeting on March 14 Forest Hill Collegiate. Banners were unfurled during the meeting and questions about unemployment were asked.

Bill Warrell, chairperson of the union feels one way to make job information more accessible to

the unemployed is to make travel less expensive. In a letter to TTC Chairman Julian Porter, Warrell suggests cutting fares in half for all unemployed people and those on welfare and enrolled in job training programs.

The Hamilton Union of Unemployed Workers has managed to convince its city council to adopt a plan based on user's ability to pay.

Statistics indicate that Toronto's unemployed number 123,000 or 7.6 per cent of the labour force. Unofficial estimates are closer to 250,000. These people and many more, the TUUW points out, are forced to live on minimal income and under conditions dangerous to their mental and physical health.

Particularly hard hit are the unemployed between 18 and 25. Figures show that young people are the hardest hit.

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SPOTLIGHT ON SESQUI

by MEG FLOYD

As Toronto stages its 150th birthday party, Ward 7 is preparing to join in the celebration.

Each ward in the city was allotted \$15,000 to be distributed locally. In Ward 7, says Jeff Evanson, executive assistant to alderman Joanne Campbell, a third of that money is targeted for The Ward 7 Sesqui Project, a gala event, to be held in Riverdale Park on Saturday July 21. While still in its early planning stages, one of the main objectives of the day is to provide an opportunity for seniors and shut-ins in the ward to participate in Sesqui celebrations. This is the major, ward-wide Sesqui event.

On a neighbourhood level, a meeting was held Tuesday February 21, at which the Ward 7 Sesqui Committee (an organization of 23 residents from across the ward) granted funds for 11 community projects.

Glancing down the list of successful applicants, it looks like its going to be a busy social year in the ward.

* The Playter Area Residents Association is planning a spring garden party for Saturday June 2 at the historic Playter Farmhouse. It is estimated that the house, which stands at 28 Playter Crescent, was built in the 1870s by William Playter, a market gardener. PARA plans an old-fashioned tea party, with period costumes, local musicians and the erection of a plaque by the Toronto Historical Board. Madeline Playter and her sister Mary More, descendants of the original settlers, are assisting in preparations for the event.

* Win Boundy is organizing an open house and garden party for the Second Mile Club, 192 Carlton Avenue for Tuesday, June 12.

* On June 23 the Knights of Columbus will celebrate their 75th anniversary with a parade and picnic on the west flat of



Riverdale Park.

* The Regent Park Teen Association is sponsoring a Bloc o-Rama on Saturday August 18.

* The eighth annual Cabbagetown Cultural Festival on September 7 and 8 will have a distinctive Sesqui flavour this year. The activities, which are centred on Parliament Street, but encompass Sherbourne, Wellesley, Gerrard and as far east as the Don, will include a costume parade (with a prize for the most authentic period costume); a cooking contest, which traditionally has focused on the preparation of cabbage dishes, but this year may be expanded to include old-fashioned dishes; displays of historic photographs; and walking tours of architecturally historic Cabbagetown.

* Two groups receiving funding for ongoing projects are the Riverdale Library Children's Puppet Shows and the Cabbagetown Historical Archives.

David Reed, one of the driving forces behind the archives project, says his group has been compiling photographs, maps and other historical material at the Parliament Street Library. With the grant money, he hopes to expand the archives, organize travelling exhibitions of historic photographs, and conduct his-

toric walks throughout the ward.

* Beverley Beggs, children's librarian at the Riverdale Library has mounted a puppet show geared toward children aged four through nine. The show has a time-travel theme, which attempts to portray a sense of Toronto history to young children. Beverley plans to take the show to area schools, as well as schedule show times in the library.

To date, the Ward 7 Sesqui Committee has allotted \$11,800 to local projects. A contingency fund of \$3,200 remains for unexpected costs or proposals which may present themselves as the year progresses.

For the rest of 1984, Toronto's Sesquicentennial year, "Spotlight on Sesqui" will be a regular Seven News feature. It will provide news on Sesqui activities in the ward and background on the people and places that have been a part of Ward Seven's history over the past 150 years. If you have any suggestions, or would like to contribute an article for this feature, write: Spotlight on Sesqui, Seven News, 249 Sherbourne Street, Toronto M5A 2R9.

VIEWPOINT

by LYNN McDONALD
MP Broadview-Greenwood

In January I travelled to Cyprus to see first-hand the disruptions caused by the Turkish invasion of the island in 1974. In Nicosia I met with representatives of all the parties, the Chairperson of the Foreign Affairs Committee, and the Acting President. (The President was at the United Nations arguing for the withdrawal of the unilateral declaration of independence recently announced by the Turkish zone.) I also met with the missing persons committee and some Canadian Cypriots who have gone back to the island to live.

Cypriot government officials were unanimous in their praise of Canadian peace-keeping forces on the island. The Canadian section of the buffer zone is a crucial one. In some places soldiers from the two sides are only yards apart, and our forces are doing an excellent job of resolving conflicts.

The military presence in the Turkish-Cypriot zone is overwhelming. Some 40,000 troops were involved in the 1974 invasion, and there are estimates of 25,000 occupying forces there now.

The most important contribution Canada can make now is to press for the withdrawal of the so-called "declaration of independence." The UN has passed numerous resolutions with no results. Cypriots appreciate our peace-keeping efforts but they do not feel we have done as much as we could diplomatically to urge the revoking of the unilateral declaration, and to help in locating persons still missing after the war of invasion.

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Dear Friends of Seven News,

We have good news. Seven News, at the ripe old age of fourteen, has retained its title as "Toronto's Oldest Community Newspaper."

With your help, the paper can look forward to bringing the community continuing coverage of community events, politics, cultural happenings, sports, theatre, clubs, and other areas of local interest.

In today's economic climate, it's against the odds that a non-profit, primarily volunteer organization continues to exist. But Seven News does.

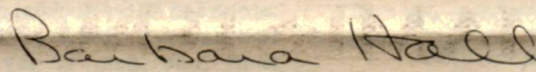
In fact, the future looks positive. Recently we have secured grant money towards staffing and production costs. Similar grants will further improve our staffing, and enable us to improve the quality of production and distribution of the paper.

It's not enough. To continue to serve the community, Seven News needs your personal support. Over the years, many people have made Seven News a true community effort through their contributions. As you have come to count on Seven News to reflect your local interests and concerns, so the paper counts on your supporting donations.

With your help, we can continue to provide a community voice for Ward Seven. Please send your contribution, along with the coupon below, to the Seven News office. We suggest a contribution of \$20.00, but any amount is greatly appreciated.

Thank you in advance for your generous support.

Sincerely,



Barbara Hall
for the Board of Directors of Seven News

Seven News Inc.
is a non-profit organization publishing a bi-weekly newspaper.

On property assessment

by HOWARD HUGGETT

Property owners who have appealed their assessment should now be digging up data to support their case. It's important to find out what the assessor thinks is the market value of your property and how the assessment figure was determined from that. For instance, if the ratio used in your district was five per cent a market value of \$100,000 would produce an assessment figure of \$5,000.

Those appealing should find out which properties in the area were considered when the assessment was done, the data on market values, square footages, et cetera. This will help the owner check the calculations and prepare counter arguments.

The city clerk's department main floor at City Hall, provides assessment figures and lot frontages, while the land registry office can supply additional information. The city clerk's department also has lists of property sales, but more detailed data and pictures are available from real estate offices.

Those who are appealing should remember that they have the right to question the validity of the information it's based on. Remember that the assessment department is sometimes rather mysterious in its operations, and uses various methods in calculating assessments. When suitable sales data is not available it turns to the square footage of buildings, or other criteria.

Remember also that re-assessment is based on 1980 market value, so sales figures for that year should be used.

LETTERS

Dear Seven News:

The article, Social Development in the '80s (March 8) contains misrepresentations and omissions that were not in the final copy of edited material shown to me.

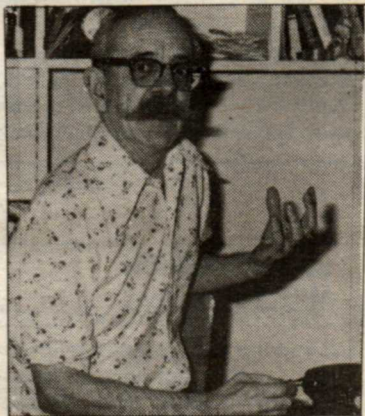
Words are placed in the mouth of Lisette Fernandez. The article states, "Fernandez knows the single mothers she works with everyday in Regent Park won't go away. Nor will their problems. That's why she tries to get ordinary men and women involved."

Lisette did not say those things to me, nor did I agree to let them stand in print under her name.

Even though the above misrepresentation was printed, the analysis on community development was reduced to read, "But social activism is on the wane. There isn't the grassroots involvement there was ten years ago. The ordinary people who got involved have retired in frustration."

This is substantially true, but is a gross oversimplification of the problems within the issue of social reform; problems which were discussed in the original article.

In fact, at present, inadequate training and lack of opportunity - in part, due to job mandates and declining financial support (to name two factors) - frustrate



Story's essence edited out.

decisive community development efforts.

Also, the idea of community development being a highly political act is threatening for some, especially those who hold positions of power. Many in power positions perceive responsible movement toward action as too strong a vehicle for effective change.

It's ironic, don't you think, that some overzealous editor would detour around the very points that identify a few of the roadblocks in the way of true community development.

Seven News owes its readers an apology.

Larry Morris

Our apologies - a last-minute decision to produce a smaller paper last issue meant that major revisions to the entire issue were done on very short notice. Seven News regrets the changes wrought by this editing.

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Get in touch with Contact

by KATHRYN ROGERS

Right in the heart of Cabbagetown in the old supermarket at Gerrard and Parliament is an alternative high school. It's called Contact, and its name suggests what it wants more of with the community.

Contact is a place for students who feel their needs aren't met by the regular school system. It offers students the alternative of smaller classes and more individual attention from teachers. And they also have a lot more to say about how their school is run. The school is open to anyone presently enrolled in high school who wants a change or has dropped out and wants to give it another try. The minimum age for Contact students is 14.

As Contact enters its second decade it's seeing tangible signs of success. More and more Contact graduates are going on to post-secondary education. Every Thursday at 12 noon the public is welcome to drop in to the school to find out more about it. No appointment is necessary. The school is located at 310 Gerrard Street East and the phone number is 922-2880.

A celebration of international Womens' Day

by ALDERMAN
JOANNE CAMPBELL

In 1910, Klara Zetkin, a German socialist and women's and workers' rights activist proposed that March 8 become International Women's Day to commemorate the early struggles of women

trade unionists for economic justice and political equality.

Those struggles by women in the needle trades on the Lower East Side of New York City led to the formation of a trade union for women garment workers in March 1860. Similar unions were started throughout the north-east United States in the

next half-century. And the issues were the same every where: better working conditions, fair wages, prohibition of child labour and the vote.

More than 50 years after the formation of that union in New York City, women in America won the right to vote. At that time only 26 nations in the world

had granted some sort of franchise to women. By 1964 that number had slowly grown to 104.

There can be no doubt that enfranchisement has had a fundamental impact upon the potential of politics in North America. It's true too, that not very much has changed. As I see the tasks before us — the need for affordable and accessible day care, adequate social housing, equal pay for work of equal value and a non-militarist solution to global differences; I feel we have not had the impact we

might have.

With the reawakening of the women's movement in the '60s and its growing maturity over the past 20 years, I sense a renewal of the promise our political impact can have.

On March 10, at Jarvis Collegiate at Jarvis and Wellesley, women's groups from all over Toronto gathered to present demonstrations, exhibits and literature on their concerns and interests. What unites this great diversity is the belief that human needs must take priority if our society is to prosper.

There's a lot going on for young people in Ontario.

Find out

Young people in Ontario can take advantage of a number of excellent programs and services offered by the Government of Canada. If you're interested in any of the ones described here or in knowing more about others that are available, just use the coupon below to find out.

Youth Opportunity Fund

The continuing strength and vitality of our nation rests with its young people. That's why the Government of Canada has attached such great importance to creating jobs for Canadian youth.

In the last federal budget, \$150 million was added to the \$1 billion Youth Opportunity Fund. The purpose of this fund is to help young people, including students, to learn new skills and find jobs in private industry and the voluntary and public sectors.

Training for Youth

Haven't found the right job yet? On-the-job training is one of the most practical ways to gain valuable work experience. The Government of Canada's General Industrial Training program allows you to earn while you learn. Many employers have already used this program to help give young people a start in life.

Your employer may be reimbursed for nearly all of the training costs. As well, the Government of Canada will, in most cases, pay the employer half of your wages during the training period. Training may last from a few weeks to a year. To learn more, use the coupon below.

Career-Access could open doors for you

A lot of young people know what kind of career they want and may even have prepared for it by studying at high school, university or training at vocational schools or community colleges. Even so, once they start looking for jobs in those fields, they may not be able to find what they want. That's when the Career-Access Program can help. It was designed to encourage employers to hire these people so they can gain valuable experience in their chosen careers. The encouragement for employers is that the Government of Canada pays part of the wages while the person is gaining needed experience.

Specialized Services

Because they have no job training or trade, lots of young people find it difficult to get jobs. So there are special programs designed just for them. For example, Specialized Youth Units (SYU) are staffed with people who cooperate with community agencies and Outreach projects to place these young people in suitable and rewarding jobs where they can increase their skills. There's a SYU branch in Scarborough where Ontario young people can apply for help.

Planning now for future job security

Modern technology keeps changing the ways we work and the jobs we do. Canada's National Training Program includes a plan that will make sure people are trained now for the kinds of skills that will be very much in demand in the eighties and after. The Skills Growth Fund encourages public training institutions and private non-profit organizations to teach modern technical and related skills and to develop the facilities for this work. The easiest way to find out more about training is to ask at your local Canada Employment Centre.

Get involved in Katimavik

Katimavik is a popular and successful national youth program for single people from 17 to 21. If you participate, you will be involved for nine months, travelling in groups to different regions in Canada and working on community projects. The work is rewarding and varied, from the restoration of cultural artifacts to the clearing of trails and waterways in municipal parks. While you don't get paid as you work, there is a \$1,000 honorarium at the end of the nine months.

Some Katimavik projects here in Ontario have involved a companionship and home care program for seniors, establishing day care centres for single mothers and a drop-in centre for teens.

Or, you could find yourself building a fishermen's wharf on Cape Breton Island or staffing a community cablevision station in British Columbia.

This year, 5,184 participants will be needed for over 400 projects in cities and communities across Canada. It could be a great way for you to develop new skills, meet new people and learn a lot about yourself and your country. Interested? Find out!

Canada Works

Canada Works is a job creation program that provides funds to community organizations, municipalities and businesses, helping them to hire staff for special work projects and activities. If you have been unemployed for eight weeks, you could be eligible to work on a Canada Works project. The jobs last from six to 52 weeks and give you experience and contacts that might help you find a long-term job. Your Canada Employment Centre has information on the Canada Works jobs available in your community.

by LYNN McDONALD
MP Broadview-Greenwood

International Women's Day reminds me of frozen feet, much as I'm a fresh-air fiend, and love marches. But in early March in Toronto it is usually cold, sometimes snowing, and we've even had hail.

Yet it is encouraging to see the numbers taking part in the march growing each year. Further,

more and more communities are putting on their own celebrations, including small and more traditional towns. This makes for an excellent answer to more wishful thinkers who say the women's movement is dead.

International Women's Day is a good opportunity for the women's movement to raise issues with the politicians and the public. We need to take every opportunity we can, and anniversaries provide a good focus.

by MARGARET
SCRIVENER
MPP St. David

I have been involved in community and provincial affairs for a fair number of years. When I look around me today, and think back on my past experiences and observations, I am astounded at the societal changes that have occurred in a relatively short time span. To my mind, one of the most dramatic and exciting developments over the last two decades has been the changed position of women in our society.

We tend to forget sometimes just how far our society has progressed in expanding the range of choices available to women. A generation ago, a young woman was expected to marry, to raise children, and to remain in the home. Few occupations were open to the so-called "weaker sex."

Today, most women work outside the home. The proportion of women to men in the workforce has almost doubled since the 1950s.

The young women I have met in the 1980s anticipate a future which includes an interesting and rewarding job. Recognizing their talents, they are investing more and more of their time and energy in training and education.

As our social structures continue to change to meet the demands of an information age, and as our societal attitudes continue to mature, I think we can look forward to a time when career choices will no longer be a "women's issue." In the future, both men and women will be concerned with pursuing educational programs and securing careers that match new technologies and new market requirements.

by SUSAN FISH
MPP St. George

Let me begin by thanking Seven News for their support of International Women's Day and for providing a forum for this discussion.

In my experience, there isn't an issue of concern that can't be counted as a women's issue. I would like to share with you some comments I received recently from a constituent who thought it "sad that women in government involved themselves in 'important' matters instead of helping the lot of women; single mothers, battered wives, poor women, immigrant women."

If by "important" we mean the economy, health care, job creation and training or housing, aren't these women's matters? How does the poor woman, the battered woman, the single mother or the immigrant woman face her challenges if she can't find work or get job training or find shelter for herself and her children? And how can we as a society provide the interim help they need without a healthy economy to support basic programs.

Each day I am in the legislature, every time I confront a new issue one of the things I ask myself is "Does this have a special impact on women?" Very seldom is the answer no.

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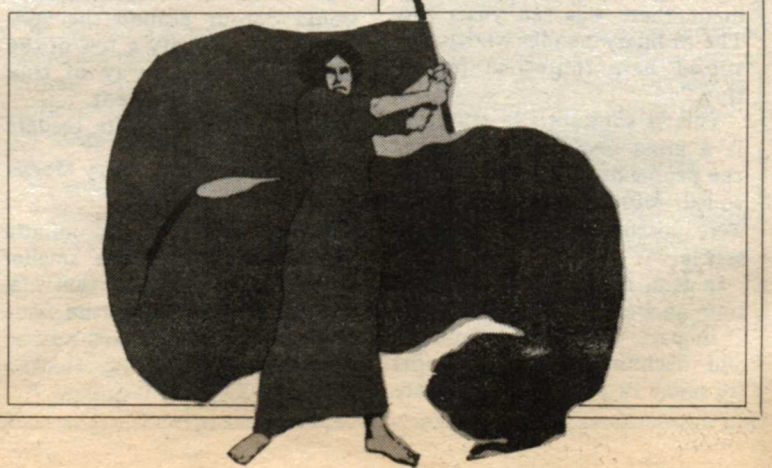
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CLOSE UP

The Big Carrot is vegetarians' delight

by ROB HUTCHISON

A vegetable is stalking the heart of Toronto. Sprouting up on the Danforth it is staking out a plot for itself.

Newly planted at 355 Danforth, The Big Carrot is a vegetarian's and browser's delight.

With big windows and new wooden floors the style is that of an old general store. It's fun to stroll along the aisles guessing the origins of dozens of imported and domestic foods.

Opened last November, The Big Carrot has only come completely on steam in the last two months. The owners planned this phased opening with care.

A myriad of connections with

produce suppliers had to be made, especially in California where many products originate. An up-beat neighbourhood had to be found with young families that would be receptive to a vegetarian store.

If this busy Saturday was any indication The Big Carrot has found the right location at Danforth and Hampton.

Unlike most of the neighbourhood stores which are run by individuals or partnerships, the Big Carrot is run by a workers' collective of nine people.

Five of the nine are former employees of the Baldwin Street Food Co-op. At Baldwin these five were bought out by the majority owner. Partly because of this, The Big Carrot is democratically organized: one shareholder, one vote. Everyone must also work in the store to remain a shareholder.

As would be expected, most but not all of the owners are vegetarians. Their objective is to appeal to the widest possible public, while providing good quality food at competitive prices.

This is a fairly standard business objective. But clearly The Big Carrot is not your standard business enterprise.

Spokesperson David Dennis emphasized the educational function the store hopes to fulfill. All staff are open to advising people on food concerns. With a corner for the kids and chairs for adults a concentrated effort is made to create a friendly atmosphere.



Doron Rescheff

Customers of all ages enjoy the selection at The Big Carrot.

The store also offers courses in macro-biotic cooking, herbs, kids' cooking, making your own natural creams and lotions. Cooking course students have the chance to taste-test different foods each week. In line with the whole life-style approach, live classical music alternates with events such as a shiatsu demonstration on Sundays.

There are many ways in which a person may eat "vegetarian."

"We decided to draw the line at milk," says Dennis, "even if not carrying milk meant fewer people coming in the door."

The collective argues that milk is unhealthy for humans as evidenced by a large mucous build-up in the body. The good properties of milk can be obtained elsewhere. Other milk products such as cheese and yogurt are available. (The pro-milk argument states that the enzymes

for digesting milk are in the body from infancy. If one never stops drinking milk those enzymes never die and there should be no problem and no mucous.)

As for a vegetarian diet - try it, you might like it. Followed carefully, it can be a healthy, socially useful and pleasant way to eat. On the other hand, I was talking to my plants the other day and they say...

- Portraiture and Portfolio....
- Stage and Performances.....
- Photo Assays and Journalism..
- P.R. and Annual Reports.....
- Technical.....
- Industrial.....
- Architectural.....

PHOTOGRAPHY BY RESCHEFF ©
(416) 422-4774

City of Toronto
New Election to fill
A Vacancy in the Office
of Alderman - Ward 6



Notice is hereby given pursuant to The Municipal Elections Act, that a poll will be held on Monday, April 9, 1984, between the hours of 11:00 a.m. and 8:00 p.m., to elect a candidate to fill a vacancy in the office of

Alderman - Ward 6

Advance Poll

An advance Poll will be held on Saturday, March 31st, 1984, between the hours of 9:00 a.m. and 8:00 p.m. at

City Hall, 100 Queen Street West

Only persons who are entitled to vote at the New Election and who expect to be unable to vote on polling day, Monday April 9th, 1984, in their respective polling subdivisions may record their vote at the Advance Poll.

Special arrangements have been made to provide assistance to physically disabled electors at the Advance Poll.

Proxy Voting

The last day for making application to the City Clerk for a Certificate to vote by Proxy is April 9th, 1984.

Applications for such certificates may be made at the City Clerk's office during regular office hours, 8:30 a.m. to 4:30 p.m. and until 5:00 p.m. on Monday, April 9th, 1984.

For Election information call 947-7800.

Roy V. Henderson
City Clerk and Returning Officer.

Social Lites

The South Riverdale Child-Parent Drop in Centre held a benefit auction on Saturday March 3, at the Ralph Thornton Community Centre, 765 Queen St. E.

Board member Richard Firth was auctioneer for the evening, coaxing the crowd to bid on everything from a dinner for two at LaPlume Restaurant on Parliament Street, to a giant stuffed Smurf toy. Guests at one table pooled their resources and bid on a dinner for six, donated by Soups to Nuts Bakery. The meal, consisting of pork tourtiere with vegetables, fresh-baked bread, and mocca mousse for dessert, sold for \$42. Bidding was particularly active on a handmade crib-size duvet (which Gordon Cressy scooped for \$40).

In all, \$910 was raised for the centre.

Bob Rae, leader of the Ontario New Democratic Party, recently held a "Farewell to Broadview-Greenwood" party at his home on Withrow Avenue. The party took the form of an informal afternoon open house.

Bob, his wife Arlene Perly and

their daughters Judith and Lisa appeared miraculously calm, considering the moving van was due to arrive in less than four days time.

The family is moving to Bob's new constituency of York South (Jane and St. Clair area).

Among those in attendance were the gorgeously tanned Ward 7 alderman David Neville and his wife Cathy Jones. They had just returned from a Caribbean holiday, which they spent aboard a boat owned by David's sister and brother-in-law.

While the proposed redistribution of Provincial ridings has eliminated Susan Fish's constituency of St. George, there is no truth to the rumour that she has challenged Margaret Scrivener to a duel for the PC nomination in St. David (purses at dawn?).

Wedding bells will be ringing on Fulton Avenue this summer (isn't it amazing the lengths some people will go to to get a fondue set?) The big question is, did he jump or was he pushed?

Discount Coupon

Car & Truck Rentals

Robertson Motors

Presents

Further savings on our already low prices.
Just present this coupon and enjoy a
10% discount.

For inquiries call 469-1113
We're at 1515 Danforth Avenue
At Coxwell Subway

Note: This discount does not apply to monthly rates

10% discount

Offer expires May 15/1984

10% discount

10% discount

Offer expires May 15/1984

10% discount

Saint Luke's United Church
 Corner of Carlton and Sherbourne
10:30
 Sunday Worship
 Nursery Sunday School
 Fellowship Hour
2:30
 Forum — All Welcome

Church Office
 924-9619



There's a lot going on for women in Ontario

Find out

In Ontario, there are many opportunities for women to get involved in or take advantage of programs, services and benefits offered through the Government of Canada. You owe it to yourself to know about them. A few are listed here and there are many more. Just use the coupon below to get more information.

Need help getting a job?

If you're planning a career or looking for a job, your Canada Employment Centre can help. If you're thinking of going back to work, or changing jobs, or going to work for the first time, you may want to consult the Women's Employment Counselling Centre in Toronto. The WECC can help you decide what work you are best suited for and would most enjoy. It can teach you job-finding skills, and help you get essential training and on-the-job experience. Counsellors specially trained to help women get ahead in the labour market will provide a variety of job-related assistance. Some Outreach Projects specifically for women offer similar services. Ask at your local Canada Employment Centre for details.

Can't afford to get job training?

Maybe you can. There are many courses available for women in Ontario now. They range from academic upgrading to skill training. Most are offered by community colleges or provincial training centres throughout the province. If your Canada Employment Centre counsellor feels training will improve your marketable skills, you can take an approved course at no cost to you.

If you are eligible for Unemployment Insurance, you will draw your benefits during the training period. Training allowances are available for those not eligible for UI. Enquire at your local Canada Employment Centre, and send in the coupon.

You can earn while you learn

Another option is on-the-job training. Opportunities to be trained in non-traditional jobs can readily be found in Ontario. Many of these jobs are both challenging and high paying. The Government of Canada, through its General Industrial Training and Critical Skills Training programs encourages employers to hire and train women. Generous financial assistance is offered. Interested in working as a systems analyst, computer programmer, chef, machinist? There are lots of possibilities. Find out more by mailing the coupon.

Help with child care

Income tax deductions for child care expense have been doubled — up to \$2,000 per child. Send the coupon for more details.

The Women's Program

This program was created to support women's voluntary associations working in fields of particular interest to women. Through it, the Secretary of State Department makes grants and other resources available to women's groups to develop projects that will contribute to community education and action around status of women issues. Program staff are available as resource persons for information and project assistance. They also develop and distribute print material. More than \$1.1 million was spent in Ontario on the Women's Program 1982/1983. The Women's Program has regional offices in Ottawa, Toronto, Hamilton, London, Sudbury, Timmins and Thunder Bay.

Canada Works might help you

Canada Works is a job creation program that provides funds to community organizations, municipalities and businesses, helping them to hire staff for special work projects and activities. If you have been unemployed for eight weeks, you could be eligible to work on a Canada Works project. The jobs last from six to 52 weeks and give you experience and contacts that might help you find a long-term job. Your Canada Employment Centre has information on the Canada Works jobs available in your community.

Labour Canada Women's Bureau

The Labour Canada Women's Bureau was established in 1954 to provide leadership and services to women in paid employment. A key role is the development, promotion and support of policies and programs to achieve equality for women in all facets of employment: opportunity, pay, rights and benefits. The Bureau addresses women's concerns through research, policy assessment and education. Send in the coupon to find out more.

Get in on it

Return this coupon to:
 Publications Canada,
 P.O. Box 1986, Station B,
 Ottawa, Ontario K1P 6G6

Please send me the publication(s) entitled
 The Job Idea Book for Women Women Your Family Allowances

Publications to be supplied in English French

Name: _____
(Please print)

Address: _____

City: _____ Province: _____ Postal Code: _____

Canada

An optometrist explains:

Eye problems among elderly

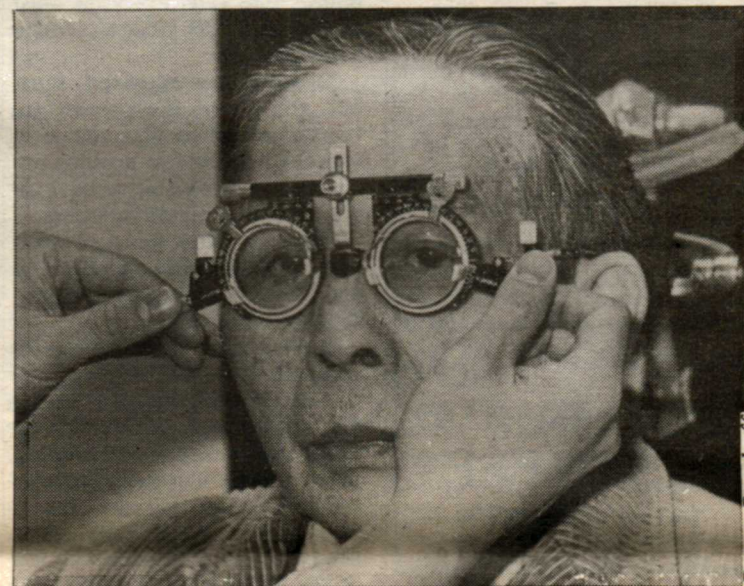
by ARCHIE CHUNG

Certain eye conditions are particularly common among the elderly. Four of these are presbyopia, cataract, glaucoma and retinal disease.

Presbyopia is an eye condition caused by the normal hardening of the lens within the eye, resulting in a decreased ability to focus from far to near or vice versa. Generally it occurs between the ages 40 and 45 years and seems to advance fairly quickly. The only remedy for this condition is through optical aids such as bifocals, reading glasses, or bifocal contact lenses.

The development of opacities or cloudiness in the crystalline lens of the eye is called a cataract. Cataracts are usually removed.

Cataract surgery has a success rate of 95 per cent. Even patients well over 90 years of age have benefitted from this operation. Despite these facts, many people suffering from cataracts remain unnecessarily apprehensive.



Dorion Rescheff

Early diagnosis and treatment can remedy eye disease.

An additional operation to this one for cataracts is also practiced. This involves an implantation of an artificial lens in the patient's eye after the cataract is removed. The implanted lens helps the patient adapt to their new visual world and also reduces the power of the patient's glasses or contact lenses. This type of operation is still somewhat controversial and the patient should always be counselled about possible complications. However, each year the success rate is improving.

Glaucoma and retinal disease are the two major causes of blindness in the elderly. Glaucoma is an eye condition in which there is an increase in fluid pressure within the eye. This increase in eye pressure can result in spontaneous or slowly progressive vision loss.

Retinal disease encompasses any eye condition causing vision loss due to problems with the retina, the nervous tissue of the eyes. Its causes can range from hypertension and diabetes to natural degenerative aging changes. Symptoms of this disease are too diverse for anyone but your eyecare specialist to identify.

A good prognosis for both retinal disease and glaucoma depends on early diagnosis and treatment. Only your eye health care practitioner can detect and remedy such eye diseases.

Vision changes due to aging need not interfere with the pleasures of life. You can enjoy the benefits of good vision throughout life by

- a) practising preventative eye health care. This includes annual visits to your optometrist or ophthalmologist.
- b) making sure there is sufficient lighting for reading or fine visual tasks.
- c) and making sure that glasses and contact lenses are clean and clear.

If you have any questions regarding eye care of the elderly, please write to me c/o Seven News or call me weekdays at 466-6670.

Glaucoma

In the early stages of glaucoma there are only subtle visual symptoms which are usually not noticeable. It is not until the later stages that you may experience:

- * halos around lights;
- * tunnel vision;
- * deep excruciating eye pain.

Cataract

- * hazy or foggy vision;
- * halos around lights;
- * poor adaptation to glare;
- * severely decreased visual acuity.

Presbyopia

- * vision is much clearer when you hold things farther away.
- * things aren't quite as clear as they used to be at the usual reading distance;
- * eyestrain and headaches occur when you read;
- * reading is easier when glasses for nearsightedness are removed.



COMMUNITY CALENDAR

Thursday

March 22

The Alumnae Theatre takes pleasure in presenting Eugene O'Neill's *Ah, Wilderness* through April 17, Tuesday through Saturday at 8:30 p.m. O'Neill's delightful comedy of American life at the turn of the century is directly autobiographical. The play depicts O'Neill's life as he "would have liked it to be." It is rich in detail and its humour is warmly satisfying. 70 Berkeley Street. Tickets \$6, students and seniors \$4. For reservations call 364-4170.

Arts: Ward 7 Musical Workshops open to amateurs of all ages interested in community theatre. Monday March 19 to Thursday April 19, 7 to 8:30 p.m. Winchester Public School 15 Prospect Street. \$5 admission for each workshop.

Saturday

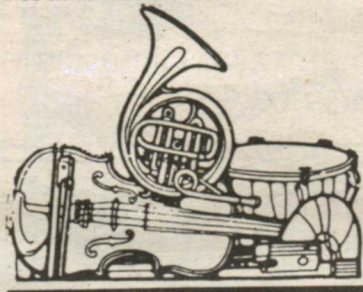
March 24

The Peace Movement with Sam Gindin, Mariana Valverde and Bob Penner is the second in a series of four afternoon discussions for socialists entitled *Where Are We?* Admission is \$5 for employed and \$2 for others. Child-care is available. 1 to 5:30 p.m. at Trinity-St. Paul's Church 427 Bloor Street West. 964-6560.

Kaleidoscope: Bring along your creative imagination and your family to Harbourfront's free arts and crafts program; 11:30 a.m. to 5 p.m.

Central America Film Festival sponsored by Development and Peace. Will include *Letter from Morazan*, *The Double Day*, *From the Ashes* and others. Admission is \$3.50 2 to 10 p.m. at Innis College, U of T. 592-2802.

Boite a Chansons: Harbourfront's Francophone Centre presents an evening of song at 8 p.m. \$5 adults, \$4 students and seniors. For information call 364-5665.



Sunday

March 25

St. Bartholomew's Anglican church Feast of the Annunciation (Lent III) at 509 Dundas Street East. 8 a.m. Low Mass; 10 a.m. Procession and Solemn High Mass; 7 p.m. Evensong and Stations of the Cross. Monday to Friday Mass daily at 5:30 p.m. Tuesday 9:30 a.m. Wednesday 7 a.m. Friday 6 p.m. Rosary. Saturday 9:30 a.m. Parish Priest: Father Greene.

Wednesday

March 28

Special Event: The Westminster Chamber Ensemble presents the *Jungle Book Suite*. A musical for grades two and up. Teachers are advised to phone ahead to reserve space for their classes. 2 p.m. at the Riverdale Library 370 Broadview Avenue. 466-2197.

The National Film Board and Centrestage Forum will present a public affairs forum on the current medicare crisis in Canada at 8 p.m. at the St. Lawrence Centre, 27 Front Street East. A screening of the controversial new NFB documentary, *Bitter Medicine: Medicare in Crisis*, will be followed by a panel discussion and a question-and-answer session with the audience. Admission is free. First come, first seated. Information 362-7041.

CUSO Information Meeting. All welcome at 33 St. George Street. Main floor, 7:30 p.m. 978-4022.

Thursday

March 29

Twilight Concert at 5:15 p.m. The Royal Conservatory of Music's Twilight Concert Series will conclude its season with a program of Claude Bolling's suite for flute and jazz piano, performed by flutist Margot Rydall Onodera and pianist Pierre Gallant. They will be assisted by Viiu Varik, bass, and Mark Congram, percussion. 273 Bloor Street West. Admission is \$2, \$1 for seniors and students.

Friday

March 30

Centrestage Forum on The Future of Unions: An Overview. Keynote speaker is Bob White, with Thomas D'Aquino, Tim Armstrong, Dr. Wendy Dobson and John Deverell. Admission is free. 27 Front Street East. 362-7041.

Saturday

March 31

Oscar Night in Canada will happen for 500 lucky people. All three Canadian films nominated for Academy Awards in this year's Oscar race will be shown at the St. Lawrence Centre, 27 Front Street East. The three nominees are *Flamenco* at 5:15 and *The Profession of Arms*, both from the NFB, and *Boys and Girls*, an Atlantis Films Production in Association with the CBC. Tickets are free but must be reserved. For tickets call 366-7723; information 362-7041.

Spring Concert welcomes Glen Ellyn children's chorus and string ensemble. The Toronto Children's Chorus under the direction of Jean Ashworth-Gam is pleased to announce the annual Spring Concert, to be held in St. Andrew's Presbyterian Church (King and Simcoe). The program will consist of works by:

Galuppi, Verdi, Thompson, Beckwith, Schafer and Bach.
Tickets are \$8 and \$6.
Reserve now
532-8900.

Centrestage Forum on the Changing Role of Unions continues from yesterday. 11 a.m. to 1 p.m. Keynote speaker: Shirley Carr, with Mary Eady, Paul Grayson and Myer Siemiatki. *The Role of Unions in Society* 3 to 5 p.m. Keynote speaker: Art Kube, with Richard Wietfeldt, Marvyn Novick and Ray Protti. Admission is free at 27 Front Street East. 362-7041.

Benefit for Nicaragua organized by the Toronto Adult Educator's Tour to Nicaragua. The evening will begin with cultural events at 6 p.m. featuring the Latin American Cultural Workshop, Heather Chetwynd, and Arlene Mantle. The dance will begin at 9:30 p.m. Tickets are \$5 for employed and \$3 for others at Cecil Street Community Centre 58 Cecil Street. 6 p.m. Nomi Wall 463-2017.

ONGOING

NIP Income Tax Clinic is underway. The annual free income tax clinic sponsored by the Neighbourhood Information Post began February 7 at 265 Gerrard Street E. The free clinic, which offers help to people of limited income in filling out their tax forms, will be held every Tuesday and Thursday evenings, and some afternoons until May. Appointments are necessary. If you would like to make an appointment or find out if you qualify for the service call NIP at 924-2543.

1983 Tax Returns clinics by appointment only. The Queen-Saulter Public Library is holding free income tax clinics throughout the month of March. For more information on the Thursday night clinics call 465-2156. Please make an appointment, the clinic will be open between 6:30 and 8 p.m.

CLASSIFIED

Classes

Body Sculpture for the Total Body Workout. Revitalize with dance aerobics, first class complimentary. Evening classes, special discounts for families and students. 310 Danforth Avenue at Chester subway. 429-3607.

Bodycorps Exercise Studio: Put your heart into a quality aerobics workout. Membership includes jazz, stretch and strength. Complimentary class. 95 Danforth (at Broadview). 469-5225.

Services

Professional Typing: IBM Selectric, all kinds. Reasonable. Parliament and Wellesley. After 7 p.m. and weekends. 921-8235.

Appliance repairs on stoves, refrigerators, washing machines, dryers etc. Call 921-8751.

Electrical maintenance on fire alarms, intercoms and appliances in apartments. Reasonable rate to apartment owners. Phone 921-8751.

John W. Grice, chartered accountant: taxation accounting, auditing and bookkeeping services for businesses and individuals. Call 927-8961.

Steel Security Grills for your windows. Plain or fancy. Solid deterrent against burglary. From \$60 installed. Call for information and free estimate. James Stuart Designs 367-3819.

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

FREE SERVICE! Weekly calendar of events in Toronto's gay community. For our five minute recorded message dial 923-GAYS anytime.

Volunteers

Volunteers required for infant/toddler daycare leading to possible full time employment. Call 927-1726.

Help Wanted

People needed for opinion surveys. Usually two hours, \$20. For further information telephone 922-0338.

Seven News Classifieds - reach Ward Seven for only \$5 for up to 30 words. Classifieds for the next issue must be received by March 17.

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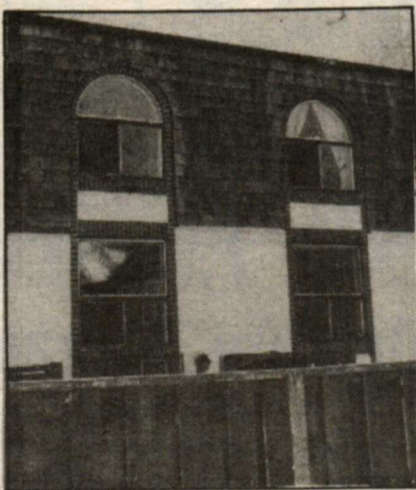
152 SHUTER STREET
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HARVEY MALINSKY



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350 GERRARD STREET EAST
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