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Town May Take Over Sandy Beach Pk.

Mayor George Ashe extended a request from Hydro to the Executive Committee at Monday's meeting asking if the municipality would be interested in taking over Sandy Beach Park. This would include grass cutting

responsibilities, and other maintenance.

"There are pluses and minuses", said Mayor Ashe of the proposal. "With more direct control, we can control the use of it more directly", he said, referring to the present use of the park, which is poor.

"Quite a few of the trees have died", he added, "but many are under guarantee, and will be replaced". The other side of the coin, he said will be the staff time and money needed to maintain the park.

Councillor Don Kitchen said that he would like the possibility of acquiring the strip of beach examined, and studied in conjunction with the costs. Mr. Kitchen proposed a motion that the Clerk-Administrator prepare a report for Council regarding the costs of running and maintaining the park, and outlining the various programs the park would be utilized for. The motion was carried.

One future use of the park, suggested by Bruce Searle, was that the park be used for day camps.

Vol. 25 No. 49 Pickering, Ontario Thurs. Dec. 11th, 1975

PICKERING **post**

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School Spirit Week

The week from Dec. 1 - 5 was designated as School Spirit Week at Woodlands Centennial Public School.

A variety of events took place, such as a special assembly, three volleyball games between teachers and students (all three won by the students!) and a sock-hop, organized by the grade eight House Captains.

Participants in the noon hour activities were able to earn points for their house in the house league standings. For instance, points were given for wearing a creative hat during the volleyball games.

It was a good relief for everyone after having received the first report cards and helped to bolster spirits for the forthcoming holiday season and the elective program, commencing Jan. 7th.

At left, top students watch the volleyball game between grade 7 home room teachers and grade 7 students. Referee was Andy Dymont, physical education teacher.

Bottom left - Art teacher Margo Wilson seen during the volleyball game.

Bottom right - English teacher Jean Penn serves the ball. She won first prize with her hat, creatively displaying her house.
(Photos - A. C. Verheij)



Extra Dial-A-Bus

Mayor George Ashe opposed a suggestion at Monday night's Executive Committee meeting that an additional bus be acquired for the Dial-a-Bus service, in order to transport people to the hospital.

"We shouldn't investigate this any further", he said. "The traffic demand does not warrant the costs involved".

"You can get there", he added, "by the go-bus, or the Ajax bus system, for a grand total of 55¢".

Councillor Alec Robertson said that Pickering area was "unique", in that it is one of the few areas in Ontario where the Dial-a-Bus system has been successful.

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Opinion

Here & There

by Bob Watson

THANKS

The post office began to function again last week - and what a relief! Of course, the first pieces of mail were bills but the postal workers busily began the tide of mail delivery. Last Sat. Dec. 6th, we got postal delivery - and that was a pleasant surprise.

HOW COME?

The people who look after traffic downtown, including our esteemed Sam Cass, say they couldn't figure out why traffic was so heavy in downtown Toronto the last few weeks.

It just shows how "detuned" from the real world a civil servant can get. Anyone in business for himself could have told him the answer - some thousands of cars of small businesses were roaming the streets picking up cheques and delivering invoices.

Now, the load should drop with the mail service back in action.

WATCH IT

History observers say that after an economic depression, man seems to need a war to bring society out of the doldrums. So we say, watch Angola for a possible conflict. Since the Portuguese left, the new rebel government appears to have a lot of Russian technicians and equipment.

South Africa is very anti-communist in attitude and it fears a neighbour which is not only anti-white but backed by the Soviet Union.

ATTENTION MEN

The Provincial government is busy enacting legislation to require banks and other financial institutions to treat females with equality to males.

This means, of course, that women would be granted loans on the same basis as men - and we feel that this change is long overdue.

However, there is another legal change required in order to keep this "equality" equal.

Under Ontario law, a woman is not responsible for her husband's debts, whereas a man is responsible for his wife's debts. Also a husband has no claim on his wife's assets, whereas a wife can demand half of her husband's assets.

Of course, these laws were made years ago when women didn't have economic equality at all.

So we suggest that Queen's Park enact a bit more legislation or we'll have lots of men wondering what hit them when the little lady has run up a big loan at the bank and then leaves town.

INTERESTING

A survey in the United States reveals that people believe that the future is bright. In fact, the majority were going to stop saving and put their money into clothing, houses and cars - all in that order!

And the CBC has done a survey on Canadians which shows that over 61 per cent are willing to support the wage and price guidelines. But everyone knows that it is the smaller percent which is difficult to persuade to accept the idea.

CONFLICT

North York Alderman Bob Yuill said he had a conflict of interest over the allocation of a track and field facility to York University. Seems his daughter attends that school. Scarborough Controller Joyce Trimmer said she was a student part time at the school.

Another member of the Metro Committee said he had driven by York that day! Surely, conflicts of interest shouldn't include whether your daughter attends that school?

Just Think!

Dear Editor:

It was recently reported that the latest repairs to Metro Zoo will cost taxpayers \$73,550 and this includes \$40,900 to alter the pigmy-hippo display pen.

Just imagine what repairs to a full-size hippo pen would cost!

William E. Rae
29 Savarin St.
Scarborough

Got Any Used Stamps?

Dear Friends:

Especially at Christmas time, I think of all the used postage stamps that are needlessly discarded. These seemingly worthless articles, from any country, are sold in bulk by the Scarboro Fathers, to stamp dealers, to help finance mission projects throughout the world.

In 10 months I have received over 100 lbs. of cancelled postage stamps, in small quantities, in very large quantities, from schools, service clubs, companies, individuals, etc. They add up quickly if everyone collects them for me.

It hardly takes a second to rip the used postage stamps off of an envelope leaving a bit of paper around it.



Design Awards

Last week the Scarborough Planning Board's Design Awards were made with great procedure almost akin to an academy awards presentation. The top five buildings chosen were the Cedarbrook Apartments, Markham Rd.; the North Scarborough Professional Building, Warden & Finch; 40 Dundalk Dr. Terrace Court 2; Bell Canada's building, Sheppard E. at Midland; and Wm. Osler Vocational School. Alderman John Wimbs, who initiated the awards and is himself an architect, said there are so many bylaws and rules that it is almost impossible to do a good design these days - but these five are commendable. (Photo - Bob Watson)

Canadians Face Lower Living Standard Unless Economy Grows

Canadians may have to accept a lower standard of living unless the economy starts to grow significantly, Dr. H. Ian Macdonald, President of York University in Toronto, warned recently.

Speaking at the 49th Annual Convention of the Ontario Trucking Association, Dr. Macdonald said:

Canadians "require a pause until we sort out our economic goals and objectives and achieve some greater public understanding of the very difficult economic world into which we have headed.

"I believe that our economic order cannot survive in the present condition, nor will our conventional economic policy instruments cure our ailments.

"Either we accept a renewed determination to increase economic growth or we agree to diminish our aspirations for a higher standard of living. To deny the first and ignore the second is to court social disaster."

Productivity has shown no effective increase in the last year, Dr. Macdonald said. The increase in output per person slowed from two percent in 1972 to 1.6 per cent in 1973.

He blamed the productivity slowdown on a massive shift to service away from manufacturing and the expectation of more services from government.

There was also a general trend toward fewer hours of work and a lack of sustained incentives to renew capital equipment.

There has been "a declining tendency to worship at the altar of the Gross National Product and a greater concern with quality of life - the urge to take some of the grossness out of the Gross National Product," Dr. Macdonald added.

Prices have risen as a result of expectations outpacing economic performance, with the price system now bearing no resemblance to productivity.

"Although our aspirations have continued to expand, we have moved into a virtual state of 'zero growth' and a 'steady state' in productivity," he said.

Dr. Macdonald proposed his own 10-point economic

program for the nation.

It would include:

- A system of controls over prices and income limited to one year to "curtail the headlong rush to the edge of the precipice."

- A First Ministers conference on the economy, to be called immediately to lay the groundwork for dealing with fundamental economic reconstruction.

- An immediate decision to rationalize the distribution of government programs between the federal and provincial levels.

- Establishment of an on-going federal-provincial economic policy committee to co-ordinate economic and fiscal policy measures.

- A determination to focus attention on the supply side of the equation coupled with the immediate introduction of a program to identify means and ways of increasing productivity.

- Implementation of a national transportation policy on an "urgent priority" basis to achieve a truly common market in Canada and a more equitable national price system.

- A commitment to move toward freer trade to provide competitive incentives within the Canadian economy for greater productivity and increased efficiency.

- A determination to plan for a clear and coherent energy policy, now and for the future.

- Recognition of the need for more housing and the provision of adequate financing free of the general and necessary constraints of monetary policy.

- Major surgery on food and agricultural policy to ensure preservation of agricultural land, coupled with a public agricultural policy to include lower food prices as one of its objectives.

- "There is a danger that social democracy will not survive in Canada," Dr. Macdonald said. "No less a question is the challenge facing this country in 1975."

Ice Safety

This is the season when folks across Canada are enjoying ice related sports. The excitement of that speedy, new snowmobile or the satisfaction from a perfectly executed figure eight can serve to warm us against the most chilling winds.

The cold we experience on the ice is minimal compared to that beneath, if we are careless enough to break through. A plunge into icy water is not merely shocking. It can be fatal.

Do you know what to do if you or a fellow skater should fall through? The Canadian Red Cross Water Safety Service offers this advice:

- Don't panic. Instead of grabbing the ice, extend your hands and arms onto the ice surface before you.

- Kick your legs out behind you to an extended, nearly level position.

- While kicking, slide or roll slowly forward onto the ice ahead.

- DO NOT STAND! Your concentrated weight can cause the

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ice to break.

If someone else falls in:

- Shout to the person to let him know help is on the way.
- Extend rescue equipment like a rope, ladder, ring buoy or pole to the victim. (Some places are equipped with such devices.)

- If no equipment is available, tree branches, a hockey stick, planks, boards or shirts and sweaters securely tied together can also be used.

- A human chain can be made by lying flat on the ice, each person holding the ankles of the one ahead of him. Or each person can lie spread-eagled, side-by-side, holding hands with the person next to him. After the victim has been reached, the entire chain can inch its way back to shore.

If you must leave shore to reach the victim:

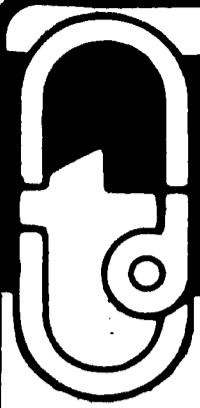
- Tie a rope around your waist and have someone on shore hold it or anchor it to a rock.

- Both you and the victim should then roll or slide to safety.

It's important to remember that an ice accident victim should be taken to a shelter immediately. There his freezing clothes can be exchanged for warm, dry clothing or blankets. This will help ensure his body temperature does not drop to fatal level.

If you like ice sports and want to continue enjoying them, the Red Cross reminds you that the chances of rescue are better if you know exactly what to do.

In general, if you're not sure the ice is safe, keep off.



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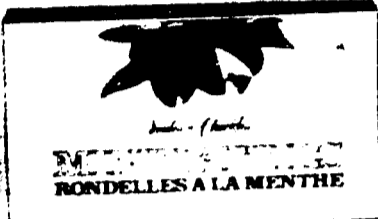
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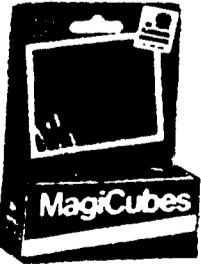
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Dorset Park Hockey

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 Red Devils 10 - White Angels 5
 L. Rosch 5, L. Capistrano 3, S. Annette 2, K. Young 2, V. Del Brocco, C. Witt, T. McDonnell
 Shamrocks 7 - Blue Bombers 2
 K. Porter 4, L. Downs 2, K. Windsor, B. Bell, D. Pauk
BANTAM:
 Canucks 2 - Penguins 2
 M. Frampton, W. Price, M. McLaughlin, T. Pinter
 Canadians 1 - Red Wings 1
 P. Connelly, D. Moose
 Kings 4 - Unisex Barber Shop 0
 J. Price, D. Poole, T. Hayes, F. Ralph, K. McKay S.O.
MINOR BANTAM:
 Larry's Texaco 0 - Canadiana Motor Hotel 0
 M. LeBlanc S.O., R. Delaney S.O.
 Kings 6 - Northstars 0
 W. Nevills 3, B. Burke, D. David, A. Faric

Gravity Scale 3 - Bruce Clark Plumbing & Heating 1
 D. Powers, B. Langston, G. Parson D. Kirby
 Mantia Hardware 8 - DPMHL Ladies Aux. 2
 D. Bergman 3, D. Cook, G. Saunders, T. Bergman, G. Loftus,
 K. Halvey, P. Lesso, S. Hardy
PEEWEE:
 Surplus Sales 4 - Parker Ins. 0
 R. Taylor 2, J. Low, G. Czuppon, E. Challenger S.O.
 Jen-Dan Ltd. 4 - Knob Hill Discount Drugs 2
 P. Morihovits 2, D. Anderson, D. McEachen, N. Comeau, K. Cowell
 Harkness Cartage 1 - Conscientious Cleaning 1
 M. Thomas, K. Haid
ATOM:
 Fines Stationery 4 - Penguins 2
 G. Murphy 2, K. Smith 2, M. Kielan, D. Sinclair
 Honeywell Control 5 - Timex 5
 C. Malinas, C. Yoanidis, M. Levine 2, R. Butler, R. O'Neil 3,
 D. Bess, F. Kastalic
 White Elna 4 - Beaver 1
 B. Myers 3, J. Jones, A. Bain
MINOR ATOM:
 Canadians 4 - Northstars 2
 D. Walter 2, R. Leies 2, D. Bisset, C. Clark
 Flyers 2 - Canucks 0
 K. Harvey 2
NOVICE:
 Division 5 - Collegiate 2
 J. Brubacher 2, C. Evans 2, S. Shortell, J. McVeen, B. Williams
 Cartwright 2 - Alex Irvine 1
 V. Cirone, R. Jones, F. Downey
 A. 1 Towing 1 - Pill Box 9
 G. Pountney, R. Newhook 4, J. Anderson 4, T. Houston
JR. NOVICE:
 Golden Mile Chev.-Olds 4 - Terrace Litho 2
 C. Hinton 3, M. Evans, N. O'Bright, C. Bero
 Skytrain Travel 8 - M.M. Marketing 2
 J. Clayton 3, C. Swatride 2, J. Bontoff 2, J. Mulholland, G. McNeilly, G. Attwood
 Penn Flex 3 - PortaFlex 0
 B. Duff 3, D. Boudreau S.O.
MINOR PEEWEE:
 Cedarbrae 2 - Richardson Sports 4
 G. Langner, D. D'Amour, C. Morgan, S. McGregor, E. Sutherland, M. Roy
 Monarch Marking 2 - Lennox Eng. 1
 N. Saunders, G. Holder
 William Allen 7 - Mr. Jackets 0
 M. Howe 3, K. McKenzie 2, J. Warren, A. Blair
MIDGET:
 Canucks 5 - Penguins 3
 R. Cullum 2, D. Sioris, A. Rakakis, T. Meares, R. Braj 2, C. Hazelle
 Canadians 5 - Redwings 1
 J. Rosa 2, M. McCallum 2, K. Marshington J. Goodmore
 Flyers 3 - Northstars 1
 K. Shaw 2, C. Adlem, B. Patashnik

Toronto Veterans Cribbage

	W	L	TC	P
WEST:				
Earl Haig	17	19	179	14
Owls A	19	17	167	11
Combines	18	18	166	11
Owls B	18	18	165	11
Amps	20	16	155	9
Sappers	19	17	116	6
C.C.A.	17	19	152	5
Hydro	16	20	150	5
EAST:				
18th	19	17	180	14
T.D.W.V.	17	19	170	13
Navy	17	19	167	10
48th	20	16	164	10
Scar	23	9	163	10
Irish	19	17	156	6
Triangle	16	20	146	6
D.C.S.	9	23	140	5

Cedarbrae Indoor Soccer

JUNIOR:
 Demi-Concrete & Drain 3 - Supreme Locksmith 2
 Irish Regt. of Can. Vets Assn. 3 - Glen Andrews Comm. Assn. 1
INTERMEDIATE:
 Munn Sheet Metal 1 - Pirri's Rangers 0
 Bob Fraser Painting 5 - Celebrity Shoes 0
SENIOR:
 Explorers 4 - Adventurers 0
 S. W. Fleming 1 - Parkways Sand & Gravel 1
 Chariots 4 - Gladiators 0

Time To Think Tennis
 Adult tennis instruction will be available at Mid-Scarborough Community Centre beginning Fri. Jan. 16, 1976.
 This program will provide group instruction for beginners and those who wish to improve their game.
 Registration will be held Fri. Jan. 9, 1976, from 10 a.m. to noon. Program commences Fri. Jan. 16.

Municipal Memos

* The national anthem never sounded better as North York Council began Mon., Dec. 8.
 The usual taped accompaniment wasn't functioning so Alderman Bob Roche led his colleagues in a vocal rendition of "O Canada". Mayor Mel Lastman refused to lead the political choir because as he bashfully admitted, "I can't hold a tune."

* After one month of secret talks, North York Council announced it has decided in an 8-7 vote to accept the resignation of its Medical Officer of Health, Dr. George Sweet. Dr. Sweet resigned two weeks ago and is now working for a provincial ministry. He is seeking more than \$30,000 severance pay.

* Lawyer and former North York alderman Irv Paisley attended a meeting to speak about a proposed subdivision plan at Victoria Park and Sheppard Ave. Paisley failed to gain council approval to present his planned oratory. Controller Alex McGivern tacked a moral on the story. "Nothing's as dead as a dead politician," he said.

* North York Council has adopted a new procedure for dealing with committee reports. In the past, every item in each of the numerous reports was open for discussion. This often resulted in lengthy debates of little substance.

The new system will separate the wheat from the chaff. Items for discussion are noted before debate begins. The remainder of the committee reports is passed by Council in one lump.

This procedure is similar to the one used by Metro Council. It makes the clerk's job less time consuming.

* The borough of Scarborough failed to gain support in North York for its stand on highway noise. Scarborough is seeking help from the province for the construction of earthen sound barriers to protect neighbouring communities from intense highway din.

On a motion from Controller Barbara Greene, North York voted to receive Scarborough's communication and to take no action. Miss Greene said highway speed limits will be lowered to 55 m.p.h. in January which should partially solve the problem.

* The Downsview Soccer Club was honoured by North York Council Monday for winning the Canadian Junior B Minor Championships for the fourth consecutive year. The team defended its championship title in Winnipeg this fall.

Mayor Mel Lastman presented the team of boys with the mayor's medallion and crests. "We'll reserve these seats again for you next year," he told the club.

* A report from North York's legislation committee advises that controllers should be allowed to assume chairmanship when council resolves itself as a committee of the whole. At present, only aldermen assume this duty.

Ward 5 Alderman Bob Yuill voted against the recommendation. "The Controllers certainly need the experience in chairmanship," he said. "But they have enough authority and jurisdiction now without giving them more."



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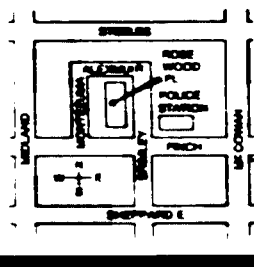
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Bill Moran, Proprietor of M. & A. Winemaker stores, says his products are top quality and competitive in price.

Make Your Own Wine For Only 35¢ To 50¢ A Bottle

Bill Moran, proprietor of M & A Winemaker stores, says that anyone can produce good wine for 35 to 50 cents a bottle.

He also emphasizes that top quality wine need only cost \$1 per bottle when made using quality concentrates supplied by stores like M & A Winemaker.

Mr. Moran says that making one's own wine, is not difficult at all. His concentrates are made to avoid one complete step in the wine making process. This saves possible bacteria starting in the wine.

"People are timid and ask me if it really works", Bill Moran explains.

"They also ask if it is hard to make wine, and does it take a lot of time," he added.

The answer is that it is a simple procedure and one needs only a couple of hours to turn out a batch of tasty wine which can be put up into about 28 bottles.

And Bill Moran feels that only very few wine connoisseurs could tell the difference between his wines and those from France.

In the M & A Winemaker ingredients less sugar issued and the grape body is utilized to gain more quality than usual.

According to Bill Moran when he started into business in 1970 he decided to go for quality not price. Today the quality remains but the prices are competitive with other winemaking companies.

In this area M & A Winemakers have two stores, one at the Scarborough Town Centre and one at Sheridan Mall, Pickering.

Home wine making has become the hobby of thousands of Canadians as the drinking of wine became more popular in this country.

And the making of wine doesn't seem to have slowed the consumption of commercial wines at all. With the process modified to make procedures very simple and straight forward, more and more men and women have found this intriguing manufacture fun to do.

There is no doubt that thousands of "greenhorns" will get kits for Christmas initiating another batch of winemakers to home wine making.

Bill Moran says if you are a person who doesn't like wine, he has beer making kits which can produce your own for six to ten cents a bottle.



M. & A. Winemaker is just inside the Arcade part of the Scarborough Town Centre, next to Bob White Flowers.



Store manager Claire McGonagle and cashier Ruby Thornton look after a customer.

Making Wine From French Grape Concentrate

It's easy and fun! Delightful wines can be made in your own home for a very small investment in equipment and careful attention to a few simple rules. The experience gained from your first steps in winemaking will set you on the road to a fascinating hobby which will put wine on your table every day of the week at a fraction of the cost of the commercial product. You will be pleased with the result.

To make nearly five gallons (about 28 bottles) of French Red, Rose or White Wine use this recipe and directions:

INGREDIENTS:

- 1 140 oz. tin French Red, White or Rose Concentrate
- 4 tins (560 Fluid Oz.) warm water
- 3 lbs. white sugar (2 lbs. for dry)
- 3 tsp. Acid Blend A for Red or 3 tsp. Acid Blend B for White and Rose are recommended, however 3 tsp. Citric Acid may be used instead.
- 5 tsp. Yeast Nutrient
- Appropriate Wine Yeast.

EQUIPMENT:

- Large Carboy
- Hydrometer and Hydrometer Jar
- Fermentation Trap & Bung
- Syphoning Equipment
- Gallon Jugs

METHOD:

Wash and sterilize equipment. Pour can of Concentrate and four tins of warm water into the carboy. Take a hydrometer reading and record. Add all other ingredients, except the wine yeast. Dissolve sugar.

When it cools to 75 degrees F., take a hydro meter reading and record it. Add the wine yeast. Fit fermentation trap and put sterilizing solution in trap.

When fermentation is complete, rack the wine. In about a month, the wine will become clear. If not, rack again. When clear, your wine is ready for bottling. If the wine is too dry sweeten it by adding sugar syrup to taste, (2 parts sugar, one part water) before bottling and add stabilizer tablets to prevent renewed fermentation, or sweeten just before serving.

HELPFUL HINTS

To make a sterilizing solution, dissolve six Campden tablets and a teaspoon of Citric Acid in a pint of warm water.

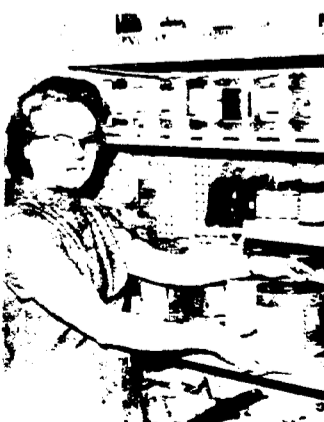
For use of the hydrometer, see the instructions which accompany the instrument.

An easy way to dissolve your sugar is to syphon off a little of the must from the carboy, and dissolve the sugar before returning it to the carboy.

Dip the bored bung and fermentation trap into the sterilizing solution and fit together very carefully while wet.

Yeasts are extremely important. Especially cultured yeasts of the variety of wine you like and most appropriate to your concentrate should be used. Liquid yeast produce a truer reproduction of the subtle flavor and characteristics. For best results use a starter bottle and a Yeast Starter Pack. Fermentation starts in 12 to 72 hours and lasts about four weeks on the average. Start your fermentation in a warm temperature about 70-75 degrees F. After the fermentation is going well, it may be moved to a cooler place, and this will slow down fermentation. If too cool, it will stop altogether. When you bottle, dress up your bottles. Use wine bottles, corks, wine bottle labels, foil caps, etc., and you will be extra proud when you serve a bottle to your friends.

You can make a lighter-bodied White or Rose wine by increasing the water by one tin - 140 oz., and by using 5 lbs. sugar, 2 oz. Acid Blend "B", 1/2 tsp. grape tannin and 5 tsp. yeast nutrient.



Doris Weston is ready to help any new customer at the Town Centre.

Pre-Christmas Sale

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13 DIFFERENT BLENDS
(No Primary of Fermenter Required)
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COMMUNITY DIARY

THURS. DEC. 11

1:30 to 3:30 p.m. - LADIES DROP IN

Ladies drop in will be held every Thursday at Agincourt Community Services Centre, 2240 Birchmount Rd. just south of Sheppard.

2 to 9 p.m. - BANNER DISPLAY

A display of Presbyterian Centennial banners expressing themes of the Christian faith in colourful symbols and contemporary designs, will be held in St. Stephen's Church, 3817 Lawrence Ave., east of Scarborough Golf Club Rd. For further information call 439-7078.

7 to 9 p.m. - DROP IN COUNSELLING

Free drop in counselling is available to any citizen at Agincourt Community Services Centre, 2240 Birchmount Rd. (at Sheppard). All inquiries are held in strictest confidence. Help is available for any problem. For information call 293-1818.

FRI. DEC. 12

SAT. DEC. 13

8 p.m. - FILM PRESENTATION

Stephen Leacock Film Society presents "Murder on the Orient Express" starring Ingrid Bergman, in Stephen Leacock Collegiate auditorium, 2450 Birchmount Rd. just north of Sheppard Ave.

FRI. DEC. 12

8:30 to 1 a.m. - SINGLES DANCE

This Friday and every Friday, a swinging dance is held at spacious St. Anne's Hall, 525 Morrish Rd. at Ellesmere, West Hill, one mile east of Morningside. Everyone is welcome to this fun filled evening of modern and mixed dancing on a wooden floor. The club boasts the best music in town played by popular disc jockeys. Admission is \$3 per person and includes free buffet and parking. Gentleman require jackets.

SAT. DEC. 13

1:30 p.m. - CHILDREN'S MATINEE

"The Railway Children" will be presented at Stephen Leacock Collegiate auditorium, 2450 Birchmount Rd. just north of Sheppard.

SUN. DEC. 14

3:30 p.m. - KITCHENER BACH CHOIR

Conductor: Howard Dyck. Music for the Christmas season. Scarborough College Meeting Place. Free.

4 to 5 p.m. - CHRISTMAS CONCERT

Knox United Church Choir will present the Christmas portion of Handel's Messiah at the church, 2569 Midland Ave. You are cordially invited to come and hear this traditional Christmas music.

MON. DEC. 15

7 to 9 p.m. - CONSTITUENCY OFFICE OPEN

Tom Wells, M.P.P., will be pleased to meet residents of his constituency every Monday evening at his office in the Agincourt Mall.

7 to 10 p.m. - AID OFFICE OPEN

Margaret Birch, M.P.P., will be pleased to meet residents of her constituency, Scarborough East, every Monday evening at her AID office, 1 Greenholm Circuit, one block east of Markham Rd. north off Lawrence (430-1113).

8:30 p.m. - CHRISTMAS CONCERT

The Canadian Children's Opera Chorus will perform a special Christmas Concert at Walter Hall, Edward Johnson Building, University of Toronto. Selections will include Ceremony of Carols, Christmas Cantata and Carols of French Canada.

TUES. DEC. 16

8:30 p.m. - MEETING FOR SINGLES

The Agincourt Chapter of One Parent Families Association of Canada is holding its monthly meeting at St. John's United Church, Farmcrest & Norbert. All single parents are invited to attend.

DEC. 17-19

8 p.m. - OPERA EXCERPTS

MacMillan Theatre, Edward Johnson Building. Free

Cedar Hill Minor Hockey

PEEWEE:

Russell M. Tolley 4 - Electric Shaver Clinic 1
G. Thompson 2, P. Whitley, J. Fox, S. Ferencz
Empire Life Ins. 2 - Jim Davidson Motors 2
B. Hanna, A. Bell; R. Whetren, K. Hansen
Cable-Harness Spec. 5 - Markham-401 Auto Ser. 2
A. Adair, B. Leitch, S. Wall, B. Osborne, S. Kinnon; J. Parsons, P. Allain
Victoria Park Fina 5 - S.W. Fleming Jets 1
A. Mitchell 2, M. Desroches, D. Campbell, M. Spiller; S. McNally

BANTAM:

Liquiflame Oils 2 - Birchdale Mercury 1
D. McMahon, G. Batten; M. LeBlanc
Complete Rent-Alls 4 - Regal Tile 3
K. Greer, K. Rudy, D. Ellis, T. Owen; D. Kondziolka, J. Shields, C. Rourke
B.X.L. Plastics 5 - Connelly's Men's Wear 3
D. Shaw 2, S. Pankhurst 2, B. Kirk; L. Heevel, G. Morgan, G. Baker

MINOR ATOM 1:

Alex Irvine Chev-Olds 3 - Robert Taylor R.E. 1
J. McIntosh 2, G. Dalgleish; M. Barlow
Three Little Pigs Shoes 5 - Gorries Golden Mile Chev-Olds 2
D. Trombley 2, T. Hepditch 2, J. McLean; J. Cascagmette 2
Cedarbrae Volkswagen 2 - Scar. Bendale Lions 0
D. Robertson, T. Seppanen, S.O. B. Morran

MINOR ATOM 11:

C. J. Duguid Flooring 3 - Marvin Starr Pontiac-Buick 1
S. Johnson, M. Sumi, P. Koren; I. Pike
H. Keith Realtor 5 - Gorries Golden Mile Chev-Olds 0
K. Holliban 2, M. Borg 2, J. Galbraith, S.O. A. Digenis
Weeks Electric 2 - Smith & Whittaker Flyers 1
R. Dick, P. Gibson; C. Boyle

MINOR ATOM:

Midas on Markham 5 - Whatmore's Sporting Goods 2
R. Chappell, A. Herrington, D. Ertman, B. Stammer, M. Franklin; I. Bryan, S. Bartlett
The Real McCoy 2 - K.V.N. Generals 1
T. Molloy 2; O. Sortino

ATOM:

Empire Life Ins. 7 - Parr's Print & Litho 3
R. Quinn 2, S. Trotman 2, J. Chappell, R. Duthie, S. McCauley; K. Prescott, G. Taylor, M. Hetherman
Frank & Tony's 3 - Harry Griffith Flyers 1
J. Galluzzo 2, J. Selano; P. Culliton
Marvin Starr Pontiac-Buick 3 - J.B.'s Big Boys 3
D. Balzia, D. Little, E. Arnold; P. Giatsopoulos 2, A. Little

MINOR PEEWEE:

Cover-All Computers 2 - Thistle Printing 2
J. Mihail, C. Scovil; J. Pember 2
Quality Auto Ser. 10 - Gulf Home Comfort 3
P. Kirk 3, M. Hillhouse 2, C. Bennett 2, R. Turnbull 2, K. Minister; S. McLaughlin 2, B. Shaw
Bikoe Pest Control 5 - Polygon Ind. 1
C. Spencer 3, W. McNaughton 2, D. Jackson
Progress Park Sunoco 5 - Classic Building Products 0
T. Stolte 2, P. Melanson, B. Polley, A. Ford, S.O. J. Mayers

MINOR BANTAM:

Thornber & Brown 2 - Paul McArthur Realtor 2
J. Dalley, A. Robertson; M. Barr J. Ireland
John Hulton Realtor 2 - London Life Ins. 1
R. Smart, S. Green; S. Bonca
Mac's Milk 3 - Scar. Bendale Lions 2
S. Crawford, H. Middleton, B. Auld; R. Hurst, M. Taylor
Anthony Fana R.E. 5 - Canadian Protection Services 1
M. Wilks 2, J. Crews, B. Faulkner, S. Keates; E. McCarroll

MINOR MIDGET:

Delaney Electric 7 - Regal Home Comfort 1
K. Hobson 3, T. McPhee 2, D. Ritchie, K. Howie; J. Finlayson
Ray's Shell 7 - Pilkington Glass 0
D. Barr 2, B. Rogers 2, P. Duff, J. May, K. O'Shea, S.O. T. Reynolds
City Buick-Pontiac-Cadillac 2 - Lockhart Electric 2
J. MacDonald, M. Linklater; A. Forsey, A. Vaney

MIDGET:

Scar. Bendale Lions 4 - Modern Paving 3
G. Stubbings, M. Nasu, B. Both, B. Tibbles; D. Rogers, S. Fox, D. Bean
One Hour Martinizing 2 - York Flyers 1
D. Maxwell, J. Armstrong; B. Neilson

JUVENILE:

Personnel Centre 6 - Mardi-Gras Florists 5
B. Giles, G. Craiger, A. Gear, J. Oke, D. Lark, R. Woodcock;
J. Howard 2, S. Novorolsky, M. Gairusso, J. Chapman
Laven Products 4 - Blaine & Gray R. E. 3
D. Moore, W. Pickles, S. Graham, J. Mullen; S. Fullerton, D. Taylor, J. Balkovec

GIRLS:

Royal Bank 4 - Scarsdale Jesters 3
K. A. McPhee 2, K. Downes, C. Dunlop, J. Shirley 3
Action Sport Photography 1 - Faubert Flyers 0
D. Robinson, S.O. R. Cook
C. J. Duguid Flooring 1 - Regal Tile 0
M. J. Woodyatt, S.O. C. Kissel

Warriors Nip Blues

At The Wire

Ken Jenkins' last second heroics carried the Wexford Warriors to a close 3-2 victory over the Clairlea Blues in a regularly scheduled SHA game on December 1st. With only five seconds remaining in the game, and with the score deadlocked at 2-2, Jenkins banged in a pass from Blaine Lakin to cop the duke for the Irish. Rick Balvers also assisted on the winning goal. The game was a hard fought affair with the Blues giving the league leaders plenty of trouble. Clairlea opened the scoring but Wexford came right back with Alan Scott scoring from Mike Huberty. Wexford then went ahead on Rick Balvers' goal, assisted by Mike Hillhouse and Robin Wilson. However, defensive lapses by Wexford allowed the Blues to tie it up in the closing minutes, thus setting the stage for Jenkins' last second heroics. Paul Coulombe went all the way in the Wexford nets and handled 14 shots. Wexford pumped 20 shots at the Clairlea goal. The out-standing players for Wexford were Jenkins, Lakin, Hillhouse, Huberty and Balvers.

Learn To Make Small Claims

Start the new year by learning the ropes in a small claims court. The Toronto Community Law School is sponsoring free courses for the general public. The procedure of bringing or defending claims to debts or damages to a limit of \$400 will be discussed at a series of three meetings. The open lectures are to be held at Boys' and Girls' House, 40 St. George Street (at College), Jan. 5, 6 and 7, from 7:30 to 9:30. Booklets on each subject will be available for a cost of \$1.

Hi, THIS IS PETER

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Sat 10-3 p.m.

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DO IT YOURSELF
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FOR STAIRS, KITCHENS AND OTHER HARD WEARING AREAS

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WE ALSO HAVE A FULL RANGE OF JEEPS.

Municipal Highlights

by Ken Matheson
Regional Councillor
Ward 1



LIBRARY FACILITIES AT BAY RIDGES

Council has agreed to construct an additional facility at the Bay Road school at Liverpool and Bayly. The library is to be approximately 4600 square feet. I am still opposed to the construction as I feel it is too large when compared to the present branch in the plaza of about 1300 square feet. The other concern I have is that in my opinion there will not be adequate parking allocation for the community centre, and library and if the anticipated full use is achieved.

PUBLIC HEALTH

I finished my tour with the public health inspector last week, by inspecting the various food supply stores and restaurants in the town. Things were generally well maintained in the majority of inspections but there were a few exceptions. Basically it was general housekeeping and the rest room areas that were at fault. Constant and regular follow-up of the reports to see if the recommendations have been carried out is the big factor which accounts for a large amount of time, spent by the various inspectors. Sometimes up to 2 hours may be involved with one single inspection. It should be understood that the Health Department tries to help the individual owner, who in the majority of cases will welcome the aid, but in some instances if recommendations are continually ignored closure of the premises can or is not avoided.

REGIONAL DAY CARE CENTRES

As I indicated in a previous column the regional social services committee will be taking another look at the application of the form 7 (calculation of assistance) with regard to the rates being charged. I also feel a lot of the criticism recently being directed toward the centres is unjustified, especially the statements about an extravagant service. In reality it is my opinion that the municipally operated centres are on or about the same levels as the privately operated ones in the majority of cases. A well run and economical service can be enjoyed by the region depending on what the council wants to adopt. For instance by purchasing a cleaning service in lieu of a maintenance worker at each centre, the savings would be approximately 7500 dollars per centre or a regional total of \$45,000 per annum. In some instances the members of council that criticize the costs will vote to have a maintenance worker to keep the peace with the workers, and their representatives.

EDUCATIONAL TAXES

Present indications are that the residents of Durham are in for another substantial increase in taxes for the year 1976. Last year about 80% of the municipal tax increase was for educational purposes which amounted to about 40 dollars on the average home in Pickering. One fault that the majority of residents make when they receive their tax notices is that the council is responsible for the complete tax bill, but a closer scrutiny would show that this is not so. All one has to do in order to verify the above statement is compare the educational levy in 1974 to the levy made in 1975. But being the collector for the school board the various municipal councils are the ones that receive the ratepayers' wrath.

Report from the Legislature

BILL NEWMAN
M.P.P., Durham North



Cannington area residents will be able to benefit from the Ontario Home Renewal Program, which is now in effect in the Township of Brock.

Just this week, my Colleague the Honourable John Rhodes, Minister of Housing, approved the application of the Township to enter this program and has subsequently sent a cheque in the amount of \$56,452.00 to Mayor A.G. McPhail.

Under the Ontario Home Renewal Program, occupants of residential property can repair their homes to standards developed locally and acceptable to the Ministry.

The program is particularly directed to the rehabilitation of substandard dwellings, with emphasis on faulty structural and sanitary conditions, and the up-grading of plumbing, heating and electrical systems.

Municipalities administer this program and they confirm the eligibility of the owner-occupant and will arrange for an inspection to determine the extent of the work to be done and to prepare an estimate of costs. The owner can then secure estimates from two or more contractors and apply to the Township of Brock for a loan, both payable and forgivable portions, to cover the work.

The maximum amount of any loan is \$7,500.00. The interest rate on the repayable portion of the loan is geared to the family income (0% for those under \$3,000.00, up to 8% over \$8,001.00). The amount of the forgivable portion of the loan is also geared to the family income.

To apply, a person would go to the Township office and would have to provide details of income and that of your spouse, and agree to have employers verify your incomes if necessary. The information and documents you would provide, are of course kept in the strictest of confidentiality.

I think I should point out that it would be unwise to sign any contracts or begin any work until you are notified that your loan is approved and only then after discussing the proposed contract with the Municipal inspector assigned to work with you.

Pickering Minor Hockey League

NOVICE DIV.

Dunbarton Kiwanis 5 Vari-Sign 1
Kiwanis outthrustled the Sign boys this game and pulled off the big win. Scoring for Kiwanis it was D. Bond 4 and R. Stevens 1. Assist went to S. Sutton. For Vari-Sign it was Heinen from Mann.

Bay Dukes 4 Case Realty 3

The Dukes were lucky to walk off with the win as Case never stopped and looked every bit as good. Marksmen for the Dukes Kemp 1 plus 1 assist, McCarthy, Roy and Vantienan 1 each. The assist went to D. Hammer. For Case it was Vicente 1 plus 1 assist Ellis and Cooke 1 each, assist to Walton.

Hannah Towing 3 Rick Towing 1

The battle of the tow trucks turned out in favour of Hannah but look forward to a FRIENDLY rivalry here. For Hannah it was Kendrick 1 plus 1 assist, Robbins and Drew 1 each. Jeff Davie was the marksman for Ricks.

ATOM DIV.

G & H Steele 8 P.E.S. 2

The Steelers came up with six goals in the final period to take this win. Scoring for the Steelers Myers 3 plus 1 assist, Callie 2 plus 2, Taggart 2 and Harlow 1. Assists went to Whitley 2 and Hergott. For P.E.S. it was No. 14 and No. 5 assist to No. 9. (no names on game sheets)

PMA Realty 3 World of Comfort 2

PMA pulled off an upset by knocking of the "team to beat". Young Stu Carson is starting to take the lead in this div. as "as the man to check". Marksmen for PMA Carson 2, Callahan 1. Assist to B. Holtom. For Comfort it was Hunter and Morrison 1 each and assist to McNeil.

B & B Auto 4 Lamco Const. 2

The Auto Body boys doubled up the score on Barbs team but the game could have gone either way. Scoring for B & B, Cane 2, Snow and Closs 1 each. Assists went to Craig, Court and Vantienan. For Lamco it was Petch and Tassone.

Index Ind. 4 Dennis & Sale 5

Dennis & Sale nipped by the opposition as the score indicates but for Index it was Butt all the way with four big ones. Scoring for Dennis & Sale it was Frankfeurt and Attersley 2 each and Belvin 1. Assists to Sale and Taylor.

PEE WEE DIV.

Matts 5 Lions 1

Matts overpowered the Lions in this real upset game. With the acquisition of their new player watch out for Matts to go all the way -STRONG-. For Matts it was Fretz and Davey 1 plus 1 assist each, Walters, Weidenborner and Waldron 1 each. Scoring for Lions Mike Budd.

Grenada 4 Thunderbird 2

Grenada doubled up the score on the T-Birds this time although the Birds are strengthened now and could be the Jeoper. Scoring for Grenada it was Hewie, St. Peter, Couci and Dubois 1 each. Glen Gordon had two assists. For Thunderbird it was Houton 1 and 1 assist and MacLean 1.

Carpet Corral 4 K & T 2

Same score as the above game except that C.C. gave up a super player in last weeks balance and they still look like the team to beat. For C.C. it was Wittenberg 2 plus 2 and Westbrook 2 plus 1. W. Court had two assists. For K & T it was Picketts 2 goals and Lutes 2 assists.

Sears 3 Sharrard 2

A very good game to watch, lots of up and down hockey. Way to go (Big Bill Callander) you almost pulled it off again for Sharrard. Marksmen for Sears Bischof, Boonhour and Allison 1 each. Assists to D. Sears 2, Naughton, Morrison, Barber and R. Sears 1 each. For Sharrard it was Callander 1 plus 1, Ward 1 and Byce 1 assist.

Pickering Executive Committee Meeting

HYDRO UTILITIES RESTRUCTURING

The Committee moved that the report of the Director of Public Works, dated Nov. 26th, 1975, on the progress of the Hydro Utilities Restructuring within the region, be received for information.

"SAVE THE ROUGE VALLEY SYSTEM"

Information from the "Save the Rouge Valley System", giving reasons for their opposition to the proposed foot bridge in the valley, was received by Committee.

CONSERVATION PLAN FOR NORTH PICKERING

Committee moved to recommend to Council that the report of the Metropolitan Toronto and Region, and Conservation Authority dated Oct. 19th, 1975, dealing with the North Pickering Project Recommended Plan be received and that it be recommended to the Board of the North Pickering Project that the Director of Recreation and Transportation be involved in the planning and development of any Regional park under the Board's direction, pending the appointment of regional recreational staff, and which is within the Town of Pickering.

TOWN WORKS CENTRE

Committee moved to recommend to Council that the report of the Director of Public Works dated Nov. 27th, 1975 with respect to the installation of an additional gas tank, to accommodate unleaded gas at the Town Works Centre, at a cost of \$12,779.37 be approved.

TENDER - ONE TON TRUCK

Committee moved to recommend to Council that the tender of MacDonald Ford Sales Limited, for the supply of one, one-ton truck in the amount of \$10,678.89, be accepted, as recommended by the Town Buyer in his report dated Dec. 5th, 1975.

ONTARIO HYDRO PARK

The Metropolitan Toronto and Region Conservation Authority, through the Mayor, have enquired as to whether the municipality would be interested in assuming the maintenance of the park on Sandy Beach Road owned by Ontario Hydro and presently maintained by the Conservation Authority.

AT GO STN.

The Executive-Committee announced at its Monday night meeting that heating units will be installed at the "Go" station.

NO LONG DISTANCE

The Executive Committee announced at its meeting Monday night that the Go-System transit telephone lines can both be reached without resorting to long distance. In the Bay Ridges area, there is a Toronto core number, which is 484-0444,

Cals 8 Plummer 2

Plummer scored on their first shift out but after that their moment of glory faded as they were outthrustled all the way although Mike Howard for Plummer never quit until the final buzzer. Scoring for Cals Petch 4, Henderson 2, Tarpey and Peters 1 each. Assists to Anderson 3, Hodgson 2, Bendle, Finlay and Erickson 1 each.

BANTAM DIV.

Bry Ron 2 J C Pro 2

Super close hockey, real enjoyable to watch. For BryRon it was Soltys and Shukla 1 each, assists to Yeates and Passmore 1 each. Scoring for J C Pro Tencer and Duncan 1 each. Assists to McIlroy and Boumeister 1 each.

Pickering Golf 6 Johns Manville 2

The golfers outthrustled John Mansville and always seemed one jump ahead. Marksmen for Pickering Vanular 3, Kristensen, Godden and Lodge 1 each. Assist to Brown. For Mansville it was Nolan and Dimopolous 1 each, assists to Trenholme and Gagne 1 each.

Joes Esso 6 Bay Ridges Legion 606 4

Lots of scoring spread throughout both teams as nine boys netted markers. Snipers for Joes were Giroux 2 plus 1, Sharpley, Donnell, Schuh and Daubeny 1 each. Assists to Donnison and O'Brien 1 each and King 2. For Bay Ridges it was Mattson and Pereira 1 goal and 2 assists each, Griffith and Kingston 1 each.

Nels Sunoco 7 J & G Haulage 6

Like Close Games? This was excitement plus which kept the fans on the edge of their seats. Nels shooters were Stone 2, Williamson 2 plus 1 assist, Mondoux 1 plus 2 assists, Macklem 1 plus 1 assist and No. 2 (no name on game sheet) 1 goal. For J & G it was Williams 4, Bendle 2. Assists to Platz 2 and Drasnin and Ventrella 1 each.

MIDGET DIV.

Firefighters 6 West Rouge Cycle 5

The Firemen just managed to squeeze by the Cycle boys in a good aggressive hockey game. For the Firemen it was Omelon 3 plus 3 assists, Terry Barber 2 and Delayigne 1 plus 1 assist. Other assists went to Tony Barber and Clark 1 each. Scoring for West Rouge it was Thibodean 2 plus 1 assist, Henderson and Roberts 1, Ramsey 1 plus 1 assist. Other assists went to Ramage 2, Mack, Dubois and Beldin 1 each. Dickson Printing 6 East Woodlands 4

The Printers played their position well and seemed to want the win a little more than Woodlands. For Dickson it was Macklem 2 plus 2 assists, Wedlake 2 plus 1 assist, Chaddock and Higgins 1 each. Assisting were Amorini 2, Azzopardi and Hilton 1 each. Marksmen for Woodland Belton 3, Mueller 1, assists to Davis 3, Milroy and Gallant 1 each.

Bay Ridges Kinsmen 5 Obedience Plus 3

The Kinsmen looked a little too strong for the opposition this game but don't sell the Plus boys short as they never say die. For Kinsmen it was Morin 2, Ford and Lodge 1 each and Cook 1 plus 1 assist. Other assists went to Garden 3, Cormier and Guthrie 1 each. Scoring for Obedience were Randy Tingley, Rick Tingley and Jerry Monk. Assists to Jones and Soltys.

JUVENILES

Sorry no stats available for Juvenile games this week but we will try to get them to our readers next week.

McEachnies 3 Kameka 1

Pickering Rotary 4 Bay Ridges Florist 4

SELECTS

Major Pee Wee Select 2 West Hill All Stars (S.H.A.) 2

Our selects really surprised the West Hill fans with some sound positional hockey. This team can hold their own with any one. For Pickering it was Giroux and Hewie while Reid and Gallagher scored for West Hill.

and the Pickering area number is an Oshawa number.

POT HOLE

Councillor Don Kitchen asked that the Executive Committee recommend to Council, at Monday night's meeting, that the pot hole on the south side of Base Line

Road, between Krosno and Sandy Beach, be repaired.

LIBRARY PLANS

At Monday night's meeting, the Executive Committee moved that plans from T. W. Beddall, Architect, for design of the new library in the Recreation Centre project, be submitted for consideration.

Business Education Survey And Update

Effective Dec. 8th, the staff of The Durham Board will commence a Region-wide survey of selected businesses, parents, students and teachers to determine the strengths and gaps in current programs as they are seen by the users of the service. Included in the survey will be both public and private sector employees in Durham.

The project is under the

direction of Mr. N. Wortman Commercial Director of Brook High School and Mr. R. Summers, from Uxbridge Secondary School, on secondment to The Board as a Consultant in Business Education.

This is the first comprehensive survey of its kind in Durham and will parallel, in part, an earlier study in the Kitchener-Waterloo district.

She's Banking On It

A Pickering woman has been named a Fellow of the Institute of Canadian Bankers following her completion of the ICB's educational program at the University of Toronto. Muriel See of West Shore Blvd. successfully graduated from the course aimed to prepare bankers for managerial responsibilities. She is a bank loan officer for the Canadian Imperial

Bank of Commerce on Yonge St.

The course was coordinated by Prof. E.M. Greutzner, director, School of Continuing Studies, University of Toronto.

There were 3,928 students enrolled in Ontario alone, among more than 9,000 across the country last year.

The ICB is the largest educational institution of its kind in Canada.

TODAY'S HEALTH

Too much food, drink or drugs can harm the system

by David Woods

When it comes to the care and feeding of the gastrointestinal tract, most people focus on the feeding and forget about the care.

And that, up to a point, is fine. The so-called GI tract, through which everything we eat or drink is carried, is a busy and efficient thoroughfare. Leading from the mouth through the pharynx, the oesophagus, the stomach, and on into the large and small intestine and then to the rectum, the GI tract not only transports what we eat — it transforms it. At various stages along the route ingested material is chemically treated, reorganized, stored, distributed or dispatched.

All of this movement and activity we take pretty much for granted. But, like any other transportation system, this one can get snarled up.

The main enemies of the GI tract are ASA (acetyl salicylic acid), alcohol, smoking, antibiotics and laxatives.

ASA, whether in tablet or seltzer form, can have a damaging effect on the tough lining of the stomach wall — the mucous membrane — making the stomach more vulnerable to acids involved in the digestive process. The result of all this will depend on the amount of aspirin taken, and, of course, on the person and the stomach involved. But it can mean heartburn, ulcers or even hemorrhage.

Alcohol has much the same effect on the stomach lining, but large and

consistent doses of it can also affect the liver and the pancreas — both glands involved in the digestive process — and can also lead to pancreatitis and cirrhosis of the liver, difficult to treat (sometimes incurable) diseases. Alcohol has a third effect. It hampers the absorption of food as nutrient, thus depriving the body of the full value of what is eaten.

Smoking relaxes the valve between the stomach and the oesophagus, thus allowing acids to flow back from the stomach instead of moving along in the right direction. This condition, known as reflux oesophagitis, causes heartburn. Also, while smoking hasn't actually been shown to cause ulcers, it does prevent existing ones from healing properly.

Antibiotics can injure the GI tract in a number of ways, such as by causing inflammation of the colon — colitis. While these "wonder drugs" obviously serve a useful purpose, they shouldn't be used for trivial complaints.

Finally, people who don't get enough roughage in their diet resort to laxatives, and these, in their harsher forms, tend to flog the life out of the large bowel. This creates a vicious circle in which the bowel isn't elastic enough to do its job, and so more laxatives are needed.

The enemies of the GI tract are mostly quite easy to deal with; their assets have to be weighed against their liabilities. Moderation is where care of the GI tract begins.

Support United Way, Urges Campaign Chairman

With the 1975 United Way Campaign in the Ajax-Pickering area now entering its final week, Chairman Bill McLean has made an urgent appeal to the public to help the Community Fund reach its campaign target.

As Mr. McLean points out, \$95,000 are needed to help the Red Cross and eleven other agencies in this area to maintain the services which the public has come to expect. "Without the public's support, cutbacks in all locations and, ultimately, a lowering in the standard of services are unavoidable," Mr. McLean said.

He is asking all firms and individuals to mail in their contribution now, if they haven't already done so. "In this final appeal", Mr. McLean said, "we are trying to reach those who were approached by letter before the mail strike, like companies, professionals, charter members etc. They probably had every good intention to donate, but because of the lengthy postal

strike simply got about it. We want to remind them that this United Way campaign is still very much alive, although it is going into its final week."

So far, the campaign total has passed the \$52,000-mark. This is about \$9,000 more than the amount collected at the same time last year, but still considerably below the target, even if an anticipated allocation of \$30,000 from the Metro United Way (for Ajax-Pickering residents working in Metro) is added.

Against Pedestrian Bridge

At its Monday night meeting, the Pickering Executive Committee received a letter from the "Save the Rouge Valley System", opposing the plan for a pedestrian bridge at the mouth of the Rouge River, under consideration as a 1976 budgetary item. In the letter the group listed its concerns: "Some of the environmental problems which need attention immediately are: safety of wildlife from disturbance such as snaring and egg breakage, provision for car parking in areas removed from the swamps, research into causes of pollution at the beach area this past summer which resulted in closing". "Save the Rouge Valley System" expressed its concern that no changes should be undertaken in this area (Mouth of the Rouge) with out serious study of the environmental problems and, furthermore, that active steps should be taken to protect the wildlife environment now.

Councillor Kon Kitchen said he failed to see how a foot-bridge could seriously harm the environment. "Human beings have a right to go into the woods, too", he said.

The campaign total jumped considerably last Friday (cheques should be sent to the Ajax-Pickering Community Fund, R.R. #1, Brock Rd. North, Pickering. Bank branches will also accept donations and issue receipts, when the results of the Chrysler employee canvass were made known. Employees at the Chrysler plant donated \$14,986 in cash and pledges, thanks to the tireless efforts of Mrs. Frances Docherty, a Union Benefits representative.

In the residential canvass, another pick-up of coin boxes was made last Saturday, but for lack of volunteers it was only a partial pick-up. Those residents who still have a coin box can call 839-1004 and ask for a special pick-up or take their donation to the bank.

Pickering High School News

by Erica Diedrichsen & Paula Brindle

Well fellow Pickeringites (?) and dedicated readers, nothing much happened in the line of sports this week. But, what did happen we'll tell you.

Our junior Girls' Basketball team came from behind to beat Dunbarton, in the semi-finals by a score of 30-28. The last two points came from Lisa Hansen in the last few minutes or so of the game. Grace Dimech led the girls in points with 13 points followed by Moira Hennessy who contributed 7 points to the score. Congratulations girls, Mrs. Steeves and good luck in the quarter finals.

Try-outs were being conducted for the junior boys' basketball team this week. Let's hope they do as well as the girls.

As you probably know by now, but just in case you don't 34 competitors made



Grade 7 student Doug Thomas serves ball in volleyball game as Woodlands Sr. Public School holds "School Spirit Week". (Photo - A.C. Verheij)

Liberal Assoc. Of Ontario Riding Report

The Executive of the Federal Riding Association has been kept active over recent months with several committees functioning.

Under the Chairmanship of Ron Sproule representation was made to the Federal Electoral Boundaries Commission in regard to the proposed Redistribution of the Federal Riding. This formal presentation was made on behalf of the Association by Milton Mowbray.

Norm Collins, Chairman of the Committee on the Control of Weapons and Firearms, has forwarded a submission to the Minister of

Justice of Canada, Norm and his committee consisting of persons of contrasting philosophies and political persuasions worked on this report for many weeks.

Several members of the Association attended the National Convention in Ottawa in November. These included our President, Frank Law, Barbara Harrison, President of the Durham North Provincial Association, Rita Law, Georgia Brendon, Ann Farquhar, Vicky Dingley and Joan Martell.

At this time interest is centering around the upcoming Provincial Leadership Convention to be

held in Toronto, Jan. 23, 24 25th at the Four Seasons Hotel Downtown. The Federal Association will be electing delegates to this convention early in January.

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news places to go

Buffet For Lunch Or Dinner

by Bob Watson
Buffet-style food at some local restaurants is not unusual, but at the new Town and Country Restaurant at Markham Rd. and Ellesmere Rd. it is the usual. Both at lunch and dinner, patrons happily walk along the assortment of hot and cold food and select what they want for a fixed price. When we decided to see what Town and Country was like, it was a Friday evening. Waiters and waitresses serve drinks and attend to the tables and the atmosphere was conducive to relaxed digestion. Our waiter Paul, talked us

into a Spanish coffee each. While he did his trick of heating the glasses, coating in lemon and sugar and pouring in the various liquids, most of the diners watched in fascination. It was a very nice drink, but it added up on our bill, too! Years ago we had dined at the Town and Country downtown and liked it as well. Only open a short few weeks, this new restaurant is already running smoothly and catering to groups as well as individuals. Prices are very reasonable. At lunch time, cost of a cold buffet is just \$1.85, while hot and cold buffet is

It's not often than an indoor location can offer field naturalists anything of interest. An exception is the Morningside Branch of the

priced at \$2.50. Dinner buffet costs \$6.95. The decor is nice, the staff is pleasant and with good food what else can one ask for?

Golf Instruction

Golf instruction will be available at Mid-Scarborough Community Centre on Sunday mornings. This program provides group instruction for those 16 years and over interested in learning or improving their game. Sessions are given in stance, grip, swing, putting, and the use of woods and irons. Registration for both the winter and spring sessions will be Jan. 11, 1976, from 10 a.m. to noon.

Indoor Haunt For Naturalists

Scarborough Public Library, with their current exhibition. Four different but related displays are making the library a focal point of interest to bird lovers of all ages.

There is a slide show with taped commentary on the birds and animals of the Galapagos Islands. This

group of islands, 600 miles off the coast of Ecuador, were the inspiration for Darwin's views on natural selection. Today the islands are a Governmental wildlife sanctuary. They still retain their unique species such as the flightless cormorant, the Darwin finches and the giant tortoises and iguanas. The

show will be played on request. It is on loan from Dec. 12 until Jan. 5 exclusive from the collection of travel writer and photographer Laddie Dennis.

There are the original colour illustrations by Terry Shortt, chief of the exhibits department at the Royal Ontario Museum, from his recently published book "Not As The Crow Flies" (McClelland & Stewart). They will be up until Dec. 27. There are the startlingly life-like birds of Albert Olsen, a carver of birds for the teaching of natural history and for ornamental purposes. He has demonstrated and exhibited at the Ontario Science Centre and is a member of the Federation of Ontario Naturalists. The carvings will be on display until Dec. 27.

The Christmas tree at this library is literally for the birds. It gives ideas for trimming an outdoor tree with attractive yet practical items for attracting birds.

Ukrainian Christmas

In the days when Christmas was more generally observed in the Ukraine, it began with a forty-day fast, during which no meat was served. It ended Christmas Eve with a twelve-course meal, each course commemorating one of the twelve Apostles. After dinner carollers visited the house to sing the traditional songs of Christmas, Kolyada.

Some of these same songs

can be enjoyed by all who visit the McGregor Park Public Library, 2219 Lawrence Ave. E. at Birchmount Road on Sat., Dec. 13, starting at 2:30 p.m.

The colorful costumed Kolomaya Ukrainian Folk Dancers and the Marichka Ukrainian Choir from St. Demetrius Church will perform in front of a traditional Ukrainian Christmas tree. There will be twenty men and women dancers and twenty women singers. They will balance their programme with some carols familiar to all Canadians.

Festival Of Song

Elmer Iseler conducts the FESTIVAL SINGERS OF CANADA in their annual Christmas Concerts. Sat., Dec. 13 and Sun., Dec. 14 in Laidlaw Hall, Upper Canada College. The concerts start at 8:30 p.m.

The program includes works by Vaughan Williams, Benjamin Britten and La Montaine.

Guest Artists are: Erica Goodman, harpist; Russell Hartenberger and the St. Simon's Boys Choir. Ticket prices are Adults \$5 and Students \$3.50.

Nativity Figurines Demonstrated

People interested in hand-crafted gifts or decorations for Christmas will enjoy and profit by the demonstration planned for this afternoon Thurs. Dec. 11, 2:00 p.m. at the Taylor Public Library, 1440 Kingston Road (at Warden Avenue).

The demonstration is how to make Nativity figurines, approximately 1 1/2" high, in classical poses. Working with cloth, starch, glue and paint, the final results can be most effective. The demonstration will show traditional figures in various stages as well as completed ones. Everyone welcome.

Ski Instructors Wanted

The Scarborough Recreation and Parks Department require ski instructors for the 1976 Learn to Ski program run in co-operation with the Toronto Ski Club.

There is a need for skiers who are capable of teaching to the Intermediate level and willing to attend an instructors clinic in December. Candidates must be at least 17 years of age.

Any Scarborough residents who are interested are to apply before November 28th to: The Borough of Scarborough Recreation and Parks Dept. 150 Borough Drive, Scarborough, Ontario.

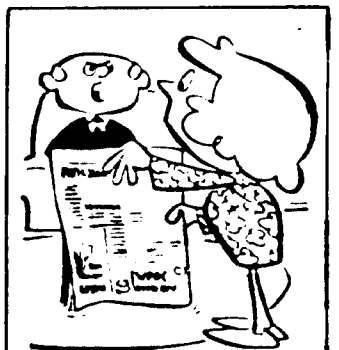
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Cable Co. Seeks OK On Its Place

Scarborough Planning Board last Thursday moved to advertise to all residents within 400 feet of 3311 Kingston Rd. an application by a Scarborough Cable T.V. company to legalize the operation of their cable T.V. equipment within the building.

At the present time six clusters of receiving antennae are located on the roof of the 14-storey apartment building, and the receiving and transmitting equipment is located in a separate room within the roof-top boiler room. The equipment is owned by Cable

Utility Communications, or C.U.C. Scarborough Limited.

At present, the use of cable T.V. receiving and transmitting equipment, is not permitted in the high density residential zoning located here.

The company is requesting to amend the Official Plan, in order to permit its operation in the apartment building, which was established here in 1968.

The Board agreed with staff recommendations that the official plan be amended to permit the operation, subject to certain conditions. One condition is that maximum height of the equipment be restricted to be 25 feet only.

Another is that the equipment be restricted to the boiler room area only, and that the use of any portion of the apartment building as a television studio be prohibited.

Store Wins Quality Award

Top standards in quality, cleanliness and service won a national Quality/Purity Award for 22 year-old Ron Beck Jr. operator of a local "Dairy Queen/Brazier" store at 4366 Kingston Rd.

The Quality/Purity Award for degree of excellence is given only after a rigid examination of the premises by a "Dairy Queen" inspector who checks interior and exterior appearance, condition of food preparation areas and equipment and overall cleanliness. Inspections take place without previous notification to store owners.

For Ron, the award is another sign that his

business venture is a success. Ron had worked in his parents' "Dairy Queen" store in Whitby for four years and in July, 1975, Ron decided to try running his own "Dairy Queen/Brazier" store. Less than three months later, Ron was given the Quality/Purity Award.

Couple Celebrate Sixtieth

Because they have only been living in Toronto for three years, Mr. & Mrs. George Barnum were truly surprised when their daughter, Elinor, held a lovely reception for them to celebrate their 60th wedding anniversary on Nov. 15.

About 50 guests attended the reception at Mrs. Francey's home, 297 Fieldcrest Ave.

Mr. and Mrs. Barnum hail from Frelighsburg, Quebec, in the Eastern Township area. They moved to Toronto to be closer to their daughters.

Bridletown Residents Favour Townhouses

Last Thursday the Scarborough Planning Board received approvals from residents within 400 feet of a proposed townhouse development on the southwest corner of Warden Avenue and Bridletown Circle.

"As a resident of this area for the past seven years," one resident wrote, "we have watched this section of Warden Avenue transformed from farmland and small holdings to an asphalt jungle." But, he went on, "we are all to blame, for we have permitted this to happen."

"Personally," wrote another, "I think there are enough apartment buildings planned already for that area."

And another resident

wrote: "The area in question most definitely does not require more "high density" or plazas, or service stations. There are more than we need in the community now."

"I am in agreement that only townhouses, at a limit of 15 units per acre, are the only, and I repeat, only, reasonable development, other than a park, to be constructed on that site", another resident wrote.

After acknowledgement of these letters, the Planning Board moved to recommend to Council approval of the townhouse application.

Florida Holiday Follows Celebration

Friends, family and out-of-town guests gathered at the Travelodge Hotel in Scarborough to celebrate the 50th wedding anniversary of Mr. and Mrs. Thomas Fletcher on Tues. Nov. 18.

Mr. and Mrs. Fletcher are originally from England and lived in Montreal until 1929 when they moved to Toronto. They have one son Gordon, and one grandson.

Following the reception, the couple left for a holiday in Florida.

Town Houses Approved For Celeste Dr.

by Amy Vanderwal

At its Thursday meeting Scarborough Planning Board approved an application to build townhouses on two separate parcels of land, on the north side of Kingston Road at Celeste Drive.

Alderman Norm Kelly was concerned that the townhouses, when built, will physically front onto Kingston Road, and felt it was imperative that the buildings be designed to provide adequate privacy, and proper landscaping.

Adequate parking is also needed, he said, in order to prevent cars from parking on Kingston parking, and thus keep the development aesthetically pleasing to area residents.

Some members of the Board felt that open areas for children in the design were lacking. "There are 6,280 games of road hockey held annually in this area, and I would like to see this preserved," said one member, in agreement with the board.

Alderman John Wimbs suggested that one way to provide extra landscaping, would be to delete two circular car turning areas from the plans.

Centennial Tennis Champs

Centennial College again continued its domination of the singles events, winning both the Men's and Women's titles in this year's O.C.A.A. Tennis Championships played at the Turtle Creek Country Club in Brampton.

Wallace Coomansingh, who has dominated the Ontario College Tennis scene for the past two years, defeated an extremely tough field and won his second straight Men's Singles crown. Erica McIntosh, also of Centennial, won the Women's Singles title. Miss McIntosh followed the footsteps set down last year by Cynthia Kane of Centennial College who also won the Women's Singles.

Other event winners were Andy Lamch and Al Ponomarew of Humber in the Men's Doubles, Laurie Henderson and Judy Milne-Marshall of Fanshawe in the Women's Doubles and Roland Klassen and Danielle Tersigni of Humber in the Mixed Doubles.

The most excitement in the tournament was generated by the competitors in the Men's Singles event. All six players were very good, and the ultimate champ, Wallace Coomansingh, many times had to go the full three sets in order to win the match. Coomansingh, by winning all of his matches in this year's finals, leaves O.C.A.A. Tennis with two years of undefeated play.

Centennial's other winner, Erica McIntosh, also went undefeated in the finals. Her biggest match was against last year's runner-up in the Women's Singles, Marie Douglas of Humber. She was expected to be the heir apparent, but Miss McIntosh defeated her in a long, exhausting match, 6-4, 5-7, 6-4, thus assuring her of the championship.

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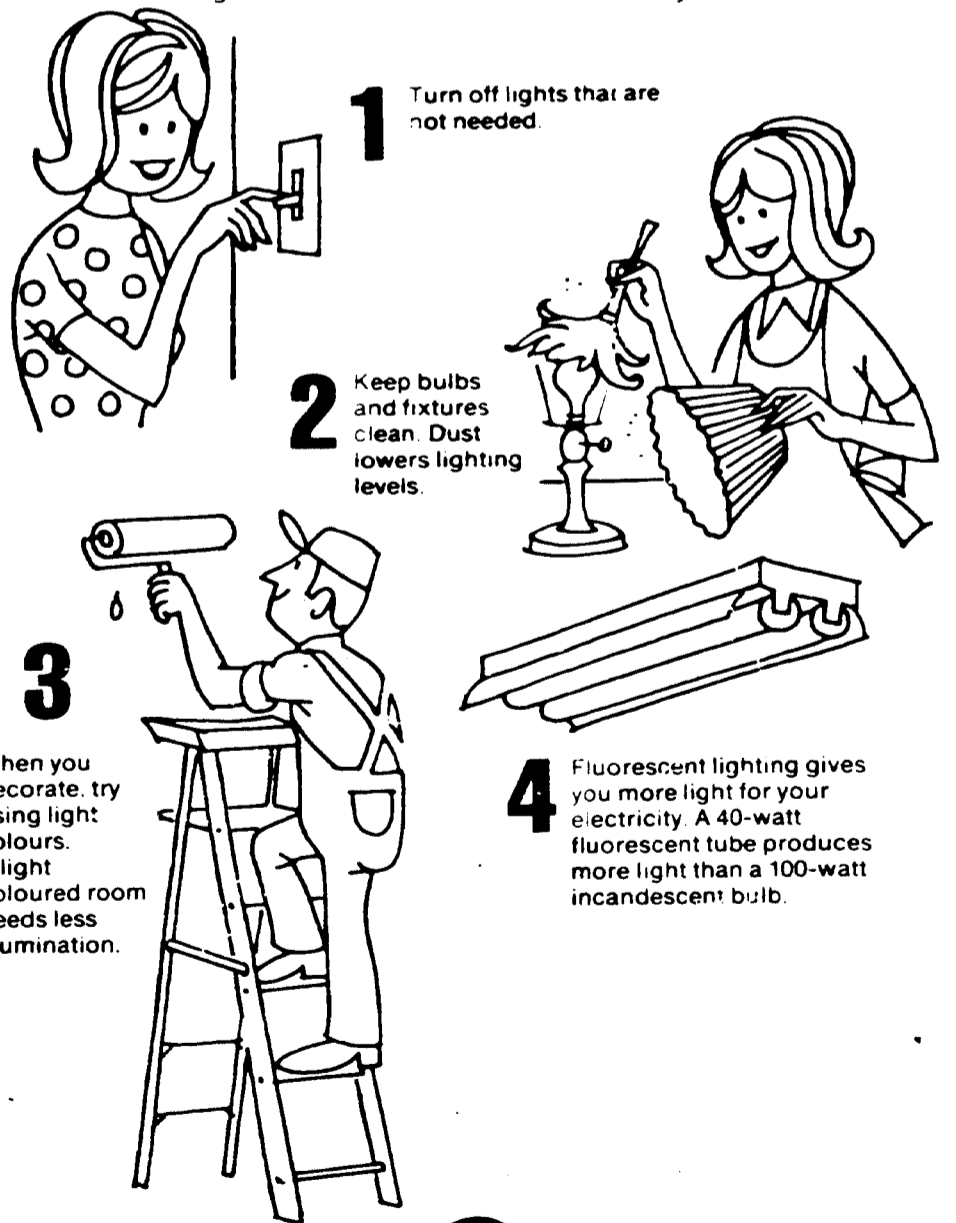
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- 3 When you decorate, try using light colours. A light coloured room needs less illumination.
- 4 Fluorescent lighting gives you more light for your electricity. A 40-watt fluorescent tube produces more light than a 100-watt incandescent bulb.

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GIVE BLOOD GIVE LIFE

West Rouge News By Lesley Cowell

WEST ROUGE SECONDARY PLAN MEETING

Well, the Borough can't complain about not playing to packed houses as the Meeting Hall was packed last Thursday to hear and discuss the West Rouge Secondary Plan - even though, alas, only 22 residents bothered writing out their thoughts and handing them in at the schools.

However, the outcome seems to be a bit more hopeful in some respects - at least there will be no highrise apartments looming up around us although there will be multi-family dwellings here and there together with some industry and, best of all, definitely a Senior Secondary school.

We must remember though that although it seemed that the developers had subdued some of their demands and the whole feeling seemed to be on our side, Lawrence will be coming through after all it was only the Planning Board Staff recommendations and such recommendations along with our submissions have a lot of people to face before we will know what we are to have in the way of development here.

HELP WANTED

If you are 18 years or older and would like to make some

money on New Year's Eve and at the same time enjoy that special New Year's Eve atmosphere, give Iris Farley a call at 282-4910. Iris is looking for two people to sell liquor tickets, two or three to serve food and one person to take the tickets at the door. Call now, the big night is only three weeks away.

W.R. GUIDERS' SUPPER

A potluck supper was held recently at the home of Mrs. Sylvia Bennett, District Commissioner, when all the local Guiders met to enjoy not only their supper but a get together as well.

SCHOOL MOVIE

Tomorrow, Friday, West Rouge Public School will be the place to be to see the December school movie - 'The Computer wore Tennis Shoes' which begins at 3:30 and ends at 5:45 p.m. Admission is 75¢ and pop at 10¢ and chips at 15¢ will be on sale.

ST. EDWARD'S CHURCH

The Potluck supper for the congregation of the above will take place this Friday at the Church beginning at 6 p.m. and the Sunday School Christmas party will be held following the Morning service on Sunday morning.

"JUST FOR YOU" CLASSES

Registration for the next term of the 'Just For You' Classes sponsored by Grace Presbyterian Church will be held at Grace Church on Tuesday, December 16th from 1:30 to 2:30 p.m.

The following are the times and registration fees of the various classes:

Ladies Rhythmic - Tuesdays or Thursdays 1:30 to 3:00 p.m. 10 weeks beginning Jan. 6 & 8 - \$12

Gourmet Cooking - Mondays or Tuesdays 9:30 to 11:30 a.m. 10 weeks beginning Jan. 5 & 6 - \$24 (food extra)

Hooking Crafts - Beginners - Tuesdays 9:30 to 11:30 a.m. Advanced Thursdays 9:30 to 11:30 a.m. 10 weeks beginning Jan. 6 & 8 - \$18

Oil Painting - Mondays - 8:00 p.m. to 10:00 p.m. Wednesdays 9:30 a.m. to 11:30 a.m. Thursday 1:15 to 3:15 p.m. Saturdays 10 - 12 noon. 10 weeks beginning Jan. 5, 7 & 8 and 10 - \$15

Mod Podge - Decoupage - Wednesdays 1:30 to 3:00 p.m. 8 weeks beginning Jan. 7 - \$12

Decorative Art - Mondays 9:30 to 11:30 a.m. Offered for the first time. Sometimes called Tole painting this is a beautiful form of art created by painting on wood or tin with oils - cost \$18 for 10 weeks beginning Jan. 5.

Applehead Dolls - Wednesdays 1:15 to 3:15 Thursdays 9:30 to 11:30 a.m. 6 weeks beginning Jan. 7 & 8 - \$9

Quilting - Tuesdays 9:30 to 11:30 a.m. Thursdays 9:30 to 11:30 a.m. 8 weeks beginning Jan. 5 & 8 - \$12

Bible Study - Wednesdays 9:45 to 11:15 a.m. Beginning Jan. 7 - \$1 per month

Crafts & Hobbies - 5 weeks Macrame, 5 weeks pottery - Tuesdays 1:15 - 3:15 p.m. 10 weeks beginning Jan. 6 - cost \$24 (supplies included).

Babysitting is provided at no extra cost for all classes apart from the Monday evening and Saturday morning Art classes.

The YMCA will be repeating their "Creating Together" course beginning Monday, Jan. 5th from 9:30 to 11 a.m. for 10 weeks - \$25.

If you wish any further information on these courses please telephone either Mrs. Cairns, 282-9522 or Mrs. Blaymires, 282-4929

MANY OF 'EM

Birthday greetings are sent to Neil Doyle, Jane Newell, Andy Haight and Steven McConnachie.

WEST ROUGE HOCKEY ASSOC.

The result of a Dec. 5th Peewee game played in the above association is as follows:
Blackhorn Steakhouse 4 - Port Hope 0
Mark Mackie 1 goal, 2 assists; Mike Smith 1 goal, 1 assist.
John Lyttle 1 goal, Ron Guthrie, 1 goal, Jim Norton 1 assist.

Christmas Fire Safety

If home fire precautions are neglected during the coming holiday season a merry Christmas can turn into a family tragedy.

Scarborough Fire Chief David J. Forgie urges the public to exercise special care in setting up and decorating the Christmas tree, and draws your attention to the following points:

Only fresh green trees should be purchased and stored outdoors or in an unheated garage until just before Christmas. The tree should have one or two inches cut diagonally from the butt and should then be set up with the butt immersed in water above the level of the fresh cut. Set up the tree away from sources of heat such as a fireplace, television set or radiator. Also be sure it does not block access to doors or windows in the event of a fire. Chief Forgie points out that tests have proved that the safest tree is one with its butt set in water. However, if a tree is dried out before it is set up, it will not regain its moisture level. Use of a fire retardant chemical spray on your tree is no substitute for butt immersion, and it is not recommended.

Remember to switch off the tree lights before leaving the home or going to bed.

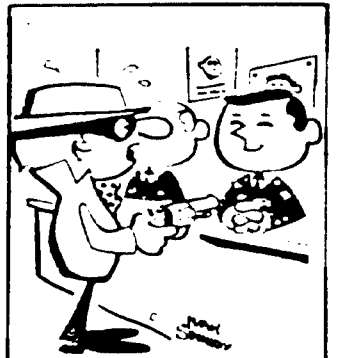
Metallic trees due to the danger of short circuits, should never be illuminated by strings of electric lights. Floodlights should be used

away from the tree. Before decorating the tree check strings of electric lights for frayed cords or damaged insulation which might cause short circuits. Purchase only Christmas lighting sets or artificial trees bearing the Canadian Standards Association label and use only non-flammable decorations.

Careless smoking, a year round fire hazard poses special dangers during the festive season. Before retiring empty all ash trays into a metal container and remember to keep matches and lighters out of reach of small children.

Fire Chief Forgie asks us to remember to keep an eye on little children at this time of the year. Never leave them alone for an instant, no matter how strong the temptation to pay a short visit to a neighbour or to make a last minute purchase.

If you have any inquiries at all, please feel free to contact Captain Al Snelling of the Scarborough Fire Department at 438-1228.



Not a bank? - Then it's about time I buy a pair of glasses at Delta Optical, Fairview Mall, 491-1115.

CHRISTMAS BOOK SALE

OUR XMAS CATALOGUE COULD NOT BE MAILED

But you may still enjoy all its book and record bargains

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Wexford Edges Agincourt 3-2

Blain Lakin again teamed up with Ken Jenkins to provide the Wexford Warriors with their second last minute victory in as many nights. With five minutes left in a closely fought battle, Lakin took

Jenkins' set up pass to break in on the Canadians' net, make a perfect deke and salt the victory away for Wexford. Final score Wexford 3 - Agincourt 2. The game was played at Mid Scarborough on December 2nd.

With one third of the schedule now history, it is clear that Coach Orland Kirkness and Manager Bob Howie have recruited a real contender in their first year in the SHA. Their Warriors have led the league from the opening gun and have lost only one game in their first thirteen.

Canadians jumped into an early lead in this one, when a weak Agincourt shot deflected into the Wexford net off the skates of defenceman Steve Durno. Durno promptly made up for that one when his slap shot from the point found the mark minutes later.

Agincourt regained the lead on Mike Philips' tap in of a rebound after a good skate save by goalie Miller. Hammering Mike Huberty knotted the count again for Wexford on passes from Rick Balvers and Bob Riches. Mike Hillhouse was credited with the second assist. Then with five minutes to go, Lakin applied his coup de grace.

Bernie Miller played steadily in the Wexford net and pulled off a scintillating, sliding save to thwart a Canadians' breakaway in the final minute, thus denying his old team-mates the tie. Canadians' outshot the Warriors 26-17.

Once again the outstanding performers for the Warriors were Mike Hillhouse, Mike Huberty, Blaine Lakin, Ken Jenkins, Rick Balvers and Steve Durno.

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Scarborough Hockey

Game Results for week Dec. 1-4

MINOR ATOM:
 Wexford 3 - Clairlea 0
 West Hill 4 - Dorset 1
 Canadians 1 - Wexford 0
 West Hill 6 - Cedar Hill 1
 Dorset 5 - Clairlea 1

ATOM:
 Wexford 5 - Clairlea 2
 West Hill 3 - Dorset 1
 Wexford 6 - Canadians 1
 West Hill 4 - Cedar Hill 0
 Clairlea 3 - Dorset 3

MINOR PEEWEE:
 Wexford 3 - Clairlea 3
 West Hill 7 - Dorset 1
 Wexford 3 - Canadians 0
 Cedar Hill 1 - West Hill 1
 Clairlea 5 - Dorset 2

PEEWEE:
 West Hill 4 - Dorset 2
 Clairlea 2 - Wexford 1
 West Hill 4 - Cedar Hill 0
 Canadians 4 - Wexford 1
 Dorset 3 - Clairlea 0

MINOR BANTAM:
 Dorset 3 - West Hill 1
 Wexford 3 - Clairlea 2
 Wexford 3 - Canadians 2
 Cedar Hill 3 - West Hill 0
 Dorset 3 - Clairlea 1

BANTAM:
 Wexford 3 - Clairlea 1
 Dorset 2 - West Hill 1
 Wexford 2 - Canadians 0
 Cedar Hill 6 - West Hill 0
 Clairlea 3 - Dorset 3

MINOR MIDGET:
 Wexford 3 - Clairlea 1
 Wexford 2 - Canadians 1
 Dorset 4 - West Hill 0
 Cedar Hill 1 - West Hill 1
 Wexford 1 - West Hill 1
 Dorset 5 - Clairlea 0

MIDGET:
 Dorset 2 - West Hill 1
 Wexford 7 - Clairlea 0
 Wexford 7 - Canadians 3
 West Hill 2 - Cedar Hill 2
 West Hill 2 - Wexford 1
 Dorset 6 - Clairlea 3

JUVENILE:
 Clairlea 2 - Wexford 1
 Wexford 2 - Canadians 1
 West Hill 4 - Dorset 0
 West Hill 5 - Cedar Hill 0
 Wexford 3 - West Hill 2
 Dorset 3 - Clairlea 2

Team Standings Including Games Played December 4, 1975

W	L	T	P	
Agincourt	13	0	0	26
West Hill	10	4	1	21
Dorset	8	5	1	17
Canadians	7	4	2	16

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Dorset Park MTHL "AA"

PEEWEE: make the score 2 to 0 for the Don Mills Steak & Burger - 5 Dorset Park Spectrum Educational Supplies - 3

The Spectrums came up with one of their best efforts at Ted Reeve Arena on Sunday afternoon against the first place Don Mills squad. The game was up for grabs by either team until the last few seconds when Steak & Burger scored into an empty net. Greg Fowler opened the scoring in the game for Don Mills with an unassisted tally. Dorset Park fought back with two goals, the first by Billy Warren from Terry Lyons, the second by Ray Martin from Neil Williams to take the lead 2 to 1. Don Mills evened the score in the first period on a goal by J. Delaney with assists going to L. Gelfant and R. Tochet. There was no scoring in the second period. In the third period Dorset took the lead once again when Neil Williams scored on a nice play by Ray Martin. Steak and Burger got on even terms once again on A. Robicheau's goal from W. Caranci and P. Wong. J. Delaney then got what proved to be the winner from L. Gelfant and P. Landry. R. Fenwick got the insurance marker with just 13 seconds left in the game with help from M. Hagan. The next game for the Spectrums is against the Agincourt Permanent Canadians at Chartwell Arena.

Dorset Park Spectrum Education Supplies - 2

Once again the Spectrums came up with a fine effort but were empty in the points department. In a hockey game that could have gone either way the Agincourt Canadians came up with a 4 to 2 victory. Mark Porter opened the scoring in the first period with Mike Weinzok getting the assist. Bruce McNabb got the only goal of the second period to

Canadians with the assist going to John Aiton. Steve Yarrow made the score 3 to 0 when he scored from Mark Porter and Peter Lowden. Terry Lyons then got Dorset Park on the score-sheet for Dorset Park with Dave Lundy and Dave Martin getting the assists. Mike Weinzok put the game on ice for the Canadians with an unassisted goal. Dorset Park didn't quit and Billy Warren scored for the Spectrums to make the final score 4 to 2.

The next game for the Spectrums is on Tuesday night against the powerful Shopsy squad at "beautiful" Chartwell Arena.

Scarborough Men's Major Bowling

TEAM STANDINGS:

POINTS
P PINFALL
Rouge Hill Tavern 22 7336
Fred Cook R.E. 21 7407
Don Mills Bowl 20 7142
Nutt-Well & Assoc. 19 7152
Knob Hill Bowl 17 7196
Terry's Billiards 17 7102
Aprile Lanes 17 7094
Brimley Bowl 17 6884
Kent Steel 15 7152
Rouge Hill Bowl 15 6907

RESULTS LAST WEEK:

Aprile Lanes 11 3726
Knob Hill Bowl 7 3629
Terry's 10 3661
Don Mills 8 3468
Rouge Tavern 10 3633
Nutt-Well 8 3506
Fred Cook 9 3644
Brimley 9 3370
Kent Steel 9 3586
Rouge Bowl 9 3546

TOP SCORES LAST WEEK

Bob Anderson 917-318; Bill Douglas 841-336; Joe Messina 835-376; John Willis 830-352; Maw Mori 828-281; Don Gorman 823-286

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Winstonettes Wins Trophies At Meet

In the Metro East Regional Qualifying Meet held Sat. Dec 6th, the Winstonette Gymnastic Association of Scarborough was successful in winning several trophies, medals and ribbons.

In the Argo Division, it won the team trophy, and placed individually in second to eighth positions inclusive. Sandra Casack of the Bayview Club took first place allround with Cheryl McDonnell leading the Winstonettes in second place and Lisa Thompson, third.

The Tyro team trophy was also won by the Winstonettes. Lisa Mark in first spot allround, and fourth, fifth and seventh places going to Winstonette girls.

In the Ontario Provincial First Qualifying Gymnastic Meet for Novices and Juniors held in Mississauga, the club finished second in the team placings, with the Xoces-

Eagles in first position. Effi Schlegel and Ellen Stewart of the Xoces-Eagles were in first and second spots with Cathy Beckwith and Lynda Thompson of the Winstonettes in third and fourth allround.

In the Junior Division the team trophy went to the Winstonettes with Erka Epprecht taking the second place allround. Erka finished with a first on beam, tied for second on vault, third on floor, and sixth on bars. Sandra Henderson also of the Winstonette was the allround winner in the third position tying with Judy Wilson of the Xoces-Eagles. Sandra had a second on vault, third on bars, third on beam and fourth on floor exercise. Heather Lamont was the third team member to finish in the first six, placing fifth allround. Heather had a sixth on vault and a sixth on floor exercise.

West Hill SHA Scorlit

(All games at Mid Scarborough Arena)

Week of Dec 1-7

Next weeks games are Tues and Wed against Clairlea 7:05 p.m. 10:50 on Tues and 6:15 9:40 p.m. on Wed. Come on out and see some great hockey. West Hill now has two teams in the place.

MINOR ATOM
(Hardy Insurance Agencies Beavers)
West Hill 4 - Dorset Park 1
After being beaten by the Dorset Park team last time our guys know that they are big but can be beaten by good fast positional play, and that is what they did. The forwards spread out and backchecked very well. Dorset's a big team but our players didn't bow down in the corners or along the boards. Scoring for the Beavers were Derrick, Jim Martin, David Schlumberger and John Martindale.
Beavers 6 - Cedar Hill 1
West Hill was short player for this game and had to do some line juggling which proved to be good because three boys got their first goal of the season. David Ward, Mike Gaudrey, and Jamie Gordon. The whole team worked very hard with good checking, checking and some very good passing. Goalie David Waldeck got caught out of position but Cedar Hill scored making this his sixth one goal against game. The other goal scorers were David Schlumberger, Derrick Arsenault and Jim Martin. The Beavers have a solid ATOM on second place.

ATOM
9 wins, 4 losses, 2 ties
(Morrison's Marauders)
West Hill 3 - Dorset Park 1
Despite a rather sluggish performance Morrison's Marauders won their eighth game of the season. Danny O'Callaghan scored twice and Jim Landrie scored into an empty net to clinch the victory. Jamie Masse and Jeff Carr turned in outstanding efforts for the Marauders and Kevin Anderson controlled play effectively when we were short-handed. In goal, Terry Farrell made some excellent saves to secure the victory.
West Hill 4 - Cedar Hill 0
Morrison's Marauders outshot Cedar Hill 18-5 and walked to their ninth victory of the season. Jim Landrie, Rick Shields, Chris D'Oriella and Lee Morita scored for the Marauders and Terry Farrell earned the shutout. The second of the season. The team played so well that it is impossible to pick out any one individual who stood out. Every player hustled, backchecked, blocked shots and did everything possible to preserve the shutout. The Marauders were so determined to control the game that a fifth goal was scored at the final buzzer, however, it was not allowed. This was perhaps the Marauders best skating game. An outstanding effort by all players.

MINOR PEWEE
(Rosewood Real Estate)
A tip of the hat goes out to Rosewood Real Estate the newly acquired sponsor of the club. The boys coaching staff, West Hill Assoc. and parents would like to thank Rosewood Real Estate.

The boys came up with their highest scoring game of the season by downing West Park 7-1. Rossell Perkins playing his first full game on the forward line and his best game of the season scoring the team's first hat trick. (Great night Rossell!) Mark Rowley opened the scoring from Nicky Whelan. Scott Neilson made a 2-0 from Robert Underdown and Norm Cox on a power play. Rossell Perkins with his first of three for a short handed goal. Robert Neilson with his second of the night. The Dorset coach pulled the goalie when his team was down 4-1 to make up his mind. The West Hill boys went down to defeat the week before 4-3 in an exhibition game and won due to Dorset Park playing positional hockey. The Dorset Park boys just could not finish off the plays due to inaccurate shooting and a great defensive game.

The battle for second place continues as both clubs are very equal in talent. This has the series at one game apiece with each team scoring 5 goals each in three encounters. Both David Milne and the West Hill goalies are great. As Cedar Hill outshot West Hill 14-1 in the first period. The one shot for West Hill was our only goal. Cedar Hill outshot us 11-7 in the second period with David Milne scoring the goal coming up with some great passes. Especially the Cedar Hill goalie who in the last three minutes made two point blank saves to preserve the tie. Scoring for West Hill was Robert Neilson from Paul Drake and Robert Underdown. The boys and coaches had a "Gale" player and his family.

The team Jeff Collins who was really up last year and an upset. Norm Cox, who has really picked up the team on defence. (We're about boys!) The boys are still holding a good grip on second place. Next game against Clairlea. Sun. at 7:05 p.m.

PEWEE
Marc Mink Babcock
The Bobcats came up with a super week winning both

Rink Rat Report

Here's the news you have all been waiting for - the Calgary report!

Twice Arena's Flyers, W.H. Elbow Eagles and Astro Systems players, management and supporting fans parents, all enjoyed a truly exceptional experience in Calgary. The words that the much teased western hospitality has been underrated!

The invitation for the three West Hill "AA" hockey teams to visit Calgary came from the Scarborough Community Hockey Association, which is a member of the Western Hockey Union. West Hill players were basted in Calgary heroes guests of their Calgary counterparts, as each West Hill player lived with a Calgary player and his family.

While the hockey may seem almost accidental to the extra curricular activities, you can't go two thousand miles and not better to report the scores!

Twice Arena Flyers - Minor Atom - romped to a 13 to 0 rout in their first game against their Calgary counterparts and followed this with another one sided victory this time 9 to 0. In the final game the teams split their players and played out a strategy. W.H. Elbow Eagles fared nearly as well, winning their opener 7 to 4 and following this up with a 7 to 2 triumph and finishing with the Flyers in-forming players of both clubs to make a more entertaining first game of the season. The minor atom game was a minor power encounter the stiffest competition, seeing twenty scores of 1 to 2 and 3 to 0 before they managed to gain the upper hand on their hosts 2 to 0 as Mike Aehlchtung recorded his first shutout of the season in a dazzling display of goalkeeping.

The players were treated to many extras, including a trip to Banff with a swim in the hot springs, ban feeds after hockey and a visit to the Calgary Zoo. The Calgary club and all players appeared to return home wearing the famed Stetson. The WHMHA teams presented their Calgary hosts with Maple Leaf pins and Maple Leaf T-shirts largely contributed by Maple Leaf Gardens.

West Hill Minor Hockey Association has invited the Calgary clubs to reciprocate and Calgary has accepted! They should be here in April!

Moving along now to our individual club coverage, this week we look at the MTHL. Minor Bantams. The Park 10s, this will complete our "once over" of the clubs, however, in the early reports we were not very specific so we will return later to these clubs.

Inn On The Park this year faced a major rebuilding program with only one hold-over from last year's team. They have put it all together though, with re-inforcements from the SHA club and some imports.

At the moment Inn On The Park have a record of 7 wins, 10 losses and 1 tie.

The club roster is as follows: Ed Coffin and Mike Troscak share the goaltending duties equally, playing game about The defence has Steve Brown, Steve Williams as an out with Paul Kirkpatrick and Kevin Nelson as the other. Up front Inn On The Park carry ten forwards who are as yet not settled down to pat lines - they are: Brian Morrow, Roy Cable, Randy Clarke, Bruce Parker, Ed Ouzgala, Ian Hulbert, Hugh Helliwell, Bruce Legassack, Scott Glover and last but not least John Bird.

Brian Morrow as team captain with Roy Cable and Randy Clarke as able alternates.

A couple points of interest regarding the team: Ian Hulbert is just back from two months of inactivity due to a broken arm during which time he was replaced by Bruce Parker, himself a broken arm victim last year. Ed Ouzgala is quite likely the only MTHL "A" hockey player who has had no organized hockey experience prior to this year! That's right, Ed has never played even on a house league team - the leading scorer on the club is Roy Cable while Bruce Morrow has the dubious honour of being penalized most.

Coach of Inn On The Park is Gary Payne, possibly at twenty, one of the youngest in the MTHL. Gary has played junior hockey in Kenora and latterly with Seneca Flyers - he actually has a year of junior eligibility remaining, being a married man, nowadays has retired. The coach is ably assisted by the team manager, Phil Salvas. Coach, manager and players would like to express their appreciation for the generous manner in which Ian O'Brien of Inn On The Park has extended his sponsorship.

Playing in a ten team division Inn On The Park are fairly certain of gaining one of the eight play-off spots.

Minor Bantams is a notoriously poor year for tournaments but the club is planning a trip to North Bay, Dec 20 with another to Detroit in March and hopefully return visits from both.

OVERTIME
Astro Systems acquired two new players before flying to Calgary - Brian Roxborough and Peter Berry, winger and defenceman respectively. Twice Arenas Flyers returned from Calgary to gain a 2 to 3 tie against high flying Mississauga. Inn On The Park's two goalies - Ed Coffin and Mike Troscak - share four shutouts equally.

WHMHA in this year, attempting a much closer liaison between executive on the one hand and coaches and managers on the other. Coaches and managers have been informed of what is expected from them, both in performance and attitude - more on the latter. Crock and Black Flames, Madix Mohawks and PMA Realtors are in Fort Huron, Michigan as of this writing.

See ya next week!

MINOR BANTAM
(A & M Rest and Tavern)
West Hill went down to defeat 4-2 at the hands of Dorset Park. West Hill continues to have their problems as they lost to Cedar Hill 4-1. This was the third loss to Cedar Hill. The boys are having trouble putting it all together although they are playing positional hockey. Ten of the present crew played elsewhere last year and its taking them a while to adjust to a faster game. Keep plugging guys - it will come.

BEAVER LUMBER
(West Hill 1)
West Hill Beaver Lumber completely dominated the play against Dorset Park and yet again came up on the short end of the scoreboard. West Hill's lone goal was scored by Steve Gardner, unassisted.
Cedar Hill 6 - West Hill 0
Beaver Lumber were blanked by Cedar Hill for their first loss of the season to the Cedar Hill gang. The first two games ended in a draw. Other than exhibition games the West Hill boys just are not been able to get the puck on the net. Keep at it guys the goals will come soon. At time of writing, the boys are finally out of the cellar.

MIDWEST
West Hill went down to defeat for the second time this season 2-1.
West Hill came right back the next night and tied Cedar Hill 2-2 to keep the series tied. The third game in as many nights did not feature the West Hill boys as they defeated Westford 2-1 to even the series at one a piece and one tied. This was West Hill's fourth win of the season.

JUVENILE
Andy Reid
West Hill defeated Dorset Park 4-0 for the second time this season. Len Gray opened the scoring from Gerry Mudd with a two man advantage. Eric Pass made it 2-0 on another power play from Gerry Mudd against Larigue scoring leader, Graham Daryl Knot. The Flying forwards are Deryk Len Gray with a two man advantage. Gerry Mudd finished off the scoring for a three point night from captain Peter Repp.
West Hill made it two in a row by downing Cedar Hill 5-0 for their third victory of the week and their ninth of the season. Scoring for West Hill were Stephen Macburn from Mike Wong, John Ughardt from Gerry Mudd and Bob MacLennan. Steve with his second from Peter Repp, Bob Coustee from Eric Pass and Tom Montgomery from the Mudds finished off the scoring with help from Peter Repp and Stephen Macburns.

WEST HILL
West Hill went down to defeat at the hands of Westford as West Hill just set to win against the West Hill boys losing 2-1. The two previous games ended in ties. Scoring for West Hill were Gerry Mudd his fifth point of the week from John Ughardt and Brian Reid. Tom Montgomery from Eric Pass finished off the West Hill scoring.

Village Sportsviews
with Bruce Jansman

GIANTS HOCKEY
GIANTS: Garnett Asta ended the two game winning streak of the Peewee team at the Saturday morning session at the Victoria Village Arena. The early morning hour seemed to have cooled out the Obies who had chafed up seven goal victories in their previous outings. Tim Tasse they were almost shutout by the Garnetts who won the goal 2-1. Jerry Bassz opened the shutout with a goal in the final thirty seconds. Chuck Wright in the first period and Colin Campbell in the second, tallied unassisted goals for the winners.

ATOMS
In a real see-saw struggle Lucas Fuchs and Barry-Lee Cleary fought to a 4-4 stalemate. The Clearys carried a 2-1 lead into the second period but were pushed by Paul Jackson. Mike McGahan and Gord Gray picked up assists. Charlie Hardie, the long leading scorer, hit for the Foods. Lindsay Miller made a 3-1 when he combined with Dave Lindsay. Water, a minute later, and a goal by a pass from Tyler Markoff. Steve Parent and Hardie put Lucas ahead for the first time with unassisted goals. McGahan and Gray, combined with Paul Jackson to get the equalizer at the 11:20 mark.

Metro Police retained their second place standing with a 3-1 win over Wm. Allan (Gary Lynch from Ross McAnnell and Mike Astin from Dave McGilvray from Rob Strang was the scoring hero) in a game that kept the scoreboard busy. The Police's combo for the Allan's Lynch wrapped up the game with his second goal on a pass from Glen Evans in the second period.

MINOR BANTAM
The undefeated and untied Monticello crew almost had to settle for a tie in their game with J. Keiper. However a fluky goal in the final minutes of play off the stick of Pete Pavlovic gave the Montis a 2-1 victory. The teams had fought an even terms, throughout the game trading second periods. The Keiper took the lead at 9:40 with Rob Milne taking a pass back from Pete Adams to score from the point. Marco Cagnoniello got that back on a solo effort five minutes later. In a game that kept the scoreboard busy, the goal by a 7-5 decision over Valhalla. Kevin Jarvie proved to be the difference as he chafed up two goals and two assists for his new team. Steve Playfair was also a two goal shooter for the winners. Water tallies went to Mike Stearns, Kevin Jarvie, and Dale Desmond. Paul Papakostindry was a two goal shooter for the losers. Ian Clark, Mike Papadamo, and Tommy Theodora were the other scorers.

BANTAMS
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SCORING STATISTICS
GIANTS: John Hazz (Obies) 6 goals 7 points; Frank Goughie (Obies) 2 assists; James Warner (Obies) 2 goals 2 points; Tom Sivo (Obies) 5 goals, 10 points; Lance Heslop (1325) 6 points; John Vella (Teffer) 2 goals, 15 points. ATOM: Charlie Hardie (Lucas) 15 goals, 15 points. Robbie Strang (Allan) 6 assists. MINOR BANTAM: Kevin Jarvie (Model) 13 goals, 19 points. Mario Cagnoniello (Mont.) 7 assists. BANTAM: Tim Poutis (Willison) 9 goals, 15 points; Tim Sivo (Willison) 6 assists; Tim Poutis (Willison) 2 goals, 11 points; Mark Evans (Yane) 4 goals, Paul Stewart (Legion) 2 assists; John Anderson (Timbrell) Wayne Brooks (Legion) 13 points.

SPORTS

Crock & Block Restaurants - Atom "A"

Nov. 29th:
With a well-balanced attack, all three lines scoring goals, the West Hill M.T.H.L. Atom "A" team defeated Agincourt 4-2. Goals were scored by Glen McKean, Jim Landry, Richard Walter and Paul Sheppard. Assists went to Michael Tschumi, Allan King, Brian Wilson, Kevin Anderson, Michael Brown and Glenn Butler.

Dec. 3rd:
The West Hill boys started fast against the Eagles scoring two goals in the first two minutes of the game. Paul Sheppard scored both goals one unassisted with the other being set-up by Michael Brown and Jeff Schnitzer. This was a fast moving game with both teams receiving good goaltending and playing good positional hockey. The Eagles came back to score two goals and tie the game 2-2.

Dec. 4th:
In this game against

Wexford the boys came out flat and lost 4-1. Wexford took a 4-0 lead and although West Hill put on the pressure in the third period they were stopped by some excellent goaltending by the Wexford goalie. Glen McKean finally broke through to score with one minute remaining in the game with a goal assisted by Michael Brown.

Dec. 6th & 7th:
To complete a busy week, the team packed-up and drove to Port Huron, Michigan for a "hockey week-end." The boys were billeted with members of the Port Huron team and had a fun filled week-end. The team gave the Port Huron boys West Hill Minor Hockey crests and Borough of Scarborough lapel pins and in return received crests of the Port Huron Hockey Association. The hockey was excellent and the team tied 3-3 and lost 4-2 to a very strong Port Huron club.

Cedar Hill Home Lumber "Cobras"

The month of November didn't seem to prove any more fruitful than October for the Cobras. Their major problem of not scoring often enough continued to plague them. Defensively their record is one of the best in the league but unfortunately their offensive record is one of the worst.

The team started off the month fairly well against West Hill, winning reasonably convincingly 3-1. After this the team seemed to get a little off the rails for

awhile.

Their second game of the month was against Clairlea whom they'd handled rather easily in the previous meeting, 5-0. But this game was a completely different story with Clairlea dominating the game right from the beginning. They took a two goal lead in the first period and it was not till the second period was nearly over that Donald Karch replied with Cobras' only goal assisted by Bobby Hanna. Clairlea outshot

Cedar Hill 18-12 on the game. If it hadn't been for goalie Mark Gylys' work in nets the score would have been much higher.

Their third game of the month was against Agincourt Canadians and as always this was a fast, close-checking game. This time it was Canadians' turn to dominate the game though never by a great margin as they won the game 2-1.

Their next game was against Wexford who had nearly blown them out of the rink in their last game. This time it was Cobras' turn as they took over right from the start and looked as though they were going to completely crush Wexford. However, after taking the lead 3-1 on 2 goals by Bill Horvath and one by Bob Cottell Cobras ran into double penalties on two occasions and during each of these severe handicaps were scored on. If they can avoid penalties against this team Cedar Hill should be able to defeat them.

The fifth game in November was against Dorset Park who had also managed to shut them out in the previous month. But this time the Cobras were well prepared as they kept Dorset completely in check throughout the contest. In the second period Cobras finally broke the ice as Bob Cottell scored on a goal mouth scramble assisted by Blair Muller. As the game drew to a close Ian MacDonald scored Cobras' second goal unassisted into an empty net as Dorset opted for six at-

tackers. It was Keith Pires' first shutout of the season as Cobras outshot their opposition 15-5.

In the final game of November against Agincourt Lions, Cobras very nearly lost their third of the month as Lions lived up to their usual scrappy standard playing a hard fought game throughout. Cobras were fortunate to come out of this game with a 2-2 tie. Donald Karch scored the first goal of the game assisted by Joe Griffin and it looked then as though Cobras were going to dominate the game. But from there on it was Lions who dominated scoring, tying the score before the end of the first period.

In the second period, both teams traded goals with Donald Karch picking up his second goal of the game for Cobras. Fortunately for Cedar Hill Mark Gylys played an outstanding game in nets as they were outshot 17-15.

It's obvious that this league is a well-balanced one as no team appears to be able to dominate any other. It looks like a good season. If Cobras can pick up the scoring and keep up the checking they have an excellent chance of being at the top. Keep trying, Cobras!

The Permanent Canadians

The Canada Permanent Trust sponsored Agincourt Canadian MTHL AA hockey club won 2 out of 3 league contests this week but their overall play in all 3 games left a lot to be desired. The good skating Canadians lack of initiative in the defensive part of a hockey game needs a lot of work.

The Permanent - 4 Dorset Park - 2
The lack lustre play of the Canadians almost cost them this game and only the excellent goaltending of Peter Woolrich kept them in the game until they woke up. Johnny Aiton opened the scoring taking a pass from Mike Weinczok and backhanding into the corner. Bruce MacNabb was Johnny Aiton rebound for Canadians second goal. Steve Yarrow was the end man on the prettiest play of the night when Mark Porter combined with Paul Lowden who turned the Dorset goalie inside out before slipping it to Yarrow for a 3-0 lead. Mike Weinczok put the game on ice with a brilliant solo effort in the third period.

Red Wings - 4
The Permanent - 2
In a game they should have won because they are a better hockey club the Canadians checked like they were carrying feather dusters which resulted in the 4-2 setback. The Agincourt boys outshot the opposition 25-11 but had woefully weak shots when it counted. Craig McMeehan and Michael Lingley scored Canadian goals.

The Permanent - 6

Aprile Lanes Youth League

by Michael Gorman

PEEWEEES:
Gary Wells 140; Blair Pike 130; Greg Cullen 99; Clifford Spicer 99; Greg Fleming 98; Ross Hammond 96; Gordie Driver 94; Trevor Garrett 92; David Smith 92; Michael Colley 92; Nancy Frankowski 91; Sharlene Feeney 90.

JUNIORS:
Michael Ferguson 582; Paul Kobayashi 535; Tim Cain 538; Stephen Fisher 530; Richie Griffin 528; Karen Maguire 522; David Haw 520.

SENIORS:
Janis Cain 715; Gord Piercy 667; Joy Swetnam 665; Paul Hoenisch 662; Ted Matsui 640; Tracy Linsey 631; Brian Sharpe 630; Jim Armstrong 624; Michael Gorman 611.

BANTAMS:
Larry Giamou 319; Scott Fisher 310; Louis Chisholm 296; Blair Flinn 288; Jo-Ann Marsolais 286.

DAYS HIGH SINGLES JUNIORS:
Janet Crawford 240; Philip Ferguson 216; Paul Kobayashi 214; Michael Ferguson 212; Janice Willis 212; Jeff Linton 210.

SENIORS:
Janis Cain 306; Rick Heath 273; Ted Matsui 263; Joy Swetnam 250; Marianne Herdy 250; Jim Armstrong 248; Fred Duckworth 248; Gord Piercy 246; Greg Over 246.

BANTAMS:
Scott Fisher 179; Larry Giamou 172; Blair Flinn 164; Louis Chisholm 161; Carol Burbine 160.

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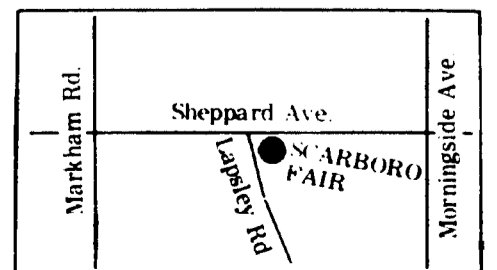
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West Shore News By Margaret McLeod

A SCARE BECOMES A CHRISTMAS PRESENT

We got a good scare on Sunday afternoon. Our eight-year-old son suffered a back injury in an accident and we spent some pretty hairy hours in an ambulance and at Ajax Hospital's emergency ward until we were assured that the X-rays showed no damage to the spinal cord.

He might have been paralyzed for life, but we were lucky. He's okay. One night in hospital for observation, and now he's back home reading Mad Magazine - almost as good as new.

We spent two and a half hours in the emergency ward with our son immobilized on a board stretcher, packed in with sandbags and a cervical collar in case he should move and aggravate a possible injury to the spinal cord. He had reflexes in the toes and fingers but the doctor had to study the X-rays to be absolutely certain that the spinal cord was not damaged.

Needless to say, we had lots of time to stew and worry. Waiting for the X-rays to come back, we also had time to watch the doctors and nurses drop everything to work on the woman in the next room who was fighting for her life. Hope she made it.

And we had time to read every notice, label and sign in the emergency ward. One of them was a Christmas message pasted on the inside of the main door to the emergency ward. I forget the first part of it but it ended by saying something to the effect that at Christmas we should savour life and appreciate the fact that we are able to live it.

Our son could have had a serious and permanent disability. Yet today he's alive and well, and home, and he can walk.

So you will understand why I'm using this column to send special Christmas wishes to the Dunbarton Pool staff, to the Pickering detachment of Durham Regional Police, to the good people of the Oshawa ambulance service, to Dr. Assing and the nurses and staff of the Ajax and Pickering General Hospital. And to whatever fates there be that made us lucky.

It's nice to see the Christmas lights around the West Shore; and to anticipate the tinsel and trappings of the season. But for us, Christmas will have a special meaning this year.

No matter what presents we find under our tree on Christmas Eve, we have already received the best present of all - a reminder that we should savour the gift of life and health and appreciate the fact that we are able to live it.

A POSTSCRIPT TO LAST WEEK

In my last column I mentioned that there were two couples on the West Shore with children whose physical disabilities required a regular regimen of exercise administered by a crew of volunteer adults. One of the parents told me that both families didn't want their names mentioned because newspaper publicity seemed to bring out too many curiosity-seekers who weren't really prepared to stick with it for one hour a week, every week, all through the year.

The parent told me that both families were extremely grateful for the volunteers they already have, and that the West Shore community has really been good to them. It was just that private, word-of-mouth communication seemed to produce more dependable volunteers.

Since that time, I have checked with the other family. They tell me that they feel the problem isn't so much one of newspaper publicity; it's just that the publicity hasn't made it clear so far that it's a very demanding volunteer job.

Flyers have gone out to West Shore homes, there has been publicity on local cable television and newspapers about the

second family. However, even with all this, the main point didn't get across to the general public.

The main point is that it is a very demanding volunteer job. If 150 volunteers are needed to exercise one child, you might as well say 200; because perhaps 50 or so volunteers will drop out because they had not fully appreciated how tough it is and that the exercises must be done every single day of the year.

If you volunteer to help from 10 a.m. to 11 a.m. on Tuesdays, that means every Tuesday every week of the year. If you can't handle that, then you'd have to arrange for a capable substitute.

Now we are back to the point I made last week. Nobody is at fault not the parents, not the press, not me and not you. It is just that people don't fully appreciate what is required.

I can tell you this much: it IS required. Close to 300 volunteers are needed from our small community. And they are needed on a very, very, regular basis. If you can handle one, DEPENDABLE, hour a week, please write me care of the Pickering Post and I'll arrange it.

You will be performing a good deed for a West Shore child - and you will learn, as we did, to savour the wonderful gift of life and health that some of us have been given.

A CHRISTMAS PARTY

The Kinsman Club of Pickering is hosting the second annual Christmas party for the five Senior Citizens' Clubs in the Town of Pickering at Sheridan Mall, Sun., Dec. 14. The dinner gets underway at 3 p.m. and the menu is turkey with cranberry sauce, gravy, assorted vegetables, cakes and tea for dessert. All the cooking is being done again this year by the students of Harwood Secondary School. The after-dinner volunteer entertainment is varied to suit all tastes and includes the 'Let's Dance Group' from Oshawa, a magician, Arnold Taylor at the piano, leading a sing-a-long and the Al Ward Revellers. After all that, there will be dancing to music provided by dee-jay, D. Richards of Ajax.

To join in the fun with the expected 300 or so seniors will be M.P.P. Dr. Charles Godfrey and Mrs. Godfrey, Mayor George Ashe and Mrs. Ashe, and Bob Newton and Mrs. Newton.

Wonder who will be washing all those dishes?

PICKERING FIGURE SKATING CLUB

The following children have passed their badges up to and including November 22nd:

BADGE 1: Michelle Hettich, Mary MacIsaac, Lisa Barrack, Jane Long, Susan El-Tantawi, Timmy Auden, Greg Wade, Andrea Nagu, Ricky Lee, Ida Puopola, Danielle Ferriman, Sandra Lee Kelly, Jeffrey Russel, Lorraine Wilcox, Bronwyn Roberts, Brad Hopkins, Erik Jepsen, Wendy Elash, Kerry and Kim Drinkwater, Suzanne Taylor, Christine Smith, Neil Shelly, Tobi Orton.

BADGE 2: Caroline Dayman, Monique Tompson, April

Holy Redeemer "Flyers"

The squeeze is on from all sides as two teams went down in defeat Sunday. Scott's Colonels our Minor Bantams and Central Auto Pee Wees both lost out to the St. Boniface club. The Colonels played an exhibition the night before and it was reported to be one of the best so far this year, but when it came to their regular-scheduled game they seemed to have forgotten all they had learned, even with the 7-0 loss the goalie D. Bows played an outstanding game in the nets as the Bonnies continued to pour it on. The Central Auto team played their best game of the year when, with only seconds to go, the Bonnies slipped one past goalie K. Maloney.

From two zilch scores to a 10-0 score is what happened when the Pickwick Tavern Minor PeeWees met St. Lawrence, and R. Cyncora netted 4 goals, P. Slevin 3, P. Power 1 plus 1 assist, J. Cairns 1 plus 2, and P. Thackeray, and P. Buchanan a double. The score would indicate a one-sided game but the way this team was passing the puck around it was hard for the opposition to get a piece of it.

Another high scoring game was our Fairport Flooring PeeWee team with an 8-1 win over St. Thomas More, J. Kerr again showing his goal prowess with a big 7 this time. Greg Pain also on the scoring end with 1 goal and 1 assist. Other assists going to C. Loughry W. Hutchinson and M. Bouwmeister. Pickering Nurseries Atoms had coach Bayes back on the bench this week and as usual they did their coach proud, with B. Giroux netting 2 and earning 2 assists, D. Verner, R. Mounce and M. Walsh all picking up singles against St. Barnabas. Assists going to, M. Feeney, P. Salvador and M. Walsh.

This game started where they left off last year, it was the rubber and we pulled it off. The rest of the year promises to be a hard hitting and exciting season. P.M.A. Realty Minor Bantam club came up winners against St. Maria Goretti 4-2. With both teams being fairly even P. Martin getting 2 goals and 1 assist to his credit, S. Devlin 1 and 1, and D. MacKinnon 1 goal.

In the assist department E. Morrill, D. Fraser and T. Milroy. Regal Contracts seems to have found that winning slot as they came up with win #2 getting 3 goals to St. Thomas's 2. The players found that passing and good positional play does pay off. D. Parekh, G. Whelan and Todd Anderson all picked up points. Incidentally this was Todd's first goal of his young career. Keep them coming Todd. B. Hachey and goalie Troy DaSilva both played outstanding games.

The one tie of the week was our Consumers Gas Minor PeeWees 2-2 as they went against St. Maria Goretti giving their all but themselves one point out of first place. D. Fraser pouring in two lovely unassisted goals, R. Lawless, T. Cox and S. Traynor coming on strong to maintain this standing. Claude Poirier again doing a great job in the nets. Last but far from the least was our Carpet Corral Novice team as they

Keating, Julie and Angela Easson, Ricki Lee, Kerry Drinkwater; Wendy Elash, Michelle Myles, Suzanne Taylor, Kerri Lee Armstrong, Rodger Wade, Sharon and David McCulla, Christol Connolly, Jeffrey Wilkson, Andrea Nagu, Andrea Buchanan, Shelly Sheldon, Karen Lorin, Holly Aiken.

BADGE 3: Andrea Buchanan, Caroline Sourw, Maria Hurash, Holly Aiken, Indira Sawh, Nutan Sawh, Ruth Bow, Natalie Tye, Carrie Wilkinson, Bruce Arnold, Mike Page.

BADGE 4: Michail Hillerding, Kerry Moores, Leane Delap, Deanna Williams, Jennifer Sangster, Patricia Turner, Karen Greener, Lynne Staggdale.

BADGE 5: Brett McLeod, Karen Turner, Kathleen Gratton, Kim Moores.

BADGE 6: Kim Moores, Margot Hopkins.

BADGE 7: Margot Hopkins, Tarne Whitely, Renee Oelkers, Jacqueline Bartlett, Veeda Saiphoo

BADGE 9: Kim Moores

WEST SHORE BOWLING LEAGUE

OVERALL TEAM STANDINGS: Stickets 60; Petes Prisoners 54; Quiet Ones 48; Aces 44; Viscounts 39; Wercs 36; Pushers 30; Experts 10.

2ND SERIES STANDINGS:

Stickets 17; Aces 16; Quiet Ones 13; Petes Prisoners 12; Viscounts 12; Experts 9; Pushers 7; Wercs 4.

MENS HIGH AVERAGE: H. Omland 202; N. Martin 201; J. Jepsen 200

LADIES HIGH AVERAGE: I. Robinson 195; M. Martin, 192; J. Tasse 178

MENS HIGH TRIPLE FLAT: N. Martin 770; H. Omland 751; M. Bruns 718

MENS HIGH SINGLE FLAT: H. Omland 315; E. Mackenzie 300; J. Smart 300

MENS HIGH TRIPLE WITH HDCP: J. Smart 825; M. Bruns 823; H. Omland 802

MENS HIGH SINGLE HDCP: J. Smart 349; H. Omland 328; D. Heggie 324

LADIES HIGH TRIPLE FLAT: I. Robinson 691; M. Martin 671; H. Burnett 646

LADIES HIGH SINGLE FLAT: H. Burnett 324; J. Tasse 283; S. Ho 283

LADIES HIGH TRIPLE HDCP: H. Burnett 781; I. Robinson 754; M. Martin 749

LADIES HIGH SINGLE HDCP: H. Burnett 369; S. Ho 339; J. Tasse 318

Winners of Nov. High Triple with Hdcp: Men - G. Mackenzie 778 Ladies - I. Robinson 754

Crying Towel: Men - H. Lorens 99; Ladies - R. Malaka 54

THE WINNER

The West Shore Soccer 200 Club announces the winner of the weekly draw. Ticket holder 114, N. Ballum of Victoria Park, Scarborough was the lucky person to win \$40.

Warehouse Where Abouts

The three MPP's in the Durham region are calling for more development in the industrial park between Bay Ridges and Oshawa.

Doug Moffat (Durham East), Mike Breagh (Oshawa) and Charles Godfrey (Durham West) have asked the province to consider the Town of Pickering as a site for a proposed warehouse full of liquor.

The industrial area could provide a nice home for the planned Central Distribution Centre of Ontario's Liquor Control Board, Mr. Godfrey said in an interview.

"We're making a strong plea for it," he said.

The town is not alone in its request. The City of Toronto and the borough of Etobicoke are looking to have the warehouse situated within their boundaries, too.

The fact that the distribution centre would create 200 to 300 civil service jobs in packaging, shipping and administration makes it a highly desirable development.

Actual manufacturing of the booze is done elsewhere. As Godfrey himself admits, "It's clean industry."

In a letter to the LCBO, the political trio pointed out the advantages of locating the plant in Pickering.

There is good rail and highway access, a skilled labour force and a pollution free environment. A full pollution study has not yet been made, but according to Mr. Godfrey, the only pollution will be from the arrival and departure of twelve trucks daily.

"It's certainly good from the standpoint of jobs," Godfrey said.

"That's what we need."

Mr. Godfrey said community groups agree with him.

Extending growth east of Metro is in keeping with the provincial policy of regional governments, he added.

"Decentralization seems to be the PC philosophy and now they have a chance to prove they mean what they're talking about."

Around Bay Ridges

by Pat Lloyd

GAY LADIES BOWLING LEAGUE

TEAM STANDINGS:

Fantastic Six 17; The Road Runners 14; Playgirls 11; The Good Sports 11; Kids Dy / No / Mite 11; Irene's Riders 11; Easy / Duz / Its 11; The Corner Pins 9; No Stars 9; Sex Kittens 9; Carmen's Cuties 8; Gutter Queens 5.

TOP TEN AVERAGES:

Jeanne Potts 203; Dolly Clements 198; Lou Hillis 194; Gail Scott 191; Bea Taylor 188; Lil Fernandez 187; Suzanne Sekulich 179; Carol Beatty 178; Anita Battaglia 171; Pat Lloyd 167.

OVER 200 FLAT:

Jeanne Potts 235-206; Pat Langman 231-214; Nadine Jarvis 201-201; Connie Danis 216; Bev Faulkner 213-208-201; Bea Taylor 249; Suzanne Sekulich 200; Carol Beatty 255; Lil Fernandez 224-225; Dolly Clements 233.

Pat Langman rolled a nice triple with handicap this week a lovely 832. Turkey roll next week. Good luck to everyone.

HAPPY BIRTHDAY wishes to Donna Whalen of Glendale Dr., Maria Vastila of Bem Ave., Joan Wylie of Sanok Dr., Diane Holst of Lublin and to Doug Strong Sr.

GET WELL WISHES to Mrs. Lena James of Finch Ave. Hope you are feeling lots better now. Also to Jeann Blake of Finch Ave. and to Gabrielle Muller of Batory who is suffering from a bad back and also Mary Horton of Rosebank Road N. who also is laid up with back problems and to Marge Peppy of Bayshore courts who is pretty shaken up due to a car accident. Hope you are all in much better shape soon for Christmas.

CONDOLANCES - Our sympathy to the family of Mrs. Valleau who passed away this past week. Our thoughts and prayers are with you. I know she will be missed by many friends.

ANNIVERSARY - A very special Anniversary is on Sunday the 14th of Dec. It will be the 60th wedding anniversary of Mr. and Mrs. E. Allender. Mrs. Allender is a resident of Rosebank Nursing Home and Mr. Allender lives with his daughter on Rosebank Rd. N. I am sure this is a very important event. We wish both of them the very best of everything.