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Vol. 29 No. 45

Pickering, Ontario

Wed. December 7, 1994

PICKERING POST

More Good News From Hydro

Pickering residents keep
on hearing good news from

their local utility. Less than a month ago, Pickering Hydro informed us that rates would be reduced by 2.5% in 1995, and now new records have been established in power system reliability and employee safety.

"This year, power interruptions are down by 28% compared to the same period last year," says John Wiersma, the Commission's General Manager. "We've had exceptionally good weather so far, and our tree trimming and maintenance work is reaping big dividends," he adds.

A renewed focus on safety is also starting to show results, as employees will be celebrating 50,000 hours without a single lost time injury. Peter Gadsden and George Armstrong, the Co-chairmen of the Commission's Joint Health and Safety Committee, are pleased with the new approach to safety.

Union and Management are now working together to solve problems," says Peter Gadsden, the union's co-chairman on the committee. The employees celebrated their new record with a special safety breakfast on Dec. 2nd.

Dennis Goulin New Director

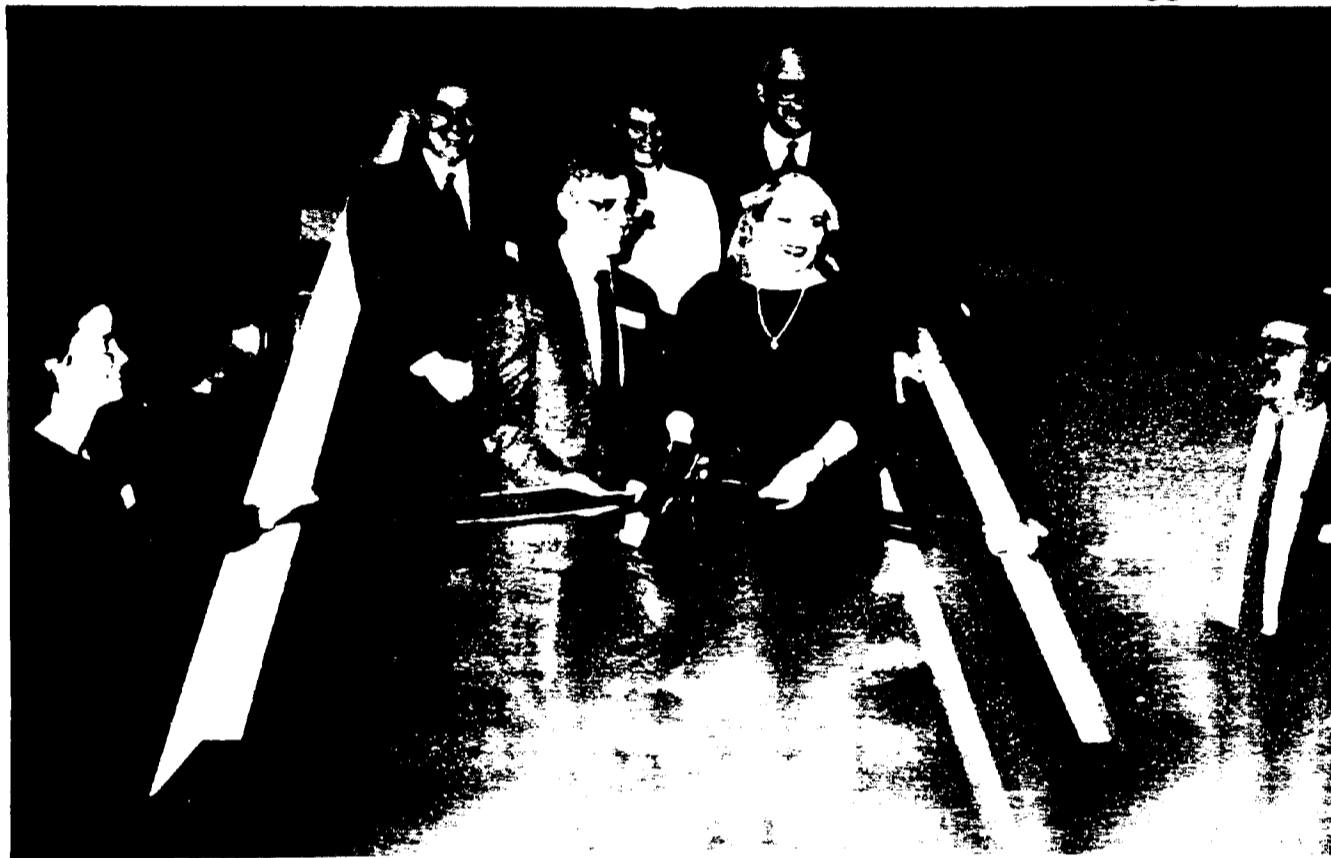
The Board of Directors for the United Way of Ajax-Pickering has announced the appointment of Dennis Goulin as Executive Director.

Mr. Goulin, a long time resident of Ajax, brings his excellent administrative skills, personal knowledge of the communities of Ajax and Pickering and previous United Way experience to this demanding position.

Annual Christmas Concert

On Thurs. Dec. 15 the Durham Christian High School Music Department will be presenting its annual Christmas concert beginning at 7:30 p.m. in the school auditorium.

The school's choir, wind ensemble, jazz ensemble and other small groups will



Welcome To Minacs Group

The Minacs Group officially opened its new building at 915 Sandy Beach Road on Thurs. Dec. 1st. Above, at the ribbon cutting ceremony were (front row) Mayor Wayne Arthurs and Elaine Minacs, President of the Minacs Group; (back row) Garry Polonsky, President Durham College,

Denise Weise, new President of the Ajax Pickering Board of Trade and Des Newman, Past President of D.M.R.A.

After the opening ceremony guests toured the building, enjoyed the refreshments and played in the casino with specially printed \$1000 coupons. (Photo - Bob Watson)

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be performing. The concert will feature a wide range of Christmas favourites.

Tickets for this musical celebration are available from any student in the DCHS Music Department or by calling the school at (905) 623-5940.

All those who attend the concert are asked to donate a non-perishable food for the Salvation Army Food Bank.

Boxing Day Bingo

Come out and win "big bucks" and help Easter Seal children in your community who have physical disabilities on Mon. Dec. 26 from 7 to 10 p.m. at Ajax Bingo Country, 610 Monarch Ave., Ajax.

For more information call (905) 427-8572.

DO IT!
DO IT!
DO IT!

Waste Management

Pickering Council had a resolution at its Nov. 21st meeting, moved by Councillor Brenner and seconded by Councillor Johnson, to demand that the

Ontario government permit municipalities to examine all environmentally responsible alternatives and halt the present process for mega-dump site selection so that research

may proceed to determine the most environmentally sound answers to waste elimination and disposal. The resolution was passed. Nursery School Council has approved the

use of the West Shore Community Centre from Sept. 1994 to June 1995 by the Gingerbread Co-operative Nursery School (Pickering) Inc.



Lunch With Santa Was Big Hit With The Youngsters

It was "Lunch with Santa" last Sun. Dec. 4th at the Pickering Recreation Complex and a large crowd of young folks with their parents came to have lunch and enjoy the entertainment. Above, Barney kept the interest of the kids before Santa arrived. (Photo - Bob Watson)

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Opinion

a page for expression
for you and us

Changes Needed

by Bob Watson

Canada Post Corporation - that crown corporation which is supposed to carry out postal deliveries throughout Canada - has announced that postal rates will go up Jan. 1st 1995.

At a time when the economy is starting to move slightly upwards and inflation is very low, Canada Post has announced that newspaper postal rates will go up 10% on Jan. 1st. Of course, they have already announced that first class mail (letters) will go up from 43 cents to 45 cents on Jan. 1st.

Of course, these increases are aggravating and seem unnecessary but the worst part of the postal system is the delivery. Since the sortation plant on Milner Ave. in Scarborough was closed and all local mail taken to Mississauga for sortation, mail delivery has taken a plunge in quality. Our newspapers, instead of getting the one day delivery when sortation was in Scarborough, are now taking 3 to 6 days to arrive at the destination.

The top officials of our national postal service have lost the way to decent delivery of mail. We suggest that the federal government find new executives for this crown corporation so that we can return to our traditional, great postal delivery.

The GST

by Bob Watson

Our Liberal government at Ottawa is still hanging around ignoring the curse of the GST on sales and the country's recovery from a poor economy. We understood that one local Liberal MP had campaigned to kill the GST and collect the same taxes with a mere 4.7 percent increase in income tax. The change would improve our economy and remove an unnecessary millions of hours by business and the government on GST collection.

Let's get the GST out and a slight income tax on everyone who already pays normal income tax. Make this change the best Christmas present from the Liberal government to all of Canada

News From Ottawa

from Derek Lee

MP Scarborough-Rouge River

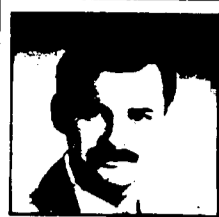
The Immigration & Citizenship Strategy For Canada

Canada has welcomed wave after wave of immigrants, who have helped to build a prosperous, tolerant, generous country with their skills, hard work and ambition. Newcomers are still arriving, whose skills can contribute to this country's economic development and who will, in their turn, become part of our society.

Immigration must serve the long-term interests of this country. We need entrepreneurial people whose education, language and job skills allow them to adjust quickly to changes in the labour market. With this in mind, Immigration Minister Sergio Marchi unveiled the Liberal government's long-term immigration and citizenship strategy Nov. 1, which reflects eight months of public consultations involving more than 10,000 people.

The proportion of skilled workers and business people and their dependents immigrating to Canada will rise from 43 percent in 1995 to 53 percent in 2000. The projected number of skilled workers and business immigrants to be admitted in 1995 is 31,000, who may bring with them up to 40,000 dependents.

To increase the number of skilled workers coming to Canada, government offices abroad will more actively promote Canada. A pilot promotion program has already begun, targeting applicants in areas such as Hong Kong, Germany, the Middle East and Latin America. The investor component of the business immigration program is being suspended and redesigned, to ensure that it does what it was meant to do: bring in entrepreneurs who stimulate



DAVID SOMERVILLE

Justice Denied

Do you have at least \$1 million in spare change that you can afford to lose?

If so, then you're one of the lucky few who can afford to launch a court challenge under the Charter of Rights and Freedoms.

Believe it or not, that's how much it could cost to protect your Charter guaranteed freedoms in Canada's court system.

Just ask Norma Janzen. She's a British Columbia school teacher who wants to challenge a BC law which forced her to join a union as a member or be fired. She believes this law violates her freedom of association, which should also guarantee citizens the right not to associate.

When she began the challenge, it seemed she had everything she needed. She had a good lawyer, she had the financial backing of The National Citizens' Coalition and most importantly she had the determination to see the fight through.

Then, big unions began to get involved in the act, most notably the wealthy and powerful Canadian Labour Congress. The CLC announced that they wanted to intervene in the case against Janzen.

Despite Janzen's objections the BC Court ruled that the CLC could jump in. More importantly, the court also decided that if Janzen were to lose she might

be liable to pay not only her court costs, but the costs of the CLC.

Depending on how far the court proceedings went that meant Janzen could be on the hook for more than one million dollars in intervenors' costs. In other words, she would risk personal bankruptcy if she proceeded. The same went for the NCC.

Janzen thought that was unfair. Why should she have to pay the court costs of CLC, especially when she did not ask or want them to intervene?

She asked the Supreme Court of Canada to reverse the BC ruling but in a recent, controversial decision, the court summarily refused to even hear her appeal. These bizarre court decisions, of course, are bad news not only for Janzen but for the democratic underpinnings of our justice system.

After all, the way is now clear for any big business, big union or any other rich special interest group to effectively scare off any individual from launching a court challenge they oppose simply by intervening and claiming costs.

The justice deck is stacked against the little guy and that's just plain wrong.

The Norma Janzens of Canada seeking to defend their freedoms deserve their day in court.

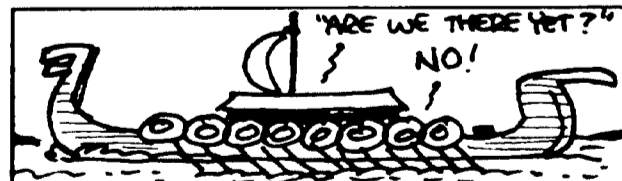
(David Somerville is President of The National Citizens' Coalition.)

regional development and provide risk capital to small and medium-sized businesses. The federal government welcomes provincial participation in making the strategy work, while respecting existing agreements such as the Canada-Quebec Accord, under which Quebec is responsible for selecting immigrants to enter the province.

The proportion of immigrants admitted in the family class will decline from 51 percent in 1995 to 44 percent in 2000. Spouses and dependent children will receive highest priority (with the goal of processing routine cases within six months), while a separate category for parents and grandparents is being set up, with clearly-established limits on numbers. For more flexibility, this category could be extended to allow Canadians to sponsor people who may not fit the current categories, but with whom they have a close relationship. New measures are being developed to ensure that sponsorship agreements are honoured. These could include a sponsorship bond, to guarantee financial support in cases such as a marital breakdown.

Starting in 1995, the refugee and immigrant streams will be managed separately, because of their very different goals. Immigrants are chosen based on their ability to contribute to the economy. Refugees are accepted for humanitarian reasons, to honour our commitments to the international community. Canada will admit 24,000 - 32,000 refugees in 1995. Because refugees who are privately sponsored tend to settle more easily into their new lives, the department will encourage more involvement by community groups and non-governmental organizations.

The long-term goal is an annual immigration level of about one percent of the population. A successful immigration plan will contribute to our economic and social well-being for years to come.



The first Europeans known to reach Canada were Vikings led by Leif Ericson about 1,000 A.D.

Queen's Park Report

Anne Swarbrick, M.P.P.
Scarborough West

Take A Breather In Ontario And Drive Safe This Holiday

Ontario motorists who are stopped during the R.I.D.E. program this December will qualify for a 10 percent discount on a winter Breather at participating Ontario resorts. They'll also have a chance to win one of four Winter Breathers sponsored by Resorts Ontario.

The Ontario Breathers discount offer is the result of a unique partnership involving the Ontario Ministry of Culture, Tourism and Recreation, the Ontario Provincial Police (OPP) R.I.D.E. program and Resorts Ontario. A "Breather" is defined as a two to three-day getaway in the province.

"This is a wonderful partnership that enables us to promote winter tourism in Ontario," said Anne Swarbrick, Scarborough West MPP and Minister of Culture, Tourism and Recreation. "At the same time it encourages motorists to drive safely on our roads during this holiday season."

In an attempt to reduce drinking and driving the R.I.D.E. program will be stepped up beginning in December. Officers will be handing out a unique pocket-sized card to drivers who are stopped. The card, which displays a toll free number for Resorts Ontario, offers a 10 percent discount at participating resorts across the province. By dialing 1-800-36-ESCAPE, people will receive a list of participating resorts and a copy of the Winter Great Escapes Guide. Every caller will automatically be entered into a draw with a chance to win one of four Ontario Breathers at one of the following resorts: Fern Resort, Orillia; Glenora Inn, Mississauga; Benmiller Inn, Goderich; White Oaks Inn and Racquet Club, Niagara-on-the-Lake.

"The R.I.D.E. program has been operating successfully for seven years," said Maurice Pilon, Superintendent Director, Traffic and Marine Branch of the OPP. "Since 1987, the program has served as a deterrent to motorists from drinking and driving during the holiday season."

So breathe easy this holiday season and don't drink and drive. It could mean a savings on your next Breather in Ontario this winter.

Queen's Park Report

Bob Frankford, M.P.P.
Scarborough East

South Asian Family Support Services Receives \$5000

South Asian Family Support Services is receiving \$5000 from the Citizenship Development Grants Program to promote cultural sharing and understanding between mainstream institutions and the South Asian community. Bob Frankford MPP for Scarborough East has announced on behalf of Citizenship Minister Elaine Ziemba.

"A large number of new immigrants of South Asian origin live in Scarborough. A high percentage of them use services provided by mainstream agencies. It is therefore important that they are sensitive to the culture of their clients," said Frankford. "The funding will enable the agencies and the South Asian community to come together and learn from each other."

"Settlement and integration of newcomers is a key component of the Ministry of Citizenship. Most newcomers are eager to contribute to the overall development of Ontario. The ministry works in partnership with community organizations to accelerate the settlement and integration of newcomers," said Ziemba. "Cultural understanding between service providers and newcomers is crucial to this process."

The South Asian Family Support Services was established in 1988 to provide a wide range of support services to South Asian newcomers. Support services include language instruction, support groups for men, women, youth and seniors, assistance with family benefits and, wife assault and sexual assault counselling.

"New comers are part of Ontario's greatest resource, its people. It is important that all sectors of society contribute to their successful settlement. Mainstream agencies play a crucial role in this regard. This funding will help them improve customer service," said Ziemba.

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Alberta Premier Ralph Klein Addresses P.C.'s

Ralph Klein, the Premier of Alberta, recently addressed a large gathering in Scarborough outlining the popular policies and agenda that he has instituted for his province.

"People want government to get their financial house in order," Ralph Klein stated at a dinner meeting sponsored by the Scarborough Ellesmere Provincial P.C. Association.

In Alberta the number of provincial M.P.'s have been cut by one-third, public servants have dropped from 36,000 to 28,000, school boards have been

reduced from 180 to 50, 40 of which were not responsible for any schools. Ralph Klein's government is actually considered revolutionary because a government that keeps promises is considered to be radical.

"When I heard that Ralph Klein had reduced government spending by \$2.5 billion and that taxes had been decreased in order that persons have 3% more disposable income," Marcie Cullis, the President of the Scarborough Ellesmere P.C. Association, remarked, "That's the kind of action that we need in Ontario and I believe Mike Harris is the leader to do it."

In the past 18 months since Ralph Klein has been Premier, his approval rating has increased from 44% to 60%. "People have been waiting for government to catch up to them," Ralph Klein stated.

Ralph Klein was invited to Scarborough by Pauline



Alberta Premier Visits Scarborough

Ralph Klein, Premier of Alberta, is pictured in Scarborough with Pauline Browes, Marcie Cullis, President of the Scarborough Ellesmere P.C. Association, Peter Van Loan, President of the P.C. Party of Ontario and a group of young Ontarians that are very enthusiastic of the policies that Ralph Klein is pursuing in Alberta.

Browes. They became friends when Premier Klein was Minister of the Environment for Alberta and Pauline Browes was the Federal Minister of State for the Environment.

"I am tremendously impressed with Ralph Klein's record of achievement and it is an excellent example for our Province of Ontario to pursue," stated Pauline Browes.

Deck The Halls At Casa Loma

Step back in time, back to a time when Sir Henry and Lady Mary Pellatt called Casa Loma home. Join the Pellatt household as they celebrate the festive season in grand style.

Trees trimmed with cranberries and lace, entrancing displays of toys from the past, wassail bowls brimming with fruit, the heady aroma of apple cider, all combine to reflect the magic of an Edwardian Christmas.

As the castle comes to life, meet a roving cast of characters who will entertain you in scheduled and spontaneous performances, the master himself, Sir Henry Pellatt, the mistress, Lady Mary, their son, Reginald, butlers, maids and cooks.

Join the Pellatt family at The Magic Lantern Show and celebrate the season with music and song!

Enjoy the Puppet Theatre with performances that will please both the young and young at heart.

Let young imaginations soar in the Make Believe Activity Centre where children can participate in games and skits from times past.

Marvel at the Applejuicecan Parade by Canadian creator Viktor Tinkl; Gingerbread Creations by Toronto's finest pastry chefs; a Victorian Doll House Display and Canada's largest Pop-Up Book.

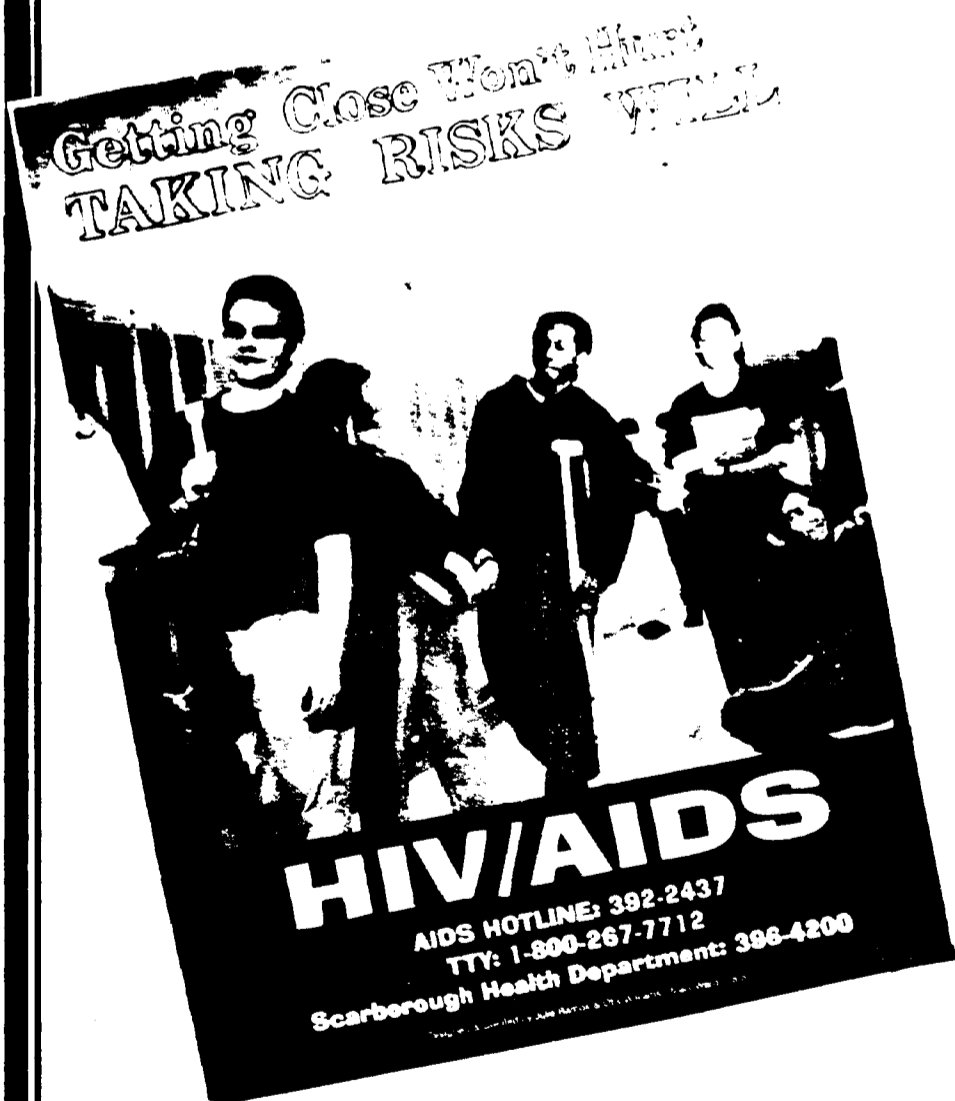
Christmas would not be Christmas without a visit to the Toyshop to see Santa Claus himself. Whisper secret wishes to the grand old gent.

Visit Toronto's majestic castle this holiday season and experience - a Traditional Casa Loma Christmas! Call (416) 923-1171 for more information.

An important message from the Scarborough Health Department's HIV/AIDS Program

In Canada the fastest growing group of HIV + people are heterosexual women. Second are teens. As of July 1994, there were 5581 cases of AIDS in the 20 to 39 year age group -- 63% of all AIDS cases.

Everybody is at risk of contracting HIV/AIDS regardless of their age, race, sex, disability, class or sexual orientation.



Education is still our best method of prevention. Be informed. Be Safer.



Find Out How A Simple Hug Can Save A Life.

St. John Ambulance CPR Training Call: 967-4244 A Unibac-Way Member Agency

COMMUNITY DIARY

WED. DEC. 7

8:30 a.m. - 4 p.m. FIRST AID CPR COURSES

First Aid CPR training courses are offered ongoing, daytime, evenings and weekends at Scarborough Red Cross, 1095 Bellamy Rd. N. Call 438-5243, Monday to Friday, for more details and to register.

9 a.m. - 10 p.m. ST. JOHN AMBULANCE COURSES

St. John Ambulance offers first aid, health care and CPR courses at three locations in Metro Toronto seven days a week. For information and registration call 967-4244.

11 a.m. - 12:30 p.m. HEALTH COUNSELLING

Seniors coping with diabetes or high blood pressure can attend free counselling and information groups every Wednesday at Warden Woods Community Centre, 74 Fir Valley Court, Scarborough. For details call Bonnie at 694-1138.

12:30 - 3:30 p.m. SOCIAL DANCING

All seniors over the age of 55 are invited to enjoy an afternoon of social dancing every Wednesday at L'Amoreaux Community Centre, 2000 McNicholl Rd. Phone 396-4513.

12:30 - 4 p.m. B.P. & FOOT CARE

A footcare and blood pressure clinic for seniors is offered every Wednesday at Warden Woods Community Centre, 74 Fir Valley Court, Scarborough. This is a free service. To book an appointment call 694-1138.

12:30 p.m. PING PONG

All seniors over the age of 55 are invited to enjoy a morning of ping pong every Monday from 12:45 to 2:45 p.m. and Wednesday from 12:30 to 2:30 p.m. at L'Amoreaux Community Centre, 2000 McNicholl Rd. Phone 396-4513.

1 - 3 p.m. NEARLY NEW SHOP

A Nearly New Shop is held every Wednesday at Knox United Church Christian Centre, 2575 Midland Ave., Agincourt for the sale of good clean used clothing for all ages, and small houseware items (electrical appliances, pots & pans, etc.). Thrifty prices! The shop is also open the second Saturday of every month from 9:30 a.m. to 12:30 p.m.

1 - 3 p.m. BINGO

Birkdale senior citizens invite everyone 55 years of age and over to enjoy an afternoon of bingo every Wednesday at Birkdale Community Centre, 1299 Ellesmere Rd., Scarborough.

2 - 3:30 p.m. LIVING WITH CANCER

Living With Cancer, the support group for Central Metro District of the Canadian Cancer Society, meets at 20 Holly St., Suite 101, Toronto, on alternate Wednesdays to provide information about nutrition, relaxation, support services and practical guidance. The public is invited to come, talk or listen. For details call 485-0222.

6:30 p.m. BUSINESS & PROFESSIONAL WOMEN MEET

North Toronto Business and Professional Women's Club holds its monthly dinner meeting at 3300 Yonge St., Suite 204. The guest speaker is from the Homeward Shelter. For reservations call Muriel Ahluwalia 905-712-4422.

6:30 p.m. DRUG EDUCATION WORKSHOP

Friends or family on drugs? Find out about drugs and what can be done at Narconon. Come to the free drug education workshops Wednesdays at 842 Pape Ave. For more information call 465-5096.

7:15 - 10:30 p.m. BINGO

The Indianapolis Scarborough Peace Games sponsors an evening of Bingo every Wednesday at 2100 Ellesmere Rd.

7:30 p.m. PARENTS-FLAG

Parents, families and friends of lesbians and gays, North Toronto Chapter meet the first Wednesday of each month at Glenview Presbyterian Church 1 Glenview (4 blocks south of Lawrence Ave., off Yonge St.). Everyone is welcome. For details call 322-0600.

8 p.m. SCARBOROUGH COIN CLUB

The Scarborough Coin Club meets the first Wednesday of the month at Cedarbrook Community Centre, 91 Eastpark Blvd., Scarborough. New members are welcome.

THURS. DEC. 8

11:30 a.m. - 3:30 p.m. BLOOD DONOR CLINIC

A permanent Red Cross blood donor clinic is held every Thursday at Royal Bank Plaza, Merchants Mall Level, 200 Bay St., Toronto. All donors are welcome.

12 noon DINERS' CLUB LUNCHEON

This luncheon is open to seniors and disabled living in East York. Lunch is followed by entertainment such as bingo, movies, speakers, fashion or music shows and much more. All for only \$4.30! Transportation will be provided if required. This week's luncheon will be held at St. Clair O'Connor. For details call East York Meals on Wheels, 424-3322.

12:45 p.m. EUCHRE

All seniors over the age of 55 are invited to enjoy an afternoon of euchre at Stephen Leacock Seniors Centre, 2520 Birchmount Rd. Phone 396-4040.

1 - 3 p.m. CRAFTS WORKSHOP

A crafts workshop is held every Thursday at L'Amoreaux Community Centre, 2000 McNicholl Ave., Scarborough. For details call 396-4513.

7 - 9 p.m. GAVEL GLASS TOASTMASTERS

Gavel Glass Toastmasters meets every Thursday in the Don Mills & Lawrence Ave. area. This program is for men and women over 18 years of age. For further information call Diane at 447-9533.

7:15 p.m. BINGO

The Lions Club of Agincourt holds a bingo every Thursday night at Agincourt Community Centre, 31 Glenwatford Dr., Agincourt, featuring a nightly jackpot. Come out and enjoy this friendly bingo. All profits go to charity in the Agincourt area.

7:30 - 8:30 p.m. ECKANKAR

An introductory free workshop presented by Eckankar will be held at the East City YMCA, 907 Kingston Rd. The topic will be "Near Death and Out of Body Journeys". For details call Jane at 261-5906.

7:30 p.m. LEASIDE GARDEN SOCIETY

Leaside Garden Society meets the second Thursday of each month at Leaside Library (downstairs), 165 McRae Dr. Visitors and new members are welcome.

7:30 - 9:30 p.m. KIDNEY FOUNDATION GROUP MEETS

The Renal Education and Social Group of The Kidney Foundation is holding a meeting at the Canadian Armed Forces College, 215 Yonge Blvd. The topic is "Getting Through the Holidays on a Renal Diet" and the speaker is Jean Pettit. For more details call Garth Hamilton at (416) 439-2283.

FRI. DEC. 9

9 a.m. - 1 p.m. BLOOD DONOR CLINIC

A permanent Red Cross blood donor clinic is held every Friday at 55 Bloor St. W., 2nd floor, Toronto. All donors are welcome.

9 a.m. - 4 p.m. SNOOKER & BUMPERPOOL

All seniors over the age of 55 are invited to enjoy snooker and bumperpool every Friday at L'Amoreaux Community Centre, 2000 McNicholl Ave. Phone 396-4513.

FRI. DEC. 9

10 a.m. - 12 noon SOCIAL BALLROOM

All seniors over the age of 55 are invited to enjoy an afternoon social ballroom every Friday at L'Amoreaux Community Centre, 2000 McNicholl Ave. Phone 396-4513.

12:30 - 2:30 p.m. SHUFFLEBOARD

All seniors over the age of 55 are invited to enjoy an afternoon of shuffleboard every Friday at L'Amoreaux Community Centre, 2000 McNicholl Ave. Phone 396-4513.

1 - 4 p.m. BINGO

The Literacy Council of Durham Region sponsors Friday afternoon bingo games at Bingo Country, 610 Monarch Ave., Ajax (south of Bayly St.). Everyone is welcome.

1:30 - 3:30 p.m. ARMCHAIR TRAVEL

Television travel host Irwin Patterson takes you on a lively slide tour of exotic places around the world, complete with music and commentary, at Pleasant View Community Branch Library, 575 Van Horne Ave. To pre-register and more details call the library at 395-5940.

4 - 5 p.m. CHRISTMAS CRAFTS

Children ages 5 to 8 make decorations for their Christmas tree at Armour Heights Community Branch Library, 2140 Avenue Rd., North York. To pre-register call 395-5430.

7:30 p.m. CANDLELIGHT & CAROL SERVICE

The Church of St. George (Anglican), 3765 St. Clair Ave. E. at Brimley Rd., Scarborough is holding a candlelight and carol service and open house. Everyone is invited to join them for this special holiday music and refreshments.

7:30 p.m. TREE TRIMMING PARTY

A Christmas tree trimming party, with entertainment, takes place at the Scarborough Civic Centre, 150 Borough Dr. For details call 396-1212.

8 p.m. GEM & MINERAL CLUB MEETS

The Willowdale Gem & Mineral Club meets at 49 Bogart Ave., Lansing United Church. All are welcome and admission is free. For details call 221-9683.

SAT. DEC. 10

10 a.m. - 2 p.m. NEARLY NEW BOUTIQUE

A Nearly New Boutique featuring good used clothing and accessories will be open every Saturday at St. Crispin's Anglican Church, 77 Craiglee Dr., Scarborough. For more details call 267-7932 on Saturdays.

10 a.m. COOKIE WALK

No time for Christmas baking? Join the Cookie Walk at Agincourt Baptist Church, 37 Glen Watford Dr. If you wish, bring your own cookie tins. For more details call Anna at (416) 267-6977.

8 p.m. CHRISTMAS CONCERT

The Cathedral Bluffs Symphony Orchestra is presenting a Christmas concert at Midland Collegiate Auditorium, 720 Midland Ave., Scarborough. The concert will appeal to children and adults alike, as it features the Bach Children's Chorus of Scarborough, 13-year old violinist Drew Jurecki, music from the Nutcracker Suite and a traditional Christmas Carol Sing-a-long. For ticket information and reservations call (416) 266-5757.

8 p.m. A CHRISTMAS TRADITION

The Scarborough Philharmonic Orchestra celebrates the season with A Christmas Tradition Concert featuring Handel's "The Messiah" and guest artists the Bell Arte Singers, at Birchmount Park Collegiate, 3663 Danforth Ave. For ticket information and reservations call 439-8527.

SUN. DEC. 11

10:30 a.m. ALONE BUT NOT ALONE

Anne Orford will explore one of the paradoxes of life at Don Heights Unitarian Congregation, Four Antrim Cres., Scarborough (Kennedy Rd. & Hwy. 401).

12 noon - 6 p.m. CHESS CLUB

Agincourt Chess Club meets the first three Sundays of each month at L'Amoreaux Community Centre, 2000 McNicholl Ave. at Kennedy Rd. For details call 493-0019.

2 - 4 p.m. BAND CONCERT

The Royal Regiment Band of Canada, with special guest Henry Shannon (Brass) will entertain at the regular Sunday afternoon concert at the Scarborough Civic Centre. Admission is free and everyone is welcome.

3 p.m. HOLIDAY SINGALONG

The Scarborough Campus Chorus will perform a holiday season singalong featuring holiday songs and traditional carols from a variety of cultures, at the University of Toronto's Scarborough Campus, 1265 Military Trail. Tickets are \$5 at the door or in advance by calling 287-7080.

3 p.m. CHRISTMAS CONCERT

The Toronto Children's Chorus Christmas Concert, with special guest Ben Heppner, will be held at Roy Thomson Hall, 60 Simcoe St., Toronto. For ticket information and reservations call (416) 593-4822.

7 - 10 p.m. SENIORS BIG BAND DANCE

All seniors are welcome to attend the big band dance at the North York City Centre. Complimentary refreshments will be served.

MON. DEC. 12

8 - 9:30 a.m. TAI CHI

Everyone over the age of 55 is invited to enjoy Tai Chi every Monday at L'Amoreaux Community Centre, 2000 McNicholl Ave., Scarborough. For more details call 396-4513.

10 a.m. - 3 p.m. WOMEN'S CENTRE

The North York Women's Centre, 201 Caribou Rd. is open Mondays through Thursdays to offer information and referral services to women. Phone 781-0479 or drop in during these hours to find information, to register for a program, or to talk over something that is troubling you.

11:30 a.m. - 3:30 p.m. BLOOD DONOR CLINIC

A Red Cross permanent blood donor clinic is held at Manulife, 55 Bloor St. W., 2nd Floor, Toronto. All donors are welcome.

12:30 - 3 p.m. BRIDGE

All seniors over the age of 55 are invited to enjoy an afternoon of bridge every Monday at Stephen Leacock Seniors Centre, 2520 Birchmount Rd. Phone 396-4040.

2 - 3 p.m. NUTRITION COUNSELLING

Nutrition counselling services are available to seniors free of charge every Monday at the Wellness Centre located in the Bernard Betel Centre, 1003 Steeles Ave. W. For an appointment call 225-2112.

7:30 p.m. CHRISTMAS MUSIC

The Scarborough Concert Band performs Christmas music at the Scarborough Civic Centre, 150 Borough Dr.

8 p.m. RECOVERY INC.

Recovery Inc., a community mental health organization, meets weekly at St. Stephen's Presbyterian Church, 3817 Lawrence Ave. E., Scarborough. For information call 276-2237.

8 p.m. WRITERS MEET

Scarborough Arts Council Writers' Group meets every Monday at the Jack Goodlad Centre. Call Eugenie Shehrian, 759-3340 or Joyce Greggains, 284-2395 for more details.

TUES. NOV. 13

9 - 11 a.m. HOLIDAY FASHION SHOW

The Scarborough Christian Women's Club is hosting a Holiday Fashion Show by Marlene Hugget of the House of Seasons Boutique, at the Four Seasons Banquet Hall, 2041 McCowan Rd. A host of fashion ideas can be found at this event. For more information call Linda Nightingale at (416) 285-9850.

11:30 - 3:30 p.m. BLOOD DONOR CLINIC

The Red Cross Toronto Blood Centre, 67 College St. is open every Tuesday and all blood donors are welcome.

12 noon DINERS' CLUB LUNCHEON

This luncheon is open to seniors and disabled living in East York. Lunch is followed by entertainment such as bingo, movies, speakers, fashion or music shows and much more. All for only \$4.30! Transportation will be provided if required. This week's luncheon will be held at York Banquet Hall. For details call East York Meals on Wheels, 424-3322.

12:30 - 2:30 p.m. BADMINTON

All seniors over the age of 55 are invited to enjoy an afternoon of badminton every Tuesday, Thursday and Friday at L'Amoreaux Community Centre, 2000 McNicholl Rd. Phone 396-4513.

12:45 - 3 p.m. SOCIAL & LINE DANCING

All seniors over the age of 55 are invited to enjoy social and line dancing every Tuesday at Stephen Leacock Seniors Centre, 2520 Birchmount Rd. Phone 396-4040.

1 - 3 p.m. BINGO

All seniors over the age of 55 are invited to enjoy an afternoon of bingo every Tuesday at L'Amoreaux Community Centre, 2000 McNicholl Rd. Phone 396-4513.

1 - 2:30 p.m. NEARLY NEW SHOP

A New To You Shop featuring low prices on good used clothing and household articles is open every Tuesday at Iondale Heights United Church, 115 Ionview Rd., north of Eglinton, west of Kennedy Rd. Parking and entrance at rear of building.

7 p.m. BINGO

The Ladies Auxiliary to Royal Canadian Legion Highland Creek Branch No. 258 holds a Bingo every Tuesday, at the Legion Hall, 45 Lawson Road, West Hill. Everyone is welcome.

(Continued on Page 5)

Anniversaries/Birthdays

100TH BIRTHDAY

Scarborough has another centurion. Alfred Sylvester Tuitt of St. Paul's L'Amoreaux Centre, 3333 Finch Ave. E. is celebrating his 100th birthday on Sat. Dec. 10th and we wish him a very happy birthday.

90TH BIRTHDAYS

Celebrating another milestone birthday is Scarborough's Sofia Kinzinger of Shepherd Village, 3760 Sheppard Ave. E. Mrs. Kinzinger celebrates her 90th birthday on Sun. Dec. 11th. Happy Birthday Sofia.

75TH BIRTHDAY

Celebrating her 75th birthday this week is Marie Serrao of Ellesmere Rd., Scarborough. Marie will be 75 on Wed. Dec. 14th and we send her our birthday wishes as well.

Got an anniversary or birthday to celebrate?
Call 291-2583 for inclusion in this column.

Provincial Constituency Offices

9 a.m. to 5 p.m. CONSTITUENCY OFFICE OPEN

The office of the Hon. Alvin Curling, MPP Scarborough North, located at 5200 Finch Ave. E., Unit 114, Scarborough is open Monday to Friday from 9 a.m. to 5 p.m. Phone 297-5040.

9 a.m. to 5 p.m. CONSTITUENCY OFFICE OPEN

The office of Gerry Phillips, MPP Scarborough-Agincourt, located at 4002 Sheppard Ave. E., Suite 204, northeast corner of Sheppard and Kennedy, is open Monday to Friday from 9 a.m. to 5 p.m. For appointments phone 297-6568.

9 a.m. to 5 p.m. CONSTITUENCY OFFICE OPEN

The office of David Warner, MPP Scarborough-Ellesmere, located at 695 Markham Rd., Unit 34, in Cedar Heights Plaza, is open Monday to Thursday from 9 a.m. to 5 p.m. and Friday from 9 a.m. to 12 noon. For appointments phone 438-1242.

9 a.m. to 5 p.m. CONSTITUENCY OFFICE OPEN

The office of Anne Swarbrick, MPP Scarborough West, located at 1576 Kingston Rd. is open Mondays, Tuesdays and Thursdays from 9 a.m. to 5 p.m., Wednesdays 1 to 5 p.m. and Fridays 9 a.m. to 1 p.m., or by appointment. Phone 698-0967.

9 a.m. to 1 p.m. CONSTITUENCY OFFICE OPEN

The office of Dr. Bob Frankford, MPP Scarborough East, located at 4403 Kingston Rd., Unit 6A, just west of Lawrence Ave. E., is open Monday to Thursday from 9 a.m. to 1 p.m., Friday mornings by appointment only. Phone 281-2787.

9 a.m. - 4:30 p.m. CONSTITUENCY OFFICE OPEN

The office of Steve Owens, MPP Scarborough Centre, located at 3047 Kingston Rd., in Cliffcrest Plaza, is open Tuesdays, Thursdays and Fridays from 9 a.m. to 4:30 p.m. and Mondays and Wednesdays by appointment only. Phone 261-9525.

Federal Constituency Offices

9 a.m. - 5 p.m. CONSTITUENCY OFFICE OPEN

The office of John Cannis, MP Scarborough Centre, located at 1450 Midland Ave., Suite 211, Scarborough is open Monday to Friday from 9 a.m. to 5 p.m. Evenings and Saturdays by appointment only. Call 752-2358.

9 a.m. to 4 p.m. CONSTITUENCY OFFICE OPEN

The office of Tom Wappel, MP Scarborough West, located at 483 Kennedy Rd. is open Monday to Friday, 9 a.m. to 4 p.m. Evenings and Saturday mornings by appointment only. 261-8613.

9:30 a.m. to 4:30 p.m. CONSTITUENCY OFFICE OPEN

The constituency office of Derek Lee, MP Scarborough Rouge River, located at 4800 Sheppard Ave. E., Unit 119, Scarborough, is open Monday to Friday from 9:30 a.m. to 4:30 p.m. Phone 298-4224.

9 a.m. to 5 p.m. CONSTITUENCY OFFICE OPEN

The constituency office of Jim Karygiannis, MP Scarborough-Agincourt, located at 3850 Finch Ave. E., Suite 206, is open weekdays from 9 a.m. to 5 p.m. Saturdays 9 a.m. to 11 a.m. by appointment only, call 321-5454.

9 a.m. - 5 p.m. CONSTITUENCY OFFICE OPEN

The constituency office of David Collette, MP Don Valley East, located at 1200 Lawrence Ave. E., Suite 300, is open Monday to Thursday from 9 a.m. to 5 p.m. and Friday from 9 a.m. to 12 noon. For an appointment call 447-5544.

9 a.m. - 4 p.m. CONSTITUENCY OFFICE OPEN

The constituency office of Doug Peters, MP Scarborough East, located at 255 Morningside Ave., Suite 314, is open Tuesday to Friday from 9 a.m. to 4 p.m. and Saturday by appointment only. Call 287-0037.

Community Diary

(Continued from Page 4)

TUES. DEC. 13

7 - 11 p.m. CHESS CLUB

Agincourt Chess Club meets on alternate Tuesdays at L'Amoreaux Community Centre, 2000 McNicoll Ave. at Kennedy Rd. For details call 493-0019.

7 - 10 p.m. PUBLIC WORKSHOP

The Canadian Small Business Institute offers a public workshop on "How to Start Your Own Import/Export - Mail Order Business" at the Holiday Inn Toronto East, 22 Metropolitan Rd. The cost is \$25, seniors are free. Register at the door or in advance by calling (416) 512-2009.

WED. DEC. 14

6:45 - 10:30 a.m. WINTER CONCERT

There's lots of dancing, singing, puppets and live action for children of all ages in this salute to the shivery season at York Woods Regional Branch Library, 1785 Finch Ave. W. Seating is limited. Groups with more than five children must pre-register by calling 395-5980.

3 p.m. HANDEL'S MESSIAH

The Toronto Symphony Orchestra presents Handel's Messiah at Roy Thomson Hall, 212 King St. W., Toronto. For ticket information and reservations call (416) 593-4828.

Lester B. Pearson CI News

LW Fundraising

Pearson United Way Week, Nov. 28 to Dec. 2nd, kicked off with a fundraising Fashion Variety Show. Many fundraising activities were held throughout the week including 3 shot basketball, homemade cookies and cakes sale, lollipops sale, balloongrams, video games, 50-50 draw, selling greeting cards, video grams, book sale, rose-ograms, Hershey kiss o'grams, limbo contest, matchmaking, Teddy gram, walkman raffle, rent-a-friend, anem the baby contest and various food booths.

Other Activities

The school is a hive of activity with practices being held for the Junior Math League, Deca members, dance class, junior and senior girls volleyball, Pearson Band, Pearson Choir, Christmas Assembly rehearsals, curling, grad play rehearsals and much more.

Grade 8 Visitors

On Tues. Nov. 29th Pearson hosted approximately 300 grade 8 students from Dr. Marion Hilliard Sr. P.S., Lucy Maude Montgomery P.S. and Mary Shadd P.S.

Thanks go to the Prefects, the M.C.'s, the Grade 9 panelists, the performers and the teachers who hosted groups. The day was a huge success.

SPORTS

Senior Boys' Basketball

The senior boys travelled to Victoria Park Secondary School on Nov. 23rd and came home with their first victory of what promises to be an excellent season.

Leading the scoring and the stats chart was Kingsley Robinson who scored 16 points and handled the ball superbly. Dwayne Perry, Andrae Dawns, and Jason Gulozian also played strongly.

The weekend of Nov. 26 & 27 the senior boys competed in the Sun-U.S.A. Basketball Tournament. After defeating a strong Pickering team, a traditional top ten team in George Harvey, and the host Pineridge team, they advanced to the final on Sunday where they met their archrival - Cedarbrae. On this day, Cedarbrae, led by Canadian National Junior Team member Blair Adderly, was too much for our boys and they lost the championship game. Congratulations to Kingsley Robinson and Dwayne Perry who

were chosen as tournament all-stars.

Boys' Bantam Basketball

On Nov. 28th Pearson Bengals handled the L'Amoreaux Saints with relative ease. The final score was L'Amoreaux 26 and Pearson 72. High scorers for Pearson were Brian Dixon, George Brown and Omar Henry.

On Nov. 29th the bantam boys were beaten by Libermann in the first game of the Falcon Tournament. The final tally was Libermann 63, Pearson 38. Then Pearson showed some character by bouncing back to defeat Michael Power (from Etobicoke) by the score of 50-40.

Hockey

On Nov. 23rd Pearson played Campbell C.I. to a 2-2 tie. Goals were scored by Jeff Lomer and Chris Findlay. Kevin Jeffery once again played outstanding in net.

Swim Team

On Nov. 23rd at the Novice Swim Meet Shaun Arnold, Stephanie Bloye, Peggy Brown, Ian Chen, Alex Dulevski, Mark Harripersad, Humara Khan, Ken Moore, Yeganeh Nassirinejad and Darryle Scott put forward an excellent effort. All 7 swimmers made personal best times in their events. The swim meet ended with the girls relay team placing 4th and the boys relay team placing 2nd. Excellent work swimmers.

Mary Gets Guides 50 Yrs. Pin

Mary Alto Risley, of Scarborough, has just received a Long Service Pin to recognize her 50 years as a dedicated volunteer with Girl Guides of Canada.

Mary has been excited about Guiding since she became a Guide Leader 50 years ago. She has worked with many levels of Guiding including Brownies and Area Public Relations.

Currently, Mary is active as the Humberview District Commissioner in Toronto. Guides Canada is thrilled to have dedicated women such as Mary in its organization and offer her congratulations.

It Pays To Advertise

The Gift Of Light Helps Kenyan Man See Clearly

Diane Clark, her voice distant and reflective, describes the image of a 50-year old Kenyan man who can now see clearly for the first time since he was a child - thanks to the generosity of Canadians.

"As soon as he put the glasses on, he started pointing at me, reading my name and saying 'thank you' and 'God bless you' and he kept pointing at things around him," the Ottawa resident recalls. "I asked if everything was alright, and he said yes, he was so excited because he hadn't been able to read anything since he was a child."

"Another man walked almost 400 miles - basically across the country - so he could get glasses," Clark adds. "At night he slept in trees to protect himself from the wild animals and snakes."

Clark's experience as a member of an optical mission to Ndalani, Kenya is just one of the many stories of lives that literally have been changed by the "Give the Gift of Sight" campaign that provides free prescription eyeglasses to needy

people around the world.

Under this program, Canadians simply drop off their old, unwanted eye glasses at any LensCrafters store between now and New Year's Day. The glasses are cleaned, repaired and classified by prescription. Then working with Lions Clubs International, Calgary-based Operation Eyesight Universal and other organizations, the donated glasses are distributed in developing countries.

According to the World Health Organization, one-fifth of the world's population suffers from vision problems that could be improved with eyeglasses.

"In many parts of the world, eyeglasses are either unavailable or unaffordable," says Cindy Ball, co-ordinator of the "Give the Gift of Sight" campaign. "Without proper eyewear, many millions of people are unable to learn, unable to work, and unable to escape grinding poverty."

The Canadian campaign, which is now in its fourth year, has collected a total of 150,000 pairs of glasses, and LensCrafters Canada employees have participated in optical missions to Panama, Kenya, Mexico and Albania. According to Ball, the campaign hopes to collect an

additional 150,000 pairs of eye glasses in 1994 and is especially targeting the collection of children's glasses.

In addition, LensCrafters Canada recently arranged for some 700 needy Canadians to have eye examinations and provided new prescription glasses, free of charge, as part of its annual Community Day program.

"Each year, we work with local social service agencies to identify needy recipients in our own towns and cities who can't afford glasses for themselves or their children," says Ball. "This is a way for us to give something back to the communities that we serve."

WARM WISHES from SUPER CUTS

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FACTORY OUTLET

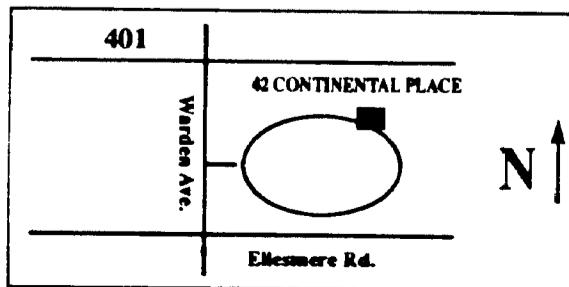
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Start Metro Convention Centre Expansion

Long awaited \$180 million expansion of the Metro Toronto Convention Centre begun Nov. 17 is expected to create 10,000 jobs. Minister of Culture, Tourism and Recreation, Scarborough West MPP Anne Swarbrick attends the ground-breaking ceremony with (left) Carmen Principato and Nick Barbieri of Laborers' International Union of North America local 506.

"This will be a huge benefit to Metro Toronto's tourism industry, with an estimated \$235 million in additional annual spending by visitors," said Ms. Swarbrick whose Ministry oversees the Centre. "It will also boost Toronto's reputation as a major cultural, tourist and entertainment centre and act as a catalyst for other downtown development."

St. Michael's Choir Releases Recording

St. Michael's Choir School has released a new recording for the Christmas season. Entitled "The Heavens Are Telling" - from Franz Joseph Haydn's "The Creation" - this recording is the first to be made by the school since 1968. It will be available in two formats, cassette and CD.

The 52-minute digital recording features the three performing choirs of St. Michael's Choir School which sing regularly in the venerable cathedral of St. Michael in downtown Toronto. It includes material sung by the Junior, Senior and Tenor-Bass Choirs, the latter two being augmented by a small group of alumni, including Michael Burgess.

Monsignor T. Barrett Armstrong, conductor of the Senior Choir, says "For many years our choristers have delighted audiences with such choral gems as "The Heavens are Telling". This recording gives us the opportunity to share these treasures with an even larger audience while renewing the experience for those who have already heard us."

Earlier recordings also available in CD and cassette formats are "Shout For Joy" (1988), "Joy to the World" (1973), "This is the Day" (1975), "Sing Praise to God the Lord" (1979), and "Sing the

Carols of Christmas" (1983).

Cassettes (\$13 each) and CDs (\$15 each) can be ordered by calling the Choir School at (416) 393-5518.

Discover Mooredale Youth Orchestra Sun. Dec. 11

On Sun. Dec. 11, audiences will have the opportunity to enjoy the inspired playing of the Mooredale Junior Orchestra directed by Clare Carberry, and the Mooredale Youth Orchestra directed by Kristine Bogyo. Their first concert of the 1994-95 season will take place at Timothy Eaton United Church (St. Clair and Dunvegan) at 3 p.m.

Musical selections will range from the Mooredale Youth Orchestra performing Music from Gluck's "Orpheus", Mozart's Divertimento K.138 in F major performed by the young virtuosos, a "Suite in D minor" by J.J. Fux and not to be missed Handel's "A Little Fugue"

performed by the Mooredale's youngest group of musicians the Training Ensemble.

Founded by Kristine Bogyo eight years ago, the Mooredale Youth Orchestra offers a wonderful opportunity for music students from all across Metro Toronto to play music of the masters. They perform three concerts a year as part of the Mooredale Concert series.

To be eligible for an audition, students must have achieved the Grade 8 Royal Conservatory level. Mooredale Orchestras have expanded over the years to include a Junior Orchestra, directed by Clare Carberry and a training orchestra for the youngest players.

Tickets are \$13 for adults and \$9 for seniors and students. For further information write to Mooredale Concerts, 146 Crescent Rd. Toronto, Ont. M4W 1V2, or call 922-3714.

Winnie The Pooh Is Back

After its sold out run two years ago, Artistic Director Heinar Piller has revived this hour long production where Pooh Bear's insatiable appetite for honey threatens to put an end to his friendship with Piglet. Based on the stories of A. A. Milne with music and lyrics by Kristin Sergil and Allan Jay Friedman - Pooh, Piglet, Rabbit, Eeyore, Christopher Robin and others come to life on stage at the Hart House Theatre.

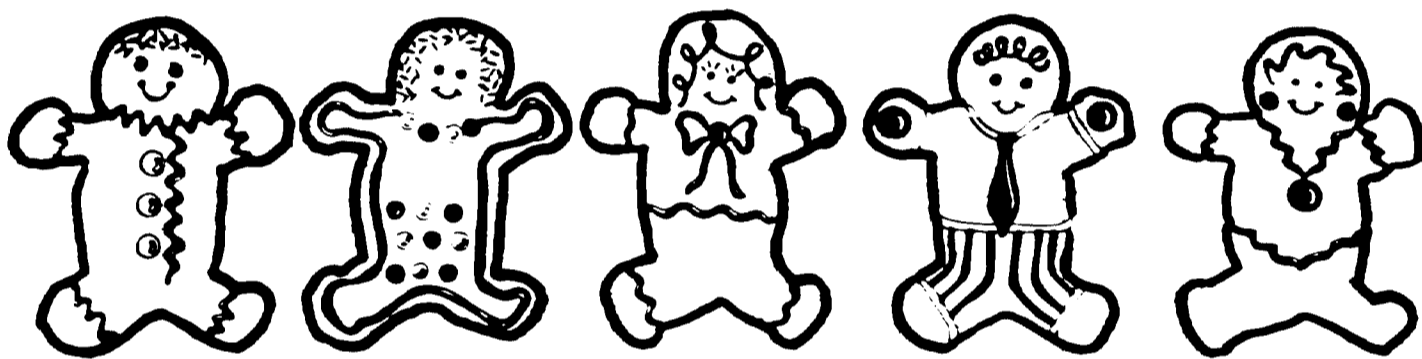
Thousands of Metro school children will flood Hart House Theatre for 15 special weekday performances of George Brown Theatre's production of Winnie the Pooh and now the public can attend this ever-loved story at four weekend performances.

"Winnie The Pooh" is directed by Heinar Piller with musical direction by David Walden, choreography by Robert McCollum, set design by Antonin Dimitrov, lighting design by David Wallett and costume design by Bonnie Deakin and Minda Johnson.

This is the ninth year in a row that George Brown Theatre has delighted audiences with its annual Children's Christmas show and at \$6.50 a ticket it remains the most reasonable holiday treat in town.

The show will be held on Dec. 10th and 17th at 1 p.m. and 3 p.m. at Hart House Theatre, 7 Hart House Circle, on the campus of the University of Toronto. The box office is at 978-8668.

Volunteers Needed



Recipe for fun - throw a holiday craft party

Cookies, crafts, kids and Christmas - It's a winning combination, just right for a party, a holiday craft party.

Children of all ages as well as those who are young at heart love making crafts and what can be more fun than getting a group of friends together for a few hours of Christmas creativity?

Start with a hand-crafted invitation promising Christmas handcrafting fun. Keep refreshments simple - lots of Christmas cookies and hot chocolate or mulled cider. And to help you set a theme here are a few crafty ideas:

- ◆ Make it a Cookie Bake using Robin Hood's new Sugar and Gingerbread Cookie Kits. Each kit contains cookie mix, icing tube, four decorator tips, colored sprinkles and cookie cutters for two dozen cookies.

- ◆ Handmade Christmas Ornaments always make tree decorating more fun. Invite guests to bring supplies for bread dough, stitchery, crochet, knit or lace

making, fabric scraps, felt and pot pourri for sachets

- ◆ Centrepieces, Wreaths and Corsages - have everyone collect sprigs of holiday greens, berries, dried fruit, pine cones, ribbons, bows and bells.

- ◆ Get ready to share seasons greetings with handmade Greeting Cards, Gift

Cards and Wrapping Paper. Potato Prints can be messy but fun. Use poster paint or food coloring, newspaper or paper towels for wrapping paper, construction or bond for cards.

To print, cut a raw potato in two and cut a raised design on the flat end. Press design into paint and then onto paper.

Gingerbread has spicy history

There is something magical about gingerbread. This spicy confection, traditionally made with molasses and flavored with ginger, has been appearing in stories for centuries - *The Little Gingerbread Man* and *Hansel and Gretel* spring immediately to mind.

As early as 17th Century England, local fairs were featuring gingerbread treats for children - little gilded figures of men,

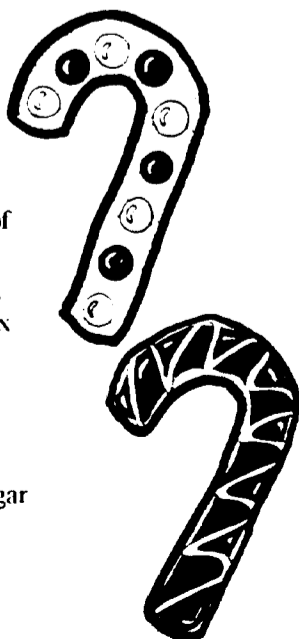
women, animals or saints.

During the middle ages gingerbread figures were counted among the favors bestowed on deserving knights by fair ladies throughout the kingdom.

Gingerbread has long been considered a Christmas treat. Families in Nuremberg in the early 1600s would go to the Christkindmarkt in December to buy carved Christmas decorations, fancy sausages and the famous Nuremberg Lebkuchen gingerbread cakes. Special molds for baking various shaped gingerbread cookies for St. Nicholas Day can still be found in German museums.

By the late 19th century, North Americans had also been baking gingerbread for decades. Waves of immigrants have added their own variations, and today, baking and decorating gingerbread before Christmas has become a tradition on both sides of the Atlantic.

This activity has taken a new twist with the introduction of Robin Hood's new Gingerbread Cookie Kit containing cookie mix, icing tube, four decorator tips, colored sprinkles and cookie cutters. A kit is also available for making Sugar Cookies.



Cookie Swap's a snap with handy kits!

Cookie Swaps are a great way to end up with an assortment of fancy holiday cookies without spending hours in the kitchen.

Everyone makes a dozen cookies of his or her choice for each participant. If there are six participants each person makes six dozen cookies.

Cookies are packaged by the dozen on styrofoam trays, paper plates or other containers. You keep one and get receive five packages of other people's cookies.

You can save even more time by using Robin Hood's new Sugar and/or Gingerbread Cookie Kits for your cookies.

They even include the cutters - a gingerbread man and Christmas tree in one, snowman and candy cane in the other.

Record Setting Year For Ontario Lottery Corp. In Sales & Profits

Innovative new products, new technology and a continuing commitment to customer service were key factors as the Ontario Lottery Corporation (OLC) again achieved record sales and profits in the 1993/94 fiscal year.

Sales were \$1.886 billion, an increase of \$220 million.

Payments to the province totalled \$562 million, which marked a second consecutive year of more than half a billion dollars raised for worthy projects.

Financial results were released by the Honourable Anne Swarbrick, Minister of Culture, Tourism and Recreation, responsible for

lotteries in Ontario.

At year end, OLC payments in accumulated profit to the province had surpassed the \$5.6 billion mark. Ontario hospitals were a major beneficiary having received \$463 million or 82% of profits for the year ending March 31, 1994. Lottery profits also

support voluntary social service organizations through The Trillium Foundation, and sport, recreational and cultural activities.

The launch of new games and the success of OLC's existing games helped push sales to a record high. Pro Line from Sport Select was available for its first full year in Ontario recording sales of \$238.4 million. Pro Line grew to be the third largest game, behind Lotto 6/49 and the Instant category of games.

Lotto 6/49 continued as the most popular game in Ontario with sales of \$843.6 million. Lotto 6/49 reached a milestone on August 21, 1993 with its 1000th draw.

OLC's Instant game category enjoyed sales of \$456.7 million. Forty Instant games (\$1, \$2, \$3 and \$5) were launched during the year. Instant Bingo, a \$3 scratch game was launched in September 1993 and proved to be an extremely popular niche game accounting for 30% of Instant sales. Ontario Instant Millions, OLC's \$5 scratch game continued to sell out. OLC was the first lottery jurisdiction to launch an instant game with a top prize of \$1 million.

Throughout 1992-93 the OLC planned for the launch of a major new lotto game. Lotto Super 7, the big new lotto with guaranteed minimum jackpots of \$2.5 million, was introduced on May 30, 1994. Lotto Super 7 sales will create additional winners and create additional profits for the province during the current fiscal.

As the OLC approaches its 20th year of operation, the development of new and exciting games is

crucial to the success of the corporation. Ongoing system development with new technology will allow

OLC to offer new games and game enhancements to an expanded terminal network.

Welcome To My Wassail

On Sat. Dec. 10th at 11 a.m. at Harbourfront Centre the whole family can experience "Welcome to My Wassail".

An aural and visual feast not to be missed! Dressed straight out of a Charles Dickens novel, the Victorian Carollers arrive at Harbourfront Centre's doors with a repertoire of cheerful seasonal carols sure to warm your heart and spark your festive spirit! The Victorian Carollers, a costumed quartet, present music in the context of stories, seasonal traditions and history.

Utilizing young, talented and trained singers, the Victorian Carollers perform the popular sacred carols, plus charming four part arrangements of some of the well known secular songs of the festive season.

Subscription tickets to

Cushion Concerts are on sale through the Harbourfront Centre Box Office (416-973-4000) at the following rates: six or more concerts for \$5 per ticket; three or more concerts for

\$6 per ticket; single concerts for \$7 a ticket; groups of 15 or more, \$5.25 per ticket.

The concert will be held at York Quay Centre, 235 Queens Quay West.

Awarded CGA Designations

The Board of Directors of the Certified General Accountants Association of Ontario-Durham Chapter has announced that 18 of its members received their CGA designations at the association's annual commencement ceremonies at the Toronto Westin Harbour Castle Hotel on Nov. 5. This year, 417 members graduated from the CGA program of professional studies.

The new Durham members included some local area people including William Careen, CGA;

James Woolley, CGA; and Ivan Pereira, CGA, of Ajax; Edmund Chow of Pickering and Annette Urquhart of Scarborough.

The Certified General Accountants Association of Ontario is an association of professional accountants who meet the association's rigorous requirements of professional competence, are bound to a uniform standard of conduct, and are entitled, under Acts of both the Parliament of Canada and the legislature of the province of Ontario, to the designation CGA.

Sir Robert L. Borden Business & Technical Institute

News

The Photography Class at Sir Robert L. Borden B.T.I. was on the move on Nov. 15 doing photography on location. This day the location was the Royal Winter Fair at the Exhibition Fair Grounds accompanied by teacher, Caron Magill.

The assignment was to document the essence of the event through photography. Most of the students had not attended the fair before and spent some of the time viewing the animals, speaking with owners and visiting the exhibits.

As students Chris Ward, Franklyn McKinson, Norman Lee and Kris Munroe said, "The butter sculptures were amazing, the cows enormous, and the variety of horses were wicked to watch. It was easy to complete the assignment. There was lots to photograph, and the bonus was working in the darkroom developing our pictures."

Sir Robert L. Borden B.T.I.'s United Way Campaign, spearheaded by teachers Joan Underdown, Dan Vanderlugt and Roberta Harris and the Student Administrative Council proves that Sir Robert L. Borden B.T.I. is a school with a "Big Heart". During the United Way Campaign, an amazing \$1,262 was raised. A giant thank you and congratulations to all Bordenites for their generosity of spirit.

It was Career Week at Sir Robert L. Borden B.T.I. from Nov. 28 to Dec. 2. Topics covered were Early Childhood Education, the Militia and Part-Time Jobs, Programs available at Centennial College, Pharmacy Assistant, Practical Nursing, Health Care Worker, Apprenticeship and How to Get the Job you Want by Volunteering.

The Junior Award Assembly was held at Sir Robert L. Borden B.T.I. on Nov. 22 and honoured academic achievement.

Sixty-seven Student Achievement Awards, in the form of attractive plaques, were presented for excellence in Art and Music, Business, English, Food, French, Mathematics, Physical Education, Science, Social Science, Special Education and Technical.

Also presented were 16 Student of the Semester Awards awarded to Karla Buruca, Shane Lizotte, Nalini Singh, Earle Williams, Stephanie Dempsey, Alvis Lakhani, Shelley Martin, Colin Reid, Grant Boyde, Crystal Lizotte, Andrew Scott, Roumelia Singh, Rob Croxall, Ericka Knights, Cliff Smalling and Jo-Anne Tennant.

Tamara Brown, winner of the Fashion Arts - Grade 12 Award sang "O Canada" accompanied by Mr. Robert Parsons, the School Social Worker at Sir Robert L. Borden B.T.I.

Students, teachers and parents were invited to Sir Robert L. Borden B.T.I. on Nov. 28 at 7 p.m. to attend a talk on Safe Schools to emphasize the need for all individuals concerned with safety in the school to be informed and working together.

Sir Robert L. Borden students are very active in sports as usual. On Nov. 29 there was an all-day Bordenball Tournament. At the Intermediate Boys Volleyball Tournament held at Bendale B.T.I. on Nov. 16, the Borden Falcons won the Silver Medallion.

Congratulations to team members Randy Blackwood, Neil Smith, Sam Kotei, Norman Lee, Chris Ward, Vince Norifora, Lennox Ingram, Warren Fletcher, Jason Andrews and Carolyn Bruce, Manager. The team was coached by Ruth McDonald, teacher at Sir Robert L. Borden B.T.I.



This horse was photographed by Chris Ward, a student at Sir Robert L. Borden B.T.I. at the Royal Winter Fair

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CITY OF SCARBOROUGH

NOTICE OF PUBLIC OPEN HOUSE

**WATERCOURSE REHABILITATION STUDY
for the
MARKHAM BRANCH OF HIGHLAND CREEK**

The City of Scarborough has commissioned a study to rehabilitate the Markham Branch of the Highland Creek (between Highway 401 and Markham Road). The study was initiated to achieve the long-term goals of a more functional and diverse watercourse system. Preliminary concepts have been created which address the physical, habitat, aesthetic, and recreational opportunities for the system.

A public open house has been scheduled to present the design alternatives for the study reach. The public is invited to attend and encouraged to provide input to the study.

DATE: December 14, 1994

TIME: 7:00 p.m. to 10:00 p.m.

LOCATION: Woburn Collegiate
2222 Ellesmere Road
(East of Markham Road)

If you are unable to attend the Open House or would like more information on the Rehabilitation Study, call, fax or mail your comments to:

Mr. Brian Plazek, Project Manager
Cumming Cockburn Limited
65 Allstate Parkway
Suite 300
Markham, Ontario
L3R 9X1
Fax: (905)475-5051
Phone: (905)475-4222

Mr. Grant Taylor, CET
City of Scarborough
300 Consilium Place, Suite 1000
Scarborough, Ontario
M1H 3G2
Fax: (416)396-5681
Phone: (416)396-7689

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WED. DECEMBER 7, 1994

P.M.
3:00 Jr. A Hockey
Repeat of Dec. 2
6:00 The Lemon Aid Show
7:00 T.B.A.
7:30 Scarborough Council Inaugural Meeting

THURS. DECEMBER 8

P.M.
6:00 Horizon-Interfaith Homeowner
7:00 Green TV-Environmental
9:00 Youth Focus
10:00 Words & Music
10:30 Moxly

FRI. DECEMBER 9

A.M.
11:00 Metro Toronto Council Meeting
P.M.
6:00 Horizon-Hinduism
6:30 Home Fix'n's-Electrical Hookup
7:00 On TV Live
8:00 T.B.A.
9:00 Nostalgia Factory
10:00 Financial Fitness
10:30 Project Discovery

SAT. DECEMBER 10

P.M.
2:00 Horizon-Interfaith
2:30 YGBK
3:30 Bantam Baseball Championship
6:00 Alive & Well: Aerobics
6:30 Community Magazine
7:00 The Garden Doctors-R
8:00 Macedonian Nation
8:30 Trillium Special
9:00 Youth Focus Repeat

PERSONAL

22 Years old Brazilian beauty wants to talk to an open-minded classv man of good taste. Call Magaretta 1-416-976-3010. \$10 per call.

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SUN. DECEMBER 11

P.M.
2:00 Avramis Greek Show
3:00 Trillium Specials
6:00 Community Magazine
6:30 Hai Horizon
7:00 Jr. A Hockey
10:00 Ballroom Dancing
10:30 Kalliarangam

MON. DECEMBER 12

P.M.
6:00 Horizon-Historic Adventism
6:30 Trading Post-Live
7:30 Lighthearted Living
8:00 Trillium Presents
9:00 Marvellous Microwave
9:30 T.B.A.
10:00 The Lemon Aid Show

TUES. DECEMBER 13

P.M.
4:00 Santa Phone-In
6:00 Horizon-Hinduism
6:30 Energy Tips for the Homeowner
7:00 T.B.A.
8:00 Focus on Photography
8:30 Scarborough Gazette-Chinese
9:30 Community Magazine
10:00 The Best of 10'



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WED. DECEMBER 7, 1994

A.M.
9:00 Chair-ercise
9:30 Chefs About Town
10:00 Call of the Ocean
11:00 Blue Jays Fantasy Camp
P.M.
1:00 North York Council Internet Leading Edge Communications Technology
2:00 Avramis Greek Show
3:00 Hai Horizon
3:30 Kalliarangam
4:00 Music & Dance of Transylvania
5:00 Canada Export Awards
6:00 Duke of Edinburgh Awards

6:30 Canadian Spectrum
7:00 MCA Metro Toronto Council
8:00 North York Council Resumes Les Venis Turmuleaux Performing Arts Dance Spec
9:30 Investiture of the Order of Canada
11:00 Sagan pick'n & grinnin' Old Time Country Music
11:30 WORD-Youth Magazine Show

THURS. DECEMBER 8

A.M.
9:00 Rogers Sports Event
11:30 Toronto High Five Youth Magazine Show

P.M.

12:00 Home Owners' Workshop
1:00 Empire Club-Eric Newell Pres & CEO.Synchrude Canada Ltd.
2:00 MCA Metro Toronto Council Meeting-Inaugural meeting of new council & vote for Metro Chair position
3:00 Labour Show
3:30 TIFF Symposium '94
5:00 MP MPP Reports George Mammoliti
5:15 MPP David Turnbull
MPP Marilyn Churley
5:30 MP Dennis Mills
MP Sartus Assadourian
5:45 MPP Diane Poole
6:00 Horizon Interfaith
6:30 The Canadian Dollar speaker Barry Davenport Bank of Montreal
7:00 Give a Little Get A Lot Students & volunteer work
8:00 Lyn McLeod-For the Record
8:30 Lyn McLeod's Ontario
9:00 Science & Technology Conf EYE Weekly Report
10:00 Words & Music-Danny Marks
10:30 MCA Toronto High Five Host Aaron Weiss
11:00 Empire Club-See 1:00 p.m.

11:00 Hai Horizon
11:30 NewCon TV

P.M.
12:00 Avramis Greek Show
1:00 Comunidad En Accion
1:30 Hooked On Fishing
2:00 Symposium '94-Toronto International Film Festival-ROM wasn't Built in a Day
3:30 T.B.A. 1 hour special
4:30 Canadian Spectrum
5:00 Music & Dance of Transylvania
6:00 Paint Easel-E with Dave Preston
6:30 The Labour Show
7:00 1994 Mill Race Festival of Traditional Folk Music Highlight from Cambridge annual Folk Festival
7:30 Native Visions-Local Aboriginal artists profiles & their works
8:00 Lemon-Aid Show-Expert Automotive Advice
9:00 The Wine Companion-pleasures of entertaining with wine with helpful hints on choosing wine
9:30 Ed's Night Party
10:00 Reel To Real-Movie Reviews
10:30 Sagan pick'n & grinnin' Old Time Country Music
11:00 Stenwall The Fight Continues-Gay & Lesbian issues

MON. DECEMBER 12

A.M.
9:00 TIFF Symposium '94
10:30 Les Venis Turmuleaux-Performing Arts Dance Special
P.M.
12:00 Lyn McLeod-For the Record
12:30 Lyn McLeod's Ontario
1:00 Canadian Club-Live-Holiday Luncheon, Canadian of the Year
2:00 Comunidad En Accion
2:30 NewCon TV
3:00 Shahre Ma
3:30 Beaches Jazz Festival Bill King with Liberty Silver
4:00 Home Owners Workshop Repairing Toys
5:00 MPP Elton Caplan
MP Barry Campbell
5:15 MPP Frances Lankin
MP Sergio March
5:30 MP John Nunziata
5:45 MPP Gary Malkowski
6:00 Horizon-Historic Adventism
6:30 SHOUT-Youth Issues
7:00 MOXY-Women's Magazine Show with host Rayna Morrison
7:30 On Line Today-Accessing the Information Super-highway
8:00 The People Speak-Turn Off The Violence
10:00 Reel to Real-Movie Reviews
10:30 Vancouver Focus-Events & Personalities
11:00 Canadian Club See 1 p.m.

TUES. DECEMBER 13

A.M.
9:00 Canadian Club-see Mon. 1 p.m.
10:00 Tai Chi
10:30 Chefs About Town
11:00 Canadian Spectrum
11:30 SHOUT-Youth Issues
P.M.
12:00 Toronto High Five Youth Athletic Magazine
12:30 Rogers Sports Event of the Week
3:00 Words & Music
3:30 Highway 10 Eileen McGann Irish Canadian Singer Songwriter Retro from 1980
4:00 The LemonAid Show
5:00 MP Art Eggleton NY
MP Maria Minna T. EY
5:15 MPP Zanana Akande
MPP Monte Kwinter NY
5:30 MP John Godfrey
5:45 MPP Joseph Cordiano
MP Bill Graham T. EY
6:00 Horizon-Hinduism
6:30 WORD-Youth Magazine with Host Heather Vale
7:00 St. Lawrence Centre Forum David Schatzky
8:00 Canadian Woman Entrepreneur of the Year Awards
9:00 DEC TV-Development Education Centre
10:00 MCA: The Best of 10' Behind the scenes look at entertainment programs at Cable 10 Etobicoke
11:00 Beaches Jazz Festival '94 Bill King with Liberty Silver
11:30 Highway 10 See 3:30 p.m.

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PARMESAN GRATED BROCCOLI

A '90s-style combination of fresh, locally grown broccoli and tangy slivers of Parmesan cheese. This tasty dish is quick to prepare and great for company.

- | | |
|---|--|
| 1 bunch Ontario Broccoli | |
| 2 tbsp (25 mL) olive oil | |
| 1/4 tsp (1 mL) each salt and pepper | |
| 2 cloves garlic, minced | |
| 1/2 cup (125 mL) freshly grated Parmesan cheese | |
| 1/4 cup (50 mL) Parmesan cheese slivers | |

Trim broccoli and cut into small florets; peel and grate stems, keeping separate from florets. In large skillet or wok, heat oil over medium heat; stir-fry grated stems, salt, pepper and garlic 1 min. Sprinkle florets over, cover and reduce heat to low; cook 4 to 5 min. or until tender. Stir in grated Parmesan; taste and adjust seasoning. Serve immediately, garnished with Parmesan slivers. Serves 4.

Preparation Time: 5 min.
Cooking Time: 6 min.

LOTTO



Leonilo Dumasal and Gilles Belanger, both of Scarborough, cashed in winning lottery tickets at the Ontario Lottery Corporation's Prize Office in Toronto this week. Dumasal, 29, won \$42,883.30 in the Oct. 1st Lotto 6/49 draw. A truck driver at Medis Ontario, he plans to pay bills and invest the remainder. He bought the winning ticket at Lucky Corner on Sandhurst Circle.



Belanger plans to go on a "shopping spree" and invest the remainder after winning \$25,000 playing Hallowe'en Cash. The 38 year old roofer and his wife, Maureen, have three children. The winning ticket was purchased at Beckers on Markham Road.

Enlightening Statistics About Badminton

by R. Stanton Hales

Badminton is one of the least understood sports in Canada. The misconception of the game is enormous. Canadian sports fans, however, put great stock in sports statistics, and it just may be that the numbers below will be enlightening.

These figures were gathered to compare the 1965 men's singles final at Wimbledon, in which Boris Becker defeated Kevin Curren 6-3, 6-7, 7-6, 6-4, with the men's singles final at the World Badminton Championships, held in Calgary in June 1985, in which Han Jian (China) defeated Morten Frost (Denmark) 14-18, 15-10, 15-8. These statistics must be admitted as describing the top standard of each sport.

At Wimbledon, the singles final lasted a total of three hours and 18 minutes. In these 198 minutes, the tennis ball was in play 18 minutes. For 180 minutes, the players were walking or sitting, in between rallies. That means three hours of rest for 18 minutes of play. One could say that the intensity of the match was only 18/198, or 9%.

At Calgary, the final lasted one hour and 16 minutes. However, in these 76 minutes, the shuttle was in play 37 minutes, for a

playing intensity of 37/76, or 48%. This is just the beginning of the story.

At Wimbledon, Becker and Curren played a total of 299 points (or rallies), and these points contained 1,004 individual shots, including missed first services. Simple arithmetic reveals an average of 3.4 shots per rally, including missed first services. At Calgary, there were only 146 rallies played, but with a total of 1,972 shots. Han and Frost produced an average of 13.5 shots per rally. Here is another way to look at this: there were 5.1 shots per elapsed minute at Wimbledon, and 25.9 at Calgary.

A simple estimate of distance travelled by the players, based on the figures above and on an assumed 22 feet travelled per player per shot, would suggest that the tennis finalists each ran about 2 miles in 3 hours 18 minutes; the badminton finalists each covered 4

miles in 1 hour 16 minutes. Those millions of Canadians who believe badminton to be an easy game should ponder this.

Tennis is a great game, and it deserves all the attention and popularity it receives. But badminton does not deserve the disdain it has received, especially in this country for so long. Badminton deserves the respect generally accorded to the world's most demanding sports, for that is what it is. Badminton players deserve the respect generally accorded to the world's best trained athletes, for that is what they are.

In England, there are some six million serious badminton players. In Indonesia, Malaysia and India it is considered the national sport. Hopefully, Canadians will soon realize the value of this newest Olympic sport, which has been greatly underrated in the past.

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Community Sports Notes

Top Class Badminton Coming To Toronto

Canada's top badminton players will compete for \$5,000 in cash and prizes at the Brown's Open Badminton Championships, to be held Jan. 6th, 7th and 8th, at Humber College's North Campus in Etobicoke. This great event is hosted by the Toronto & District Badminton Association.

The Brown's Open is one of six tournaments in the Badminton Canada Grand Prix Circuit, Canada's elite cross country badminton

tournament circuit in which top national players compete for prize money and ranking points. The Brown's Open is the only Grand Prix tournament in Ontario, thus affording a rare opportunity for the Toronto public to see badminton at its finest.

Close to 150 athletes will participate in the Brown's Open, the majority from Ontario and Quebec. From its inception in 1981 until 1989, this tournament was

known as the Toronto Open. Brown's Sports & Cycle became a major sponsor in 1989 and the tournament became part of the Grand Prix circuit. Because it is an "Open" tournament, many local Toronto club players and junior players participate, giving them the opportunity to test their skills against the stars of Canadian badminton.

The tournament includes competition in Men's Singles, Women's Singles, Men's Doubles, Women's Doubles and Mixed Doubles. Preliminary rounds up to the semi-finals are played on Friday and Saturday, Jan. 6th and 7th respectively. The semi-finals start on Sat. Jan. 7th, at 3:30 p.m. and are free for the public to watch. All finals will be played on Sun. Jan. 8th commencing at 11 a.m.

Tickets for the finals on Sunday are available to the public to view this display of championship badminton. For more information and tickets call (416) 699-8309

Zone "E" Breaks Team Record In Senior Mixed Win

It has taken 20 years for Hamilton & District (Zone "E") to capture their third Senior Mixed Team Championship, and they did it in grand style with a record-breaking 5 game team score of 7308. Under the coaching of Ken Hunter, the three boys and three girls representing bowling centres in the Hamilton area handily beat the second place team from Zone "C" (Conestoga) by 497 pins.

The second place team from Zone "C" (Conestoga), consisting of Kevin Gingerich, Waterloo Lanes; Chad Wilker, Mike's Lanes, Stratford; Ryan Dudley, Bowlerama (Guelph); Jaime Brodhagen, Dickson Bowl, Cambridge; Tracy Kendrick and Joy Freeman, both from Towne

Bowl, Kitchener, with coach, Paul Barnes were in fourth position going into the last game, but games of 328 and 328 by Chad Wilker and Ryan Dudley respectively helped to propel the team into second place.

Third place honours went to the team from Zone "F", Central Ontario, a perennial power-house coached by Andy Parent. They started out strong, and it was felt that they were destined for their fifth championship in six years, but the Zone "E" team proved to be too powerful for

them.

The 19th annual edition of the 5-Pin Senior Mixed Team Championships got underway in October when 1,055 senior division bowlers (ages 14-18) from 133 Youth Bowling Council leagues entered one of sixteen Zone Finals held throughout Southern Ontario. The top three men and top three women formed a team to represent their zone at the Provincial Finals which were held at Bowl-O-Rama Lanes, Welland on Sun. Nov. 27th.

Local bowlers got some good scores. Durham Victoria Peterborough came in 5th, Metro Toronto East was 7th and Metro Toronto West came in 14th.

Tracey Rhodes of Scarborough (Bowlerama Parkway) was 2nd in the Ladies' Aggregate (high 5 games)

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Bill Watt's Worlds

ON STAGE ONE:

Anyone would have to have a heart of stone not to be moved by Yuletide celebrations and entertainments. That said, allow us to recommend The Christmas Show now playing at the Winter Garden until Jan. 1st.

It's intended primarily for children and shamelessly manipulative but, and this is most important, hugely and huggly enjoyable. The hook binding the show together is the search by four elves for Santa Claus to tell him they haven't yet prepared their quota of toys to be delivered on Christmas Eve. The Elves are a green satin suited Rock quartet. ("Elves live forever".)

Before it's over we've seen Scrooge - young and old - divertissements from The Nutcracker Ballet, a party at the Fezziwigs and eight dancing reindeer with lit candelabra antlers. We've heard Christmas Carols, popular seasonal songs (White Christmas, Silver Bells et al) and original songs by Randy Valcourt and Alex Galatis, the latter of whom wrote the book and lyrics as well as co-directing.

It's a high energy show and cast members alternate in the various roles. Reliable Avery Saltzman is a singing and dancing joy as Santa Claus, Scrooge and a gold lamé M.C. among his many characterizations. Some great hoofing - literally - as well by Dale Azzard. Nice to see him again.

And it's nice to see The Christmas Show. Some of the production values fall a little short but that'll improve as the show continues to gather custom.

It's already billed as Toronto's Newest Holiday tradition. It deserves some day to be among the oldest.

That's no humbug.

ON STAGE TWO:

George Roby is a musician/composer whose work has been enjoyed in such plays as The Dreamland and Theatre of the Film Noir. Now, he has turned his talents to playwriting. His first play is now showing at Harbourfront's duMaurier Theatre Centre. In describing it, we're dipping deeply into the excellent production notes.

"Set in Nova Scotia (it could have been anywhere) in the late 1960s, The Old Man's Band is a ... generation conflict story about a 17 year old rock 'n' roll guitarist forced to play bass in his father's Dixieland band. Roby uses competing Dixieland jazz and blues-rock music narratives as a metaphor for the gap between father and son in this semi-autobiographical story. It's a play that has music, is about music and uses music as the centre of conflict. The Old Man's Band boasts a seven piece (off stage) band ... as well as ten talented actors singers."

There's much going for it; too much actually. It would seem that Mr. Roby has tried to crowd too much into the narrative and has produced a work that rambles with the memory of dawning middle age rather than one that rumbles with the discontent of youth. There is the stuff of at least three plays here and he should ration it in the manner of Neil Simon whom he has emulated, unconsciously or otherwise.

Most of Neil Simon's plays are first person singular stories about himself and his parents. Most of them are narrated. That's the case here and young Christopher Earle as "Kid" Hanley might



Around and About

Your Dining & Entertainment Guide



almost be Simon. He's bright, a bit cheeky but never saucy and, in the end, devoted to his hard working father.

Michael J. Reynolds as "Doc" Hanley is the essential small town doctor. He's successful, more than a tad stuffy but likeable. This is Mr. Reynolds' first stage appearance in over ten years but if he seems familiar, he is. You've been seeing him for years now doing Nabob Coffee commercials.

Sabrina Grdevich, seen last summer at Stratford as Ophelia in Hamlet, contributes a nice bit as a slutty little nice bit rebelling against her unhappy home and everything else in life.

David Ferry whom we've yet to see give a bad performance is excellent as a heavy drinking loser type who plays trumpet in Doc's band. He's rough but troubled and, like Doc, ultimately likeable.

So indeed are all members of the cast directed more or less firmly by Katherine Kaszas.

The musicians are excellent and give full measure of musical worth to the original score.

Truly, there's no fault to be found with The Old Man's Band save a surfeit of riches. Watching it is like sampling from a buffet. That's not unpleasant you understand but it's not as enjoyable as a set meal. One expects that Mr. Roby's next plays, and hopefully on the same theme, will be completely satisfactory.

ON STAGE THREE:

Equity Showcase Theatre's To Damascus at

Harbourfront's Studio Theatre is the first professional production of the Strindberg play to be presented in Canada. It's not surprising.

To call it a piece of excrement would be too cruel. It'd also be inaccurate. Excrement has substance. To Damascus has none.

It's a sophomoric and ultimately soporific work about a man trying to find purpose in his selfish life; a reverse Pilgrim's Progress in a Black Sabbath shadow of Peer Gynt. Purpose for his life is finally found but there is none in To Damascus except, possibly in this production, as an exercise in vanity.

Filled with too cute production touches and saddled with silly direction, it ultimately founders under the weight of the leading character.

He acts or, to be fair has been so directed, like a manic Woody Allen trying to imitate Charlie Chaplin playing Groucho Marx. (That ridiculous skipping walk!)

To Damascus, as a play, would be tolerable only with fine production and performance. It doesn't get it here. The company should be and is applauded for good intentions but audiences should be rewarded with medals for endurance.

CURTAIN CALLS:

This Saturday you can enjoy excerpts from The Old Man's Band in the Lakeside Atrium of Queen's Quay Terminal. Performance times are 2 and 3 p.m. Admission is free.

It's pleasant to report the

Music And Dance

Musica Beth Tikvah has announced its sixth great season with programs to delight every age and taste.

The new season commences with Susan Hoepfner, flutist, and pianist, Lydia Wong in a program of music by Mendelssohn, Milhaud, Block, Copland and Glick. Susan has been hailed as "one of the best talents of her generation" while Lydia is a much sought after Chamber musician having collaborated with such artists as Shauna Rolston and Lorand Fenyves.

The second portion of this program will feature the Me'irim Dancers whose Artistic Director is Shula Saltzman. Me'irim is the only contemporary dance

company of its kind with a mandate to perform contemporary dance works moulded and mediated by Jewish heritage and culture. They will perform the world premiere of a new dance choreographed by Shula to Aaron Copland's duo for flute and piano.

Shula was the Artist-in-Residence at York University.

Also, at a special pre-concert program, both Shula and Susan will discuss the problems of setting music to dance and the specific problems of creating her new ballet.

The concert is scheduled for Dec. 11th, at 8 p.m. at Beth Tikvah Synagogue. The pre-concert program will begin at 7:15 p.m.

following well deserved and previously hoped for extensions of run.

A Dixie Gospel will now play until at least Dec. 11th at Elmore's Hall. This charming work is probably the sleeper of the year and could should run even longer.

Nothing Sacred, now moved from The Winter Garden to the larger Elgin Theatre has had its run extended yet again, this time to Dec. 31st.

WEARY WAGNER:

Here's an opportunity to watch Wagner's entire Der Ring des Nibelungen in one sitting, from 7 p.m. Fri. Feb. 10th to 7 p.m. Sat. Feb. 11th. You're reading that correctly ... 24 hours of

Wagner.

You'll watch Bayreuth's Chereau production on laser disc and support the Canadian Opera Company at the same time. You'll receive an Operation '95 survival kit that includes a special T. shirt. Meals will be provided by Movenpick Restaurants.

Opera authority Iain Scott will provide a five minute introduction to every act of all the operas. Entertainment will include Wagnerian stage fights, "Wagnerobics" to keep you fit and a look at the lighter side of Wagner. He did have one you know.

All participants are welcome but must register by Dec. 31st. To find out more about this event or to register, call the Canadian Opera Company at (416) 363-6671.

And don't forget the Obus form!

IN PRINT:

One of the beloved Christmas Carols contains the line "Born that man no more need die". It has always puzzled this Christian, the implication being that man once did indeed die but no longer.

What ever our thoughts are on the matter, it remains that an after life is the chief promise of Christianity; one that makes an unpleasant life bearable and holds out the expectation of continued happiness for those who have a good one. But, what form will it take?

Noted psychic Mary T. Browne claims to have seen it many times and writes about it in Mary T. Reflects On The Other Side (Fawcett/Columbine).

She writes that it is a place of peace, light, art, music and extraordinary colours. She also writes that we retain our own character and it's there that Ms. Browne and this writer part company.

No one is so vain as to think that they are flawless. We most certainly are not and in our daily devotions ask for improvement in the sure and certain hope that we will receive it ... one day. Not it appears that it will not be so nor need to be.

Perhaps we've misread Ms. Browne. If so, our only

(Continued on Page 11)

HOW TO CRITICIZE

Family Matters



by Dr. Arnold Rincover

Criticizing a family member is so much a part of family life that most people don't even realize they're doing it. Research shows that about 77% of all things parents say to children are negative.

Too much criticism is a problem. It leads to bad feelings and it also leads to bad behaviour. Criticism, however, can be an important tool to teach, to communicate, and to share likes and dislikes so family members can learn to get along together. The question remains - how do we give criticism in a positive manner? Here are a few basic principles to follow:

FIRST, be selective. Don't criticize everything. Pick one thing to start with that is important to you or perhaps something that is easy to change. Have patience, other criticisms can be dealt with gradually.

SECOND, always find something to praise first. You have to put things in perspective. After all, the child is someone you care about. It helps tremendously if you say, "I really appreciate it when you help with the dishes and take out the trash - it really eases the load on me - but can you do one more thing for me? I would like you to put your dirty clothes in the hamper at night. This would help me to know what's clean and what's dirty." Criticism, which is sincere, will not make the child feel like you're attacking everything they do.

THIRD, never just criticize or say that something is wrong. Always suggest a better way to do it. It makes no difference whether you are reviewing homework or instructing your child not to be sassy. It does

little good if you just say, "Don't do that." It is always better to communicate how it can be done better.

FOURTH, when the child does do something right, give them credit. Let them know about the things they do that please you. Everyone needs and deserves a compliment. Some may say that a parent should be able to "expect" that some child-assigned tasks should be done "right" and that no special comment or acknowledgement is necessary.

The **FIFTH** point is that communication is a two-way exercise in which feedback is an important tool. Listen carefully to your children. Try to be responsive and discuss concerns openly and honestly. Whether you agree or disagree, you should be genuinely

interested in how they feel. If you appreciate their feedback - if you're sensitive to their concerns - they are likely to be equally responsive to yours.

These five principles aren't a cure-all. Through encouragement, praise, and reduction of non-constructive critical remarks, you will ensure that most of what is said is positive. The benefits can be dramatic. There will be less fighting, more self-esteem, better quality of life for everyone leading to more positive, stable and enduring relationships.

* For a free better parenting kit, you can call the IOF Foresters toll-free number 1-800-268-6267.

(Dr. Arnold Rincover is a well-known child behavioural psychologist and a consultant to the IOF Foresters Better Parenting Program.)

travel

Canadian Holidays Presents Ski Escape With Instructors

Canadian Holidays is presenting in conjunction with Canadian Airlines International a ski instructor program with two of Canada's foremost downhill ski racers - Liisa Savijarvi and Karen Stemmler.

"Our customer feedback from recent surveys indicated a strong interest in instructional ski programs," said Tim Orlando, National Account Executive Sport and Incentive Products, Canadian Holidays. "It was our intention to develop a number of venues with an intensive focus on instruction and coaching yet designed for skiers of all calibers and ability," continued Orlando.

Ski programs feature an eight day itinerary at various ski hill locations such as Lake Louise, Silver Star and Whistler. Prices range from \$1030 pp dbl to \$1449 pp dbl.

The package includes: return economy airfare via Canadian Airlines from Toronto; seven night hotel accommodation; three continental breakfasts;

three days of on-hill ski clinics; three hot lunches; video analysis sessions; ski improvement assessment; final apres-ski reception and wrap-up; airport - hotel transfers and six days of ski lift passes.

Canadian Holidays continues to be a leader in ski vacations and has an excellent line-up of ski products to fit individual requirements and skill levels.

Canadian Holidays, a wholly owned subsidiary of Canadian Airlines is Canada's largest tour operator. The company presently services 630,000 customers on vacation travel annually, operates charters from 17 cities in Canada to 25 destinations and has 570 employees in Canada and 200 in the USA, Caribbean and Mexico.

In conjunction with the Canadian Airlines International and its commuter partners, the company offers tour product on scheduled routes from 160 centres in Canada to five continents.

For further information call 416-620-8132.

Snowbirds Travel 1-75

This year Snowbirds in-the-know can make sure that the drive south is as relaxing as the vacation in the Sunshine State itself by enjoying diversions in the five states along the way. Well-maintained I-75 is the most popular migration route for beach-bound Canadians. This winter, along most major I-75 off-ramps there are events and activities well worth a pause in the drive.

Michigan
In Michigan, the sleigh ride has become a popular nostalgic activity. During the winter months, the Henry Ford Museum and Greenfield Village are offering horse-drawn sleigh rides through the grounds of America's greatest indoor-outdoor museum.

Depending on snowfall, guests may ride in restored antique sleighs throughout the 240 acre site, which in December is decorated in the style of Christmas in the 18th and 19th centuries. The Henry Ford Museum and Greenfield Village are located outside of Detroit, north of the intersection of I-75 and the Southfield Freeway. For information contact the museum at (313) 271-1620.

Ohio

In most parts of America, Santa Claus uses reindeer power to get around, but, in Mason, Ohio, Saint Nick relies on horsepower, and plenty of it! The Indiana and Ohio Railway operates a round-trip scenic train ride between the city of Mason, Ohio and the historic village of Lebanon. Every Saturday and Sunday, between Nov. 26 and Dec. 18, Santa Claus will be on the train, meeting passengers and taking gift requests.

The train chugs along through the rolling countryside to Lebanon, a hamlet famous for its antique shops. The "Train Ride With Santa" return excursion

takes two hours, and reservations are recommended. There are discounts for seniors and children. Mason is located adjacent to I-75. Head for Exit 22 and travel east to the I&O parking lot.

For ticket information call the railroad at (513) 396-8584. For information about Ohio call (800) BUCKEYE.

Kentucky

Many snowbirds like to make Northern Kentucky their first stop. The small towns and cities near I-75 are rich in German heritage and give a warm welcome to all guests. For road weary motorists who have put their cars away for the day, a visit to the Oldenberg Brewery in Fort Mitchell (I-75 at Exit 186) is a spirited diversion.

A tour of one of the country's most award-winning microbreweries and its extensive American Museum of Brewing History & Arts is especially interesting during the months of December and January because this is the only time of year the brewery produces the Yuletide German-style Winter Brew.

For information about daily tours of the brewery and for restaurant reservations call the Oldenberg Brewery and Museum at (606) 341-2802.

Tennessee

Chattanooga is the last Tennessee city that I-75 passes through on the way south. This winter the Legends of Christmas are spending the month of December at a garden park which overlooks this border city.

Rock City Gardens is located near the top of Lookout Mountain outside of Chattanooga. Built amongst unique rock formations and caverns, the privately owned facility has given free reign to its



L'Amoreaux Recreation Centre, Seniors, 1000 Lakeshore Blvd. West, received \$805 from the October Fundraiser for the IOE Fundraising Program of the York Fund. The amount of \$805 was raised by the seniors. Depicted in picture from left to right: Raymond Bourque, Court Trillium 333; Monica Marlatt and Linda Leroux, Senior Co-Ordinators for L'Amoreaux. Receiving cheques is Doreen Bates, Board of Directors of the Fund. As well, Karl Liebrandt and Herb Jaeger, Court Trillium are in background.

Joining The Information Highway

Ontario is another step closer to having a province-wide computer reservation and information network for tourism says Anne Swarbrick, Minister of Culture, Tourism and Recreation. Minister Swarbrick has issued a Request for Proposal (RFP) to the private sector for the development of a network that she says will help Ontario regain its share of the global tourism market.

"The whole idea is to put Ontario's tourism sector on the information highway," said Minister Swarbrick. "Our 1-800-ONTARIO line enables us to close the deal at the time travel information is requested."

Travellers and tourism operators will benefit from one-stop shopping.

The RFP is the second phase of a two-stage process to select a private-sector firm to develop, finance, own and operate a province-wide tourism computer reservation and information system (CRS).

The first stage was launched

in August when the government issued a Request for Interest (RFI) to determine the level of interest in the business and investment community. Twelve firms responded to the RFI. An Evaluation Team and a Selection Committee, comprising representatives from the tourism industry, information technology consultants and senior executives from a number of government ministries, reviewed the RFI submissions.

The Selection Committee determined there was a sufficient level of interest and shortlisted four proponents. These proponents are invited through the RFP stage to prepare a detailed design, financial and operating proposal by Jan. 30, 1995.

Following are the four RFP proponents: Bell Advanced Communications; Can Reserve Ontario Ltd.; IBM Canada Ltd. Advantis Canada; and Monenco AGRA Inc. The Rider Travel Group.

Following an evaluation

and the committee review of the formal proposals, Minister Swarbrick says the government hopes to then negotiate an agreement with the successful proponent.

"Our 1-800-ONTARIO line receives approximately 850,000 calls per year and 18 provincial travel information centres receive 2.2 million visitors," said Minister Swarbrick. "I see a terrific business opportunity to convert many of these inquiries and calls into reservations."

The Ministry of Culture, Tourism and Recreation funded a Central Reservation System (CRIS Ontario) pilot project in 1992, introducing 169 roofed accommodation properties in Eastern Ontario to CRS technology. In June 1994, accommodation properties in the Niagara and Toronto regions were invited to participate in CRIS Ontario when Minister Swarbrick responded to the tourism sector strategy report prepared by an industry advisory committee. A key recommendation of the industry report was the private sector development of a province-wide reservation and information network.

"Tourism is one of the fastest growing industries in the world," said Minister Swarbrick. "Unfortunately, here in Canada, we've been losing market share over the last decade. The Ontario government is determined to turn that around and we're hoping this network will provide competitiveness advantage to Ontario's tourism industry."

All inquiries concerning the government's Request for Proposal and the proponents should be directed to Bruce Weatherell, Senior Manager, Business Systems and Technologies at KPMG Peat Marwick Thorne in Toronto (416) 777-8605.

Volunteer To Be A Friend

Volunteer to be a friend to a new Canadian. Help a newcomer adjust to a new life in Canada while expanding your own horizons. Your friendship and support can make all the difference.

All it takes is a couple of hours each week. Call CultureLink at 651-4678.

BILL WATT'S WORLD

(Continued from Page 10)

defence is that there are so many marvels claimed in her book that one's acuity can become dulled. After reading it, you'll either think the lady is an opportunistic crackpot or you'll renew your life with the confidence of knowledge.

The choice is yours.

FAST EXIT:

"Fanatics have their dreams wherewith they weave a paradise for a sect. The savage, too, from forth the loftiest fashion of his sleep guesses at Heaven". From the Fall of Hyperion. Keats

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Scarborough Champ Makes Friends At War Amps

Fifteen year old Lisa Butler of Scarborough travelled to Windsor recently to meet a special group of 80 children. All of them, like Lisa, are child amputees - "Champs" - and they got together from across Ontario to attend The War Amps 1994 Ontario Champ Seminar.

Lisa was born missing her left hand and part of her right arm, and has been fitted with artificial limbs. As a Champ, she receives financial assistance with all of the costs associated with wearing an artificial limb: the cost of the limb itself (or that portion not paid for by a medical plan) and travel expenses to and from her rehabilitation centre for fittings.

The Champ Program also encourages child amputees like Lisa to become involved in sports and extracurricular activities despite their amputation. To this end, the Program covers the full cost of recreational limbs and adaptors, such as waterproof limbs for swimming. Lisa herself has several adaptors and recreational limbs to enjoy her favourite activities, such as biking.

One of the most valuable aspects of the Seminar is counselling, for both parents and Champs. For parents, sessions like "Raising an Amputee Child" help to ease concerns.

For Champs, there are sessions like "What Bugs Me", where they discuss the difficulties, both serious and light-hearted, that they encounter as amputees, and how to solve them. The problems can range from the major, such as dealing with staring, to lesser problems such as wearing high heels with an artificial leg.

The impact of these Seminars on Champ families can be enormous. One parent who attended a Seminar with her daughter described this impact in a recent letter to The War Amps: "Everybody has noticed a change in her here at home. It seems like she's gained confidence in herself. I think it had to do with seeing the other children. I never realized how much she needed to see others similar to her. I would like to thank all who were involved in giving her the opportunity to be part of such a wonderful event."

The Price Of Life

by Allison Knight

What is the price of life? In my case, it's \$275. No, my life is not worth that much, but my cat is. Recently my cat received her first postcard in the mail. Why? I think the last

vet bill, which topped my carefully planned budget, has given her an endearing place in the vet's digital memory.

My father would turn over in his grave if he only knew that my scruffy white

Queen's Quay Terminal Events

Holiday Favourites - Sat. Dec. 10, from 1 to 4 p.m. Holiday entertainers, singers and musicians will enchant the family throughout the public spaces of Queen's Quay Terminal while the High Park Girls' Choir and the Toronto Accolades perform holiday favourites in the Lakeside Atrium (main level, south), Queen's Quay Terminal, 207 Queen's Quay West (at the foot of York St.), Toronto. For further information, call (416) 203-0510. Free.

The Old Man's Band - Sat. Dec. 10, at 2 p.m. and 3:30 p.m. Enjoy excerpts from John Roby's new musical comedy of a 17 year old rock-n-roll guitarist who is forced to play stand up bass for his father's Dixieland band. Lakeside Atrium (main level, south), Queen's Quay Terminal, 207 Queen's Quay West (at the foot of York St.), Toronto. For further information call (416) 203-0510. Free.

Deck the Halls - Sun. Dec. 11 at 2-2:30 p.m. and 3-3:30 p.m. Concert artists, Donna Bennett (soprano) and Brian Finlay (pianist), serenade young and old with carols and other favourites from their seasonal repertoire. Lakeside Atrium (main level, south), Queen's Quay Terminal, 207 Queen's Quay West (at the foot of York St.), Toronto. For further information, call (416) 203-0510. Free.

Festive Music - Sat. Dec. 17, at 2-2:30 p.m. and 3-3:30 p.m. Young virtuosos from the High Park Girl's Choir and the Toronto Youth String Ensemble will delight audiences of all ages with their renditions of festive favourites. Lakeside Atrium (main level, south), Queen's Quay Terminal, 207 Queen's Quay West (at the foot of York St.), Toronto. For further information call (416) 203-0510. Free.

Sugar & Spice - Sun. Dec. 18, at 2-2:30 p.m. and 3-3:30 p.m. Stars of the Shaw's Festival's hit musical "Lady Be Good", singer/actress Karen Skidmore and tap dancer extraordinaire, William Orlowski, enchant with a sneak preview of their new show "Sugar & Spice". Lakeside Atrium (main level, south), Queen's Quay Terminal, 207 Queen's Quay West (at the foot of York St.), Toronto. For information, call (416) 203-0510. Free.

Piano Melodies - Sat. Dec. 24, 1-1:30 p.m. and 2-2:30 p.m. Pianist, Christian Fairchild delights Queen's Quay Terminal audiences with an afternoon of both classical and seasonal melodies for the whole family to enjoy. Lakeside Atrium (main level, south), Queen's Quay Terminal, 207 Queen's Quay West (at the foot of York St.), Toronto. For further information, call (416) 203-0510. Free.

'94 United Way Campaign Greatest In History!

History was made Nov. 24th when United Way of Greater Toronto announced it had raised the highest amount ever, a record \$48.5 million. The amount represents \$2 million dollars more than the total raised last year and surpasses this year's goal of \$47.5 by an extraordinary \$1 million.

The announcement was made by United Way's 1994 Campaign Chair and CEO of CIBC All Flood to more than 1,600 jubilant volunteers at the Westin Harbour Castle Hotel.

"Thank you Toronto," said Flood. "I have been deeply touched by the overwhelming and unprecedented support for United Way demonstrated by corporations, employees, labour, agencies and hundreds of

thousands of individual donors. The community clearly understands United Way's 'hands-up' role and responded generously to our message, 'The hand that helps the most'."

To date, \$14 million has been raised from corporations, representing an increase of six percent more than last year's corporate donations. Employee campaigns, which traditionally contribute 57 percent of all United Way funds, have raised a record \$29 million, representing an 8.8 percent increase over last year. Included in the employee total, is \$8.5 million in donations of \$1,000 or more (United Way's Leadership Program), a 20 percent increase. The balance of funds raised comes from special events and direct

cat had inherited his last name. "Dear Moosey Knight," the postcard began, "your yearly checkup is due." Where do they think I get my money? Didn't their computer tell them that I was squeezed dry by the last bill a la Visa? Where is the heart in the relentless pursuit of the almighty dollar?

My scrappy, fourteen year old, barn cat seemed profoundly uninterested in the picture of a cat curled up with two kittens in a basket. Surely you know I had to show the cat the only mail she's ever received in her life. What an inspiring picture...but I still don't feel tempted to buy leukemia shots for a cat who ran wild all her life and never gets the opportunity to meet any other

cats. After fourteen years, I found I prized her highly enough to take the money which should be going towards Christmas presents for my niece and nephew to save her life.

And what did I buy for \$275? Besides an invitation to spend more, I saved her from a dangerous disease diagnosed as furball-in-the-intestinitis. Should I be shocked at my bill or am I supposed to swallow the bill with pride? What actually cured the cat was a vaseline mixture which cost \$6.50. Now I ask you, why didn't I listen to my girlfriend who suggested a month ago that I smear her paws with vaseline? Perhaps I should borrow a wee bit of her medicine so that it will make her bill digest more easily.

FOODLAND ONTARIO CLASSICS



CHICKEN AND VEGETABLE STIR-FRY

Spencer Chan, of Bradford, is one of Ontario's growers of ethnic vegetables, a rapidly expanding crop. The inspiration for this stir-fry comes from the Orient, but the freshest ethnic produce is right here in Ontario. It is now possible to find high-quality greens, such as nappa and bok choy, in most major supermarkets.

- | | |
|------------------|--------------------------|
| 1/2 cup (125 mL) | chicken stock |
| 1 tbsp (15 mL) | cornstarch |
| 1 tbsp (15 mL) | soy sauce |
| 1 tbsp (15 mL) | white vinegar |
| 1/2 tsp (2 mL) | ground ginger |
| 1 lb (500 g) | Ontario Bok Choy |
| 1 lb (500 g) | Ontario Chinese Cabbage |
| 1/3 cup (75 mL) | vegetable oil |
| 1 lb (500 g) | chicken breasts, |
| | cut into julienne strips |
| 2 | medium onions, |
| | cut into eighths |
| | mushrooms, sliced |
| | (about 2 cups/500 mL) |
| | Cooked rice |

In small bowl, stir chicken stock, cornstarch, soy sauce, vinegar and ginger, until cornstarch is dissolved; set aside.

Wash bok choy and cabbage stalks; dry on towel. Slice white stalks of bok choy and cabbage diagonally into 1/4 in. (1 cm) strips; set aside in individual containers.

In large wok or frying pan, heat oil. Add chicken strips and toss continuously with wooden spoons until tender; move to edge of wok. Stir in bok choy and onions and cook, stirring constantly, 3 min.; move to cool part of wok. Stir in cabbage; heat thoroughly. Pour chicken stock mixture into bottom of wok, stirring until it thickens and bubbles. Toss chicken and vegetables with sauce; cook 1 min. longer. Serve at once over rice. Serves 4 to 6.

Preparation Time: 15 min.
Cooking Time: 6 min.

mail. "At a time when Toronto is still recovering from the worst recession ever, we should all feel proud of this achievement because it's something we did together," said Flood. "I believe that United Way struck a responsive chord in the public - one of being positive and wanting to effect positive change."

While the campaign officially closed Nov. 24th, it's not yet completed, Flood stressed, reminding the public that United Way's achievement is partially based on projections. "Some campaigns are still in progress, with others scheduled to run in early December, and we are awaiting final results from our direct mail program. Once the final counting is complete, we believe we will achieve our \$48.5 million announcement. For those of you who have not yet participated in this year's United Way fundraising drive, please remember we are depending on your generosity. Please give through your workplace, by mail or by calling our donor hotline number," he said.

"The real winners today are the 1.2 million men,

women and children in Metro Toronto who will receive a helping hand from a United Way agency this year," said United Way President Anne Golden. "At a time of

deepening government cut-backs, this growth in our allocations pool is doubly significant for the 250 charities we fund. Going over our goal does not mean that we will be able to meet all the needs. It does help close that gap. During the Allocations process that begins in January, each of our agencies will be assessed according to performance and need for United Way dollars.

Become A Volunteer

It takes only two hours to make a difference in a senior's life!

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