

House league softball at Ross Doan School

Correspondent
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Nutritionist Mrs. Arlene Gryfe was guest speaker at the Y's Time Out program held in the Hillcrest Auditorium Wednesday.

She studied and taught at the University of Toronto before moving to Humber College where she now teaches in the faculty of food services.

Mrs. Gryfe discussed the importance of selecting one food in each group from Canada's Food Guide for each and every meal.

These four groups are: milk (including cheese, yogurt, ice cream); meat (including fish, poultry, eggs, dried beans and peas and nuts); fruit and vegetables; and bread (including cereals).

She pointed out everybody needs about 1,500 calories each day just to stay alive. If a person is active they need more.

If you're interested in losing weight cut down on fat and carbohydrates and step up your energy but don't cut out vitamins, minerals and protein.

She added that even if you are on a special diet (for instance, heart disease or high blood pressure) you would still plan your menu according to the four food groups.

Snacks for children always seem to be a problem. Mrs. Gryfe gave these nutritious suggestions: Peanut butter or cheese on crackers, yogurt, raisins, fruit or raw vegetables, cold cuts, a hard-boiled egg or popcorn.

Not only is popcorn nutritious but it also cleans teeth! (The toothpaste people will hate me for disclosing that!)

Volunteers needed

The Save the Children Fund requires volunteers for the ever expanding penny appeal program in Richmond Hill.

CANSAVE is an international organization which has been serving the needs of people in Canada and overseas in their struggle for education, food, medical help and future self-reliance for more than 50 years.

Be you either a homemaker or a retired person you are needed, as volunteers are the backbone of this organization.

If you can spare one half day a month your help will be appreciated.

Servicing stores in the southern part of Richmond Hill is the primary concern at this time.

For a job description please contact Mrs. Daisy McGregor at 884-6202.

School news

Ross Doan Public School has started house league softball games.

All youngsters interested in participating have been



assigned to teams and the emphasis is on participation rather than winning (unlike that famous ice sport!)

The school has "modified" the rules so each player will have fun regardless of his or her athletic skill.

Parents of these little "Mickey Mantles" may be interested in watching. The games are played every day at 1 pm in the schoolyard.

Meanwhile, back at the zoo, the Ross Doan kindergarten students had a great time May 16.

Speaking of kindergartens, the York Region Roman Catholic Separate School Board has now met the desired number of registrants in the junior kindergarten which will be established in St. Charles Garnier School in September and will not be accepting non-Catholic children, it was learned this week.

This is the school being constructed at Avenue Road and Castle Rock Crescent.

Congratulations to the Boy Scouts, leaders and helpers, who successfully kept people "ohing and ahing" throughout the fireworks display Victoria Day at Pearson Park. Everything went off with a bang!

Be sure to "check" out the York County chess trophies currently on display in the Bank of Montreal in Hillcrest Mall.

Neighborhood notes

A warm welcome to Herbert Worsdall of Seven Oaks, Kent, who is visiting with his daughter, Dee Calver and family on Penwick Crescent.

Aboard the same plane was Malcolm Fullard of Burkhamsted, Hertfordshire, who is also here on holidays and spending time with the Calver family.

A happy birthday is wished for Robin "Barnaby" Calver, whose second was on May 25.

Also celebrating a birthday that day was Brandon Hope of Springhead Gardens. This was his first birthday.

A small, six pound, eight ounce correction to last week's column... the Glassfords' baby boy's name is Ian, not Jan. They already have a daughter, Heather, thanks!

Dave and Allison Weagle of Weldrick Road are enjoying the visit of her parents who arrived last week from Nova Scotia.

Special wishes to Chris, whose birthday is today!

Congratulations to longtime Richmond Hill residents, Mr. and Mrs. Gerald Hugh D'Arcy Bryson, who happily celebrated their diamond wedding anniversary May 20 at their Fairview Avenue home.

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