

in the hill family page

Pushers wanted by YCHA

York Central Hospital Auxiliary is looking for pushers — the kind who can push the gift cart around on the patient floors, particularly on Monday or Tuesday. If you can help call Joyce Studdy, director of volunteers, at 883-2206.

Also needed at the hospital — used paperback books. They are always in demand at the gift shop and may be left there during gift shop hours.

Learning problems

It will be Fathers' Night when the York Region Chapter of the Association for Children with Learning Disabilities had its general meeting April 8 in the Gordon MacLaren Auditorium of Richmond Hill Library, 24 Wright St.

At this very special meeting, 8 to 10 p.m., there will be a film and panel discussion. Laurie LaBlanc from the York centre will be chairing the meeting, and sitting on the panel will be three fathers of children with learning problems. All are welcome to attend.

Association president is Elizabeth Harrington, 884-3056.

Scout and Cub banquet

One of the most satisfying events of the year for 1st Beverly Acres Scouts and Cubs was the annual father and son banquet which took place this year in Don Head Secondary School.

The dinner and program proved to be one of the best ever for the group. The meal prepared by students of Don Head was a chef's delight. Prizes donated by local merchants were piled high on the stage, and the films supplied by Richmond Hill Library were loaded with laughs. A special bonus was a bag crammed with merchandise for each boy and his father to take home at the end of the evening.

Many fathers watched with pride as Scouts and Cubs were called up to collect well-deserved badges and awards.

The Scouts were Tom Boardman, Douglas Roberts, Steven Loweth, Steven Onlout, Meronish Pestronji, Bill Vrantsidis, Gordon Brown, Alan Jones and Derrick Romer.

Award and badge-winning Cubs were Robbie Beggs, Ron Boardman, Shawn Dodds, Ron Duce, Neil Jones, Thomas Kjaersgaard, Warren Peart, Shawn Porter, Dennis Ruutbert, Carl Smith, Donald White, Douglas Wells.

For a very successful evening, warm thanks are extended to all parents who participated. In particular to Barb Duce, chairman of the group committee; Jim Milne, master of ceremonies, and John Loweth whose contribution of single records to each boy, and record albums for prizes was a highlight of the evening.

AMO and parent concern

Stress, parenting, self-esteem, child abuse are topics that concern Joyce, a volunteer sponsor for Parent Concern, a self-help, help-each-other group designed for parents overwhelmed by the pressures of parent-child relationships.

And to explain the program and objectives of Parent Concern, Joyce Mark will be guest speaker at a meeting of the AMO (a morning out) group on March 31.

The film, The War of the Eggs, will also be shown with discussion after.

AMO is a group for mothers of young children which meets each Wednesday from 9:30 to 11:30 a.m. in Richmond Hill United Church.

Pre-school and nursery care are provided on a co-operative basis, and new members are always welcome. For information call Margaret Moon, 884-7161.

St. Pat's euchre party

Hooray for the senior citizens of Club 35. They really put their St. Patrick's euchre party over with a bang. To the delight of Charlie Attridge, convener for the day, there were 18 tables, the largest crowd for some time.

Charlie gave out about 50 prizes in all, with some winning more than one of the prizes donated by Gwen Grist, Edna Harding, Lillian Tutt and Anna Holz.

The travelling prizes were won by Vi Baker and Jack Sanders. Low prize winners were Irene Brooker and Anna Hill.

Tea was served by Gwen Grist and her helpers, Lillian Tutt and Hilda Glover.

St. Mary's parish mission

St. Mary's Anglican mission with Brian and Cindy Allan is reportedly developing well. There are still some dates open for parishioners who would like to invite them for home visits.

The mission closing festival will be at 7:30 p.m. April 3. All are welcome to this service of praise, prayer and thanksgiving.

Seniors' bowling

Sixty-eight seniors turned out at ABC Friday for their weekly bowling.

Ladies' high single scores were V. Clark 227, A. Geen 209, B. Braid 199; high single with handicap V. Clark 240, A. Geen 226, E. Andrews 224; high triple B. Braid 548, E. Masters 535, E. Andrews 532.

Men's high singles were M. Atkins 255, J. Swan 248, F. Price 229, R. Brillinger 221; high single with handicap R. Brillinger 235, R. Hill 205, A. Smith 176; high triple M. Atkins 683, F. Price 597, F. Martin 545.

Baha'i new year

The Richmond Hill, King Township and Newmarket Baha'i communities combined Sunday to sponsor a Feast of Naw-Ruz (Baha'i New Year party) at the Aurora Highlands Golf Club.

About 75 parents, children and guests attended. The festivities included devotions, folk music, pot luck dinner and an evening of dancing with a disc jockey in attendance.

Family service volunteers

Volunteers of Richmond Hill-Thornhill Family Services are stepping up their preparations for the family fun and sales day planned for April 24.

With spring officially here, spring cleaning follows as spring follows winter and they would like to be on the receiving end when such things as bicycles, garden furniture, clothing, books, jewelry, records, picture frames, toys, games, comic books, household items, appliances, furniture, antiques, etc., etc., etc., are earmarked for disposal.

Their garage-rummage-antique-bake sale is scheduled for 9 a.m. to 4 p.m. in and around Our Lady Queen of the World Church at Bayview and Crosby Avenues, Richmond Hill, and they plan to include plants, preserves, candy, items large and small.

Some 36 volunteers are working with family services, at home or in the office, daytime or evenings, doing clerical, typing, receptionist or bookkeeping work as time and talents permit, and now they are out to raise funds to keep the operation going.

Anyone interested in helping should call the coordinators, Isobel Ewing 884-3577, Doris Tilt 884-2879, Joyce Mark 884-3503.

April is cancer month

The Richmond Hill Unit of the Cancer Society held its monthly meeting on March 16 at the Yonge Street office.

Among the many items discussed were two recent fundraising events — Talent Night of Richmond Hill and a Skateathon — both of which were highly successful.

April is Cancer Month and campaign chairman Diane Fulton reported she has her full complement of captains and canvassers and will be having an orientation get together before the end of this month.

In April when your canvasser calls, please give generously — as even though much has been done to reduce suffering through education, early diagnosis and better treatment, the battle will not be won until research has identified the causes and found the cure for cancer — and that takes money and the wholehearted support of the public.

April 3 is Daffodil Day and volunteers will be selling bunches of these spring flowers throughout the Hill at only one dollar a bunch. Any industries wishing to place orders beforehand may do so by calling Mary Follows at 884-3490.

Mary and Martha

The Mary and Martha Guild of Richmond Hill Presbyterian Church is having a rummage sale April 10 from 10 a.m. to noon, bargains galore, coffee and donuts.

Anyone wishing to make donations of items for sale is asked to call convener Betty Hazell at 884-5525.

Legion auxiliary

The Ladies auxiliary to Branch 375, Royal Canadian Legion, was reminded at its March 15 general meeting of some very important dates:

For the international Midget Hockey Tournament March 22 to 28, catering hours are 9:30 a.m. to 8 p.m. and any help will be appreciated. The hockey championship dinner Sunday will be a cold buffet.

The zone meeting will be March 29 in Newmarket.

Plans May wedding



Rosanne Cudia
Forthcoming marriage

RICHMOND HILL — Mrs. Vincent Cudia, Rathfon Crescent, has announced the forthcoming marriage of her daughter, Rosanne Ruth, to Christopher Ephgrave of Toronto.

A graduate of Bayview Secondary School is employed with Go Camping Limited, Brampton. She attended elementary school in Maple. Mr. Ephgrave is on the staff of The Globe and Mail in Toronto.

The marriage will take place in West Ellesmere United Church in Scarborough on May 15.

Duplicate bridge

OAK RIDGES — Duplicate bridge club Swiss team tournament winning team March 12 were: Bob and Edna Dunn, Joe and Lorrie Coen.

On March 15 winners were — NS — Fred Dieken and Ross Jenkinson, Bob Manning and Al Lehman, Clea Dieken and Ann Payment; EW — Fred Tierney and Detlaf Ladewig, Ron Marlow and Murray Ferguson, Joe and Lorrie Coen.

Side game winners were: Peter and Rita Edwards, Eva Guttman and Gertrude Saamen, Pat and Alan Sanderson.

Winners on March 17 were Jean Goodwin and Marg Melnichuk, Edith Windsor and Natalie Platner, Heather Burling and Marg Davis.

Coming Events: — March 29 - second session of Monday night open pairs; April 4 - friendship day at Peterborough - Swiss team; April 5 - no zero game.

Limited side game every Monday — new players welcome at any time. For partners and information call Marie Cole 773-4280.



(Photo by Elbert)

Golden wedding

Squadron Leader Edward James Follows and his wife, Isabella, of Lindsay celebrated their Golden Wedding in Richmond Hill March 5 at the Paliser Crescent home of their son, Jack Follows, and his wife Mary. Many local friends and out-of-

town guests and relatives joined them in the celebration. Alf Stong MPP York Centre presented the couple with a congratulatory plaque from Premier William Davis on behalf of the provincial government.

Climbing family trees

RICHMOND HILL — "Digging for your family roots", or, searching and organizing your ancestors, — this theme is the subject of a lecture on genealogy to be presented by the Richmond Hill Public Library Board in the Gordon MacLaren auditorium of the main library, on Wright St., April 6th at 8 p.m.

If you have ever wondered about your ancestors, who they were, what they did, where they came from, or are curious about the skeletons in the family closet, now is the time to start delving into the past and start tracing your family tree. And what better person to assist you but Richmond Hill's Chief Librarian, Mrs. Patricia Hart, who, during her seven years' residence in the 'Hill has given so freely of her time and expertise as a historian and genealogist to assist in the preservation and documentation of the history of our community?

Mrs. Hart, a United Empire Loyalist descendent, is a founding member of the North York Historical Society and served for a term as president.

In 1967 she was awarded the Centennial Medal from the Federal Government and an additional medal from the Borough of North York. During the period of Richmond Hill's own Centennial in 1973, Mrs. Hart worked with the town's centennial committee in formulating and presenting the year-long celebration program, and in the latter part of the year helped found the Richmond Hill Historical Society, serving since that time as a historical adviser.

Founded to preserve the cultural heritage of the town one of the more important tasks of the society has been the restoration of the Burr House on Carrville Road, the oldest known house in the area.

As an author Mrs. Hart has gained recognition for her book, "Pioneering in North York", published in 1968, and is continuing her interest in the compilation of the history of Richmond Hill.

With the increasing interest in genealogy the Richmond Hill Library is extending a welcome to all would-be genealogists to attend Mrs. Hart's lecture on April 6. Admission is free, and

there is ample parking at the rear of the library.

Val D. Greenwood in his Researcher's Guide to American Genealogy, states that it is not necessary to be a professional genealogist

in order to be successful in locating your ancestors, be truthful in your findings.

An outlaw or the proverbial horse thief may show up on any pedigree — on the other

hand one may find the opposite — nobility and social status! The author concludes, "Never be ashamed of the truth of your ancestors. After all, who knows how they might feel about you?"

Allergies and additives

Bring up the subject of chemical additives in food and you're likely to send shivers down a few spines.

Frequently these fears are less than reasonable. Foods after all, are natural chemicals designed to do a chemical therapy job on our bodies, and we are assured that the supplementary chemicals added by processors are nothing more than man-made twins of the originals.

Even so, as manufacturers attempt to duplicate nature with artificial flavors, colors and duplicate chemicals, evidence grows that these are not as exact as we like to think.

In fact, for at least two groups of people, food colorings and artificial flavorings are extremely painful and dangerous.

Until fairly recently, parents of hyperactive children were driven nearly mad by the incredible energy and short concentration span of the children. Even sleeping time was likely to be interrupted eight or nine times during the night by the hyperactive child.

The eating of certain foods was followed by a period of high activity and seemingly senseless, rapid energy burning. It was almost as though the child had been given a shot of adrenalin instead of a pink cookie.

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Even heavy drinkers who are not quite in the alcoholic category should be concerned about chemicals.

Many commercial mouthwashes are equivalent to another shot of liquor, and inhaling some deodorant room sprays can double the intensity of the drink in hand.

When a product is simply labelled as containing oil, with 17 possibilities available, an allergic cannot take the risk.

Even spices can create problems for allergics, so they must be aware of what is contained in baked products — pumpkin pie for instance — before they buy.

The Canadian Diabetic Association's national diet counsellor, Jan

anne wanstall



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Nutrition

United States physician Benjamin Finegold isolated food colors and flavors as the reasons for such drastic behavioral patterns, and those who follow his recommendations claim definite improvements in concentration and sleep.

Part of another group of health sufferers who avoid these additives are those who get migraine headaches. Rosemary Dudley, who heads the Migraine Foundation in Toronto, says not all migraine sufferers are affected by food additives, but generally recommends that they be avoided for fear they could cause migraine.

The substitution of soya products in manufactured protein goods is causing more than a headache for allergics.

Their problems range wider than the matter of a single artificial or natural food, presenting a whole spectrum of things which must be avoided if pain or death is not to follow.

The Allergy Foundation suggests that no

Goeller, says she feels some concern about additives which would alter the balance of carbohydrates, proteins and fats in food.

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