

in the hill family page

What you always wanted to know

Ward 3 Ratepayers are having their annual general meeting in the Blue Flame Room, 500 Elgin Mills Rd., East, at 8 p.m. April 6. Donald King will be talking about "What you always wanted to know about municipal government and were afraid to ask".

Mr. King is vice-president of Stephenson and Kellogg, consultants, who have worked closely with various municipalities in the region. There will be a question period. Refreshments will be served.

Music for an April evening

Three local groups are busy putting the finishing touches on preparations for a concert, Music For An April Evening, to be presented April 29 in Richmond Hill United Church.

The Richmond Hill Youth Concert Band and the combined choirs of St. Matthew's and Richmond Hill United are preparing a program to include religious as well as popular music.

Featured will be several solo artists, both vocal and instrumental, including an internationally renowned harmonica soloist.

Senior bowlers

Seniors' bowling March 26 attracted 63 bowlers at ABC.

Men's high singles were C. Attridge 256, F. Price 254, J. Farquhar 246; high with handicap A. Smith 211, E. McKinnon 207, R. Hill 192; high triple F. Price 645, C. Attridge 632, J. Farquhar 568, A. Smith 568 and J. Swan 568.

High ladies' singles were V. Woods 217, G. Murphy 215, B. Cook 204; single with handicap M. McCord 218, B. Cook 210, A. White 201; high triple G. Murphy 565, V. Woods 545, E. Masters 538.

Fortieth anniversary

Over 60 relatives and friends were guests March 21 at the home of Mr. and Mrs. Ivan Grove in Markham honoring the 40th anniversary of Mrs. Grove's parents, Mr. and Mrs. George Barrett.

Among the guests were the bride's sister, Mrs. Edna Quinlan of Peterboro, who was bridesmaid, and William Barrett of Scarborough, who was groomsmen at the wedding in 1936 in Gormley.

The ceremony had taken place at the home of the bride's parents, Mr. and Mrs. Robert Millen with Rev. Herb Shantz and Bishop Alvin Winger officiating.

The Barretts lived in Gormley until September when they retired to Gravenhurst. They have three children, Joan (Mrs. Ivan Grove), Dawna, (Mrs. Hans Koopman of Lyndhurst), and Larry of Richmond Hill, and four grandchildren.

Lenten season at St. John's

The Lenten season at St. John's Baptist Church has been marked by special services on Sundays and by cottage meetings on two Wednesday evenings in March.

Some of these have been combined efforts with members of Yorkview Heights Baptist Church in Willowdale. Rev. Dana Lamb of St. John's, Rev. Robert Mews of Yorkview Heights, and Rev. Harvey Allen of Toronto have led the Bible studies.

In Sunday sermons, Mr. Lamb has been concentrating on Jesus and His purpose and how He carried on through to the Cross.

Rev. Percy Buck, a former minister of St. John's, now retired and associated with Blythwood Baptist, will be leading the study March 31 at the home of Mr. and Mrs. Ron Winnacott, Shady Lane Blvd., Thornhill. The study April 7 at the home of Mr. and Mrs. Ed Golem, Lundy's Lane, Newmarket, will be led by Rev. David Phillips.

On April 4 at 7:30 p.m. the Chinese Baptist Choir will sing in a joint service at Thornhill Baptist Church to which all are invited.

One parent families

Plenty of action is planned for those of all ages in Richmond Hill Chapter, One Parent Families, in April.

The kick-off will be the annual installation dinner and dance at Thornhill Community Centre, John Street and Bayview Ave. on Saturday with roast beef by candlelight, socializing and dancing to the music provided by Jim Downey. For information call Terry Healy, 630-4045, George Julien, 223-6663, or Barb Eberspaecher 889-3959.

The monthly free birthday brunch for adults, children and teens will begin at the Ponderosa April 11 followed by a sugaring-off party or bowling with children and teens versus adults, or possibly, if there is no bowling, it will be ice skating.

The general membership meeting will be at 8 p.m. April 14 in St. Mary's Anglican Church, Yonge St. and Major Mackenzie Dr., in the Hill, and new members welcome. Speaker Robert Crosby.

There will be roller skating at King Arena followed by an Easter hunt at Anne Fleming's, and for nourishment, corned beef and cabbage, April 18, then a wine and cheese party for the grownups on April 23. A zoo trip for all the family is planned for April 25.

Easter bazaar

RICHMOND HILL — Residents and volunteers at Country Place Nursing Home, 18th Ave. east of Bayview, are having an Easter bazaar and bake sale Saturday from 1 to 6 p.m. Convener is Mrs. Josephine Hodskins.

Everyone has been busy preparing for the event, which will offer antiques, newiques, timely gifts, four lucky draws and two raffles for major prizes—a digital clock radio and a six-piece coffee set.

The public is invited to come out to enjoy a pleasant afternoon in a congenial atmosphere in a beautiful rural setting.

Handwriting analyst

A scientific handwriting analyst, Linda Pitney, will be guest speaker at a general meeting of Starmok Family Circle, Single Parents Association, April 6 at 8 p.m. in Thornhill United Church, 189 Dudley Ave., behind York Farmers' Market.

All single parents are welcome. Admission is 50 cents and refreshments will be served. For further information call 881-5105.

Joint Lenten services

RICHMOND HILL — The last in a series of community Lenten services will take place April 7 in St. Matthew's United Church on Crosby Ave. at 8 p.m.

The speaker on this occasion will be Rev. Robert Quick of Richmond Hill Free Methodist Church. The ladies of St. Matthew's U.C.W. will be serving refreshments at the end of the evening, and all are invited. The topic will be The Resurrection.

This evening's service takes place in Our Lady Queen of the World Roman Catholic Church, Bayview Ave. at Crosby, with Rev. David Metcalfe of St. Gabriel's Anglican talking about The Arrest, Trial and Crucifixion.

Also participating in the series have been the pastor and people of St. Paul's Lutheran Church.

Launch into spring

y people in action

RICHMOND HILL — The new season brings new programs to the Family Y in York Region — at the Program House, 83 Dunlop St., and in various neighborhood locations.

Adult education program worker June Burnie is organizing bus tours for people who want to get away for a day, to enjoy new sights, to lunch out.

Physical education director Mark Poray has a special evening planned for April 21 at 7:30 p.m. Coaches, conveners, sports and health-minded men and women are invited to have their lifestyle and fitness evaluated on a personal basis.

The Canadian YMCA is the only organization in Canada to offer this LIFE program, so circle your calendar and try the test April 21, or just watch others as they move from station to station.

Mrs. Lois Ball, day care head teacher, and Mrs. Jean Sherbarth, nursery school teacher, invite the public to drop in to their programs, to see the children learning together in groups.

There are vacancies in both the day care and the nursery school programs at the Y.

The newly renovated kitchen at 83 Dunlop St. is the setting for Y cooking classes. Since cooking and eating alone pose special difficulties, there will be "Cooking for One" classes on Monday evenings.

Mothers are encouraged to enrol their pre-schoolers in one of the centres for special activities for little people. The children have fun while mother is free to shop, to have a morning to herself.

The centre at the Y is open Tuesday mornings, the one at Richvale Library on Pearson Ave. is open on Thursday morning.

For those who enjoy a sauna, facilities at the Y are available weekdays from 9 a.m. to 10 p.m. Showers and locker rooms compliment the two saunas rooms at the Dunlop St. centre.

The Family Y welcomes men and women, boys and girls. For further information and details about the numerous programs being offered call 884-4811 or 773-4591.

The Covenant Players are a ministry of faith, non-denominational, with the aim to be truly functional as a communicative arm of the church.

Their purpose is to communicate through drama in order to challenge people in action. Those who have seen them describe it as a truly worthwhile experience. The public is invited to participate in either or both of the programs to be presented this weekend.

On Saturday at Richmond Hill United Church they are holding a workshop to prepare members of the congregation for participation in a 20 minute sermon at the 11 a.m. service Sunday. The theme will be Lenten.

On Sunday at 6 p.m. the Covenant Players will be

Advent crusade

RICHMOND HILL — An "It Is Written" Crusade for the Region of York will be conducted at the Adventist Church, 80 Elgin Mills Road West, beginning Friday and continuing each evening to April 11.

The talks by Pastor Enoch Anderson will be augmented by a presentation of color slides, and a short film will introduce each evening's program, beginning at 7:30 p.m.

Topics to be considered include the second coming of Christ, the dynamics of prayer, how sin invaded the earth, the unpardonable sin and others.

There will also be services at 11 a.m. Saturdays during the crusade.

Pastor Anderson comes with a background of experience as a pastor



Enoch Anderson leads crusade

and evangelist in Canada and the United States, including six years in Hawaii.

Subjects of his presentations will focus on God's Word to Man's World.

The public is invited to attend any or all of the services. For families, a nursery program will also be provided.

Daffodil Day starts cancer campaign

RICHMOND HILL — April is the Cancer Society's campaign month in Canada, and units throughout the Region of York are preparing for an intensive drive in their various communities.

"Without the generous donations of the public, our support of cancer research would not be possible," declares Neale Fulton of Neal Dr., campaign chairman for the Richmond Hill unit, "nor would the society be able to continue its program of public education and service to cancer patients."

But like all other organizations and individuals, the cancer society is feeling the pangs of inflation, in increased costs of equipment for research and for treatment, in higher salaries for scientists, laboratory technicians and assistants.

For example petrie dishes and test tubes which used to cost one major laboratory \$33,000 a year, this year will cost more than \$75,000; while radioactive material, once \$35,000, now tops the \$100,000 mark.

On the other hand, it has been proven research is paying off. In the 1950s about 43 percent of breast cancer patients survived five years — now it ranges between 55 and 60 percent.

For cancer of the prostate, the use of drugs in the cancer program has improved the survival rate from 30 percent to more than 50 percent.

Nearly 100 per cent of skin cancer is now curable.

In the 1975 campaign the Richmond Hill unit raised more than \$40,000. The objective this year, says campaign secretary Mary Follows of Paliser Cres., is to top the \$41,000 mark.

"The entire emphasis of the 1976 fund-raising and education campaign is on action," says campaign chairman Diane Fulton. "The action of protecting oneself against cancer; the action of protecting others

through this support of cancer research."

In addition to the door-to-door canvas, there will be a blitz in shopping centres Saturday, Daffodil Day, when volunteers will be out in full force selling the fresh spring flowers, symbol of hope for cancer victims.

Bunches at \$1 each are available to industries. Call 884-3490.

Headford aim for new roof

HEADFORD — The women of the century-old Headford United Church on Leslie St. in Richmond Hill are hoping to raise enough money at their spring bazaar to put a new roof on the building.

Last year the U.C.W. a small but very active group, brought in enough to pay for redecorating the inside of the quaint old church on the hill, south of Markham Rd., and the men of the congregation helped with the work.

The bazaar and bake sale is to take place in Victoria Square community hall, 18th Avenue and Woodbine, April 10 from 2 to 4 p.m.

Worship service and Sunday School are held at 10 a.m. each Sunday at Headford. The minister is Rev. Victor Shepherd, who is also responsible for the Victoria Square church.

Plan reunion

WILLOWDALE — Finch Avenue East Public School is celebrating its 25th anniversary with a reunion May 1.

The organizers are anxious to contact as many former students and teachers as possible to invite them to the open house from 1 to 4 p.m. and the dance from 7 to 11 p.m. that day.

Anyone who has any old snapshots, crests, souvenirs, or the names and addresses of former students and teachers is asked to contact Mrs. Carole Brandt of the reunion committee, 323 Byng Ave., Willowdale, 225-2714 or to get in touch directly with the school.



(Photo by Hogg)

TOPS queen top loser

It was a proud moment for Eileen Trumphour of Balkan Rd. when she was crowned TOPS Queen for the year. Doing the honors is Melissa Stewart of Fesserton Rd. Mrs. Trumphour was also a divisional winner and will represent the local chapter at the three day convention in Toronto in May when TOPS (take off pounds sensibly) members from all over the province crown the provincial queen. The self-help weight losers' group meets weekly in the portable at St. Gabriel's Anglican Church on Crosby Ave. For more information call Mrs. Stewart at 884-5344 or Rita Butt at 884-5328. To be a queen, a member must achieve and maintain the weight loss level recommended by her doctor. Other divisional winners were Ruth Taskinen of North Taylor Mills and Christine Austin of Neal Dr.

Busy month for bridge

OAK RIDGES — Winners in the duplicate bridge club's continent-wide charity game March 17 were: NS — George Laundry and Jim Markell, Stewart and Marie Cole, Joe Coen and Rod McLeod; EW — Ruth and Gerry Browning (overall winner), Bev Jones and Victor Cranshaw, Eric Fors and Michael Wolburgh.

On March 19 winners were NS — Fred Dieken and Bob Dunn, Al Lehman and George Newton, Cleta Dieken and Edna Dunn; EW — Gerry Browning and Marie Cole, Detlaf Ladewig and Fred Tierney, Hank and Ann Jansen.

Winners March 22 in the open game were NS — George Laundry and Ron Dickie, Stewart and Marie Cole, Ross Jenkinson and Fred Dieken; EW — Al Lehman and John Hall, Victor Cranshaw and Bob Manning, Marion and Don Fahner.

Side game winners were NS — Pat and Allan Sanderson, Lalie Whitehead and Mona Smollet, Deanna Whitaker and Diane Brown; EW — Yvonne Arkell and Miquette DeBac, John and Adele Shearer, Cyril and Iris Whiting.

Coming events: April 4 — Friendship Day — Peterborough, April 5 — no zero game, April 13 — April 18 — Canadian national regional bridge championships at the Royal York Hotel.

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

Vitamin A easy to get



anne wanstall

Nutrition

Early in this century, the identification of vitamin A marked a major step in the history of nutrition. However, even though a great deal of research centred on vitamin A, a lack of it in the North American diet has never been a subject of particular concern.

This is understandable when we consider that vitamin A is distributed in a great range of foods available in Canada — and provided one eats a variety of foodstuffs, getting your quota of vitamin A shouldn't be too difficult.

Vitamin A is one of the fat soluble vitamins that can be stored in the body — therefore, on the day you eat liver (if you do eat liver), you will consume three to five times the amount of vitamin A requirement and the body will store some of this surplus.

Vitamin A is essential for growth and vision and helps assure resistance to infection. The first sign of a deficiency in vitamin A is characterized by an impaired vision in darkness called night blindness.

Two servings of both fruits and vegetables are a daily must. Youngsters who are reluctant to eat two cooked vegetables a day, should get a comparable quota of raw vegetables, salads and tomato juice.

To boost the amount of vitamin A consumed, butter or fortified margarine could be used

in cooking (oils and shortenings do not contain vitamin A). Liver once a week is sure to fill any gap left.

If, for some reason, it is not possible to eat a varied diet, vitamin supplements may be necessary and it would be wise to consult a physician.

Approximately 100 per cent of your daily needs would be provided by one serving of liver, carrots, spinach, pumpkin, canteloupe or winter squash.

Apricots, broccoli or liverwurst will provide 50 per cent of the body's needs, while one serving of either tomato, peach, nectarine, prunes, tomato juice, cherries, watermelon or kidney will provide 25 per cent, as will two eggs, two-and-a-half cups of milk, or two tablespoons of butter or fortified margarine.

Butter, whole milk, fruits and vegetables eaten in the quantity recommended in Canada's Food Guide would provide the daily requirement of vitamin A. For health reasons, many Canadians are using butter substitutes and skimmed or partly-skimmed milk. If the label shows that these items have been fortified with vitamin A, there's no need to worry about a lack of the vitamin.

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1. Have a medical and dental check-up.
2. Watch for any change in your normal state of health.
3. Find out about any lump or sore that does not heal.
4. Protect yourself from too much sunlight.
5. Do not smoke.
6. Have a Pap test.
7. Do a monthly breast self-examination.

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