

**southern york region  
scheduled events**

**Kleinberg Guides  
work for show**

**KLEINBERG** — The Kleinberg Girl Guides are sponsoring a Chinese cooking demonstration at MacKenzie Senior Public School, March 2 at 7:30 p.m.

Ten oriental dishes will be prepared. Tickets are \$2. A recipe book is included as well as door prizes. To obtain tickets in advance call 893-1869, 893-1792 or 893-1350.

**Block parents meet**

**THORNHILL** — The Richvale-Baif Block Parents will hold a meeting at the Thornhill Community Centre, Feb. 13 from 1:30 to 2:30 p.m. The Block Parent film will be shown followed by a panel discussion.

**Sorority Rose Ball**

**THORNHILL** — Delta Lambda chapter of Beta Sigma Phi will be holding its annual Yellow Rose Ball Feb. 19 at the Thornhill Community Centre. For tickets call 884-3224.

**Arts and Crafts show**

**TORONTO** — The Women's Committee of the Ontario Heart Foundation will sponsor the fourth annual Arts and Crafts Show, Feb. 16 from 10 a.m. to 8:30 p.m. in the Civic Garden Centre, New Floral Hall, Edwards Gardens.

**Writers hold readings**

**SCARBOROUGH** — A series of readings by Canadian writers begins Feb. 16 when Andreas Schroeder will read from *Shaking It Rough* — A Prison Memoir — a book describing his eight months experience in various B.C. prisons.

The readings, jointly sponsored by Centennial College and the Canada Council, will be held at 1:30 p.m. at the Warden Woods campus of Centennial College.

**Charity skate sharpening**

**AURORA** — The Canadian Arthritis Society will hold a skate sharpening day at Vic's Shoe Repair, 7 Yonge St. Feb. 12, 9 a.m. to 5 p.m.

The cost is 75 cents a pair and this year's goal is \$1,000. Hockey pucks and sticks will be given away throughout the day.

**Nursing seminar**

**TORONTO** — "Motivating Nursing Personnel is the next in a series of seminars sponsored by Centennial College, to be held Feb. 24 from 9 a.m. to 4 p.m. at the Holiday Inn, Don Valley Parkway.

**Garden Club meets**

**AGINCOURT** — The Agincourt Garden Club will meet Feb. 14 at 8:15 p.m. in the Knox United Church Christian Centre, 2575 Midland Ave. Bob and Jackie Patterson will speak about "Growing under Lights".

**Alumni dinner-dance**

**TORONTO** — The St. Joseph's School of Nursing Alumni will hold an annual dinner-dance Feb. 19 at the Skyline Hotel on Dixon Road.

Tickets are available by calling 231-4632. All graduates are welcome.

**Students radio conference**

**SCARBOROUGH** — Students at Centennial College have organized a Campus Radio Conference for Ontario colleges and universities to be held Feb. 12 from 10 a.m. to 6 p.m. at Warden Woods campus.

Topics such as program direction, radio promotion and advertising production will be featured.

**Good Citizenship  
deserves a medal**

Do you know anyone here in Ontario who—through selflessness, humanity and kindness without expecting anything in return—has made this a better province in which to live?

That's the kind of person for whom the Ontario Medal for Good Citizenship was established. Recipients are selected by an independent Advisory Council of Ontario citizens whose honorary chairman is the Lieutenant-Governor of the Province.

Anyone may nominate a person for the Ontario Medal, and nomination forms are available by writing:

Executive Secretary  
Advisory Council  
Ontario Medal for Good Citizenship  
Queen's Park  
Toronto, Ontario M7A 1A1

Making a nomination is itself an act of appreciation for good citizenship. All nominations should be received by April 15, 1977.



ONTARIO MEDAL FOR GOOD CITIZENSHIP

**60 kick the habit  
in YCH 5-day plan**

By Rev. Enoch L. Anderson

**Richmond Hill Seventh-Day Adventist Church**

**RICHMOND HILL** — The psychology of breaking a harmful habit such as used in the "Five Day Plan to Stop Smoking" may prove helpful to explore in brief in this column.

Recently, such a program was conducted at the York Central Hospital with about 80 in attendance the opening night. Sixty completed the course and qualified for a diploma by divorcing themselves from nicotine.

They also learned, beside methods of attacking the habit, some valuable principles for better living. Many found it helpful to stay off the coffee habit as well — which would help out the budget today. Getting proper rest, exercise, deep breathing, drinking more fluids etc. were among some of the items urged as aids in reducing the craving for tobacco.

However, what is foremost in the breaking of any harmful habit, was most simply stated by one successful young man in attendance who said, "I realize now that the important thing in licking the habit begins in the head."

This was emphasized constantly by each one expressing the words "I choose not to smoke."

It is not an iron clad promise that is mad. In fact more than just being a wish, it can be a call for divine aid.

The plan recognizes that lasting decisions are based on knowledge and strong motives. Medical personnel, as well as films, presented the facts of the case against the use of tobacco. Instructors surveyed various motives for quitting the habit.

Better health for self as well as loved ones, financial savings, lessening of fire hazards, and a sense of well being and becoming "the captain of your own ship" are all good motives for staying off tobacco or anything that is determined as harmful.

Further, a moral issue



(Photo by Hogg)

**Kicking the habit**

**Eighty cigarette smokers discovered a new program held at York Central Hospital with a high success rate in curbing the smoking habit. Sixty of the participants successfully completed the program. Local director of "The Five Day Plan to Stop Smoking," Rev. Enoch Anderson, describes the program in his article.**

can be projected in the light of the commandment, "Thou shalt not kill" and the misuse of one's body temple. It was not a preaching session but suggestions were made so as to galvanize one's will power and inspire more wholesome living and family life.

Another factor that was important to the plan was the group participation. The fun of sharing experiences and advising fellow strugglers acted as a stimulus to the group.

A few were surprised to discover that they had no withdrawal symptoms and realized that they had only been psychologically dependent on tobacco.

One lady reported that she had tried quitting before without success but now happily said, "This plan has helped organize my approach to the problem."

Personal control booklets detailing suggestions for each of the five days, were part of the program.

**New Session**  
Many have asked about another session being conducted for their friends and relatives. We are glad to report that arrangements are being made to conduct several plans in the York region during the last week of April. These will be operated as a community service. Everyone is welcome to come and

donations are expected to cover the cost of the materials used.

In closing, I would like to give an expression of appreciation to the York Central Hospital for the use of their facilities. A special thanks to Mrs. Crotnin who initiated the arrangements and to Mrs. Clark who did the public relations work. All enjoyed the presentations by the medical personnel, Doctors Handysides, Brown and Juriansz. Thanks to Pastor Donesky who participated graduation night and also to John Bavington in the follow-up meeting. I was glad to serve as the local director of the plan.

**Home to Church Every Sunday**

DIRECTORY OF RELIGIOUS SERVICES FOR THE WEEK

**ANGLICAN**

**ST. MARY'S ANGLICAN**  
10030 YONGE STREET  
RICHMOND HILL  
RECTOR  
Rev. Bernard Barret 884-1394  
Rev. Fred Jackson 884-2418  
SUNDAY, FEBRUARY 13, 1977  
8:00 a.m.  
10:30 a.m. Services  
Kindergarten, Nursery  
8 p.m. at Richmond Hill United Church.  
Ecumenical Meeting on "Food and the World's Hungry".  
Films and Discussion.  
ALL WELCOME

**UNITED**

**RICHMOND HILL UNITED CHURCH**  
Yonge and Centre Streets 884-1301  
884-1301  
RICHMOND HILL UNITED CHURCH  
Yonge and Centre Streets 884-1301  
Minister - Rev. Robert Shorten  
Sunday, February 13, at 11:00 A.M.  
COUNTING THE COST  
8:30 p.m. in the Gym  
10 Days for World Development  
Ecumenical Seminar on Food  
Film Strips and Discussion

**Pentecostal**

Formerly Langstaff Baptist Church, Langstaff Rd. Thornhill  
Pentecostal  
26 Church St. Thornhill  
Pastor F. Bond  
851-0358  
Sunday Services  
10:00 a.m. - Sunday School (All ages)  
11:00 a.m. - Praise & Worship  
7:00 p.m. - Charismatic Service  
Wed. 7:30 p.m. - Prayer & Share  
Charismatic  
The Greatest of These Is Love  
Special Speaker Sunday 11:00 a.m.  
Rev. Whitelaw  
Minister of Former Langstaff Baptist Church

**CONCORD CHURCH OF CHRIST**

Concord Rd. & No. 7 Hwy.  
A Church of the New Testament Order  
A.E. Atkinson  
Minister - 669-1831  
A Young - Sec. 669-2784  
SUNDAY SERVICES  
11:00 a.m. - Bible Study and Morning Service  
7:00 p.m. - Communion Service  
WEDNESDAY  
8:00 p.m. - Bible Study  
SUNDAY 12:30 p.m.  
Watch "The Herald of Truth"  
1 v. Channel 3, Barrie

**LUTHERAN**

**ST. PAUL'S LUTHERAN**  
10131 Bayview Avenue  
J.S. DAUPHINEE, PASTOR  
9:30 a.m. Sunday Church School  
11:00 a.m. Worship Service  
ZION LUTHERAN  
(2 miles south of Maple)  
Rev. James S. Dauphinee  
Vice-Pastor - 884-5264  
9:30 a.m. Worship Service  
10:30 a.m. Sunday Church School

**Other Denominations**

**BETHEL CANADIAN REFORMED CHURCH**  
148 Thornridge Dr. Thornhill  
Minister  
Rev. D. Vanderboom  
M.Th. - 889-5225  
SUNDAY, FEBRUARY 6, 1977  
Service at 10:30 a.m. and 5:00 p.m.

**BAPTIST**

PREACHING THE OLD BOOK  
THE NEW BIRTH  
AND THE BLESSED HOPE  
AT  
WELDRICK ROAD BAPTIST CHURCH  
Corner of Weldrick Road and Bathurst Street  
Rev. B.T. McSpadden  
Pastor - Phone 884-7859  
10:00 a.m. - Bible School Classes for all ages  
11:00 a.m. - Morning Service  
7:00 p.m. - Evening Service  
Prayer meeting Wednesday at 8:00 p.m.  
An Old Fashioned Country Church on the Edge of the City

**Presbyterian**

**RICHMOND HILL PRESBYTERIAN**  
CHURCH  
Minister  
Rev. William Wallace  
884-1831  
Organist & Choir Director  
Mr. Richard Phillips  
11:00 a.m. Sunday School  
11:00 a.m. Morning Worship

**RICHMOND HILL FREE METHODIST CHURCH**  
212 Hillview Dr.  
884-5029  
Rev. Robert C. Quirk  
884-6629  
SUNDAY, FEBRUARY 13, 1977  
SUNDAY SERVICES  
9:45 a.m. Sunday School  
11 a.m. & 7 p.m. Family Worship  
"A CORDIAL WELCOME AWAITS YOU"

**THORNHILL PRESBYTERIAN CHURCH**

271 Centre Street  
889-5391  
The Revd. J.B. Burns, M.A., B.D., Ph.D.  
SUNDAY, FEBRUARY 13, 1977  
SEXAGESIMA  
Adult Bible Class 9:30 a.m.  
Divine Service 11:00 a.m.  
(Children in Church with Parents)  
Presbyterians 12:15 p.m.  
Evening Worship 7:00 p.m.  
VISITORS WELCOME  
ST. JOHN'S BAPTIST CHURCH  
75 Oxford Street  
(Member Baptist Convention of Ontario and Quebec)  
Rev. Dana H. Lamb  
B.A. B.D. Minister  
SUNDAY  
9:45 A.M. - Church School  
For Bus. Ministry call 881-2818  
11:00 A.M. - Morning Worship

**THE UNIONVILLE ALLIANCE CHURCH**

MAIN STREET, NORTH, UNIONVILLE  
REV. ROBERT KUGLIN  
WELL TRAVELLED CANADIAN EVANGELIST.  
Sunday Services  
Feb. 6th, 13th, 20th.  
11 a.m. and 7 p.m.  
Tuesday, Wednesday, Thursday  
Feb. 8, 9, 10 and 15, 16, 17th  
7:30 p.m. Services

**THE MISSIONARY CHURCH GORMLEY**

Rev. Cecil Rosenberger  
887-5846  
SUNDAY, FEB. 13  
LAYMENS SUNDAY  
9:50 a.m. - Family Sunday School  
11 a.m. and 7:30 p.m.  
Lay Participation in both services.

**WEDNESDAY NIGHT 7:30 p.m.**

Family Night  
A WARM WELCOME TO EVERYONE

**RICHVALE BIBLE CHAPEL**

24 Oak Ave. Richvale.  
SUNDAY, FEBRUARY 13, 1977  
9:30 a.m. - The Lord's Supper  
11:00 a.m. - Family Bible Hour  
11:00 a.m. - Sunday School  
Kindergarten to Grade 6  
School for Grade 7 and up  
7:00 p.m. - Evening Service  
TUESDAY  
8:00 p.m. - Bible School and Prayer.

the piano teacher  
**Estelle Markham**  
884-3787

**30 BRAND NEW TOWELS ONLY \$1.50**

UNWOVN COTTON & RAYON SUPER QUALITY SHIPPED TO YOU DIRECTLY FROM THE FACTORY THESE TOWELS ARE TERRIFIC CAN BE USED OVER AND OVER AGAIN NEVER LEAVE LINT. ORDER NOW! MONEY BACK GUARANTEED \$1.50 (PLUS 75c FOR POSTAGE AND HANDLING) CHECK OR MONEY ORDER OF CASH. ALL ORDERS ACKNOWLEDGED IMMEDIATELY.  
INTERNATIONAL SALES CORP.  
P.O. BOX 280  
STATION COTE DES NEIGES  
MONTREAL, CANADA

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Gifts and  
Greetings...



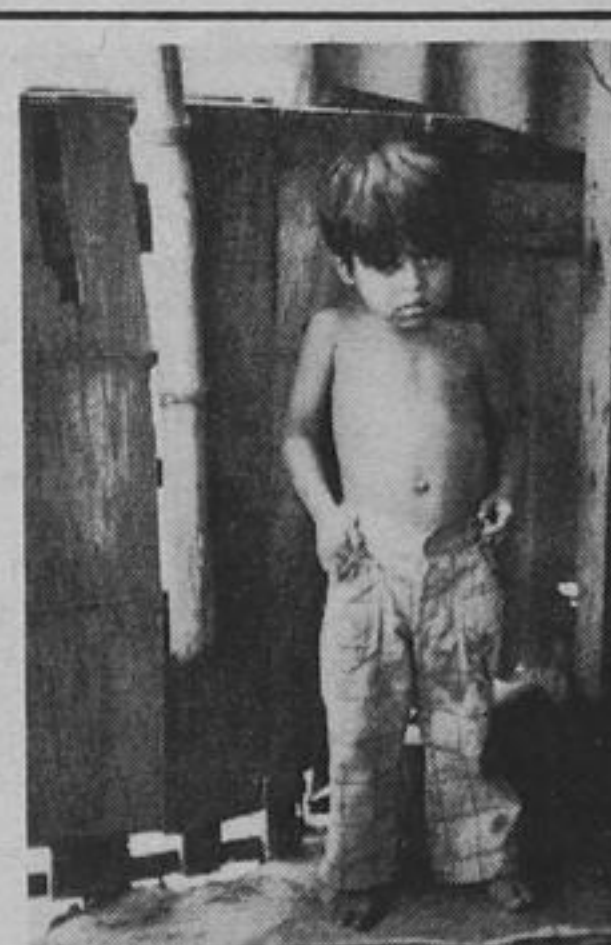
The Most Famous Basket in the World

It's time to call your  
Welcome Wagon hostess.  
Phone

Mrs. Bev Bishop  
71 Cartier Cresc.  
Richmond Hill  
884-3726



an empty  
**STOMACH**  
an empty  
**LIFE**  
an empty  
**FUTURE**



Guillermo Ismael Sanchez: Just four years old. Father deserted. Total income of family: \$24.00. Total expenditures: \$34.40.

Without the help of someone who cares — someone just like you — Guillermo would have had little to look forward to. Just endless days filled with loneliness and hunger, stretching out into a barren future. But Guillermo learned the meaning of the word "hope" when he found a Foster Parent.

Just a few dollars a month from Guillermo's Foster Parents brought medical care, food, shelter, clothing... and a chance for the Sanchez's to help themselves. You could do the same for another needy child — it's as simple as filling out the coupon below.

We are proud of the handling of our funds and offer our complete financial statements on request. PLAN is a non-sectarian, non-political, non-profit social service organization recognized and registered as a Canadian Charitable Organization by the Federal Government. (Charitable Registration No. 024986-09-13)

**SIGN HERE NOW... PLEASE**

**PLAN** FOSTER PARENTS PLAN OF CANADA  
153 ST. CLAIR AVENUE WEST TORONTO, CANADA M4V 1P8

I want to be a Foster Parent of a boy  girl  age \_\_\_\_\_ or where the need is greatest

I enclose my first payment of \$19.00 Monthly  \$228.00 Annually  \$57.00 Quarterly

I can't become a Foster Parent right now, however I enclose my contribution of \$ \_\_\_\_\_ Please send me more information  Tel No \_\_\_\_\_

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ Prov \_\_\_\_\_ Code \_\_\_\_\_

I wish communication with PLAN to be in English  French

PLAN operates in Bolivia, Brazil, Colombia, Ecuador, El Salvador, Ethiopia, Haiti, Indonesia, the Philippines and Upper Volta. Foster Parents Plan of Canada is officially registered as a Canadian Charitable Organization by the Federal Government. Contributions are tax deductible.  
RM MSP 2097

**THE TOWN OF VAUGHAN**

**1977 ELDERLY HOMEOWNERS' TAX ASSISTANCE PROGRAMME**

To provide financial assistance to elderly homeowners. The Town of Vaughan Council has authorized the Treasurer to allow certain owners of residential property a credit of \$100.00 against the 1977 taxes imposed on such real property subject to the following qualifications:

**TO QUALIFY, THE OWNER OR SPOUSE OF THE OWNER MUST:**

- Be 65 years of age or more by February 28, 1977 which is the last day for filing applications;
- Be in receipt of the monthly GUARANTEED INCOME SUPPLEMENT provided under the Old Age Security Act (Canada);
- Occupy the property on which the municipal taxes are imposed and;
- Have been continuously assessed as the owner of such residential real property in the Town of Vaughan for not less than 5 years immediately preceding February 28, 1977.

If you qualify for this assistance and have not received an application form TELEPHONE W.H. YOUNG AT THE TOWN OFFICE, 832-2281, and an application form will be mailed to you.

Application must be made each year for this assistance. This credit, where allowed, will be an outright grant made by the Town and will not entail repayment of any kind.

For further information or assistance, telephone W.H. Young, Deputy-Treasurer.

H.C. BURKHOLDER  
TREASURER.

**APPLICATION MUST BE MADE NOT LATER THAN FEBRUARY 28, 1977**