



## From Your Hospital

At the annual meeting of York Central Hospital Association on June 13, one new member, Mr. M. L. Meretsky, a long time businessman in Richmond Hill, was elected to the board; four members who had each completed a three-year term of office were returned to the Board for another three years. The four members returned are, Mr. W. Lazenby, Mr. F. Redelmeier, Mr. S. Cook, and Mrs. J. Paton.

At the meeting of the Board of Trustees, following the Annual meeting, the Executive of the Board was elected to serve for the coming year. Mr. W. Lazenby, Chairman, Mr. L. Wells, 1st Vice-Chairman, Mr. F. Redelmeier, 2nd Vice-Chairman and Mr. L. Reesor, Treasurer.

### SENIORS

In celebration of Senior Citizen's Week (June 17-22), the Continuing Care Unit hosted a Senior's Strawberry Festival on Friday, June 22.

Preparation for this most successful event started early Friday morning. The patients of the Continuing Care Unit gathered in the Recreation Room and hulled fresh strawberries for two hours. A great way to start the day off with a handful of delicious strawberries.

From 2:30 to 4 p.m. the lecture hall was jumping with song, music and cheer. Some 225 guests attended from Aurora Resthaven Extended Care, Willows Nursing Home, Elmwood Manor, Town & Country Nursing Home, Stouffville Nursing Home, Pine Grove Nursing Home and Senior Citizens Club 35.

Entertainment was provided by David Nelson (on the organ) and by 15 students of Bayview Secondary School. Dorothy Price kept things lively leading the singing. All joined in and had a super afternoon.

Ice-cream, strawberries, coffee, tea and lemonade were served by the patients and volunteers of the Continuing Care Unit. (Due to poor weather conditions the Festival was held in the Lecture Hall of the hospital instead of outdoors.)

### BLOOD DONOR

There will be a Blood Donor Clinic, for hospital staff, Thursday, July 26 from 10 a.m. to 4 p.m. and 100 units is the goal.

Approximately 20,000 Emergency pamphlets have been distributed to public and separate school students (Kindergarten to Grade 8) in all of Southern York Region.

### "DR. LILLIAN"

The Langstaff Medical Heritage Committee, a sub-committee of the Board of Y.C.H.A. is proceeding with the distribution of the book "Dr. Lillian" which was published with the help of a New Horizons grant.

Anyone who is interested in receiving a copy of the book should get in touch with Madeline Cole at 883-2020.

### FOUNDATION

The Hospital Foundation held its 2nd Annual Meeting on Thursday, May 31, with 30 people attending.

Elected to serve as Directors for the next year were: Mrs. Grace Jackson, of Richmond Hill — Chairman; Mrs. Joan Paton, of Aurora — President; Mr. Bill Kedwell, of Gormley — Vice-President; Mr. J. Ross Scrimger, of Thornhill — Secretary, and Mrs. Gail Skinner, of Richmond Hill — Treasurer.

At the conclusion of the meeting a special presentation of Certificates of Appreciation was made to Mrs. Linda Davis, Manager, Bank of Montreal; Mr. Ken Rintoul, Manager, Canadian Imperial Bank of Commerce; Mr. Cam Smith, Manager, The Bank of Nova Scotia; Mr. John Smith, Manager, The Royal Bank of Canada, and Mr. Ross Clarke, Manager, The Toronto-Dominion Bank. The campaign to raise funds for the Langstaff Wing was supported by each of these Banks by a \$15,000 pledge, which they completed this year.

### AUXILIARY

The June meeting of the Executive of Y.C.H.A. was held at the country home of Mrs. Bertha Mohl, in Gormley.

Following the meeting there was a delicious pot-luck lunch.

Some of the guests included the Chairman of the Hospital Board, the Executive Director of the Hospital, Past Presidents of the Auxiliary and some members of the Hospital staff.

The Executive will resume meetings in September, but Auxiliary members, and particularly the Junior Auxiliary, will continue to play an active role in the hospital, during the summer.

All branches of the Auxiliary have had a final meeting before the summer break begins. The fall months will again be busy for many of the branches with a House Tour, Fashion Show, Luncheon and Bazaar and Card Parties being planned. Watch this column for the dates of these upcoming events.

The Auxiliary held an orientation program for new members June 28 and anyone wishing to join the Auxiliary should contact Mrs. Joyce Studdy, 883-2206.

Junior Volunteers are especially needed during the summer months. Young people, 14 years of age or over, interested in our Junior Auxiliary should contact Mrs. Bernice Stuart, 884-2467.

### ROSES

It is well worth a special effort to drive south on Trench Street to see the display of roses in front of the hospital. The Richmond Hill Horticultural Society contributed and continue to maintain this beautiful garden.

## TRAVEL:



Portugal offers many delights, says travel writer Aileen Adams. Billed as the least expensive vacation spot in Europe, the country is full of sunshine, festivals, wineries (such as the one shown here) and happy people.

## Portugal - greatest bargain in Europe

By AILEEN ADAMS  
OPORTO, Portugal — A Song called April in Portugal is a pleasant, appealing melody, but it doesn't do this country justice, no matter what the season.

As a young copywriter on extended leave of absence from a downtown department store, I lived in Portugal for a few months — all too long ago. Friends old and new say the country had changed. I had, after all, had a minor revolution. Things weren't the same as they were in my dreams of the ideal country. You will, they said, be disappointed.

Well, I went back a few weeks ago and I wasn't disappointed.

Portugal today, with all its history, beauty, food, wine and accommodations, is probably the greatest bargain in Europe.

The best place to find all these bargains is in the north — the Costa Verde, the green coast, stretching from the ancient port of Oporto to where Portugal touches Spain.

This area, with its high mountains, deep forests, wide rivers, and broad beaches, enjoys the gentle benefits of the Gulf Stream. It is neither too cold in winter or too warm in summer.

From Lisbon, where your TAP airliner — which has one of the world's most enviable safety records — touches down after a five-hour and 40-minute trip from Montreal's Mirabel, there's just another 40-minute flight to Oporto.

By getting to the airport early you might get seats in rows 15 or 17. Beside emergency exits, they allow for loads of leg room so that you can stretch out and snooze on the way over. Don't miss the meal though. TAP's food is good and wines are complimentary.

En route we stopped at a winery for a drink of champagne-like pink, dry sparkling wine. Almost all the wineries are open to visitors and everyone gets a sample of the delicious brew without charge.

Lamego is famous for its cathedral. The pious approach it by the famous stairway that folds out like a Victoria table napkin. There are 365 steps and the truly devout move up them on their knees.

The cathedral is awesome. The interior seems to be encircled in gold and gleams in the dim light.

People flock there in huge numbers. It doesn't seem to matter whether or not a festival is organized, but if you want to catch one, the Pardon of Nossa Senhora dos Remedios takes place from Sept. 6 to 8.

Then across the river Douro and over the Serra do Marao mountains, past tiered villages, tilled fields and tiled houses and into the valley of the Ria Tomaga to stop in Amarante.

Amarante is famous for its cakes and sweets so we visited a confectionary shop which was literally bursting with customers. The pastries were so enticing you could put on calories just by looking.

With strong wills we went through the shops and to the patio terrace overhanging the river. I ordered tea and trouxas ovos — a concoction that chiefly consists of eggs and sugar — and to toast in Vno Verde, for this is the heart of the young white wine country.

The river is shallow at Amarante. The water sings over the stones and under the bridge. Old people play cards on the terrace.

A huge dog sits at your

fee. His breed is unique to the area — and he likes sweets, too. From across the river comes the music of a fiesta. How lovely to just sit and enjoy.

In contrast is the purely medieval town of Guimaraes, the first capital of Portugal and regarded as the birthplace of the nation. Here, in a 10th-century castle, Alfonso Henriques, Portugal's first king, was born in the 12th century. Close by is the church of S. Michael in which the King was baptized.

The centre of the town features a mosaic of stones worn down with the tread of centuries. The plaza with its ancient granite archways and wooden balconies whispers of centuries past. Nearby is the 12th-century palace of the Dukes of Braganza. It was Catherine of Braganza who married Charles II and became England's Queen.

Then straight from the middle ages to the late 20th century through pine forests, terraced vineyards and tiled fields down to the sea to stop at Ofir.

The Hotel de Ofir is as modern as tomorrow. The Atlantic breaks against its beach with a tremendous roar, the grounds bloom with pansies, geraniums and phlox all mixed together. A breakfast you sit in the sun and watch the ocean, or turn the other way and watch theennis players. A night, even after a day of exploring, you are tempted to join the discotheque. This, with room and a light breakfast, was under \$25 a night, typical of Portugal's undiscovered (by Canadians) values.

Ofir is a good point from which to delve into a practically unexplored area (at least from the tourist view).

After a day of lazing, of walking the beach or through the pines, dash off to Darque to a restaurant tipico, Quinta do Sainho Ho, where with typical Portuguese hospitality they will let you have a little bit of everything.

Allow one afternoon to visit Viana do Castelo by the river to buy blouses, table napkins and mats, all in pure cotton and beautifully embroidered. My white cotton blouse with delicate applique was \$12.

We spent so much time shopping and watching the little fishing boats going out from the Rio Cavado to catch fish and shrimps (people sell you fresh shrimp on the roadside) that we stayed to dine at the Hostelry of the Three Pois (Os 3 Poes) and listened to the musicians playing fado. This is a way of singing which is part Spanish, part Moorish, part Portuguese.

The sound seems to come through their throats rather than out of them. The result is a sentimental, tragic and at times exuberant comment on life.

Another day to Barcelos for the Fiesta das Cruzes which lasts from May 1 to 6. Basically a religious ceremony, in the way of Portuguese it, too, has become a fiesta.

The squares of the town are filled with people, vegetable, meat, fish and open stalls. Great copper pots, huge oxen yokes beautifully carved and used as chair backs or ornaments are available. But most interesting are the famous ceramic cockerels of Barcelos.

Little black clay cocks lavishly decorated with beads and flowers, they sing (crow?) the whole philosophy of the Costa Verde — freedom and happiness.



Plenty to do in this area during summer

Don't complain that there's nothing to do close to home in the summer. The big city on our border is now regarded as one of the world's great tourist Meccas, with more to offer than many other great cities.

The Marine Museum of Upper Canada at Exhibition Place in Toronto is open Monday to Saturday from 9:30 a.m. to 5 p.m. and from noon until 5 p.m. on Sundays.

The museum has many

fine ship models and marine artifacts with displays on canals, aids to navigation, shipwright's tools, and other maritime subjects.

An 80-foot steam tug, the Ned Hanlan is berthed in a drydock adjacent to the museum and is open for inspection.

The Ship Inn, a licensed restaurant within the museum is open from noon to 4 p.m. on weekdays.

Admission to the museum is 75 cents for adults and 50 cents for children and senior citizens.

from 9:30 a.m. to 5 p.m. Sundays and holidays from noon to 5 p.m.

Sunday, July 15, the Antique and Classic Car Club of Canada (Toronto and Mississauga Region) holds its 10th annual rally at Fort York (Garrison Road, off Fleet Street at Sirachan Avenue).

The rally is open from 10 a.m. until 4 p.m. Admission is \$1.50 for adults, 50 cents for seniors and children.

The following Sunday, July 22, all Model A Ford owners are invited to Fort York for the first annual invitational rally.

There's more, much, much more happening within the limits of our overlying neighbor. So be a tourist; close to home.

RED CLOUD LOUNGE

APPEARING

GORD BEST

BLACK HAWK MOTOR INN

**RICHMOND HILL LEGION BINGO**  
Legion Hall, Ohio Rd., off Elgin Mills Road E.

**\$\$\$TWO JACKPOT\$\$\$**

No. 1 Jackpot **\$600<sup>00</sup>** No. 2 **\$500<sup>00</sup>**

Wed., July 4th No. 1 Jackpot 52 No's. No. 2 52 No's.

Early Birds at 7:35 p.m. Reg. Games & Specials at 8 p.m.

**"YOUR BINGO CENTRE FOR ALL SEASONS"**

NO PLAYERS UNDER 16 YEARS ADMITTED

**UPSTAIRS**

A new concept is coming to Aurora. Upstairs dining room and disco lounge will be opening soon.

**THORNHILL LIONS BINGO**

EVERY WEDNESDAY NIGHT

7:40 p.m. Earlybirds 8:00 p.m. Regular Games

THORNHILL COMMUNITY CENTRE  
John St. and Bayview Ave., Thornhill

**JACKPOT \$1,000.00**

WITHIN **51** NUMBERS

WED., JULY 4th

**CONSOLATION JACKPOT \$500.00 MUST GO**

**TOWN OF RICHMOND HILL**

Parks & Recreation Department PRESENTS

**CONCERTS IN THE PARK**

Thurs., July 5 - Jack Turner

7:30 p.m. at the Mill Pond

**Ultra Mild**

There is absolutely no other cigarette quite like Medallion.

Warning: Health and Welfare Canada advises that danger to health increases with amount smoked — avoid inhaling. Average per cigarette: 1mg. tar, 0.1mg. nicotine.

**CHIEFTAIN'S DINING ROOM ANNOUNCES**

**THE BIG "CHEF'S SPECIAL" EVERY WEDNESDAY**

SOUP OF THE DAY  
SPECIAL GREEN SALAD WITH BLACKHAWK DRESSING

**STEAK 'N LOBSTER \$7.95**

O'BRIEN POTATOES, BABY CARROTS, DESSERT, COFFEE

**Black Hawk MOTOR INN**

10711 YONGE ST. RICHMOND HILL 884-9171

**\$1 DINNER FOR A BUCK, \$1**

Expires July 18th, 1979

Take this coupon to the Arthur Treacher's Fish & Chips near you and for a buck you can buy a small soft drink of your choice and the Yeoman dinner, a delicious piece of fish with chips.

2916 Eglinton Ave. E. (East of McCowan)  
2373 Kingston Rd. (West of Midland)  
4200 Sheppard Ave. E. (Corner Sheppard & Midland)

**Arthur Treacher's Fish & Chips**