



Two industrious young boys set up a sidewalk bunny shop on Main St. last week, hoping to entice passerbys to purchase the small furry creatures. Mike Wilkinson, left,

and Giles Elliot started out with five rabbits and had already sold two of them at \$2 per bunny.

Two groups dedicated to weight loss

STOUFFVILLE — Fat fighters in the area will soon have two organizations they can turn to for help.

Taking Off Pounds Sensibly (TOPS) has been operating here for some years and beginning Monday, April 21, the Diet Workshop will be holding sessions at Stouffville United Church.

There are several major differences between the two organizations: TOPS is a self-help group which functions more as a club while Diet Workshop is a private enterprise outfit run to show a profit; Diet Workshop costs \$7 to join and \$3 for each session and TOPS costs \$9 initially and 50 cents per meeting. Diet Workshop puts their people on a high protein-low carbohydrate diet they have developed themselves while TOPS insists the members go to their family doctors to get a

schedule of how much weight should be lost.

According to Helen Nicolle, area director for Diet Workshop, on joining the new member is given 50 recipes and is dictated a new one each week.

TOPS president for 1977, Elsie Jones told The Tribune that her organization, although it has no official diet, puts a great deal of stress on educating members on how to count calories and come up with diets within the calorie limitations set by the family doctor.

Mrs. Jones says members bring in their own recipes and these are periodically reprinted for the members. In addition TOPS members receive a monthly magazine.

Both organizations attempt to provide a type of "group therapy" to encourage members to

lose weight and deal with personal problems.

Diet Workshop incorporates toning exercises into their weekly program while TOPS encourages members to exercise at home. According to Mrs. Jones the group used to do exercises but shortage of space has made it impossible to continue.

Mrs. Nicolle says Diet Workshop couldn't be compared to TOPS as "TOPS is more of a social club. Our purpose is to take weight off."

Diet Workshop hires former fannies and gives them "at least" six hours of training while TOPS members elect their executive from within the club. Mrs. Nicolle told The Tribune she has lost 50 pounds while Mrs. Jones has lost 54 pounds.

According to Mrs.

Nicolle the Diet Workshop diet follows the Canada Food Guide and she claims many members actually eat better on the diet than they did before. She says members lose one and three-quarters to two pounds per week on the average.

Mrs. Jones said TOPS members are

restricted to the weight loss schedule set by the family doctor and aren't allowed to lose any more weight than that.

Mrs. Jones said TOPS welcomes new members but "we don't have a thing to say against" other weight loss organizations. The important thing, ac-

ording to Mrs. Jones, is that people with weight problems seek some sort of help.

At TOPS it's not all business and occasionally the club has an inspirational meeting involving entertainment and skits. "We have a hilarious time," said Mrs. Jones.

Firefighter expresses confidence over the safety of his equipment

By KEITH BOLENDER

Walter Smith, head of Stouffville's volunteer fire department says he has never had any doubts about something that his life depends on: the safety of his equipment.

Mr. Smith felt that Stouffville's equipment is "on par with any other department, anywhere. It's all the same clothing, and we have the same modern equipment as anyone else."

The concern over the protection firefighting equipment gives and the constant attempts to improve upon it has always been on the minds of those that risk their lives every time the fire bell rings.

The concern has been heightened in the past few years because fires have become hotter and more dangerous as a result of new construction materials and synthetics, although the firemen's equipment has not changed substantially in the last 30 years.

Mr. Smith, however, is of the opinion that the equipment cannot be made any better. "We've got one brand new truck and also one that is over 10 years old, and they're both in great shape. There is not much difference, safety wise, between the two trucks and I really don't see how they can improve them."

Doubts about inadequate gear and unsafe materials still exist and this has triggered calls by Canadian fire chiefs and firemen associations for

national safety standards. A special symposium on occupational safety has been set up by the International Firefighters Association next month in Washington, D.C.

"Firefighters are in the most hazardous profession in the world," says Sid Oxenham, chief of the fire service section in the Ontario Fire Marshal's office. "But the equipment they wear is left to the discretion of the manufacturer."

One of the most contentious pieces of equipment is the helmet, with many people feeling that the present day helmet is not made to stand up to the intense heat of a major fire.

Mr. Smith commented that if a fire becomes hot enough to melt a helmet, it's too hot for the human body to stand.

"Today's helmet can stand up to just about any fire," Mr. Smith said, "and we've got the asbestos suits and air packs to help also. The air packs we use are in perfect order. Every time we use them, which is almost for every fire, they have all been fine. We've had no problems with them."

However, there are about 100 firefighters a year who lose their lives in the line of duty in North America — an average of 90 deaths per 100,000 firefighters. In 1975 there were nearly 40,000 occupational injuries reported by North

American fire departments, according to statistics provided by the International Firefighters Association.

Unfortunately these statistics are not tied in with present day breakdowns in equipment, although one report in the United States a decade ago blamed 25 per cent of fire injuries on the equipment.

When asked what he considered to be the most dangerous part of his firefighting job, Mr. Smith replied that,

"Pretty near everything is dangerous when you are dealing with a fire. Luckily though, I've never been hurt when fighting one, and in fact no one has been seriously hurt since I've been here."

Mr. Smith has been involved with a lot of fires, as his career spans over 31 years. "I've seen a lot of changes in fighting fires over the years," Mr. Smith commented, "one of the main ones being the improvement in clothing 30 years ago there was no asbestos clothing. We had just a rubber raincoat. The equipment is better also, much faster and easier to operate."

"Another big change is in the response time. Now every volunteer in town has a bell in their home and place of work so they can get to a fire a lot quicker than before."

With the changes comes the requirement of the firemen to wear much more equipment than years ago. Mr. Smith estimated that each fireman carries between 25 to 30 pounds of clothing and equipment, but he doesn't see how the equipment can be made any lighter.

"The coats have three linings in them and

we definitely need that much protection. The weight is not that bad in the winter, but in the summertime it feels twice as heavy."

Manufacturers are looking into ways to improve equipment and clothing, and there is a new, safer — but more expensive coat on the market now, which brings up the problem of municipalities trying to decide on whether to buy the latest equipment or not.

In one example, the Toronto fire department will spend \$200,000 over

the next three years to replace existing air packs with a mask safety-tested in U.S. space agency labs.

Mr. Smith, though, feels that the town does not need any more equipment at the present time, "what we have is very adequate and I can't see the need for anything else in the near future."

The whole question of equipment becomes academic, however, whenever the fire bell rings. Mr. Smith knows he has a job to do and does it the best way he can.

CONGRATULATIONS

TO
CLIFF SEYMOUR

623 Rupert Ave.
Stouffville 640-4042

WINNING AN
ELECTRIC SAW
During Our Recent 9th
ANNIVERSARY SALE
CARD'S
DOMINION HARDWARE
29 Main St. Stouffville

MAYFAIR POOLS

And Supplies Inc.

McCowan Rd. & Hwy. 7 294-9210

Seven Star Plaza
A complete line of
CHEMICALS & POOL ACCESSORIES!
Plus water samples analysed free.

POOLS

INGROUND VINYL LINED POOLS

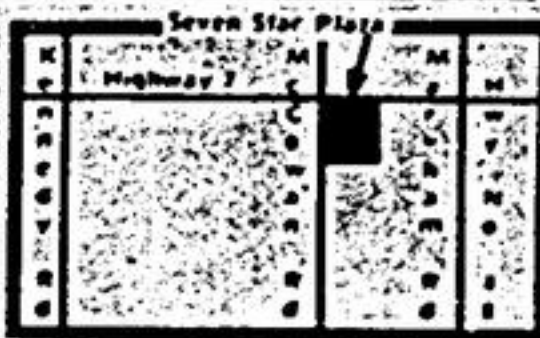
14' x 28'	\$4,400.
16' x 32'	\$4,700.
18' x 36'	\$5,200.

Difficult access
slight additional
charge

ALL POOLS COMPLETELY INSTALLED INCLUDING: Jacuzzi filtration system, automatic wide mouth skimmer, centre drain, 30 mill sanitized vinyl liner (10 year warranty), all necessary cleaning equipment, beautiful hard bottom, 7" bullnose coping, all necessary hoses & fittings, full excavation, fill removed and back filled with sand, plus a 3 step ladder.

CALL US OR COME & SEE US
FOR A COMPLETE QUOTATION

Our prices, coupled with our quality and satisfaction policy will give you years of enjoyment in your own back yard.



Build Now—Pay Later

There's no need to wait for that house you want. Get the money you need in a mortgage from Victoria and Grey Trust. You can pay your loan back in easy amounts while you enjoy your new home. Call in today at Victoria and Grey.

VG Serving more and more people since 1889

VICTORIA and GREY
TRUST COMPANY

10355 Yonge St., Richmond Hill
Barry Clements Mortgage Officer

884-1107

WE'VE GONE TO "GREAT LINKS"
The Gormley Green
GOLF CLUB

Limited Number of Weekday Memberships Available
\$175.00

VISITORS WELCOME
DON MILLS ROAD — 1 mile north of Gormley Side Road

INTERIOR DECORATING BY: TOROMARK

WHY NOT USE OUR SERVICE? FOR HOME OR OFFICE!

- FURNITURE
- DRAPERIES
- CARPETING
- REUPHOLSTERY

• FREE HOME ESTIMATES!
4 MONTHLY PAYMENTS... NO EXTRA CHARGE

TOROMARK FURNITURE
294-2581 ••••• 294-2060

Al's OPEN HOUSE TACK SHOP
April 22-23-24th

VANDORF SIDE RD. WEST OF HWY. 48
640-2011

WELCOME TO AL'S TACK!
FREE COFFEE & DONUTS

- LUCKY DRAWS ••••
- DISPLAY OF SANDSTREAM TRAILERS
- DISPLAY OF GMC TRUCKS (From Neil Patrick Motors)

MANY IN-STORE SPECIALS!

OPEN HOUSE SPECIALS!
* * * * *
10% off Billy Royal Show Equipment

20% off {
Western Shirts — Brand Name
Western Boots
English Clothing
Down Filled Jackets

Saddle Blankets Reg. \$6.95 Sale \$4.95

Visual buffer wanted for area sewage plant

UXBRIDGE — The town of Uxbridge is hoping to have some visual protection from the neighbouring Mt. Albert sewage lagoon plant, although they have yet made no comment on the plant itself.

Reg. Councillor Gary Herrema suggested last week that council seek landscaping and fencing to provide a visual buffer for Zephyr.

Nothing can be done about the plant although Mr. Herrema said the township was not notified

of the project. It filed objections at an environmental hearing but was told the objections had been filed too late.

He also expressed concern about possible water effects from the plant.

"I don't think there will be any effect on the water in our township but I haven't received any guarantees it won't."

There has also been no word from anyone about what will happen if the water is polluted.

SPECIAL VALUES

76 PLYMOUTH DUSTER,
6 Cylinder, automatic, radio, A carefully driven low mileage car with 12 month — 12,000 warranty.
\$3795.00

76 DODGE PICK-UP,
6 Cylinder, automatic, power steering, power brakes, radio, steel belted radial tires, only 25,500 miles, 12 month — 12,000 warranty.
\$3855.00

EMERALD ISLE MOTORS LTD.
640-2400
MAIN ST. W. STOUFFVILLE