

For Seniors...

The fourth quarter

By LESLIE HOLBROOK

Mrs. C.M.D., Ottawa Journal reader (the Journal recently joined us so welcome aboard) writes: "Your column on smaller meals for seniors gets my support — and that of many other older people I am sure. Visiting a sister in Bogner Regis on the English Channel, each day we enjoyed walks along the sea front

— then to a restaurant where the menu featured smaller servings for those who wanted them. "I not only enjoyed the meals but felt happy to leave an empty plate — and not be wasting food in this hungry world."

Mrs. D. also noted Canadian experiences similar to those I

reported earlier — refusal to serve smaller portions unless you are a child. Let's have your experiences too because I'm hammering away at this nonsense in the restaurant trade magazine for which I write.

I am taken to task by a "Columbian" reader in

New Westminster, B.C. Widowed "but a few months". She says this about my recent column on re-marriage: "Play the field you say — as though the most important thing on earth was just a game. "You are wrong Mr. Holbrook — or you have never known love. Just as I enter 'the fourth

quarter' my second husband is gone —. But I know there will still be living and loving and pleasure and laughter and with all my heart I hope it will not be playing the field but with someone who needs me — as I will need him."

But here's a Calgary reader who praises the same column: "I must say you hit the nail right on the head. All too often people refuse to listen to good old-fashioned advice when they consider re-marriage. I for one have seen two elderly women taken in by a professional 'widower'. He not only broke their hearts but took their money. I only wish they could have read your article—"

Another Calgary reader (Mrs. A.B.) supports me with: "God bless you from a great many senior citizens of this lovely province. Keep up your good writing; it's sorely needed."

Alberta gets less pleasant comment from Martin Amberg, Detroit (touring Canada, he entered our August "biggest beef" contest; a book prize goes across the border). He says: "As a 'senior-consumer' tourist to Alberta I have a beef. Banff and other spots have become tourist rip-off places. Lodging and food prices, not to mention souvenir shops, are outrageous. Myself and people I have talked to will not come back unless things change."

"Let the resort operators get together with the local Chamber of Commerce and tourist associations to bring prices to a reasonable level. Let them make tourists happy so they will tell others how they enjoyed their vacation." If you don't clip and save these pieces (some readers do) why not send this column to the tourist branch in your provincial government (not just in Alberta) and let them know what has become a serious complaint — for senior travel particularly.

J. D., Dorval, P.Q. asks: "Why should I have to pay income tax on my old age pension?" Readers' questions and comments should be sent to The Tribune, c/o P.O. Box 1506, Guelph, Ontario N1H 6N9.



Fighting gag rule

By Sinclair Stevens MP

For generations electricity users around the world will likely pay higher prices as a result of an international uranium cartel established in 1972 with the assistance of the Canadian government. We in Ontario will feel the brunt of this price rigging as we move more and more into nuclear power. By 1995, Ontario Hydro plans to have two-thirds of our electricity generated from nuclear fuel.

consent of the Minister of Energy, Mines and Resources; or (b) fail to guard against or take reasonable care to prevent the unauthorized release of any such note, document or material or the disclosure or communication of the contents thereof."

Six members of the Tory caucus in Ottawa, including leader Joe Clark and myself, are

challenging this regulation in the Supreme Court of Ontario. Hopefully the gag regulation will not stand.

As the Globe and Mail said in an editorial recently, "The idea that there shall be something that Canadians alone are forbidden to speak of or hear about is an idea born of really staggering arrogance. It is a cover-up that should be of

concern to the people of this country. We have a government that decided to do something nefarious and then tried to hide its nefarious deed by using its power as a maker of laws. There is, in that kind of behaviour, a deep disdain for the rights of Canadians."

Or as William Shakespeare would say, "Truth is truth to the end, of reckoning."

Half million dollar tower

Such cartel activities are usually illegal in Canada. The Combines Investigation Act is quite clear. It states, "Everyone who conspires, combines, agrees or arranges with another person (a) to limit unduly the facilities for transporting, producing, manufacturing, supplying, storing or dealing in any article, (b) to prevent, limit or lessen, unduly, the manufacture or production of an article, or to enhance unreasonably the price thereof, (c) to prevent, or lessen, unduly, competition in the production, manufacture, purchase, barter, sale, storage, rental, transportation or supply of an article, or (d) to restrain or injure trade or commerce in relation to any article, is guilty of an indictable offence and is liable to imprisonment for two years."

Classicom's new cable television tower is now nearing final completion in Richmond Hill. The 250 foot tower which has been constructed at the firm's Newkirk Road location will soon come into operation as a receiving and distribution point for cable TV subscribers across the Southern York Region.

The "Eiffel Type" tower will not only perform the function of a central receiving point for television signals but will also provide the distribution centre for Classic Communication's new microwave system. The microwave concept will be utilized in distributing television signals to pick up points in Thornhill, Markham, Vaughan and Stouffville.

Officials of Classic Communications Ltd. have stated that this newly designed microwave technique will greatly improve their subscriber's reception and at the same time

reduce cable outages caused by local hydro failures. The microwave concept is based on the distribution of television signals using a line of sight beam effect. Because of this many of the cable company's long cable lines will no longer be needed. The result for local customers will be clearer, crisper pictures and a greatly reduced chance of reception interruptions.

The half million dollar microwave system and tower project has been some three years in the planning and engineering stage and has involved ongoing negotiation, and final approval, by both the Federal Department of Communication and the Canadian Radio Television and Telecommunications Commission.

Although the tower itself is now complete, final preparations are still being made in the placement of related equipment.

The new tower will be in operation near the end of October, however, some reception and distribution will continue from Classicomm's present antenna location on Elgin Mills Road while preparation work continues throughout the cable system.

Moose hunting election day?

STOUFFVILLE — The date for municipal elections may be changed to the second Monday in October, council learned last week when they received a letter concerning the latest amendment to the Municipal Election Act from the province.

Councillor Jim Doble thought that this might not be a good date either, since moose hunting opens the following day, but Councillor Beckey Wedley pointed out that anything was an improvement over the first week in December.

When details of the cartel activities began to seep out, the government passed an order-in-council making it an offence punishable by fines and jail terms of up to five years to say that what had been done had been done. The order-in-council, P.C. 1976-2368, published in The Canada Gazette, Part II, of October 13, 1976, read: "No person who has in his possession or under his control any note, document or other written or printed material in any way related to conversations, discussions or meetings that took place between January 1, 1972 and December 31, 1975 involving that person or any other person or any government, Crown corporation, agency or other organization in respect of the production, import, export, transportation, refining, possession, ownership, use of sale of uranium or its derivatives or compounds, shall (a) release any such note, document or material, or disclose or communicate the contents thereof to any person, government, Crown corporation, agency or other organization unless (i) he is required to do so by or under a law of Canada, or (ii) he does so with the

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TABLERITE Pork Sausages 1-LB. PKG. **\$1.19**

TABLERITE Sliced Bologna 16-OZ. PKG. **89¢**

SHOPPY'S, BOILABLE BAG Corned Beef, Pastrami or Smoked Meat 4 x 2-OZ. PKGS. **\$1.19**

PEA, VEGETABLE OR PEA AND HAM
Habitant Soup
 28-FL. OZ. TIN **49¢**

LIQUID
Javex Bleach
 178-FL. OZ. PLASTIC BTL. **95¢**

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 2-LB. POLY BAG **25¢**

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 15-FL. OZ. BTL. **57¢**

BYE THE SEA
Flaked Light Tuna
 5-OZ. TIN **59¢**

IGA Sugared Donuts PKG. OF 12 **49¢**

CHOCOLATE, GINGER, GATHRAL OR SUGAR 'N' SPICE
McCormick's Snaps 2-LB. PKG. **\$1.49**

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Dark Swiss Drops 11-OZ. PKG. **79¢**

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Babyscott Toddler Diapers PKG. OF 24 **\$2.35**

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ITALY CHOICE
Dessert Pears 14-FL. OZ. TIN **35¢**

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Tang-Orange Crystals POLY BAG OF 4 x 3.5-OZ. PKGS. **99¢**

ASSORTED VARIETIES
Purina Dry Cat Foods 500-BOB **49¢**

BONDAGE, REGULAR OR MARSHMALLOW
Instant Hot Chocolate BOX OF 10 x 1-OZ. ENVELOPES **89¢**

FROZEN
Leo d'Or Onion Rings 5-OZ. PKG. **49¢**

REPURPOSED FROZEN
Golden Battered Cod PKG. **\$1.69**

CHOICE CUT
IGA Green or Wax Beans 14-FL. OZ. TIN **25¢**

CHOICE
IGA Whole Potatoes 4 19-FL. OZ. TINS **\$1**

SPAGHETTI OR MACARONI
Catelli Pasta 2-LB. BOX **57¢**

MIX AND MATCH
Domino Coffee Mugs or Soup/Cereal Bowls 5-OZ. 5-PKG. 4 FOR **\$1.49**

SCHWEDT'S
Crispycrust Lard 1-LB. CTN. **59¢**

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