



Mary Francis Juk is a teacher on the staff of Stouffville Dist. Secondary School. Primary responsibilities are English and Co-op Education. A graduate of York University, she holds a spe-

cialized honor's degree in History and a degree in English. Mrs. Juk, husband, Luiz, and daughter, Lacey, reside on Lori Avenue in Stouffville.

## Teacher Mary Francis Juk "In the right place at the right time"

By JIM THOMAS  
STOUFFVILLE — It was in the right place at the right time.

Mary Francis Juk describes a phone call that ultimately brought her to the staff of Stouffville Dist. Secondary School. "I wanted to do my practice teaching here," she recalls. Mrs. Juk contacted Nevil Hodgson and he accepted me without hesitation. When a position came up three weeks into the school year (Sept. 1985) I accepted.

Mrs. Juk is The Tribune's Teacher Feature of the Week.

Although born in Cornwall, Mrs. Juk looks on Woodstock as home. It was there she acquired her formal education, later attending York University where she received her honor's degree in History and a degree in English.

Between high school and university, Mary Francis spent a year in Brazil, a tour of duty sponsored by The Rotary Club of Woodstock. It was there she met her husband-to-be, Mr. and Mrs. Juk and daughter, Lacey, reside on Lori Avenue, Stouffville.

Mrs. Juk describes Stouffville High as terrific. "I love the school and I love the community," she says.

English and Co-op Education are major responsibilities. She monitors 21 students in

the Co-op Program. This year, six young people are involved, Mrs. Juk explains with the number likely to exceed 10 next fall.

Working in the real world involves positions ranging from secretarial and accounting to firefighting and policing.

One student, Jennifer Kuceman of Bal-lantrath, associated with CKAN Radio in Newmarket.

"She's doing a marvellous job," says Mary Francis enthusiastically.

She describes the program as exciting. While Mrs. Juk enjoys the classroom environment, she honestly admits an administrative position sometime in the future would be appreciated.

Outside of school, little Lacey's the light of her life. When time permits, she enjoys cross-country and downhill skiing, swimming, reading and badminton.

Mary Francis has one sister, Margaret, a medical doctor on the staff of Mt. Sinai Hospital, Toronto, and one brother, John, a chartered accountant also in Toronto. Her parents still reside in Woodstock.

What's the most satisfying result of her teaching career to date? Mrs. Juk was asked.

When, for no real reason, a student comes up and says "thanks," she replied.



**HERITAGE PORTRAITS ANNOUNCES PRIZE WINNER!**

Eugenia Cork, manager of the Markville Shopping Centre is all smiles as she draws the winner, George El-Hage of Downsview, in Heritage Portraits' recent Richmond Green Home Show contest. Owners John Sawyers (left) and Peter Head (right) invite you to visit their store located in the Markville Shopping Centre.



**GRAND OPENING AT NICOLE'S!**

Nicky Gregory (centre) owner of Nicole's...The Ultimate, located at 70-A Main St. N. in Markham, celebrated in style at the grand opening of her salon on Friday. Cutting the official ribbon is Daniel Scott, President of Esthetic & Beauty Supply.



Donway Place in Don Mills sports an unusual post-modern architectural design.



The retirement residence boasts substantially larger rooms than many other residences.

## Retirement residence encourages ageless living

**B**ECHWOOD Place and Donway Place, the first two Lifestyle Retirement Communities in the Toronto area, incorporate the basic philosophy of "Ageless Wellness" into their daily operating style.

John Press, vice-president, operations, explains that the theory of "Ageless Wellness" is in keeping with the goals and objectives of Lifestyle Retirement Communities. "Our residents take responsibility for their own lives while we provide the facilities and services that enable them to do so," he said.

"Ageless Wellness has two basic principles — the prevention of illness and the promotion of wellness," Press elaborated. At Lifestyle Retirement communities, we will be enforcing these principles with innovative and exciting options and top-notch nutritional meal plans and exercise programs.

A renowned expert on aging, Dr. Joel Elkes, is a member of Lifestyle Retirement Communities' Advisory Board and has been involved in developing programs for the company. He is a member of president's Committee on Aging and has researched

and written extensively on the theory of Ageless Wellness.

Lifestyle Retirement Communities' emphasis on mental well-being begins with one of its trademarks — the provision of more space and choice in living accommodations. A variety of units, complete with kitchenettes and ample closet space, are offered ranging from studio apartments to two-bedroom units.

"Making a move into a retirement residence is often a highly emotional experience," Press said. "We want to make this experience a positive one," he added. "By providing more space than existing Canadian facilities do, we provide the opportunity for independent lifestyles. Our residents can not only bring many of their cherished furnishings and possessions with them, but they can entertain friends and family comfortably in their own home.

A unique recreational program is also part of the lifestyle's concept. A first-ever in retirement residences, a specialized computer program matches resident profiles with both inhouse and external activities and programs.

"This program is an exciting option for residents. Situated in an attractive open area, the centre includes a large modern cooking centre, and gives residents the opportunity to plan their own social activities.

"Our residents are mobile, independent, active and quite capable of leading well balanced and fulfilling lifestyles. At Lifestyle Retirement Communities, we do not make the mistake of equating old age with illness, but recognize that senior citizens have a lot to offer life," Press said. "Our services simply set the stage for our residents, while they determine their own lifestyles."

While many of Lifestyle's programs are designed to promote self-worth and mental well-being, physical well-being is not ignored. It has been found that many symptoms attributed to old age are often just a result of poor nutrition. Lifestyle's full-service dining rooms offer three meals a day, which give residents optimum nutritional impact and healthy eating habits.

An exercise studio is also onsite. Guidance in setting up personalized exercise programs is available to residents, as well as organized classes.

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**NOTICE TO OUR ADVERTISERS!**

Our offices will be closed on April 1st to observe Good Friday, and therefore our deadlines for Saturday, April 2nd Weekender edition will be moved ahead 24 hours.

**Display Advertising**  
All space and copy Wed. March 30th, 12:00 noon.

**Real Estate**  
All space and copy Wed. March 30th, 12:00 noon.

**Classified**  
All space and copy Wed. March 30th, 5:00 p.m.  
Normal deadlines resume for the April 6th edition.

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