

"It's all for the kiddly wink's lunches"

## Second daycare casino could be the last

By TED MUMFORD

As she dealt blackjack at last Friday's "Monte Carlo II" casino in Vanier Dining Hall, Maria de Wit jokingly egged on the gamblers at her table; "C'mon folks, the kids need diapers!" Meanwhile, at the far end of the hall, Norm Diceman gleefully rubbed his hands together as he presided over a roulette wheel: "It's all for the kiddlywink's lunches, so place your bets please!"

As promised, all the proceeds from the night of licenced gambling went to York Daycare — a disappointing \$500 worth, including the profit from a pub in neighbouring Founders Dining Hall.

Lest the morality squad decide to drop in, the casino (consisting of roulette, wheel and blackjack games) was run strictly according to provincial law and local decree. Drinking and gambling were in separate halls, the betting was in tickets rather than cash, and the ceiling on bets was two 25 cent tickets per round. Games such as chemin de fer and baccarat were nowhere to be seen.

For those who found the gambling too tame (or too fierce), a rock 'n' roll ensemble named "Maple" provided the entertainment next door. Between songs, the band's singer heckled members of the audience and gave

a running lecture from the "rock 'n' roll scroll."

Monte Carlo I, held in November 1, 1975 was much better attended than its sequel, putting over \$3,000 in the daycare coffers. Daycare director Maria de Wit told Excalibur, "Last year, by 8:30, we were making people wait to get in because it was so crowded. This year that never happened."

Casino organizer Mark Biddle felt that the evening's blustery weather was also responsible for the thin turnout. "There was a disco at Mac that night too. We went over there around 8:30 and it was just dead," he said.

At Monte Carlo I there were ten blackjack tables, as allowed by the Borough of North York Clerk's Office. For reasons unexplained, daycare was limited to give tables for Monte Carlo II. Blackjack dealer Mary Marrone said, "Some people never got a chance to play because there weren't enough tables. They were asking if there was a time limit on the people playing."

Biddle commented that the \$500 that daycare received in exchange for days of preparation and time volunteered by over 100 workers was "just not worth it". He added that daycare will either have to give up on fund-raising or hold smaller ventures that require less



Ted Mumford photo

Brad Varey, right, volunteer blackjack dealer at Daycare's fund-raising casino night last week, prepares to cut the deck and maybe add a few more dollars to Daycare's budget.

man-hours. A disco and a "grafitti night" are two ideas being considered.

The evening's low attendance was not the only ill omen for the future of fund-raising casinos at York. Assistant Vice-President for

Student Services, John Becker, approves or disallows all casinos and lotteries at York before they are licenced, and he takes a dim view of the increased number of casino applications (four to date this year) that are finding their way to his desk. Becker told Excalibur, "There is, I suspect, an inherent pressure in the university, given several scores of impoverished groups, for everyone to run rampant (with casinos). We haven't

reached that point yet. If we did, it might tarnish the university's public image. We don't want York to become the Las Vegas of the north."

## Tons of tips to peel off pounds

By BILL GLADSTONE

Can a weight-conscious person really "eat, drink, and be merry," and still lose weight? Eva Pila thinks so, and so do many of the now-thinner dieters who were part of any of her previous on-campus weight control groups.

Pila, who runs the group for York's Counselling and Development Centre, has something of a double-barrelled approach to dieting.

The first part involves behavioural modification — changing any improper eating habits that may lead to full bellies and bad consciences.

By a series of clever adjustments of routine, the dieter can avoid unnecessary contact with food, and can therefore avoid temptation. As an example, dieters in the group are taught to freeze a loaf of bread and remove one slice at a time as needed.

They also learn to wrap leftovers securely, with waxpaper or foil, to be stored out of sight and mind until the next meal.

The dieter is encouraged to eat slowly, to make eating a pure experience — not to be mixed with other activities such as reading or watching TV.

With these and a hundred like devices, a dieter may change his attitudes towards food to facilitate an easier and permanent weight loss.

But Pila knows that for some people, a diet based only on

behavioural paradigms may only meet with limited success. Therefore, her programme also operates on a more personal level — examining common personal problems, and how they affect eating habits.

Many people turn to food as a comfort in moments of stress — and so the dieters in the group discuss ways to find more positive and creative methods of dealing with their anxieties than the common outlet of food.

It's almost a universal trait among overweight people to have tried and failed on some diet in the past. The weight control group places a high value on a bit of self-compassion.

It's never too late to try again. Too often, people give up entirely because they've blown their diet for a day or more — but it takes courage and perseverance to lose weight, and because failing is part of the dieting process, on one is never considered a failure.

For those who have food problems but have an aversion to dieting, or for any reason feel that the weight control group is not their best answer, Pila will also be running a concurrent weight discussion group.

Briefly, this group will be offered "for those who wish to share, explore, and understand themselves in relation to food, and learn to deal more effectively with their difficulties."

The concept behind the

discussion group is certainly a valid one, and long overdue. Pila feels that not every overweight person is ready for immediate dieting — and that some could benefit from some preliminary group discussion with others who share similar problems.

Both the weight control group and the smaller weight discussion group will be starting soon in January, and for further information, or to register, contact Eva Pila at 667-2305, or drop by Room 145 in the Behavioural Sciences Building.

In another room in the same building, a poster hangs on Eva Pila's office wall. Perhaps its message, better than anything else, sums up the attitude behind any dieting program: "Don't compromise yourself. You're all you've got."

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