

SCOUT NEWS

The following Cub Badges were awarded recently:-

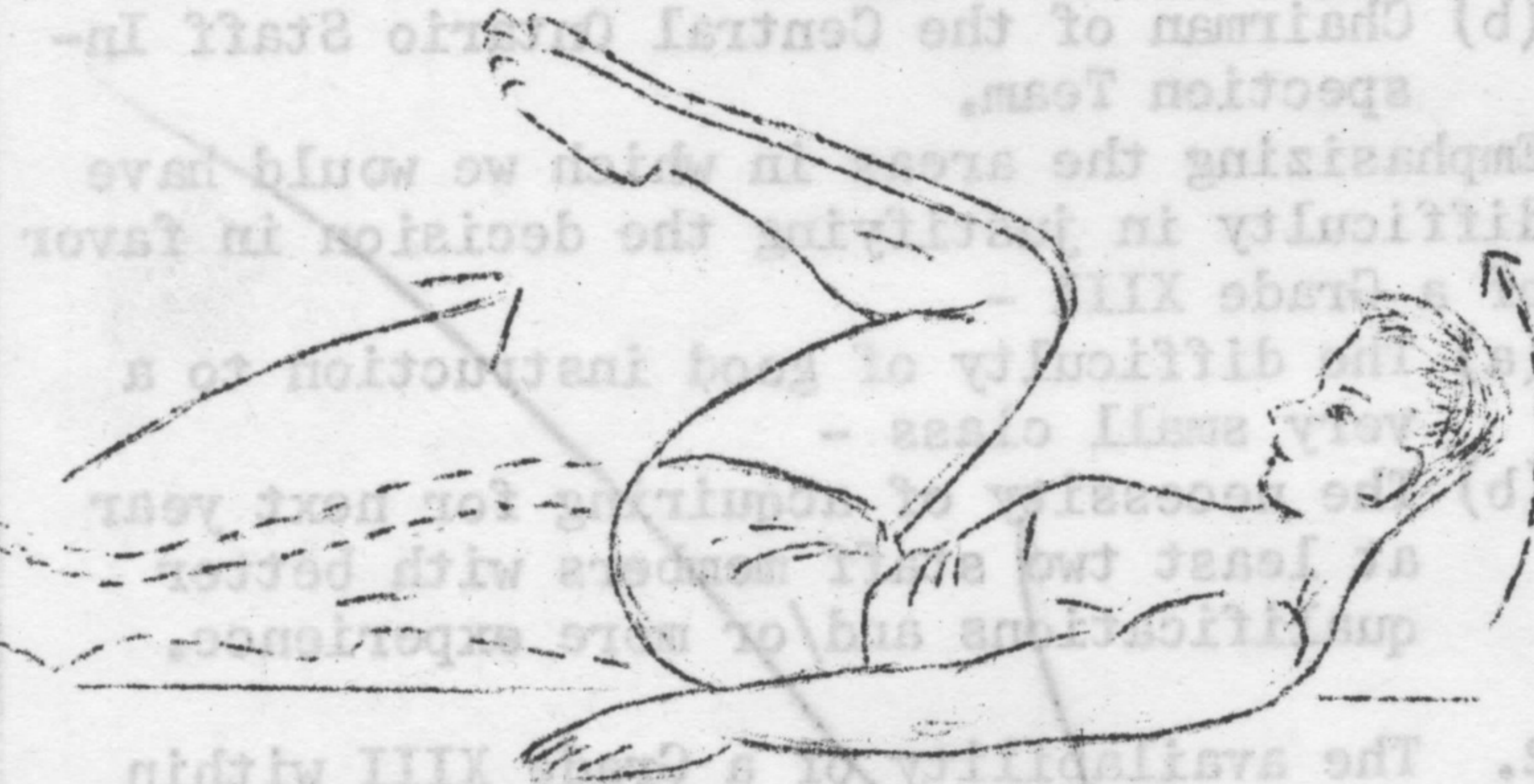
WHITE SEAL PACK:- 1st Star to Jerry Papousek - Artist Badge to Robert Rochon and Collector Badge to Lorne Pinkerton.

MOGLI PACK:- Collector Badge to Ken Smith and first Stars to Paule Santerre, Pat Smith, Wallace Fisher and Samuel Harris.

PHYSICAL FITNESS

The need for Canadians to improve their standard of physical fitness has been recognized by the Federal Government. Legislation has approved a five million dollar grant under Bill C-131 for "Fitness and Amateur Sport". If we are to raise the health standard of our nation each of us must accept a personal responsibility in this program.

A few minutes of your time each day doing exercises is all that is required to not only improve your own health standards but to assist the government in its national fitness program. **START YOUR FITNESS PROGRAM TODAY!**



This exercise also works both upper and lower sections of the abdominal muscles.

Lie on your back on the floor, legs straight, arms by your sides. Bring both knees in as close to your chest as possible, at the same time, lifting your head, trying to make your forehead touch your knees. Hold this position for a count of 3, then slowly return to the starting position.. As soon as your legs are fully extended, immediately bring your knees up to your chest again, and your head forward to meet them. Do not touch the legs to the floor once you start the drill. Continue for 5 repetitions, adding one every 3 - 4 days until you are doing at least 15.

Men's physical fitness classes held each Thursday at 4:45 p.m. in the High School Auditorium. Everyone welcome. Bring a towel sweat clothes and running shoes.

LADIES TEN PIN BOWLING LEAGUE

Team standings - Rockets - 192, Pluta-Cats-174 1/2, Miss-1's - 166 1/2, Telestars - 165 1/2, Handycaps - 147 1/2, Alibiers - 144 1/2, Capers - 143 1/2, Inorbis - 127.

Completion of the second series High single Kay Weppler 199, high three - Dot Thompson - 477, high single W/hcp. - Bea Fawcett 238, high three W/hcp. Hermine Stevens- 611.

Top five averages - Kay Weppler - 135, Marg Simmer - 134, Liz Malashewski - 133, Phyllis Kely - 133, Bea Fawcett - 132.



**IF TO IMPRESS
YOUR FRIENDS IS
YOUR DESIRE, WE'LL
SET THE STYLE
THEY'LL ADMIRE**

****BEAUTY & BARBER SHOP****

TERRACE BAY MOTOR HOTEL

PHONE 3209

MEN'S TEN PIN BOWLING LEAGUE

Team standings to date:-

Bears - 132, Plaza Restaurant - 126 1/2, B. Kurylo - 105 1/2, C. Knauff - 103 1/2, P. Pluta-99, T. Stachiw - 95 1/2, Block Busters- 94.

Ted Stachiw bowled high single of 187 also high three of 518 last week.

GUIDERS CLUB (Cont'd from Pg.2)

After Guide Prayer, Chairman Mr. R. Downey called on Secretary Mrs. B. Peterkin to read the minutes. Plans were finalized for the Nylon Drive. Guiders were reminded that Guides and Brownies, in doing a service to another organization, were helping others to help themselves, which is the

Brownie motto. Guiders were informed they could purchase the Guide Magazine through their packs.

Registration of Guiders for the Training Camp May 24th to 26th, were sought by Mrs. Baxter of Marathon together with recommendations for their agenda. Suggestions were offered by local Guiders. Mrs. Baxter also requested volunteers amongst the Guiders for Camp in July.

February 22nd had been set as Thinking Day and all Guides and Brownies may wear their uniforms to school that day. Each Company and Pack will plan their own program.

Mrs. Downey recommended Schreiber Guides attend Church Parade in Terrace Bay to observe the Color Party in Church. Schreiber Guiders brought up a problem of passing Golden Hand Brownies without a Badge Secretary. They were advised to have a Group Committee formed among the C.W.L., eventually to organize their own Badge Secretary. In the meantime the Terrace Bay Badge Secretary might sign badge slips with the tester's signature.

Guiders were advised to read the summation of Discussion Group Findings which appear in both the November and December Guiders.

The meeting adjourned with coffee and Mrs. C. Sitch offered to have the next meeting, Monday, March 18th at 8:30 P.M.

Senior Regent Ann Stachiw of Chapter 1426, Women of the Moose, with Chapter members, Mesdames:- D. Kurylo, J. Calder, S. Dorman, M. Desroseirs, M. Gross, N. Marquis, B. Randa, and A. Didura travelled by train to Fort William, there to accompany the Fort William Chapter members by bus to Atikoken over the past weekend, for the Midwinter Conference of the Women of the Moose. The Port Arthur and Nipigon Chapters were also well represented at the Atikoken Conference.

JOHN SCHRITT HONORED BY HOCKEY CLUB

Cy Brassard, Captain of the Terrace Bay Superiors presented John Schritt with a desk pen set Friday evening at the Superiors' Stag, in recognition of his many years of service to the team. Johnny has accepted the position of Manager after fourteen years as the Superior's Trainer.

A Funeral Director we know is signing his letters "eventually yours".