

Owl's Hoot - cont'd from pg. 11

self-confidence and greatly improves his physical ability to adopt to other sports.

In Karate one learns the technique of hitting and kicking as well as blocking hand-blows and kicks. In Jui Jitsu one learns the techniques of breaking holds and applying either counter holds or throwing techniques. The Self-Defense course borrows from both both sports in developing defense and counter attacks against unarmed attack.

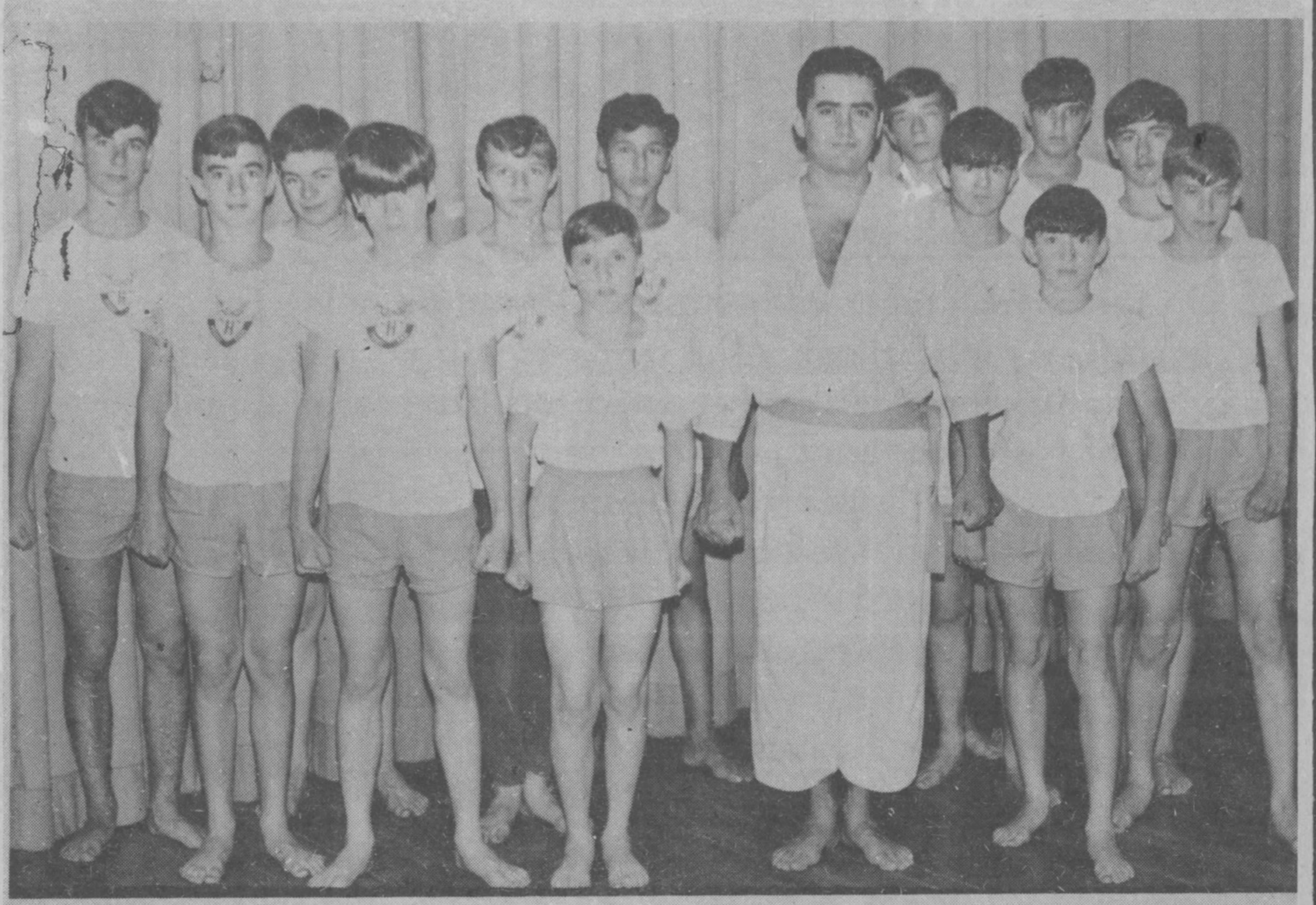
Classes are held after school three times a week with the students practicing many techniques on their own at other times. To become proficient, a good deal of work and concentration is needed. The course doesn't build supermen - it simply develops ones natural abilities. In this respect it is the same as any other sport-practice improves anyone, but some have more natural ability than others.

Mr. Gouthro has taught a girls Self-Defense Course at Bishop's University for the past two years and it is hoped that a course for the girls at Schreiber High School will get underway as soon as possible.

The photo below shows members of the Self Defense Club (Seniors) from left to right: Wolfgang Frommann, David Drake, Joe Figliomeni, Billy Drake, Larry Power, Mr. Gouthro, David Bailey, Greg MacIsaac, David Borutski.



Canadian Fire Fighters will canvass from November 1st to 15th for Muscular Dystrophy. Give generously. This year MDAC's target is \$700,000.



The photo above shows members of the Self Defense Club (Juniors) from left to right: Bill Gellert, Kim Gellert, Robert Nesbitt, John MacIsaac, Bill Hiller, Joseph Maronese, Ivan Martin, Mr. Gouthro, Herby Holmes, Peter Walsh, Lonnie Connelly (front), Wayne Garlick, Robert Fummerton, John LeBlanc.

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Free coffee and pop will be served by the Hall Committee. It is hoped that all residents of RosSPORT will turn out for the event.

LIBRARY NOTES

Librarian, Mrs. Joyce Yandon announces that a new supply of books have arrived by Book-mobile and several of the newer books are now on hand. Fees are \$1.00 for adults and .50 for children under twelve. Please support our Library by taking advantage of the wonderful books that are on hand. The Library is open every Saturday morning from 10 a.m. until 11.30.

CAN A DIME DROPPED into an orange and black box on Hallowe'en night solve all the problems of the world's sick and hungry children. No . . . . but it's a start. UNICEF regards each dime it receives from the Hallowe'en collection as a fresh start for a child in one of the many distressed areas of the world. And a fresh start means another small triumph of hope over despair.