

Rec News - cont'dTerrace Bay Athletes
Attending Track & Field
Training Camp:

A total of eight Terrace Bay track and field enthusiasts have decided to take part in the Northwestern Ontario Track and Field training camp being held in Thunder Bay from August 30th to September 2nd. The Terrace Bay representatives are as follows: Kathy Osmar, Raymond Kurylo, Doug Angus, Patti Lynn Luke, Janet Roberts, Greg Turner, Linda Greenwood and Tara Greenwood.

This training camp has been made available by the Northwestern Track and Field Association, the Ontario Youth and Recreation Branch, the Northwestern Ontario Sports Council, the Royal Canadian Legion Sports Foundation and the Thunder Bay Parks and Recreation Department. Practically all costs are covered for these people as they are all billeted during the clinic.

We hope that our representatives are able to pick up some valuable information which will assist our community in the sport of Track and Field when they return.

Northwestern Ontario Swimming Championships:

This past weekend the Terrace Bay competitive swim team travelled to Thunder Bay to compete in the Northwestern Ontario Swimming championships. Results were not available when our team departed from the meet; however, all results will be forwarded to the Recreation Office some time this week. If the results are forwarded, they will be announced at the Swim Awards Night and published in next week's

Before you use your back, use your head.

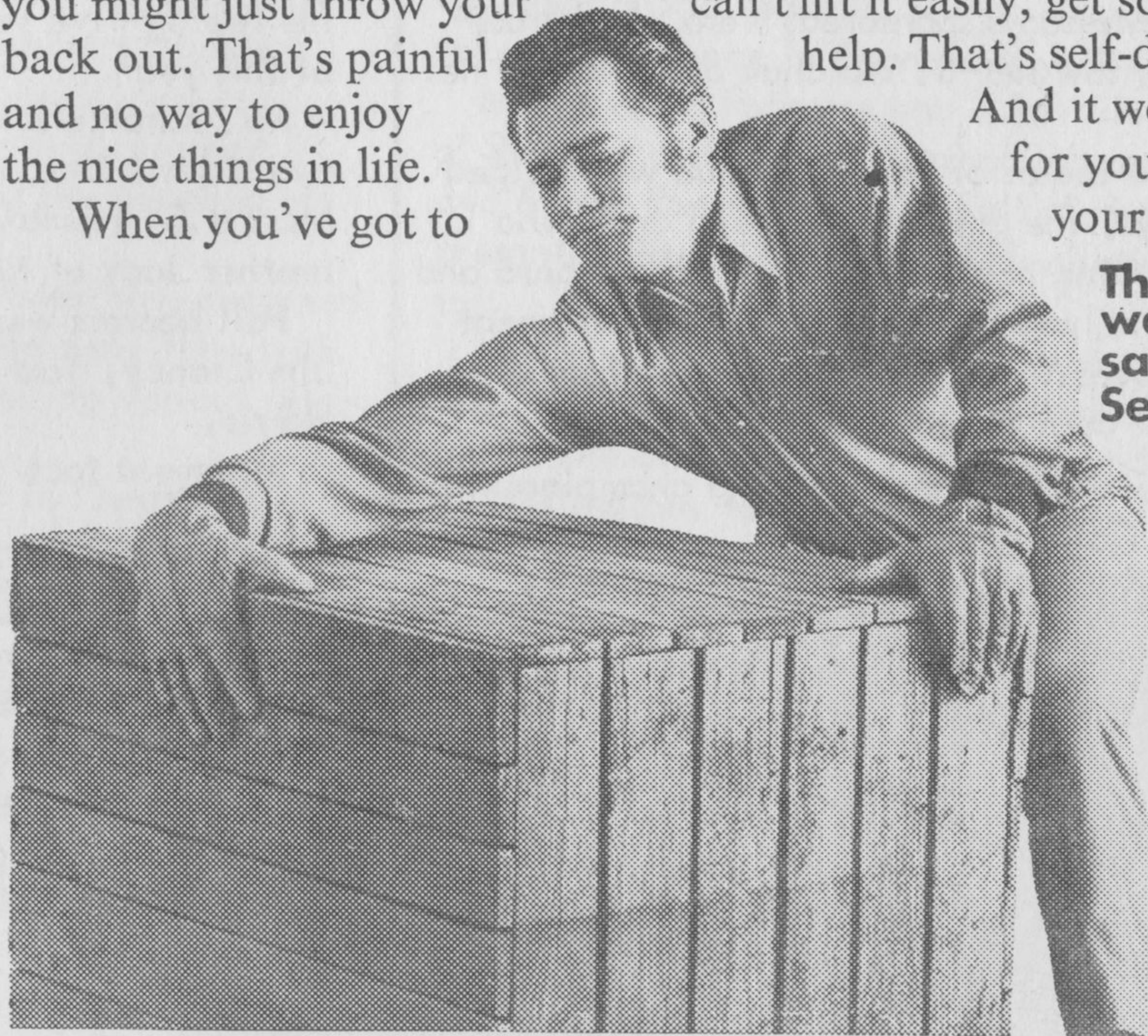
Throwing your back into something means that maybe you might just throw your back out. That's painful and no way to enjoy the nice things in life.

When you've got to

move or lift something, first test the weight. If you can't lift it easily, get some help. That's self-defence.

And it works, for you and your family.

The sure way to safety is Self-Defence.



**Your Workmen's Compensation Board
and The Safety Associations, Ontario**

News.

Congratulations are in order to the Swim Pool Staff, coaches and swimmers for the excellent season that they had this year.

Roller Skating Every Wednesday:

Roller skating sessions are held each and every Wednesday from 7 - 9 p.m. Admission prices are posted at the entrance doors and there are preferred rates for Recreation members.

COMING EVENTS

Friday, September 1st - Swim Awards Night, Curling Lounge, 6:30 p.m. Monday, September 4th - Local Labour Day activities.