

"CALM COLUMN"

Ed Kenney B.Sc. Kin.

This week my column will be utilized to bring - YOU - the COMMUNITY up to date on what is happening.

Last week's three day Nutrition and Health seminar was successful and my thanks to those who attended. A special thank you to Mr. Jerry Dupas and his Recreation staff for their kind assistance. We are seriously considering holding another similar Nutrition seminar but this depends on YOUR demand for this. Please call me at 824-2243 if you are so interested.

Now, to give you a rare opportunity that most small communities never have. Any of you who have heard me speak, publicly or read my column realize my sincerity as to the possibility of everyone improving his or her own life to a happier state.

It is a recognized fact that happiness in life means longevity, and we would all like to live longer and with more happiness.

How can we begin to reach this goal of a "GOOD LIFE" - "I KNOW A WAY!" - YES - that is correct. I have a positive belief in the knowledge that I have gained over the past years as I travelled across the World. This has brought me to a point in my life where I now can guide others towards that same happy and calm lifestyle.

In fact, my dear friends of this area, I have the confidence to make the following commitment to any of you who call me (824-2243); I will guarantee that by attending my "SELF DEVELOPMENT" course this Saturday and Sunday (October 22 - 23) you will learn techniques to be a better relaxed person. Anyone not satisfied will be given a refund.

Why do I do this? I came here to share with you the beautiful gifts I have earned and been given throughout my past years of studies. My deepest hope is to have as many people as possible share this with me.

LIFE IS WORTH LIVING! - So why not live it the way you always wanted to. Start today by taking me seriously and I will not disappoint you. Please call me.

As an added feature in future columns, I will answer any questions you may have about NUTRITION - the answers will be based on sound scientific medical background. Please send your questions to the Terrace Bay News Office or drop them in their mail-box. You may also use the form provided at the end of this column. You do not have to sign your name so please ask any questions and be as specific as possible.

Thank you - May we all be healthier and happier.

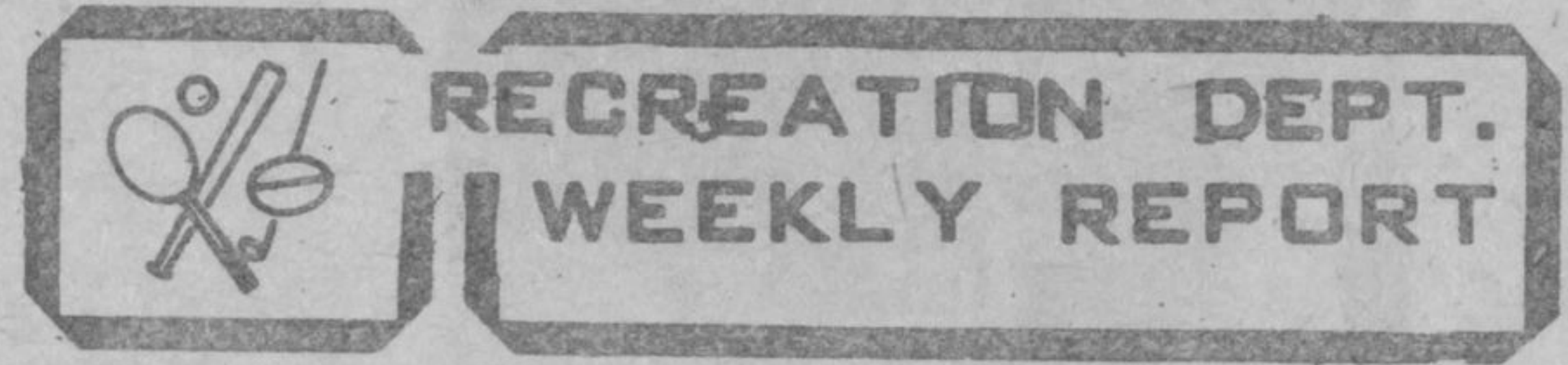
Ed Kenney.

"SELF DEVELOPMENT"

NUTRITION QUESTION FORM:

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RETURN TO TERRACE BAY NEWS:



YOGA:

The Terrace Bay Recreation Department is pleased to announce that a 7 week yoga program will be offered to anyone interested in the community. Please refer to page 12 for details regarding this program.

TERRACE BAY MEMORIAL ARENA TO OPEN OCTOBER 24:

The Terrace Bay Memorial Arena will open its doors to the general public for the 77-78 season next Monday, October 24th. At the time of this write up, it was impossible to produce an arena schedule. Therefore, schedules will be posted at the arena, Recreation Centre and Schools outlining public skating sessions for next week.

It is important to point out to all organizations that the first week of the arena schedule does not represent the official master schedule for the year.

The regular arena schedule will commence on Saturday, October 29th.

TERRACE BAY CURLING CLUB ICE:

The base layer of ice which is the responsibility of the Recreation Department should be completed around October 20th, approximately, at which point in time the Terrace Bay Curling Club can proceed with their responsibility of providing playable ice.

SPECIAL MEETING TO ALLOCATING OF ICE TIME FOR THE 77-78 SEASON:

All groups and organizations who requested specific ice time for this season have been informed by the Recreation Office that a special meeting will be held to discuss their requests further. This meeting will be held during the week of the 24th. To pg. 12

Jim Mikus

825-3268



Depend on him for warmth this winter