



HELP WANTED

HANDYMAN REQUIRED

for quality work involving completing a room, plumbing, installation and replacement light wiring, drywall repair. Call 824-2080 for further details.

FITNESS VAN VISITS TERRACE BAY

Several Terrace Bay residents had their individual fitness levels tested by the Mobile Fitness Van and were given guidelines on how to start a conditioning programme.

Sponsored jointly by the Ministry of Culture and Recreation and Confederation College in conjunction with the Terrace Bay Recreation Department, the van was in town from October 16th to 20th as part of its journey throughout Northwestern Ontario.

A fitness evaluation is designed to include tests which examine the efficiency level of four components of physical fitness - muscular strength and endurance, flexibility and cardiorespiratory endurance. Overall fitness is determined by sex, age, height, weight and percent of body fat and by tests which reveal resting blood pressure, lung volume, heart and lung efficiency, muscular strength and endurance and flexibility.

Following a step-by-step test procedure, according to capability, participants are given an evaluation of test results, consultation and general exercise prescription based on individual needs. Regular exercise and good nutrition are stressed. The van will return in approximately four months, at which time new participants will be tested and those who have already been evaluated may be re-tested.

SURPRISE PARTY HONOURS MRS. HIGGINS

Mrs. Florence Higgins, long time resident of Schreiber, was honored at a surprise party in St. John's Anglican Church hall, on Sunday, October 15th, 1978, the occasion marking her 90th birthday.

Mrs. Higgins was born in Dublin, Ireland, coming to Canada in 1915, first to Montreal and then to Schreiber in 1917. She was employed by the Y.M.C.A. in Schreiber for 46 years until it closed in 1963, at one point during those years, she ran the Cottage Hospital, adjacent to the Y.M.C.A., this was a four bed emergency C.P.R. Hospital, under the direction of the late Dr. Crow. After the closing of the Y.M.C.A., Mrs. Higgins moved to Thunder Bay, where she now resides.

Receiving with Mrs. Higgins was her daughter Mrs. Kay Thorsteinson of Terrace Bay.

The afternoon was spent visiting with many friends and former co-workers, who presented her with a money tree. Bill Gerow, on behalf of Jack Stokes MPP, presented a plaque from

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the Government of Ontario. Mrs. Gladys Hamilton, on behalf of the Ruby Rebekah's also presented a gift. Mrs. Higgins is a life member of the Ruby Rebekah.

Servitors were grand-daughters Fay (Mrs. Jim Figliomeni); Patti (Mrs. Paul Moon); Mavis (Mrs. Gerald Godin); Ruth (Mrs. Rick Polhill), great grand-daughters, Debbie (Mrs. Mel Sperling) and Judy Godin. Great grand-daughter Tracey Moon circulated the guest book. Replenishing were nieces Mrs. Eirene Harness and Mrs. Mavis Slater.

A family supper followed in the home of Mrs. Fay Figliomeni of Terrace Bay where Mrs. Higgins was presented with a colored T.V. and other gifts from her family.