

Schreiber Recreation News

Fit Five Program

The reaction to the Ministry of Tourism and Recreation - Fitness Ontario Fit Five program has been overwhelming. Several Schreiber residents are actively engaged in pursuing this program of personal fitness. The following lists those program participants having recently completed levels within this program.

Level One

Saima Willoughby, Lenny John, Randall Kushnieryk, Ethel Nesbitt, Maria Speziale, Maria Figliomeni, Geraldine Keating

Level Two

Debi Fummerton, Stella Speziale, Johanne Bergeron, Linda Costa, Rosann Pellegrino

Level Four

Cheryl Smith
Congratulations to these and all other successful participants. Should anyone else be interested in enrolling in this free, self administered program drop in at the Recreation Complex and pick up a Level One brochure.

Arena Activities

A number of recreational activities are scheduled throughout the week at the arena. Please note that badminton and volleyball will also be offered, as soon as arrangements are finalized.

Junior Sports

All children are encouraged to come out and join the fun at the Junior Sports Drop In Program. You can play indoor soccer, badminton, frisbee catch, volleyball, basketball or ball hockey. The following schedule will apply until mid May.

Monday 5-6 p.m.

Tuesday 5:15 - 7 p.m.

Thursday 5:15 - 7 p.m.

Friday 5-7 p.m.

Junior Ball Hockey

Ages: 11 to 14

Time: 6:00 to 8:00 p.m.

Days: Monday and Wednesday evenings

All boys ages 11-14 are encouraged to come out and participate in this exciting program. You must bring your own hockey stick and hockey gloves.

Senior Ball Hockey

Ages: 15 and over

Time: 7:00 to 9:00 p.m.
Days: Tuesday and Thursday evenings

All males ages 15 and over are eligible to participate in this program. Should any local group be interested in forming a team to participate in this program, please contact the recreation co-ordinator at 824-2317.

Recreation Programs

The Schreiber Parks and Recreation will be offering the following courses / programs:

Microwave Your Dinner

There are still a few openings in this course which takes place Saturday, May 14 from 10:00 a.m. to 4:00 p.m. in the Art and Craft Room of the Recreation Complex. The participants will make a roast, quiche, cakes, Chinese fried rice, vegetable stuffed fish, plus nine more dishes and lots of ideas. To register please contact the recreation office before May 6, 1983.

Train Your Dog

This workshop is de-

signed for the person interested in obedience training for his or her dog. It will include demonstrations, two training periods with the participant's dog, and information handouts. Step by step procedures will be covered on training your dog to heel, sit, come when called, etc. Dogs should be at least six months old and need not be registered. Those who have already participated in a basic dog obedience course could begin intermediate work. The course takes place Saturday, May 28 from 10:00 a.m. to 5:00 p.m. To register please contact the recreation office before May 20, 1983.

First Aid

A St. John's Ambulance First Aid Course will be offered from June 6 to June 10, 1983. Instructor Dennis John will be announcing specific times and course location within the next couple of weeks. The last course proved highly successful, with all course participants hav-

ing an enjoyable and rewarding learning experience. If interested in participating in this course, please contact the recreation office.

Mixed Adult Slowpitch Baseball

Tired of competitive fastpitch softball? Want to enjoy a fun and sociable evening of softball, then this is the program for you. The Schreiber Parks and Recreation Department is happy to offer a mixed Adults slowpitch (softball) program. Adults ages 18 and over are invited to register by May 6, 1983 at the recreation office.

Womens Slowpitch Baseball

Attention women softball enthusiasts. The Schreiber Parks and Recreation Department will be offering a Womens slowpitch (softball) program. Adults ages 18 and over are invited to register by May 6, 1983 at the recreation office.

Schreiber Fitness Week

The Schreiber Parks and Recreation in conjunction with the North Shore Recreation Directors Association and the Canadian Parks and

Recreation Association is proud to be offering the Schreiber Fitness Week. This unique community event will be staged from May 16 to May 19, 1983, and includes a host of interesting recreational activities.

Highlighted below are details of the four days encompassing the Schreiber Fitness Week.

Monday, May 16 Fun Run

- buttons for participants
- treats for children under ten
- 1 mile distance, participants can run, walk or bike
- from high school to public school and back
- 7:00 to 8:30 p.m.

Tuesday, May 17 - Food - Nutrition Day

- community bake sale
- nutritional information
- nutrition - food classes
- nutritional food snacks
- prizes

Wednesday, May 18 Fitness Day

- personal fitness testing
- FREE aerobic dance
- fitness information
- junior sports
- senior ball hockey

Thursday, May 19 Family Day

- spaghetti supper
- live entertainment
- door prizes
- Additional information and details can be found in the Spring Brochure, and at the recreation complex.

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Amethyst House

The Canadian Cancer Society is especially active locally in the month of April. One of the more visible of the Society's projects in the region over the years has been Amethyst House in Thunder Bay.

This lodge was built but the Ontario Division of the Canadian Society and then turned over to the Ontario Treatment and Research Foundation, who now operate it.

Amethyst House is situated on a hill overlooking Lake Superior. An invitation to visit Amethyst House when you are in Thunder Bay is extended.

Amethyst House was officially opened on June 1972. Its main purpose is to house out of town "mobile" cancer patients who are undergoing treatment at the Cancer Clinic in the Port Arthur General Hospital (across the street) and these patients may come from locations throughout Northwestern Ontario (e.g. Nipigon, Terrace Bay, Schreiber, Rossport, Longlac, Geraldton, Kenora, Hearst etc.)

Accommodation in the lodge is free to the patients and their meals are provided in the cafeteria of the General Hospital. However, many patients do not want to go out for breakfast or

for some of their meals - they perhaps do not "feel up to par" so they often like to have their breakfast in and their in-between meal snacks in the "snack kitchen" in the Lodge and facilities and food are provided.

Amethyst House is equipped to house 18 patients at the present time, with rooms for expansion available downstairs.

Many of these items were purchased through the help of many volunteers who have asked residents to give of their time and effort.

Rooms are available downstairs for hobbies, crafts and workshops, plus a hairdressing salon and also a recreation room.

Lottery numbers

The winning Wintario numbers for April 14, 1983:

\$100,000	-739131
\$10,000	-130615/530548
\$1,000	-52780
\$100	-4167
\$10	-714
\$50 scramble	- 6 2 2 4 7 3 in any order
Winfall prizes	- 5 8
Mystery bonus draw	- 8 7 7 6 7

The winning Lottario numbers for April 16, 1983:

\$812,697	- 04 17 20 26 33 38 in any order
Bonus number	-10
Early bird draw	-18 20 27 33

The winning Provincial numbers for April 15, 1983:

\$500,000	-1689425
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Terrace Bay Public Library

BOOK SALE

WEDNESDAY, APRIL 27

6:00 P.M. TO ???



Help us celebrate National Book Festival Week
Come One...Come All
Something for everyone

In The Lane Snow Is Glistening

With old man winter about to come knocking, it's time to run down the checklist of ways to save on home heating bills: check for air leaks around doors and windows; arrange for a maintenance check of heating equipment before cold weather arrives; change the filters, provide proper attic ventilation and lower the thermostat setting to 68 degrees.

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