Schreiber Recreation News

Schreiber Fitness Week Highlights

Monday, May 16 - Fun Run

The Schreiber Fun Run attracted nearly 300 enthusiastic participants. Local residents either walked, ran or cycled the 1 mile distance which started at the High School and routed through town. Buttons, stickers and treats were distributed compliments of Schreiber Parks and Recreation Department Tuesday, May 17 - Food-**Nutrition Day**

The Food - Nutrition Day featured a Community Bake Sale, nutrition information, and nutrition lectures. The Community Bake Sale was made possible through the efforts and co-operation of the Chimo Club, Youth Group, Schreiber Guides and Brownies, and the Schreiber Parks and Recreation Committee. Nutrition and fitness information was distributed to all participants free of charge. The Ministry of Agriculture and Food Home Economist Barbara Weese conducted two "Food" informative presentations. Tips on shopping practices and highlights of the food process were made available. All in all an excellent evening!

Wednesday, May 18 -Fitness Day The Fitness Day of the Schreiber Fitness Week was an evening of extensive activity and events. Featured were free aerobic dance, junior and senior ball hockey, fitness lectures and fitness testing, and nutritionfitness information. Several Schreiber residents took advantage of the free fitness testing clinic, and were provided with some valuable tips on improving their personal fitness level. The tests included pulse rate, hand strength and skin fold. Thursday, May 19 -

Family Day The Schreiber Parks and Recreation Department sponsored a highly successful spaghetti supper which featured a cheap-good meal, door prizes and family fun. Although some folks had to wait longer than they would have to do at home, the meal made up for any delay. Many thanks to all volunteers having contributed to the success of this significant community event.

Recreation Programs Paper Toll Course

The Schreiber Parks and Recreation Department in conjunction with Confederation College will be offering a Paper Toll Course on Saturday, June 18 from 10:00 a.m. to 1:00 p.m., 2:00 p.m. - 4 p.m. at the Schreiber Recreation Complex Art Room. Should you be interested in learning the art of paper tolling, drop in at the Recreation Office and have a look at the samples. Additional details and information will soon be available.

Basic Photography

The Schreiber Parks and Recreation Department will be offering a Basic Photography Course for area residents either owning a 35 mm camera, or who are considering purchasing such a camera. The course will cover the following topics: camera, and camera equipment care, taking the right picture, know your camera, other helpful tips and suggestions Day: Wednesday even-

Time: 7:00 p.m. - 9:00 p.m.

Location: Art Room Starts: June 8, 1983 Ends: June 29, 1983 For additional information please contact the Recreation Co-ordinator at 824-2317.

BMX Bicycle Clinic

Attention all "BMX" bicyclists! The Recreation Department will be offering a BMX Bike Clinic in mid June. This clinic will cover topics such as bike repair, bike safety and best of all, racing techniques. So, watch the newspaper, look for posters and listen to the radio for more details.

Junior Drop In Sports -Arena

This youth program features volleyball, indoor soccer, badminton, frisbee and other sports. Admission is free and open to children ages 5 and over. Come out and join the fun!

Tuesday 6-7 p.m. Thursday 6-7 p.m. Saturday 1-4 p.m. Junior Ball Hockey -Arena

Excellent exercise and lots of fun! Boys ages 14 and under are encouraged to participate in this fast action sport activity. Players must wear running shoes, hockey gloves and bring their own hockey stick. Monday 6-8 p.m.

Wednesday 6-8 p.m. First Aid The Schreiber Parks

and Recreation Department will be offering a St. Johns Ambulance First Aid Course as follows:

Dates: June 5, 7, 8, 9, Instructor: Mr. Dennis

Location: T.B.A.

Registration: by no later than May 30 at the Recreation Office

The first aid course

would be handy for all summer campers, fishermen, and outdoorsmen. Should you require more information, please contact the Recreation Office at 824-2317.

Baseball Schedule

Attention all baseball players! Please note the following schedule for the Schreiber High School Baseball Diamond (effective May 23) Men's Monday Fastpitch

Tuesday Recreation Programs

Wednesday Men's Fastpitch Thursday Angels

Friday Mixed Adult Saturday Mixed Adult Sunday Angels A weekly baseball

schedule will appear in this column. Residents and baseball teams are reminded that your cooperation in keeping our diamonds clean and in good order is required. Mixed Adult Baseball

The Schreiber mixed adult baseball league begins on Friday, May 27, 7:00 p.m. 'at the High School diamond. The public is cordially invited to come out and watch the fun.

Schreiber Minor Base-

The Schreiber minor baseball program begins on Tuesday, May 24. This year's program will feature an umpire clinic, a player and coaches skill clinic and challenge baseball games with north shore community teams. Game results and program announcements will be a regular feature of this column.

The following is a breakdown of registration as of Wednesday, May 18: T-Ball, Tyke Boys, Tyke Girls, Junior Boys, Junior Girls, Senior Boys.

All players will be contacted by their coach by no later than Tuesday, May 24 regarding practices. Parents are reminded that our baseball players should wear running shoes, have a proper baseball glove, and dress warmly. Your co-operation in this matter is appreciated.

Volunteers and coaches are still required. If interested, please contact the Recreation Coordinator at 824-2317.

New Games Room Hours

The Games Room Schedule has been revised as follows: Tuesday 6-10 p.m. Thursday 6-10 p.m. Friday 6-10 p.m. Saturday 12 noon - 8

A note to all games room enthusiasts - the games room will be open during all major centre events and roller skating sessions.

p.m.

Fitness Room Hours Attention all fitness room members!! The fitness room schedule is as follows: Monday 9:00 a.m. -

10:00 p.m. Tuesday 9:00 a.m. -10:00 p.m. / 6:00 p.m. -8:30 p.m. Women Wednesday 9:00 a.m. -10:00 p.m.

Thursday 9:00 a.m. -10:00 p.m. / 6:00 p.m. -8:30 p.m. Women Friday 9:00 a.m. - 10:00

Saturday 12 noon - 8:00 p.m. Sunday 12 noon - 4:00

p.m. Members are reminded to provide their cooperation in keeping the

room clean and in proper order.

Tennis Courts Meeting Attention all tennis players! A general meeting regarding the future of the Schreiber tennis courts, and the formation of a tennis club has been set for Wednesday, May 25, 7:00 p.m. at the Recreation Complex Meeting Room. Your attendance is important.

Schreiber Milers Club Due to the success of last summer's 100 Mile Club, the Parks and Recreation Dept. is happy to announce the "Schreiber Milers Club". The concept of recording the distance you as an individual walks or jogs through the summer has not changed. However, the program has been expanded to allow individuals to apply miles jogged this summer for the 1984 summer and so

The program is based on a self-administered approach, whereby you phone in or bring in weekly results every Friday at the Recreation Office (824-2317). We will supply you with a participation log.

The Schreiber Milers

Club members progress will be announced in the Terrace Bay - Schreiber News, and will be posted on the Club Progress Chart at the Recreation Complex. Fit Fivers can

levels. Distance 100 miles award - T-shirt 200 miles - certificate 300 miles - certificate 500 miles certificate

use their walking and/or

jogging for their Fit Five

For additional information, please contact the Recreation Office at 824-2317.

1000 miles - medal

For additional information, please contact the Recreation Office at 824-2317.

Aerobic Dance

Good news! The Schreiber Parks and Recreation Department is offering another Aerobic Dance Session, both afternoon and evening as follows:

Afternoon Session Dates Wednesday and Friday afternoon Start May 25, 1983 End June 17, 1983 Time: 2:00 p.m. - 3:00

p.m. Location Community Hall

Instructor Betty Tate An excellent way to get in shape for the summer. Come out and join this enjoyable fitness activity. A reminder to all ladies to register by Friday, May 27 at the Recreation Office. Evening session Thursday evenings

Dates Tuesday and Start May 24, 1983 End June 16, 1983 Time 8:45 p.m. - 9:45 p.m. Location: Community

Hall Instructor: Betty Tate

Letter to the editor

Stokes, Mr. Jack MP.P. Room 186 Parliament Buildings Toronto, Ontario M7A 1A2

Dear Mr. Stokes:

Thank you for your letter regarding Lakeshore Community Television Limited, which has been requested by the Canadian Radio-television and Telecommunications Commission to cease distributing certain unauthorized signals

from American satellites.

As you may know, the CRTC recently licensed Canadian Satellite Communica-Inc. tions, (CANCOM) to deliver the signals of the three commercial American networks and PBS to remote and underserved areas. I understand that Lakeshore Community Television has applied to the Commission to receive and distribute these services. This would constitute a reasonable authorized alternative to the signals from American satellites which they had been distributing. I am sure that the Commission is sensitive to the requirement that alternate authorized services be made available to viewers in these communities as soon as possible.

Thank you for writing to express your concerns.

Yours truly, Francis Fox

ANNOUNCING A SPECIAL EVENING

featuring

WORLD RENOWN SONGWRITER AND RECORDING ARTIST

COMPOSER OF SONGS SUCH AS "Put Your Hand In The Hand" and "Snowbird"

GENE MACLELLAN

Tuesday, June 7th at 7:30 p.m.

Terrace Bay Gospel Assembly

12 Terrace Court Terrace Bay, Ontario

Also featuring: Laurie Gibbons

DON'T MISS THIS EXCITING **EVENING**



The Terrace Bay Public Library

SUMMER HOURS

STARTING ON JUNE 15th

The library will be open:

Monday, Wednesday, Friday 1 p.m. - 5 p.m. and Tuesday and Thursday evenings 7 p.m. - 9 p.m.

> June is amnesty month at the library.

Please return all overdue books.

There will be no fine charges in June.

PROCLAMATION



WHEREAS Senior Citizens Week 1983 will be celebrated from Sunday, June 19th to Saturday, June 25th, AND WHEREAS

"WE ALL HAVE A LOT TO SHARE"

NOW THEREFORE I, David Speer, Reeve of the Township of Terrace Bay, as authorized by Council, hereby PROCLAIM

> "SENIOR CITIZENS WEEK" June 19th to June 25th

for the Township of Terrace Bay and call upon all residents to share and help each other towards a better and more meaningful life, and to participate in the many activities planned for Senior Citizens Week.

David Speer, Reeve, Township of Terrace Bay.