

community news

Final Nutrition workshop planned

"Why Eat Brown Rice?" is the title of the final workshop in the Women and Nutrition Series sponsored by the Northwestern Ontario Women's Health Education Project.

The first half of the workshop will provide women with an opportunity to take an in-depth look at the gross factors which effect the nutritional value of food. These include some of the techniques through which these products with which we are familiar. Also, ways in which these products are displayed and advertised to encourage us to buy, will be discussed.

In the second part of the workshop, women will examine personal and social factors which could prevent them from getting high quality food. Some of the topics in this part are lack of time and/or money and resistance by other members of the family. The session will end with a discussion of realistic ways to improve the nutrition of yourself and your family.

In Terrace Bay the workshop takes place on **October 17th at 7:30 p.m.** at the Meeting Room in the Recreation Centre.

Contact Donna Mikeluk at 824-2745 for further details.

Bridge Club news

The North Shore Duplicate Bridge Club met on Sunday, September 25th, at the Holy Angels gym.

There were four tables of bridge players, and the top winners were: Bill and Jean McGraw - first; Larry Fraser and Dale Cooper - second.

The Bridge Club meets every Sunday evening at 7:15 p.m. in the Holy Angels School in Schreiber. We encourage all players to come out for an evening of bridge. On Sunday, October 2nd, nine pairs of bridge players met for an evening of Duplicate Bridge. The top winners were: G. Caccamo and P. Cebrario - first; Ann and Jim Johnson - second; Bob and Jackie Bell - third.

N.S.D.R.C.S.S.B. meeting

Please take note that the North of Superior District Roman Catholic Separate School Board will be held on Saturday, October 15th, commencing at 10:00 a.m. at the St. Edward's School in Nipigon.

Pinewood Court

The September meeting of the Board of Management was held in Pinewood Court September 30th. This was the first meeting since the loss of our Chairperson, Mrs. Margaret Sideen.

Mrs. Sideen had served ten years on the Board and this year, had been elected as our Chairperson. She was well known for her work with senior citizens. The Minister of Community and Social Services, the Honourable Mr. Frank Drea, in a letter to the Board expressed the sympathies of the Premier and Cabinet. They all knew Mrs. Sideen well, and felt she will be missed by the Board.

Mrs. M. Tolmonen was the Vice-Chairperson of the Board and has accepted the position of Chairperson for the remainder of the term. Mrs. F. Pajamaki was elected to the position of Vice-Chairperson. A newly elected Board member from Geraldton, Mrs. S. Laine was welcomed. There is one member to be appointed from Area #5 to complete the term of Mrs. Sideen.

Dealing with business, the Board passed the accounts for the months of July and August for Pinewood Court and Birchwood Terrace totalling \$372,205.60.

The request of the Municipality of Neebing which represents the Townships of Blake, Crooks and Pardee, to become part of the District Home for the Aged was approved. The Ministry of Community and Social Services has been informed of the agreement and they will proceed to have section 10 of the Act amended to include the Municipality of Neebing.

The Board dealt with the resignation of Mrs. Susan Bodnar, Secretary-Treasurer and Accounts Supervisor, who accepted a position with Ontario Housing. The Board will be reluctant to see her go and wishes her well in her new position.

The Board was informed that the insula-

tion and siding contract at Birchwood Terrace had been completed. Hopefully, this will reduce the heating costs during the winter along with an added comfort to the residents.

The Administrator, M.J. Virbert, and the Director of Nursing, P. Flaherty, met with the crew from T.V. Ontario who are doing a film of senior citizens in the North. Residents of the Home were filmed on the patio; also filming was done in Rossport and Hurkett. This will be on television in March and the Fall of next year.

The next meeting of the Board will be held October 28th at Birchwood Terrace.

Schreiber

Arena closure

Attention area residents. The Schreiber Arena will be closed from October 23 to November 5, 1983 in accommodating the Annual Schreiber Fire Department Dance. The Recreation Department staff apologize for any inconvenience created by this necessary closure.

Free Public skate

Attention Schreiber residents. The Schreiber Parks and Recreation Department is staging a FREE Public Skating on Friday, October 14 from 7-9 p.m. You must have a public skate coupon from the Fall Brochure. Come out and join the fun.

Relaxation workshop

The Terrace Bay Recreation Department, in conjunction with Confederation College, will be offering a Relaxation Workshop on Saturday, November 12th. Relaxation is the foundation for optimum physical, emotional and spiritual health. By attending this workshop, you will learn simple

relaxation techniques that can be used at home, at work or anywhere at any time. Many new methods of relaxation will be presented and you can adapt them to suit your lifestyle. The instructions are stimulating, fun and very practical. Throughout the day, you will be doing the techniques yourself and by the end of the workshop you will know how to relax! You will feel confident that being a better person is within your grasp. As stated earlier, this workshop will be Saturday, November 12th and the times are from 9:00 a.m. to 12:00 noon and from 1:00 to 5:00 p.m. The workshop will be held at the Terrace Bay Recreation Centre, in the Conference Room. Please call the Recreation Office at 3542 if you would like to register.

Nutrition workshop - "Women and food in balance"

"Women and Food In Balance" will be the title of a workshop to be presented by Nutritionist Barb Lalonde from the Thunder Bay District Health Unit. This is the second part of a three-part nutrition series sponsored by the Northwestern Ontario Women and Health Education Project.

Part of Ms. Lalonde's workshop will deal with personal beliefs concerning food and nutrition. The effects of advertising and store layout on food choices will be examined, as well as food habits and their possible effects on women's health. The session will conclude with a look at meal planning.

In Terrace Bay, the workshop takes place **October 13th at 7:30 p.m.** in the Meeting Room of the Recreation Centre.

For more information please feel free to contact Donna Mikeluk at 824-2745.

Save through Payroll deduction

John F. Mills of Thunder Bay has been appointed organizer in the 1983 Canada Savings Bond Campaign, payroll savings division, for the Thunder Bay and Kenora districts.

His territory includes Thunder Bay, Dryden, Kenora, Fort Frances, Marathon, Schreiber, Terrace Bay, Nipigon and Atikokan.

This will be Mr. Mill's 13th year as an organizer in the Canada Savings Bond Campaign.

Canada Savings Bonds were launched in 1946. Since then, upwards to \$13.4 billion in Canada Savings Bonds has been purchased through the Payroll Savings Plan across the country.

Last year in this area, 4,490 employees bought a total of \$5,741,000 worth of Canada Savings Bonds through payroll savings.

During the fall Campaign, CSB organizers will visit about 4,000 business and industrial establishments in Ontario to help set up payroll savings plans for the purchase of the new series by employees.

Chimo Club

The Chimo Senior Citizens Club held their meeting recently with the President F.V. Harness presiding. A minute of silence was observed in the memory of our late member, Walter Lewicki.

Mr. Bill Duncan was welcomed as a new member. Routine business followed.

The Home Bingo for September was won by four players: Winnie Campbell, H. Spilula, A. Krystia and L. Ross. Lucky numbers were won by N. Fummerton, M. Molinski, Winnie Campbell and Irene Borutski.

A Hallowe'en party

will be held following the next meeting, which will take place on October 21st. A good turnout is anticipated.

The Annual Bazaar and Bake Sale will be held on Saturday, November 6th. All members are asked to donate to the Bazaar table and the Bake table.

Mr. Mike Cosgrove representing the Schreiber Municipal Council, attended the meeting to speak on National Senior Citizens week and

extended an invitation to all Senior Citizens (65 plus) in town, to attend a Smorgasbord supper on October 14th in the Recreation Centre hall.

Happy birthday was sung to F. Harness, A. Slater, Y. Vienneau and A. Niemi.

Following the meeting, A. Slater showed a film called "The Wish". The members later played Bridge, Whist and Shuffleboard. This was followed by a Pot Luck Lunch.

Morgan wins again!

Schreiber's second fight held this year was marred by cancellations, but still turned out to be a success.

Rick Morgan of Schreiber led the way slugging for three rounds with Timmins' Dan Price, earning the decision and overall "Fightingest Fighter" trophy.

Gerry Filane staged a pier-sixer with Pat Lebrun of Timmins with Filane getting a split decision.

Mohawk Club fighter, Dan Mateev, had a run of bad luck in his first fight when he pinned Timmins' boxer Dino Amadeo on the ropes, and got caught with a wild hook thrown by Amadeo. Dan was in trouble and the referee stopped the bout. Mateev eagerly looks toward a rematch. Next

time will be different.

Middleweight Gord Mackenzie and Welterweight Mario Vasiliu of Schreiber, simply were not busy enough and handed over two decisions to Thunder Bay boxers Clint Harris and Adam King.

Former Golden Glover Gary Boostrom and Billy Mackenzie of Schreiber stated an exhibition to make up a bout, Curtis Evoy and Mike Barry showed their potential, also in an exhibition.

The card girls, Diane Vasiliu, Candace Campbell, and Pam Vasiliu showed class, poise and unbelievable shape and beauty once again.

The Schreiber Boxing Club would like to thank all their fans and we hope to have even better shows in the future.

Next, The Gloves!

Rosspport
Volunteer Fire Dept.

DANCE

to be held at the

ROSSPORT COMMUNITY HALL

Saturday, Oct. 22nd

Tickets are \$10.00 per person, available at the door. (19 years and over. Age of majority card required.)

LUNCH SERVED

All proceeds for proposed construction of fire hall.

Give a Family Picture for Christmas!

Make an appointment at
TERRY'S SIGHT & SOUND

to

have your family picture taken on October 18th and receive

PACKAGE I

1-8 x 10

2-5 x 7

\$30⁰⁰

PACKAGE II

1-11 x 14

2-8 x 10

\$40⁰⁰

PACKAGE III

3-8 x 10

\$35⁰⁰

Christmas Cards can be ordered
at an additional charge

12 cards \$12.95

25 cards \$20.00

50 cards \$35.95

BINGO

to be held at the

SCHREIBER LEGION HALL
Wed., Oct. 19, 1983

\$500⁰⁰ Jackpot

Admission \$2.00

Time 7:30 p.m.

Doors open 6:30 p.m.

Sponsored by the Schreiber and
Terrace Bay Legions.
Proceeds to go to Zone 82.



BINGO

October 19