

Schreiber Recreation News

Youth Gymnastics

Attention Parents!! The Schreiber Parks and Recreation Department would like to offer a Youth Gymnastics Program. Should you be interested in enrolling your son or daughter in

this recreational gymnastics program then please contact the Recreation Office at 824-2317. The program will run from early November to mid December.

Power Skating Schools
Attention minor hock-

ey players!! The Schreiber parks and Recreation Department in conjunction with Schreiber Minor Hockey will be staging the 2nd Annual Fall Power Skating School. Players can register at their session.

Saturday, November 5 - 6:00 to 8:00 p.m. - Atom and Pee Wee; Sunday, November 6 - 6:00 to 8:00 p.m. - Bantam and Midget. The sessions will include backward and forward skating, acceleration drills, stretching/warm up and special skating skills. Plan to attend this exciting Hockey School. For more information please contact the Recreation Office.

300 Miles Certificate
500 Miles Certificate
1000 Miles Medallion
A great way to keep in shape!! For more information contact the Recreation Office.

Rink Rats
The Recreation Department is receiving Rink Rat applications until Friday, October 21, 1983. If any local youth ages 12 to 14 are interested in working at the arena during the fall and winter, then apply today at the Recreation Office.

Youth Hallowe'en Party
Attention Parents!! The Recreation Department will be staging a Youth Hallowe'en Party on Saturday, October 29, 1983. The party will include films, games, prizes, lunch and special surprises. Date: Saturday, October 29.; Time: 1:00 to 3:00 p.m.; Location: Recreation Complex, Community Hall; Ages: 4 to 10 years; Register: At Recreation

Office by Wednesday, October 26. For more information please contact the Recreation Office.

Fit Five

Congratulations to the following successful Fit Fivers: Terri Cocks - Level One, Geraldine Keating - Level Two. Should you want to enroll in this FREE personal fitness program, then drop in at the

Recreation Office today.

Relaxation Workshop
The Recreation Department in conjunction with Confederation College is offering a Relaxation Workshop on Saturday, November 5, 1983 under the instruction of Edward Kenney. Registration deadline is Friday, October 28, 1983. For more information please contact the Recreation Office.

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course will teach the beginner how to safely handle tools and complete a project. Project must be decided before course starts and approved by the instructor. This workshop will be held on Thursday, November 24 and Friday, November 25 from 7 to 10 p.m. and Saturday, November 26 and Sunday, November 27 from 9 a.m. to noon and 1 to 4 p.m. Completion of projects will take place on Wednesday, November 30 from 7 to 10 p.m. The course will be held at the high school. Please call 3542 today if you are interested, as space is very limited.

Personal Money Management

This is a modification from last spring's class. Sessions will include savings, investment & budgeting, investment vs. speculation, setting objectives; principles of financial management - leverage, risk & return diversification; vehicles of investment - RHOSP, RRSP, IAAC, GIC, Shares, Bonds, etc.; planning RRSP: building investment - evaluation and planning; tax planning. This course is for 5 weeks and starts on

Tuesday, November 1st and ends on Tuesday November 29th. Classes will be held at the High school from 7 to 9:30 p.m. Please call the recreation office at 3542 if you are interested.

Course Deadlines:

Mixed Aerobics - today is deadline - Wednesday October 19.

Public Skating:

Public Skating takes place in the arena as follows: Monday - 1 - 2 p.m.; Wednesday - 2 - 3 p.m. and 7 - 8 p.m.;

Thursday - 10:30 - 11:30 a.m.; Friday - 1 - 2 and 7 - 8:30 p.m.; Saturday - 8 - 9 p.m.; Sunday - 7 - 8 p.m.

4-H Club Report

For our 2nd 4-H Meeting, we talked about German and Mennonite foods. We made potato pancakes and Dutch Peach Kuchen. We are also putting the finishing touches on our project. "Food Galore" is really cooking! Submitted by Press Reporter Julie Caranci.

Schreiber Milers

Good news!! The Schreiber Milers Club has expanded to run year round. The Schreiber Milers Club is a program rewarding individuals walking or jogging accumulated distances greater than 100 miles. If interested drop in and register at the Recreation Office.

Distance	Award
100 Miles	T-Shirt
200 Miles	Certificate

4-H Club - "Learn to do by doing"

by Pauline Ziegler

On September 28, in the Home Economics room at the Lake Superior High School, the first of seven weekly meetings of the Terrace Bay 4-H Homemaking Club was held.

Upon joining, the students receive a 4-H Homemaking club manual which is prepared by Home Economics Specialists. The manual

clearly states all general requirements, project requirements, progress and achievement records and a greater knowledge of our Ontario Heritage. By the end of the seven week span, the students will have acquired new skills in food preparation as well as many social skills.

4-H originated in the U.S.A. then to Canada in 1913, and has been in Terrace Bay for the last

3 years. The 4-H motto, "to learn to do by doing" symbolizes what the 4-H's stand for, HEADS, HEARTS, HANDS & HEALTH.

By learning many favorite family heritage recipes on the November 2 party, their "doing" is sure to be a success. If you're 12 years old or older and missed the fall cooking session, you may join the spring sewing & quilting club by calling Pat Slawson 825-9034 or Mary Clara Papineau 825-3364.

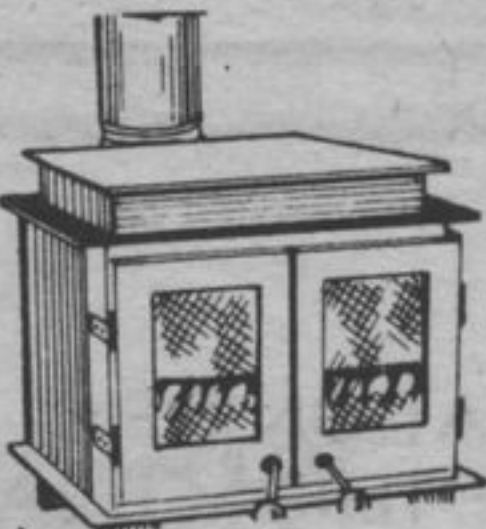
Phil's Burner Service

is now the



Wood Stove Dealer

Now you can set your wall thermostat to within 1 degree for your total comfort!
8-36 Hours on every fill of wood



For more information
Phone: 824-2354
Schreiber, Ont.

CURLING CLUB

Thursday, October 20th, 1983
7:00 p.m.

Sponsored by Terrace Bay Ladies Curling Club

Open to all interested ladies.
For further information contact:

Barb Spadoni 824-2761

or

Charmaine LaVallee 825-9445



JOB VACANCY



Recreation Facilities Operator/Supervisor

The Schreiber Parks & Recreation Committee, will accept written applications for the position of Recreation Facilities Operator/Supervisor no later than 5 p.m. October 28th.

Duties entail the maintenance of Recreation Equipment and Facilities, including the cleaning of facilities.

The position involves shift work, and some knowledge of mechanical equipment and compressors, required.

Apply to:

Recreation Co-Ordinator
P.O. Box 98,
Schreiber, Ontario
P0T 2S0



THE TERRACE BAY RECREATION COMMITTEE

in co-operation with

THE CONFEDERATION COLLEGE OF APPLIED ARTS AND TECHNOLOGY

offers

ZA 133 RELAXATION WORKSHOP (Section 97)

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 and 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.

DATE: November 12, 1983

TIME: Saturday 9:00 a.m. - 12 noon, 1:00 p.m. - 5:00 p.m.

INSTRUCTOR: Edward E. Kenney, Mh. D.

FEE: \$30.00

FACILITY: Terrace Bay Recreation Centre

REGISTRATION: To register please contact Terry Bryson or Linda Viejou at 825-3542 by November 4, 1983.