

community news

Legion Bazaar

The Ladies Auxiliary of the Royal Canadian Legion, Branch #223 will once again be hosting their annual bazaar.

The event is scheduled to take place on Saturday, November 5th from 2-4 p.m. at the Legion Hall in Terrace Bay.

Special features at this year's bazaar will include a Tea table, a book table and bake table, various raffles and knitting and craft tables.

A Bingo will be held from 3 to 4 p.m. with all half proceeds.

A nominal charge for admission can be expected but it's for a very

worthwhile organization. **Please plan to attend.**

Arena news

All Schreiber and area residents are reminded that the Schreiber Arena will re-open in early November. The Schreiber Parks and Recreation Committee apologizes for any inconveniences caused by this unfortunate shut down, due to mechanical difficulties. See you then!

Remembrance Day

All Schreiber and area residents are reminded that the Schreiber Rec-

reation Complex will be closed on Friday, November 11, Remembrance Day. Regular activities resume Saturday, November 12.

Ladies morning curling

This activity will take place on Monday mornings from 9:30 to 11:00 a.m. Open to all ladies who are recreation and Curling Club members. Associate memberships for this league are available for the season also. This is a non-competitive, fun league with co-operative day-care provided. Come on out for a morning of exercise and fun. All new curlers and

previous year's curlers are welcome, and anyone wishing to learn how to curl is encouraged to come out. Tentative starting date is November 7, 1983 until approximately the end of March, depending upon ice conditions and interest. To enter your name or for more information please contact Joyce Gilmore at 825-9159. An information meeting will be held in the Curling Club Lounge on Monday October 31, 1983 at 9:30 a.m. Please plan to attend.

4-H Report

For our third 4-H Meeting (of "Food Galore"), we talked about

the foods of Eastern Europe, (torts and dumplings). We made apple strudel and pork chops with cherry sauce. Our projects are getting more interesting each week. Reporter - Julie Caranci.

Boxing Club seminar

Next weekend, on October 29th and 30th, three officials from the Boxing Club will be in Schreiber at the Recreation Centre to give seminars.

The seminars are open to everyone and will

commence at 9:30 a.m. on Saturday morning.

For more informa-

tion contact Kevin Cocks at 824-2107 or meet him at the Rec Centre.

Cochrane - Superior Progressive Conservative Association (Federal)



You are invited to a dinner meeting,

to be held on

November 5th (Friday) at 7:30 p.m.

The guest speaker will be

JOHN McDOUGALL M.P.

recent by-election winner in Temiskaming Riding For tickets, contact **Tim Delaney** or **Terry O'Neill** or at the door.

Villa Bianca Schreiber

\$11.00 Cash Bar

General public welcome for the speech at 8:30 p.m. (no admission charge)

Women's Health Education Project

The Women's Health Education Project evolved, to reflect needs expressed by women in Northwestern Ontario. In various workshops and conferences on women's health, northern women repeatedly spoke out on several issues. These included lack of services, over-worked health professionals, limited choice of health care, distance to health centres and a general lack of educational information.

The Northwestern Women's Health Education Project was developed as a way to bring women in Northwestern Ontario together around these and other health issues. The project is intended to function as a catalyst for regional women. Women are encouraged to take inventory of their problems around a particular health issue, and then work towards solutions which are appropriate to themselves and their northern environment. The sessions held are conducted not as a seminar, but as an open forum or an open discussion.

After nine months of operation, the project co-ordinators have gained an ever clearer insight into the problems of women in the region. For the most part, the regional women welcomed the co-ordinators enthusiastically, expressing their need for health information on their various concerns. There was a marked interest in problems of women in other communities and how they were working to solve them.

During the first year of operation, many of the target communities were changed to ensure a greater representation of women. Marathon, Terrace Bay and Longlac were added, while Hornpayne and Schreiber were deleted.

The mother organization, the Women and Health Sub-Committee of Decade, changed as well. The group was incorporated in November of '82 as the Women's Health Action Group (W.H.A.G.). As well as the project sub-

spawned a birthing sub-committee and an occupational sub-committee. The target group was adjusted somewhat due to the realistic and financial implications of trying to service special interest groups. However, the resources of the project are being made available to representatives of Franco-Phone, Multi-Cultural and Native groups.

The overall goals of Year I, were to deliver a needs assessment workshop and a needs assessment questionnaire to the target communities. Over 800 surveys were distributed by project workers in outlying communities. Over 800 surveys were distributed by project workers in outlying communities. It was decided then that Thunder Bay would receive the same amount of workshop delivery in Year II as the other communities. There have been 550 surveys returned to date. Of these, only about 20 are unusable.

A major part of the survey was devoted to workshop suggestions. Responses included topics such as Reading Medical Information, Diseases, from pets to building Self-Esteem. Preliminary results indicate that parenting, nutrition, fitness, mental health, stress management, alcohol and drug abuse are many of these peoples' concerns.

As a result of these surveys, a Cabin Fever workshop was formed throughout various com-

munities. The workshop was divided into three stages: (1) to identify feelings (2) to look at causes for these feelings and (3) to identify realistic solutions for the causes. The workshop was given to over 220 women in a total of 15 communities. Many favourable comments were received.

This year, various workshops were given on Women and Nutrition; these series being designed for an overall focus on nutrition. It was started with a film for a general introduction to the traditional point of view via a nutritionist. It included topics such as the difficulties of getting good nutrition for themselves and their families; advertising strategies; food processing techniques and the good, old, convenience foods.

Co-ordinator Heather Woodbeck said, "Hopefully they were made

aware of the factors as their buying powers and the best values for their nutrition."

Heather also mentioned that they are considering another series on the "Cabin-Fever" workshop or possibly a session on "Women in remote communities."

The co-ordinators would be interested in hearing from the various women throughout the northwest region, as to their concerns on health matters. If you have a suggestion for a workshop dealing with any health issue, they would definitely like to hear from you.

For information please feel free to contact Heather Woodbeck at the Health Project by writing to the "Northwestern Ontario Womens Health Project", 214 Red River Road, Suite 4, Thunder Bay, Ontar. P7B 1A6 or phone (807) 345-1410.

Ladies Auxiliary
Branch No. 223
Royal Canadian Legion

ANNUAL BAZAAR

**Saturday, November 5th
2 - 4 p.m.**

TEA TABLE RAFFLES
KNITTING & CRAFTS TABLE
BOOK TABLE BAKE TABLE

BINGO 3 - 4 p.m.

All half proceeds
Admission:
\$2.00 adults \$1.00 children
Door Prize

RESIDENTS OF SCHREIBER

PUBLIC NOTICE



Residents of Schreiber
are reminded to
set clocks back one hour at
2:00 a.m.
on Sunday, October 30, 1983



Church Directory

HOLY ANGELS ROMAN CATHOLIC CHURCH

SCHREIBER: Mass

Saturday - 7:15 p.m.

Sunday - 10:00 a.m.

SCHREIBER: Weekday Masses

Mon., Wed., Fri. - 7:00 p.m.

Tues., Thurs., Sat. - 9:00 a.m.

Sun. 12 NOON (2nd to 5th Sunday)

Sun. 12 NOON (1st Sunday of month)

ROSSPORT: Mass

PAYS PLAT: Mass

Rev. P. J. Groulx - 103 Superior St., Schreiber - 824-2010

HOLY GOSPEL LUTHERAN MISSION

at 7:30 p.m. on Sunday at Birchwood Terrace Chapel

Pastor Rev. Klein 887-3493

Vicar Duane Peters

TERRACE BAY GOSPEL ASSEMBLY

(affiliated with the Pentecostal Assembly of Canada)

Sunday: 9:50 a.m. - Sunday School

11:00 a.m. - Morning Worship

- Service

6:30 p.m. - Prayer Time

7:00 p.m. - Evening Fellowship

Monthly Communion: second Sunday

of every month

Weekdays: Wed. - 7:30 p.m. Bible Study

Fri. and Sat. Youth activities

for ages 12 & up

Womens Minis: first Friday of

every month

Pastor B. Fellingner - 12 Terrace Court - 825-9368

TERRACE BAY COMMUNITY CHURCH

Sunday Morning Service: 9:45 a.m.

Sunday School: 9:45 a.m.

Communion Service: at Birchwood Terrace - last Tues. of every month.

Rev. Brian Bigelow 825-3346 Home: 825-3396

CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

Sunday Sacrament Services: 10:00 - 10:45 a.m.

Sunday School (all ages): 10:45 - 11:30 a.m.

Meetings for men and women: 11:30 a.m. - 12:30 p.m.

Peter Monks - 60 East Grove Cres., Terrace Bay 825-9361

GRACE BAPTIST CHURCH

Sunday School: 10:00 a.m.

Morning Worship: 11:00 a.m.

Birchwood Terrace: 2:00 p.m.

Evening Service: 7:00 p.m.

Bible study and Prayer Service: Wednesday - 7:30 p.m.

Young People's Group: Friday - 7:00 p.m.

Rev. J.J. Johnson - 110 Bayview - Schreiber - 824-2402

ST. ANDREW'S UNITED CHURCH

Sunday Morning Service: 11:15 a.m.

Sunday School: 11:15 a.m.

Official Board Meeting: Third Thursday of every month

Rev. Brian Bigelow - Schreiber - 824-2880 Home: 825-3396

ST. JOHN'S ANGLICAN CHURCH

Sunday - Holy Communion - 9:30 a.m.

Parish Eucharist and Sunday School - 11:00 a.m.

Monday - Birchwood Terrace - Holy Eucharist - 2:00 p.m.

Prayer Eucharist - Wednesday - 10:00 a.m.

Rev. T. Delaney - Schreiber - 824-2275

ST. MARTIN OF TOURS ROMAN CATHOLIC CHURCH

MASS: Sat. - 7:00 p.m., Sun. - 8:30 a.m. - 10:30 a.m.

Birchwood Terrace - Sunday - 1:00 p.m.

WEEKDAY MASS: Mon., Tues., Thurs.: 6:30 p.m.

Wed., Fri., Sat.: 9:00 p.m.

CONFESSIONS: Sat. 1:00 - 2:00 p.m. on request

Charismatic Prayer Meeting, Tues. 7:30 p.m. Parish Hall

C.W.L. monthly meeting 2nd Monday of each month, 7:30 p.m.

Coffee Reception - 1st Sunday of month after 10:30 a.m. Mass

Father K.W. Pottie - Terrace Bay - 825-3231

JOIN US IN CHURCH