

# Schreiber Recreation News

## Children's Christmas Party

The 2nd Annual Schreiber Parks and Recreation Christmas Party was a tremendous success. Approximately 50 children, ages 3 to 10 years, participated in an afternoon of fun. Activities included songs, mural drawing, films, lunch and Santa Claus.

The murals prepared during the party are on display in the arena corridor. Drop by and

have a look at this creative and imaginative art work.

The Parks and Recreation Department would like to thank all participants, parents and workers. See you next year.

### Fit Five Update

Congratulations to the following successful Fit Fivers:

Stella Speziale - Level Three  
Debi Fummerton - Level

Four  
Dom "Hollywood" Filane - Level One  
Maria Gentile - Level Four  
Linda Williamson - Level Five  
Ida Speziale - Level Three

Keep up the good work!!

### Men's Weight Training Clinic

The Schreiber Parks and Recreation Department is staging a Men's Weight Training Clinic

for males ages 14 and over. The Canada Games Complex Barbell Club will be conducting this clinic, and topics will include the following:

- body building
- power lifting
- general weight training
- general information

Day: Sunday, January 29, 1984  
Time: 2:00 to 5:00 p.m.  
Location: Schreiber Recreation Complex Fitness Room

Register: At Recreation Office by no later than January 25, 1984

Note: Attendance is limited to 20 participants

### Winter Program Update

The 1984 Winter Program Brochure January to March will soon be available. Should you or your group have any suggestions for programs of courses, please contact the Recreation Office. Courses/Programs to be offered will include:

- Ladies Aerobics
- Art From The Oven
- Mom and Me
- Microwave Cooking
- Youth Gymnastics
- Music Lessons
- Winter Carnival
- Computer Course

Contact the Recreation Office for more information.

### Arena Events

January Arena events will include the following:

Bantam Invitational Hockey Tourney - January 14 and 15  
Atom North Shore

Hockey Tourney - January 21 and 22  
Pee Wee North Shore Hockey Tourney - January 28 and 29

Come out and support the Schreiber teams.

### Community Christmas Tree Burning

Plan to attend the Community Christmas Tree Bonfire on Sunday, January 15, 1984. Starting time is 6:49 p.m. Bring your marshmallows and join the fun. Hot beverages will be served in the Community Hall.

### Publicity Workshop

Promotion, publicity, advertisement; are these concerns of your club, organization or business? Then be advised that the Recreation Department is making plans to sponsor a

"Publicity Workshop". This workshop would be 2 hour evening session and of no charge to

participants. For additional information contact the Recreation Coordinator at 824-2317.

## THUNDER DISTRICT HEALTH UNIT

will be commencing

# PRE NATAL CLASSES

February 15, 1984

If you are interested, please register by calling the Schreiber Office at

**824-2413**

## Increase in Family Allowances/Old Age Security and Canada Pension

Ontario residents receiving Family Allowances on behalf of their children will benefit from an increase as of January 1984, Health and Welfare Minister Monique Begin announced recently.

Family Allowances paid monthly for children under 18 will rise to \$29.95 from \$28.52. This increase of five percent is in accordance with the "6 and 5" restraint guidelines.

In addition, the refundable Child Tax Credit for the 1983 taxation year will provide up to \$343 per child per year based on family income. In order to receive the tax credit, the parent must file an income tax return even if they had little or no taxable income in 1983.

Old Age Security, Guaranteed Income Supplement and Spouse's Allowance benefits are also going up in January.

For the first quarter of 1984, Old Age Security (OAS) pensions will be indexed at the annual rate of five percent, amounting to \$263.78 per month from \$260.52.

The Guaranteed Income Supplement (GIS) for low-income pensioners is not affected by the "6 and 5" limitation

and will continue to be adjusted quarterly in line with increases in the cost of living.

For single pensioners, those payments will increase to \$265.60 from \$261.55. This will give a person receiving both OAS and the maximum GIS a total of \$529.38.

The maximum GIS paid to a married couple, both of whom are pensioners, will be \$204.86 each, up from \$201.65. This will give each married pensioner receiving both OAS and the maximum GIS a total of \$468.64, or \$937.28 for the couple.

The Spouse's Allowance will be \$468.64, up from \$462.17. Persons eligible for this benefit are between 60 and 65 and married to an OAS/GIS pensioner.

Canada Pension Plan recipients are also seeing their benefits increased in the new year. The annual adjustment, which this year is 6.7 per cent, is based on the rise in the cost of living over the past year. Individuals receiving these pensions also include pensioners eligible for disability payments, persons receiving surviving spouses' pensions, children receiving monthly benefits as dependents of

disability pensioners or as orphans of deceased contributors.

For those who become eligible for benefits in 1984 the maximum monthly retirement pension will be \$387.50. The maximum disability pension is \$374.50 per month while benefits for disabled contributors will be \$83.87 per month per child.

Surviving spouses under age 65 will receive a maximum of \$229.18 per month while those 65 or older will have maximum monthly benefits of \$232.50. The new ceiling for combined benefits is \$387.50 per month.

There is also a lump sum death benefit payable under the Canada Pension Plan. The maximum payable in respect of contributors who die in 1984 will be \$2,080.

Canada Pension Plan benefits are based on a person's actual earnings and contributions for the period during which that person could have contributed to the Plan. There are yearly minimum and maximum earnings levels between which persons contribute. For 1984 these levels are \$2,000 and \$20,800 respectively.

## Smoking . . .

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record of your mood at times when you light up to help you pinpoint patterns of weakness.

### Managing Failure

Don't be too discouraged if you give in to temptation. The difference between those who eventually stop smoking and those who don't, as with so many of life's trials, is often the ability to learn from failure.

### Test Your Nicotine Dependence

To find out how addicted you are to nicotine, take this mini-quiz about smoking habits. You may be surprised.

1. How soon after you wake up do you smoke your first cigarette?
2. Do you find it difficult to refrain from smoking in places where it is forbidden (i.e. church, libraries)?
3. Which of all the ciga-

rettes you smoke in a day is the most satisfying?

4. How many cigarettes a day do you smoke?
5. Do you smoke more during the morning than during the rest of the day?
6. Do you smoke even if you are ill and in bed for most of the day?
7. What type of brand do you smoke?
8. How often do you inhale?

### Answers

1. within 30 minutes - 1 point  
more than 30 minutes - 0
2. yes 1  
no 0
3. first cigarette in the morning 1  
the middle of the day 0  
the end of the day 0
4. light (1-15 cigarettes per day) 0  
moderate (16-25 cigarettes per day) 1  
heavy (more than 26 cigarettes per day) 2
5. yes 1  
no 0
6. yes 1  
no 0

7. low nicotine brand 0  
medium nicotine brand 1

high nicotine brand 2  
8. rarely inhale 0  
inhale moderately 1  
inhale every puff 2

Now, add up your points. If you have a score of between 9 and 11 points, consider yourself hooked. But don't despair - see your family doctor about developing a smoking cessation program to help you survive withdrawal symptoms.

A score between 6 and 8 points means you're moderately addicted. Unfortunately, research indicates you will probably develop a full addiction, because the more you inhale, the more you will want to inhale.

If you have a score of 5 or lower, you have a minimum dependence on nicotine. Most likely, you're a social smoker. You only light up when you are out with friends, and you rarely inhale.

the Bay

## Semi-annual Clearance

<p>Infants &amp; Childrens <b>WINTER OUTWEAR</b></p> <p>Reg. <b>NOW</b> \$24.98 - 30.98 <b>\$18.99</b> \$34.99 - 39.98 <b>\$24.99</b> \$45.98 - 59.98 <b>\$34.99</b></p>	<p><b>MEN'S SWEATERS</b></p> <p>Reg. \$55.00 - 90.00 <b>NOW \$49.99</b></p> <p>Reg. \$21.00 - 30.00 <b>NOW \$19.99</b></p>	<p><b>LADIES' WINTER FOOTWEAR</b></p> <p>Reg. \$46.00 - 60.00 <b>NOW \$39.99</b></p>
<p><b>GIRLS' JACKETS</b></p> <p>7 - 14 winter outdoor Reg. \$33.98 - 35.98 <b>NOW \$24.99</b></p>	<p><b>MEN'S SWEATSHIRTS</b></p> <p>Reg. \$18.00 - 28.00 <b>NOW \$14.99</b></p> <p>Reg. \$14.98 - 16.00 <b>NOW \$10.99</b></p>	<p><b>MEN'S WINTER FOOTWEAR</b></p> <p>Reg. \$60.00 - 85.00 <b>NOW \$49.99</b></p>
<p><b>LADIES' BLOUSES</b></p> <p>assorted styles &amp; colours Reg. <b>NOW</b> \$11.98 - 19.98 <b>\$9.99</b> \$20.99 - 29.98 <b>\$17.99</b></p>		<p><b>CHILDREN'S WINTER FOOTWEAR</b></p> <p>Reg. <b>NOW</b> \$15.98 <b>\$10.99</b> \$24.98 <b>\$19.99</b> \$34.98 - 39.99 <b>\$29.99</b></p>

Customer satisfaction, we guarantee it at the Bay



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