

Terrace Bay Recreation News

New Programs

Please see the ad in this issue of the News for information on all of our upcoming Winter/Spring programs. A Brochure outlining all these programs and the Terrace Bay Recreation Committee Membership policy, is now available at the Recreation Office.

1984 Memberships

Attention Curlers, Figure Skaters, Hockey, Ringette and Broomball players and users of other Recreational facilities, **your 1984 memberships ARE NOW DUE.** Full membership is \$60.00/family or single person. One Activity Memberships are avail-

able for a variety of activities. Please update your memberships as soon as possible, in order to continue your Recreation Privileges. The Recreation Office is open until 10:00 p.m. every day except Sunday when we close at 9:00 p.m.

Public Skating Hours:

Monday - 1-2 p.m.
Wednesday - 2-3 p.m., 7-8 p.m.
Thursday 10:30 - 11:30 a.m.
Friday 1-2 p.m., 7-8:30 p.m.
Saturday 8-9 p.m.
Sunday 4-5 p.m.

Open Bowling Hours

Wednesday from 7-10

p.m. and Sunday from 2-5 p.m.

Recreation Centre Hours

Monday to Saturday the office is open from 10:00 a.m. to 10:00 p.m.

Upcoming Weekend Events at the Terrace Bay Arena

January 28-29 - Ringette Tournament
February 3, 4 and 5 - Oldtimers Hockey Tournament
February 18, 19 - Intermediate Hockey Tournament
February 24, 25, 26 - North Shore Director Pee Wee "Fun" Jam-boree

Athletic Injuries Seminar

We still require names in order to conduct the Athletic Injuries Seminar in Terrace Bay. The seminar will cover various injuries that are possible to the Athlete and the proper treatment of these injuries. If you are interested in this course please call 3542 today.

New Programs

Our brochure is just out and we are again requesting your suggestions on programs we can offer in the future. Let's hear from you. Hope you enjoy the

Winter/Spring Programs.

Multicultural Association

All interested programs are invited to the

All interested persons are invited to the meeting of the North Shore Multi-Cultural Association in the Conference Room at the Recreation Centre on January 31st at 7:00 p.m. This meeting is to introduce the new Executive and to discuss plans for the upcoming Multi-Cultural Festival. This Festival will be held here on the 9th of June.

SNO USE

Let me live in my house by the side of the road, where the snowplows rumble by. When it's 20 below they pile up the snow, in my driveway 10 feet high. But why should I sit in my soft arm chair and curse the snowplow man? Let me swallow my wrath and shovel a path for him to fill up again.

Stress and Northern Living

It wasn't that many years ago that the concept of stress was a foreign one. Only in recent years has it become credible to attribute an illness like the common cold to a person's stress level. And now that stress is an acknowledged force affecting our psychological and physical well-being, most people yearn to know more about what exactly stress is, and more important, how to keep stress under control.

While there is no shortage of material on the subject (i.e. diagrams that chart the chemical changes which occur in our body have been done), getting to know the nature of the beast is not necessarily accomplished strictly by reading. That is because so many environmental and personal factors affect the nature of the stress that affects us.

Here in Northwestern Ontario we have a major environmental factor to contend with - the cold. Our preoccupation with adequate shelter and clothing, reliable transportation, the cost of heating our homes, and for sure, mortgaging the house for a vacation far south, increases our stress level considerably.

One would think that there would be compensations for coping with a hostile climate. But price at the pumps, the supermarket and clothing stores, etc., do little to support this assumption.

Then there is the challenge of understanding our personal stress level. The old analogy of the race horse and the turtle applies well to the human condition. What is a stressful situation for some, may not be for others, depend-

ing on whether you are a racehorse or a turtle.

Finally there are the special interest groups. In spite of their improving status, women continue to be viewed as being subject to excessive stress whether married or single, in the labour market, or as a homemaker. The inordinate amount of stress has been attributed to causes ranging from loneliness and isolation to total conflict when working and raising a family.

The Women's Health Education Project is offering a workshop entitled "Women and Stress: Coping with Northern Living" in 14 communities in Northwestern Ontario. Designed to explore the unique stressors in the environment in relation to personal circumstances, the workshop attempts to do more than the breathing technique and organizational manuals. do. Getting beyond the surface, the participants are encouraged to get at the sources with a focus on formulating solutions.

Participation from the group, as opposed to the lecture format will be emphasized. It seems clear that with stress, as with other problems solutions come from within, not from without.

In Terrace Bay the workshop will take place on Tuesday, January 24th at 7:30 p.m. and will be held at Birchwood Terrace. There is no cost to take part in this workshop and the duration is estimated to be approximately two hours. For more information on this topic you are urged to contact Donna Mikluk at 824-2745.

PRE-INVENTORY SALE

Special selection of ladies blouses, sweaters, sportswear, dresses, coats and jackets

25 - 50% Off



Special selection of men's sport shirts, sweaters, and jackets

1/3 - 1/2 Off

Special selection of ladies and men's winter boots

25 - 50% Off



The fabulous \$5.00 rack is back as well as other unadvertised specials.

Sale runs Jan. 16th to 31st.

All sales Cash, Visa or Mastercard.

ALL SALES FINAL. NO REFUNDS OR EXCHANGES

Moore's OF TERRACE BAY LTD.

Store Hours: Monday to Saturday 9:00 a.m. to 5:30 p.m.



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