

# Schreiber recreation news

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**Ladies Aerobics**

Good news!! A new session of Ladies Aerobic classes will be starting during the week of March 19 to 23, 1984. Please note the following information:

Afternoon Session: starts Wednesday, March 21

Days: Wednesday and Friday afternoons - 2:00 - 3:30 p.m.

Evening Session: Start Tuesday, March 20  
Days: Tuesday and Thursday evenings - 8:45 to 9:45 p.m.

All classes are conducted in the Recreation Complex Community Hall by instructor Betty Tate. Should you be interested in joining this program then make certain to register at the

Recreation Office by Monday, March 19, 1984.

**Soft Sculpture Workshop**

Cabbage Patch Dolls? Now you can have the opportunity to learn how to make your very own Cabbage Patch Dolls. A workshop is being arranged for late March. Should you be interested in learning this exciting and enjoyable craft (perfect gifts for children) then contact the Recreation Office at 824-2317.

**Sketching/Drawing Workshop**

The Recreation Department would like to offer a sketching and drawing workshop in late March. This workshop would be run on a weekend at the Recrea-

tion Complex. If interested, please contact the Recreation Office at 824-2317.

**Winter Carnival News**

A reminder to all Schreiber and area residents that the 1984 Schreiber Winter Carnival starts on Friday, March 9 and ends Sunday March 18. Make certain to buy your Winter Carnival Button! For Winter Carnival details please see the major Winter Carnival advertisement within this paper.

**Winter Carnival Logo Contest**

The Schreiber Parks and Recreation Committee invites local residents to submit their entries for the Winter Carnival Logo Contest. All entries should include your name, age and home phone number. The winning entry will become the official logo for all future Winter Carnival activities. The winner will also receive twenty dollars. For more information contact the Recreation Office.

**Fitness Room News**

Attention Fitness Room Members. As of Friday, February 17, 1984, Sunday hours were expanded to 8:00 p.m. Therefore the regular Fitness Room hours are as follows:

Monday: 9:00 a.m. to 10:00 p.m.  
Tuesday: 9:00 a.m. to 10:00 p.m.  
6:30 to 8:30 p.m. Ladies Only  
Wednesday: 9:00 a.m. to 10:00 p.m.  
Thursday 9:00 a.m. to 10:00 p.m.  
6:30 p.m. to 8:30 p.m. Ladies Only  
Friday: 9:00 a.m. to 10:00 p.m.  
Saturday: 12:00 noon to 8:00 p.m.  
Sunday: 12:00 noon to 8:00 p.m.

As a reminder the Recreation Department would appreciate if you followed these rules:

- 1) help keep the fitness room clean
- 2) only paid members may use the room
- 3) children under 13 years of age must be accompanied by an adult.

The Recreation Office has a wealth of fitness weight training, nutrition and exercise information available at no cost to Fitness Room members. To obtain your copies, drop by the Recreation Office.

**Tiny Tournament**

The Times News in conjunction with the Schreiber Minor Hockey Assoc. and Schreiber Parks and Recreation, will be staging the Second Annual Times News Tiny Tournament on Saturday, March 31, 1984 at the Schreiber Arena. This

unique hockey event is for hockey players ages 5 to 8 years. Emphasis is placed on participation, fair competition and of course fun. Every participant will be awarded a Gold Medal, signifying their participation in the tournament.

If you dislike body checking, rough hockey, and bothersome fans, then come out and experience the enjoyment of a non-competitive hockey event. You will not be disappointed. For more information contact either Shannon Riley, Albert Courtemanche, Bob McParland or the Recreation Office.

**Fit Five News**

Congratulations to Marlene Doig for successfully completing her Fit Five Level Two program. Should you be interested in enrolling in this free self administered personal fitness program, then contact the Recreation Office today.

**Arena Events**

Attention Schreiber and area residents! The Schreiber Arena will be the site of the following events:  
March 10, 11 - Annual Pee Wee Hockey Tournament  
March 31: Times News Tiny Tournament  
April 7, 8 - Annual Figure Skate Carnival.

## Business Directory



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## ONTARIO GOVERNMENT NOTICE REDUCED LOAD REGULATIONS

1 9 8 4

Commencing 12:01 a.m. on Thursday, March 15th, 1984 all trucks will be limited to reduced loads on the following Highways, Secondary Roads and Tertiary Roads in Thunder Bay District.

HIGHWAY NO.	DESCRIPTION
Highway No. 130	From Hwy. 61, Northerly 12 km to Rosslyn Road
Highway No. 516	All of Hwy. 516 (Marchington Lake Road)
Highway No. 527	From 48 km. North of Hwy. 17 Northerly to End of Hwy. 527
Highway No. 580	All of Hwy. 580
Highway No. 582	All of Hwy. 582
Highway No. 585	All of Hwy. 585
Highway No. 586	All of Hwy. 586
Highway No. 587	All of Hwy. 587
Highway No. 588	From 1.6 km. South of Hwy. 17 Westerly to End of Hwy. 588
Highway No. 589	From Jct. Hwy. 591 Northerly to End of Hwy. 589
Highway No. 590	From 14 km. West of Hwy. 17 Southwesterly to Jct. Hwy. 588
Highway No. 593	All of Hwy. 593
Highway No. 595	All of Hwy. 595
Highway No. 597	All of Hwy. 597
Highway No. 599	From 75 Km. North of Hwy. 17 - North to End of Hwy. 599
Highway No. 608	From 1 km. West of Hwy. 61 Westerly to Hwy. 595
Highway No. 622	All of Hwy. 622
Highway No. 625	All of Hwy. 625
Highway No. 643	All of Hwy. 643
Highway No. 801	All of Hwy. 801
Highway No. 802	All of Hwy. 802
Highway No. 811	All of Hwy. 811

**REDUCED LOAD REGULATIONS** will also go into effect on Local Roads in the following **LOCAL ROADS BOARDS AREAS:**  
DAWSON ROAD - GOLDIE, FORBES, FOWLER, GORHAM, INWOOD, JACQUES, LYONS, STIRLING, UPSALA and WARE.

The above date is dependent upon weather conditions and is subject to change. Reduced loads will be in effect when signing is placed. During the Reduced Load period, no Special Permits for overloading or house moving will be issued on any Highway in the District.



**Ministry of Transportation and Communications**