

Community News

Duplicate Bridge

Duplicate bridge was held Friday, March 9, 1984 at Holy Angels School in Schreiber ... there were 5½ tables in play and the results were as follows:

1st Pat Guina and Frank Godemain 59.5 pts.

2nd Gino Caccamo and Paul Cebrario 58.5 pts.

3rd Dr. and Mrs. Avey 54.5 pts.

Duplicate bridge will be held on Friday March 16 at at 7:15 p.m. at Holy Angels School. We hope to have another excellent turnout like we had last week. Come on out and give it a try!

Wen Do -

Self Defence

What would you do if ... you were waiting for

a bus and you were grabbed from behind? If you were in a room at a friend's party using a phone and a man walked in and locked the door? If, if, if ... it could never happen to you, right?

Wrong ... the chances that you could find yourself in an attack situation are high and on the increase. Every 8 minutes a woman is assaulted in Canada. Attacks happen in any environment, at anytime, to anybody. All women are vulnerable to attack situations. Although you may feel that you would fight back, in an attack the skill and knowledge to do so effectively is very important. Women can learn the necessary skills through wen-do. Wen-do is designed for women and is derived from a variety of martial arts, as well as using some new techniques. The techniques are designed for women of any age, any level of physical fitness. Wen-do teaches awareness,

avoidance and action (in that order). Discussions help women to become more aware of potentially dangerous situations. This does not have to mean a restriction of one's lifestyle. Perhaps the most valuable thing that originates from this course is the feeling of self-confidence, belief in oneself.

If registration is sufficient, we are hoping to bring this course to Terrace Bay. Length of course is approximately 15 hours and consists of 4-1/2 hour sessions. The dates for Terrace Bay are: Monday, April

30th; Tuesday, May 1st; Wednesday, May 2nd; and Thursday, May 3rd, from 6:30 to 10:00 p.m. Course outline will include: discussion, defensive living, rules, verbal self-defence, assertiveness, legalities, multiple attackers, aggression and roles. Physical techniques will include: body weapons, target areas, blocks, kicks, common holds and releases. This course will be open to the first 25 women who submit their names. Please call the recreation office at 3542 if you are interested. The in-

structor for the program will be coming from Winnipeg. If you wish more information or a pamphlet on Wen-Do, please drop by the recreation office.

N.S.D.R.C.S.S.B. meeting

The regular meeting of The North of Superior District Roman Catholic Separate School Board will be held on Saturday, March 24th, 1984 at St. Martin School, Terrace Bay commencing at 10:00 a.m.

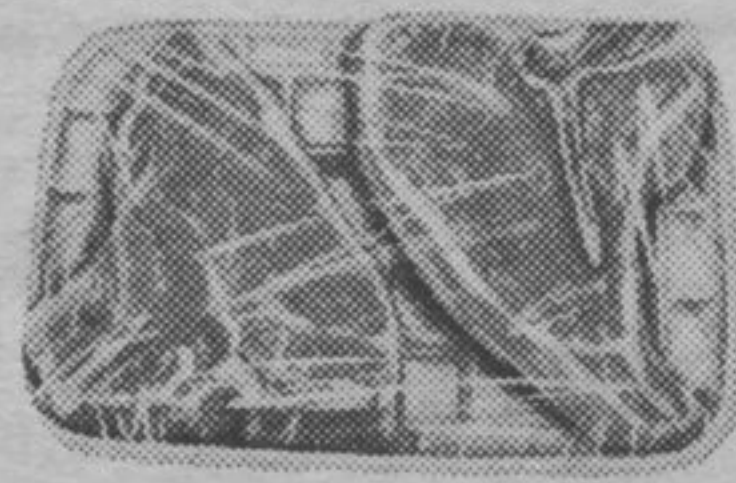
Birth Announcement

COLE - Mac and Debbie (Major) Cole are proud to announce the safe arrival of their first born, a beautiful son "Dustin Allan", born March 3, 1984 at 10:27 p.m., weighing 5 lbs. 13 oz.

Proud grandparents are Aurele and Shirley Major and Josephine Cole. Proud great grandmother is Anne Etches. Thanks to Dr. Eyjolfson and special thanks to Dr. Hartog of Thunder Bay and Dr. Adey of Terrace Bay and the nurses of 5th floor Port Arthur General Hospital.

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reg.

GROUND BEEF

1.18 lb.

med.

GROUND CHUCK

1.78 lb.

family paks

PORK CHOPS
1.38 lb.



Macaroni, Coleslaw, Creamy Coleslaw, Potato

SALAD SALE

1.59 lb.

Shaw's Hamburger or Hot Dog pkg of 8.

BUNS
.89

Holsum 100% Whole Wheat

BREAD
.79

CROSS RIB STEAKS

1.88 lb.

CHUCK STEAKS

1.48 lb.



Shaw's, white, 24 oz.

BREAD
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Modern, 4 litre pail

ICE CREAM
3.99

Hi Dri, 2-roll pkg.

TOWELS
.99

Grade "A" large

EGGS
1.45

Klomp Wakefield, 500 ml.

CEREAL CREAM
.99

Delsey, 4-roll pkg.

Bathroom Tissue
1.59

white granulated, 4 kg.

SUGAR
2.79

Klomp Wakefield, 500 gm.

COTTAGE CHEESE
1.65

750 ml.

COKE
2/1.00 plus .60 dep.

Sunspun, 12 1/2 oz tin

ORANGE JUICE
.99

Beatrice Fruit Bottom, 175 gm.

YOGURT
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90's - Newborn; 54's - Super Absorbent; 72's - Reg. absorbent
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PAMPERS
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Registration Date For Spring Off Campus Courses

Registration for Spring Courses to be offered in your area (subject to minimum enrollment and availability) will be held on the following date:

CENTRE: TERRACE BAY

DATE: Tuesday, March 27

TIME: 4:00 p.m.

PLACE: St. Martin's School, Library

STUDENTS MUST REGISTER IN PERSON

For further information on applicaiton and/or registration procedures, please contact our off-campus representative:

Mr. Brian Peters
825-3503 (home)
825-3255 or 824-2553 (school)

All registrations received after the above date will be charged a \$15 late registration fee without exception.

Lakehead University

HAPPY 20th BIRTHDAY to our



LITTLE ANGEL ? Corinne

