

Terrace Bay Recreation News

Art From the Oven: This Friday and Saturday are the dates for Art from the Oven - an exciting and inexpensive way to create your own gifts and decorations for holidays or gift giving. Everything you need to mould and shape your own works of art is right there in your kitchen. Bread dough sculpture

is an age old art form and now has become imaginative and personalized. You will be sculpting figures and dressing them and then applying the final touches. Times for the course are Friday 7 to 10 p.m. and Saturday from 9:30 a.m. to 12:30 p.m. Please call the Recreation Office if interested

in this creative workshop.

Art For Beginners: (Suzette Downey in Conjunction with Con. College) Oil and Acrylic paintings, mixing colours, tints and shades, landscaping self-expression, and possible abstracts, dry brush techniques and the use of medium will be explored. This course will be offered on Friday, April 27th 7 - 10 p.m.; Saturday, April 28th (9 - 12 a.m. and 1 - 5 p.m.); and Sunday, April 29th (9 - 12 and 1 - 3 p.m.), at the

High School Room 110. The deadline for registration is Friday, April 20th.

Paper Tole: (beginner's and advanced): Bette Hastings in conjunction with Confederation College) Paper Tole is an old art dating back to the 18th/19th century Europe. It is a three dimensional picture created by cutting three or more identical prints and layering them together using silicone. The student will be cutting each print apart in a different

manner and sculpturing and layering them to produce a dimensional effect. Beginner's will learn all basic principles and complete a project. Those who have taken the course previously will learn advanced and new techniques and complete a different project. This course will be held Saturday May 5th, from 9 a.m. to 12 noon and from 1 to 4 p.m., in the Conference Room at the Recreation Centre. Deadline for registration is Friday April 27th. **Mixed Aerobics:** A

reminder that the deadline to pay for the next 6 week session of mixed Aerobics is today **Wednesday April 11th**. The Course starts on Monday April 16th.

Men's Slow Pitch Softball: An important meeting of all interested citizens who are considering participating in this year's Men's Slow Pitch League is scheduled for Thursday April 26th at 7 p.m. in the Multi-Purpose Room. An election of an executive as well as rules for the upcoming season

will be discussed.

Wen Do Course: The deadline to register for Wen Do Course (Women's Self Defense) is quickly approaching. The deadline is April 19th. Don't wait. The maximum registration has almost been reached.

Flea Market: The second Annual Indoor Flea Market is scheduled for the Arena May 6th from 12 noon to 4 p.m. There is space available for 1/2 ton truck or 8' tables. Call 3542 today to register your space.

Wedding Announcement

Mr. & Mrs. Geo. Caron & Mr. & Mrs. A. Sauve are pleased to announce the forth coming marriage of their children

Judy & Gerald



The wedding will take place on Sat. May 19th, at the Community Church, Terrace Bay.

Increased Funds for Secondary Schools

Small secondary schools in remote areas of Northern Ontario will receive about \$1 million in additional funding during the 1984-85 school year, Education Minister Dr. Bette Stephenson announced last week. Dr. Stephenson said that the Ministry of Education has decided to change the formula used to calculate funding for small remote secondary schools in Northern Ontario in recognition of their special needs.

In addition, the Ministry intends to second up to nine resource persons with specialized skills to provide direct services in selected areas which are co-operatively determined by officials of the Ministry's

Northern regional offices and the school boards.

These changes are part of the response of the Ministry of Education to the report of a one-man commission of inquiry into small secondary schools in Northern Ontario established in May 1982.

Dr. Stephenson said the changes will ensure that small remote secondary schools in Northern Ontario will have the financial and human resources necessary to fulfill the curriculum requirements outlined in the new document, "Ontario Schools, Intermediate and Senior", which was distributed to school boards across the province in September.

Ladies' Auxiliary Br. 223

The meeting of The Ladies' Auxiliary of the Royal Canadian Legion Branch 223, was held on Sunday March 24 with President Addie Beaulieu presiding.

Mrs. Cora Ropchon, Bernice Williams and Yvonne Mallais were reinstated and welcomed back to the Auxiliary.

President Addie gave a very interesting report on the convention held at Branch 5, Thunder Bay, which she and Yvette Swirhun attended. A donation of \$50. has been made to the Boy Scouts to be used for the Beavers and a donation of \$50. was sent to the Heart Fund. The Auxiliary Birthday will be held on June 16. This will be open to all paid up members. If

you wish to attend please phone Shirley Love at 9242 no later than May 12.

The next general meeting will be held on Sunday, April 29, at 7:30 in the Legion Hall.

JUSTICE FOR VICTIMS



LET'S CARE & SHARE

Community Justice Week in Ontario challenges you to care about victims.

Our justice system has a fine tradition of protecting offenders. However, we must all recognize that victims have rights and needs too.

Victims and their families need help at the time of crisis. They need information and guidance on how to use the justice system. And, they need support and care to deal with the aftereffects of crime.

The Ontario government has undertaken several initiatives to help victims. But personal and community involvement is essential.

Get involved. Participate in community-based crime prevention programs and services. Contact your local police or provincial court, or write to the Provincial Secretariat for Justice, Queen's Park, Toronto M7A 2A1.

COMMUNITY JUSTICE WEEK IN ONTARIO
APRIL 8-14, 1984

Provincial Secretariat for Justice



Gord Walker, Minister
William Davis, Premier

NOTICE TO PUBLIC

UNDER THE FOREST FIRE PREVENTION ACT R.S.O. 1980

The period from April 1 to October 31 in each year shall be a fire season. Fire Permits are required for all outdoor burning except cooking or obtaining warmth.

Every person who starts a fire or causes a fire to be started out of doors shall:

- take all reasonable steps to keep the fire under control;
- ensure that a responsible person tends the fire;
- extinguish the fire before quitting the site of the fire; and
- where the fire is started under a fire permit, extinguish the fire or cause the fire to be extinguished on or before the expiration of the permit.

No person shall smoke while walking or working in a forest or woodland during the fire season. Except under the authority of a work permit, no person shall, in or within 300 metres of a forest or woodland:

- carry on any logging, mining, or industrial operation.
- clear lands;
- construct a dam, bridge or camp;
- operate a mill for the purpose of manufacturing timber; or
- carry on any operation liable to cause the accumulation of slash or debris.

Work Permits and Fire Permits may be obtained from local Ministry offices in Manitouwadge or Terrace Bay. Fire Permits are also available in Marathon at the Ministry of Northern Affairs Office.



Ministry of Natural Resources

Ontario

Hon. Alan W. Pope
Minister

W. T. Foster
Deputy Minister

PARTICIPaction

By Russ Kisby



High Blood Pressure

The good doctor might first suspect it peering into the back of your eyes through his ophthalmoscope: telltale, subtle changes in the tiny blood vessels branching off the optic nerve.

"Roll up your sleeve, would you? I'm going to strap this sphygmomanometer around your arm.

"What? You've forgotten your Greek? 'Sphygmōs' meaning 'pulse' and 'manos' meaning 'a kind of mist' - you know what 'meter' means.

"Um-hm. I'm going to take your blood pressure!"

Whoosh! He pumps up the cuff full of air, stopping the flow of blood in your arm. Riva-Rocci, the Italian, devised the method in 1896.

Now, he readies the bell of his stethoscope against the artery at the inside bend of your elbow: Korotkow, the Russian, added this step in 1905.

He releases the cuff valve; air hisses out. The blood in your arm gushes down towards your hand.

Ka-boom! The stethoscope hears your heart beat! The sphygmomanometer registers this systolic pressure in millimeters of mercury leaping in its clear glass column.

Your left ventricle has clenched! Bright, red, oxygenated blood courses away from your heart, through the arteries, bringing food to your cells!

But is the pressure of your blood against the heart and arterial walls too high? One hundred fifty millimeters? One hundred sixty?

And why? Are your kidneys malfunctioning - elaborating some substance that elevates the pressure? Will you now need some urine test looking for albumin?

Or has too much salt in your diet caused your adrenal glands to overreact? Are you just plain anxious?

Shh! Now the quiet between heartbeats! The sound of the heartbeat fades. The mercury falls. The doctor notes the lower mercury number. The diastolic pressure.

Too high again? Eighty? Ninety?

What can help? Drugs? Maybe. Exercise? Yes! Walking! Jogging! Not weightlifting or wrestling. Aerobics lower high blood pressure and keep it low. I will exercise!

"Well - one thirty over eighty. Nicely inside the normal range for your age. One twenty over eighty would be 'perfect' - but people often get a bit tense in my office.

"Smart of you to get your pressure taken. So much hypertension goes undetected. It goes along silently punishing your body until one day - the stroke, the heart attack!

"Say - are you getting enough exercise? You're just starting an aerobics program? Good. It'll reduce stress. Make your heart more efficient. Get your kids checked, too. Hypertension affects all ages.

"Now, let's take a look at that prostrate..."

Russ Kisby is President of PARTICIPaction, the Canadian movement for personal fitness.

Dear Friends:

I would like to thank all the good people from Schreiber and Terrace Bay who helped us share our sorrow when we lost our beloved Mike. A big thanks also to the people who helped with Mike the night of the accident. Your thoughtfulness and good gestures were deeply appreciated. A very special thanks to our special friends who came all the way from North Bay to say bye to Mike. Having good friends who care makes the pain of losing someone you love a little easier. We must remember the good times we had with Mike; his heartfelt laughter that could always be heard; that Mike loved life and that he was happy. With this in our heart we can't help but smile when we think of him. Mike once gave me a poem, it went

Me and You,
You and Me
That's the way
It'll always be,
and in our hearts he will always be.

Thank you Sincerely,
Michelle & Christian Duchesne