

Terrace Bay Recreation News

Minor Ball

We are still taking registrations for Minor Ball and the deadline to register is tomorrow, Thursday May 10th. We will not be taking registrations beyond this date

as teams will be made up. The divisions for minor ball are as follows:
T-ball boys and girls 5 to 7 years
Boys International (baseball) 8 to 10

Boys American League (baseball) 11 to 13
Boys National League (softball) 14 to 16

We hope to start the season May 15 and it will continue until June 30th. We are still looking for coaches and umpires so if you would like to help out please call the Recreation Office at 3542 or drop in to fill in a registration form.

Minor Soccer Program
Will be held July and August and will be open

to boys or girls 7 to 15 years. Interested? Drop by the Recreation Office and leave your name.

Youth Golf Instruction and Clinic

This clinic is open to boys and girls ranging in age from 8 to 15 years. Instructor will include rules of game, rules of course and proper handling of clubs. Please call and leave your name at the Recreation Office at 825-3542.

Tennis Lessons

The Recreation Department would like to know if there are any adults or youths who are interested in receiving tennis lessons. If we receive enough names of interested people, we will attempt to engage an instructor to offer lessons. Please call 3542 if you would like to participate.

Ontario's Community Newspapers and CP Air, co-ordinator and patron of the Ontario Junior Citizen of the Year Awards Program are seeking entries for 1983.

Recipients will receive a Junior Citizen lapel pin, plaque, \$200 and a family picture with the Lieutenant Governor of Ontario.

Nomination forms are available at this newspaper.

Canada Health Day -

May 11th

This is a final reminder to inform everyone that The McCausland Hospital will be celebrating Canada Health Day on Friday, May 11th from 1 p.m. to 8 p.m.

Come and tour the hospital; we are sure that you will find the demonstrations and displays that are planned for you, to be both inter-

esting and informative.

Canada Health Day has been planned for both children and adults; students and parents; and we encourage your participation. Please use this unique opportunity to acquaint yourselves with your hospital and satisfy your curiosity concerning equipment and treatment techniques being

used here.

School tours have been planned and we encourage students to use this time to learn more about careers in the health field.

The McCausland Hospital hopes that Canada Health Day - Friday, May 11th - will be a very special day. Don't be one of the few who miss it!

There are many devices to help people hear better at Church and at Meetings; TV too.

More information, contact:

The Canadian Hearing Society

No. 203 - 135 N. Syndicate Avenue
Thunder Bay, Ontario Phone (807) 623-1646

Mother Spoiled You. Why Don't You Spoil Her?



Fresh Cut Flowers
Fresh Arrangements
Silk Arrangements
Potted Plants

* **Deadline for Fresh Arrangements will be Friday, May 11th NOON**

FREE DELIVERY to Schreiber and Terrace Bay on orders over \$25.00.

Flowers N Things
Designs by Annette

824-2743

"Flowers For Every Occasion"



Workshop on Aging has large turn-out

A total of 29 women attended the "Exploring Life Changes Workshop" in Terrace Bay on April 11. Subtitled "a workshop on menopause and aging", the group explored some of the myths and negative attitudes that prevail in North American society toward middle age.

The workshop was held in Manitowadge, Terrace Bay, Geraldton and Nipigon where the turn-outs exceeded twenty women. The sponsoring organization, the Northwestern Ontario Women's Health Education Project is very encour-

aged by the workshop participants' enthusiastic response and would like to assist in providing any additional resource material to women who meet for follow-up discussions on the subject.

The "Exploring Life Changes Workshop" was the last of a series presented by N.W.O.W.H.E.P. this year. Earlier in the year the project presented a Nutrition Workshop and one on Women and Stress. Public workshops scheduled for late fall of '84 and winter '85 are "Breaking the Diet

Habit: A Positive Approach to Body Image" and "Patients' Rights and Responsibilities: Active Consumer Awareness." Other workshops are being developed on the topics of Childbirth, Birth Control and Pre-Menstrual Syndrome to be offered in the communities when they are requested.

If you would like any additional information about the Women's Health project, or about one of the workshops, please direct your enquiries to Donna Mikluk 824-2745.

RED DOG INN

Mother's Day is May 13th

Special Mother's Day Menu

**Prime Rib of Beef
Salad Bar
Choice of Baked Potato,
Rice or Fries
Garlic Bread**

All for just

\$10.95

3 sittings:
5 p.m. - 7 p.m. - 9 p.m.



Remember

Mom
on Her
Day

Avoid Disappointment
Make your
reservations now
Phone

825-3286