

Community News

Bits and Bites

Your Roving Reporter

by HELENE BALLARD

Hello! Time again for another effort at writing and my first bit of news must not be taken the wrong way but last Saturday Birchwood Terrace "went to the dogs - yep!" we had a fun afternoon at our Dog Show, kids and dogs made quite a lively bunch. We had many different breeds of dogs also some Heinz 57. Some of the dogs were really well dressed but will the black Great Dane please call at Birchwood for his clothes, he left his pants and vest on the patio. Some party!

Well I have now been in residence here at Birchwood for 5 months and I am quite happy. They take wonderful care of us and a first class staff who go out of their way to help us. I also found out that all of us "sweet little old ladies" have one thing in common we all have three men in our lives, "Art-ritis, Charlie-Horse and Ben Gay". Whooppee! Enough nonsense, time for important things.

I overheard two gentlemen from Florida the

other day talking in the Post Office and they were quite impressed with our town, they remarked on how neat and clean it was and also that we had a nice shopping plaza, so you can see how important it is for all of us to try and not be litter-bugs and throw our trash in the proper place.

Welcome back to our towns people who have been away for the summer, hope it was a good one, now it's time to settle down to a busy fall and winter with all the many sports we enjoy - this little old lady will try to improve her bowling -- just give me time and I'll try to win a trophy - big ideas I have!

Before I come to the Bite Part of this column I would like to thank the folks who take the time to stop and give me items for this section. I know the stores must always be on the lookout for the theft of merchandise but when one has to go downstairs to make a purchase it does present a problem, going down is not too bad but it's the climb back up. This is difficult for the

Senior Citizens who are still very much a part of your buying public. The other day two of them had to go downstairs for their shopping, when they were ready to leave they asked the clerk if they could please use the back entrance to leave, but due to orders, she could not oblige so the ladies had to climb up the stairs which was rather difficult for them. Could it be possible when elderly people ask for the use of the back exit to use it? After all, the clerk is standing right there so she could lock the door after they leave. Please give this some thought and I can assure you people will be grateful for this - thank you. I'll now leave you this week with this thought -- remember love is blind but the neighbours ain't ...

The Girl Guides of Canada

The Girl Guides of Canada Area Annual Day 1984 - September 14th and 15th, 1984

Superior Division will be hosting the Voyageur Area Annual Meeting and Conference which will be held in Terrace Bay on September 14th and 15th, 1984.

There will be 193 guiders and administrative women from the Voyageur Area (Sault Ste. Marie to the Manitoba border) attending.

We also have three very special guests from Provincial Headquarters taking part. They are Provincial Cookie Chairman, Ontario Council, Mrs. Bettyanne Maloughney; Provincial Public Relations Chairman, Ontario Council, Mrs. Major Margaret Hollingworth, and Provincial Senior Branch Co-ordinator, Gail Thompson.

The two host communities, Terrace Bay and Schreiber, have been working very hard over the past several months preparing for this very special occasion.

We know that the people of Terrace Bay and Schreiber will make our guests welcome.

Healthy Living

Every year thousands of Canadians suffer from serious diseases and health problems that should have been caught and treated during their early stages. Unfortunately, however, the victims did not have specialized health checkups as recommended by health authorities. The frequent result - unnecessary pain and disablement.

Following are the twelve most frequently used excuses:

1. "I was too busy to find time for an examination."
2. "I figure you only live once, so why worry about it?"
3. "I don't like doctors. They scare me."
4. "My father lived to be 91 years old; my mother lived to be 87. I come from strong stock."
5. "I keep telling my husband, but he doesn't listen."
6. "I read a lot, so I can pretty well diagnose my own problems."
7. "I don't like to think about illness - it gets me depressed."
8. "I had a physical exam three years ago."
9. "I had an appointment scheduled, but something more important came up."
10. We moved, and it is hard to get started with a new doctor."
11. "Doctors cost money, and we're trying to save."
12. "I figure I'd go only if the disorder got worse."

If you have not had various specialized health examinations in the past six months, probably you have used one or more of the above excuses.

According to a recent survey many people are aware of the fact that they need specialized health check-

ups on a regular basis. They know the importance of taking care of their eyes, teeth, heart, lungs, spine and other weight-bearing structures. Yet, they make the common mistake of putting off health matters so long as a health problem is not apparent. And, unfortunately some even do so after the need for attention is obvious. All the while they justify their actions with one or more of the twelve basic excuses.

Many fail to realize that the saying "an ounce of prevention is worth a pound of cure" is more applicable to health than to any other element in their lives. Preventive health care is one of the keys to a long and productive life. Most health problems, if caught early enough, can be resolved.

It's easy to put one's health needs last - until pain or disablement shows up. Then it becomes just about the most important thing in one's life. That's why doctors of chiropractic recommend spinal examinations on a regular basis. Likewise, as conscientious members of the health team they recommend periodic check-ups of other critical points of the body by qualified specialists.

The point to remember is - excuses do nothing to improve or assure good health. The best thing you can do is have a heart-to-heart talk with yourself, and decide that it takes a sincere personal effort to maintain your health.

These health views are published by members of the Ontario Chiropractic Association in the interest of better public health.



COOK'S CORNER

Enjoy fruits of fall

August and September are the greatest months of the year for eating. We feast on the "freshest of the fresh" fruit and vegetable harvest from around the world, thanks to the speed of modern transportation.

When you're shopping for your family, remember what is in season now. Canadian grown new potatoes, corn, and broccoli are at their flavor peak right now as are many fruits. The peak ripening season for citrus fruits occurs in late fall and winter. So when you buy oranges be sure to look for those stamped Outspan. These luscious oranges are grown in the Southern Hemisphere where the seasons are reversed and the citrus harvest is in full swing.

Outspan Valencia oranges are a particularly good value right now as they're fresh from the orchard at the peak of their flavor. Combined with local fresh produce, Outspan oranges make new taste sensations out of old summertime stand-bys such as potato salad. Try this recipe soon and remember to buy a few extra Outspan oranges just to eat as snacks.

Outspan Orange Potato Salad

2 lb. small new potatoes
4 Outspan oranges
4 tbsp. mayonnaise (60 mL)
2 tbsp. chopped fresh chives
1/4 tsp. freshly ground pepper (1 mL)
lettuce

Wash and scrub potatoes. (If potatoes are not quite small enough, cut in halves or quarters). Cook in lightly salted water, just until soft.

Meanwhile, grate rind from 2 oranges; mix rind with mayonnaise, half of chives and pepper for dressing. With a sharp knife cut peel and white pith off all oranges. Holding each orange over dressing mixture to catch juice, separate segments from internal membrane. Stir juice into dressing. Drain cooked potatoes, pat dry; toss to coat with dressing. Cover and refrigerate potatoes and orange segments separately until chilled, at least 2 hours. To serve, carefully mix orange segments with potatoes and place on a bed of lettuce. Garnish with remaining chives. Makes 6 servings.

NORTH STARS Annual Meeting

on September 13th at 7:00 p.m. in Schreiber Recreation Complex any one interested please come out and help support.

Junior Hockey

SINCERE APPRECIATION

Words cannot express our sincere appreciation and gratitude to all of you who were so kind to us during the loss of a dear wife, our mother and grandmother Constance Weaver. We would especially like to thank Dr. Wilkes and the staff of The McCausland Hospital for their care given to Connie these past years.

To Reverend Lowery for her kind words. Pastor Jim Johnson for giving the Eulogy. The organist Glorie Miller, the church choir, our special pallbearers. To Alec and Gino for driving the family, to Eva and all the ladies who helped at the lunch in the church after the funeral, to Charlotte, Frankie, Kay, Dode and Brenda for the meals served. To Wendy and Justin for the use of their home.

To all of you for the beautiful flowers, cards, donations to the hospital, church and cancer fund, for all the food and baking sent to us, we are all forever grateful.

Hubert, Bill & Lorraine & Families and Queenie

HAPPY 17th Lillie



Love Mom, Dad & Family



Church Directory

HOLY ANGELS ROMAN CATHOLIC CHURCH

Schreiber:
Mass - Saturday - 7:30 p.m., Sunday - 10 a.m.
Weekday Masses - Mon., Wed., Fri. - 7:00 p.m.
Tues., Thurs., Sat. - 9:00 a.m.

Rosspport:
Mass - Sun. 12 NOON (2nd to 5th Sunday)

Pays Play:
Mass - Sun. 12 NOON (1st Sunday of month)
Father P.J. Groulx - 103 Superior St. Schreiber 824-2010

TERRACE BAY GOSPEL ASSEMBLY
(affiliated with the Pentecostal Assembly of Canada)

Sunday:
11:00 a.m. 9:50 a.m. Sunday School

Monthly Communion:
Second Sunday of every month
Pastor B. Fellingner - 12 Terrace Court 825-9368

TERRACE BAY COMMUNITY CHURCH
Sunday Morning Service: 11:15 a.m.

Sunday School: 11:15 a.m.
Communion Service: At Birchwood Terrace - last Wed. of every month
Rev. S. Mariott-Lowry 825-3396 Church 825-3346

CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

Sunday Sacrament Services: 10:00-10:45 a.m.
Sunday School (all ages): 10:45-11:30 a.m.

Meetings for Men and Women: 11:30 a.m.-12:30 p.m.
Pastor Peter Monks - 60 East Grove Cres., Terrace Bay 825-9361

GRACE BAPTIST CHURCH
Sunday School: 10:00 a.m. Morning Worship: 11:00 a.m.

Birchwood Terrace:
2:00 p.m. Evening Service: 7:00 p.m.
Rev. J.J. Johnson - 110 Bayview St., Schreiber 824-2402

ST. ANDREW'S UNITED CHURCH
Sunday Morning Service: 9:45 a.m.

Rev. S. Mariott-Lowry 825-3396

ST. JOHN'S ANGLICAN CHURCH
Sunday - Holy Communion 9:30 a.m.

Parish Eucharist 11 a.m. (1st, 3rd, 5th) Morning Prayer (2nd, 4th)

Birchwood Terrace

Monday Holy Eucharist 2:00 p.m.
Prayer Eucharist Wednesday 10:00 a.m.

Father B. LeGrand, Schreiber, 824-2275

ST. MARTIN OF TOURS ROMAN CATHOLIC CHURCH

Mass - Sat. 7:00 p.m., Sun 8:30 a.m.-10:30 a.m.

Birchwood Terrace
Sunday 1:00 p.m.

Weekday Mass: Mon, Tues, Thurs: 6:30 p.m.
Wed., Fri., Sat: 9:00 p.m.

Confessions: Fri. 7:15-8:00 p.m., Sat. 1:00-2:00 p.m.
Father K.W. Pottie, Terrace Bay, 825-3231

HOLY GOSPEL LUTHERAN FELLOWSHIP
Mass: Sunday 11:00 a.m. at Birchwood Terrace

Rev. Duane Peters, 825-9565

ROSSPORT UNION CHURCH
Service: Sunday 7:00 p.m.
Rev. Bill LeGrand 824-2275
Rev. Sharyl Mariott-Lowry 825-3396