

Bits and Bites

Hot Dogs Needed At Fair

by HELENE BALLARD

Another week gone off the calendar of time. I hope it has been a good week for all our friends. Although for a few days I thought we would need boats as a means of transportation however, it looks like we can go on with our love affair with our cars.

Last Sunday the 9th was a lovely day weather wise and it was also "Fair Day". There was a good number of folks who seemed to be enjoying themselves - yours truly, along with three other residents of Birchwood were asked to judge the different tables, and once again one was able to see that the Senior Citizens can still mix with the "Younger group". We enjoyed our tour and hope we may get together again with the younger generation.

The only thing missing from the afternoon at the Fair was a "Foot Long Hot Dog" to munch on while making the rounds of the different tables, maybe next year?

Well all our Fall and Winter activities will soon be under way and no doubt we are all ready and anxious to get with it, let's all do our part in whatever task we have and really enjoy working and playing together. I would like at this time to voice a vote of thanks for whoever was responsible for filling the holes in the park that I mentioned in one of my weekly "Bites." I was very pleased to see on a walk through the

park that they were repaired, now the danger of a bad fall is over and I am very grateful to the Dept. of Public Works. Many thanks.

I understand plans are under way for an "Open House" at Birchwood, at any rate I'll have more for you in my next column. Time to start your Christmas lists folks, we will soon be heading into some nice Bazaars both here in Terrace Bay and in Schreiber and a lot of hard work goes into these events so let us all do our part to make these a real success.

Now for the "Bites". This has been called to my attention, and I was asked to please include

it in my column. I don't know if it will do any good but here goes. Many of us chew gum and that's fine, but when we throw it away, could a little more care be taken than to just throw it any place at all. Chances are it will land on the sidewalk, then people step on it and this can result in having gum on our floors and carpets. So folks, we can all do our part to dispose of our gum in a better way than just throwing in on the sidewalks. Thank you.

And now gals remember this "It's not the men in your life that counts, it's the life in your men --- until next week."

REGISTER NOW FOR FALL WINTER COURSES TO BE OFFERED IN YOUR COMMUNITY

Subject to minimum enrollment and availability of instructor, the following courses will be offered in Terrace Bay during the fall/winter:
Education 4684 - Music-Vocal (Primary/Junior) 1
Final date for registration without being charged a \$25 late registration fee: **September 28th (Friday)**

Contact our off-campus representative:
Mr. Brian Peters at 825-3615 or
3255 (school)
825-3505 (home)
For further information and registration materials.

Lakehead University

THANK YOU - MERCI

To all the voters and supporters of Cochrane-Superior Riding, who renewed their trust in me, I thank you.

Be assured that I will continue to serve you as well and as efficiently as before.

For assistance do not hesitate to contact me at my office at 22 Byng, Kapuskasing, P5N 1W4 or telephone 705-335-5533. Zenith 56160, Ottawa 613-992-2919.

**Keith Penner, M.P.
Cochrane-Superior**

TERRACE BAY RECREATION NEWS

Fall is upon us and some of our Fall and Winter courses need more registration if they are going to take place. There is still some room in the following courses for more registration.

BELLY DANCING: (Janet Moorey)

Moderately strenuous exercise done at a relaxed pace. This course helps to promote poise and self confidence.
Date: Wednesday, Oct. 5 to November 21 Time: 7:30 to 9:00 p.m.
Place: Multi Purpose Room at the Recreation Centre.

BRIDGE FOR BEGINNERS: (Dave Stewart)

Learn the fundamentals of Bidding and playing bridge. Some knowledge of "500" or "Euchre" preferred but not necessary.

Date: Wednesday, Sept. 26 to Nov. 28 Time: 7:30 to 9:30 p.m.
Place: Conference Room of the Recreation Centre.

CERAMICS FOR BEGINNERS: (Sylvia Broughton)

Learn the basic techniques of the wonderful hobby of Ceramics and complete two or three projects.

Date: Sept. 24 to Nov. 26 Time: Mondays 7:00 to 9:00 p.m.
Place: 150A Birch Crescent

CERAMICS FOR ADVANCED: (Sylvia Broughton)

In this class you will learn to develop more advanced methods of working with ceramics.

Date: Wednesday, Sept. 26 to Nov. 28 Time: 7:00 to 9:00 p.m.
Place: 150A Birch Crescent

CHINESE COOKING: (Iris Lindberg)

Learn how to prepare tasty chinese dishes such as Egg Rolls, Won Tons, Beef & Greens, Sweet & Sour Chicken and many more.

Date: Thursday Oct. 25 to Nov. 29 Time: 1:30 to 3:30 p.m.
Place: 20 Southridge Crescent

ADVANCED CHINESE COOKING: (Peter Monks)

Advance into the world of fancy chinese dishes and decorating such as vegetable carving, main dishes, table decorating and delightful dishes to please the palate.

Date: Monday Oct. 15 to Nov. 5th Time: 7:00 to 9:30 p.m.
Place: 60 Eastgrove Court

DANCE FITNESS FOR BEGINNERS: (Wendy Landry)

This is the class for persons of average fitness level. The class consists of warm-ups, dance movements to music and cooldowns.

Date: Monday & Wednesday, Oct. 15 to Dec. 5 Time: Monday 8:00 to 9:30 p.m. Wednesday 7:00 to 8:00 p.m.
Place: St. Martin School Gym

DANCERSIZE FOR KIDS: (Kathy Stachiw)

Boys and girls learn the fundamentals of dance. Ballet, Tap, Jazz and character dancing will be taught as well as an exercise fitness for children.

Date: Wednesday, Oct. 3 to Nov. 7 Time: 6:30 to 7:30 or 7:30 to 8:30 p.m.
Place: Public School Gym

PIANO LESSONS FOR BEGINNERS: (B. Borrie)

Introduction to reading music and playing the piano. Students should have a piano to practice.

Date: Saturdays Oct. 20 to Dec. 8th Time: 11:00 a.m. or 12 noon
Place: 7 Terrace Heights Drive

ADULT RACQUETBALL LESSONS: (Bill McDougall)

Learn the fundamentals of the game of Racquetball

Date: Nov. 12 to 15th Time: 6:00 to 8:00 p.m.
Place: Recreation Centre

BEGINNER SEWING: (W. Plummer)

This is a course for the beginner in basic sewing. The students will be completing a blouse and if time permits another small project.

Date: Thursday Oct. 11 to Dec. 13th Time: 7:00 to 10:00 p.m.

WOODWORKING FOR BEGINNERS: (I. Hegedus)

A course to teach the beginner how to safely handle woodworking tools and complete a project. Plans must be approved by the teacher before the course begins.

Date: Thursday Oct. 11 to Dec. 13 Time: 7:00 to 10:00 p.m.

NEEDLEPOINT FOR BEGINNERS: (J. Gilmore)

Learn the basic techniques of needlepoint, including the first three stitch groups.

Date: Sept. 24 to Oct. 29 Time: 7:30 to 9:30 p.m.
Place: 619 Strathcona

MICROWAVE FOR BEGINNERS: (Corry DeVries)

This one day course will show you how to cook a roast and vegetables for your meals, also how to make cake, quiche, chicken fried rice and many more delicious dishes.

Date: Saturday Oct. 13th Time: 10:00 a.m. to 4:00 p.m.
Place: High School Home Ec. Room

GENEOLOGY: (P. Monks)

Have you ever wanted to trace your family roots. This course will teach you the beginning information on how to be your own detective and trace your own ancestry.

Date: Saturday Nov. 24th Time: 10:00 a.m. to 1:00 p.m.
Place: Multi Purpose Room, Recreation Centre

PRE & POST NATAL FITNESS: (J. Snider)

This program will consist of moderate fitness exercise for the pre. & post natal students. Warm-ups, moderate aerobics, muscle toning and cool downs. Medical consent forms are required.

Date: Monday and Thursday, October 15 to Dec. 6th Time: 7:00 to 8:00 p.m.
Place: Multi Purpose Room

KRAFTS FOR KIDS: (W. Plummer)

This course is designed for the boys and girls of the 10 to 13 year age group. You will learn how to create a variety of crafts, such as material flowers, Pom Poms, bread dough designs and many more crafts.

Date: Saturdays Nov. 3rd to Nov. 24th Time: 1:30 to 3:30 p.m.
Place: Multi Purpose Room

We will be taking names for the following courses which we wish to offer in the near future.

Conversational French - Know Your Car - Personal Money Management
- Wen Do Intermediate - Wise Money Management