

# Terrace Bay Schreiber News

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## The Last Word



### Save My Body

I have a problem. Schreiber Council meets on Tuesday nights and I would like to report on the meetings. The problem is, for the last four years I have played volleyball on Tuesday nights and wish to continue to do so for the sake of keeping my aging body in shape. I cannot be both places at once. The choice comes down to disappointing 2,000 people in Schreiber who may be interested in knowing what their elected representatives are doing or letting down the dozen or so people with whom I play volleyball, not to

mention myself. The decision is obvious. Fewer people will be affected if I miss volleyball once a month.

On the other hand, someone in Schreiber may want to help me preserve my body by reporting on the council meetings so that I can go to volleyball. If you would like the challenge or know someone who is interested in local politics, let me know.

Apologies to Schreiber Council for missing the September meeting. It was my birthday and I would not have missed an "easy bake" birthday cake made by my daughter for anything.

I'm counting on someone out there to save my body from deteriorating and/or obesity. Help!

### Anchor

### Thanksgiving

by FATHER KENNETH W. POTTIE

Let us give thanks to the Lord our God! It is right to give thanks and praise. At this time of the year, and, indeed, everyday, it is fitting for God's people to offer Him public thanks and praise for all His gifts and blessings to us. The bountiful produce of the earth is one of the visible signs of the many blessings He wants to shower on His people through Jesus Christ (Ephesians 1:3-10).

There are many gifts for which we should be truly thankful. God our Father has blessed us with a free and beautiful country. We are free to worship wherever we choose; free to speak out in defense of our rights; there is freedom of the press; we have our home life; our families; we have food and shelter; all levels of education; many resources; many opportunities to pursue our careers; the Lord gives us good health, both physical and spiritual. He gives us, as gifts, other loving people who care for and respect us, and who, in building and supporting us by their understanding and love, reveal Jesus to us as God present to us in a very real way.

The Lord Jesus also showers on us the gifts of the Spirit, the charismatic gifts, when we open ourselves to His saving power and love. When we give ourselves entirely to Him and let Him be the Lord and Savior of our lives,

then His Spirit fills us with such gifts as wisdom, powerful faith, knowledge, apostleship, prophecy, teaching, miracle and healing power, ability to lead others, the gift of tongues, the gift of interpreting tongues, discernment of spirits. These spiritual gifts Jesus gives to us so that we might give Him all glory and praise, and that we use them for the upbuilding of His Church, His Body. (1 Corinthians 12 ff). When we are truly following and thanking Jesus, the Spirit gives and produces in us the gifts of love, joy, patience, peace, kindness, goodness, faithfulness, humility and self-control (Galatians 5:22).

In recognizing God's gifts and blessings to us, and realizing how fortunate we are, our hearts should be filled with grateful praise and thanks to Him. The more we thank and praise God for His goodness to us, the more our faith in Him will grow.

At the same time we are thankful, we are reminded by the Lord that He wants us to share His gifts and the goods of the earth with all people. There are many people in the world today who need and hunger so much for what we take for granted. Are we to close our eyes to them? Can we thank God for His blessings to us and forget them at the same time? We have been given much, and we have the responsibility to share our good fortune with those who really are in need. God expects this of us. As both our thankfulness and sharing increase, so does our faith and love grow. As we witness to that faith and love of God, God's grace reaches more and more people, and they, in turn, will offer more prayers of thanksgiving, to the glory of God (2 Corinthians 4:15). Everything we do or say, then, should be done in the name of the Lord Jesus, as you give thanks through Him to God the Father (Colossians 3:17).

### Arthur Black

# Aging gracefully



*The years dwindle down  
To a precious few ...*  
Those lines from September Song achieved a special poignance last week, in the final dwindling days of September, 1984. Last week, two very famous women reached a common milestone. Last week, Sophia Loren and Brigitte Bardot both turned 50. Sophia? Fifty? Brigitte? A half century old? Doesn't seem possible -- not that fifty is so awfully old, you understand -- I'm within hobbling distance of it myself. But it's okay when people like me turn fifty -- that's nothing. It's different for ageless legends like Brigitte and Sophia. I've had a lot of fantasies over the years about

those two. Imagining either of them as a grandmother ... wasn't one of them. Ironically, Sophia seems to be handling her age a lot more gracefully than I am. Like wine and violins, she just gets better with age. Did you see that big coffee table book by Karsh last year -- a lavish collection of photographs of the world's most glamorous people, taken by Canada's most famous photographer? That was Sophia on the front cover. Forty-nine and more gorgeous than ever. And La BB? She is -- *helas* -- not taking it so well. She's shunned the limelight for the past several years and she tends to throw things at people who point

cameras at her. Last week in a rare interview she talked about how she felt about her birthday. "It's really tough to age" mourned Brigitte ... "it's half a century. Welcome to the Senior Citizens Club." Mademoiselle Bardot's not just being melodramatic. On her 49th birthday she tried to do herself in. Shucks, Brigitte ... it's not all that grim. I recall a sex goddess a little before your time who handled the aging process with a little humour. Her name was Gypsy Rose Lee and she was a stripper. When asked how she felt about "becoming mature", Gypsy sniffed: "I have everything I had 20 years ago -- except now it's all

lower." I like Satchel Paige's philosophy even better. Mister Paige was the ageless pitcher who hurled in the Negro Baseball League way back in the twenties. And thirties. And forties. As a matter of fact, Satchel Paige pitched three scoreless innings for the Kansas City Athletics in 1965. Naturally, a lot of people were curious about Satchel and how he stayed so young. They got so curious that Satch got a card printed up which he would hand out. The card was entitled "Satchel Paige's Six Rules For A Long Life." "Don't eat fried meats. They

- angry up the blood.*
- o If your stomach disputes you, lie down and pacify it with cool thoughts.*
- o Keep the juices flowing by jangling gently when you walk.*
- o Go very light on vices. The social ramble ain't restful.*
- o Avoid running at all times.*
- o Don't look back. Something might be gaining on you.*

The one thing that Ol' Satch would not give out was his true age. As he explained to one particularly persistent reporter after a game: "Look. How old would you be if you didn't know how old you was?"