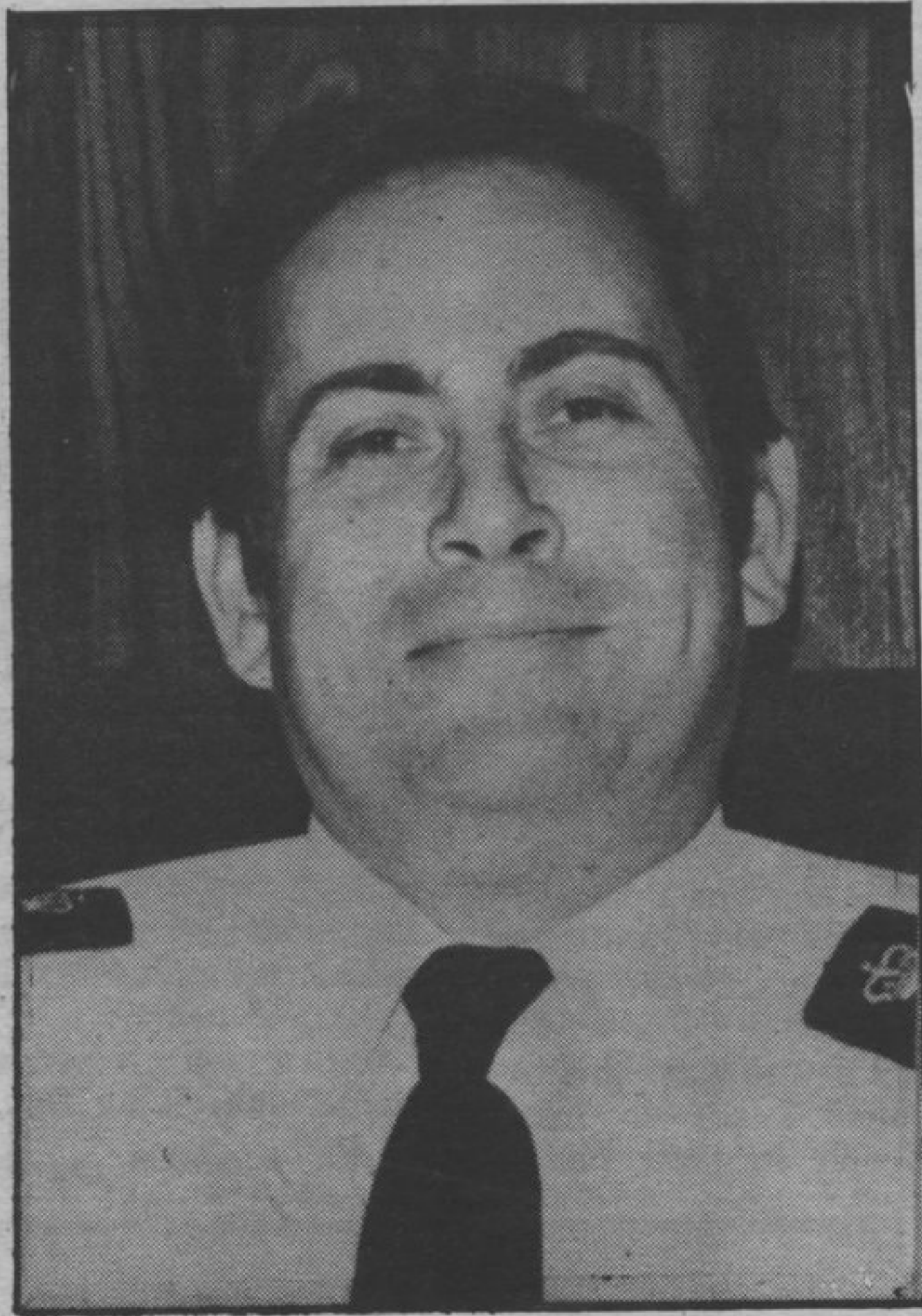


Cook of the Week



Tom Tack

Terrace Bay's Chief of Police, Tom Tack has been chief for four and one half years and has been a member of the force for eight years. Tom consented to be our first "Cook of the Week".

Tom resides in Rosspoint in a house overlooking Lake Superior. He spends most of his spare time remodeling the house, however, he also enjoys fishing and beating the Terrace Bay Rec Director at

squash. He would like to share his unusual recipe for salad. Though he didn't name the creation, having tasted it, we came up with Super Salad.

Super Salad

Super Salad:
Ingredients:
 1 bunch of green seedless grapes
 1 bunch of Romaine lettuce
 1 can of salmon (drained)
 1 field tomato (chunks) or some cherry tomatoes
 2 oz. of cheddar cheese (cubed)
 5 or 6 fresh mushrooms (diced)
 1 green pepper (chopped)
 1 medium onion (diced)
 dash of garlic powder
 oil and vinegar dressing
Directions:
 Line a large bowl with lettuce leaves. Break up remainder of lettuce and place in bowl. Add grapes, chunks of salmon and remaining ingredients except dressing. Mix gently. Add dressing just before serving.

Attention Women

Project Mayday is a group of concerned women from communities along the North Shore, working towards the provision of services for battered women. However, this group recognizes that violence also includes psychological, cultural, institutional and economic forms of oppression. The Project's main goals then are to increase the capacity of women to participate in improving the status of

their lives, and to increase public and professional awareness of women's issues. Project Mayday's activities include:
 - A published report on physical violence against women along the North Shore (June 1983)
 - Workshops consisting of films and discussions on battering, rape, sexism, pornography.
 - Attendance at conferences on women's issues.
 - On-going participa-

tion in the Inter-Municipal Committee on Family Violence seeking to establish the North Shore Family Resource Centre.

- Incorporation as a non-profit organization (June 1984)

- Planning the community-based studies to increase women's knowledge of and involvement in their own communities.

During the winter months of 1984-1985 an exciting project is going to be undertaken by Project Mayday in each of the North Shore communities of Manitowadge, Marathon, Terrace Bay and Schreiber. This will be an opportunity for women to study their communities in detail, express concerns about living in small communities and then see these findings printed in a report.

Project Mayday will be needing the support and input of all women in these communities in order to make this a success. Keep watching this paper for information on how you can be a participant in this very exciting and important opportunity!



Jog Hogs

The Jog-Hogs had another fun night! We were making snacks that night, and they were delicious.

Kim McColeman, Judy Speer and I made cheezie popcorn. That was gone pretty fast!

Janet Caranci and Christine Rippengal made the apple jog nog. Brigitte Samp and Carol Rippengal made bran muffins.

While we were wait-

ing for the bran muffins to cook we had our roll call and said our pledge. We discussed about eating the right kinds of foods and finally the bran muffins were done.

We sat down and ate them and had our jog nog. Paula Dodd and Danielle St. Amand made another bowl of Cheezie popcorn and finally the meeting was over!

Homes for the Aged Meeting

The Board of Management of the District of Thunder Bay Homes held their monthly meeting at Birchwood Terrace on Friday, September 21.

Operating Accounts for the month of August were approved, totalling \$185,687.31.

On going business was discussed with no major issues being brought forth for deliberation.

To facilitate the attendance of the Board at the Open House at Birchwood Terrace October 20, the next Board meeting has been scheduled for Friday, October 19, at 3 p.m. in Terrace Bay.

Fitness Freaks

This week the Fitness Freaks were at work again, but this time in the kitchen working on healthy snacks.

Joanne Lalonde and I made Apple Jog Nog. That was delicious but Sandy McBride wouldn't drink it because of the raw eggs in it.

Jennifer McLeod and Sandy McBride made Cheesy Popcorn. That was absolutely delicious. That and the Jog Nog went perfect together.

Finally, Julie Carachie, Joelle Kenny and Lisa Merkley made the healthy Bran muffins. I thought they were ter-

rible but some did like them.

Then we headed to our work books. We all talked about which food should be eaten at fast food places, which exercises are appropriate for keeping healthy, about our achievement night and we also had to get on the floor and do ten push-ups, ten sit-ups and ten "sissy" push-ups.

Of course Dawn, our leader just sat and watched.

Finally we all did up the dishes and went home to do our home activities.

Bits and Bites . . .

continued from page 5 and had lots of goodies to eat. Believe me my diet sure took a nose dive but I guess I am not alone in this transgression, so that helps.

I hope all you nice people are keeping in mind the different Fall Bazaars which are coming up and will support the long hard work of many willing workers.

I took a walk through the park Sunday and I felt sort of "let down". I saw quite a bit of trash again under one of the benches. Come on people, please try a bit harder to "stash your trash" in the proper place.

Don't forget all you Senior Citizens, keep October 26th open for a real fun night here at the Birchwood Octoberfest. We are looking forward to seeing the Seniors from Terrace Bay and Schreiber too so put on your glad rags and come at 7 p.m.

Believe it or not, this week I have no "Bite." Maybe we are still in the Thanksgiving spirit so

with apologies to you all. I'll do better next week. Until next time...

He was teaching his girl arithmetic He said it was his mission

He kissed her once, He kissed her twice And said "Now that's addition."

But her dad appeared upon the scene And made a quick decision

He kicked the boy three blocks away And called it "Long division."

Give it a try!

Duplicate bridge will be held at Holy Angels School in Schreiber on Friday at 7:15 p.m.

Come on out and give it a try! For further information, call Jackie Bell at 825-9465.

40 isn't bad is it

JOE?

Have a happy Day!



THE COMMISSION ON PRIVATE SCHOOLS IN ONTARIO REQUESTS SUBMISSIONS

Dr. Bernard Shapiro, the Commissioner inquiring into the role of private schools in the education of children in Ontario has been given the responsibility to:

- document and comment on the contribution of private schools to elementary and secondary education in Ontario;
- identify possible alternative forms of governance for private schools and to make recommendations for changes deemed to be appropriate;
- assess whether public funding, and its attendant obligations, would be desirable and could be compatible with the nature of their independence.
- identify and comment upon existing and possible relationships between private schools and publicly-supported school boards.

No general public hearings are planned. Interested individuals or parties who have information and/or wish to comment on any or all of these issues are however, asked to submit briefs to the commissioner by December 31, 1984. Typed submissions should be sent to:

Neal T. Emery
 Executive Secretary
 The Commission on Private Schools in Ontario
 Suite 4-299
 252 Bloor Street West
 Toronto, Ontario
 M5S 1V5

Those planning to submit briefs should notify the Commission by October 31, 1984 at the above address, or by phoning (416) 965-7044. All briefs submitted will be considered public information.

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Prospectors - Exploration Companies: Schreiber-Terrace Bay-Marathon

The Ontario Ministry of Natural Resources will provide an Economic Geologist to visit, assay and advise you on the potential of any mineral occurrence you may have staked, or know the location of in the Schreiber-Terrace Bay-Marathon Areas. This service is provided free of charge. The Schreiber-Terrace Bay-Marathon economic Geologist program encompasses an area from Nipigon east to Marathon. This program is funded by the Ministry of Northern Affairs. For Further Information Call (Collect):

Bernie Schnieders or Allan Speed
 Resident Geologist's Office
 Ministry of Natural Resources
 Thunder Bay
 (807) 475-1331



Ministry of Natural Resources
 Hon. Alan W. Pope
 Minister
 John R. Sloan
 Deputy Minister