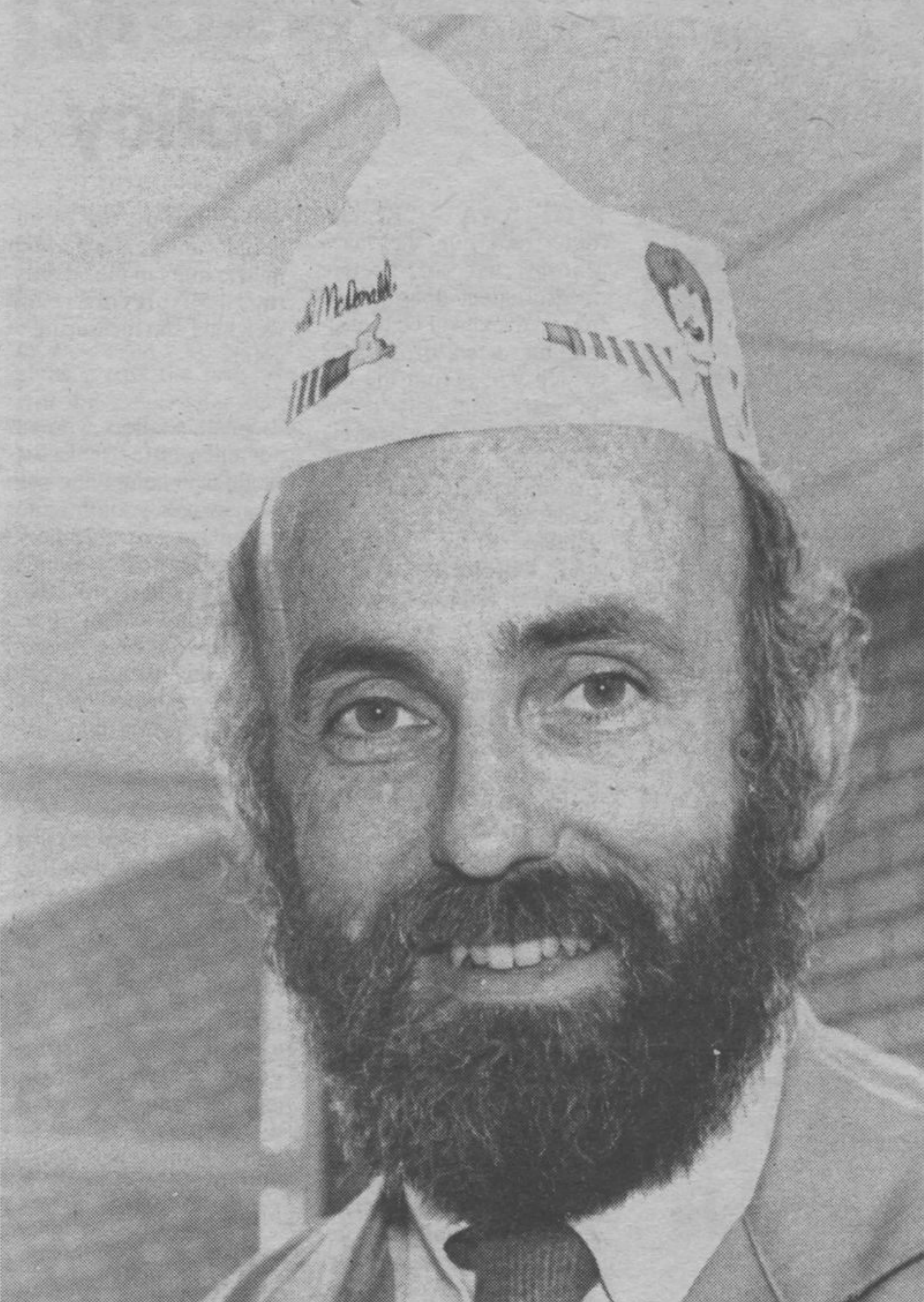


## Cook of the Week



Ed Taylor

## Plain burgers

Our cook this week is Mr. Ed Taylor, known to many of you as "Sir." He is the head of the Science and Biology Department and Vice Principal at the Schreiber Campus of Lake Superior High School.

When we asked him what science he applies to his cooking he replied, "Anything that can survive on high, I can cook." He

says he's great at chocolate chip, or peanut butter cookies, apple pie and any kind of omelette.

We found him in his usual spot on Thursdays, at the stove at Schreiber High cooking up hamburgers for the lunch crowd.

Anyone who has tried his burgers continue to "Leave Their Brown Bags At Home on Thursday",

so they can enjoy Ed's cooking. He'll make up cheese burgers, bacon burgers, or a combination of the two. He let us in on his secret recipe; nothing. "Get some good meat, and cook it plain" he says. "No salt or pepper, none of that seasoning stuff, just plain, delicious burgers."

### Girl Guides

## 75th Anniversary

The Girl Guides of Canada are celebrating their 75th Anniversary this year and Superior Division is joining in on the festivities.

Our Division (Superior) takes in a total of eight Districts or 11 communities. These communities consist of Manitowadge, Marathon, Terrace Bay, Schreiber, Nipigon, Red Rock, Beardmore, Geraldton, Longlac, Nakina and Caramat.

In Superior Division we have an enrolment of approximately 380 girls and 125 leaders and are growing stronger everyday!

The girls are split into groups by age. The different groups include Brownies, Guides, Pathfinders, Rangers, Cadets and Junior Leaders. All these groups come under one name, The Girl Guides of Canada/Guides Du Canada.

It is under this name, Girl Guides of Canada/Guides Du Canada that we will be celebrating our 75th anniversary.

The Districts are all busy planning their own Special

Events and have a variety of activities planned throughout the year including teas, bake sales, parades and banquets.

As a Division, we have a Special Day planned. In late May we will be bringing a Division Rally in Red Rock. This rally will bring together approximately 500 girls and guiding personnel from across the North Shore.

The purpose and aim of the Rally is to "Celebrate the 75th Anniversary", to meet other Brownies, Guides, Pathfinders, Rangers and Junior Leaders, to share ideas and experiences but most importantly, to have fun.

During the day the girls and guiders will be kept busy taking part in the numerous games and activities which have been planned. The day will come to a close with a giant campfire, fond memories and new and lasting friendships; truly a day to remember!

Please watch the paper for more details on events as they come up throughout the year; participate if you get the chance.

It takes girls and leaders to make the programme work but it also takes the support of the parents and communities as well to really make it thrive. Guiding is truly alive in Superior Division.

### No seasonal rates

Toronto - Ontario Northern Affairs Minister Leo Bernier says he applauds the Ontario Hydro Chairman's recent declaration that seasonal power rates are a 'dead issue'.

Tom Campbell, head of Ontario Hydro since last August, said seasonal rates would discriminate against residents of Northern Ontario.

When the idea of charging seasonal rates for power use was first suggested, Bernier vociferously opposed it because of its unfairness towards northerners.

"Northerners should not be penalized by virtue of geography," said the minister.

## Schreiber Scribbles

by WINNIE CAMPBELL

The Chimo Club held their meeting, Friday Feb. 15th in their clubroom, with President Geno Caccamo welcoming the members, all 35 of us.

Treasurer's report read by Pat Guina, showed all our bills paid. Beth McAdam, our secretary read the minutes of the last meeting. A letter is to be

sent to the senior citizens in Schreiber, Terrace Bay, and Rossport inviting them to become members of the Chimo Club. There will be a seminar for Seniors in Thunder Bay, March 7th and 8th.

We received a request from "Mom and Me" group to use the Chimo Club Room on March 16th for a bake and rummage

sale.

A committee for the Centennial Parade Float will be established, with Ida Krause, Bern Jacob, Bill Gerow and Leona Fournier organizing. Ida is also the convenor for home bingo to start in March. The last bingo was won by Betty Huard.

The shuffleboard group will hold their wind up party on March 2nd.

Birthdays were celebrated by Mildred Darcy, Dora Weaver, Albert Morris, Marg Handel, Bob Fournier and Ida Gifford, with the Birthday Song being sung to all. The prizes went to Jack Handel, Marg McKenna, Freda Gerow, Saioni Willoby and Mildred Darcy.

Card secretary thanked Eta for looking after the cards when she was away. Cards were sent to sick and bereaved, and many thank you cards were received.

Ida Krause won the prize for the one in the most red, being Valentine's Day.

Jack Handel showed a film that was enjoyed by

all. Beth brought in a game, which was good fun, and won by Freda's side. Shuffleboard was won by Winnie and Jack Handel. Whist prizes went to Pat Guina and Dora Weaver. Bridge prizes went to Helen Wallace and Martin Ryan. A lovely Valentine Cake was made by Freda Gerow. Meeting closed and lunch was served. Next meeting will be March 15th. Wear green.

Holy Angel's P.T.A. held its regular monthly meeting, Thursday, February 21st in the school auditorium. Prior to the meeting Father Grau installed the officers: President - Teresa Stortini, Vice-President - Irene Barutski, Secretary - Teresa Spencer and Treasurer - Betty Ann Blier. Mr. D. Smith, manager of Bank of Montreal addressed the meeting on Registered Retirement Savings Plans and various programs the bank has to offer, in relation to teaching children banking procedures.

## Promotional win

Cathy Riley of Schreiber, Ontario was recently awarded a brand new Mercury Topaz GS in recognition of her leadership and sales achievements with Mary Kay Cosmetics Ltd.

Cathy, an Independent Beauty Consultant with the Mississauga-based company, will have the use of the car for as long as she meets specified production

requirements.

In an organization that awards minks, diamonds and exciting trips to top achievers in its sales force, prestigious automobiles are undoubtedly the most sought-after prizes. The company provides the opportunity to win the use of one of three of these automobiles - the white Mercury Topaz GS, the pink Buick Regal, and the pink Cadillac.

## Nutrition spotlight

\* The active person requires more energy (fuel) and more water than a sedentary person. But don't fall prey to the many supplements and athletic aids available.

\* Make water a daily beverage. This cool, refreshing drink is great before, during and after an activity.

\* Choose a calcium-rich food twice daily to maintain strong bones. Try cheese as a snack, yogurt on your cereal, or skim milk powder added to soups and desserts.

\* Include fibre-rich whole grain breads and cereals often. Experiment with pita bread, bran muffins, oatmeal loaves or whole wheat crackers.

\* Munch raw vegetables for a vitamin-break after a workout.

\* Avoid "empty-energy" foods - sugar, syrup, honey, jam, candy, and soft drinks.

\* Good sources of iron such as: meat, whole grains, dried peas and beans, and dried fruit should be part of your daily menu.

\* To trim extra fat from your meals, choose lean meats and low fat dairy products. Although fat is an essential nutrient, a little goes a long way.

\* For more information on nutrition for an active individual consult: The Athletes Kitchen: A nutrition guide and cookbook, Nancy Clark, Macmillan of Canada, Agincourt, 1981.

### FUNERAL

**BOON:** Funeral services for the late Charles Boon, age 77 years of Schreiber, who passed away in hospital on January 31st, 1985 were held on Monday February 4th at 11:00 a.m. in the Holy Angels Roman Catholic Church in Schreiber with Father Estok S.J. officiating. Holy Angels Choir were in attendance. Pallbearers, all grandsons were, Michael, Ralph and Kevin Regis, Joey and Randy Kosteci, Daniel Boon, Stephen and Chuckie Boon, and Greg Gauthier. Interment in the Schreiber Cemetery. Out of town relatives in attendance were son Jim and wife Jean of Chatham, daughter Lois Fanlon and husband Tom, with son Gus, daughters Carol Ann, Dawn and Chris, and niece Chris Boon, all of Thunder Bay, Michael Regis of Geraldton, and granddaughter Anne Malodowich of Winnipeg, and niece Susan Cedarwell with husband Jim, from Marathon. Also numerous friends from Terrace Bay.

### Sweetheart Winners

Winners of the Schreiber Legion Branch 109 Sweetheart Bonspiel were, in the first event; Earline Johnsons rink, with K. Mulleno, B. Courtamache, and G. Ross. Second was Fred McColeman's rink, third was B. Bryson's rink, and fourth was W. Stefurek's rink. In the second event the winner was B. Harper's rink, with second B. Phillips, third was J. Anderson's rink and fourth was G. Caccamo's rink. Third event winner was B. Bryson's rink second was R. Hiller's rink, third was N. Reccopi's rink and fourth was B. Brosko. The sports committee would like to thank the following businesses; Mel Bushly from Labatts Breweries (our sponsor), Burton Phillips from The Bay, Odds Bodkin, Spadoni's Department Store, Spadoni Garage, Granny's. Sportsworld, Jim Mikus, Costa's Foodateria, Texaco, LeBlanc, Cebrario Hardware, Cedar Salon, Travelrest, Western Tire, Flowers n' Things, Voyaguer Rest., and Unisex Hair Scene. Helen Nesbit was the lucky winner of the gas B-B-Q. The sports committee would like to thank all of you who helped in any way to make our bonspiel a success.

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## STRING DREAMS

Original and classical music, puppets and a crankee (a rolling backdrop originally used by the medieval minstrel as a visual accompaniment to his songs) combine with a multi-leveled puppet theatre to present an unusual theatrical event. **STRING DREAMS** is a story of a man who dreams what his life might have been like had he chosen the career of a musician. His fantasies lead him to the concert hall, the circus, South America

and the magical world of Musicland. The public is invited to attend, free of charge, this special performance at the Terrace Bay Public Library on Monday, March 11 at 7:00 p.m. This performance is funded by the Outreach Program of the Ministry of Citizenship and Culture and sponsored by the Terrace Bay Public Library.

