



John Fitzpatrick read plans on dining room table

What every babysitter should know

It's part of a babysitter's job to be ready for emergencies. They come in all sizes, from an open safety pin to a fire in the basement. If you're a sitter, or a parent, try this quick quiz from St. John Ambulance to decide if you could use some emergency reminders.

- When placing a baby in the crib after a feeding:
 - Lay baby on back to play
 - Lay baby on side with pillow in small of back
 - Lay baby on stomach with head to one side
- You should know how to get help if something happens to the children. You should have:
 - The number where the parents can be reached
 - The neighbour's number
 - A list of emergency numbers near the phone
 - All of the above
- When should you open the door to unexpected strangers?
 - When he says he is the repair man
 - When he says he is a relative
 - Never
 - In the case of fire or if you smell smoke in the house, you should first:
 - Call the fire department immediately
 - Wrap the children in blankets and get them out of the house
 - Try to put out the fire
 - Call for help
 - If a child suffers a deep cut that is spurting blood you would:
 - Wash well with alcohol
 - Apply a pressure bandage and call parents or a neighbour
 - Take to the Emergency Department

- If a child has a temper tantrum while you are babysitting you should:
 - Scold the child
 - Give him a warm bath
 - Talk him out of it
 - Be sure he can't hurt himself and let him finish his tantrum
- If another child needs you when you are bathing the baby you would:
 - Make sure the water is not more than 3 inches deep before you leave him
 - Leave the baby on the table beside the bathtub
 - Wrap him in a towel and take the baby with you
- Signs of a sick child are:
 - Sleepy and playing less
 - Fever
 - Not eating well
 - All of the above

- Putting up a sign on the Bulletin Board is a good way of getting a babysitting job:
 - True
 - False
 - Check the children every hour after they go to sleep.
 - True
 - False
- For information on the course, What Every Baby Sitter Should Know, contact the St. John Ambulance nearest you, or the provincial office at 46 Wellesley Street East, Toronto, M4Y 1G5.

Answers: (1) c; (2) d; (3) c; (4) b; (5) b; (6) d; (7) c; (8) d; (9) f; (10) t.



Youth year contest

Winnipeg — Canada Post Corporation has launched a nation wide letter writing competition for young people as part of its contribution during International Youth Year.

The competition, held in conjunction with the Universal Postal Union (UPU) is open to young people between the ages of six and fifteen. Entries, in either official languages must be a minimum of 500 words and relate to the theme "A letter to a handicapped child." The UPU representing 167 countries selected the theme as particularly well suited to the concept of International

Youth Year.

In Canada, a winner will be selected from each of Canada Post Corporation's nine divisions. A national winner will then be selected from the group of divisional winners.

All winners will receive a certificate and a 1984 souvenir stamp collection. The national winner will receive a home computer and be honoured at a special ceremony in Ottawa on UPU day, October 5, 1985.

Information concerning this competition has been forwarded to schools in Northwestern Ontario.

International Women's Day

Celebrate! It's International Women's Day!

The day to celebrate 10 years of women's accomplishments in N.W. Ontario is Saturday, March 9, 1985. The place is the Prince Arthur/Ramada Inn in Thunder Bay.

Registration begins at 9 a.m. on Saturday, and is free to all interested women. In the evening, the day's activities will conclude with entertainment, wine and cheese.

Quality child care will be provided at the Ramada Inn at no cost to the participants. Travel subsidies

for regional women are available.

Margaret Fulton, the guest speaker, will be talking about "The End of the Decade: Where Do We Go From Here?" Other events include workshops on women and the environment, women and development, constitutional quality, pornography, and women and peace.

As well, Gert Beadle will be reading some of her poetry.

Join other women in this commemoration of the women's decade.

RATE INCREASE APPROVED



Schreiber Hydro has received approval from Ontario Hydro for the rate increase for 1985.

The rates were previously printed in this paper in January. The increase will be in effect on March monthly bills, and the April Bi-monthly.

Metric conversion policy

OTTAWA — Regulations requiring the mandatory use of metric measurement alone will be revoked and will be replaced by new provisions which will permit the use of metric units only, or the use of imperial units along with metric units in three principal sectors of retail trade, it was announced January 30 by Consumer and Corporate Affairs Minister Michel Cote.

The new provisions, which will apply in the sectors of gasoline and diesel fuels, home furnishings and individually-measured foods, will permit consumers who are unfamiliar with the metric system to continue to refer to imperial measure while purchasing products in these areas.

will permit the use of imperial units along with metric units in the advertising, displaying and weighing and measuring of goods.

Small retailers who experience practical difficulties in complying with the new policy, or those for whom considerable hardship and unreasonable expense would result from the full application of this policy, will be exempted from the weighing and measuring provisions. This will mean that they may continue to use their imperial scales, although they will have to advertise, display, and label in either metric alone or dual.

"This decision has been taken following extensive consultations at all levels — retail merchants, trade associations, consumer groups, businesses, provincial governments and individuals. We believe this policy is in the best interest of all Canadians," the Minister said.

Mr. Cote noted the process of metric conversion has been voluntary, and has been undertaken with the cooperation of industry in more than 100 sectors of the economy. However, in the three retail sectors, regulations were introduced under the Weights and Measures Act which required the mandatory use of metric only.

"Canadians feel and we agree that compulsory metric only is a heavy-handed and insensitive approach," the Minister said. "As a Government, we favour metric conversion. But we believe that the changeover must be eased for those individuals and businesses which are having difficulty adjusting to it." The new provisions

"Metric is here to stay," Mr. Cote said. "Industry and retailers have made substantial investments in converting to metric, and children coming out of school have been educated in metric only. This government is committed to metric, but more importantly it is committed to a conversion process that is flexible and compassionate. It takes into account the legitimate concerns of Canadians."

THANK YOU

The Schreiber Terrace Bay Intermediate Hockey Club would like to express their sincere thanks and appreciation to all who helped make our fifth annual hockey tournament a great success. Special thanks to Jim Fambel and Carling O'Keefe Breweries, (sponsor). To the Bantams, the Juniors, the referees, and all the women who worked at the beer gardens. Thank you to all our fans who came out to help make our tournament such a success.

Schreiber Terrace Bay Hockey Club

TOWNSHIP OF TERRACE BAY



JOB OPPORTUNITY AS PART TIME ARENA CARETAKER

Job involves operation of Ice Machine, building maintenance and supervision. Hours of work, evenings and weekends. Approximately 24 hours per week depending on the weekly schedule.

Deadline to apply: March 4th at 5:00 p.m. Applications available at the Recreation Office.

Submit Applications to:

**Terrace Bay Recreation Committee
P.O. Box 460,
Terrace Bay, Ontario
P0T 2W0**

Further inquiries can be directed to: T. Bryson, 825-3542.

HELP WANTED

Part-time bartender. Apply in writing, application must be in on or before March 8, 1985. Royal Canadian Legion Branch 223, P.O. Box 520, Terrace Bay.

ATT. R. Sinotte

Towne Cinema

Call

825-3771

The Lobby

825-9281