



## Petite ringette work hard

The Terrace Bay Girls Petite Ringette team have been doing a terrific job this season, winning two trophies for Most Sportsmanship Conduct. The girls range from 6-10 years, and as their coach,

Joanne Deschatelets says, she has never witnessed such hard work and determination in a team of this age.

The girls winning or los-

ing keep up their spirits and always try their best. They do a lot of travelling to tournaments, which give the girls vital competition and social experience.

*The Terrace Bay Girls Petite Ringette Team: Jennifer Luxmore, Rene Deschatelets, Kim Renne, Chelsea Black, Nancy Deschatelets, Allyson Withers, Lisa Sutherland, Marsha Santerre, Lori Fenton, Doris Deschatelets, Amy Stachiw, missing Rene Kaiser. The girls are coached by Joanne Deschatelets.*

### Birth

Carol and Gord Opas are pleased to announce the birth of their son

**GREGORY ERIK**



Born Feb. 14, 1985 at 4:15 p.m., weighing 9 lbs. 7½ oz. First grandchild for Mr. & Mrs. H. Bouchard and first grandson for Mr. & Mrs. E. Opas.

## Countdown to spring

Spring is coming and you are getting out your jogging gear, your barbells and measuring your waist every half hour? Well remember if you have been inactive over the winter, start off slow. A few hints:

Cut down on fat, sugar, salt and alcohol, and increase your intake of whole grain breads, cereals, fruits and vegetables.

Aerobics is not the only exercise, try cycling,

swimming (not a long swim season in this country, I know) or just brisk walking.

Choose exercises that use large muscle groups and lots of oxygen.

Be regular, just 20 minutes a day of continuous exercise will show results.

If you feel you are having trouble sticking to a regular diet or exercise routine, see a dietitian,

there is one right here at McCausland Hospital.

For our local athletic persons remember steak and eggs is not the magic meal that ensures success. A high protein meal before an event is hard to digest and lingers in the stomach. Instead eat high starch and low fat foods about 3 hours

before you plan to participate in an event. Sugar should also be avoided, for although they provide a quick "high", it disappears almost as fast. Lastly, drink lots of water before and during the event.

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### BIRTH

Cheryl and David Cooper are pleased to announce the birth of their daughter.

**Brandi Lee-Anne**



born February 26, 1985 at The MacCausland Hospital weighing 7 lb., 4½ oz. Proud grandparents are Mr. & Mrs. Lloyd Dejonghe of Terrace Bay and Mrs. Anne Cooper of Kingston, Ont. Special thanks to Dr. Lau and the Nursing Staff.

## FREE PUBLIC IMMUNIZATION CLINIC

The Thunder Bay District Health Unit will be holding a free public immunization clinic during the month of March, 1985.

### Terrace Bay

**McCausland Hospital:** Monday March 18th - 2:00 p.m. - 4:00 p.m.  
6:00 p.m. - 8:00 p.m.

### Schreiber

**Medical Center -** Tuesday March 19th - 1:00 p.m. - 5:00 p.m.

Adults require a booster of diphtheria, tetanus, and polio every 10 years in order to maintain protection against these diseases. If more than 10 years have elapsed since your last needle, plan to attend. Bring your immunization records with you.

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