

New Director of Education

The North of Superior District Roman Catholic Separate School Board is pleased to announce the appointment of Mr. George Matys as Director of Education and Secretary to the Board, effective August 1st, 1985.

Mr. Matys has had experience as a supervisory officer in three capacities, namely as a Superintendent of Education in Northern Ontario; as an assistant to the Deputy Minister in Ghana, West Africa; and as Superintendent of Services for York Region R.C.S.S. Board. His experience with several Boards in Northern and Southern Ontario has given him a wide perspective on education. Prior to

amalgamation and creation of the North of Superior District R.C.S.S. Board, Mr. Matys was employed as Superintendent of Education. At that time he supervised nine schools in nine different towns with five different school boards. He was the Chief Executive Officer of these five small boards simultaneously. He worked on all phases of the Board's operations, including finance, business administration and capital projects.

His home town is Kapuskasing, Ontario. He is familiar with life in Northern Ontario and looks forward to the unique challenges in his new position.

Rosspport Regatta

Rosspport held its third annual regatta on Saturday September 7. This year the "Sunland Trophy" was awarded to slupper Ray Achurch and his crew Gerry Schweer, and Iain MaQuarrie from Manitouwadge. Second place was slupper Lauri Halonen and his crew Frank Nodder, Jessica Nodder and Colleen Kenney.

Coming in third was

slupper Dave Knutsen and mate Bev Knutsen.

A pot luck supper was enjoyed by all at Colleen's and Lauri's after a great day of sailing.

Prizes were donated by Olav and Judy Sunderland from the "Forget-me-Not Shop" in Rosspport and Dave and Bev Knutsen from Terrace Bay. Next year's regatta will be held the weekend before Labour Day.



Fire Fighting

Fire fighting is women's work too! Chris Oullet of Hudson demonstrates a ladder rescue technique; carrying an "unconscious" 84 kg John Unsworth of

Nestor Falls down a 5 m ladder. The 58 kg firefighter was one of 56 volunteers from the region's unorganized communities who attended a

three-day fire school in Thunder Bay last week. The Ministry of Northern Affairs and Mines funded the training conducted by the Ontario Fire Marshal's office.

A Chuckle for Senior Citizens

I'm fine - How are You?

*There's nothing whatever the matter with me,
I'm just as healthy as I can be,
I have arthritis in both my knees,
And when I talk, I talk with a wheeze,
My pulse is weak, my blood is thin,
But I'm awfully well for the shape I'm in.*

*All my teeth have had to come out,
And my diet I hate to think about,
I'm overweight and I can't get thin,
But I'm awfully well for the shape I'm in.*

*And arch supports I need for my feet,
Or I wouldn't be able to go out on the street.
Sleep is denied me night after night,
But every morning I find I'm all right.
My memory's failing, my head's in a spin,
But I'm awfully well for the shape I'm in.*

*Old age is golden - I've heard it said,
But sometimes I wonder as I go to bed,
With my ears in a drawer, my teeth in a cup,
and my eyes on a shelf, until I get up,
And when sleep dims my eyes, I say to myself
Is there anything else I should lay on the shelf?*

*The reason I know my youth has been spent
Is my Get-up-and-Go has got-up-and-went!
But I really don't mind when I think with a grin,
Of all the places my Get-up has been!
I get up each morning and dust off my wits,
Pick up the paper and read the "Obits",
If my name is missing, I'm therefore not dead,
So I eat a good breakfast and jump back into bed.
The moral of this, as this tale doth unfold,
Is that for you and me, who are growing old,
It is better to say "I'm fine" with a grin,
Than to let people know the shape we are in.*

Submitted by - Winnie Campbell

North of Superior District R.C.S.S. Board

Mr. Henri Rocque, Supervising Principal, reported to the Board that three families from the Schreiber-Terrace Bay area had requested French language services for their children in grades 4-8. In accordance with Bill 119, the Board will provide transportation for these children to Marathon to receive French language instruction.

Renovations for Holy Angels School, Schreiber, were approved and awarded to Sillman Company. The Administration Office

which is located in Holy Angels School will also be upgraded.

The following teachers were hired under Probationary Contracts:

Dauphine Campbell - Manitouwadge
Lorraine Beaupre - Nakina
Ginette Ouellet - Nakina
Maureen Dunn - Schreiber
Rejeanne Mahoney - Marathon
Raymonde Cantin-Deaies - Marathon
David Leis - Marathon
Allyson Masson - Marathon

Participation action

by Russ Kisby

Muffin - Go - Round

We've got muffin problems, J.B.

"People don't think bran muffins are quite as healthy as they used to!

"Remember the good old days? You'd say 'bran muffin' and people's eyes would light up with positive associations. 'Bran' - good for you, Nature's Broom and all that.

"And 'Muffin' - what a positive word - so cuddly, so cute. Sounds like what you'd call your daughter when you tucked her in at night. 'Muffin' - it even sounds like some rich socialite giving the club attendant her Porsche to park.

"Well, there's still no doubt that bran is good for you. Bran is fibre - but then, there are five kinds of nutritional fibre, each with a different valuable job to do in your body.

"Bran, as it happens, contains three of the five types: cellulose, hemicellulose and lignin. They're the ones that smooth the function of your large bowel and help keep you regular.

"But don't forget pectin and gums. They're fibres you get from a variety of sources. I've got it, J.B. - cauliflower muffins! Potato muffins! No? Just runnign

it up the flagpole.

"Look - we've got a dilemma here: people know they're supposed to increase their consumption of carbohydrates to roughly half of their daily calories.

"Now, our muffins have got whole grains and that's good. But we've very heavy on sugar and refined flour and that's not good.

"Let's replace the sugar with a sweetener, go to whole wheat in the muffin and run an advertising campaign encouraging people to eat more muffins. 'Get Stuffed With Muffins!' No? Just seeing if anyone saluted.

"Wait - we can't do that. Too much bran can bring on bloating and diarrhea. Too much fibre can prevent your body from absorbing minerals.

"How did we get into this business in the first place? Why aren't we making English muffins? Now there's a food that really has positive associations. 'English Empire'. 'Oh, to be in England...' Images of pubs and Shakespeare.

"Of course, too much ale isn't good for you, and if Shakespeare were really written by Bacon, that's a lot of saturated fat ...

"We've got problems, J.B.!"

Insure your home Insure your life



It's a fact that more homes are lost through the death of the owner than through fire. Insure that your home is completely protected. For life insurance, call:

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Terrace Bay, Ontario
825-9152

SunLife
OF CANADA

Get your life in shape.

Unicef provides clean water

An estimated 1.3 billion people in the Third World have no access to clean water and sanitation. When you give to UNICEF on Hallowe'en you are helping to bring better living conditions through the provision of clean water to the world's children.

UNICEF'S goal as part of the International Water Decade, is to supply clean water to all people in the world by 1990. With your help UNICEF can drill wells, purify water and build pipeline systems that will improve the lives of millions.

This Hallowe'en, have your coins ready for the UNICEF boxes, and help

UNICEF give a child a tomorrow.

UNICEF, HALLOWE'EN AND EDUCATION

This Hallowe'en, have continued on page 9

Township of Terrace Bay
Municipal Election

Tuesday, November 12th

VOTE:

**Bill Houston
Reeve**



honesty, integrity, accessibility and experience