



# Squash and Raquetball Report

The leagues are well underway and we remind all participants to let us know the results of their games in order to keep up to date results posted. Let us know in the office after your game. The deadline to complete this Round Robin will be December 31st, then we will organize the leagues again inserting new players and moving others

around. It is your responsibility to contact people in your division for games. Remember we need the results.

We are also looking at organizing a handicap Tournament once the results of League are tallied.

In these events which are less competitive, better

players are "handicapped" in some way to allow less accomplished players a chance of winning.

Ladies we would like to start a league either for morning, afternoon or every day. We are looking for new players who would like to join a newcomers league. No experience necessary. We will provide

racquets for this league. All you need is 45 minutes and a pair of white sole runners or court shoes.

### Youth League

We have enough to start Squash and Racquetball and we will hold a meeting on Wednesday, November 20th at 4:00 p.m. for anyone interested in playing and joining the league.

## Mateev in Boxing Championships

Terrace Bay's Dan Mateev is hungry, and ready this time. Dan has trained hard, and with the help of Ted Coupal his boxing skills are to be admired.

Dan has a good chance to be this year's Ontario Provincial Boxing Champion in the light-heavyweight division.

Dan has trained hard, so hard, that his weight down, and he is considerably leaner, and a helluva lot meaner.

Certain Schreiber boxers bear witness to this.

Many hours of roadwork, and going up and down the Terrace Bay Ski Hill, has Mateev's stamina at it's peak, and ready for the Championships in Belleville on November 23.

This young man is a good bet for Terrace Bay to have it's first provincial boxing champion.

In Dan's corner at the championships he will have his good friend, and co-trainer Ted Copal, plus Mr. Bill Rannelli of the Valley East Boxing Club of Sudbury.

Mr. Rannelli is a man of great experience, coaching Canada's National team at the 1976 Olympics, and numerous other accomplishments in the sport

of boxing.

Mr. Rannelli is a good friend of the Schreiber boxing club, and more than willing to help Dan out in his task ahead.

This will be a major competition. With Rannelli in his corner and Dan's determination, he is a good bet to win. Terrace Bay should be proud.

## Family Affair

From the triathlete Puntous sisters to the legendary hockey brothers Maurice and Henri Richard (and, more recently, hockey's Sutter brothers), it often appears that exceptional athletic achievement is the province not of individuals but entire families.

The explanation seems evident: if you have three brothers who wrestle, you're probably going to become involved (often whether you like it or not!)

If your Dad had the nickname "Mr. Alpine", you're very likely going to try to schuss in his footsteps.

And if you and a sibling train together, day after day, you may well reach high levels of athletic achievement.

But I have to ask myself this question: "Is good physical condition somehow hereditary? Are we, from birth, predisposed to succeed or fail in physical activity?"

Whether we like it or not, the answer seems to be "Yes".

In 1983, a research team from the Physical Activity Sciences Laboratory at Laval University undertook a study involving six "pairs" of female twins, four "pairs" of male twins, all about twenty years old.

Almost every day for twenty weeks, these youngsters trained for forty minutes on ergonomic bicycles.

After these twenty weeks, the researchers tested them for improvement in physical condition and found that although the improvements varied greatly from individual to individual, the improvement differences within each pair of twins were minimal.

Thus, twins reacted almost identically to the training program. What is true of twins is almost certainly also the case with brothers and sisters, fathers and daughters.

Conclusion: genetic factors play an important role in athletic success.

However, don't be discouraged. These findings in no way suggest that your physical condition has been determined at birth for your complete lifetime!

And they by no means indicate that if you parents weren't physically active, exercise won't do you any good.

On the contrary. Whether or not you derive from a family of master athletes, you can improve your physical condition. From whatever feeble, wheezing starting point, you can get yourself in excellent shape.

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Pictured is the winner of the funniest category for the High School Costume Dance, Derek Boucher as PeeWee Herman.

## Thunder Bay TRAVEL & Carousel Tours

will be at the Terrace Bay Recreation Center  
NOVEMBER 28th at 7:30 p.m.

with travel shows

come and visit:

MEXICO

VENEZUELA

CURACAO

Refreshments will be served

Door prizes

Come and bring a friend

### Dear Schreiber Residents

Thank you for the voter support received Nov. 12. Special thanks to my family, friends, co-workers and neighbors for your encouragement and support during my candidacy for Schreiber Trustee, Lake Superior Board of Education.

Marilyn Chapman

**Perth's**  
DRYCLEANING SERVICES  
PHOTO PRINTS — TERRACE BAY  
TRAVEL REST — SCHREIBER

## Mid Winter Specials

Nov. 11 to Nov. 23

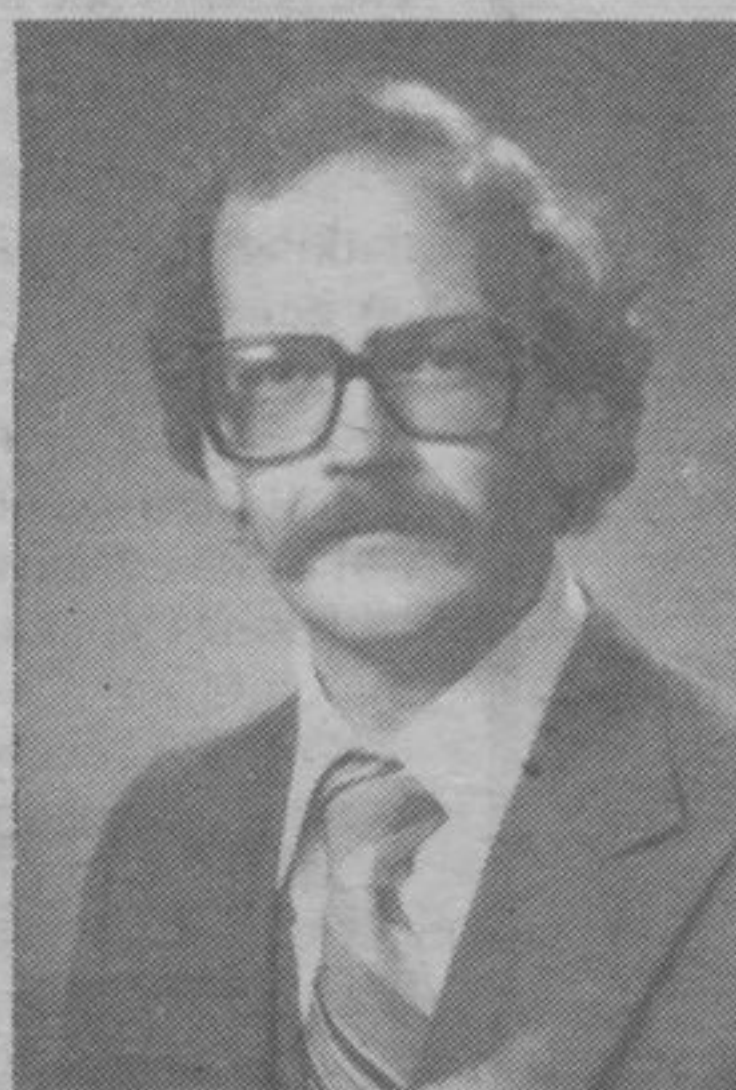
2 piece Suits, Dresses, Raincoats - \$4.49  
Sleeping Bags - \$5.49  
Pillows Cleaned, Feathers Sanitized & New Ticking - \$5.49

PHOTO PRINTS - Simcoe Plaza, Terrace Bay  
TRAVEL REST - Highway 17, Schreiber

825-3776

824-2617

## ANNOUNCEMENT!



Juris Zdanovskis  
Branch Manager



Monique Gauthier  
Sales Representative



Ray E. Belluz  
President

Ray Belluz President of R.E. Belluz Realty Limited and Juris Zdanovskis Branch Manager of the Terrace Bay office wish to introduce Mrs. Monique Gauthier as our new Sales Representative in Marathon. Monique Gauthier is very well known in Marathon and speaks French fluently. Monique invites her friends and clients to call her at 1-229-0491 regarding all your real estate needs.



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Marathon  
229-0491