

Bits and Bites

by Helene Ballard

Sorry I missed you all last week, but that nasty old flu bug hit this old gal and put me down for the count. Believe me, it sure takes all the stuffing out of a person, regardless of age.

I guess most of the residents have been hit with it as well as some of our staff. They sure take good care of us here, whether we are well or not. Their concern and care is always the same and we thank them.

Of course, due to illness, things have been very quiet here. No one had the pep to do anything, it seems, but get plenty of bed rest.

However, on Friday, Feb. 28 the Ladies Auxiliary to Birchwood Terrace were in for a Penny Auction. This is something the residents really enjoy and always look forward to these afternoons.

I was unable to attend, but was told that it was great fun. On behalf of the residents I want to thank these hard working ladies of the Auxiliary who do so much for us. God Bless.

Some bad luck hit our dear Blanche Speck last Monday. She had a bad fall and broke her leg, the same one she broke last fall. I am sure we all wish her well. She is at Port Arthur General if any one of you would like to send her a card. I am sure that will help cheer her up.

We here at Birchwood wish Bon Voyage to our friend Pam Jones who is on her way for a nice visit to England. We hope she has a really enjoyable visit with her family and friends while she is there.

No doubt you are all getting ready for that wonderful day, March 17. That's



the day when there are only two kinds of people in the world: the Irish and those who wish they were. So let's all try and wear something green on that day.

Well, dear friends, this will be all for this week and in the meantime, stay well.

Until next week: Overheard at choir practice. "Have you heard the new member sing yet?" "No, why?" "Her voice is like prune juice ... it goes right through you." Adios.



Health information and workshop kits were presented last month to the Public Libraries in both Schreiber and Terrace Bay by the Northwestern Ontario Women and Health Education Project. Here, project vice-president Donna Mikeluk, at left, is shown presenting one of the workshop books to Norah McGuire,

representing the Schreiber Public Library Board, on February 26. Mikeluk pointed out that there will be a Project Workshop at the Schreiber Library on March 20 from 7:30 p.m. to 10:00 p.m. with the subject to be on Menopause.

Concert Series

'Chalumeau'

Wednesday

March 19

8:00 p.m.

Terrace Bay H.S.



Meeting held by Auxiliary

By Marilyn Chisholm

The February meeting of the Auxiliary to the McCausland Hospital was highlighted by a demonstration of back care by Bill Smilsky during our education period. This is generally held after our business meeting and covers various subjects.

He invited various members attending the meeting to try the exercises set out in the back care booklet handed out.

During the next few months, we shall be fundraising towards our goal of \$12,000 for an EKG machine for the hospital. This month we are selling raffle tickets on a \$500 grocery voucher, and this will be drawn on April 1, so don't be an April Fool and miss this great opportunity to support the Auxiliary.

As May is clean up and clean out month, we will be holding a Trash and Treasure Sale, and we would ask you for any items worth selling, such as hardcover books (no paperbacks, please), clothes, glassware, household items ... in fact, anything you don't want that may be someone else's treasure.

If you need items to be collected, watch for our posters which will give names and phone numbers of our "collectors". The date and time of the event

will be announced on Community TV, radio, on posters, and in the News.

Hospital Day is on March 25 this year, so make a note on your calendar to visit the hospital and see the facilities we are for-

fortunate to have in this area.

The Gift Shop will be open, there will be displays, and hospital board members will be giving guided tours of the hospital. Hospital Day will run from 2 p.m. to 6 p.m.

Our next meeting is on St. Patrick's Day, March 17, when we shall be having some fun in our meeting as well as conducting auxiliary business. Please come along and support us.

Programs are now on

Minister of Tourism and Recreation, John Eakins, announced recently two programs to assist the development of recreational facilities in the province.

The government is allocating \$10 million for the 1986-87 Capital Conservation Program and \$15 million for the Capital Grants for New Recreational Facilities.

"Because the amount of funding requested under this year's program was higher than anticipated, I am also pleased to report that \$5 million from the 1986-87 Capital Conservation allocation will be used for applications already filed this fiscal year. These applications will be reviewed immediately" Eakins said in a recent news release.

"Any remaining applications on file that are

not approved can be resubmitted. They will be considered for approval in the 1986-87 fiscal year," he added.

The Capital Conservation Program was created in 1985 for the express purpose of encouraging repairs and renovations to existing recreational facilities such as arenas, pools and community centres.

In his statement, Eakins also announced the \$15 million lottery-funded Capital Grants Program for New Recreational Facilities.

"Under this program, municipalities and community groups can apply for assistance to construct new recreational projects such as community centres and sports facilities," he said.



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Guides du Canada

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mental retardation affects thousands of Canadians...

You can reduce the odds

Parents can avoid many birth related defects through sensible living habits. You should take these precautions:

1. Stick to a well balanced diet with lots of fresh fruits and vegetables.
2. Avoid excessive use of alcohol and non medical, drugs.
3. Cut down or cut out smoking.
4. Ask your doctor to make sure you both have compatible blood types.
5. Notify your doctor of any family history of retardation or other medical problems on both sides.
6. Be sure you are immunized against German measles.
7. Avoid excessive exposure to X-Rays.
8. Get your doctor's approval before taking drugs or medication and take only what is necessary.
9. Visit your doctor regularly ... and take his advice.
10. Insist that your baby be given a P.K.U. test before leaving the hospital. It could mean preventing retardation before it occurs.



What will he be like mommy?

To learn more about Mental Retardation and to get involved call your local association for the mentally retarded

Schreiber-Terrace Bay Association for the Mentally Retarded

P.O. Box 212
Schreiber, Ont. PoT 2W0

824-2548

Notice of General Meeting

The next General Meeting of
The Royal Canadian Legion
(Terrace Bay Br. 223)

will be held on

March 16, 1986 at 8:00 p.m.

All members are requested to attend as a Committee to study the feasibility of expanding the Legion will be selected.