



The winner is ...

Luigina Costa, at left, seems to be keeping the name of the Terrace Bay-Schreiber News subscription contest winner to herself, while News advertising manager Gigi Dequanne, centre, and Tony Costa of Costa's

Food Market in Terrace Bay await the announcement. The winner turned out to be a new Terrace Bay resident, Dave Cruickshank. The draw for the first prize of a microwave oven was held on June 4.

News contest finally held



Contest winner

Dave Cruickshank, a new Terrace Bay-Schreiber News subscriber and the new owner of the Home Hardware store in Terrace Bay, was chosen as the winner of the News' subscription contest on June 4,

with a microwave oven as the prize. Here he is being presented with the oven at his store by News advertising manager Gigi Dequanne. The contest was a great success, with hundreds taking part.

Campaign expanded

The Ontario March of Dimes is now expanding its fundraising efforts to assist adults with physical disabilities. A new Summer Campaign will appeal for donations across the province during this month.

The goal of the campaign is to raise \$300,000.

Dr. David Logan, president of the organization, said, "This is an important new venture for the Ontario March of Dimes. We, and the physically disabled adults we assist, need generous contributions from everyone."

Dr. Logan added that the Summer Campaign will become an annual event as is the Ability Fund Campaign held in January and February.

The Ontario March of Dimes provides many and varied services. They range from the provision of mobility aids such as wheelchairs and artificial limbs to assistance with housing and employment.

One very special program that begins soon is the Ontario March of Dimes' camps. These camps pro-

vide a holiday in the sun for many people who are in total-care facilities and rarely get a recreational break outdoors. They also

accommodate couples who otherwise might never have a chance to vacation together.

One such couple is

recently married Linda Thibault and Dean Robinson of Lindsay, who will be honeymooning at one of

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COMING SOON!

REVEEN

DYNAMICALLY DIFFERENT!

Thursday
July 3rd
Terrace Bay
Arena
8:00 p.m.



Some weeds are OK

By Anne Todesco

Who would appreciate something free except for time and energy spent in gathering in some plants full of vitamins? We humans do like a bargain. Now is the time for a person to start gathering in plants that most of us call "weeds." I often wonder how many people are familiar with the types of plants growing wild that are edible? Many of these plants can provide a luxury meal. Many people are lost in bushland and actually starve because they haven't the knowledge about plants growing in the wild that they could have eaten, with the exception of wild fruit which most people are familiar with.

Humans have the curiosity for unfamiliar things and just love to obtain something free. Most people are sort of squeamish or hesitate about eating weeds. If one follows the animals in their simple diets, one can keep well as our ancestors when they arrived on the North American continent.

When they needed greens to supplement their daily rations of salt meat, dried meat, and fish, they just watch plants the

animals and Indians resorted to who dried wild fruit for winter food.

Gardeners throw away many weeds not realizing that they could be eaten, such as tender dandelion shoots and leaves as a salad or boiled and eaten like spinach. Their blossoms make excellent wine. I have eaten dandelions as well as lambs quarters which make an excellent salad or spinach like boiled served with butter and vinegar.

Pigweed and violets can be eaten. Many wild plants are struggling for survival since our super highways, railroads, industry factories and homes are being built.

We should all make an effort to become familiar with these plants in order to feel secure when lost in the countryside, thus one can always find something to sustain them. I'll list a few weeds that can be eaten.

(1) Horseradish: very hot but provides a relish for beef.

(2) Sap: from sugar maple and birch trees makes good pancake syrup.

(3) Mushrooms: several varieties growing wild. Can be stored in jars and

freezers--be careful gathering them in case you pick toadstools, which are poison.

(4) Plantain: excellent for salads and soup.

(5) Tansy: use for seasoning bread dressing for fowl or hearts but use sparingly.

(6) Rose petals: makes a delightful wine or jelly.

(7) Oak acorns: excellent boiled or roasted or can be ground into a flour-like substance for cookies, bread or pancakes.

(8) Fiddlehead ferns: an excellent vitamin "C" source.

(9) Wild crab apples or cooking apples: good for desserts.

(10) Most humans are familiar with all types of wild berries: blueberries, cranberry, raspberry, elder berry, strawberries, blackberries, currants, cherries --to make jams, jellies, wines, etc.

(11) Wild peas: just as tasty as tame ones.

(12) Cattails: young shoots and roots.

(13) Red clover leaves and flowers: salads, soups, or stews.

(14) Coeslips: salads or boiled as a green.

The Township of Terrace Bay is hosting a

Social Evening

for all Senior Citizens

on June 19th, 1986
at the Legion Hall
from 7:00 p.m. to 11:00 p.m.



All Senior Citizens in Terrace Bay are invited to attend.

ROCKHOUNDS — PROSPECTORS EXPLORATION COMPANIES

Schreiber — Terrace Bay — Marathon

The Ontario Ministry of Northern Development and Mines will provide an Economic Geologist to visit, assay and advise you on the potential of any mineral occurrences you may have staked or know the location of in the Schreiber-Terrace Bay-Marathon area.

The geologists will be available to the public every Tuesday (during the field season), in the field offices listed below. In addition, geological reports, maps, files, claim sheets and rock displays will be present for viewing, and a weekly courier service of requested information will be offered.

Date	Time	Location
Tuesday	10:00 a.m. - 12 a.m.	Ministry of Natural Resources District Office Box 280, Highway 17 Terrace Bay, Ontario Telephone (807)825-3205

Tuesday	1:30 p.m. - 4:30 p.m.	Ministry of Northern Development and Mines, Peninsula Building, 2 Gilbert Street, Marathon, Ontario. Telephone (807) 229-1153
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FOR FURTHER INFORMATION OR REQUESTS CALL (COLLECT):
Bernie Schnieders or Al Speed
Resident Geologist's Office
Ministry of Northern Development and Mines
P.O. Box 5000
Thunder Bay, Ontario
P7C 5G6
(807) 475-1331



Ministry of Northern Development and Mines

René Fontaine
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