

# Terrace Bay Women's Friendship Centre

By Cheryl Hodgins

At the last meeting of the Terrace Bay Women's Friendship Centre, Donna Mikeluk was the guest speaker, and she addressed the subject of alternative health care methods.

Mikeluk is a Women's Health In-

formation Network representative for Schreiber, and her discussion on Nov. 26 included such things as herbs, meditation and aerobics.

She stressed that alternative techniques were not necessarily a replacement for conventional medicine.

She said they could be used in conjunction with the formal medical

system to provide effective and preventative health care for people.

Approximately a dozen women spent the afternoon learning from Mikeluk and from each other.

There was a nutrition quiz (did you know that calcium is a natural muscle relaxant?); a discussion on naturopathic medicine (the treatment of some illnesses by using proper

foods, exercise, heat and massage), and the women were tested for stress levels.

The Friendship Centre is open every Wednesday afternoon from 1:30 p.m. to 3:15 p.m.

On Dec. 3, Mrs. Winnie Plummer will demonstrate how to save money and have fun by making wreaths from remnants.



## ONTARIO GOVERNMENT TENDER TREE PLANTING TENDER TENDER 01-87

The Ministry of Natural Resources, Terrace Bay District, invites tenders for tree planting in the spring and early summer of 1987. The areas are located on the Big Pic License approximately 20-60 miles from Manitouwadge, on the Steel River Crown Management Unit approximately 60 miles northwest of Marathon and on the Gravel River Crown Management Unit approximately 30 miles east of Nipigon along Highway 17.

### BIG PIC LICENCE

Job-01	Caramat Area	169,750 Black Spruce Bareroot 370,100 Jack Pine Bareroot 127,650 Jack Pine Overwinter Container Stock
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Job-02	Gamsby Area	165,000 Black Spruce Bareroot
	Limpid Lake Area	16,250 Black Spruce Bareroot 83,750 Jack Pine Overwinter Container Stock
	Haliday Lake "A" Area	32,350 Jack Pine Overwinter Container Stock
	Smoke Creek Area	83,900 Jack Pine Bareroot 56,000 Jack Pine Bareroot 649,000 Black Spruce Bareroot

Job-03	Haliday lake "B" Area	98,750 Jack Pine Overwinter Container Stock
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### GRAVEL RIVER CROWN MANAGEMENT UNIT

Job-04	Gravel River "A" Area	21,000 Black Spruce Overwinter Container Stock 30,750 Jack Pine Overwinter Container Stock
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Job-05	Gravel River "B" Area	58,500 Jack Pine Overwinter Container Stock
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### STEEL RIVER CROWN MANAGEMENT UNIT

Job-06 (Refill)	Steel River "A" Area	175,000 Black Spruce Bareroot
Job-07	Steel River "B" Area	400,000 Jack Pine Fresh Container Stock 110,750 Jack Pine Overwinter Container Stock 269,000 Black Spruce Overwinter Container Stock

To be eligible to bid on a tender, prospective contractors must meet the following criteria:

Category 1 Less than 100,000 trees —no experience required.	Category 2 100,000 - 300,000 trees successfully completed category 1.	Category 3 successfully completed a contract half the size of the contract being bid on.
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Proof of the above and references will be required.

Tenders must be received 12:00 noon on January 13, 1987 at the District Office in Terrace Bay where a public opening will take place at 1:30 p.m. on January 13, 1987.

A bid deposit equal to 1% of the total value of each tender of fifty dollars (whichever is greater) is required.

**A NON-REFUNDABLE DOCUMENT FEE OF TWENTY-FIVE DOLLARS FOR THE TENDER PACKAGE MUST ACCOMPANY ALL REQUESTS.**

Tender forms and further information may be obtained by contacting:

Peter Martindale  
Ministry of Natural Resources  
P.O. Box 309, Manitouwadge, Ont.  
P0T 2C0 Telephone (807) 826-3225



Ministry of  
Natural  
Resources

Hon. Vincent G. Kerrio  
Minister

Mary Mogford  
Deputy Minister

## Bits and Bites

By Helene Ballard

Well, another week has gone by. Time sure has a way of flying by. Before we know it, that day of Christmas will soon be here.

No doubt you are all busy with shopping and baking, so have fun.

On Wednesday night, Nov. 26, our Ladies' Auxiliary sponsored a variety night for us under the very able direction of Pam Jones.

First, we listened to the Public School Choir, who gave us several selections under the 'baton' of Ann Wilkes.

One of the songs they sang was in two-part harmony.

Ann told us this was their first attempt at it, but they really did very well and their singing was enjoyed by all the residents. Keep up the good work.

The choir was assisted very well by Mme. Gabrielle Bruyere at the piano, and we enjoyed her playing very much.

After the choir's singing, we had several selections by four young ladies: Tawnya Robinson, Belinda Earle, Helen Jones and Angelia

Ziegler, who are working on becoming good flute and clarinet players.

Keep it up girls, we enjoyed it very much.

The last part of this delightful party brought us Judy Flear and the Terrace Bay Community Band, namely Bill Megraw, Jim Culverhouse, Connie Sodaro, Kim Bryson, Kim Callaghan, Helen Hims and Don Stewart.

This is the woodwind section of the band, and their selections put some life in us 'ole folks'.

On behalf of the residents, may I extend our thanks to all those kind people who took part in this program to give us all a feeling of good cheer.

Our very able housekeeper, Mina Mahoney, with the help of "a wee elf", is busy getting our Christmas decorations ready so Birchwood will look real cheerful for the holiday season.

Enough chatter for this week, so I'll close with a word to all you gals out there whose husbands are now 'retired'—this means, "Twice as much husband, and half as much money."

Until next time, so long.

## Women of the Moose

Terrace Bay Chapter 1426, Women of the Moose, held their business meeting on Nov. 16 with Senior Regent Gisele Legacy presiding.

Minutes were adopted as read by Recorder, Sadie Benko.

The treasurer's report was given and also a report on the Halloween dance, which was a great success.

Balloting took place on three members with votes being favorable.

The children's Christmas party was discussed and it will be held on Saturday, Dec. 13, from 11 a.m. to 2 p.m. Children up to the age of eight will receive gifts.

Children between the ages of nine and twelve will receive free theatre

tickets.

The ladies' Christmas party will be held at our chapter-night meeting on Dec. 2. An exchange of gifts will take place and the price will vary from \$5 to \$10. Santa will also attend— all bills were passed for payment.

Sylvia Sutherland and her committee served a lovely birthday cake, tea and coffee following the meeting.

Co-workers sang Happy Birthday seeing as it was Sylvia's birthday this month.

A raffle was won by Alma Hart and Pot of Gold was won by Gisele Legacy.

Enrollment took place at the chapter-night meeting on Dec. 2.



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