

Terrace Bay Recreation Department programs

Listed below are programs being offered by the Terrace Bay Recreation Department.

The department would like to remind the community that the 1987 recreation dues are now on sale.

Persons taking part in Hockey, Ringette, Bowling Leagues, Broomball, Figure Skating, and Curling leagues must have a valid 1987 Recreation Membership in order to participate.

Programs:

The following programs need your assistance in order to make them a success.

Basic Anatomy & Physiology (Harry Roos)

Are you interested in learning the basic structure and functions of the human body? This program will give you a better understanding of the bodily functions, including the skeletal, muscular, digestive, respiratory, urinary and nervous systems.

The program will commence on Feb. 2 at 7 p.m. in the high school Science room. Call the recreation office today at 3542 to register.

Babysitting (Cathy Withers)

Boys or girls 10 years of age and up who are interested in making money babysitting should first consider this program. You will be properly trained in child care, child behaviour and safety.

Also included in this program will be the obligations and rights of the baby sitter and the employer.

The beginning date for this program will be Monday, Feb. 2 in the multi-purpose room from 4-5 p.m.

Ceramics Workshop (Sylvia Broughton)

There are several more openings in this always popular ceramic workshop. The working will begin on Thursday, Jan. 22 and conclude on March 26.

Times are from 4-5 p.m.

Emotional Stress Release (Donna Mikeluk)

Learn how to get the mind/body back in control. Emotional Stress Release does not solve problems but will teach you how to deal with stressful situations.

E.S.R. will be held on Thursday, Jan. 15 from 7-10 p.m.

Photography (Pat Marcella)

We have several more openings in this program which will be presented on Jan. 24.

The participant will be shown the use of a 35 mm camera and demonstrations will be given on creative filters, flash systems and various lenses.

Starting date is Saturday, Jan. 24 from 1-5 p.m.

The instructor is hoping to have two further sessions. One as a field trip and the third session as a follow-up on picture taking.

Quilting (Weekender- Winnie Plummer)

This program is slated for the weekend of Jan. 30, 31 and Feb. 1.

The participants will complete either a double bed quilt (top only) or a full twin size quilt in one weekend.

Call today to register. Information night will be held on Jan. 23.

Quilting (Winnie Plummer)

Winnie will be having a continuation of the fall course. The participant will learn how to make a tote bag and an appliqued pillow.

This program is also open to newcomers. The program will run from Jan. 22 to Feb. 26.

Racquetball Lessons- Adult (Keith Milne)

Lessons for adults will be taught on Tuesday evenings commencing Jan. 20 to Feb. 10 from 7-9 p.m.

Racquets will be provided during this session. Call today to register.

Stained glass (Ken Randle)

A beginners program will be presented starting Jan. 20 and concluding on Feb. 24.

Techniques on how to cut, foil and solder. Copper foil techniques will be used.

This program will be of interest to those who participated in the Fall session.

Newcomers are also welcome. Call today to register.

More information on the following programs will be given in future issues of this newspaper.

Cross-country Skiing (Feb. 14 and 15)

Calligraphy (Feb. 27-28)

Heartsaver (Feb. 14)

Krafts for kids (Starting Feb. 26 to April 9)

Squash Lessons (Feb. 5 to Feb. 26)

Flower Arranging (March 5 to April 9)

Macrame (March 22)

Paper Tole (March 7 and 8)

Quilling (Feb. 20 and 21)

Public Skating: Jan. 14 to Jan. 20

Jan. 14- 1-2 p.m. and 7:30-8:30 p.m.

Jan. 15- 11 a.m.-noon and 1-2 p.m.

Jan. 16- 1-2 p.m. and 7:30-8:30 p.m.

Jan. 17- 3-5 p.m. and 7-8 p.m.

Jan. 18- 2-3:30 p.m.

Jan. 19- 1-2 p.m.

Jan. 20- 11 a.m.-noon and 1-2 p.m.

Note! Note! Note! Note! Note! Note!

Adult Shinney Hockey

Monday- 8:30-10 a.m.

Wednesday- 8:30-10 a.m.

Open ice time for adults who enjoy a friendly game of 'shinney' hockey. Shinney hockey is starting the week of Jan. 11.

Note 1: No registration is necessary; invite your friends.

Note 2: No equipment is necessary, except that helmets must be worn at all times.

FITNESS NOW • AND HOW

How not to get fit

Once and for all we'd like to clear up a few misconceptions about fitness. None of the following approaches represents a sensible way to get fit:

1. The "drive yourself til you drop" approach.
2. The "more it hurts the more it works" approach.
3. The "make up in an hour for what it took you ten years to lose" approach.

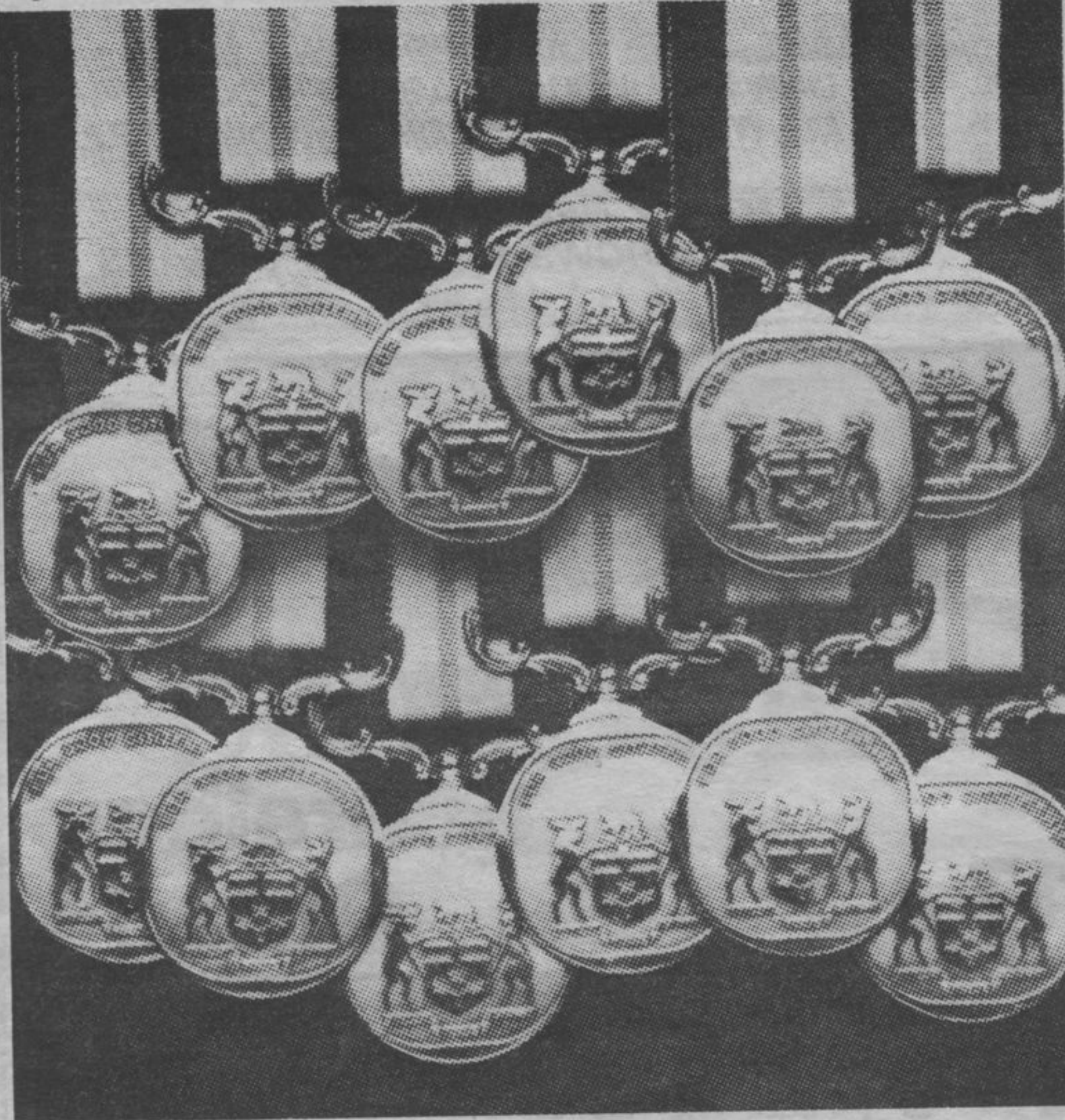
The plain fact is that exercise does not have to hurt before it is doing you some good. Real gains start long before you reach the pain barrier.

If you want to get fit, you have to get active. Do it...but don't overdo it. This is the sensible approach to fitness. And it works.

Can you get fit without struggle, without strain, without pain? AND HOW!



Terrace Bay Schreiber News



Do you know someone who deserves a medal?

If you know someone who has made Ontario a better place to live...through their selflessness, humanity and kindness...tell us.

An Advisory Council of Ontario citizens, whose honorary chairman is the Lieutenant Governor of Ontario, The Honourable Lincoln M. Alexander, selects the recipients

from nominations made by you each year.

We need your nominations by March 14, 1987. Nomination forms are available now by writing: The Ontario Honours and Awards Secretariat, Ministry of Intergovernmental Affairs, 5th Floor, Mowat Block, 900 Bay Street, Toronto M7A 1C1



The Ontario Medal for Good Citizenship

Five-Cent Stamp Marked 1908 Silver Dart Flight

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Wright was injured but survived. Bell brought his team back to Baddeck.

There, on Feb. 23, 1909, McCurdy took off from frozen Bras d'Or Lake and remained airborne for a half-mile.

Perhaps he could have gone further. As Mabel Bell described the event in a letter to her daughter, Daisey Fairchild, "The Silver Dart made a short flight, coming down because the land was near."

She wrote, "We all pleaded with Papa for another flight, but he was firm. It was the first flight of an airship in Canada and he would take no chances of disaster to spoil this first success."

Bell then provided backing to McCurdy and Baldwin to become aircraft manufacturers.

Curtiss went back to the U.S. where he teamed up with the Wrights to form the Curtiss-Wright Corp., one of the most famous of aviation firms.

One of the most famous stamp errors in the world, the 24-cent U.S. airmail of 1918, with the centre inverted (Scott C3a), is referred to as the Jenny.

It's more correctly the Curtiss Jenny, itself one of the most famous aircraft in the world.

The U.S. honored Curiss with a 35-cent airmail stamp issued Dec. 30, 1980 (Scott C100). It showed Curiss and an aircraft that looks like the Silver Dart. It was late recognition, and the last aircraft stamp issued by the U.S.

By contrast, Canada's last airmail stamp was issued Sept. 16, 1946, (Scott C-9). It showed a Canada Goose in flight.

They tried hard, but Canada is a tough place for innovators.

As a footnote, Casey Baldwin became a politician. He died Aug. 7, 1948. McCurdy was prominent in the aircraft industry until 1939, when he worked with the government.

He was lieutenant-governor of Nova Scotia from Aug. 12, 1947 to Oct. 1, 1952.

He died in Montreal on June 25, 1961.

Letters

Letters are invited. Please send enquiries to the writer at P.O. Box 40, Beauharnois, Quebec, J6N 3C1.

Winnie's Scribbles

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Rev. Johnson led with the Grace. Mrs. Johnson and Mrs. Morris served. After supper, all adjourned upstairs for the scripture readings and Christmas hymns.

Special flute was played by Mrs. Flear, piano by Miss Johnson, guitar by John Gee and horn by Mr. McIlwain. A night to be remembered.

Miss Kerry Campbell was the winner of the large poodle dog in Spadoni's store.

Visitors at the Weavers' were Mr. and Mrs. Guy Caccamo from Thunder Bay and Mrs. Larry Shaw (Sherry) from Brantford, Ont.



Perth's

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