

# Terrace Bay Recreation Department News

## Pool News

Registration forms for swim lessons at the Terrace Bay Pool have now been distributed through the schools. We urge all parents to fill out the forms and return them to the recreation office as soon as possible.

## Deadline for July session is June 19, 1987

July session will run from July 6 to July 24. August session will begin on August 3 and end on

August 21. Please register early as late registrations will be charged double the price.

## Fun, Run, Walk

May we congratulate Schreiber and Marathon on their success in winning the North Shore Directors' Recreation Participation Challenge for 1987.

Terrace Bay had a total of 898 participants. Watch out, Terrace Bay has started making plans already.

Winners in the challenge contests are as follows:

Largest number in one family participating- John Falzetta family

Youngest participant- Jamie Brideau

Oldest participant- Stewart Anderson

School with the most registered participants- Public School  
Organization or group with the most registered participants- Birchwood Terrace

## Minor Ball

We wish to inform all those registered for Minor Ball the following important message: If you have not been notified by your coach *what team you are on and when you play* please contact the recreation office at 3542.

## Upcoming Events

June 11- Disability Action- conference room- 9:30 a.m.-12:30 p.m.

The Terrace Bay Recreation Department would like to thank all people who participated in the Fun Run.

## SHE LIVES AGAIN

This song, "She Lives Again" is for my loving husband, KEN DOOLEY, whose mother passed away to be with Jesus, on MAY 25th, 1987. It is my prayer, that will touch the heart of everyone who has lost a loved one, and will give them hope of a better life to come.

It only takes a repentant heart, and a heart-felt cry of, "Come into my heart and life, Lord Jesus."

God bless you all.

### SHE LIVES AGAIN

1. It was raining on the day, C  
That they lay my mom to rest. hold C F C  
And the tears ran down my cheeks, C  
And blurred my eyes. hold G  
My aching heart's put to the test, C  
For He took the very best. hold C F C  
God in His mercy, took her home, C G  
For He is wise. C

### Chorus:

It was raining on that day, F  
That they laid my mom to rest. C  
But the sun came out and showed the clear blue sky. F C  
Though they put her in the ground, F  
Our blest Lord gave us a sign. C  
That she lives again, and she will never die. G C

2. It was raining on the day, C  
That they put mom in the ground. hold C F C  
And the joy with-in my heart, C  
Had flown away. hold G  
For she had raised her kids to be, C  
Independent, strong and free. hold C F C  
And how it hurt to say good-bye, C G  
That rainy day. C

3. It was raining on the day, C  
That we had to say good-bye. hold C F C  
And the friends and neighbors, C  
Came from miles around. hold G  
They came to show how much they cared, C  
For the times that they had shared. hold C F C  
They came to show that love and friendship, C G  
Still abound. C

4. It was raining on the day, C  
That my mom was gathered in. hold C F C  
To feel the loving arms of Jesus, C  
Christ our king. hold G  
And while we'll miss our loved one so, C  
It is comforting to know, hold C F C  
That we can all rejoice with joy, C G  
As angels sing. C

### Chorus:

It was raining on that day, F  
That they laid my mom to rest. C  
But the sun came out and showed the clear blue sky. F C  
Though they put her in the ground, F  
Our blest Lord gave us a sign. C  
That she lives again, and she will never die. G C



## QMP Recognition Award

Barbra Hamilton, secretary in maintenance at Kimberly-Clark in Terrace Bay, is shown receiving a commemorative plaque and personal thanks from Jack Lavallet, left, president and general manager of the mill, in recognition of her efforts over the past year in developing and publishing "Contact", the Terrace Bay mill's monthly newsletter. Barbra, for much of the past year, has been the publication's entire staff- collecting the stories from her "reporters" in the mill, laying out, typing and photocopying each issue and ensuring that it gets distributed.

## Learning to get along at work very important

Mental Health and You is provided as a service of the North of Superior Community Mental Health program.

The purpose of these articles is to inform the community about mental health issues.

These articles will appear once every two weeks and will cover a variety of mental health issues.

We invite feedback from the community at large by writing the News office. Any opinions expressed are not necessarily those of the management of the North of Superior Community Mental Health program.

(Special thanks to Frank Leppanen, the employment assistance counsellor at Kimberly-Clark, who helped me to write this series on work-related issues).

## By Hadley Koltun

For the last several weeks, I have been writing about sleep and dreams- no doubt a very large part of our lives.

However, there is another part of our lives that until recently was ignored- work.

Think about this; from about 18 years of age until about 65 years of age, we spend, on the average, 8 hours a day, 5 days a week for about 11 months of the year working.

Of course, some of us may spend more time at work and some of us less. But it gives us all the idea that work takes a large chunk of our lives.

Work can be a very rewarding experience. On the other hand, many of us are unhappy with work. A recent survey showed that at least 10 per cent of the Canadian workforce is unhappy with their present employment.

Many workers claim that problems at work are responsible for the feeling of job non-satisfaction. These problems include: 1) getting along with other workers and supervisors, 2) boredom in the job or a need for changing jobs and, 3) unemployment.

If we let these problems get to us, they could be the source of mental health problems. Fortunately, there is a lot we can do to protect ourselves against this.

## Getting along on the job

From time to time, we may discover a problem at work that needs to be solved. Part of Murphy's Law says, "If something is see learning page 9"



## FREEDOM FROM FEAR

One in 10 women in Canada is beaten by her partner in their home.

Transition Houses and Family Resource Centres in Thunder Bay District are there to help you. For information or emergency shelter call:

FAYE PETERSON  
REGIONAL TRANSITION  
HOUSE  
Thunder Bay  
Local 623-6600  
Toll Free 1-800-465-6971

GERALDTON FAMILY  
RESOURCE CENTRE  
Geraldton  
Local 854-1529  
Zenith-81450

NORTH SHORE FAMILY  
RESOURCE CENTRE  
Marathon  
Local 229-2222  
Toll Free 1-800-465-3307

COMMUNITY  
RESIDENCE  
Thunder Bay  
City of Thunder Bay  
Residents call:  
Local 625-2647

BEENDIGEN INC.  
NATIVE WOMEN'S  
CRISIS HOUSE  
Thunder Bay  
Local 622-5101