

# -----Canada Day



Seniors' Bridge and Crib Tourney



Parade- McCausland and Birchwood



Hospitality Gardens- Golf Course

## Some season safety

**Buddy system-** When you're out of doors, it's not only fun to have someone with you, it's the safe thing to do.

A **buddy system** works whether you're out for a long walk where people are scarce or swimming at a crowded beach or pool.

It means someone knows where you are, and can get help if you need it. It's a good idea to encourage kids to be safety-conscious and to take responsibility for each other by making sure they use the buddy system all the time.

One minor but painful affliction that a buddy can straighten

out is a cramp. If the cramp is in the hand, straighten out the fingers forcibly but gently. If it's in the thigh, straighten the knee and raise the leg with one hand under the heel, and the other pressing down on the knee.

If the cramp is in the foot, straighten the toes and have the victim stand on the ball of the foot.

Remember that panic is less likely to be a problem when two people are together than it is for someone alone and in trouble.

Besides unbalancing your ability to think, panic can add to

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## Souvenir Booklet

### Notice to History Buffs

There are still a few copies of the Rosspoint Fish Derby Souvenir Booklet "In Celebration of a Classic".

The booklet has photos of derbies gone by (back to 1937) as well as information on its beginnings. Many of the photos no doubt have faces that you will recognize!

If you wish a booklet, they are \$5 each and are available from Judi Sundland at 824-2834, or directly from the Forget-Me-Not Gift Shop. All proceeds go towards next year's derby.

## LAW OFFICES OF EDWIN W. (TED) PAGET BARRISTER & SOLICITOR

located at

### TERRACE BAY OFFICE

Simcoe Plaza  
825-9379 or 9395  
Monday to Friday  
10:00 a.m. to 5:30 p.m.

### SCHREIBER OFFICE

302 Scotia, 2nd Floor  
824-3122  
Every Tuesday 10:00  
to 4:30 p.m.

### NOTICE

ON VACATION FROM AUGUST 4th to 14th, 1987. For your convenience a receptionist will be available at the TERRACE BAY OFFICE to take your messages.

## ONTARIO GOVERNMENT TENDER NOTICE TO EQUIPMENT OWNERS

### TENDER NO. 60-87-36 SANDER TRUCKS

Equipment owners are invited to bid on the rental of the following equipment for WINTER MAINTENANCE OPERATIONS 1987-88 SEASON.

Tandem trucks with a minimum GVW of 20,400 kg (fully operated) and suitable for mounting power sander units. Standby rates for trucks have been established at \$35.00 per day.

### A CLASS R PCV LICENCE FOR REGION 6 IS REQUIRED.

If sufficient acceptable bids for trucks having Class R licences are not received, then the work may be awarded to owners of trucks without Class R licences on condition that they apply for and receive same.

### BIDDERS MAY TENDER ON ANY OR ALL LOCATIONS.

Sealed tenders on forms supplied by the Ministry will be received by the Manager, Administrative Services until 1:30 local time:

### WEDNESDAY, AUGUST 12, 1987

Specifications, tender forms and envelopes may be obtained in person or by mail from E.G. Reguly, Head, Purchasing and Supply, Walsh at Mountdale Avenue, P.O. Box 1177, Thunder Bay, Ontario P7C 4X9. Telephone (807) 577-6451 ext. 292.

Please specify **TENDER NO. 60-87-36** when requesting Tenders.

THE LOWEST OR ANY TENDER NOT NECESSARILY ACCEPTED.



Ministry of  
Transportation and  
Communications