

Terrace Bay Police Force kept very busy

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from the tenant in a rational manner, his only course of action would be to take the tenant to small claims court said Phillips.

Transient treatment

Phillips told the *News* that assistance was given to two transients during the period from July 20 to July 27. Both incidents, which occurred on July 21, were reported at about 7:30 p.m.

Phillips said incidents of this nature concern people who have: been hitch-hiking through town; been kicked off a bus or had to get off a bus because their ticket only takes them so far.

He said the township is obliged to assist persons in this predicament.

He also told the *News* that occurrences of this nature even include families who may find themselves in a broken-down vehicle and have no money readily available.

The township, or police force, will help that family get to where they are going. The town can usually collect back the money lent to persons in these instances Phillips said.

In fact, Terrace Bay Deputy-Clerk Marg Simmer is the Terrace Bay Township Welfare Administrator.

If persons find themselves in trouble, they can go to her and she will make arrangements to advance money for repairs, a bus ticket, etc.

(Simmer has been acting as Deputy Clerk-Treasurer

Distance Education

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Signal North
Office of Continuing Education

Room UC-2004
Lakehead University
Thunder Bay, Ont.,
P7B 5E1, Tel: 343-8210 or call toll-free 1-800-465-3959 and ask for Distance Education.

St. John safety tips

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from the mouth.

3. Using the hand on the forehead, pinch the nostrils gently but firmly closed, keeping pressure on the forehead to keep the head tilted back and the tongue from falling back and obstructing the air passages.

4. Take a deep breath, open your mouth wide and place it over the victim's mouth to make a tight seal. Blow into the mouth, using two normal breaths then one full breath every five seconds.

If the victim is a child or infant, you will not need as much breath as for an adult. Short gentle puffs are good.

5. After each breath turn your head towards the victim's chest. Listen for air coming out of the lungs. Look for the rise and fall of the chest.

6. If the chest fails to rise, air is not getting into the lungs. Remove any obstruction by sweeping inside the mouth with your finger. Tilt head well back, check seal of nose and mouth and begin again.

To learn first aid, contact your local ambulance branch (McCausland Hospital)

Administrator until the recent appointment of new CTA Dave Fulton- more on him in a future issue).

Meal-ticket

Police Chief Phillips said the force will help persons who are down and out and find themselves in Terrace Bay.

Most of the time, when people have found themselves stranded in Terrace Bay, the police will supply a bus ticket and/or a meal.

Phillips said a lot of the transients whose tickets only bring them this far, or have been kicked off the bus, have been seen in this area many times before.

Many of these people, he said, criss-cross the province or country looking for employment.

Only in the wintertime will the township or police force provide these people with hotel accommodations said Phillips.

Persons requiring this type of assistance during the day will be directed to Welfare Administrator Marg Simmer. It is only after normal hours that the police force will be brought into the picture.

Many times, Phillips said, these people will go directly to clergy where help is gladly-given.

The operators of the Greyhound Bus Stop/Diane's Restaurant in the recreation centre also keep an eye peeled for persons requiring assistance, and they can direct them to pastors in our community, Phillips said.

Cycle sounds

The Terrace Bay Police, over the last several weeks, also responded to noise complaints and motor bike complaints.

Motor bikes have been causing disturbances near Lakeview Drive according to Chief Phillips. "It is against the bylaw to ride in that

area," he said.

Several noise complaints were cleared up with no police action necessary.

Stopping speeders

During the last several weeks the Terrace Bay Police Force also charged two persons under the Highway Traffic Act for speeding.

As was the case in last week's police report, these two instances concerned out-of-town drivers.

In last week's report, Phillips said the out-of-towners are: trying

to make time on their trip or just enjoying nice weather so much they are not thinking of their speed. (Many drivers have also been known to have difficulty slowing down in built-up areas after having been "cruising" on the highway for many miles).

Meal misunderstanding

The police force was also called to investigate an unpaid bill at a local restaurant. The force says there was a misunderstanding and no further police action was necessary.



TOWNSHIP OF SCHREIBER RECREATION MASTERPLAN SECOND PUBLIC MEETING

This is to inform the residents of the Township of Schreiber that an Informal Public Meeting will be held at the Community Hall in Schreiber on Tuesday, August 11th, 1987 at 7:00 p.m. The purpose of this meeting is to present the results of the mailed household questionnaire on local recreational needs. It is being held also to review the contents of the First Interim Report. We encourage the residents of Schreiber to attend this meeting to present their viewpoints and opinions on the findings of the study to this point.

Irene Borutski
Chairperson
Schreiber Parks & Recreation Committee
Township of Schreiber
P.O. Box 40
Schreiber, Ontario
P0T 2S0
807-824-2317

Self-esteem and confidence

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Factors that influence our self-esteem are based upon the unique experiences and personal relationships that are part of our lives. We encounter these experiences and relationships at home, in school, on the job and in our social lives.

It goes without saying that positive relationships and experiences help raise self-esteem while negative ones tend to lower self-esteem. However, no one single event or relationship can determine your level of self-esteem.

Self-esteem develops over time, constantly changing with different life experiences. High self-esteem allows our lives to be more fulfilling. Some of the benefits include a feeling of enrichment in our lives, an ability to maintain self-confidence and the courage to accept challenges.

Low self-esteem feeds into itself to perpetuate a vicious circle of lack of self-confidence and poor performance at work or at play. Feeling negative about yourself also allows for a deflated image of yourself and others, as well as bringing on a lonesome and unhappy personal life.

If you feel you might have a low self-esteem, you can take positive steps to improve it. It is not an easy task since it means taking a look at yourself and changing those things about yourself which you might not like.

Here are some suggestions that may help:

1. Be proud of yourself. Appreciate your uniqueness so that you can respond to life's challenges in positive and productive ways;
2. Help yourself by developing your talents and abilities. Furthermore, challenge yourself by completing tasks or goals that are slightly beyond your reach. A feeling of accomplishment may result;
3. Encourage yourself when you feel you need it;
4. Praise yourself when you deserve it. Give yourself a pat on the back;
5. Learn to trust your own judgement;
6. Learn to love yourself. This does not mean becoming self-centered or snobby since this is usually a sign of insecurity and low self-esteem. When you come to accept yourself for what you are, including accomplishments and shortcomings, then you will begin to think of yourself as worthwhile. Think about the quote I gave at the beginning of the article.

Remember, developing a positive self-esteem takes time, but the results are well-worth the effort. If you've tried to improve this but you are not making progress, consider talking to a qualified counsellor. Perhaps they can help.

You can contact the community mental health worker in Terrace Bay at 825-3238 and in Schreiber at 824-2597.



MINNOVA Inc. ELECTRICIANS

MINNOVA Inc. is searching for Electricians who will report to the Chief Electrician at its new Winston Lake Mine located near Schreiber in Northwestern Ontario.

The mine is presently in a pre-production setting with an anticipated production date of December, 1987.

The candidates must be certified tradesmen familiar with construction as well as maintenance. The ideal applicants would be experienced in both underground and mill electrical applications and have several years of experience.

Salary will be commensurate with experience and qualifications and will be complemented by a comprehensive company paid benefits program.

Please submit resumes in confidence to:
MINNOVA Inc.
Winston Lake Division
P.O. Bag #2
Schreiber, Ontario
P0T 2S0
Attention: John R. Smrke

TERRACE BAY / SCHREIBER NEWS NEEDS YOU!

Your community newspaper needs two people to sell subscriptions by telephone from their homes for five (5) hours a day over a two-week period beginning September 14.

Successful candidates will be paid a salary plus commission. This is a great opportunity to make some extra money.

Please Phone:
GAYLE FOURNIER
at 825-3747



THE NORTH OF SUPERIOR DISTRICT R.C.S.S. BOARD -- Invites--Applications For the Position of BUSINESS ADMINISTRATOR

The Business Administrator, reporting to the Director of Education, is responsible for the supervision and efficient management of all financial and business operations of the Board. This position is initially a term appointment.

Proven experience in the financial operation of a school board and well-developed administrative, communicative and inter-personal skills are preferred. Applications from qualified candidates must include a complete resume and three professional references. Applications must be received by August 24, 1987 and should be submitted to:

Personnel
P.O. Box 730
Schreiber, Ontario
P0T 2S0
Telephone: (807)-824-3296

G.J. Matys
Director of Education

E. Drozdowsky
Chairperson