

Manitouwadge is hosting Focus on Fitness

Manitouwadge is hosting the "Focus on Fitness" fitness Conference this September 25th, 26th and 27th, 1987.

This conference is being sponsored by the Manitouwadge Recreation Department and the Ministry of Tourism and Recreation.

It is a three-day event for fitness leaders and enthusiasts, accenting exercise, safety, nutrition and leadership.

The four presenters will be:

Charlene Prickett- Fitness Professional and Television Personality from Calgary, Alberta; **John Griffin**- Fitness Specialist, Teaching Master at George Brown College, Toronto, Ontario; **Joyce Gordon**- Consultant, Employee Fitness Section, Ministry of Tourism and Recreation, Toronto, Ontario; **Alison McMullen**- Nutritionist affiliated with Confederation College, Thunder Bay, Ontario.

Also included during the weekend will be public sessions given by Charlene Prickett (an active session and discussion time) and by Alison McMullen (nutrition).

In conjunction with the "Focus on Fitness" conference, a one-day workshop will be held on Friday, September 25, dealing with Injury Prevention and Enhanced Fitness in the workplace.

Included will be discussions on the economic benefits of injury prevention and stress awareness due to enhanced fitness levels in the workplace and at home.

The presenters will be John Griffin and Joyce Gordon. This workshop will be specifically designed for industry and business.

Manitouwadge, with a population of over 4,500, is situated 250 miles northeast of Thunder Bay and 250 miles north of Sault Ste.

Marie.

The major industries are mining and lumbering with Noranda Inc., (Geco Division and Hemlo Division), Northwest Timber Ltd., Pic River Forest Products and Lac Minerals Ltd., being the major employers.

This conference promises to be very exciting and informative, with 75 delegates using this opportunity to expand their knowledge in the fitness field.

The participants will be treated to a dinner and theatre presenta-

tion by the Manitouwadge Players on Saturday evening.

Fitness is the North! It is not a fad! We in Manitouwadge feel that a healthy lifestyle through fitness brings one closer to total wellness.

The Manitouwadge Recreation Centre has a strong Aerobics Program, with over 100 participants.

Classes offered include Light and Easy, Evening Co-Ed, Afternoon and Evening Fitness.

New this summer is "Turf &

Surf" Fitness, which is a combination of auditorium and pool exercise. The current leaders are Beth Friesen and Cherie Banting.

Registration forms will be sent out in early July.

For more information regarding our "Focus on fitness" Conference, contact the Manitouwadge Recreation Department at 807-826-3563, or any of the co-ordinators.

Cherie Banting, 826-3368; Beth Friesen, 826-4681; Joan Urbanoski, 826-4378.

Parks Council wants to know what you think of the parks

What do the thousands of campers, hikers, picnickers, and others who use Ontario's provincial parks each year think of them?

That's what the Provincial Parks Council, a citizens' advisory committee that reports directly to Natural Resources Minister Vincent Kerrio, will be asking the public this summer.

The council will distribute a comment card that covers everything from how friendly parks staff are, to the enforcement of park regulations.

"Ontario is acknowledged internationally for its outstanding parks system," said Kerrio. "The object of this review is to make sure we're in tune with what users- especially families- expect of us these days so we can maintain that good reputation."

Besides users, the big beneficiaries of the review will be MNR parks staff who are always looking for new ways to improve services, facilities and programs.

Among other things, the council will ask the public to comment on the following: the need for the alcohol ban in selected parks on May weekends; facilities, such as picnic tables, electrical hook-ups, washrooms; outdoor skills training; evening programs; parks staff hospitality; the campsite reservation service and the suitability of information that's available about parks.

Parks staff will distribute a brochure to park visitors which includes a comment card that can be mailed to Lloyd Burrige, chairman, Provincial Parks Council, 2450 McDougall Street, Windsor, Ontario, N8X 3N5.

The public may also comment by telephoning the council's Windsor office at 519-255-6731.

In addition, the council will be visiting a number of provincial parks this summer in order to meet directly with park users. The see page 12

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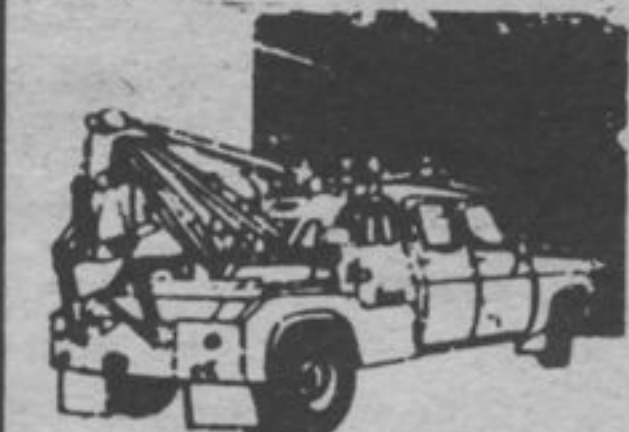
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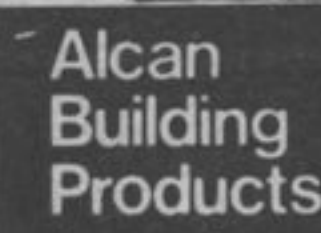
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