

Schreiber Recreation notes

Mom & Me

A co-operative play group for pre-schoolers and their parents. Registrations will be held on Wednesday, September 21, 1988 at 7:00 p.m. in Meeting Room 1 of the recreation complex.

Sessions are held either Tuesday or Friday mornings. The Mom & Me Program will begin on Tuesday, Sept. 27. There is a limited number of spaces, so be sure to register as soon as possible. For more information, please contact Roseann at 824-2823.

Muscles in Motion (Aerobics)

The first session of Aerobics has been scheduled to start on Tuesday, Sept. 20. In this program, you will improve your cardio-vascular system, build

strength, increase flexibility and tone muscles.

The class is open to all, and there are various fitness levels. We encourage everyone to go at their own pace. Good aerobic shoes are a must!

Registration is now being accepted at the recreation office, and deadline is Friday, Sept. 20. Registration is limited to 25 people.

Adult Mixed Volleyball

Anyone interested in playing Mixed Volleyball should contact the recreation office at 824-2317. When enough interest has been shown, we will once again organize an informal night of fun and exercise.

Minor Hockey

The Schreiber Minor Hockey

Association would like to remind all those who are interested in coaching any age division to contact Ian or Sue Fummerton at 824-2463 before 4.30 p.m. and 824-2128 after that time.

Recreation Brochure

The recreation department is in the process of putting together a Fall and Winter Brochure. This brochure will contain a contact list for all organizations that wish to publicize their group.

If you wish to have your group listed, please phone the recreation office with the name of your group, contact person, address, telephone number and any other information you would like to advertise. e.g. day, time and place of meetings, or dates of special events scheduled for this fall and

winter.

This contact list will only be as complete as the information given to us. Please call before the end of September so we can get the brochure out as early in October as possible.

Girl Guides and Brownies

If you wish to register your daughter in Brownies (ages 6-9), or Guides (ages 9-12) please call Mrs. Roseann Pellegrino at 824-2823 and leave your name, which will be placed on a waiting list. These programs will be offered only if sufficient leadership is available.

If you are interested in being a Leader, call Eliana Wheeler at 824-2250.

Confederation College General Interest Courses

We would like to remind everyone that the recreation department has a supply of Confederation College brochures, which contain courses offered in Terrace Bay and Schreiber. Please feel free to stop by and pick up one.

1988/89 Arena Ice Schedule

The Recreation Department would like to remind all groups that the ice schedule meeting will be held on Thursday, September 15 at 7:30 p.m. in Meeting Room 1 of the Recreation Complex. All groups are asked to have their regular ice time requests and tournament dates submitted to the office prior to this meeting.

Schreiber registrations

Hockey

Anyone wishing to play Schreiber no-body-contact hockey this season is asked to call the Schreiber Recreation Office at 824-2317 before Oct. 1, 1988.

Badminton

Anyone interested in playing badminton this fall should attend

a very important organizational meeting scheduled for 7.30 p.m. in Meeting Room 1 at teh rec Complex on Thursday, Sept. 22.

If there is not enough interest shown at this meeting, there will be no badminton this fall.

If you cannot attend, but are interested in playing, contact the Schreiber Rec Office.



Healthwise

with

John Lubberdink

Do you sometimes suffer a sharp back pain when you bend over? Or perhaps your old football injury been giving you trouble. Maybe your feet ache like the dickens after you finish a busy shift. Well, this column can help

Healthy stomach muscles can promote healthy back

provide some answers to your concerns.

The News will begin featuring a series of articles written by John Lubberdink, Terrace Bay's new chiropractor. The articles will discuss common ailments and simple treatments, and it will look at ways you can help yourself prevent certain kinds of injury.

By John Lubberdink, D.C.

We have heard that by staying in shape one can handle the stresses of life considerably easier.

Did you know that by strengthening your stomach muscles, you can add support to your lower back?

Far too often, we see someone with a bulging abdomen (we sometimes call them "Molson Muscles") complaining of back pain.

The reason for this is quite

simple; all the contents of the abdomen (stomach and intestines) slide forward into the weak tummy muscles and cause the spine to buckle somewhat forward.

This strains your lower back. A mother of several children knows how her back felt during pregnancy.

By constant tummy exercises, we support our tummy contents, which in turn adds support to our spine. The tummy muscles increase the abdominal pressure (represented by the arrows) and provide an increase in spinal support.

Remember, a weak tummy can lead to a weak back.

Did you know: The body produces its own class of pain killers called endorphines, which is many times more powerful than morphine.

Terrace Bay Rec Centre fall events

Registration openings are available in the following programs

Program	Instructor	Starting Date	Dates & Times
Fitness for Fun Friday	Lynn Pearen	September 12	Monday, Wednesday & 10:00 - 11:00 a.m.
Happy Hoppers Friday	Lorraine Clarke	September 12	Monday, Wednesday & 10:00 - 11:00 a.m.
Happy Hoppers	Lorraine Clarke	September 13	Tuesday & Thursdays 7:00 - 8:00 p.m.
Flex & TOne Fitness	Louise Boileau	September 13	Tuesday & Thursdays 1:30 - 3:00 p.m.
Taking Charge with Aerobics	Louise Boileau	September 12	Monday & Wednesdays 2:00 - 3:00 p.m.
Squash & Racquetball Lessons	At the present time the Recreation Department is taking names to see if there is sufficient interest to present these programs.		
Youth Bowling p.m.	Charlie Matson	September 13	Tuesday & Thursdays 4:00
Kids Krafts	Jeff Mikus	October 28	Fridays 6:30 p.m. (7-9 year olds) 7:30 p.m. (10-12 year olds)
Babysitting	Janice Jacko	October 11	Tuesday to Friday Monday to Wednesday 4:00 - 5:00 p.m.
Power Skating Thursday	Marcus Moeltner	October 4	Tuesday, Wednesday &
Learn to Skate	Carrie Culhane	To be announced	To be announced
The Art of Smocking	Rosemary Cano	October 3	Monday to Friday 1:00 - 4:00 p.m.
		Afternoon & Evening Class	Monday to Friday 7:00 - 10:00 p.m.
Paper Tole (Advanced)	Darlene Noble	October 21	Friday 7:00 - 10:00 p.m. Saturday 10:00 - 4:00 p.m.
Ceramics (Advanced)	Sylvia Broughton	September 27	Tuesdays 7:00 - 9:00 p.m.
Chinese Cooking (Beginners)	Peter Monks	October 6	Thursdays 7:00 - 9:00 p.m.
Retirement Planning	Don Thompson	October 17	Mondays 7:00 - 10:00 p.m.
Wreathmaking	Eleanor Gould	October 6	Thursdays 7:00 - 10:00 p.m.
Tole Painting	Jane Trimble	To be announced	To be announced
Knitting	Bea St. Louis	October 5	Wednesdays 7:00 - 9:00 p.m.
Christmas Decorating	Eleanor Gould	November 9	Wednesdays 7:00 - 9:00 p.m.
Sewing for Beginners	Elise Kenney	September 28	Wednesday & Thursdays 7:00 - 9:00 p.m.



Schreiber Men's Slow-Pitch Standings



Team	W	L	T	Pts	RF	RA
I-Team	12	2	1	25	231	96
Sluggers	9	6	0	18	144	161
Sabres	8	6	1	17	150	92
Devils	8	7	0	16	161	175
Diggers	4	11	0	8	131	193
Outlaws	3	12	0	6	85	185

Bowlers

Mixed Bowling will be Friday Nights (not Wednesdays as previously announced)

Due to mill shut down bowling will begin on Monday, September 26 (Ladies) Tuesday, September 27 (Mens) and Friday September 30 (Mixed)

