

Terrace Bay Recreation news

Fall Fair

The Terrace Bay recreation Department would like to thank all of the exhibitors and participants who attended our 7th Annual Fall Fair.

This year the Fall fair proved to be the largest of its kind along the North Shore. The three winners of the recreation department's Best Decorated Booth Contest are: Jeff Mikus, 1st place; Country Crafts, 2nd place; Terrace Bay Horticultural Society, 3rd place.

A final thank you to Peter Monks of the Multicultural Association for providing the lively entertainment, which was indeed the highlight of the Fall Fair.

Old Pros vs Oldtimers

On Saturday, Oct. 8, the terrace Bay Quinard Oldtimers will host the Montreal Pros at 8 p.m. in the Terrace Bay Arena.

This highly entertaining hockey game will be an enjoyable evening for the entire family. Tickets are \$10 each and are available at: the Terrace Bay Rec Centre, 825-3542; Schreiber rec Centre, 824-2317; or from ron MacKenzie at 825-9058. Get your tickets soon!

Programs

Fitness for Fun

This program has been rescheduled for Sept. 26 to Nov. 4. There is still room for more registrations in this program.

Flex and Tone

The Flex and Tone Weight Program will begin on Sept. 20. There are several more openings in this program, which runs for seven weeks. The students will learn a variety of weight training techniques.

Happy Hoppers

We are still taking names for the evening session of Happy Hoppers. This program will take place at the Public School once

work on the gymnasium has been completed.

Babysitting

We have scheduled a babysitting program open to boys and girls aged 10 years and older. The program begins on Oct. 11.

Youth Bowling

Youth Bowling has been rescheduled for Saturdays at 2.00 p.m. and is due to start on Oct. 1. It is open to boys and girls aged 7 to 14 years.

Chinese Cooking

We have openings in this program, which will teach the student the basic ingredients and techniques of Chinese cooking. The student will be able to cook such delectable dishes as Chow Mein, Beef and Greens, Sweet and Sour Chicken Balls, etc.,.

Christmas Decorating

With openings still available, Eleanor will teach to students how to make a number of articles for the Christmas season.

Kids Crafts

This program, instructed by Jeff Mikus, will be held on Friday evenings for six weeks starting on Oct. 28. Classes for those aged from seven to nine years old will be held at 6.30 p.m., and at 7.30 p.m. for those between 10 and 12 years of age.

Knitting

Bea St. Louis will be instructing this program for beginners or advanced knitters. The program is scheduled to begin on Oct. 5 and will be held Wednesday evenings at 7.00 p.m.

Paper tole (advanced)

This program is scheduled for the weekend of Oct. 21-22. Participants must have taken the Beginner Paper Tole Program.

Power Skating

This program will be held from Oct. 4 to Oct. 13 and will be open

to kids aged 7-9 and 10-13.

Retirement Planning

Are you nearing that golden age when you are due to retire? Wondering how you will make due financially, socially, and physically?

This seven-week program is geared to answer all your questions and more. Learned speakers

will be covering such subjects as financial, leisure, health, and legal planning, as well as the opportunities of retirement. Register today; the program begins on Monday, Oct. 17.

The Art of Smocking

We have openings in both the Afternoon and Evening sessions for this program. This decorative stitch can be used on dresses, pillows, runners, aprons, etc.,.

Tae Kwon Do

Call 825-3542 to register today for this program, which will be held on Tuesdays and Wednesdays at the Terrace Bay High School.

Wreath making

We still have room for more registration in this program, which begins on Oct. 6. Several designs of wreaths for fall and winter season will be taught to the participants.

Schreiber Rec notes

Mom and Me

A co-operative play group for pre-schoolers and their parents. Registrations will be held on Wednesday, Sept. 21 at 7.00 p.m. in Meeting Room 1 of the recreation complex.

Sessions will be held Tuesday and Friday mornings. The Mom and Me Program will commence 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 Pellegrino at 824-2823.

Adult Mixed Volleyball

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

Recreation Brochure

The recreation department is in the process of putting together a Fall and Winter Brochure,

which will contain a contact list for all organizations that wish to publicize their group.

If you would like to have your group listed, please phone the rec office with the name of your group, contact person, address, telephone number, and any other information you would like to advertise e.g. time, place and date 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 us 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 (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 824-2550.


Dryland Hockey training

All minor hockey players atom-aged and over are invited to participate in dryland hockey training beginning Thursday, Sept. 22 from 6.30 p.m. to 7.30 p.m. at the recreation centre. Those wishing to participate must have running shoes and proper clothing appropriate for outdoor training. The sessions will be held from Sept. 22 to Oct. 6.

Skate and Equipment Exchange

Anyone with skates, ringette or hockey equipment that they wish to sell or trade and those wishing to buy equipment are invited to this exchange.

It will be held at the recreation centre on Thursday, Sept. 22 and Thursday Sept. 29 from 7.00 p.m. to 9.00 p.m. Equipment may be dropped off prior to these dates at the recreation office between 9.00 a.m. and 5.00 p.m.



Healthwise
with
John Lubberdink

Without stretching the point, stretching muscles is a good way to stay fit!

By John Lubberdink, D.C.

As the first day of the Olympics approaches, we are being made aware of the world's top athletes through the many media events.

One event rarely covered by the media about an athlete's interest or sport is his/her preliminary preparation for the event.

All athletes — before they put on a skate, ski, or boxing glove — go through a routine of stretching exercises. These exercises are so important to the athlete that damage could be caused while participating in the competition if he/she did not prepare thoroughly.

Who should stretch? Everybody! Why? Among other things, it: prevents muscle strains; promotes circulation; stretches ligaments and muscles to handle loads; signals muscles that they are about to be used; increases range of motion; and it feels great. Stretching your back and joints

before work and at convenient times throughout the day will help you combat strain, fatigue, and aches. There is no limit to the amount of stretching you do, but before you become an enthusiast for this activity, you must start out slowly.

Do not rush it. Too many start too quickly, become frustrated and quit.

Watch the Olympic athletes; they will stretch up to the time of their event because of its overall benefit to their musculo-skeletal systems. The stretch, in all its simplicity, provides an extremely beneficial effect to the body.

Did you know that: The tip of the nose is cartilage - not bone.

If you have any questions or would like to see a topic discussed in this column, write to:

Healthwise
c/o Terrace Bay/Schreiber News
P.O. Box 579
Terrace Bay, Ont.
POT 2W0

NORTH OF SUPERIOR COMMUNITY MENTAL HEALTH PROGRAM

The North of Superior Mental Health Program invites applications for the position of Mental Health Worker in Geraldton, Ontario.

The successful applicant will become part of a multidisciplinary team offering mental health services to children and adults.

The qualified individual will have academic background and related work experience in the Mental Health field which would allow him/her to provide assessment and treatment services. Excellent opportunities exist for the development of clinical skills and for continuing education. Clinical supervision is provided by the Program psychiatrist.

Bilingualism will be considered a strong asset.
Own transportation is required.

Salary: \$27,500 - \$34,000 currently. New salary scale under negotiation.

Closing date for applications: October 17, 1988.

Interested and qualified individuals please submit resumé to:

Executive Director
North of Superior Programs
P. O. Box 940
Geraldton, Ontario
POT 1M0

Superior North Shore Power & Sail Squadron

Will be holding a registration night at the
Terrace Bay Rec. Centre
September 28th
7:00 p.m. - 8:00 p.m.
for the boating course