

Terrace Bay Recreation news

Attention all exercise enthusiasts! The next session of classes will begin on the following days. Registrations are to be paid prior to the first class or they will not be admitted — No exceptions!

Mixed Aerobics
Thursdays between 6.30 to 7.45 p.m. from Nov. 10 to Dec. 15. Deadline to pay is Nov. 3.

Total Fitness
Monday between 8.00 and 9.45 p.m. from Nov. 7 to Dec. 19. Payment deadline is Oct. 31.

Flex and Tone
Tuesdays and Thursdays between 1.30 and 3.00 p.m. from Nov. 8 to Dec. 15. Payment deadline is Nov. 1.

Taking Charge Aerobics
Mondays and Wednesdays between 2.00 and 3.00 p.m. from Oct. 31 to Dec. 21. Payment deadline is Oct. 24.

Happy Hoppers
Mondays, Wednesdays and Fridays between 10.00 and 11.00 a.m. from Oct. 24 to Dec. 2. Payment deadline is Oct. 17.

Fitness for Fun
Mondays, Wednesdays, and Fridays from 10.00 to 11.00 a.m. from Nov. 7 to Dec. 16. Payment deadline is Oct. 28.

Learn to skate
We will be presenting this program under the instruction of Kerry Culhane, Terrace Bay's Figure Skating professional.

Morning class will be held between 10.00 and 11.00 a.m. from Oct. 24 to Nov. 3; afternoon class between 2.00 and 3.00 p.m. from Oct. 24 to Nov. 3. Deadline to register for both classes is Oct. 20.

Kids' Krafts
We need more registration in the 10-13 year group of this program. It is schedule for Saturdays from 1.00 to 2.00 p.m.

Paper Tole (Advanced)
This program is scheduled for the weekend of Oct. 21 and 22. Participants must have taken the Beginner paper Tole Program.

Broomball Players
Broomball will be starting on Monday, Oct. 17 at 8.30 p.m. Ice times for Broomball will be: Sunday, 10.30 p.m.; Monday, 8.30 p.m.; Tuesday, 10.30 p.m.

All ice time will be open practice time until teams are formed in early November. If you are interested in playing, please leave your name with the recreation Office at 825-3542 or with Rick Smeltzer.

Public Skating Times
Wed., Oct 19 -
11.00 a.m. - 12.00 noon
1.00 p.m. - 2.00 p.m.

8.30 - 9.30 p.m.
Thursday, Oct. 20
11.00 a.m. - 12.00 noon
1.00 - 2.00 p.m.
Friday, Oct. 21
1.00 - 2.00 p.m.
7.30 - 8.30 p.m.
Sat., Oct. 22
1.00 p.m. - 3.00 p.m.
7.00 p.m. - 9.00 p.m.
Sunday, Oct. 23
2.00 p.m. - 4.00 p.m.
8.00 - 9.00 p.m. (adult Public

Skating - 18 years and older)
Monday, Oct. 24
11.00 a.m. - 12 noon
1.00 p.m. - 2.00 p.m.
Tuesday, Oct. 25
11.00 a.m. - 12 noon
1.00 - 2.00 p.m.
Upcoming Events
Wed., Oct. 19 - Chamber of Commerce in the Boardroom starting at 7.00 p.m.
Friday., Oct. 21 - Advanced

paper Tole in Multi-purpose Room from 7 - 10.00 p.m.
Saturday, Oct. 22 - Advanced paper Tole in Multi-purpose Room from 1.00 p.m. to 4.00 pm
Sunday, Oct. 23 - Sea Cadets in Boardroom starting at 7.00 p.m.; Ringette in the Multi-purpose Room from 1.00 to 3.00 p.m. and 7.00 to 8.00 p.m.
Saturday, Oct. 29 - Skate-athon in the arena from 10.00 a.m. to 5.00 p.m.

Schreiber Rec notes

Power Skating
The Recreation Department will be hosting a power skating clinic beginning Tuesday, Oct. 18 for boys and girls aged 7 and older.

Registrations will be accepted until Wednesday, Oct. 19. Classes will be divided into the following age groups: 7-9; 10-13; and 14 and older.

The clinic will be held from 6.00 p.m. to 9.00 p.m. on Oct. 18, 19, 20, 25, 26 and 27. Each group will receive one hour of instruction on each date. For further information, contact the office at 824-2317.

Skating and Shinney passes
Season passes for Shinney Hockey or Public Skating are available at both individual and family rates. Contact the rec office for arrangements to pick yours up today.

Learn to skate
Registrations are now being accepted for this popular program. The first session is scheduled to begin on Monday, Oct. 24 under the direction of Anne Miller.

Classes are held on Mondays and Thursdays, with morning (10.00 - 11.00) and afternoon (2.00 - 3.00) sessions. The child must be accompanied by an adult

and helmets are mandatory. Registration is limited to 15 participants per class, so register today.

Arena Ice Schedule
The regular arena schedule will begin Friday, Oct. 28. Temporary schedules will be posted in the arena every Friday by 1.00 p.m. Master schedules for the entire season will be available in the Rec Office by Friday, Oct 28.

A winter special events calendar will be available once all the dates have been submitted to the Rec office.

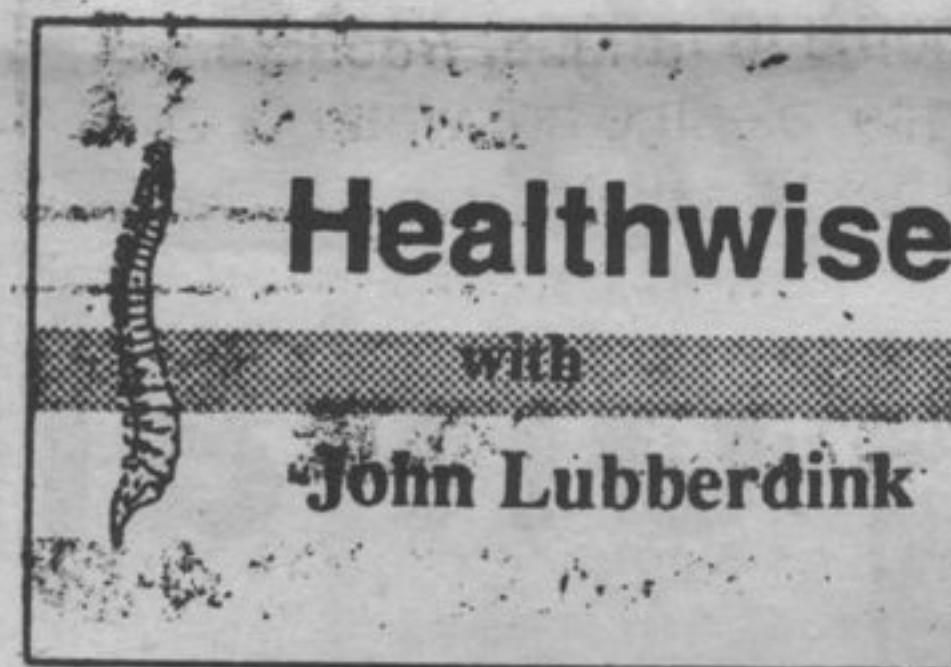
Diet plays a big part in control of diabetes

By John Lubberdink
Doctor of Chiropractic

The ability of the body to regulate the food it consumes is complex and diverse. The energy derived from food is known as glucose, and this molecule of fuel must be regulated by a hormone produced by the pancreas gland.

This hormone is known as insulin, and the lack of it in some people causes a severe condition known as Diabetes Mellitus.

Insulin helps a cell absorb glucose so that the cell may use this energy to carry out a host of chores such as building proteins or making a muscle contract.



If there is little insulin present (due to an improperly functioning or diseased pancreas), too much sugar will remain in the bloodstream and very little will be absorbed by the cells. As you well realize, if not enough cells receive energy, they will die.

There are some forms of dia-

betes that are adult onset and have nothing to do with improper levels of insulin being produced.

Why the problem with those adults? The problem is usually a result of the adult being very overweight.

It is believed that, in the process of one becoming overweight, the cells somehow become resistant to the normal insulin level. When this occurs, the hormone can't get the glucose into the cell, so the glucose must be voided by the kidneys.

In most cases, Adult Onset Diabetes can be managed by a carefully controlled diet and weight loss. However, before this is attempted by a diabetic, he or she must consult a physician.

This weight loss should never be attempted without professional consultation.

The possibility of Adult Onset Diabetes may be prevented with proper exercise levels, careful control of weight, a decrease in sugar and fat levels, and a reduction in overall stress.

Did you know: The skin is the largest organ in the body.

Schreiber Curling Club

Registration will take place from 7:00 - 9:00 p.m.

in the Curling Club Lounge

October 19, 20

Registration will be

\$50.00/person \$20.00/League

For further information contact Jo Redins

Terrace Bay Curling Club

If you are interested in curling during the 1988/1989 season, please call:

Ladies - J. Moore 825-3774
Mens - B. Bagdon 825-9150
Mixed - T. Roberts 825-9022

You have until October 31st to sign up!

The Corporation of The Township of Terrace Bay



NOTICE Regarding COUNCIL MEETINGS

The public is welcome to attend our regular Council meeting being held on Monday, October 24, 1988, at 7:00 p.m. in the Council Chambers at the Municipal Office.

A Delightful Surprise

Dinner - fun - and fellowship - when a group of friends gathered at the home of Verna Leblanc in honour of Mary Huards 50th birthday - - a very special day!

Verna had prepared a most delicious chinese dinner with a wide variety of tasty dishes!

Assisting with serving were Kay Furyk and Gloria Mullins and then a lovely cake complete with hidden coins (How come you got 4 quarters Sam?) no fair! then Lorne Bourke entertained with a guitar music and led in singing old favorites with a very special song for Mary "To Know You is to Love You"

How appropriate and then such a surprised and delighted Mary! when she received a microwave oven from her friends.

Happy cooking Mary and may you have many delightful years ahead.

Stay as sweet as you are! We love you.

Your Friends

Terrace Bay Chiropractic Office

OPEN DAILY 8:30 a.m.

3 Highland Cres Terrace Bay 825-3297