

Terrace Bay recreation news

Winter and Spring Program Booklets Now Available

The Terrace Bay Recreation Department have developed many new Winter and Spring programs designed for the entire family to have fun in 1989. Program booklets outlining details are now available at the Recreation and Municipal Offices. Stop in and discover new fun activities for you and your family.

Dance for Heart - Thursday February 16, 1989

The word is out about the exciting program Dance for Heart, sponsored by the local and Thunder Bay chapters of the Heart and Stroke Foundation. This exciting fundraising program will be held at the Terrace Bay High School on

Thursday February 16 from 7:00 to 10:00 p.m. Participants 16 years and over may pick up their sponsor forms from the Recreation Centre. More information will be forthcoming in future issues of the Terrace Bay / Schreiber News.

Attention Cross Country Skiers

If you are interested in cross country skiing this winter, stop in at the Recreation Office and pick up the Nordic Ski Trail Map, which outlines the surrounding area, various ski trails, difficulty of ski trails and length of ski trails. For more ski information contact Mickey Jacques at 825-9707.

Memberships

Cash Memberships for 1989 are now due and can be paid for by dropping in to the Recreation Office. We recommend that those taking part in Hockey, Figure Skating, Ringette, Curling and Bowling should make a point to check and make sure your memberships are up to date.

Programs

There is still room for registration in the following programs. They will commence upon sufficient registration.

Fitness for Fun (Lynn Pearen)

This 3 day per week - 8 week exercise program will commence on January 9 and conclude on March 3. The morning program (10:00 to 11:00 a.m.) consists of warm ups, non impact aerobics, body exercises, stretches and cool downs.

Flex and Tone Fitness (Louise)

A Ladies Weight Training Program being held Tuesday and Thursday from 1:00 to 2:30 p.m., commencing January 10 to February 28.

Taking Charge with Aerobics (Louise)

A low impact / high duration aerobics class held on Monday and Wednesday from 2:00 to 3:00 p.m. commencing January 9 to March 1.

Happy Hoppers (Lorraine)

Morning class being held on Monday, Wednesday and Friday from 10:00 to 11:00 a.m. commencing January 9 to March 3.

Happy Hoppers (Lorraine)

An evening program to be held on Tuesday and Thursday from 7:00 to 8:00 p.m. at the Public School commencing January 10 to March 2.

Babysitting Training (Janet Jacko)

Open to boys and girls ages 10 and over. Program to run from January 17 to January 25 from 4:00 to 5:00 p.m.

Kids Krafts (Jeff Mikus)

Two age level classes will be commencing on January 21. New and exciting crafts will be made during this session.

Knitting (Bea St. Louis)

This 10 week knitting program will commence on January 18 to March 22 from 7:00 to 9:00 p.m.

Quilting (Dorothy Dakin)

A 10 week program commencing on January 25 will teach the basics of sewing a quilt.

Decorative Tole Painting (Jane Timble)

The art of Tole painting will be taught in a one day program to take place on Saturday, January 28 from 9:00 a.m. to 4:00 p.m.

Cross Country Skiing

A beginner Cross Country Ski Clinic will be held on January 22. Proper movements and waxing techniques will be taught. An advance class for Cross Country

Ski enthusiasts will be taught on January 29.

Upcoming Events

Jan. 10 - Legal services - Multi Purpose Room - 1:30 to 3:30 p.m.

Jan. 13 - Employment Canada - Multi Purpose Room 10:30 a.m.

Jan. 14 - North Shore Minor Hockey Meeting - Multi Purpose Room - 11:00 a.m.

Public Skating

Wed. Jan. 11 - 11:00 to 12 noon, 1:00 to 2:00 p.m. and 8:30 to 9:30 p.m.

Thur. Jan. 12 - 11:00 to 12 noon and 1:00 to 2:00 p.m.

Fri. Jan. 13 - 1:00 to 2:00 p.m. and 7:30 to 8:30 p.m.

Sat. Jan. 14 - 7:00 to 9:00 p.m.

Sun. Jan. 15 - 2:00 to 3:45 p.m. and 8:00 to 9 p.m. (Adults only)

Mon. Jan. 16 - 11:00 to 12 noon and 1:00 to 2:00 p.m.

Tues. Jan. 17 - 11:00 to 12 noon and 1:00 to 2:00 p.m.

CRIME STOPPERS
623 TIPS
1-800-465-6844

The winner of the Schreiber Figure Skating Club 6 months free cable T.V. from Morrills Cable T.V. is Freda Gerow

Take heart, owners of finicky felines and fussy dogs - there's hope yet

By Alice Scott

As with people, some dogs and cats will not eat the food presented to them, and food has to be prepared to their liking. Most of us do spoil our pets. As each pet is an individual his feeding program should be geared towards likes and dislikes.

I have never had problems with my dogs appetites, on the contrary, I think they are all related to Porky Pig. But if your pet refuses to eat try these few suggestions to see if they will change their finicky ways.

First, make sure your pet is healthy, a dog or cat that has a loss of appetite may be showing the early symptoms of disease or worms.

If he is healthy he may just be bored with his food. I have known some Labs that have been eating Science diet for months and then decide they don't like it.

Sometimes just changing the type of food will help, so try a new brand of food. Also, adding a small amount of canned food to his regular dry kibble will be enough to entice him to eat.

Regular feeding habits will help train your pet when to expect his food, therefore increasing his interest about his food.

Place the food in the same spot and at the same time everyday. Leave the food for 20 minutes then pick it up, if it is canned food refrigerate it to prevent spoiling.

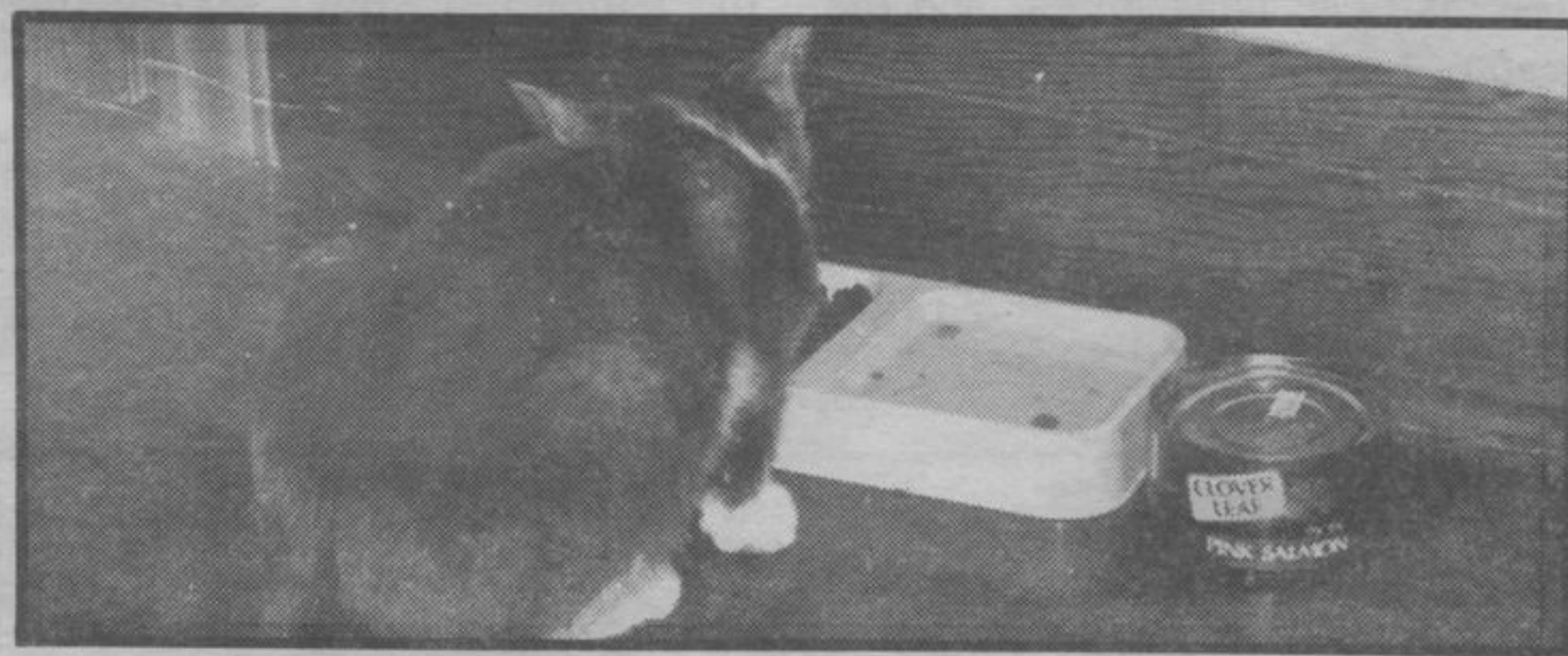
Try feeding twice a day, morning and night. If you find your pet eats better at one time then feed him only in the morning or evening.

Your vet may be able to give you an appetite enhancer for your pets food. I know some male dogs

will refuse to eat when a female is in heat. I have used a malt mixture supplied by my vet which helped to alleviate this problem.

Also, try your own methods, sometimes just adding a small amount of beef or chicken broth will help. If your pet really enjoys cooked vegetables then add a few to his food. Cats enjoy oil from tuna or chicken so save this and add it to your cats regular food. My cat likes his food warm so I sometimes warm it in the microwave if it's been in the fridge.

Don't be afraid to experiment. You know your pet better than anyone.



Here's proof that Alice's advice really does work. Photo by Dave Chmara

Do you know someone who deserves a medal?

If you know someone who has made Ontario a better place to live...through their selflessness, humanity and kindness...tell us.

An Advisory Council of Ontario citizens, whose honorary chairman is the Lieutenant Governor of Ontario, The Honourable Lincoln M. Alexander, selects the recipients from nominations

made by you each year.

We need your nominations by March 15, 1989. Nomination forms are available now by writing: The Ontario Honours and Awards Secretariat, Ministry of Intergovernmental Affairs, 6th Floor, Mowat Block, 900 Bay Street, Toronto M7A 1C1 or from your M.P.P.'s constituency office.



The Ontario Medal for Good Citizenship

Dog Trivia Contest Answers and Winners

1. Richard Nixon gave what famous T.V. speech in which he mentioned his Cocker Spaniel?
2. The lovable mutt, Daisy, belongs to what two cartoon characters?
3. What large breed, raised by monks, is famous for cold climate rescue missions?

Answers:

1. Checkers speech
2. Dagwood and Blondie
3. St. Bernard

Winners:

Kerry Powell, Terrace Bay

First Prize - Dog Obedience Course and case of canned dog food, courtesy Alice Scott and Costa's.

Paul Martin, Schreiber

Second Prize - Free dog bath courtesy of "The Tailored Pet" and bag of dog food courtesy of Costa's.