

Schreiber Recreation News

Mixed Volleyball

Looking for a way to help remove some of the bulge created from too much turkey over the holidays? Mixed Volleyball is the answer. It is held every Tuesday evening from 7:00 p.m. to 8:15 p.m. at the Schreiber High School gymnasium. It is a drop in type program so you do not have to commit yourself for every Tuesday evening. Anyone wishing to play can simply show up on Tuesday evening, it is a very informal evening of fun and exercise. Please use the east entrance beside the ball park and remember to bring running shoes as street shoes are prohibited on the gym floor.

NCCP National Coaching Certification Program - Level I & II Theory Clinics

We need more registrants for these clinics if we are to be in a position to conduct these clinics. The "theory clinics" are designed to instruct coaches in the philosophy of coaching and how to design a practice. These clinics are for coaches of all sports and are not

related to any one specific sport or activity. If you have always wanted to coach but felt you were not qualified or if you are presently coaching but feel you could use some formal training then these programs are for you. Call the recreation office now at 824-2317 for more information or to register.

"Ladies Only" Fitness and Weight Training Program

If you wish to participate in a Ladies Only instructional program to assist you in the basic weight training techniques then this is the program for you. Louise Boileau will give you instruction on proper lifting procedures, how to use the different apparatus in our fitness room and how to design a routine to suit your needs and schedule. Summer is coming quick so take part in this program and "look fine in 89". For more information or to register call the recreation office at 824-2317.

Aerobics

The next session of aerobics will begin on Tuesday, January 10.

Classes will be held on Tuesdays and Thursdays evenings from 7:00 to 8:00 p.m. Contact the recreation office to register.

Learn to Skate

The next session of the Learn to Skate program begins on Monday, January 9. Classes are held on Mondays and Thursdays with morning classes from 10:00 to

11:00 a.m. and afternoon classes being held from 2:00 to 3:00 p.m.

Winter Carnival

The 1989 Winter Carnival will be held from Friday, February 3 to Sunday, February 12. The schedule must be completed by 4:00 p.m. Tuesday, January 17. There will be a full 2 page program and adver-

tisement in the January 25 issue of the Terrace Bay / Schreiber News. Any groups or individuals wishing to organize an event or have an event planned for that time and wish to have their program included in the schedule should contact the recreation office as soon as possible.

ATTENTION EMPLOYERS

THE NORTHSORE INDUSTRIAL TRAINING COMMITTEE (NITC)

is conducting a Training Needs Survey, and your help is needed.

Questionnaires will be mailed to employers during the first week of January. Please fill out the forms and return them as soon as possible.

Based on the assessment of the training needs in the area, the NITC will plan training programs and submit requests to the Provincial and Federal Governments for funding of the proposed training programs.

For further information contact:

Mrs. M. Murphy
229-0569

Northern Developments

Shady "free vacations" a "hot" deal

By Maurice Fenelon
Northern Developments Officer

Northern Ontario residents are becoming increasingly exposed to a new type of shady sales technique offering "free vacations" or extremely inexpensive southern destination vacations.

A typical sales pitch will involve phoning a prospective client and telling them they have just won a free trip to Florida. In order to receive the supposed free trip you must give your credit card number so a small service charge can be made to process your trip. This small service charge typically costs \$100 or more.

Consumers are strongly advised - **DO NOT** give your credit card number to this type of business operation. Such vacations are not really free.

You must usually pay your air fare, meals, car rental and so on. The free part is a motel room which you cannot be sure of for its cleanliness, reputation and comfort.

Remember, that Ontario law does not provide protection if you take such a trip and later find you have been ripped off.

Another approach is to send a card or letter in the mail announcing you have won a free trip and must call a telephone number listed for further information. The phone numbers are American listings.

Such consumer sales techniques tend to prey on people's sense of fair play and trust in getting something free. The best advice consumers can take is to ignore such telephone calls and **NEVER** give your credit card number over the phone to anyone, it is a dangerous practice.

If you should have any questions on this subject or any other consumer related matter, you may write the Ministry of Northern Development and Mines at 2 Stevens Ave., Marathon, Ontario or call 229-1153. For areas outside of Marathon ask your operator for Zenith 33160.

Seniors must apply yearly for guaranteed income supplement

By Maurice Fenelon
Northern Developments Officer

The Guaranteed Income Supplement is a monthly payment that may be added to your Old Age Security Pension if your income apart from the pension is limited. The amount of the supplement depends upon your income and marital status.

If you are married, your combined incomes (you and your spouse's) will be taken into consideration in determining the amount of Guaranteed Income Supplement you will receive. It is very important that all seniors remember that you must re-apply every year for this supplement.

New supplement applications for 1989-90 should be available in January and February for those renewing their benefits. Other individuals who will be receiving the Old Age Security Pension for the first time may apply for the supplement when they fill out their pension forms.

Before filling out the supplement forms or seeking assistance it is very important that individuals ensure that they have all their income tax, pension and related information slips. Having these slips will make applying for the supplement much easier.

Senior citizens wishing to know about this program or any other programs such as Spouse's Allowance, Guaranteed Annual Income Supplement and Canada Pension Plan may call the Ministry of Northern Development and Mines.

Assistance will be provided to seniors needing help with the supplement forms, however, please ensure you have all relevant tax and information slips.

For further information, please contact the Ministry of Northern Development and Mines at 2 Stevens Ave., Marathon, Ont., POT 2E0 or call 229-1153. For areas outside of Marathon ask your operator for Zenith 33160.

ONTARIO GOVERNMENT TENDER

TREE PLANT CONTRACTORS

The North Central Region of the Ministry of Natural Resources is calling for tenders for the planting of approximately 12,096,500 trees in 1989. The table below gives a summary of the operations and applicable contact people.

The tender package may be obtained by sending a non-refundable document fee of \$50.00 in the form of a certified cheque or a money order payable to the Treasurer of Ontario.

Please specify tender Number NCR-88-104 when requesting documents.

TO: Regional Director
Ministry of Natural Resources
Ontario Government Building
P.O. Box 5000
435 James Street South
Thunder Bay, Ontario P7C 5G6
(807) 475-1222

Attention: Karon Kaminski

Tenders may also be examined free of charge at the five (5) District Offices, the Manitouwadge sub-office and the Regional Office. To bid however, a contractor will have to purchase the document for the \$50.00 fee as indicated.

DISTRICT	CONTACT	TOTAL
Atikokan	Ed Loney 807-597-6971	2080.0
Geraldton	John Ferris 807-854-1030	2754.0
Nipigon	Ken Horton 807-887-2120	2820.1
Terrace Bay	Bob Ferguson 807-826-3225	2799.4
Thunder Bay	Ed Bons 807-475-1461	1643.0

The tender closes on **FEBRUARY 10, 1989 at 12:00 noon Thunder Bay Local Time.**

THE LOWEST OR ANY TENDER NOT NECESSARILY ACCEPTED.



Ministry of
Natural
Resources

Vincent G. Kerrio
Minister