

Heal Ourselves workshop an eye opener

By Georgette Cebrario

The roads were slushy but that did not stop the 25 women and one brave man from coming out to the Serendipity Garden Cafe on Saturday, Feb. 25. They came in with their faces showing the anticipation for the new learning experience and they left with their faces showing the satisfaction of a morning well-spent and a full tummy from the macrobiotic luncheon.

Donna Mikeluk welcomed everyone and mentioned that the workshop was sponsored by "Mayday". This is an organization that strives to enhance the quality of lives on the North

Shore.

Karen Hiner and Leah Buchin, the two facilitators for the morning, spent a few moments explaining their backgrounds which run the gamut from Shiatsu, Polarity, Macrobiotics, Homeopathy, to working with Ojibway Healers.

Shiatsu, discussed by Karen, is similar to acupuncture, and works on lines of energy which is our life force or Ki.

We have 14 lines of energy which are connected to the major organs of our body. A new born baby, when it comes out of the womb, shows spirals of energy for a short time.

Shiatsu tries to feel and free the energy imbalances or blocks to bring your body back into balance.

Often, when you have a pain in a part of your body, it goes down a line of energy, (i.e. stomach to thigh, heart to left arm).

Leah Buchin, correlated what happens inside our body to our diet. She stated that the food that we eat transfers into our blood. In

other words our blood is being created by what we eat. For this reason it is very important what the man eats before conception and what the mother eats during pregnancy.

Both women spoke on different parts of the body and how their methods of healing and diet affected these parts. The morning continued with a series of exercises on finger acupuncture which

was enjoyed by all.

It ended with our experiencing a basic macrobiotic menu, which was tried with some trepidation, but, surprisingly, we liked it. The menu included miso soup (fermented soya bean) falafel and pita bread, sauted vegetables, and a German apple ring.

A similar workshop was also held by these two women in Marathon.

Community Profile

By Dave Chmara

A relatively new resident, Phyllis Mosley has been living here in Terrace Bay for about a year-and-a-half.

Phyllis is the supervisor for the Red Cross Homemakers Program covering the area from Rosspoint to Marathon.

She coordinates the program, promotes it, is her own secretary,

receptionist, hires the homemakers and trains them and is also responsible for home visits.

Although she is paid as a part-time employee, she says it is a full-time job.

The Red Cross Homemakers Program performs housekeeping duties for the elderly, disabled and discharged hospital patients, who are unable to do their own

housekeeping.

"It's a great job," said Mosley. "You can see the benefits."

Currently, the Homemakers program has 60 clients who are served by 18 homemakers.

Mosley said this is triple the number compared to when the program started in October 1987.

In addition to her work as supervisor of the Homemakers Program, Phyllis is also president of Minor Hockey in Terrace Bay. She was elected to the position and is one year into a two year term as president.

As well, she is the manager of the Terrace Bay Bantam team.

Mosley said she has a lot of fun with all the kids and added she has been involved in minor hockey for the past 14 years.

Phyllis' husband works at Minnova and her two sons play in the Bantam and Atom divisions.

Phyllis has moved around the country quite a bit. Originally from Nova Scotia, her family has lived in British Columbia, the Northwest Territories, Alberta and parts of Ontario.

She said though that they plan to make Terrace Bay their permanent home.

As for the winters, Phyllis said, "the cold doesn't bother me. Hockey makes the winter go by fast."

In her spare time, which she says isn't very much, Phyllis likes to read relaxing novels - good fiction she said, that isn't too complicated. She also likes to play mixed slow pitch baseball and to cook and bake.

Phyllis said she's, "found Terrace Bay people really friendly. Maybe it's because we got involved in the community so quickly."

Thank you

We would like to thank all those who sent cards, flowers, baking, visited or called during our time of sorrow.

Your thoughtfulness will always be remembered.

God bless you

Brian, Ruth-Ann, Karen & Jason Birch
Deb & Art Roen

Thank you

On behalf of the Heart & Stroke Foundation

I would like to thank all those who participated and contributed in any way towards making "Dance for Heart" the success it was.

In Memoriam

HUARD - In loving memory of Roy, who passed away March 7, 1978.

Time will not fade the face we loved,
The voice we heard each day,
The many things he did for us,
In his own special way.
All our life we will miss him,
As days may come and go,
But in our hearts we will keep him,
Because we loved him so.

Sadly missed by the family.

Thank you

Thanks to all our friends from Schreiber who sent cards and best wishes for our 50th Wedding Anniversary, February 6, 1989.

A special thanks to our family for the surprise party at Springhill Holiday Inn. Thanks to all those who made a special effort to attend:

Bill & Lil Love - Hazelton B.C.

Paulette Halonen - Ottawa

Ada Cameron - Ft. Frances

Bill Alcorn - Thunder Bay

John Halonen - West Palm Beach

Pete & Geri Peterson - Springhill

Maureen & Burton Philips - Schreiber

and of course our family

Mike & Joyce Reid - Schreiber

Al & Erica Holmes - Winnipeg

Herb & Shannon Holmes - Edmonton

Your thoughtfulness will never be forgotten.

Ed & Lena Holmes

Last week's puzzle answers

1	B	2	E	3	L	4	L	5	B	6	I	7	R	8	D	9	C	10	A	11	R	12	S
14	A	G	I	T	A	T	O	R	15	A	L	B	E	I	T								
16	R	E	A			17	G	O	B	I	18	C	A	U	D	L	E						
19	T	R	I	N	20		21	L	E	F	22	T	I	S	T	23	A	T					
24	O	I	S	I	F	25		26	S	T	R	E	P		27	I	T	S					
28	K	A	O	L	I	N	29		30	E	O	R		31	S	K	E	O					
		32	S	N	O	B	B	E	R	Y		33		34	S	T	E	R	N				
				35	T	R	A	M		36	E	S	T	E									
38	A	E	R	I	E			41	P	A	S	T	O	R	43	A	L						
45	B	R	I	C			46	S	A	R		47	A	R	E	C	A	S					
49	A	A	M			50	C	E	L	T	S		52	M	O	T	E	T					
53	N	S		54	G	A	T	E	W	A	Y		55		56	S	U	R	E				
57	D	U	E	N	N	A			59	O	T	I	C		60		61	A	T	E			
62	O	R	N	A	T	E			63	R	I	M	E	S	T	E	R						
65	N	E	S	T	S				66	K	N	O	T	L	E	S	S						

The Terrace Bay/Schreiber Lions Club

would like to express their appreciation to

Paul Cebrario

of Cebrario Hardware Schreiber, Ontario

For his generous donation of supplies for the recent repair to the Boy Scouts Hall



Birth Announcement

Daniel & Kristine Krause are pleased to announce the safe arrival of their new baby brother

Karl Lawrence

Born on Feb 17, 1989

Weighing 7 lbs 5 oz

Proud parents are Dan & Karen Krause. Proud grandparents are Bob & Doris Krause and Bill & Claire Madge all of Schreiber. Many thanks to all who sent gifts, flowers, cards & visits. Special thanks to Dr. Raczkycki, Dr. Fowler and the nursing staff of McCausland Hospital for taking good care of us



Back a Fighter

Easter Timbres Seals de Paques



Canada 1989

Support



INCOME TAX Service

10:00 a.m. - 8:00 p.m.

Appointments for weekends

Lillian Belliveau

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