

# CWL Monthly Report

The regular monthly meeting of the St. Martin of Tours C.W.L. was held Monday April 17th.

The meeting opened with the League Prayer for the intentions of all members. Marg Roberts gave the Scripture Reading, Psalm 100.

The minutes of the previous meeting were read by Marilyn, followed by the treasurer's report.

A letter from McCausland Hospital Auxiliary was read asking to support their Resolution for the Lifeline Project.

The convenors reports were then given. Marg asked that little books "Pray the Rosary" be ordered for the First Communion children. Delores, our Historian read the last of article 11, sections 8 and 9.

The Birchwood Birthday party

on Thursday April 20th will be looked after by Bernice; and her committee with Father Campbell assisting.

Marilyn gave her report for the month of March, which was a very busy one.

The Mass for the Feast of our Lady of Good Council will be held on Wednesday, April 26th at 6:30 p.m. followed by dinner at 7:15 p.m.

C.W.L. Sunday will be held on May 6 and 7th with members participating at all masses on these days.

Plans for the Fall Bazaar are well underway for October 21st with Evelyn Falzetta being convenor.

The Mother's Day Tea convened by Marilyn and Val will be held Saturday May 13th. Delores

will be in charge of the "Sweet Success."

Father Campbell & Lil Belliveau attended the Charter Meeting of St. Peter's C.W.L. in Thunder Bay on April 10th.

Sharyn read her High Light, her report for the Annual Convention being held in Atikokan.

The regular meeting adjourned; after a short coffee break the Annual Meeting followed.

Nominations convenor Peggy then gave her report and nominations took place: the new officers are: President-Kathleen Mikkonen; President elect-vacant; 1st Vice President-Luigina Costa; Secretary-Marilyn Turcotte; Treasurer-Diane Polesky.



The girl guides and brownies will be blitzing Schreiber Wednesday evening, May 3. They'll be going door-to-door selling their girl guide cookies. Above, Lindsey Miller, left, and Natalie McParland are shown presenting a complimentary box of cookies to Chimo Club member, Pat Guina. The guides request your support. Photo by Dave Chmara

## Did you know?

By John Lubberdink

You spend between 1/4 to 1/3 of your life in bed. Many predispose their bodies to a rough start at work due to their sleeping habits.

Sleep should be restful and relaxing, with very little compromise to the skeletal system, in particular the neck and low back.

The ideal position for sleep is a fetal side-lying position with one or both legs bent.

Stomach sleeping is hard on the low back because there is no support allowing the back to arch.

It is also very hard on the neck since we must crank it at least 75 to 90 degrees to either side to allow for breathing.

Turning the neck for this length of time is very hard on the joints and tissues.

Sleeping on the back is a strain to the low back because the low curve is not supported. Putting pillows under the legs will lessen this strain.

To support your neck you should sleep on a 'contoured pillow'. This pillow supports the natural curve of your neck without straining the joints or soft tissues.

Poor sleeping habits can lead to poor posture and strain resulting in a bad day of work or play.

Consider side lying and a cervical pillow for optimal sleep comfort.

# It's The Great A&W Roof Bear's BIRTHDAY PARTY!

### Join the celebrations!

### Prizes and Fun for Everyone!

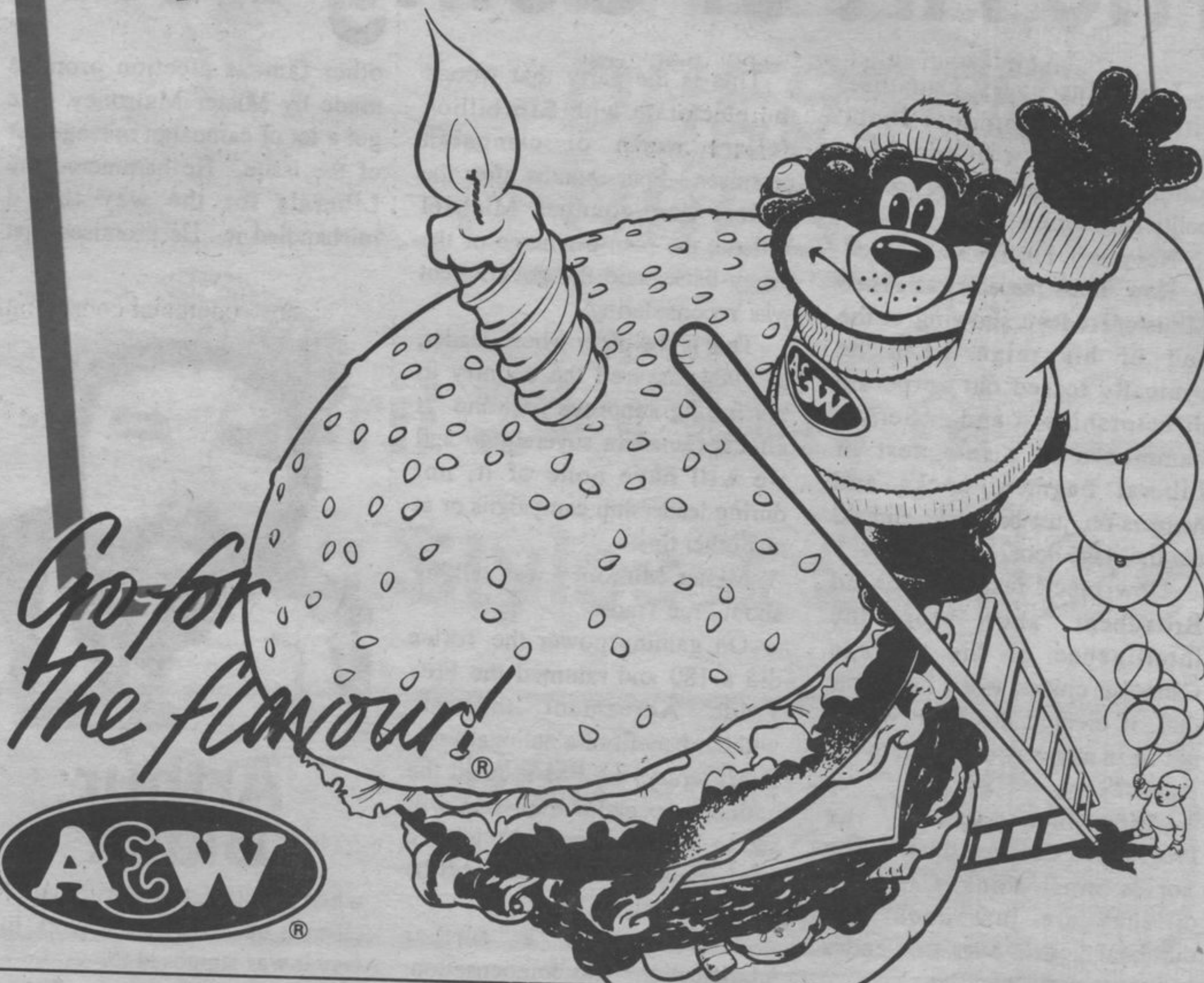
It's party time at A & W, and you're invited to join in the fun. There'll be special offers each week, so come celebrate with you-know-who!

April 17 - 23

**\$1.99 Double Burger**

April 24 - 30

**\$1.99 Teen Burger**



**SERENDIPITY GARDENS CAFE**

IF YOU STROLLING / SWEEPING IN ROSSPORT THIS WEEKEND STOP IN AND TRY OUR

**BRUNCH SPECIALS \$6.50**

INCLUDES: CHOICE OF JUICE  
CROISSANT OR MUFFIN  
COFFEE OR T.E.A.

JUST CONTINENTAL 4.20

• CANADIAN - BACON 'N' EGGS	• MEXICAN - CHEESE OMELETTE WITH SALSA
• FRENCH/CANADIAN - BLUEBERRY CREPES MAPLE SYRUP WITH BACON	• ENGLISH - BAKED EGGS ON SILVERED TOMATOES WITH BACON
• INTERNATIONAL - EGGS BENEDICT	• SERENDIPITY - EGGS BENEDICT BURN IT

OR TRY OUR DESSERTS & COFFEE

LUNCH & BRUNCH SERVED FROM 11:00 - 5:00  
SPECIALS CHANGE DAILY  
DINNERS SERVED 5:00 - 9:00

STARTING MAY 1ST  
SUMMER HOURS 11:00 - 9:00  
824-2890

Terrace Bay Insurance

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