

Flu vaccine is preventative medicine

By Dave Chmara
Winter is just around the corner which means people will likely experience colds and the flu sometime during the season.

While there's not a whole lot you can do to prevent a cold, people, especially those at high risk, can take steps to prevent influenza. Because the flu is caused by a

virus - actually, there are several different viruses that cause influenza - vaccinations are available to minimize the risk of becoming infected.

Last Wednesday, senior citizens of Schreiber took advantage of the opportunity by receiving free vaccinations at the Chimo Club.

Dr. Amir Geran was on hand to provide the free service to about 30 seniors who decided to reduce their chances of becoming infected with the flu.

Seniors are one of the high medical risk groups that should receive the yearly vaccination. Other high risk groups include: anyone with cancer or anemia; residents of nursing homes or chronic

care facilities; anyone with chronic lung disease including emphysema, chronic bronchitis, tuberculosis, cystic fibrosis or asthma; anyone with chronic heart disease; adults with chronic kidney disease; adults with diabetes.

Dr. Geran explained these people, should they come down with the flu, can become tired or fatigued for weeks and possibly contract pneumonia.

Combined with the diseases these people suffer from, the flu could seriously affect these people's state of health.

It's for this reason that these people are highly recommended to have influenza vaccines. Dr. Geran said, "the shot isn't 100 per cent effective because there are other types of viruses around that can cause the flu."

However, the vaccine does help immunize people from the most common type of flu, the Taiwanese.

And although the shot does help protect people, Dr. Geran said, "few people get reactions (from the vaccine) but everybody should be aware of the possible reactions."

These include fever, a rash or local infection. He noted that some people do experience muscle soreness from the injection.

"People should have the shot before the flu season (fall and winter). Now is the best time to get your shots because it takes a while before the body becomes immunized. It doesn't take effect the next day," he said.

Besides the high medical risk groups, there are other people who should have the flu vaccine including: doctors, nurses and other health care workers who have contact with persons in a high-risk group; household contacts of people in a high-risk group; persons who provide essential community

services such as police and fire prevention officials; anyone with a history of recurring pneumonia.

Influenza is a contagious respiratory disease which many people tend to think of as anything which causes the sniffles, headache, muscle aches, stomach ache, nausea, fever or diarrhea.

There are many viruses which can cause these symptoms - the common cold and a host of other respiratory viruses included. But only the influenza virus has such wide ranging effects that it poses a real threat to your system.

Most viruses tend to attack specific parts of the body but influenza tends to attack everything. That is one reason it is so hard to diagnose just by looking at the symptoms - it is many times worse than the common cold and may be life-threatening.

Influenza is extremely contagious - one of the most contagious viruses found. Up to 30 per cent of the population may contract influenza in a severe epidemic.

The virus leaves your body's resistance weakened and open to other infections. Bacterial pneumonia is the most common complication and it can be very serious, especially to the elderly. Non-bacterial complications are less common but can be even more serious. These may include viral pneumonia, acute kidney failure and a variety of nervous system disorders.

Any of these complications can be fatal and it is estimated that more than 1,000 Canadians die each year from influenza.

In any given year, the influenza vaccine provides between 70 and 90 per cent protection against true influenza.



NOTICE OF PUBLIC MEETING

WATERFRONT DEVELOPMENT STUDY

The public meeting scheduled for Wednesday, October 25, 1989, regarding the Township's Waterfront Development Study has been postponed. It will be rescheduled at a later date.



The Corporation of the Township of Terrace Bay NOTICE

The Municipality is seeking an interested resident to serve on the Planning Advisory Committee. This committee has the responsibility for advising Council on matters related to land use in the Township, particularly zoning and official plan provisions and site plan control applications.

This is a voluntary committee, but members are reimbursed for travel expenses when it is necessary to be out of town. Interested individuals should apply in writing to the undersigned by November 1, 1989.

David C. Fulton
Clerk-Treasurer
Township of Terrace Bay
P.O. Box 40
Terrace Bay, Ontario P0T 2W0

St. Jude

O HOLY St. JUDE Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depths of my heart and humbly beg to whom God has given such great power to come to my assistance. Help me in my present urgent petition, in return I promise to make your name known and cause you to be invoked. Say three Our Fathers, three Hail Marys and Glorias. Publication must be promised. St. Jude pray for us and all who invoke your aid. This Novena has never been known to fail. The Novena must be said for nine consecutive days.



PUBLIC NOTICE Township of Schreiber

Take notice that the Municipal Council of the Township of Schreiber, will take into consideration the passing of, and if approved, will pass at its meeting to be held on the 14th day of November 1989, or at an adjourned meeting thereof, at the hour of 7:00 o'clock in the afternoon, at the Council Chambers, Municipal Office, 608 Winnipeg Street.

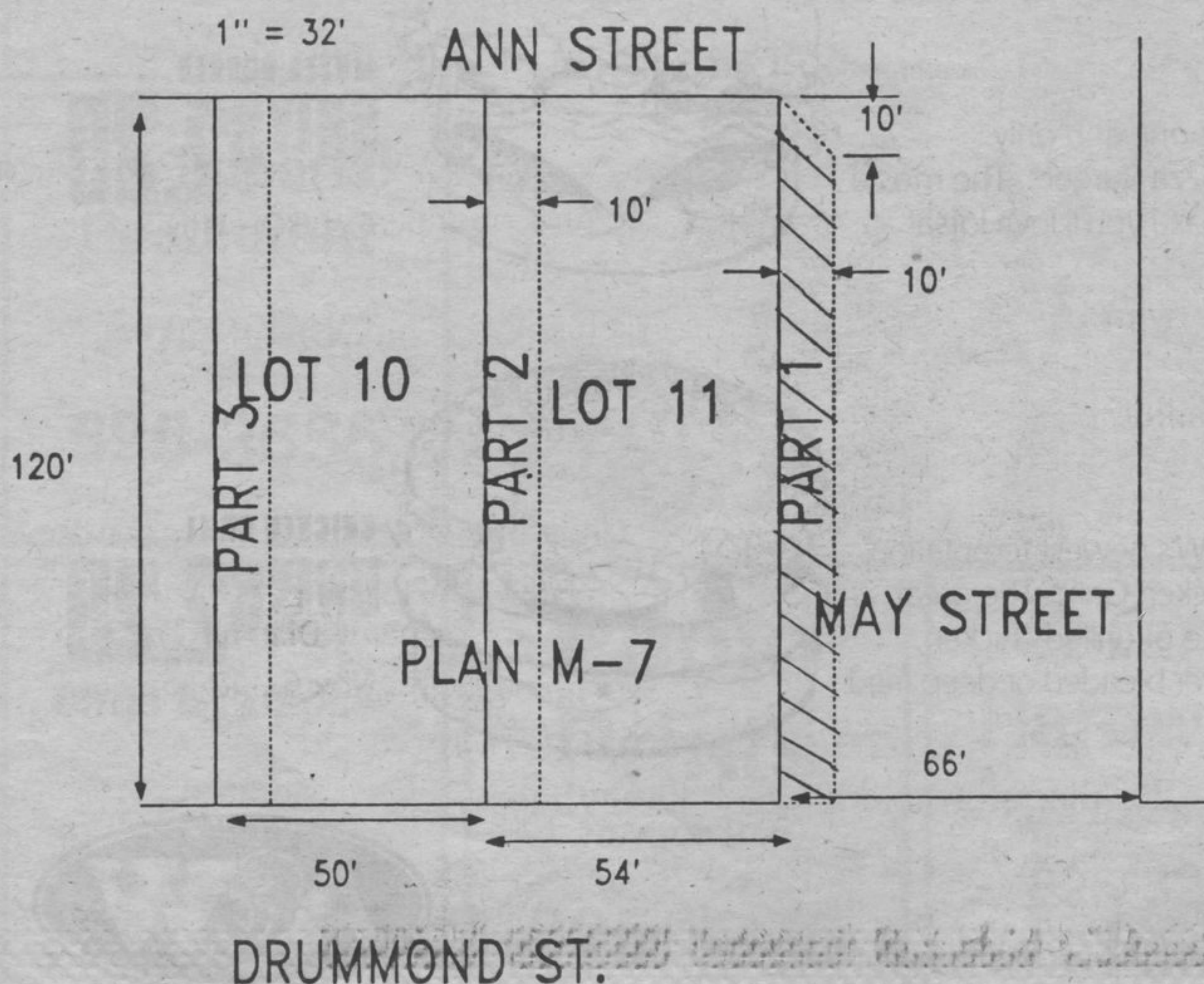
A By-Law to stop and close part of a public street or highway more particularly described as follows;

All and singular, that certain parcel or tract of land and premises lying, being in the Township of Schreiber, in the District of Thunder Bay, and the Province of Ontario, and being composed of part of MAY Street, such part being situate on the Westerly side of May Street and being immediately adjacent to the east lot line of Lot 11, Plan M-7, Drummond Street, and such part of May Street to be closed, being 120' x 10' x 110' x 14.14'.

And take further notice, that the said Council will at the time and place above mentioned, hear any person who claims that his land will be prejudicially affected by the said By-Law, and who applied to be heard. The said By-Law may be inspected during business hours or by any interested party at the Office of the Clerk-Treasurer, Township Municipal Office, 608 Winnipeg Street, Schreiber, Ontario prior, to the passing thereof.

Dated at Schreiber, this 4th day of October, 1989.

A.J. Gauthier Clerk-Treasurer



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Royal Canadian Legion Terrace Bay Branch 223

REMEMBRANCE DAY SERVICE

Cenotaph, Terrace Bay

11:00 a.m. November 11, 1989

Formation will be at the Curling Club Parking Lot at 10:45 a.m. PLAN TO ATTEND!

Royal Canadian Legion Terrace Bay Branch 223

REMEMBRANCE DAY DINNER and DANCE

November 11, 1989

Cocktails - 6 p.m.

Dinner - 7 p.m.

Dance - 9 p.m. to 1 a.m.

Live Band - "The Diplomats"

Tickets \$40. couple/\$20. single available at the Legion.

DEADLINE FOR TICKETS: November 8, 1989.