

Students raise money for Heart and Stroke Fund

Recently a "Jump Rope for Heart" program was held in Terrace Bay Public School.

This unique program promotes physical education and cardiovascular health while raising funds for the Ontario Heart Foundation.

Physical fitness is important to all of us in helping to develop and maintain a healthy heart and cardiovascular system.

Jump rope is an excellent activity to improve agility and cardiovascular fitness levels for those who participate.

The actual "Jump Event" is an organized activity in which teams composed of 3- 6 students are sponsored for a two hour session through a pledge mechanism.

The students of Terrace Bay Public School raised a total of

\$4,804.25 through this "Jump Event".

Bryan Tremblay secured the most pledges by returning \$259.00.

Mrs. Cebrario's grade 3 class raised \$1,959.23, making them the top class for returned pledges.

The top fundraisers in each class were: Bryan Tremblay-

grade 3, Josh Papineau- grade four- \$130.00, Kevin Maenpaa- grade 5- 116.50, Dan Hamilton- grade 6- \$112.15, and Lori Fenton- grade 7- \$53.00.

The following students each managed to raise over \$100.00- Sean Hay, Kelly Rochon, Amy Colbourne, Nathan Hnatuk, Shawn Puddester, Billy Eickholt,

Aaron McKenzie, Bryan Tremblay, Matthew Thompson, Josh Papineau, Woodrow Ellsworth, Kevin Maenpaa, and Dan Hamilton.

Finally, congratulations to all of the skippers for a job well done and a special mention to the community for their support of this worthwhile program.

Winnie Campbell's Scribbles

The April general meeting of the Chimo Club was held on Friday, April 20th with President Ken Davis presiding.

Minutes of the previous meeting were read by Secretary Helen Jartus, and approved.

Financial report was given by Pat Guina and approved.

Pat gave the Bingo report for April. Debbie Cole was the lucky winner.

Alma Hart will sell May Bingo tickets in Terrace Bay.

Marg McKenna gave the Card Secretary's report - having sent numerous cards to patients in the hospital, and sympathy cards to the Caccamo family and Leona

Fournier on the death of her brother.

Thank you notes were read from Leona, Bertha Miller and Etta Gray.

Ken Davis and Jack Handel will be attending the meeting at Birchwood Terrace on April 25th for the Aging Seminar.

The price of tea, coffee and pop will be raised at the Chimo Club - effective May 1.

Members were reminded of the Club Memorial Service to be held in the clubroom on Sunday, April 22nd at 7 p.m. in respect to the memory of Joe Caccamo.

Birthday greetings were sung to: Rena Ross, Stan Kusik, and Raymo Spikula.

Shuffleboard winners were: 1st- Stan Kusik and Rena Gordon; 2nd- Mavis Slater and Winnie Campbell.

This was followed by a delicious pot-luck supper. The next meeting on May 18th will revert back to the evening meeting at 7:30 p.m. On April 9th, Mrs. Valerie Dennison, Executive Co-ordinator for the Alzheimer Society from Thunder Bay was a guest speaker at the Chimo Club.

A most informative meeting was held with a question and answer period following. Much information was obtained by all those present about this devastating disease.

"In Memoriam" cards for the Alzheimer's Society are now available at the Chimo Club.

On Sunday, April 22nd, the members of the Chimo Club met in the Club rooms for a memorial service in respect to the memory of Joe Caccamo.

Beth MacAdam was in charge of the service and led in prayer. The hymn "Abide with Me" was sung in unison with Helen Jartus at the piano.

During the deposit of the memorial evergreen symbols, "Amazing Grace" was played.

Following the service, members served lunch and visited.

Pet Talk- heartworm

By Alice Scott

Heartworm has become a major problem in Canada over the past 10 years.

Heartworm is not something you can see or pick up like a "nightcrawler."

Microscopic larvae are taken from the blood stream of one animal and later injected into another by the bites of a mosquito.

These larvae develop into adult worms in the heart and pulmonary artery. The damage and blockage caused by these worms can be severe, resulting in difficulty in breathing, liver and kidney disorders and even sudden death.

If your dog will be travelling east or west with you, then now is the time to have your dog tested for heartworm.

The tests can be conducted by any Vet in Thunder Bay. The test involves having a blood sample taken by your Vet and tested in the office to see if there are any signs of heartworm larvae.

Never administer heartworm

prevention medication without first having the test, this can cause the death of a dog affected with heartworm.

The easiest way to prevent heartworm is to have your dog tested and then follow your Vet's instructions on preventative medication. "Filaribits" are a daily tablet, while "Heartguard" is a monthly tablet.

Collies have been known to react to the heartworm medication, so if you own a collie discuss this problem with your Vet.

Preventative Medication should begin in May and administered until the end of October.

Heartworm is not contagious towards humans and can only be contacted by a mosquito bite.

At the moment your area is free from the heartworm larvae, but in the next few years we will probably start to see cases of dogs with the problem.

Phone your Vet today and make your pet's appointment, it may mean saving his life.

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TERRACE BAY OFFICE

7 Simcoe Plaza

(Lower Level)

Terrace Bay, Ontario

P0T 2W0

Telephone (807) 825-9379

(807) 825-9395

Facsimile (807) 825-9506

THUNDER BAY OFFICE

Suite 410

The Chapple Building

101 N. Syndicate Ave.

Thunder Bay, Ont P7C 3V4

Telephone (807) 623-7961

Facsimile (807) 623-4417

TERRACE BAY OFFICE HOURS:

Monday to Friday 9:00 a.m. to 5:00 p.m.

OFFICIAL OPENING

THE McCAUSLAND HOSPITAL AMBULANCE GARAGE

The Board of Governors of The McCausland Hospital wishes to announce the Official Opening of the new Ambulance Garage

Facilities on:

**Saturday May 12, 1990
at 1 p.m.**

EVERYONE WELCOME!

CONGRATULATIONS TO THE McCAUSLAND HOSPITAL

on the occasion of the official opening of the new Ambulance Garage and facility. It has been a pleasure to be part of such an important project.

Curtis Desrosiers



Ready mix concrete and Heavy Equipment Supplier.

NORTH OF SUPERIOR PROGRAMS

Is a community mental health and substance addiction service based in the Thunder Bay district and is responsible for a range of community based assessment, referral treatment services to children, families, and adults dealing with psychiatric, emotional and psychosocial difficulties.

In the context of a strong new initiative supported jointly by the Ontario Ministries of Community and Social Services, Health, Education, Northern Development and Mines, North of Superior Programs (supported by the Ministry of Community and Social Services) is now building a **MULTIDISCIPLINARY TEAM** (to be coordinated with other professionals supported by the Ministries of Health and of Education). Program objectives for the Team include the creation of accessible services for difficult-to-serve children and families in a rural remote context. Delivery of services will emphasize a consultation model utilizing Team-generated assessments and treatment plans.

If you like to create, innovate and expand the field of your effectiveness through the exercise of your networking and consultation skills, this program will excite you.

The following positions are available:

SATELLITE MENTAL HEALTH WORKERS

(2 Positions; 1 designated bilingual)

Requirements: - M.S.W., M.A. (or equivalent) (B.S.W. with significant experience may be considered).

Both positions require professionals committed to: a collegial team-working approach, an orientation to the provision of services in culturally and linguistically appropriate contexts.

Both positions require: prior clinical experience with children and families, experience in providing consultative services to various community-based service delivery systems, the availability of a motor vehicle.

Prior experience in the provision of mental health services in a rural context would be an asset.

The rewards include: Competitive salary and benefits, Assistance with relocation, Potential for research- writing and teaching, Access to seasonally diverse recreation, Quality life in a scenic and culturally diverse home community.

Please forward your curriculum vitae in confidence by **May 25, 1990.**

Sally Laine
Executive Director
North of Superior Programs
P.O. Box 940
Geraldton, Ontario
P0T 1M0