

BELLUZ Realty Ltd.
 Simcoe Plaza
 Box 715
 Terrace Bay
 Ontario
 P0T 2W0
 Office - 825-9393
 Home - 824-2933

JURIS ZDANOVSKIS
 BROKER

MON CHERIE HAIR SALON
 Ladies Men
 (807) 824-3080
 Mountainview Plaza
 Hwy. 17, Schreiber

The Terrace Bay-Schreiber News

Volume 44 No. 50
 Tuesday December 11, 1990

News Stand **.40** Cents

SHORELINE
 Terrace Bay Public Library
 Box 369
 Terrace Bay
 P0T 2W0
 Ont

that rates for

Liz Boutilier
 Broker
 825-9492

- *Home
- *Auto
- *Business
- *Air Craft
- *Mobile Home

SERVING THE COMMUNITIES OF TERRACE BAY - SCHREIBER - ROSSPORT AND JACKFISH LAKE

Schreiber woman receives award for community action

by Rob Cotton
The News
 Joan Niemi's efforts to change outmoded public attitudes towards those with psychiatric disorders is one reason she was given an Ontario Community Action Award.

"The stigma of the illness is sometimes as bad, or worse, than having the illness itself," she said. Niemi, who lives in Schreiber, has played a leading role in creating outreach programs for people with mental illness in Northwestern Ontario.

She believes the words describing the state of an individual's mental health, especially the word schizophrenic, are misused to often.

This has resulted in a lack of understanding on the part of society towards those who suffer a mental illness.

"People really do suffer because of the abuses and misuses of these words," she said.

Community Action Awards were presented to 12 Ontarians, eight with disabilities, in honor of their achievements in making society a better place.

Help develop true potential

"The award recipients are men and women whose determination and hard work have helped people with disabilities develop their true potential and join the mainstream of Ontario life by helping to change outmoded public attitudes," said Elaine Ziemba, Minister of Citizenship with responsibility for Disabled Persons.

The recipients were chosen from among more than 100 people nominated across the province.

Niemi is now writing letters to the World Health Organization and to researchers in an attempt to have the word schizophrenia

changed to neuro-receptive disorder. "Another thing I do," she said, "when I hear the misuse of the word schizo-phrenic, is write to whoever misused it and set them straight."

Lack of psychiatrists a problem

The lack of psychiatrists is another problem facing those with mental illness, she said.

"Not just in Northern Ontario but across the province and probably Canada," she said, "I don't know why the young doctors aren't going into the psychiatric field but they're not."

However, she has a great belief in the future.

"I believe the 1990's will be a great decade for neuro-chemistry, neuro-physiology and an overall understanding of the etiology [causes] of psychiatric disorders."

As an ongoing project, Niemi is selling cards which are reproductions of her own original oil paintings.

The money raised goes towards research on schizophrenia.

"The people of Terrace Bay and Schreiber are to be complemented for their great support of this research when they bought the cards," she said.

Niemi was involved, three years ago, in the formation of the Lake Superior Mental Health Support Group for Terrace Bay, Schreiber Nipigon.

The group provides support for people with mental disorders and their families as well as information to the public.

It helped to initiate the Telecare system now in place for Terrace Bay Schreiber and Marathon.

People who have need to talk to someone in confidence can call Zenith 1-9960.

Niemi is also involved in establishing a 1- 800 number for



Flying with focus

Kevin Tremblay puts all of his concentration into performing a flying sidekick during his Tae Kwon Do course held in Terrace Bay. Tae Kwon Do is a Korean form of Martial Arts that emphasizes kicking. Jim Pope, assistant instructor, holds the kick pad. The North of Superior Competition Team, of which both Pope and Tremblay are a members, did well at the Thunder Country Open held recently in Thunder Bay. See story on page 3.

Photo by Rob Cotton

the Crisis Centre at Lakehead Psychiatric Hospital. The number should be in service soon.

"People should be aware of these numbers and realize there

are people out there to help them," she said.

As an author Niemi helps family members and people with a psychiatric disorder.

Her book *In Search of the Source of Light*, is about "the hopes and dreams, the tears and fears of a person with a psychiatric disorder."

AUTOMOBILE PROGRAM CREDITS
 -MULTI VEHICLE CREDIT
 -IDEAL YOUNG DRIVER CREDITS

TERRACE BAY INSURANCE LTD.

A COMPLETE INSURANCE SERVICE
 COMPETITIVE RATES FOR QUALITY COVERAGE
 SIMCOE PLAZA TERRACE BAY 825 - 3246

AUTOMOBILE PROGRAM CREDITS
 -AGE CREDIT
 -IDEAL DRIVER CREDITS

* Home * Business * Auto
 * Cottages
 * Recreational Vehicles * Etc.