## RUP-REC SCHEDULE

ADULT-Over 16 Years-

nastic Classes:

Monday, 8:00.

Friday, 8:00.

Tuesday, 8:00.

atus Classes:

WOMEN-Keep Fit and Gym-

MEN-Gymnastic and Appar

TINY TOTS, 3 to 5 Years-Fridays, 10:30 a.m. JUNIORS, 6 to 12 Years-GIRLS—Tuesday, 3:30.

BOYS—Friday, 3:30. TEEN AGERS-12 to 16 Years

GIRLS-Wednesday, 7:00 to BOYS-Daily at members convenience. Weight lifting, hand ball, volley ball,

## Thursday, 8:00. WHAT DO YOU DO?

TINY TOTS-Singing, Musical and Group Games, Marching and Elementary Tumbling. BOYS AND GIRLS-Marching, Drills, Gymnastics, Group and

Team Games, Tumbling, Pyramids, Vaulting, Tap, Folk and Ballet Dancing. WOMEN-Rhythmic and Keep Fit Exercises, Folk, Square and Character Dancing, Mixers and Socials, Archery, Games,

Elementary Light Apparatus Work. MEN-Exercises, Mat and Spring Board Tumbling, Vaulting, Parallel Bars, Bar Bell Training, Hand Ball, Squash, and Group Games. WHAT DO YOU WEAR?

WOMEN AND GIRLS-Shorts or Slacks, Blouses or Sweaters,

Running or Gym Shoes. MEN AND BOYS-Shorts or Gym Trousers, Running or Gym

Shoes. TINY TOTS-Light Comfortable Clothing, Rubber or Softsoled Shoes.

ALL RUP-REC CLASSES COMMENCE OCTOBER 14, 1947

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## Fitness and Recreational Classes Planned at Centre

PROGRAM PROVIDES FOR ALL AGE RANGES, FROM TINY TOTS TO OLDSTERS

One of the Civic Centre's major activities for the es too offer a wide range of winter season will be the Rup-Rec Fitness and Rec- activities such as setting up exreational Classes, which open tomorrow. An am- formal games periods which bitious schedule has been drawn up which includes will provide an opportunity for classes for all age groups from the Tiny Tots' Class business men for relaxation and for boys and girls under school age, which will be recreation under trained super- ARMY SIGNALS-

and women.

due to a cold. Let a little time-tested, soothing VapoRub melt on VICKS tongue. Works fine! VICKS

ATLIN LAND RECORDING

DISTRICT TAKE NOTICE that John C. Mac-Lean, Agent for The Consolidated Mining Engineer, intends to apply for permission to purchase the fol-12 chains to the Taku Slough: will aim at a recreational pro- Rec next spring.

Dated September 13th, 1947.

Special men's classes are also twice weekly classes for men of age will have one class a ing classes also have on the M. Stapleton week after school when they agenda in these twice weekly L. Hagg Junior boys from 6 to 12 years will participate in such activi- sessions a program of rhythmic D. Shier .. ties as tumbling, gymnastics, fundamental gymnastics and E. McQuarry basketball, group game and re- keep fit exercises plus an op- Handicap lays. A somewhat similar sched- portunity, for those desiring it, ale of weekly classes has been to participate in tumbling. organized for girls in the same vaulting, weight lifting, and age group.

16, have also been scheduled Regular Leaders' Classes will and included in their class ac- also be held at which time Morrow tivities will be fundamental leaders and advanced gymnasts, Handicap gymnastics, tumbling, vaulting, men and women, will receive springboard work, and other further training in instructionapparatus activities, along with al methods, class organization, FISH DOCK-Mining and Smelting Company of basketball, volley-ball and bad and teaching technics. These Sharpe classes will also provide oppor- Johnson Ladies' Keep Fit Classes will tunity for extra training of Lister lowing described lands, situate in be held twice weekly and, in gymnasts desiring to perfect Pope on the South by Lot 5686, on the addition to special keep fit ex- and further their ability and Wallace West by Let 5687 and on the Fast by the Taku Slough: Commencing ercises designed specifically for will possibly result in the train- Handicap at a post planted on the Taku ladies, fundamental gymnastics, ing of one or more gymnastic Not 5686: thence West 8 chains to passive exercises and exercises teams for participation in the the South East corner of Lot 5687; in twos, will be featured in province-wide gymnastic com- THOM S. M.—

the word. Such classes have above mentioned classes appear

# GROTTO LEADS FIVE-PIN "B" BOWL SESSION

Grotto was the only team to win three straight games in the men's "B" five pin league at the weekend, defeating the leaguetrailing Mutts and capturing the highest aggregate team score of the session with 3,196. High individual scorers were M. Stapleton of Army Signals, with a top single game total of 277, while Robert Tubb of Grotto rolled the high three-game score of 674, averaging 224.

Here are the game scores: Stones 2, Moose 1. Thom S. M. 2, Fish Dock 1. Maple Leafs 2, Army Signals 1. Grotto 3, Mutts 0. Thornecliffe 2, Co-op 1.

Hand

CO-OP-

N. Powell

W. Ward

G. Vierech

J. C. Kuruluk

GROTTO-

R. Shrubsall

G. Anderson

Weatherby

R. Tubb

Handicap

Dumas

MUTTS-

A. Lindseth

H. Lindseth

LEAFS-

Jarmaine

Hilton

Dziapka

105 155 152

211 169 188

150 150 150

887 958 882

223 147 175

193 169 178

197 170 168

201 169 205

1037 835 976

172 166 240

152 111 152

147 152 155

178 191 126

207 165 186

868 797 871

142 122 192

129 87 118

134 145 131

102 89 116

150 226 217

R. Tough

Landon

D. Ward

Handicap

SCOTIANS-			
W. McChesney	182	157	143
J. Laurie	184	159	121
A. Croxford	62	74	58
J. Graham	140	204	163
J. Davidson	160	169	155
Handicap	112	112	112
	840	875	732
CANFISCO-			
H. Thom	148	170	128
H. Basso	124	131	115
H. Stoker	129	136	138
E. Shier	184	142	209
L. Garner	157	178	160

l	cess where they have been used
	elsewhere in the well-known
	Pro-Rec program throughout
	this and other provinces and
	have been extremely popular
	Designed as they are for ladies
	these classes offer constructive
	recreational periods, in addition
	to developing strength, agility
	and poise.
1	

included in the Civic Centre's Rup-Rec program and will be held twice weekly. These classother activities which utilize Intermediate girls, ages 13 to heavy gymnastic apparatus.

thence North 20 chains to the North these classes. These sessions petition to be held by the Pro- Morse

to the Location Post, and contain- gram in the broadest sense of Complete schedules for all the Miller met with a great deal of suc- elsewhere in this paper.

MEN'S "B" LEAGUE	Handicap 13	7 137	13
STANDINGS	79	4 806	91
tones 12 Frotto 11 foose 11 cotians 11	Bert Belloy 103 H. Hampton 203 E. Friesen 103 H. McKinnon 154 F. Parlette 184 R. Powell	3 112 7 114 4 224 4 159	18 27 16
hornecliffe 10	Handicap 10		
o-op 9 anfisco 6 ish Dock 5	STONE'S—	9 819	100
hom S. M 5	Bremner 13	5 108	10
rmy Signals 5	Windle 19'	7 244	1
futts 1	Minton 16	1 117	18
	Stewart 18		
	Low score 10:	2 101	1
dicap 97 97 97			

## 891 874 1017 839 854 847 THORNECLIFFE-A. C. Matheson A. McCully 105 141 148 M. Grasdal 124 141 123 236 126 259 A. P. Crawley E. Mussallem SPORTS BROADCASTS 104 104 104 Handicap .....

892 949 921 Daily News-

214 171 111 An important thing has hap-159 231 162 pened and only one person in 98 Prince Rupert has seen fit to 175 134 192 voice his appreciation in pub-171 252 119 lic via your 'Letterbox." I would 60 like to echo the sentiments of J. Mulroney who seemed to get a 891 966 742 great deal of enjoyment out of the World Series which is what 176 184 266 I am talking about.

165 230 174 I'd like to publicly thank the 215 165 176 management of Station CFPR 144 251 187 for bringing us this wild but ex-209 211 254 citing series for I'm sure that 63 they must have had a hand in its being broadcast here. I don't 972 1104 1120 for one minute think that the "Powers That Be" of the CBC 94 148 134 (rhymes, doesn't it?) thought 153 139 187 with misty-eyed tenderness of 152 196 131 the poor humble villagers of lit-173 175 135 tle old Prince Rupert and offer-141 203 215 ed to let our local station carry 112 112 112 the broadcast.

No, I don't think that at all, 825 973 914 so once again, thanks to CFPR. But wait. . . . I hate to destroy the friendly theme of this little 165 151 114 note but has anything been 138 277 148 heard in regards to the hockey 118 56 130

## STANDINGS Malkins Home Oil Burns Mansons Continentals Kilowatts Revellers Brownwoods Morgans

1	McMeekins	6
	North Star	6
	Ambassadors	4
1	broadcasts? I see by the	new
	schedule that Imperial Oil	has
'n	had printed (and with suc	ch a
	pretty design, too) that Pr	ince
	George will be carrying	the
	broadcast. If Prince George	can,
1	why not Prince Rupert?	Now
	that's a fair question, I th	

MEN'S "A" LEAGUE

Pts.

a fair answer. ANY kind of answer will do. Thanks, Mr. Editor, for the use of this space.

I wish somebody would give me

DON GALLINGER.

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LAND ACT

LAND ACT NOTICE OF INTENTION TO APPLY TO LEASE LAND In Land Recording District of Denise Arm, near Cloyah Bay. TAKE NOTICE that Highway Condescribed lands: Commencing at a described lands: Commencing at a

containing ninety acres, more or less, acres, more or less, For the purpose of digging and pro- For the purpose of digging and producing sand and gravel. HIGHWAY CONSTRUCTION COMPANY LIMITED

By Leo Micheal Shannon. Dated September 15th, 1947.

NOTICE OF INTENTION TO APPLY TO LEASE LAND In Land Recording District of Prince Rupert and situate at the Prince Rupert and situate at the mouth of Large Creek (Denise Creek) mouth of Large Creek (Denise Creek) Denise Arm, near Cloyah Bay. TAKE NOTICE that Highway Construction Company Limited of P.O. struction Company Limited, P.O. Box Box 171, Prince Rupert, British Col- 171, of Prince Rupert, British Columbia, occupation Contractors intends umbia, occupation Contractors intends to apply for a lease of the following to apply for a lease of the following

post planted approximately 300 feet post planted approximately 300 feet to to the Southeast of the mouth of the Southeast of the mouth of Large Large Creek at approximately high Creek at approximately high Creek at approximately high water mark on Denise Arm thence mark on Denise Arm thence West 52 West 52 degrees North 1400 feet; degrees North 2640 feet; thence East thence West 38 degrees South 2800 38 degrees North 1320 feet thence East feet; thence East 52 degrees South 52 degrees South 2640 feet; thence 1400 feet; thence East 38 degrees West 38 degrees South 1320 feet to re-North 2800 feet to return to post and turn to post and containing eighty;

ducing sand and gravel. HIGHWAY CONSTRUCTION COMPANY LIMITED By Leo Micheal Shannon,

Dated September 15th. 1947.

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JOHN GURVICH

- has returned to the -

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# Ormes Drugs

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PHONE 81

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GYRO APPLE DDAY OCTOBER 18



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Edgar

-ROYAL EXPORT BEER. Today, as in years gone by, folk who play host of en evening to old friends, count on this pleasant, homey beverage. Host and guest, alike appreciate its mellow goodness, wholesome, sippable flavor. So it is, ROYAL EXPORT BEER is the host's good friend . . served with pride to help round out the pleasant evening with a man's friends.

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