

(Membership restricted to units having not less than 100 safe days without an on-duty lost-time disabling accident).

In Case of Ties
Largest Units are Listed First

| Unit | Safe Days |
|---------------------------------|-----------|
| 1. Administration Office | 678 |
| 2. Hotel | 678 |
| 3. Technical Department | 678 |
| 4. Warehouse | 678 |
| 5. Bleachery | 678 |
| 6. Engineering Office | 678 |
| 7. Electrical | 678 |
| 8. Hospital | 678 |
| 9. Steam & Recovery | 645 |
| 10. Digest. Br. Stock & Screens | 504 |
| 11. Woodyard | 475 |
| 12. Jackladder | 471 |
| 13. Building & Grounds | 405 |
| 14. Machine Room | 272 |
| 15. Structural | 201 |
| 16. Kiln, Caustic & Evaps. | 126 |

IN THE DOG HOUSE

(Reserved for Units with less than 100 Safe Days)

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|-----------------------|----|
| 1. Woodroom | 97 |
| 2. Pipefitters | 86 |
| 3. Service Operations | 83 |
| 4. Mechanical | 39 |

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BOWLING NEWS

A bowling meeting of the chaired officers with team captains or their representatives will be held at 7:30 Monday, September 25th in Teen Town.

Since bowling will definitely get underway Tuesday, September 26th, all captains are urged to attend this meeting at which time the constitution will be passed as well as discussion on the disbursement of prizes and schedule. One item in the constitution to be decided is the Eastern count as adopted in the past or the Western count.

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FOR SALE - One 1949 Mercury 6 passenger sport coupe equipped with air conditioning, radio, undercoating, and other extras. Exceptionally good condition. Can be financed. Apply to S. Loree, Provincial Police office.

FOR SALE - One mattress and spring, kitchen range (wood and coal burner); Davenport Suite (2 chairs). Apply to House 109.

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TOO MUCH SUGAR

In a talk given by Dr. Jack Shaunessy, D.D.S., before the Kiwanis Club on Tuesday, he told of the huge increase in the consumption of sugar in Canada. Sugar is used extensively in soft drinks, 4 or 5 teaspoons full in a bottle of pop. It is also, as even you know, used in malt beverages and liquor, as well as in candy and the desserts we love too well. Sugar is an energy producing food but we take far too much of it for our own good, if we consider the effect it has on our teeth. The one definite known cause of tooth decay is excessive use of sugar and all of us, particularly the parents, should bear this in mind.

If space would permit, we should like to record in full Dr. Shaunessy's interesting and informative remarks. There are, however, two points which he made that are worth emphasizing as preventative aids against tooth decay. One, that teeth should be brushed within twenty minutes after completing a meal. Second, that we should not give way entirely to that sweet tooth which most of us have, but limit the sugar in our diet.

Health means so much to our happiness, and the condition of our teeth has a considerable bearing on our general health.

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TO BLUE CROSS SUBSCRIBERS:

May we again repeat the importance of notifying LongLac Personnel Department where a change of marital status takes place. In the past year many persons have delayed this notification and the signing of forms. If the marriage is not reported within 60 days, no change can be made in the contract until the next semi-annual group opening date, which might mean a decided disadvantage to the subscriber in covering his wife for maternity benefits, or other sickness benefits to which she should be entitled. The onus rests with the subscriber to notify the employer.

Those enlisting in the special United Nations Brigade are also able to have their Blue Cross accumulated benefits held for the time of return to civilian life, provided they comply with certain regulations as to continued payments, etc. This concerns family coverage. Full details are obtainable from the LongLac Personnel Department as a service to employees.

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LOST - Child's Red Tricycle, intermediate size. Return to House 23, J. Gross.

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