

Pulpwood Harbour sited for Pukaskwa Park marine facility

Keith Penner, MP, recently announced on behalf of the Honourable Charles Caccia, Minister of the Environment, that the \$2 million Pukaskwa National Park

marine facility will be located at Pulpwood Harbour.

The project will include a boat launch, docks and parking lot for public use. There will

also be a docking areas where supply boats and barges can be loaded to transport equipment and materials. It is also anticipated that proposed boat tours may eventually begin at the Pulpwood Harbour site.

"Several sites were assessed on the basis of cost as well as environmental and engineering feasibility," Mr. Penner said. "Pulpwood Harbour was found to be the most suitable." The facility will be linked to the present park visitor complex by a five kilometre road.

This project is one of more than 100 projects

to be funded under the 2.4 billion dollar special recovery programme. All of these will have dual benefits, contributing to economic recovery and employment over the next four years and also putting in place key facilities and equipment for services that will enhance economic and regional develop-

ment opportunities for the private sector in this decade and beyond.

Survey work is already underway and site clearing will begin in October. Scheduled for completion in 1985, the Special Recovery Projects Programme development is expected to provide about 50 jobs.

Bill Mokomela appointed to DREE/ITC

William Mokomela has been appointed manager of the Northwestern Ontario district office of the Department of Regional Economic Expansion and Industry, Trade and Commerce in Thunder Bay.

The announcement was made by John Blackwood, executive director for the Ontario region of the two federal departments.

"Bill" Mokomela, born and raised locally, has extensive experience in the administration of regional development programs in

Northwestern Ontario.

His new responsibility will focus on working with the business community in the district to encourage investment in the manufacturing sector.

"The district office," said Blackwood, "will continue to provide streamlined access for district businessmen to the many services, including marketing assistance, offered by the two departments. We will be paying particular attention to the new Regional Industrial Development Program."

PARTICIPATION - "Fred and the 3 beers"

by RUSS KISBY

"Say, let me read that newspaper - the one over there by the horse-shoes," said Fred.

For years, Fred and the boys have sat around doing very little besides shooting the breeze and tossing back a Niagara of suds.

"Hmmm. Says here a group of researchers at the Baylor College of Medicine in Texas have come up with something mighty interesting about beer drinkers."

"We gonna catch hop and malt disease?" roared Dave, pulling off two ring tabs ambidextrously and handing one beer to Fred and the other to their pal Warren, dozing face down on the settee.

"Nah - listen to this: 'Inactive men drinking a moderate amount of alcohol each day raise their level of 'good' cholesterol high-density lipoprotein (HDL) associated with a decreased risk of coronary heart disease.'"

"What's that mean?" snored Warren, reaching reflexively into the tortilla chips.

"Let me see," Fred continued, brushing the foam from his moustache that dribbled in rivulets onto his lumberjack shirt.

"The consumption of alcohol in moderation seems to be associated with increased HDL levels in inactive men but not in men who engage in regular running or jogging ..."

"Our data suggest that non-exercisers can maintain levels of HDL similar to those of individuals who jog regularly by ingesting three beers a day!"

Warren woke with a start. "You mean guys like us are as healthy as guys who run around in their shorts?"

"That's what it might be saying," Fred replied, scouring the page for any fine print.

"Well, for the love of lager! I've been living right by living wrong," Dave roared. "Let's celebrate with a couple of hands of penny ante and another case of 24!"

"Hold it," said Fred. "The article goes on to say the research team wants more information and says alcohol should not be used for the sole purpose of raising 'good' cholesterol levels."

Disappointed, Dave sat down in the blue cheese dip.

"You mean beer might not be as good for you as exercise. I thought it was too good to be true. Gag me with an opener." Warren's daughter went to high school.

"Well, boys," said Fred, "it looks like exercise is still the proven way to keep your heart in good shape."

Suddenly it hit Warren like a Monsoon. "You know what? If that article's right, we could actually do ourselves as much good by playing basketball or jogging as we do drinking ourselves into a stupor. More, maybe. And we'd get fresh air, feel good, build muscle tone and be proud of ourselves."

"Take off, eh?" said Dave.

"Well, it's a thought," Warren insisted.

So Fred and the boys looked at him, kind of interested.

Russ Kisby is President of Participation, the Canadian movement for personal fitness.



DO YOU KNOW SOMEONE WHO DESERVES THE JUNIOR CITIZEN AWARD?

Ontario's Community Newspapers and CP Air, co-ordinator and patron of the Ontario Junior Citizen of the Year Awards Program are seeking entries for 1983.

Recipients will receive a Junior Citizen lapel pin, plaque, \$200 and a family picture with the Lieutenant Governor of Ontario.

Nomination forms are available at this newspaper.

E.W. (Ted) Paget

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Royal Canadian Legion Schreiber Branch 109

POPPY-WREATH CAMPAIGN

Schreiber Cenotaph
Fri., Nov. 11, 1983, 11 a.m.

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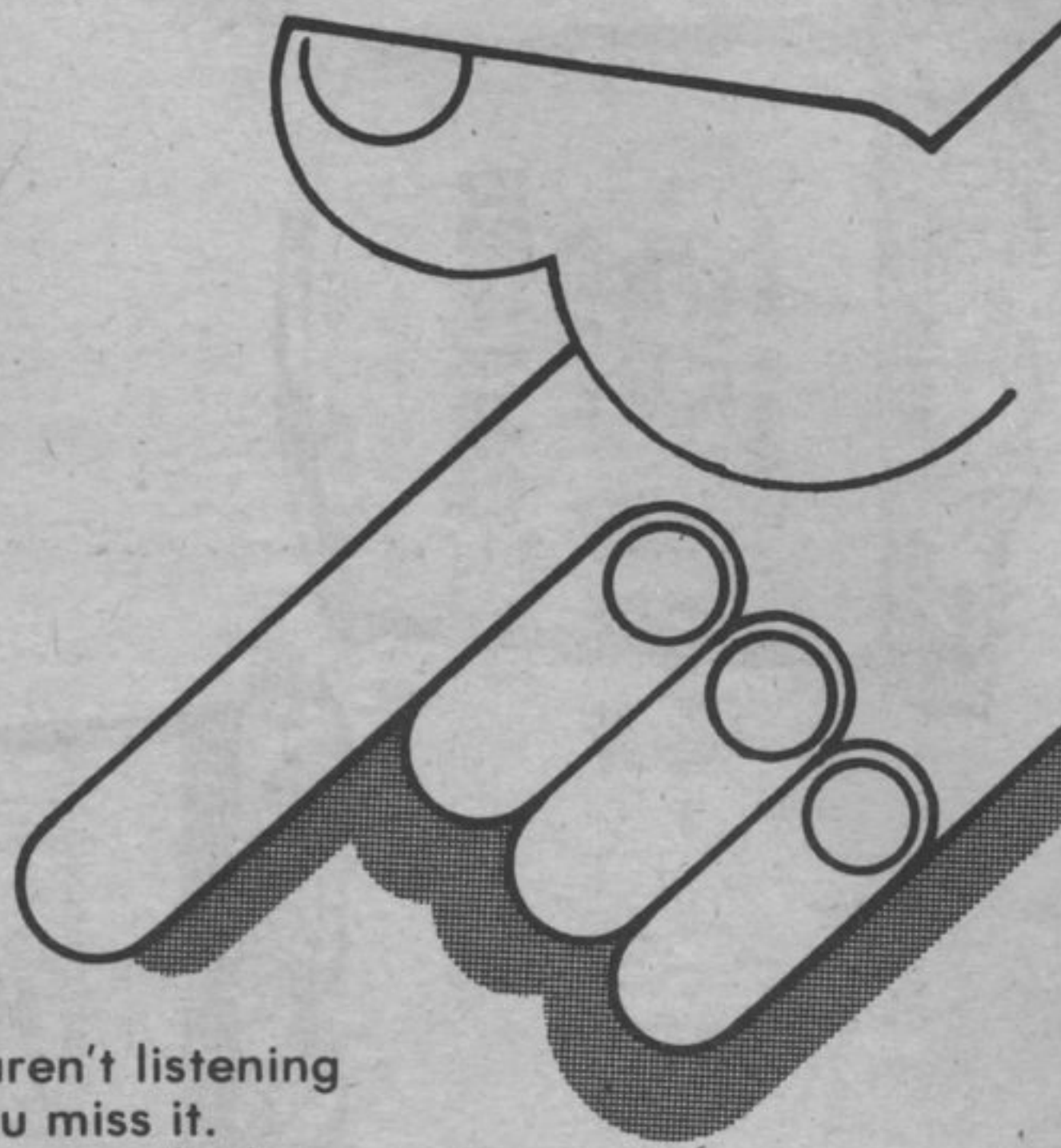
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