

Cook of the Week



Carrot Pineapple Muffins

This week's cook is Pauline King. Pauline is a Newfoundlander who came to live in this area in 1977. She and her family live in Schreiber where she works at Petro-Canada as a Gas Attendant and Gopher and says she just loves her job.

She has 3 children: Scott and Jeff who are in school all day, and Johnny who is away at school.

When she's not working, time with her family is spent usually away from home - camping, fishing or ski-dooing during the winter months. "Now that summer is here, we'll be gone all the time", she says.

She loves to cook and bake goodies and receives great reviews from family and friends, but has joined "Tops" to keep her own weight down.

Her hobbies include playing darts and teaching her pet cockatiel, Joe, how to talk. Joe likes to sit on her shoulder and have his neck rubbed and was kind enough to do so when this picture was taken.

Pauline's recipe came from a friend a few years ago, and they retain their moisture and freeze really well.

Carrot Pineapple Muffins:
1 1/2 cups flour

1 cup white sugar
3/4 cup Crisco oil
2 eggs
1 cup grated carrots
1/2 cup crushed pineapple-undrained
3/4 tsp. vanilla

1 tsp. baking powder
1 tsp. baking soda
1 tsp. cinnamon
1/2 tsp. salt.
Combine flour, sugar, baking powder, baking soda, cinnamon, and salt.

Add beaten eggs, oil, crushed pineapple, carrots, vanilla, and stir until moist. Bake 15-20 minutes at 325 F on top oven rack.

Health Education for Women

Approximately thirty women from fourteen communities in Northwestern Ontario are currently conducting health education workshops for women after attending two training sessions in Thunder Bay sponsored by the NWO Women's Health Education Project (WHEP).

Entitled "Shared Perspectives", the sessions were held in mid-January and late March. Two women from each community identified common problems in their communities and were introduced to 9 workshop kits developed by WHEP on topics such as Premenstrual Syndrome, Patient's Rights, and Women and Stress.

Following the January session, participants gave workshops in their community for the general public, an organization or to acquaintances in their own home. Those who attended the March session are currently planning workshops to be given over the next few months.

In a future planning session, the women identified women's health to be a key issue in northern communities and health education for women to be a primary need. The women hope to interest other women in learning to use the kits, which are available on a loaning basis through WHEP in Thunder Bay.

The workshops are designed so that the person conducting a session need not have expert knowledge. They rely heavily upon the participation and information sharing of the women present.

Other workshop topics that will be available by June 30 are "Breaking the

Diet Habit", "Birth Control" and "Birthing".

Another Shared Perspectives Session, planned by regional women, is scheduled for October 1985. For more information in Schreiber, contact Donna Mikeluk, 824-3050, Terrace Bay, Carol Quesnelle, 825-9075.

i.m. dodick

R.O.

optometrist

1119 Victoria Ave.

THUNDER BAY

Phone 622-7726

ministry project

The Ministry of Northern Affairs will fund a \$720,000, two-year geophysical survey in the Pickle Lake area.

Northern Affairs Minister Leo Bernier said the work, part of a \$4.25 million mineral exploration package announced by Premier Frank Miller April 12, will create 23 full-time and part-time jobs over two years.

"The survey will include electromagnetic and magnetic surveys to provide data in an area where thick overburden makes other surveying methods more difficult," said the Minister.

"The results of the survey will help stimulate exploration activity by the private sector. This in turn will create a demand for local businesses supplying the exploration

companies."

The Minister said the Pickle Lake area has high potential for mine development in the future.

In addition the Ministry will also fund geoscience projects worth \$520,000 in the Ear Falls area over the next three years.

"One project will involve detailed geological mapping in the Birch Alek area with results to be published in preliminary maps and final geological reports," said the Minister.

"The other project will be a study of the gold deposits in the Uchi-Conederation Lakes area, looking at their origins to increase the chances of finding other such deposits."

Bernier said the projects would lead to increased exploration by the private sector in the area, and

would contribute to local businesses providing supplies for the exploration work.

Larson for '85



Runabouts and Cruisers backed by 66 years of boating leadership.

Larson sets the standard for boating pleasure in runabouts and overnight cruisers. That's because Larson boats offer a very special combination of quality construction and design integrity with high style and outstanding features. And they're affordably priced to represent exceptional value.

And Larson boats give you the benefit of the exclusive Life Guard Construction™ method. It's a technique that incorporates a layer of foam within the layers of fiberglass in the hull for outstanding flotation and a super-quiet ride.

Every Larson boat is certified by the Boating Industry Associations to meet - and in most cases exceed - industry and government standards for recreational boats in their class.



Ontario

NOTICE OF PUBLIC MEETING

TAKE NOTICE THAT a Public Meeting of the Liquor Licence Board of Ontario will be held at the CITY HALL, COUNCIL CHAMBERS, 500 EAST DONALD STREET, THUNDER BAY, ONTARIO on TUESDAY, JUNE 4th, 1985 at the hour of 10:00 o'clock in the forenoon, at which time the Board will hear an application in accordance with the Liquor Licence Act, and Regulations thereunder.

The following establishment has applied for a licence of the class indicated, and the application will be entertained at the aforementioned location and time:

Application For Additional Licence

Villa Bianca Restaurant
Schreiber Township
Highway #17, Schreiber
Patio (Dining Lounge) Licence
Licencee: 483606 Ontario Inc.

AND FURTHER TAKE NOTICE that any person who is resident in the municipality and who wishes to make representation relative to the application, shall make their submission to the Board in writing prior to the date of the hearing, or in person at the time and place of the hearing. (Copies of written submissions will be forwarded to the applicant).

Liquor Licence Board of Ontario
55 Lakeshore Boulevard East
TORONTO, Ontario, M5E 1A4

MINISTRY OF CONSUMER AND COMMERCIAL RELATIONS
THE LIQUOR LICENCE ACT

NORTH SHORE MOTORS & MARINE

Nipigon, Ontario 887-2512 Toll Free Number 1-800-465-3309