

Help is available for smokers

January 16 to 22 is National Non-Smoking Week in Canada, according to Irene Mendela of the Stop Smoking Information Bureau in Toronto.

Mendela explained in a letter to the News that one of the aims of the Bureau is to generate public awareness about the health risks of smoking. The Bureau has also developed some strategies to help smokers join "the quitting

team."

According to the Bureau's recent statistics, smoking costs each regular smoker over \$900 per year. In 1982, Canadian consumers spent \$4.4 billion on tobacco products. On the average, smokers miss four more working days per year than non smokers.

Canadian hospitalization and direct physician costs

related to tobacco use in 1982 were estimated to be \$1.5 billion, the release pointed out. Heavy smokers use the health care system 50 per cent more than non-smokers. Smoking-related illnesses claimed the lives of 27,500 Canadians during the 1978-1979 period.

The detrimental effects of smoking have been well documented, and yet many people still indulge in the

habit due to any number of reasons. The release noted that people smoke out of habit, because they are addicted, to relax, for the stimulation, or a combination of these and other factors.

However, there are also many smokers who recognize the dangers and would like to quit but can't seem to do so by themselves. The Bureau has realized this and recently came up with a toll free telephone number for smokers who would like to join the quitting team.

The number, 1-800-387-0661, is known as the Quit Line and started on Jan. 1. The Quit Line, a short taped message, offers immediate support information for Canadians who pledged to quit smoking as part of their 1986 New Year's resolutions.

The number will operate 24 hours a day in both English and French until Feb. 8, the release added.

The Addiction Research Foundation and the Canadian Council on Smoking and Health have cooperated in the development of the Quit Line as part of their ongoing public health education activities.

"We recognize that for many smokers, quitting is a difficult challenge," explained Dr. Lynn Kozlowski, a scientist with ARF. "For some, a New Year's resolution marks the beginning of an attempt to stop smoking. The Quit Line is designed to give this group immediate support."

The tape offers strategies on quitting and gives the caller tips on how to make it through the initial period of withdrawal. Callers are encouraged to set a firm Quit Date and to stop smoking and start spending

more time in places where smoking is restricted, such as the No Smoking sections of restaurants.

People who want to quit smoking should remain both optimistic and patient, the Bureau release said. These people should remember that they are not alone in their battle. In 1983, an estimated 40 per cent of Canada's 5.9 million smokers tried to kick their habit.

If you can't get through to the Quit Line, an address has also been provided by the Bureau. Write to Stop Smoking, 80 Bloor Street West, Suite 1500, Toronto, Ontario, M5S 2V1.



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Lenna Mainprize 824-2254

Rosspport Notes

by Anne Todesco
The Christmas holidays are over and everyone is back to work or school but still dreaming over the many Christmas parties they enjoyed and the beautiful services in the different churches celebrating Christ's birthday.

Special hymns by the choirs and the cribs built in the churches for the festive and holy season are also remembered. This correspondent wishes all a healthy, happy, and holy 1986.

Ray and Josephine Kenney have left to spend the winter in Brownsville, Texas. The Sundlands have

closed their gift shop and left to spend the winter at their home in Thunder Bay. Chuck Hutterli held open house Christmas evening for the younger people. Luncheon was served and games and dancing were enjoyed.

Juris Zdanovski spent the holiday season in Thunder Bay. Camilla Todesco, B.A.M.S.W. has returned to Toronto after spending the holiday season with her mother, Mrs. Anne Todesco. Lorraine Seppala spent Christmas with relatives in Thunder Bay.

The New Year's Eve ball held in the Community Hall was a success, with

music by tapes.

The bay and harbour are ice bound again, unless strong winds should break it up a second time.

Vickey Armstrong and Janice have returned from a holiday in Ottawa. Miss L. Wright of Thunder Bay was a holiday visitor with her uncle and aunt, Mr. and Mrs. Doris Legault. Miss Della Mushquash of Dryden was a holiday visitor with her parents, Mr. and Mrs. Dave Mushquash.

Finally, Miss Ida Wanakimik of Vancouver, B.C., holidayed with her father, Mike Wanakimik.

Terrace Bay Schreiber News

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Applications:

Chairperson,
North Shore Family Resource Centre,
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MARATHON, Ontario.
P0T 2E0
and received no later than January 22nd, 1986.

For further information, contact:


Mary Burnett 824-3036
Cathie Smith 824-2867
Bert Faragher 229-1280

PUBLIC NOTICE

Gravel River Crown Management Unit Operating Plan April 1st, 1986 to March 31st, 1991

The Ministry of Natural Resources will be preparing an Operating Plan for the April 1st, 1986 to March 31st, 1991 period on the Gravel River Crown Management Unit. You are invited to review background information pertaining to this plan at the Ministry of Natural Resources' Office in Manitouwadge. If you require further information, please contact Mr. D. Gordon, Ministry of Natural Resources, Manitouwadge - (807) 826-3225.

Should you have any concerns pertaining to Timber Management for the April 1st, 1986 to March 31st, 1991 period on the Gravel River Crown Management Unit, we ask you to participate in the planning process by submitting your comments in writing to the District Manager, Ministry of Natural Resources, P.O. Box 280, Terrace Bay, Ontario, P0T 2W0 by February 12th, 1986.



Ontario
Ministry of
Natural
Resources

Hon. Vincent G. Kerrio
Minister

Mary Mogford
Deputy Minister

