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Reducing jobs rather than cutting wages is the way the company has chosen to go. Smart conceded that it is hard to know whether it is better to cut pay or cut staff, but suggested the union is more interested in seniority (keeping its people working).

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Union officials could not be reached for comment.

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What has hurt the Woodfibre operation is the higher cost of manufacturing pulp opposed to the selling price. There have been no price increases for pulp in the last couple of years and it is starting to take its toll.

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Freight rates are also on the rise.

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The residents referred to a petition that is in circulation citing things that are needed to ensure the health and safety of the 250 to 300 children who attend the school as:

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The question of snow removal comes up each year there is snow in Squamish because of the winding, narrow road up to the school and a path that was made by the municipality some years ago. It has become the students'

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So when the trail was first made 20 years ago, there was no easement obtained from anyone and the trail is on private property. That raised the issue of who is liable if someone gets hurt on that trail to the school.

A sidewalk around the front of the school and up the paved road would not be safe because the hill is icy and steep, it would not be

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For safety reasons and to avoid having to get an easement, Lorraine Davis suggested the school board bus children to the school. She pointed out that climbing the hill is one problem, but crossing the road at the top of Valley Drive is also hazardous.

"I don't think at this time we can contemplate spending more money (to bus students to the school). We haven't ever really discussed bussing and if we did we'd have lots of other parents wanting bussing and talking about safety problems," Margaret Marchant, vice chairman of the school board, replied.

However, Brian Sharpe does not think money should get in the way of safety. He said there are solutions to the problems at the school and mentioned a few he had tried to get off the ground himself as temporary measures.

"We're all taxpayers here and we know it's going to cost money. The liability should be the school board's responsibility. We've been talking about this for 20 years. Let's get something done about it today," Sharpe demanded.

He suggested the school board and the municipality jointly attempt to get legal access to the school along the trail.

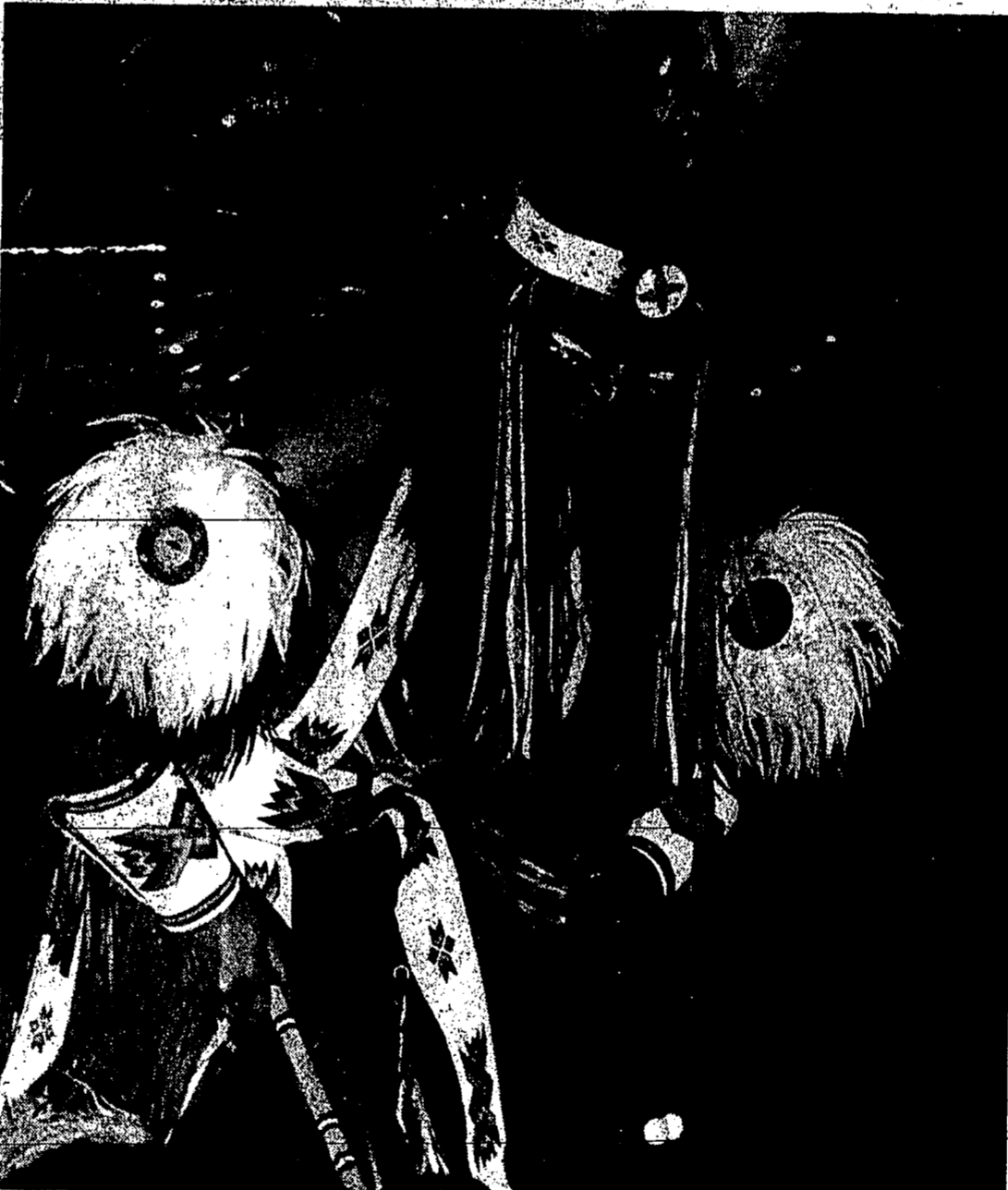
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School self evaluation for Highlands school

Elementary school self-evaluation was introduced into the province five years ago.

It was made compulsory and, as staff were not always ready for self-assessment, there was a definite negative feeling by most schools throughout the province.

In December, the ministry of education conducted a workshop in Richmond on elementary school self-assessment and, along with 300 other teachers in the province, principal Jim Spencer and teacher Lomai Wood from Garibaldi Highlands Elementary school attended.

There was a good feeling at the workshop and it was made clear to the teachers that the assessment program would not be made compulsory.

Why school self-assessment? At the school board meeting last week both Spencer and Wood ex-

plained why their school was chosen to undertake this extra workload.

Spencer said the staff of ten teachers would work closely together to find out what their philosophy was and also to find out if parents perceive the school the same as the staff do. The school will be able to find out how it is doing within the school district. Everyone on staff will have input into the procedure.

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The "Philosophy and Goals" booklet deals with district and school goals.

In the "Curriculum Within School," the staff would find out what is going on in all areas of the school — skills, materials and type of teaching strategy.

The "Pupil Support Services" booklet deals with special needs services outside the school such as health and counselling which would be used with certain children.

Both Spencer and Wood said the Garibaldi Highlands school staff were extremely enthused and looked forward to starting the assessment process. A steering committee with three or four members will be formed soon plus sub committees that will be ready when the new school term starts in September.

Spencer said it would take three to four years to cover all the booklets, but the assessment process should be ongoing.

The school board unanimously supports the program at the school and will keep an open communication line with the Highlands staff.

District makes deal with property owner

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The municipality has agreed to build a retaining wall between the river bank and the dyke for one taxpayer along the Squamish River because it was "the best deal we could make," according to the mayor.

The concrete wall, to be built on the south half of the back of Guido Zotta's property, will cost \$10,000 to \$15,000, Mayor Jim Elliott estimates.

Zotta says the municipality has to "save my house." He added there were some discussions about other alternatives and he did not force the municipality into any decisions.

The choices that were talked about were to bypass the Zotta property, build the dyke around it or buy his house.

"I'm worried about the aesthetics of the dyke," Zotta told The Times Thursday.

He added he and his wife "chose to stay" in their house, along Government Road across from the Easter Seal Camp and a little south of it, "hoping when the dyke is finished it will look all right and we will be protected."

John Payne, public works superintendent for the district, emphasized the retaining wall will be built only if Zotta's property is trespassed upon. The municipality maintains his property line extends into the river because of erosion on its east bank over the years.

"We're trying to protect as many people as we can. It's

cheaper to do this (build a wall) than have the dyking stopped," Payne said.

Looking north from Zotta's property along the river he is right in line with the river flow. Even though it is being re-channelled to its original flow with construction of the dyke, the wall is the only way the property can be saved from further flood damage, says the district. During the floods late last year, truck loads of gravel were dumped on the river side of Zotta's property because of the height the water was reaching.

"It was running right into his house" on Oct. 31, Elliott pointed out.

The mayor said Friday Zotta wants 22 feet of clearance at the back of his house, but when the dyke is constructed there will only be 16 feet of clearance.

"We don't want any part of arbitration," Elliott stressed.

"We had alternatives. We could have pushed right through and gone to court, but the judgment would have probably been in his (Zotta's) favour," Elliott expanded.

"Putting a vertical wall and giving 22 feet (clearance) is not all that unreasonable. The alternatives certainly make it the smart thing to do."

The mayor does not anticipate the deal reached with Zotta to be precedent-setting because the municipality will not be going on anyone else's property for construction of the dykes in Squamish.

HOSPITAL EXECUTIVE REVIEWING BUDGET

The executive committee of Squamish General Hospital is taking another look at its 1982-83 budget to try to cut back.

The move results from the Premier Bill Bennett's restraints program announced recently.

The budget was submitted to the provincial government in October, but no comments have come from Victoria in relation to it yet. The hospital budgets from April to April and must submit its budget six months in advance.

It is hoped the budget review "will point to areas where we can trim the budget while maintaining present services," according to Peter Gordon, hospital board chairman.

He added that cutbacks in services will be contemplated only if it becomes evident the current services cannot be provided within new guidelines.

MAR. 8 NEW DATE FOR CANYON CLOSURES

Poor weather conditions postponed closures in the Cheakamus Canyon that were to take effect March 1. Weather permitting the closures will start on Monday, March 8 as follows:

A.M.	P.M.
7:30-8:15	12:30-1:00
8:20-8:50	1:05-1:30
8:55-9:30	1:35-3:00
9:40-10:10	3:10-4:00
10:15-10:50	4:35-5:00
10:55-11:25	
11:30-12 noon	

TRAFFIC FORECAST FOR BC RAIL DOWN IN 1982

Depressed lumber markets have made it necessary for the BC Railway to examine its traffic forecast for the balance of 1982.

The analysis of the 1982 traffic forecast indicated that carloadings could drop to an estimated 122,000, down from a previously projected figure of 159,000.

Commodities expected to move in lower volume include logs, lumber, plywood, veneer, wood chips and sulphur.

The Railway's carloading in January totalled 10,484 down 30 per cent from 14,953 in January last year.

The sharp decrease was due primarily to the present slump in the forest industry.

Lumber eastern rail movements, for example, showed a reduction of 1,520-carloads while shipments of logs were down 860 carloads from one year ago.

NEW OFFICER FOR STUDENT LOAN ASSOC.

Directors of the Howe Sound Student Loan Association met at the school board office on Feb. 22 and a new slate of officers for the coming year were elected.

Mrs. Doreen Barr was re-elected as president as was Margaret Candy as treasurer and Don Ross as secretary. George Nesbitt was elected as vice-president and Doug Rudy as auditor.

The screening committee was named and they include: Margaret Marchant, Doreen Barr, Vic Johnson, Margaret Candy, George Nesbitt and Don Ross. The association decided that at least three persons must be present for a loan decision.

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BCR crossing
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The work was to have been started Feb. 22, but works superintendent John Payne advised the company to wait until the weather has settled.

He told council "it will be a complete waste of money" to upgrade the crossings in the kind of weather Squamish has been getting of late.

Plateau Drive
The road that is now barricaded off is to be pushed through sometime in 1982 to provide another exit from Valleycliff.

Plateau Drive now stops and there is a foot path through to the top of Northridge Drive, but because another way out of the area is needed it has been budgeted to be done this year.

Once the road is joined up with Northridge Drive it is intended only for emergency use, but once it is opened up there may be pressure on council to make it a permanent access route in and out of Valleycliff.

Planner Wanted
Squamish-Lillooet Regional District (SLRD) would like to hire a planner, it was mentioned at the Feb. 23 council meeting.

According to Dan Cumming, a director of the regional district, the directors have to do all the planning now and that is not a

good situation. He suggests because of the SLRD's large area and diversified nature there should be a professional planner on staff. Council did not make any comment on the proposal.

Zoning Bylaws
Three amendments to zoning bylaw 751 were given third reading at the Feb. 23 council meeting.

Only one resident from the District of Squamish showed up at the public hearing to voice any concerns on changes to the bylaw.

One of the amendments, to be bylaw 784, calls for nurseries to be allowed.

Another of the changes, to be bylaw 785, involves urbanizing the municipality by keeping density down. Bylaw 785 allows one employee's house and the main dwelling building to be constructed, except in Residential I and II zones, as long as it is occupied by a totally dependent relative or paid employee of the person who lives in the main home.

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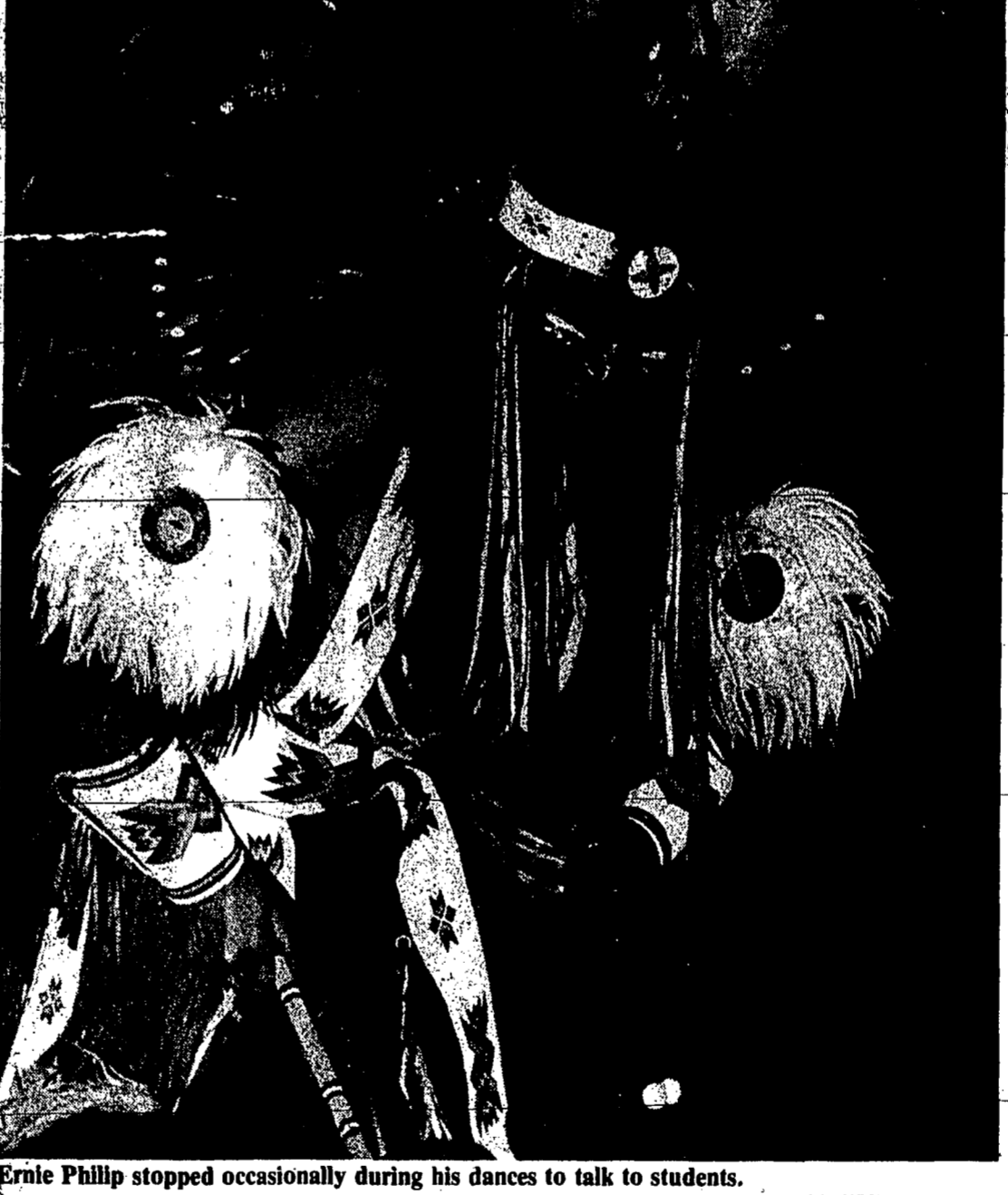
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"We're trying to protect as many people as we can. It's

cheaper to do this (build a wall) than have the dyking stopped," Payne said.
Looking north from Zotta's property along the river he is right in line with the river flow. Even though it is being re-channelled to its original flow with construction of the dyke, the wall is the only way the property can be saved from further flood damage, says the district. During the floods late last year, truck loads of gravel were dumped on the river side of Zotta's property because of the height the water was reaching.
"It was running right into his house" on Oct. 31, Elliott pointed out.
The mayor said Friday Zotta wants 22 feet of clearance at the back of his house, but when the dyke is constructed there will only be 16 feet of clearance.
"We don't want any part of arbitration," Elliott stressed.
"We had alternatives. We could have pushed right through and gone to court, but the judgment would have probably been in his (Zotta's) favour," Elliott expanded.
"Putting a vertical wall and giving 22 feet (clearance) is not all that unreasonable. The alternatives certainly make it the smart thing to do."
The mayor does not anticipate the deal reached with Zotta to be precedent-setting because the municipality will not be going on anyone else's property for construction of the dykes in Squamish.

HOSPITAL EXECUTIVE REVIEWING BUDGET

The executive committee of Squamish General Hospital is taking another look at its 1982-83 budget to try to cut back.
The move results from the Premier Bill Bennett's restraints program announced recently.
The budget was submitted to the provincial government in October, but no comments have come from Victoria in relation to it yet. The hospital budgets from April to April and must submit its budget six months in advance.
It is hoped the budget review "will point to areas where we can trim the budget while maintaining present services," according to Peter Gordon, hospital board chairman.
He added that cutbacks in services will be contemplated only if it becomes evident the current services cannot be provided within new guidelines.

MAR. 8 NEW DATE FOR CANYON CLOSURES

Poor weather conditions postponed closures in the Cheakamus Canyon that were to take effect March 1. Weather permitting the closures will start on Monday, March 8 as follows:

A.M.	P.M.
7:30-8:15	12:30-1:00
8:20-8:50	1:05-1:30
8:55-9:30	1:35-3:00
9:40-10:10	3:10-4:00
10:15-10:50	4:35-5:00
10:55-11:25	
11:30-12 noon	

TRAFFIC FORECAST FOR BC RAIL DOWN IN 1982

Depressed lumber markets have made it necessary for the BC Railway to examine its traffic forecast for the balance of 1982.
The analysis of the 1982 traffic forecast indicated that carloadings could drop to an estimated 122,000, down from a previously projected figure of 159,000.
Commodities expected to move in lower volume include logs, lumber, plywood, veneer, wood chips and sulphur.
The Railway's carloading in January totalled 10,484 down 30 per cent from 14,953 in January last year.
The sharp decrease was due primarily to the present slump in the forest industry.
Lumber eastern rail movements, for example, showed a reduction of 1,520 carloads while shipments of logs were down 860 carloads from one year ago.

NEW OFFICER FOR STUDENT LOAN ASSOC.

Directors of the Howe Sound Student Loan Association met at the school board office on Feb. 22 and a new slate of officers for the coming year were elected.
Mrs. Doreen Barr was re-elected as president as was Margaret Candy as treasurer and Don Ross as secretary. George Nesbitt was elected as vice-president and Doug Rudy as auditor.
The screening committee was named and they include: Margaret Marchant, Doreen Barr, Vic Johnson, Margaret Candy, George Nesbitt and Don Ross. The association decided that at least three persons must be present for a loan decision.

the Times

New college co-ordinator

Not only does the new co-ordinator of the Capilano College Women's Resource Centre in Squamish have experience with teaching and being involved in women's issues, but she knows what it's like to try and return to work after staying at home with a family.

Andrea Kiss has two children, who are now teenagers, and she returned to work after seven years as a full-time homemaker.

Andrea, who has taught the Career Alternatives course in

Squamish for the last two years, will be organizing courses for women in the community on request.

As co-ordinator she will also be providing career development services on an individual basis, referring women to other resources in the community and planning courses for the fall of 1982.

Andrea's major interest is career planning. While she is teaching others career, communications and assertiveness skills, she is not neglecting her

own career. As well as working for the college, she is enrolled part-time at UBC taking her master's degree in Counselling Psychology.

The Women's Resource Centre has several courses scheduled for the next few months which Andrea will be instructing.

How to Decide: Life and Career Planning for Women, which will be held Friday mornings starting March 12 is exactly what its title suggests. Instructors will be helping women to assess their present situation, identify their skills and develop short- and long-term goals.

The Job Search: Resume, Covering Letter, Interview, is a course of particular relevance in these times of high unemployment. The one-session workshop, held the morning of April 23, will give participants basic information on how to go about job hunting.

"It's not only what you say, it's how you say it," might be the motto of the Communication Skills course which will be starting the morning of April 30. The course will stress students' ability to express ideas clearly, in a manner that makes others interested and willing to listen — an ability that is an asset in all situations.

All of these workshops are free, but enrollment may be limited, so it is wise to enroll soon.

For more information on the courses or on any of the other services offered by the Women's Resource Centre, call Capilano College at 892-5322.

Andrea Kiss is also looking for input from women in the community about what courses they're interested in. She will be in Squamish on Thursdays and Fridays until the end of May and invites women to drop in to the centre for coffee Thursday mornings.



The path students use to get to and from the Stawamus Elementary School can get slippery when it snows and rains. Students help each other if tumbles occur as is evident as the girl pictured here goes to the aid of a smaller student on his way home from school.

Children caught in controls

B.C. children will be the victims of government controls on school board budgets, according to Gary Begin, president of the B.C. School Trustees Association.

Referring to a televised announcement Feb. 18 by Premier Bill Bennett and a subsequent announcement Feb. 19 by education minister Brian Smith, Begin termed the government's financial clampdown on education, "an incomplete solution to a difficult problem. With proper planning and consultation between government and elected boards the same objectives could have been achieved with much less damage to education."

"The only way for boards to balance their budgets will be to cut programs," says Begin.

The BCSTA president poses a list of suggestions which would lessen the negative effects on education:

- The ceiling on school district budgets and salary restraints on school employees must be introduced at the same time. To do otherwise, while boards are already committed to salary contracts in excess of the 12 per cent controls, means that budgets are already drastically out of phase.
- If teacher layoffs are necessary they must be done on the basis of qualifications and not straight seniority. B.C. children should not be deprived of good


teachers simply because they are new on staff.

- The ministry of education must look at its own programs and eliminate unnecessary or redundant services. The dollars saved on superfluous bureaucrats could go to ensure that special education programs, such as those for the handicapped, are not curtailed.
- The government must review the current system of teacher salary bargaining and pass legislation that would eliminate the need for heavy-handed government controls — namely laws to treat teachers the same as other employees in the public and private sectors.


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TIME FOR A TUNE-UP?

Flash flood threat removed on highway

A potential flash flood threat above the Horseshoe Bay-Squamish highway, caused by an old and unsafe dam structure three kilometres above the road, has been removed.

The highways department worked on the job with an independent blasting firm.

A large rock plug had been blasted into place in a narrow valley below the lake on Deeks

Creek, about 19 kilometres north of Horseshoe Bay.

The plug, containing about 920 cubic metres of material, would stop a flash flood or landslide from rushing down the mountainside and over the highway and railroad bed in the event that the old dam gives way.

The dam has been under constant surveillance by ministry of transportation and highways staff since it was discovered during a routine aerial survey about two months ago. Two employees have been permanently stationed on Highway 99 below Deeks Creek, prepared to stop rail and road traffic if the dam, fitted with electronic monitoring devices, suddenly failed.



Andrea Kiss is the new co-ordinator of Capilano College's Women's Resource Centre in Squamish.

However, with the rock plug now solidly in place, the department of environment is confident the dam, which is holding back about 700 acre feet of water, no longer poses a serious threat to the highway and railroad which runs along the mountainside below.

The dam, built around the turn of the century to provide power for a now defunct mining company, will continue to be monitored as part of the ministry of environment's ongoing dam inspection program and to determine whether or not the old structure should be dismantled.

In the interim, both the dam and the lake will remain, although the dam will be posted to warn backpackers not to tamper with the rock and timber structure.

Brand name drugs most expensive

If you're savings-oriented, you will normally compare the features of one product with those of another and shop around for the best price before you buy most things.

These are times, though, when even the most budget-conscious consumer fails to shop around. One of those times is often when drugs are required.

Not only do most non-prescription or over-the-counter (OTC) drugs vary in price from one place to another, but in some instances you could pay two different prices at the same drugstore to have almost identical prescriptions filled.

OTC drugs (cold remedies, laxatives, etc.) are subject to the

same kind of mark-up as any other product and if you do not shop around you could be paying considerably more than you have to.

How can you pay two different prices to have nearly identical prescriptions filled at the same drugstore?

The answer is in your prescription.

If your doctor specifies a brand name drug instead of the generic name, you will usually pay more. Numbatal, for example, is one brand name for a sleeping medication with the generic name of pentobarbital.

The relationship between name brand drugs and generic drugs can

be likened to that between a supermarket's house brand and a nationally advertised brand. Both are essentially the same product, both have to meet the same federal quality and safety standards, but the nationally advertised brand is likely to be more familiar to the purchaser.

Ask your doctor to prescribe drugs by their generic name whenever he deems it advisable.

Once you have your prescription check with two or three pharmacies to see what the cost will be. Each will charge a dispensing fee that represents their overhead costs and this will vary from one store to another. Shop around; it can save you money.

Annual meeting of Loan Assoc.

The Annual meeting of the Howe Sound Student Loan Association was held Feb. 22 in the school board office.

President Doreen Barr reviewed the nineteenth year-of-business of the association noting that three loans were approved by the

screening committee during the year. The total number of loans now granted over the years is 41. One loan appears to be delinquent.

Barr said \$1,343.14 has been donated to the association by the former Squamish Future Citizen's

Club. The sum donated has been held by the Future Citizen's Club as a memorial project to honour Richard Crowston, a member whose life was lost at Brandywine Falls some years ago.

The interim report given by Margaret Candy showed total assets of \$20,927.59.

The following directors were named for the coming year: Margaret Marchant, George Nesbitt, Jean McKinnon, Barbara Ellingson, Jim Elliott, Doreen Barr, president of the HSTA, president of the students' council at Howe Sound Secondary School, Mike Dennison, Don Ross, Margaret Candy, Brian L'Hirondelle, Vic Johnson, Tom Good and John Hughes.

Gas siphoned from airplanes

Three planes at the Squamish Airport had gas siphoned from their tanks Feb. 16.

The aviation fuel contains no lead and would cause a car to heat up and backfire.

Chunks of hose were found in the empty tanks and could have

contaminated the fuel line if the incident had gone unnoticed by a pilot.

The planes were in the hangar and it is assumed the gas was taken early in the morning.

RCMP patrol the airport, but apparently saw nothing that evening. It has been reported.



Students make the treacherous descent from Stawamus Elementary school each day and the student patrol controls the crosswalk on Valley Drive. Parents want more signs further back from the crossing to increase safety.

SPECIAL ANNOUNCEMENT

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the Times

Katimavik brings people together

By SHARI BISHOP

Katimavik is a national volunteer youth program funded by the federal government. This non-profit organization offers young Canadians between 17 and 21 the opportunity to travel to different parts of Canada, develop important employment skills, serve communities with their services and learn the second language of our country.

Besides learning from both cultural and educational aspects, participants meet and live with eleven other young people for nine months — three months in three different regions of Canada. In each chosen community there is a project for the group.

The basic components of the Katimavik concept, including physical work aimed at protecting and improving the environment, community service through local organizations, and cultural education, are emphasized throughout the nine-month experience.

Katimavik is entering its sixth year of operation and anticipates placing 1,300 young people in 39 community projects across Canada this year.

Applications are currently being accepted from young people who wish to join the program this summer or fall. Programs will commence July 14 and September 15, 1982. Applications must be in by April 30 and July 2 respectively.

The Katimavik program started in September 1977 and has seen over 5,000 young Canadians in projects from coast to coast.

In British Columbia this year, there are projects sponsored by a variety of community groups in the West Kootenays, the southern Okanagan Valley, the Cowichan Valley and the Sunshine Coast.

Work projects vary from region to region in Canada and may include such challenges as environmental clean-up, trail cutting, reforestation, construction, park maintenance, improvement of historical sites and many more.

"Social" projects include working with the handicapped, caring for children in day-care centres, or helping and being with the elderly at a senior citizens' home.

The projects depend upon the needs of the host community and are not designed to take jobs away from local people, but to do a service that otherwise would not get done.

The group of eleven participants live together in a simple and basic environment. It may be a cabin, an old farmhouse or even a tent. The group must do their own budgeting, cooking and cleaning and is encouraged to put conservation of resources into practise at all times.

This means buying only Canadian products and learning how to get the most out of everything without any waste. Katimavik provides all transportation, accommodation and travel expenses for the participants.

The group is a cross-section with young people from all regions, backgrounds and cultural groups. About one-third of the group is francophone, giving everyone an excellent chance to learn the second language.

Participants receive spending money of one dollar a day, plus \$1,000 upon completion of the program. The \$1,000 is intended to help the ex-participant re-enter school or the work force.

During the current difficult economic times, Katimavik is a wonderful opportunity for young people to travel in our great country while learning valuable work and living skills.

There is a three-month military option within Katimavik sponsored by the department of national defense. Among many things to learn on this program are: first aid, fire fighting, rifle handling, fieldcraft and survival, and physical training, as well as general service knowledge. The three-month option can be taken as the first, second or third of the projects.

Probably the most exciting thing about Katimavik is the great feeling these young people get from learning and growing as a group. Living with ten other people in very simple surroundings is not easy and demands a great deal of respect and self-discipline, but rewards the young people with the special feeling that they have done something good for themselves and others.

Howe Sound Secondary was visited by a representative from Katimavik on Monday, February 22. If any young people are interested and did not attend the informative meeting, see the counsellors at the school or contact Susan Day, recruitment director, at the Katimavik B.C. and Yukon Regional Office, #201 - 1587 West 8th Avenue, Vancouver or telephone 736-8991.



Katimavik means meeting place. Here a member of the program takes part in a community services project at a day care centre.

Decentralization not for B.C. schools

The British Columbia School Trustees Association (BCSTA) held a seminar in Vancouver Feb. 10-13 on decentralized school authority. Several trustees from this school district attended and a report was given at the school board meeting Feb. 24.

The BCSTA is always looking at new ideas in education and as decentralization has been ongoing in Edmonton for the past three years, trustees in B.C. wanted to know more about it. Educators in Edmonton had advisors come from California as that was where it was first introduced.

School-centered administration is "when most significant decisions and actions aimed at achieving specified results at the schools are made in the schools," according to the Edmonton school system.

It is crucial that the specified results are acceptable to the board

and superintendent and to do this there must be monitoring systems in place to measure the progress and results.

Reaction to the seminar was mixed with less than 50 per cent of the evaluations rating its overall value as good to excellent. Many people, however, felt the resource team from Edmonton was excellent.

The major criticism was that the seminar tended to explore the problems and solutions of large urban centres rather than the concerns of the small rural districts common throughout British Columbia.

Alberta operates on a county system whereby school board budgets have to be approved by the governing county. They can be sent back to the school board to cut costs if the county decides the mill rate for school purposes will have a staggering effect on the mill rate levied by the county.

In Howe Sound School District the board is not answerable to the regional district or the municipality in regards to their budget.

School board secretary Don Ross said the decentralized concept is working in this district now.

"We have a happy medium as principals definitely have a say in his (her) staff and board members check with the individual schools pertaining to certain equipment or programs they wish to implement," he said. It is not possible for the board to act on all requests but there is a good line of communication between the board and the schools.

school board briefs

At the school board meeting last Wednesday, approval was given for the establishment of a summer school programme for the summer of 1982.

A letter from the department of highways informed the school board that the school crossing at Highway 99 and Valley Drive must be patrolled when children are crossing or it will be taken out.

The Squamish Indian Band said an older child always supervises the crossing for the children but to make it "legal" an orange safety

patrol jacket will be worn by the student on duty.

Michael Williams, a teacher at Mamquam Elementary School was on a one year exchange program last year to William A. Chapman School in Naranja, Florida.

In recognition of services rendered by teachers who have participated in the exchange the United States department of education issues a diploma to each teacher. Williams was the recipient of a diploma last week.

court news

Judge C. I. Walker issued a number of fines in provincial court in Squamish Feb. 22 and 23.

On Feb. 22, Gerald Richards was fined \$300 for driving over .08 and the same day, Rodney Harman received a \$300 fine for the same offense.

Stanley Olsen and James Whitaker, both of Squamish, appeared Feb. 23 and each received a

\$250 fine for driving without insurance.

Wayne Lynn was put on six months' probation for possession of narcotics.

On the same day, Carl Frost was fined \$300 for impaired driving and Bradley Howe was put on probation for one year for theft over \$200.

Speech therapist has full schedule here

Susan Ross, speech therapist took up her duties with the school district in January. A graduate of Western Washington University, she is originally from Vancouver.

When speaking to the school board last Wednesday, Ross said the four main areas of communication disorders were:

- articulation—the production of speech (e.g. lisp), sound of language (getting the wrong sound);

- language—how we formulate or express our thoughts;

- voice—voice sounds too hoarse or nasal and vocal abuse which is most common with school age children;

- fluency—stuttering or a break in the rhythm of speech.

The most common problem for all age groups is the articulation disorder.

The therapist said any child in school district 48 can be recommended for an assessment. The teacher fills out a referral card, along with a parental consent form, and the learning assistance

teach in each school acts as the liaison between the teacher and school board.

At the present time there are 30 children in Squamish waiting for either an assessment or therapy. Ross currently has 31 children in the direct training program. She works with four separate groups of two or three children and sees the remainder on an individual basis. The sessions are 15 to 30 minutes in duration and are held twice weekly.

In addition to the above, the therapist provides indirect services. This includes giving guidelines to teachers of mentally handicapped students or those in kindergarten and also acting as a resource person for those enrolled in English as a second language.

Weather permitting, Ross plans to visit schools in Whistler and Pemberton in the near future. The only day Ross is available to go north is Fridays and she said if there was a case of articulation problems a home program would be set up with the parents.

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the Times today-

Boycott bumper stickers

"I drove the Squamish Highway and survived" the bumper sticker boasts. If you haven't had the misfortune of seeing one of these eyesores you are lucky.

We can't believe the poor taste of the newest in someone's plans, to commercialize on a "hot" issue. Even with the poor state of the highway in some places, rock faces looking dangerously slanted toward Highway 99 and in spots rock occasionally falling onto the road surface that is no excuse for such tasteless capitalism.

Apparently some businesses in town are selling the stickers. They, most of all, should have the good sense to know better.

With the number of catastrophes that have occurred on the highway in recent months we would advise people against digging into their pockets for the \$1.49 selling price. It is a sick joke at best and completely lacks in the humor department.

A few weeks ago, The Times office also had some of the stickers delivered to us. The name on the bill was B-P Publications and the phone number was in West Vancouver.

The highway is not noted for its safety, as we have heard from local people and professionals. Rock and its inherent decay over the years along with the vibration caused by blasting and other more natural occurrences do not make the coastal route endearing to a number of people who travel it, but the biggest problem on the highway continues to be the carelessness of those driving it in most instances.

For people to sell the stickers that lack any form of outh is one thing, but for people to purchase them for use is even worse.

It is the type of thing one would expect to see only in National Lampoon and certainly should not be a money-making venture.

howe soundings

Have you ever wondered what lies behind that refreshing cup of tea you enjoy with your breakfast, or perhaps in the afternoon? Have you ever wondered how it was discovered, where it comes from and how it is grown? If you have, this is your chance to learn about one of the most fascinating drinks in the world.

The oldest known reference to tea dates back as far as 2737 B.C. and is, of course, Chinese. The Chinese boiled their water before drinking it but boiled water is pretty blah. The emperor Shen Nung was drinking boiled water when some leaves from a wild tea bush fell into the steaming liquid. He was delighted and presumably never drank plain boiled water again.

The first book about tea was published in 780 A.D. by the Chinese poet, Lu-Yu, "Wait till the water boils," he instructed, "when there are bubbles that resemble crystal beads rolling in a fountain, it is time to pour water over the tea leaves." This was the beginning of tea drinking which eventually led to the orient's elaborate "tea ceremony." The origin of the word tea comes from the Chinese ideogram, tay.

By the ninth century tea drinking had spread to Japan where it became part of Zen Buddhism. The tea ceremony is still a very important part of Japanese culture. The utensils are carefully selected by the tea master and laid out in a ritual fashion.

The Dutch were among the first people in Europe to drink tea and their ships imported tea to western Europe in the late 1600s.

Sailing from the Orient to Europe was a very dangerous business. There was danger from vessels of competitive trading nations and the seas were full of pirates and privateers. In 1618 some Europeans attempted to avoid the sea hazards and imported tea to Europe by means of a camel caravan.

The East India Company, incorporated in 1600, won trading concessions from the Mughal Empire after defeating the Portuguese in India. It traded cotton, silks, indigo, saltpeter and spices. The British began to import tea in large quantities and this became the company's most important item of trade from China.

This trade was financed by the export of opium which eventually led to the Opium War a hundred years later. The tax on tea also led to the American Revolution and the breaking away of the 13 colonies.

Tea soon became the most popular drink in both Europe and the Americas and the tea clippers in the 19th century were among the most famous ships of their day. They raced across the oceans with their cargos, vying for prizes. Tea also accompanied the Canadian settlers westward across the plains and soon became one of the most popular items in the Hudson Bay Company's trading posts.

Admiral Perry took tea to the North Pole, some of it was found years later, still intact and quite drinkable. Now a portion of that tea, the historic "North Pole Tea" can be found in the Canadian archives.

Napoleon drank tea and so did his opponent, Wellington, at the Battle of Waterloo. It was the victorious Wellington who said "Tea cleared my head and left me with no apprehensions."

Afternoon tea, as a social custom, was originated by Anna, Duchess of Bedford, in the early 19th century. She intended "afternoon tea" to fill the long gap between early breakfast and late dinner. In her words, "to combat that sinking feeling."

In 1669, when tea was first introduced to England, a pound of tea cost the average British labourer the equivalent of nine months' wages. At that time it was the drink of royalty. Today it is readily available, low in price and everyone's favourite.

The tea plant is a species of camellia. When allowed to mature and bear seed it develops small five-petaled flowers. Normally the bush is pruned to produce delicate leaf sprays. Only the top bud and the two leaves below it are picked.

Only tea made from the Camellia Sinesis is real tea and it must not be confused with the various herbal "teas" which are made from a variety of plants and flowers.

Tea is grown in three main countries, in Kenya, in India and in Sri Lanka. In Kenya, where it was first introduced in 1903, when commercial planting began, it soon became an important cash crop. Although cut back

in 1933 because of a depressed market, it is still one of the main crops of the area. There are both large and small holdings in Kenya and the net production last year was 90 million kilograms and the industry employs 75,000 people. It is an important part of the economy of this African country.

India, of course, has always been associated with tea and is the biggest tea producer and exporter in the world. During 1980 its annual production was 575,000 tons and Darjeeling tea is acclaimed as the "champagne of teas."

The Darjeeling tea has a unique muscatel flavour. The tea gardens which produce this tea are situated at elevations ranging from 1,000 to 2,000 metres above sea level. Darjeeling tea is precious and accounts for only about three per cent of India's total production. Because of this Darjeeling teas fetch the highest prices at auctions and can only be produced in this particular area.

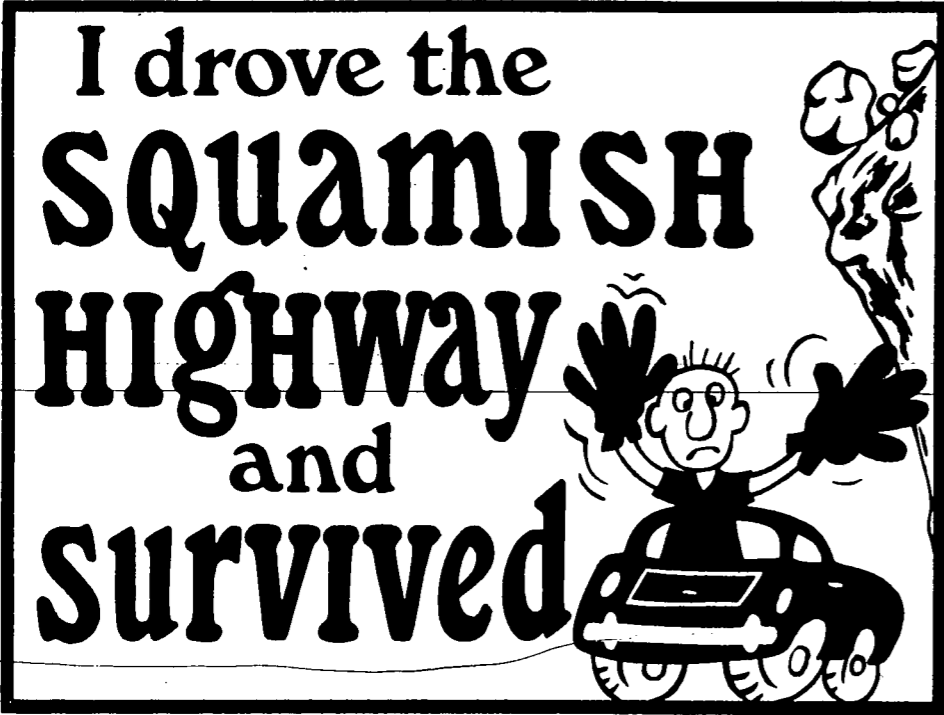
Assam is another famous tea-growing area and the impeccably pruned bushes cover 187,000 hectares, resembling a gigantic billiard table stretching to the horizon. The region teems with wild elephants, single-horned rhinos, swamp deer, wild buffalos and leopards. Assam tea is characterized by its strong, pungent, full-bodied liquors.

The tea gardens in Nilgris, the third growing area in India, are situated among eucalyptus trees, blue gums and cypresses. The Nilgris are relatively mild teas which are plucked year-round, unlike the seasonal Assam and Darjeeling. They are famous for their bright and brisk liquors and their mellow, light, clear flavour. The word Nilgris, when translated, means blue mountain.

The ancient Sri Lankan civilization, which was based on a predominantly agricultural economy, is noted for its intricate system of irrigation channels and giant reservoirs which made Sri Lanka the "rice bowl" of the east at that time. To ensure, as in earlier times, self-sufficiency in food, it has embarked on a massive program of irrigation projects and has developed many tea plantations.

Tea accounts for about 36 of Sri Lanka's total earnings and is one of its main sources of foreign currency.

Tea's fascinating history bears a closer look at the drink itself and makes it even more enjoyable.



Beat winter driving cold

Ask any fighter his secret to success and he will tell you... preparation and knowledge of the right combinations.

Every driver who faces winter driving conditions should be aware of the same things. It's the formula for getting through winter driving safely.

Follow these 20 points and you will be ready for the worst punch winter can throw.

Have your vehicle's cooling system checked to make sure you have the right anti-freeze protection against cold temperatures.

Check windshield wiper blades for wear and corrosion. They must be strong enough to remove heavy sleet and snow falls.

Lubricate all door, hatchback and trunk locks with graphite to prevent lock-out.

Make sure your vehicle's engine is running with the correct winter-weight oil. Failure to do so can cause mechanical breakdown and will overwork the battery.

Have snow tires installed for reliable traction on ice and snow. If you car or truck normally rides on radial tires, make sure your snow tires are of the radial type. Mixing radial tires with regular tires is not only illegal, it sets up a deadly driving condition.

Put a bag of sand or gravel and a shovel in the trunk. It will come in handy if you get stuck and could save an expensive towing bill.

Make sure you have an ice scraper in the glove compartment and use it on side and rear windows as well as the windshield and side mirror for all around good vision. Keep a sharp look-out.

For emergencies, keep a survival kit in the trunk, including a warm blanket and extra coat.

To prevent winter no-starts, a quick look under the hood will tell you if ignition wires are worn or corroded. Replace them for sure-fire winter start-ups.

Check all running lights including

headlamps, brake lights and turn signal indicators. It is a good idea to carry spare fuses in case of electrical system overload.

Remove all dust, dirt and debris from defroster vents to ensure good visibility.

Have the exhaust system checked for leaks against deadly carbon gas. Since most winter driving calls for windows up, this is a must.

Have your battery charge checked. Cold weather causes battery power to decline.

Always brake gently. Never slam on the brakes when driving on snowy or icy roads.

If your car begins to skid or slide, keep a firm grip on the wheel and steer into the direction of the skid until you feel the vehicle regain traction. Then, straighten your front wheels.

Avoid spinning your wheels when pulling away on ice or snow. Shift into a higher gear and ease down on the accelerator. That way, you will not spin your wheels and end up stuck.

Make sure you give the vehicle in front of you lots of room. Stopping on winter roads requires greater distance.

Pump your brakes when slowing down on snow or ice. This gives the driver behind you plenty of warning.

Remember, if your vehicle is equipped with winter tires that have studs or chains, keep a sharp lookout for drivers behind who may not be so well equipped and therefore cannot stop as quickly.

Do not let falling snow build up on headlamp or tail light covers and remember to clean off your license plate as well.

Combine all of these winter driving safety tips and you will end up with a two-fisted counter attack against winter's onslaught.

It is the best strategy you could possibly use to get through winter safely.

It is a driving force to defeat the worst punch winter can throw.



Plateau Drive in Valleycliffe presently stops at the barricade but will be pushed through to Northridge Drive sometime this year.

comments from parliament hill

BY LORNE GREENAWAY
MP FOR CARIBOO-CHILCOTIN

This week I would like to relate to you a sad story that unfolded before myself and my colleague John Crosbie, during our recent trip to Europe. While we were in Brussels as part of a week-long trip that included briefings at NATO, we were phoned by a representative from the International Federation of Trade Unions.

This federation represents nearly 65 million workers around the world. Because we were Conservatives and because of the stand that Canada has taken with regards to the Polish question, they asked us to attend a meeting and express our views about Poland.

When we arrived at their office, we found a 27-year-old lawyer from the Polish city of Gdansk. As it turned out, he had been attending a course in Zurich for Solidarity when martial law was declared. Up until the time of the declaration, he had been employed by the union inside Poland.

With the aid of an interpreter, this young man brought us up to date on what has been happening in Poland. After he had finished, one of the first questions we asked was about the true feelings of the Polish people towards Canada, and the stand of the Canadian people.

We knew from reports that the Polish people aren't happy with the reaction of the Canadian government; what we weren't prepared for was the reaction we received.

The young man told us the Polish people are disgusted and disappointed with the Canadian stand on Poland, and the takeover by the military. He said the Polish people consider it somewhat of a joke when referring to the statement of Prime Minister Trudeau, that martial law was better than a Russian takeover. He says that is like saying a Russian takeover would be better than an atomic bomb.

He told us that the Polish people, especially those with connections to Solidarity, are aware of the official Canadian government stand, and also that of the Conservative party. He said he was

personally glad that the Conservatives had made their stand loud and clear.

Concerning the current state of affairs in Poland, he described the conditions as being in a state of war. He says there are thousands of people in internment camps, and the prospects for improvement in the country at this time look grim.

He says the average Pole must adhere to a curfew, some as early as 6:00 p.m., till six in the morning. He says there is civic

disobedience in all parts of Poland, and the aim of the Polish worker is to do as little work as possible in the factories.

The primary concern of the Polish worker in general, is to do as much as possible to avoid cooperation with the military regime.

He went on to explain that if it wasn't for the food aid that is pouring into Poland from western countries, such as Germany, France, the United States, the

United Kingdom and Canada, there would be a great deal of starvation in the country.

It appears the one thing the Polish people are looking for is a complete cutoff of credit and foreign aid except for emergency food supplies, in order to exert pressure on the Polish and Soviet governments. They feel very strongly that the United States is the only country that has stood by them during the last few months.

The recently announced sanctions of the Canadian government are purely symbolic and are not expected to have much effect on the state of affairs in Poland.

I asked him if he thought the Polish army would continue to obey orders. He says there is a good chance that the army at some time might revolt against the military rulers.

One of the sad events he related to us concerned the families of young Polish soldiers. He said that many families had received the bodies of their sons along with a death certificate, stating the cause of death as suicide. He says upon examination, up to five bullet wounds have been discovered, indicating that the soldiers have not obeyed orders and had been shot.

The situation I found as a result of that discussion, along with other facts I am aware of, leads me to believe the state of affairs in Poland will continue to be bleak; these people are not about to give up their struggle.

This particular lawyer has been caught out of his homeland, he has a wife and child still living inside Poland, yet he continues to fight for the cause of the Solidarity Trade Union, a cause which he firmly believes in.

I was very moved by the two-hour discussion we spent with this young man. The message he gave us was that the people of Poland are looking to Canadians for support for their fight for freedom against Soviet and Polish military oppression.

as I see it

BY RAY KEYES

Isn't it amazing how every time a developer plans a new condominium, subdivision, hotel or industrial site he always points out how beneficial it is going to be to the entire community. Yes, every time I catch a whiff of chlorine or read about the increased vandalism, I always thank the developer for his beneficial plans.

If there was ever a spot that has been overdeveloped, that place must be Whistler. Not so long ago it was a natural paradise, with a few cabins and a couple of picturesque resorts on Alta Lake.

As a child I remember riding up to Alta Lake on the then P.G.E. Railway for a day of swimming and picnicking, surrounded by the friendliest people one could hope to find.

And today? The Whistler area is covered with ski cabins, \$200,000 condominiums and Swiss-style hotels, with the average income of a homeowner estimated to be a minimum of \$100,000 per year not exactly the sort of place for a little boy or girl to go for a picnic.

There is now doubt that for the most part the hotels and condominiums are tastefully designed and laid out, but somehow I doubt that all the children who grew up in the Whistler-Alta Lake area in

the 60s are entirely grateful to the developer for all the benefits he has wrought on this once remote wilderness area. I'm sure for some who once grew up in this area they find it depressing to just drive through.

Well, Squamish has its chemical plants and sprawling subdivisions, Whistler has its condominiums and hotels. What, I wonder does the developer have in mind for Pemberton? I have long since given up on Squamish retaining its natural beauty and small town atmosphere.

Whistler is best left to the rich and the developers, although some say they are one and the same, but Pemberton, at least last time I was there, appears to have changed little. I'm sure though that plans are afoot to further develop Pemberton and bring about to these good people all the benefits now found in Squamish and Whistler.

Lakes so dirty you wouldn't want to swim in them even if you could get near, vandalism, break-ins, traffic accidents and all the other good things that go with progress are likely on the way.

Yes, Pemberton, does the developer have a deal for you. Oh well, there's always Bralorne.



LETTERS

Editor, the Times:
I wish to take this time and space in our local paper to express my sincerest thanks to all businesses and individuals who donated to the Variety Club Telethon Feb. 13 & 14. I am making a full disclosure of all monies and where they came from to the best of my recollection, as all records of donations have been turned in to Van. for receipts to be made out, which I will personally deliver to you, or your place of business.

Most of the larger donors wished not to have the amounts disclosed. So I shall respect their wishes, but credit must be given to those most deserving.

Five individual sources made up half of the total raised in our community. They are Ron MacCormack Log Hauling Ltd. next the schools in Squamish including Britannia Beach school & Step-up school, came up with \$906. My employer John & Rick Hunter of J. Hunter Co. Ltd. then C.R.B. Logging Co. Ltd. Last but not least of the big hearts are the girls at the Royal Bank with their tremendous effort by hosting a coffee & bake sale plus a Valentine Cake raffle which was won by Rosalie McCulloch, a part time employee of the Royal, together with their personal donations raised \$534.11.

Other donations equally generous came from the Elks Lodge 119 for \$300., L&A Equip. \$200, Gordon Sheperd \$200, Ladies Auxillary 277 \$150, \$100 ea. by W. Dowad Ltd., Perma Truss Chieftain Hotel, Big Scoop Cafe, Ron P. MacCormack, Mike the Floorman Royal Canadian Legion, Royal Canadian Legion Staff & Patrons, & Williams Petruk.

Places of employment where I could not canvass were done on my behalf by Steve Melnick at Empire Ibr. \$162, by my son Glen Petruk at B.C.R. Car Shops \$147, by Norm Myers at Squamish Terminals \$126 from Woodfibre by Mrs. McNeil \$27. From 3 of the men's B Division Hockey Clubs \$75 collected by Sally Forbes who also canvassed a dozen businesses on 2nd Ave. and come up with a total of \$157.

Businesses canvassed in the municipality were, Brackendale, Eagle Run, Garibaldi Highlands, Mashiter Centre, 1's 2nd & 3rd Ave. in Squamish & Valley-Cliff. If I have missed anyone, Please phone me, it was not intentional. Let us all take satisfaction in knowing that a total of \$7,121 has been raised in the community of Squamish B.C. and is now helping the children less fortunate than our own. I hope to see next year's fund raising better organized, with more people participating.

William Petruk
1982 seniors bingo chairman
Your Friendly Telethon Man

Editor, the Times:
The senior citizens of Branch 70 of Squamish extend their most sincere thanks to the Squamish Klipsmen Club for the free bingo party organized for the entertainment of the local senior citizens on the evening of Wednesday, February 17, 1982 at the Legion Hall.

As well to the Kinettes for their goodies and the Squamish Pipe Band for the musical program. Everyone fully enjoyed a very well organized social event.

E. St Arnaud,
Secretary
Senior Citizens Association

Editor, the Times:
Variety Club wishes to acknowledge the stupendous effort made by your small community. It is extremely heartwarming in these very hard economic times to know that there are so many generous people who care.

If your presentation on the Telethon disappointed you in certain aspects, I hope you will accept our apologies. For every individual we manage to get on stage, we are obliged to turn away three because of time limitations. We hope you will bear with us in this area. Each year we work harder and harder to try to make sure than no-one goes away disappointed. On this account, do not abandon a very worthwhile cause.

We at the Variety Club appreciate your efforts and, what is even more important, we hope, ultimately, that we do not fail the children of B.C.

Thank you; you can be a very proud community.
A. Swartz
Director, Special Events

LETTERS

Editor, the Times:
In reference to our 1982 Free Senior Citizens Bingo I might say that it was the most successful yet!

May I thank The Times for their help in publicizing the event. A big round of applause and our most humble thanks go to the Black Bear restaurant, Vera Cruz, Overwaitea, Loggers Inn and the IGA for door prizes.

The free use of a bus to transport the seniors from Manor House was provided by Surfside Motors.

The Squamish Klipsmen Pipe Band came in for some intermission entertainment.

Special thanks go to the Legion, Fred Bennett, CISQ and of course, to the Kinettes and Kin-wives for all their help serving coffee and donuts.

In total there were 26 winners in the free seniors bingo with the grand prize of \$323.70 going to Arnie Carlson.

On behalf of the Squamish Klipsmen, my thanks again.
Dennis Donald
1982 seniors bingo chairman



Clearing for footings for the new bridge at M Creek continues to cause traffic delays during the week. The bridge is not expected to be completed until the end of 1982.

New stamps honor youth exhibition

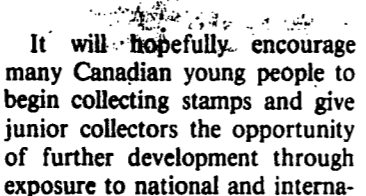
Two of Canada's famous classical postage stamps will be issued March 11.

Featured are the Threepenny Beaver of 1851 and the Royal Canadian Mounted Police of 1935.

The commemorative postage stamps, the first issued this year, are forerunners of CANADA 82, the International Philatelic Youth Exhibition, being held in Toronto in May.

The ten-cent definitive portraying a Royal Canadian Mounted Police constable on horseback was released on June 1, 1935. It represented the prairie provinces in the Dated Die definitives issue of that year, so named because they were the first in Canadian history with a hidden date.

Seventeen million 30-cent postage stamps featuring the Threepenny Beaver stamp and 10,000,000 35-cent postage stamps featuring the 1935 Royal Canadian Mounted Police stamp will be printed.



It will hopefully encourage many Canadian young people to begin collecting stamps and give junior collectors the opportunity of further development through exposure to national and international competitions.

Young collectors from Canada and around the world will have a chance to display their philatelic collections at the seventh International Philatelic Youth Exhibition.

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Toll free number for home purchase aid

British Columbians across the province will now have toll-free access to the province's home purchase assistance offices in Victoria.

The Zenith number is being installed to deal with the heavy response to recent provincial government housing initiatives, said Jim Chabot, lands, parks and housing minister.

The doubling of the amount of the B.C. second mortgage to \$10,000 and reducing the interest rate to 15 per cent means that many more people can now qualify for the first mortgage they need to buy a home, he added.

"Calls are being received from all over the province. The new service will enable all residents to readily obtain information on these new changes or to follow up on their application at no cost to them," Chabot said.

The new number, Zenith 2554, is available immediately.

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Mortgages and foreclosures


The Howe Sound School District is co-sponsoring a course on mortgages and mortgage foreclosures March 15 at Howe Sound Secondary.

People's Law School is also sponsoring the course slated for 7 to 9 p.m. at the school. It is aimed at people who have bought, are thinking of buying or are facing foreclosure because of high interest rates on mortgage

loans. The course is designed for those who want to know more about financing.

Pre-registration is required for the free course and can be done by phoning 681-8925.

Peter McKay
will meet any city
ADVERTISED PRICE or DEAL



NEW '81 TRUCK SELL OUT

Chevy 1/2 Ton 4 spd., 6 cyl., p.s., p.b., locking diff., radial steel tires, h.d. seat. List price \$9205.00 \$6998.00	Chevy 1/2 Ton 4x4 Short box, step side, 4 spd., 6 cyl. List price \$11,619.00 \$8998.00
GMC 3/4 Ton 305 V8, auto. trans., extra tank, p.s., h.d. seat, plus etc. List price \$11,773.00 \$8998.00	Pontiac Phoenix 4 dr., h.b., 4 cyl., auto. trans., p.b., p.s., plus! List price \$9972.00 \$7998.00
GMC 3/4 Ton 4x4 Ex. tank, 4 spd., 3.42 axle gauge, p.s., p.b., plus! List price \$13,011.00 \$9998.00	Blazer 4WD 6 cyl., 4 spd., locking diff., big tank, gauges, plus! List price \$13,657.00 \$10,998.00
TUNE-UP including parts and labor \$44.95 \$49.95 \$59.95	AUTOMATIC TRANSMISSIONS PRECISION CHECK \$19.95
Chevy Citation 4 dr., h.b., auto trans., p.s., p.b., h.d. suspension, buckets, reclining seats. List price \$9926.00 \$7998.00	Price Includes GM Rebates

McKAY'S
SQUAMISH 892-3588
DEALER No. 363A



MP LORNE GREENAWAY IN SQUAMISH MAR. 10

Dr. Lorne Greenaway, M.P., will be in Squamish Wednesday, March 10.
Personal appointments may be made by contacting Doreen Sherlaw at 898-5429, after 6 p.m.

85% CASH
FOR YOUR INCOME TAX REFUND, CHILD TAX CREDIT & RENT REBATE
Why wait months for your money?
Vancouver
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COMPENSATION STABILIZATION PROGRAM

The Minister of Finance is inviting written briefs commenting on the implementation of the Compensation Stabilization Program of the Government of British Columbia.

The briefs are invited from interested organizations and the general public regarding the draft regulations and the implementation of the program as outlined in Compensation Bulletin No. 1 of February 19, 1982, and Bulletin No. 2 of February 26, 1982.


Both bulletins are available from British Columbia Government agents' offices throughout the Province.

All briefs, typed on approximately 21 1/2 x 28 cm paper, should be submitted directly to the Minister of Finance, Parliament Buildings, Victoria, B.C., V8V 1X4.

A deadline for submission by March 15, 1982 is suggested in order that each brief can be given the fullest consideration.

For further information please telephone (112)387-1557.

Province of British Columbia Ministry of Finance
Honourable Hugh Curtis, Minister



PROVINCE OF BRITISH COLUMBIA
MINISTRY OF TRANSPORTATION AND HIGHWAYS
HIRED EQUIPMENT REGISTRATION

The Ministry of Transportation and Highways in the North Vancouver Highway District is compiling its annual Rental Equipment List and advises all persons or companies wishing to have their rentable equipment such as trucks, backhoes, loaders, excavators, graders, rollers, scrapers or tractors listed, that they should contact the office of the District Highway Manager, 1690 Main Street, North Vancouver, B.C., V7J 1E3.

Full details of equipment including serial numbers are required for registration. Registration forms for both dump trucks and equipment are available at the District office.

The deadline for registration is March 19, 1982.

R. Winbow
District Highway Manager.

February 22, 1982

AVALON Shoppers' Special

\$99.00

The Avalon Hotel can make your next shopping trip or any trip to Vancouver a breeze

2 nights (double accommodation)
Continental breakfast in Coffee Garden both mornings. Dinner for 2 in The Den Dining Room one evening — to a value of **\$23.00.**

THE AVALON HOTEL OFFERS:

- Lounge, Den Dining Room, Coffee Garden and Pub
- Next door to Capilano Mall
- Minutes from Park Royal Shopping Centre
- Closest Hotel to B.C. Rail Station
- Short hop to the Sea Bus

Special effective until March 31st
Reservations Required, Call Collect

THE AVALON HOTEL

1025 MARINE DR., N. VAN. **985-4181**

1982 Pacific National Recreation Vehicle Show P.N.E. March 10th-14th

Show Times
Wed. & Thurs.—6-10:30 pm
Fri. & Sat.—1-10:30 pm
Sunday—10:30am-5pm

Gen. Admission—\$4.00
Seniors & Students—\$3.00

Podborski getting closer

Canada's Steve Podborski finished the World Cup downhill at Whistler, Feb. 27, in second place and moved one step closer to the World Cup title this year.

Canadian skiers placed well in the race with four finishing in the top ten.

Harti Weirather of Austria, who was to be Podborski's stiffest competition for the world title, placed a surprising 16th and all but lost any chance of overtaking Podborski.

Peter Mueller of Switzerland swished to a first place finish at Whistler less than one second ahead of Podborski. Dave Irwin was right behind Podborski, Todd Brooker of Paris, Ontario, came in fifth and Calgary's Ken Read was seventh.

Dave Murray, the Whistler native, hoped to turn in a better performance but when all the results were in he had placed a disappointing 36th.

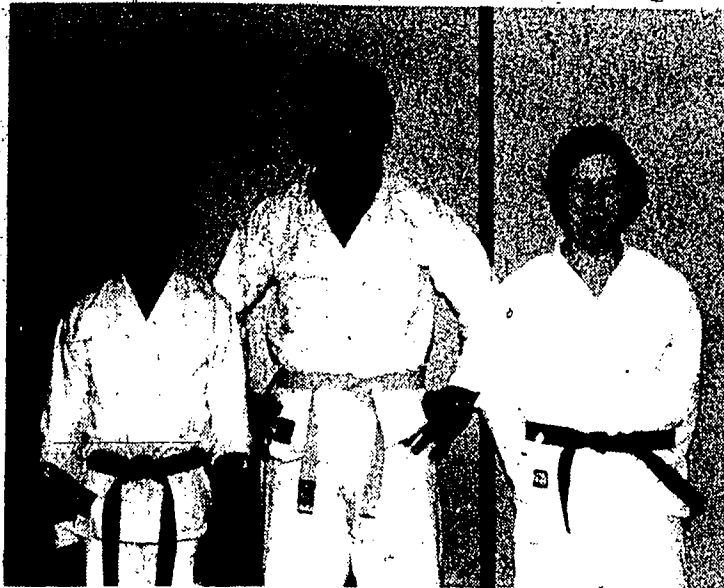
Weirather is attempting to defend his World Cup championship, but to do that now he will need two wins at the last stop on the circuit in Aspen, Colorado.

Two wins would give the Austrian four firsts and a third,

while Podborski would have three wins and two seconds if he does not pull it out at Aspen. This result would make the two tied in points, but Weirather's four wins

would put him in front of the Torontonian.

The skiers will decide the outcome of the championship Friday and Saturday in Aspen.



Ahmad Teymouri, left, Roger Dufty, Lyle Fenton and Skip Beatty, missing from the photograph, have qualified to represent Zone 5 in karate in the fourth B.C. Winter Games in Trail March 4 to 7. Zone 5 includes Vancouver, Squamish and Gibsons. Because of an injury Dufty will not be travelling to the winter games.

recreation chatter BY PENNY BROWN

Quick!! Grap a pen and run to the calendar. Hopefully, Sunday is bare and waiting for you to write something fun for the family to do!

From 11 a.m.-3 p.m., the Civic Centre will again host one of our popular swap meets, an event that benefits everyone! People who are looking for those great deals, people who have terrific buys for you, people who have too many things to hide away in the garage and people who will like to have a good time will be at the swap meet.

A swap meet is truly a family affair. Whether it be going through your closets and cupboards together, or setting up an appealing table together or coming down to look around together, it's fun for everyone.

Let children bring a dollar or two and buy a lot of trinkets and specials for themselves. You'll be guaranteed they'll be busy playing

or experimenting with what they've bought with their money.

—And mum and dad—you know the deals that come up at these events. With the economy the way it is, it's good managing to shop smart. And it's fun to fiddle with things that need a bit of repair. (Ladies included). Why not make a day of it?

Table rental is again only \$5 and you may set up an hour before the actual event begins. So get back to the calendar and mark down Sunday, 11:00 a.m.-3:00 p.m.—fun day at the Civic Centre.

Then put a big box in the centre of the kitchen, gather up the family and tell them to put anything they want to swap or sell in the box. Believe me, it'll be something for everyone to look forward to and you'll be doing it together.

Can you think of a better way to spend a Sunday?? Call us. 898-3604.

Minor baseball fights inflation

This season the Howe Sound Minor Baseball Association is lowering the registration fees for half of its leagues.

In an effort to ease the burden on the families of boys and girls who wish to play baseball, Little League Minor and Major, and Junior Babe Ruth fees have been dropped to \$12 and \$15 respectively.

It is hoped that because of this plan the league will experience an extra effort by parents to volunteer their time to the league. Help is needed in the area of coaching, umpiring, scorekeeping and ladies auxiliary.

Interested parents may contact the association during registration, which will take place Wednesday and Thursday 6 p.m.-8 p.m. in the Civic Centre.

Always drive defensively

A good many accidents that involve cars following too closely, switching lanes unexpectedly or merging into traffic can be avoided if other drivers see the problem in time.

The good driver always knows what is going on around him and has an escape route planned. Drivers should keep their eyes moving in clockwise motion from the windshield to rear view mirror, to right side window, to instrument panel, to left side window to mirror — and all over again.

Avoid driving when roads are slick with rain, ice or snow.

If you must be on the highways during these conditions, it calls for a careful touch on both the accelerator and steering wheel, as sudden changes in speed and direction make for dangerous skids.

Do not coast across an icy or

wet bridge but maintain steady acceleration for best traction.

Correct tire pressure is very important. An under-inflated tire heats up in high speed driving, reducing tire life. A soft tire gives a mushy ride, making it more difficult for a driver to control the vehicle.

It is suggested that tire pressure be checked once a week even in day-to-day around-town driving.

Make sure windshield wipers are in good working condition at all times.

Watch for early signs of drowsiness. When you find you are not paying attention, that you do not remember that last ten-mile stretch of road, it is time for a break. A break is suggested about every two hours.

Merging lanes present hazardous moments. Leave the merging lane open when travelling on a multi-lane highway, providing it is safe to do so.

If not, avoid being next to a car in an adjacent lane travelling in the same direction. The merging vehicle may force you into the side of the other car.

Avoid concentrating on the whole trip or what you will be doing when you get there. It will take your mind off the job at hand. Watch out for the other driver and always drive defensively.

Misconduct:
No running.
No walking.
No exercise.
No effort.
Penalty —
a shorter life.
No argument.

**Fitness is fun.
Try some.**



Jonathan Brett of 105 Mountain FM, right, handed over a cheque for \$101.50 to Bill McAdam of the Intermediate care society last week. The money was raised at a basketball game between the Mountain Goats from the radio station and the Howe Sound senior girls team Feb. 17. The girls won a close 42-40 battle.



WE'RE CALLING ON YOU TO REGISTER AS A PROVINCIAL VOTER

The new Provincial Voters List is now being compiled - and enumerators are calling on every residence in the province to ensure that every eligible voter is registered.

If you're at home when we call, you can register then and there. If we miss you the first time, we'll call again. And, if you're not there, we'll leave a registration form for you to complete with a pre-paid return envelope.

Be sure to take advantage of one of your most important rights.

**GET ON THE LIST.
BE A PART OF YOUR PROVINCE!**



Province of British Columbia Deputy Registrar General of Voters Elections Branch

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One ad.

Let us do the hard work. We can deliver your ad to some 60,000 households and more than a million readers throughout B.C. & the Yukon.

One invoice.

You or your secretary will do one simple bill of paperwork.

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The only way to cover B.C. and the Yukon with a classified ad and it's so easy.



25 words \$99.

For more than 25 words there is an additional charge of \$250 per word.



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NEWSPAPERS ASSOCIATION
SQUAMISH TIMES
892-5131**

ANNOUNCING THE FIRST SIGN OF SPRING:

59 DAYS TO FILE

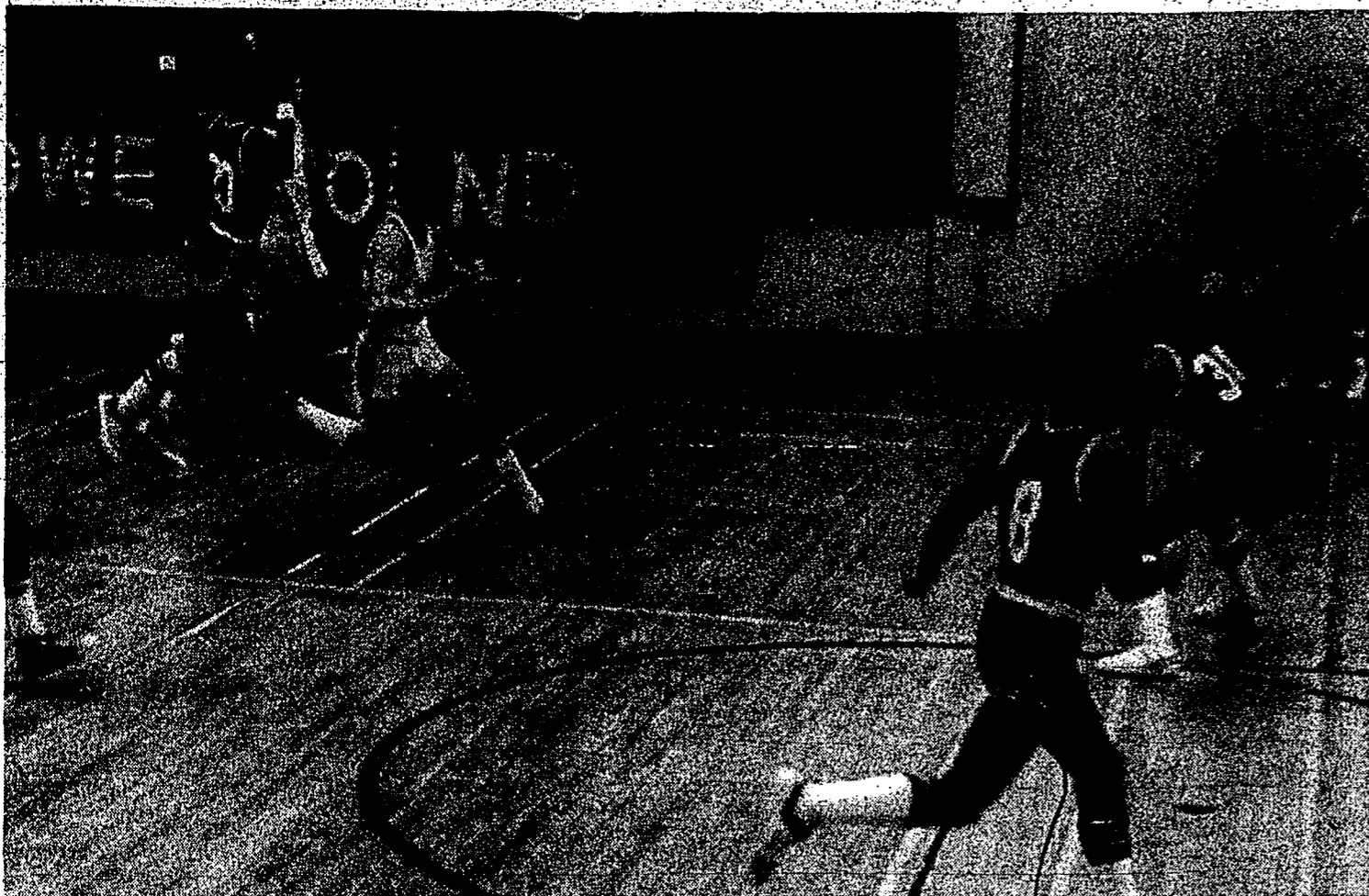
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Yes, it's tax time again. Let H & R Block prepare your income tax return now. If you're due for a refund, you'll get it ahead of the crowd. At H & R Block we are specially trained to get you every deduction and credit you're entitled to, and we're ready when you are. Call or drop in today.

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A Howe Sound Chief streaks down the floor towards the basket as Ts'zil players try to defend the basket during the zone finals

at Howe Sound Secondary.

Sutherland wins basketball finals

Sutherland high school won the Howe Sound zone "A" basketball finals held at Howe Sound Secondary Friday and Saturday. In the final game they defeated Sentinel by a 96-85 score.

In the semi-final game, Sutherland narrowly defeated Howe sound 66-64. It was a heart stopper from beginning to end with Sutherland sinking the final basket with just 30 seconds to play.

Howe Sound finished in third place with an 88-68 defeat over Elphinstone. Pemberton finished in fifth place with a 71-57 win over Ts'Zil.

It was an exciting weekend of basketball and the final outcome was a bit of an upset as Sentinel was ranked number two among B.C. "A" schools. Sutherland will represent the zone in the B.C. Finals, March 10-13 in Langley.

Although not the winners, H.S. coach Reg Fogarty, assistant coach Doug Sheffield and manager Denise Mensinger were pleased with the performance of

their team. Sheffield said the three referees from Vancouver handled the games well and he also had praise for the number of students who helped to make the tournament a successful one. In particular were those who acted as times, scorekeepers and manned the doors.

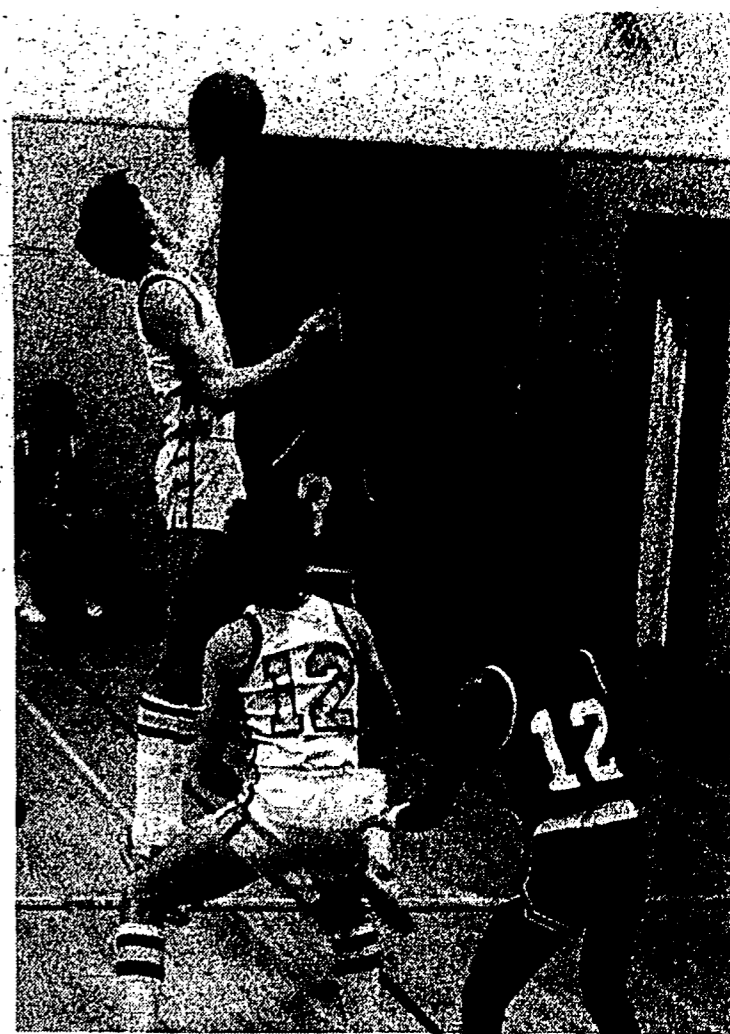
Free baseball clinics offered

There will be free baseball clinics held in Squamish during the month of April.


Men and women wishing to coach, umpire or scorekeep for the 1982 season are urged to attend any or all of these clinics.

Whether you are going to try any of these jobs for the first time, or are back from last year, the clinics will prove to be informative and helpful for all volunteers.

Information on registration may be obtained from the following people: Level I Coaches Clinic, April 17-Dennis Woodard 898-9071; Level I Umpires Clinic, April 18-LaRoy Watt 892-3364; Scorekeepers Clinic, T. B. A.-Corine Lonsdale 898-5540.



The Howe Sound Chiefs managed to trounce the competition of Ts'Zil Toros Friday in the opening game of the Senior A Boys zone final, and managed a third place finish in the tournament. That dashed their hopes of going to the B.C. Finals this year where they took the championship in 1981.



let's go bowling

BY SVEA MOUNTENAY

Early Birds: Judy Fowler 298s, 642t; Eva Perrett 250s, 639t; Anne Boscariole 219s; Arlene Smith 602t.

Monday Matinee: Liz Anderson 305s, 666t; Patsy Schellenberg 226s, 593t; Mary Lavoie 233s, 548t.

Import Motors: Ron Erickson 286s; Gerd Schultheiss 270s, 709t; Tom Casey 264s; Bob Silcock 663t; Elof Manson 668t; Diane Hunter 294s, 656t; Eileen Johnston 259s, Liz Raynor 552t; Carole Ostergarde 225s, 575t.

Mixed Neighbors: Grace Koch 336s, 329s, 854t; Mary Carey 280s, 665t; Kitty Casey 246s; Jeanette Thompson 628t.

Tuesday Nite Mixed: Don John 291s, 651t; Paul Marlatt 265s; Ray Farlier 263s, 635t; Ian Erickson 247t; Wanda Burgermeister 249s, 551t; Edwina Wright 224s, 559t; Barb Rott 237s, 525t.

Tuesday At Nine: Duane Porrott 255s, 587t; Real Essiambre 263s, 575t; Mike O'Neill 246s, 609t; Cathy Dahl 249s, 521t; Marilyn Essiambre 244s, 632t.

Wednesday Ladies: Lynda Edmondson 260s; Susan Hubbard 255s, 610t; Wanda Burgermeister 257s; Grace Koch 607t; Mary Carey 622t.

Golden Age: Bob Silcock 295s, 796t; Frank Dennis 281s, 673t; Ed Antosh 236s, 663t; Marj Leru 215s; Hazel Jamieson 195s, 521t; Dot Knudsen 208s, 587t.

Double "E": Bob Smith 227s, 608t; Mike Hall 238s; Keith Hoecherl 227s; Chris French 559t; Don John 567t; Muriel Jonatchick 244s, 584t; Marg Davis 227s; Lorraine Brundrit 222s; Maureen Hall 613t; Liz Raynor 549t.

Friday Nite Mixed: Bob Silcock 298s, 840t; Tom Cloutier 281s; Ted VanHout 276s; George Binning 656t; Elof Manson 668t; Dot Turner 273s, 628t; Sheri Davids 267s, 521t; Kay Roberts 248s, 682t.

Bowler of the Week: Paul Marlatt 660t; Don John 119 p.o.a.; Mary Carey 617t; Cindy Columbus 84 p.o.a.

Bantams: Lori Allaire 204s, 402t; Michelle Fairhurst 193s,

497t; Sheri Boothroyd 191s, 488t; Warren McDougall 261s, 564t; Rheel Desmarais 176s, 518t; Dale Smith 167s, 398t.

Juniors: Cheney Chadwick 223s, 601t; Anita Dawson 229s, 514t; Patricia Fairhurst 209s, 542t; Trevor Mills 199s, 527t; Travis Moyle 209s, 537t; Chris Pearson 159s, 456t.

Seniors: Joanne Gauthier 306s, 715t; Marianne Mountenay 215s, 576t; Carmen Hall 189s, 543t; Barrie Wright 241s, 665t; Dan Hall 223s, 621t; Maurice Mountenay 239s, 525t.

Jets: Mandy Jonatchick 137s, 233d; Tammy Lee Desmarais 132s, 215d; Jennifer Burgermeister 114s; Crystal Moyle 211d; Shannon Moyle 117s, 227d; James Moyle 115s, 189d; Donald Dorosh 111s, 199d.

Garibaldi Lanes boys' team captured the Senior Zone Roll-offs held at Fraser Bowl last Sunday, February 21, with a team total of 2,888.

Members were Barrie Wright, Gordon Herring, Paul Paddison, Andrew Slece, Eddie Milner and coach Norma Slece.

They will continue on now to play at Rainbow Lanes, Port Alberni on March 13 to see if they will represent B.C. at the Canadian championships held in Saskatoon, May 7-9.

Tough year for local soccer team

There are still some people who are gallantly playing soccer in Squamish, however it has been a tough year for them.

The Credit Union soccer team, that plays in the North Shore Premier Division, stands at three losses, one tie and one win. In exhibition and cup play they have suffered five losses.

On Feb. 6 in North Vancouver

against the league leading Viking Chargers, the Squamish team, with only 11 players, gave an outstanding performance. Pressed throughout the game Squamish managed to score on a fine header by Fraser Morrison. Assists went to "Oby" Merchant and Glenn Rivitt.

It wasn't until the dying minutes of the game that North

Vancouver equalized.

Kevin Pederson was outstanding in goal and the defence of Wood, Elliott, Wright and Davis deserved credit for containing the Viking forwards.

A fine effort was given by all the Squamish forwards-Dosand, Morrison, Merchant and gutsy Alex Ross who played even though he had a sore back due to a skiing accident. Alistar Cummings gave a fine effort at midfield.

Heading into Feb. 21 the team had its first cup match.

Burdett Beavers were the opponents. Once again Squamish Credit Union gave a tremendous effort. Burdett did not manage to go ahead until the second half when a shot low and hard beat goalie Pederson. The final score was 3-0 for Burdett.

Coach Burnett Wood is proud of his players who "played their hearts out", and notes that after the game a Burdett fan came up to him to congratulate the team and its special effort.

"That comment from an unknown outsider certainly gave me a good feeling," Wood said.

Chiefs season over

The basketball season for the senior boys has come to an end now that the zone "A" senior finals has been completed. The Howe Sound Chiefs finished in third place in the finals Friday and Saturday.

The team has enjoyed a fairly successful season. In a tournament in Pemberton on Feb. 29 and 30 Howe sound competed against five other teams. They included Pemberton, Pemberton Oldtimers, Sea Cove, Mount Currie and Lillooet.

In the final game the Chiefs defeated Sea Cove 54-32 to win the tournament. Rob Graham, the high scorer in each game, received MVP for Howe Sound and MVP for the whole tournament. Mike Albrecht was also named to the All Star team.

On Feb. 5 and 6 the Chiefs, along with seven other teams, entered the D.W. Poppy School tournament in Langley. The teams included Hope, Pitt Meadows, Lord-Byng, Mout, Bella Bella and Princeton. On Friday H.S. defeated Lord Byng 55-50 and lost 67-50 to Pitt Meadows on Saturday. The team placed third and once again Rob Graham was high scorer in both games and for the second weekend in a row received a trophy for MVP.

Four teams competed in the Elphinstone tournament on Feb. 12 and 13. The Chiefs finished third in competition with Elphinstone, Garibaldi and Sutherland. On Friday they were defeated by Sutherland 63-56 and on Saturday, Garibaldi defeated them 78-62.

SQUAMISH MINISTERIAL ASSOCIATION

FAITH LUTHERAN CHURCH
Pastor: Frank Paine Phone: 898-3538 Sunday Service: 11 am
Sunday School: 10 am
VALLEYCLIFFE CHRISTIAN FELLOWSHIP
Pastor: Sam Penner Phone: 892-5602
Sunday Services: Sunday School 10:00 am
Worship Service 11:00 am Evening Service 7:00 pm

SQUAMISH PENTECOSTAL ASSEMBLY
Pastor: Cy Clarke Phone: 892-3680
Sunday School: 9:45 am Morning Worship: 11 am Evening Service: 6:00 pm

ST. JOHN ANGLICAN CHURCH
Rector: The Rev. C.R. Walters
Phone: 898-5100-Sunday Service: 11 am
Church School: 9:45 am

SQUAMISH BAPTIST CHURCH
Pastor: Jack H. Purdie Phone: 898-9756
Sunday Services: Service of Worship 10 am Service of Fellowship 6:15 pm

SQUAMISH UNITED CHURCH
Pastor: The Rev. Jack Lindquist Phone: 892-5727
Sunday Worship Hours: 11 am
nursery provided Kinderkirk & Junior Church 11 am

ST. JOSEPH'S ROMAN CATHOLIC CHURCH
The Rev. Tom Shiel Phone: 892-5070
Saturday Mass 7 pm Sunday Masses 8:45 am, 10:45 am

SQUAMISH SEVENTH DAY ADVENTIST CHURCH
Pastor: John Popowich Phone: 892-3700
Sabbath School: 2 pm (Saturdays) Worship Service 3 pm (Saturdays)

Listen to "Crossroads on CISQ MOUNTAIN FM RADIO Monday to Friday at 9:40 pm. Prepared by SQUAMISH MINISTERIAL ASSOCIATION.

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MINISTRY OF TRANSPORTATION AND HIGHWAYS

ADVANCE PUBLIC NOTICE LOAD RESTRICTIONS

Pursuant to Section 26 of the "Highway Act", notice is hereby given that load restrictions may be placed, on short notice in the near future, on certain highways in the North Vancouver Highway District.

The restrictions will limit vehicles to 70% of the legal axle weights, as allowed under the regulations pursuant to the Commercial Transport Act. Overweight permits will not be granted. All existing weight permits will be cancelled. Other restrictions may be imposed as necessary.

The public and trucking and transportation companies should govern themselves accordingly.

Your cooperation in adhering to the above regulations will be appreciated.

R. Winbow
District Highway Manager

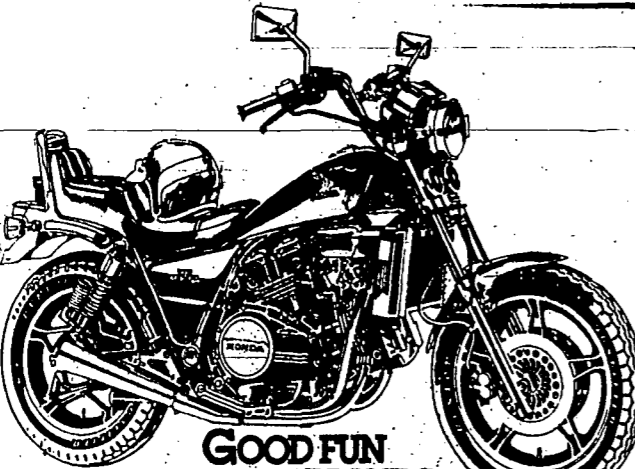
For Minister of Transportation and Highways.

Dated at: 1690 Main Street
North Vancouver, B.C.
February 16, 1982


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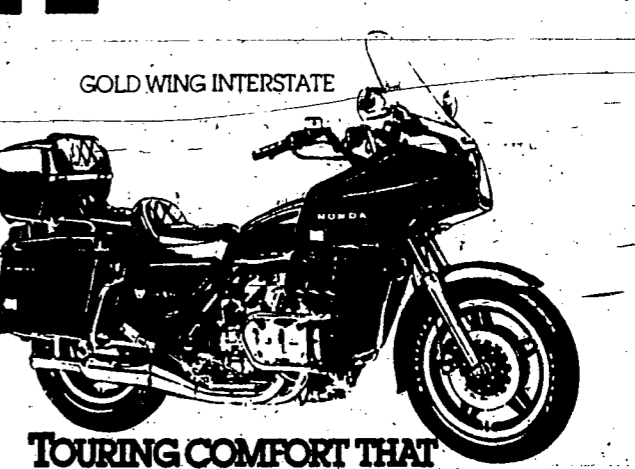
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CHROME SWEET
CHROME.



GOLD WING INTERSTATE
TOURING COMFORT THAT
GOES THE DISTANCE

HOWE SOUND EQUIPMENT

GOVERNMENT ROAD, SQUAMISH

Hypnosis Workshops

Dr. Marlene Hunter will be conducting a series of workshops in Squamish using hypnosis. Monday it was Positive Approaches to Sexuality. Sexuality is part of us all through our lives, but we do not always know how to cope with all its complexities or how to find out "what goes wrong" when we feel dissatisfied. Using hypnosis as well as other techniques, she helped women find ways to sort out interferences.

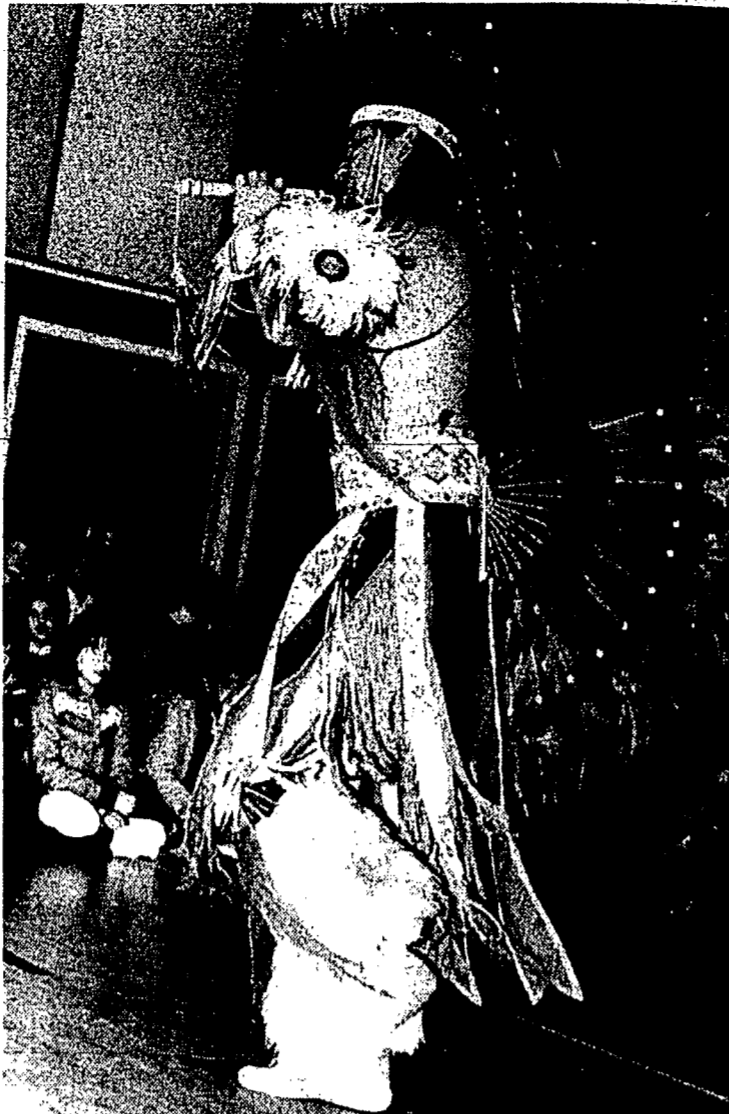
Saturday from 2:30 to 4:30 p.m. the topic will be Positive Approaches to Menopause. Change of life brings many perplexities, both physical and emotional. Using several approaches including hypnosis, ways to deal comfortably with these new experiences and enjoy changing awareness will be addressed.

Positive Approaches to Anger is March 22. Often a lot of energy is wasted because we do not know what to do with our anger. In this workshop, various ways of gathering up that energy and directing it effectively will be considered.

April 5 the subject will be Positive Approaches to Becoming a Non-smoker. Lifestyle habits are often kept up against our conscious wishes because we do not realize what factors sabotage the effort to change. Hypnosis is one way to clarify these factors, but there are other ways, too.

The workshops take place at the Second Avenue Centre of Capilano College. The fee is \$10 per workshop or \$25 for a series of three.

All workshops are from 8:00 to 10:00 p.m. on Monday, except the one Saturday — dealing with menopause. Register at the Squamish Learning Centre, 892-5322.



Ernie Philipp delighted the students watching him perform fancy dances at Stawamus Elementary School Feb. 23.

RV Show coming to PNE March 10

The growing interest in recreation vehicles as an economical way to spend leisure time and vacations will be evident at the 1982 Pacific National Recreation Vehicle Show being held at the PNE March 10-14 inclusive.

Featured at the show will be the latest models of travel trailers, motorhomes, truck campers, fifth wheelers and van conversions.

Visitors will also find information on trailer and camping tours and locations, plus RV parts and maintenance, and other items directly related to recreation vehicle operation.

The move to affordable vacations is attracting many people to the trailer and camping life. A recreation vehicle with all its living conveniences and travel advantages is giving the family a new look at low-cost annual vacations and weekend mini holidays.

Their own accommodation and meals reduces the cost of each trip and vacation and this is a major

consideration in today's economy. Whether the challenge is the discovery of new locations, or visiting the many scenic and historical attractions that are available, a properly planned RV holiday provides plenty of enjoyment for all ages.

'Charlie' the robot, a popular attraction of the 1981 RV Show, will again be moving throughout the 1982 RV Show, talking to people and providing entertainment for all ages.

The RV Show will be held in the Forum, Food and Rollerland buildings at the Pacific National Exhibition.

Admission prices are: general admission — \$4, senior citizens and students — \$3.

Show times — March 10-14, 1982 inclusive, are: Wednesday and Thursday, 6-10:30 p.m.; Friday and Saturday, 1:30-10:30 p.m.; Sunday, 10:30 a.m. to 5 p.m.



Mrs. Bev Rourke receiving a cheque for \$300 from Dennis Trotter of Overwaitea. She was the lucky winner in the store's recent contest. Other winners, all from Squamish were: W. Drew, \$200; S. Shirley, \$100; and \$50 each to L. A. Moule, R. Lindsay, A. N. Griffith and J. Fowler.

HOW TO WIN AT THE LOSING GAME

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Home insurance may not cover wood stove

If you are considering a wood-burning appliance in your home, it is important for you to know the procedures to follow to effect a safe and efficient installation.

The installation and/or alteration of any solid fuel burning ap-

pliance must be carefully carried out and at the same time meet fire prevention or building code regulations of the municipality in which you reside.

The ultimate responsibility for obtaining a building permit, if

necessary, lies with the homeowner. The availability of a second, impartial opinion to pass judgment on the installation is certainly worth the minimal fee charged for a building permit. After all, the safety of your family is at stake.

Care should be exercised in selection of the appliance to be sure that the proper size is purchased for the particular application you have in mind. Whatever type is selected, it is suggested that it be one that has been tested by an independent agency and certified as being safe for home use.

Before attempting an installation select the optimum location of the heating unit, taking into account the position of the chimney (if any), the shape and size of the area to be heated, the heat loss of the area and comfort of the people using the room.

Check, also, to be sure there is adequate combustion air supply for the fire. Wood and coal stoves consume oxygen from the interior of the house and this can be harmful to people.

It is also important that you check your home insurance policy to determine if it allows for a solid fuel or a wood-burning space heater or furnace to be installed.

Occasional use of an open fireplace may be allowed for, but the use of a wood-burning space heater or furnace as a principal source of heat would probably not be covered. You may have to pay a higher premium because of the additional fire risks involved.

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Grades four and five students got a kick out of trying to figure out Ernie Phillips' foot action when he showed a few of them how it is supposed to be done.

Whale migration watched annually from Pacific Rim

Whale watching is increasing in popularity on the west coast of Vancouver Island.

Long Beach, in Pacific Rim National Park, is a migration route followed by the mammals in their seasonal struggle for survival. It is one of the few places where the vast highways of land and sea meet.

For many, observing the giant Pacific gray on its annual northward migration has become a spring ritual undertaken each year.

The Pacific herd was once in danger of becoming extinct, but the International Convention for the Regulation of Whaling in 1947 stopped that and has led to regeneration of the whale.

Now numbering more than 13,000, the Pacific herd marks the greatest recovery of any whale species.

The whales begin their northward journey from breeding and calving grounds in Baja,

California in February and pass through Long Beach in late March or early April.

They reach summer feeding grounds in the Arctic Ocean and Bering Sea early in June and feed on plankton before heading south early in September.

The females give birth to offspring (weighing in at 1,000 pounds and measuring 16 feet) in December in Mexican waters, but remain there for only a short time.

February is the beginning of the 9,920-mile circle again. The herd feeds for the first time since leaving the Arctic in the fall as it approaches Vancouver Island.

The whale is enticed near the shore by its food which is a worm living in the sand at Wickaninnish Bay in the Pacific Rim Park.

The viewer has to be in the right place at the right time to see the whale's spout of water. Wind and rain in the late months of winter make it difficult to spot them between high waves.

If the weather lifts, it is possible to see dozens of whales within an hour as they roll and dive as close as 330 feet from the shore.

Pacific Rim National Park lies

between the fishing communities of Tofino and Ucluelet and the superintendent of the park can provide some information about migration of the gray whale.

Street people are feet people. They're neat people who meet people. Why not join up? Take a walk.



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squamish earful

BY MAUREEN GILMOUR

The bagpipes are getting "warmed up", the guitars tuned, the drums readied and the singers to sing in anticipation of the first Tartan Night coming up on Saturday, starting at 8 p.m. in the Civic Centre. The Squamish Kinsmen Pipe Band and Squamish Folk Song Circle are jointly sponsoring this night of Scottish music. Jackie Everett will also entertain the audience with a selection of highland dancing.

John Gilmour (and accent) will be the master of ceremonies. Just to see John in his kilt will be worth the price of admission!!! It will be typical Scottish "snacks" during the intermission including: meat pies, sausage rolls and shortbread.

Story Story-McCULLOCH-Doug and Mary McCulloch are pleased to announce the birth of their first child, a son, Joshua Douglas, weighing 4 lbs. 14 ozs. and born in the Vancouver General Hospital on February 9. Proud grandparents are Harry and Mary McCulloch of Squamish and Ken and Bertha Akers of Deeks Creek. The thrilled great grandparents are Mr. Henry Toews of Clearbrook, Mr. Esumatsu Nakatani of Coquitlam and Mr. and Mrs. Serge Tkatschow also of Clearbrook.

There is still time to register for the one day hospitality seminar being held on Thursday at the Loggers Inn (upstairs). You can either phone Leanne at 892-9244 to pre-register or be at the Loggers Inn at 9 a.m. It is ongoing until 4 p.m. and the \$12. registration fee will cover lunch and coffee breaks.

Gayle Keyes spent the past two months in the northern hinterland of Cassiar visiting former residents, Ritchie and Rene Day.

The year book at Howe Sound Secondary usually features baby photos of the graduating students. Grads from last June-you can pick up those photos at the Times office. Don't be bashful—they're all in envelopes!!

Luckily Charlotte was discovered to be Charlie before she went in to be spayed. "She" has been in resident at the Riverstone Pet store for quite sometime and Doreen Roberts thought it was just about time for Charlotte to have her little operation. There's no getting out of it! Charlie-you are getting neutered!

Stork Story-LEMCKE-A son, Karl William was born to Rob and Leah-Anne Lemcke in the Squamish General Hospital on February 12, weighing 8 lbs. 8 ozs. Mr. and Mrs. Stu Lemcke and Mr. and Mrs. Bill Westwood are the proud grandparents in Squamish. Equally proud great grandparents are Mr. and Mrs. Bruce Lemcke of Wolsely, Sask., Mrs. Margaret Pratt of Fort Langley and Mrs. Gwen Watson of Vancouver.

CASEY-Jonathan Casey is pleased to announce the arrival of his brother, Glen Edward, born to Ken and Linda Casey in the Squamish General Hospital on February 14, weighing 5 lbs. 12 ozs. Proud grandparents are Mr. and Mrs. Maurice Farn of Nanaimo and Mrs. Luella Casey of Squamish. The happy great grandparents are Mr. and Mrs. Edward Casey of Parksville and Mrs. E. Cunningham in Ireland.

The Howe Sound Girls softball meeting that was cancelled last Wednesday has been rescheduled for tomorrow evening at 7:30 p.m. in the senior lounge, civic centre.

The weather in Mexico must have been to Debbie Haydock's liking. She came back brown as a berry. Debbie is visiting her parents, Jim and Norma MacNeil before heading back to Prince George.

Birthday wishes this week to Philip Owen, Bill Allen, Karen Gosling, Jason Jones, David Golaib, Barb Cates, Allisa McKay, Christopher Long, Salvatore Calandra, Steven Pilkington, Neil McCrae, Sara Reidl,

Grant Hendrickson, Bud Payette, Karen Amos, Ross Stathers, Jim Julien, Larry Olson, Debbie Haydock, Wayne Mitchell, Katie Sokolon, Shannon Hendrickson, Joe Gravkin, Jennine Dubber, Paul Goodgrove, Crescenzo Razzano, Barrie Wright, Jill Hodgson, Tammy Buck, Travis Langstaff, Robert Zaharia, Gunter Lerch, Alan Ross, Nola Sidsworth, Evelyn Dawson, Mark VanDenMaagdenberg, Brian Gauthier, Glen Jackson, Roseina Pillay and Geraldine Moody.

On Thursday, four youngsters will celebrate their first birthdays. Congratulations to Amber Knight, Michelle Scromeda, Martin Lindquist and David Serenius.

A dear lady, Mrs. Georgina McKenzie celebrated her 89th birthday on Sunday. She lives with her son and daughter in law, Grant and Yvonne McKenzie.

Visitors at the home of Mike and Marianne Moorman last week were Mike's sister Retta Moorman and friend Ed Pitt from Dawson Creek. They had just returned from a trip to the Philippines and were enroute home.

Signs of the time: Having a maid nowadays is not a status symbol. It means the wife is working. Oh!

Faith and Oliver Nelson are home again after spending the last

three weeks in that popular vacation area, Palm Springs. Did you find lots of bridge partners when you were away folks?

Wedding anniversary wishes to Mr. and Mrs. B. Emoff, Mr. and Mrs. Leo Peeman, Mr. and Mrs. David Knox and Mr. and Mrs. George Furniss.

The Squamish Chamber of Commerce group insurance representatives will be in Squamish this week to talk to businesses about the group plan. It is available to employers with as few as one or two employees.

Approximately 19 members of the Squamish Legion (277) dart club went to Parksville on Feb. 19, 20 and 21 to attend a dart tournament. Joyce Lafavor was 7th in the ladies, Ian and Linda Fitzsimmons were 5th in the mixed doubles and Jim Reid's team were 8th overall. The tournament attracted 40-50 teams.

Former residents, George and Rhoda Thompson now of Coombs on the Island went to Parksville to see many of their old Squamish friends during the tourney.

The World Day of Prayer service is being hosted by St. Joseph's Catholic Church on Friday starting at 1 p.m. The service is open to everyone and later in the afternoon refreshments will be served.

SUSAN GILLESPIE ENGAGEMENT ANNOUNCEMENT

Mr. and Mrs. James Gillespie of Abbotsford are pleased to announce the engagement of their daughter, Susan Emily to Mark Clausen, son of Mrs. Patricia Young of Nanaimo.

Wedding plans will be announced at a later date.

JURY DATE SET FOR FESTIVAL VISUAL ARTS

A jury date of exhibits for the Regional Exhibition in preparation for the B.C. Festival of the Arts in Kamloops later this year has now been set.

All entries from the Powell River, Sechelt and Squamish districts will be judged in Powell River and must be in the hands of Clark Steabner at the Sechelt Art Gallery March 16 between 11 a.m. and 4 p.m.

Ed and Jane Bradish have volunteered to transport the Squamish entries by van. All entrants should attend the Arts Council Meeting on Wednesday, March 10 at 7:30 p.m. in the Arts Council building to discuss final arrangements. Enquirers please telephone 898-3831.

Low levels of PCB found in mothers' milk

Average levels of polychlorinated biphenyls (PCBs) in mothers' milk in B.C. are well below federal guidelines, according to a province-wide survey by the ministry of health.

Preliminary analysis showed an average PCB content in the fat of mothers' milk of about 247 parts per billion. No significant regional variations were found by the survey, which analyzed 409 milk samples from 305 women.

The survey's results from the Fraser Valley, where chicken feed contaminated with PCBs was accidentally distributed in 1979, did not show higher levels than the rest of the province.

The preliminary results are a measure of the PCB content of the fat in mothers' milk, unlike some other studies that measure PCBs as a fraction of the total milk sample.

PCBs accumulate in body fat, which typically comprises from two to seven per cent of mothers' milk.

the provincial average of 247 parts per billion in milk fat is 12 parts per billion.

A previous study by the federal Health Protection Branch found an average of 12 parts per billion in total milk samples, and Ontario studies have found averages of 30 and 36 parts per billion.

The federal guideline for PCBs in mothers' milk is 50 parts per billion on a total milk basis. When this guideline is exceeded, Health and Welfare Canada advises physicians to "pay particular attention to the mother's history, the child's birth weight, general conditions and subsequent growth and development in advising the mother concerning breast-feeding."

It adds that in most of these cases "it would be advisable to continue nursing" because of the benefits of breast-feeding.

In the B.C. survey, eight women had samples exceeding 50 parts per billion — these ranged from 54 to 88.5 parts per billion. These women are being advised to



Kim and Kevin Rutherford, winners of T-shirts and calculator accounts at the Royal Bank's Junior Olympics contest, receiving their prizes from Zabeen Hirji.

YOUNGSTERS WIN OLYMPICS CONTEST

Pictured above are Kim Rutherford and Kevin Rutherford of Garibaldi Highlands, receiving Royal Bank Junior Olympics T-shirts and new savings accounts from Zabeen Hirji, Branch Administration Officer of Squamish branch of the Royal Bank.

Grand prize winners of the contest received, in addition to the jackets, t-shirts, and bank accounts, "scholarships" in the form of \$1000.00 term deposits maturing on their 18th birthdays.

Although the 1981 drawing is now over the "scholarship" contest will continue for all participants in the 1982 Royal Bank Junior Olympics which makes available ribbons and crests for children's sports competitions and instructional clinics for students.

For more information about the Junior Olympics awards, school, and clinic programs, check with your local Royal Bank branch or write to the Canadian Olympic Association, 333 Rover Road, Vanier, Ontario.



Jo Reeve was kept busy putting topping on the pancakes on Shrove Tuesday Feb. 23. The Anglican Church Women put on the traditional lunch at St. John's Anglican Church.

Personal Management — DEBBI TAYLOR

"The only meal I eat is dinner and I still gain weight!" Why three meals a day when dieting?

We humans were not always so fortunate as to have food available to us wherever we want it. Our early ancestors, whose supply of food was often irregular and sometimes infrequent, readily adjusted to a variable eating pattern because their bodies were quite adept at storing food in the form of fat for a later time when it was needed.

Now that we have an abundant food supply, and eat regularly and frequently, this storage process is not called into action. But, scientists have found that when we skip meals, as is often the pattern when dieting, this age-old survival mechanism is triggered into action.

Whenever we skip a meal or two, as a dieter might when he settles for coffee at breakfast and no lunch, the body is led to believe that food will not be forthcoming on a regular basis.

And, while we may be losing weight on a diet that calls for in-

frequent eating, the amount of fat being stored in the body is increasing.

If you want to diet, eat three meals a day! And begin with a good breakfast that supplies one-fourth to one-third of your daily nutritional requirements.

By eating regularly you keep from calling into play the body's fat-storing processes that kept our ancient ancestors alive during times of want!

— From Aviation Medical Bulletin, November 1981.

We require food to supply our energy requirements, but more importantly, the food we eat must also meet our nutritional needs.

The Canada Food Guide recommends that we must eat a variety of foods from each food group every day. The groups and minimum number of servings are as follows:

Servings — Milk and Milk Products — Children up to 11 years (2-3); Adolescents (3-4); Pregnant and nursing women (3-4); Adults (2); Meat and Alternates (2); Bread and Cereals (3-5); Fruits and Vegetables (4-5).

By following these recommended servings, we will be supplied a well-balanced diet of 1,000 to 1,400 calories. Whether we eat the recommended number of servings will vary depending on our age, sex and activity level.

If we require more calories to meet activity needs we must increase the number of servings.

However, the basics of good health don't change.

Each day must start with breakfast so that our bodies know we are going to feed it and our nutritional requirements must be met through eating a balanced diet.

Homework

To get an idea whether you are eating a balanced diet:

1. List all the food you eat tomorrow. Start with your first meal and include all snacks and each meal.

2. Set your page up so that you can check each serving you have according to the food groups. Eg. Food Fruit Meat Milk Bread Extra* *Extra: Food of no nutritional value: coffee, sugar, pop.

3. When completed compare your results with the recommended servings suggested by the Canada Food Guide.

Pipe Band News

There is an isolated building in the Howe Sound Secondary School complex that reverberates to the sound of pipes and drums every Thursday night. On Sunday nights it is the legion hall that quivers and quakes. Squamish Kinsmen Pipe Band are practising for Tartan Night with a vengeance.

In between times the quiet streets of hospital hill, Brackendale, Cheakamus, Garibaldi Highlands, the Estates and Wilson Crescent all come in for their share of drumming and piping as members practise at home.

The culmination of all this mad activity will be Tartan Night, an evening of Scottish song, pipe music, highland dancing and the traditional meatpies, sausage rolls and short bread all brought together under one roof at the

Civic Centre Saturday, March 6th from 8-11 p.m.

The Pipe Band is combining with the Squamish Folk Song Circle to bring the first ever Scottish concert to Squamish and if successful and as well received as anticipated will become an annual event on the Squamish entertainment calendar.

Join us then on Tartan Night and participate in the wild music of the great highland bagpipe, the sweetness and nostalgia of Scottish Folk song and the grace and beauty of Jackie Everett's highland dancing.

Since last reporting the band has entertained the senior citizens at half-time during the annual senior citizen Bingo night put on by the Squamish Kinsmen Club. Always an appreciative audience it was a pleasure to play for them.

Easy ways to use ground meats

Ground meat can be used in many more ways than just in a hamburger or meat loaf. With asparagus you can make a delicious Asparagus-Mushroom Meat Pie, Burger Bundles or Stir-Fry Meatball Skillet.

There are some other delicious ways to use ground meat and these will be dealt with in another column in another week.

ASPARAGUS-MUSHROOM MEAT PIE

- 1 slightly beaten egg
- ¼ cup chili sauce
- 2 tbsp. water
- 1 cup bite-sized bran squares, slightly crushed (¾ cup crushed)
- 2 tbsp. finely chopped onion
- 1 tsp. salt
- 1½ lbs. lean ground beef, lamb, pork or veal
- 1 lb. fresh asparagus cut up or one 10-oz. pkg. asparagus cuts frozen
- 1 cup fresh sliced mushrooms
- 2 tbsps. butter or margarine
- 2 tbsps. all-purpose flour
- 1 tsp. instant chicken bouillon
- ¼ cup water
- ¼ cup dry white wine

In a bowl combine the egg, chili sauce, water, bran, onion and salt; let stand five minutes till cereal absorbs liquid. Add ground meat, mix well. Press meat mixture with the back of a spoon over bottom and sides of a 9-inch pie plate to form a shell. Cover with foil. Bake in a 375 oven for 20 minutes. Place a shallow baking pan on lower oven rack directly under pie to catch drippings. Uncover, bake 15 minutes longer or till done. Let stand 5 minutes.

Meanwhile, cook fresh asparagus in a small amount of boiling salted water for 8 to 10 minutes. Drain. (Or cook frozen asparagus according to package directions.) In saucpan cook mushrooms in butter or margarine for 3 to 4 minutes or till tender. Blend in flour and bouillon granules. Stir in the ¼ cup water and wine, cook and stir till thickened and bubbly. Remove fat from meat shell with a turkey baster. Place upright on serving platter. Arrange asparagus in the meat shell. Pour some of the mushroom sauce over all; pass the remaining sauce. Cut pie in wedges to serve. Serves 6.

BURGER BUNDLES

- 1 slightly beaten egg
- 2 tbsps. finely chopped onion
- ½ tsp. salt
- 1 lb. ground beef, pork, lamb or veal
- dash pepper
- 2 tbsps. sweet pickle relish
- 2 tbsps. ketchup
- ½ cup shredded cheddar cheese
- ½ cup crushed cornflakes

In a medium bowl combine egg, onion, salt and pepper; add ground meat and mix well. Divide mixture into four portions; pat each in to a 5x3 inch rectangle. Combine relish and ketchup, spread one-fourth of the mixture to within ½ inch of the edges of each rectangle. Top each with one-fourth of the shredded cheese. Bring long sides of rectangle together; pinch edges and ends to seal. Roll each meat log in crushed corn flakes to coat well. Place seam side down in a 10x6x2 inch baking dish. Bake in 375 degree oven for 30 minutes. Makes 4 servings. Vary this recipe by using Swiss cheese or process cheese.



Shrove Tuesday pancake luncheon.

Going Places

with THE TIMES

MARCH 4-9

"This school is our home, we think it's worth defending."

TAPS
Starring
George C. Scott &
Timothy Hutton

Mature

STARLIGHT THEATRE
CLOSED WEDNESDAYS

and Dining Guide

Entertainment

TUESDAY, MARCH 2

- Last night to see "Neighbors" at the **Starlite Theatre**. Showtime is 8:00 p.m.
- Unwind at the newly renovated **Squamish Hotel**.
- Relax at the **Cliffside Pub**.
- Note **Chieftain Hotel Dining Room** is closed for renovations.

WEDNESDAY, MARCH 3

- **Starlite Theatre** is closed.
- Take a chance on winning a prize at the **Cliffside Pub** tonight.
- Treat yourself to an evening out mid-week at the **Squamish Hotel**.
- Renovations are underway in the **Chieftain Hotel Dining Room**.

THURSDAY, MARCH 4

- First night's showing of "Taps" at the **Starlite Theatre** starring George C. Scott & Timothy Hutton. Showtime is 8:00 p.m.
- The **Chieftain Hotel Dining Room** is closed for renovations.
- Relax at the **Cliffside Pub**.
- Dining & entertainment at the newly renovated **Squamish Hotel**.

FRIDAY, MARCH 5

- Take in a show tonight & see "Taps" at the **Starlite Theatre**. Showtime is 8:00 p.m.
- Unwind at the **Cliffside Pub**.
- Good times & great food & entertainment too at the newly renovated **Squamish Hotel**.
- The **Chieftain Hotel Dining Room** is undergoing alterations for a new look.

SATURDAY, MARCH 6

- Take in "Taps" at the **Starlite Theatre**. Showtime is 8:00 p.m.
- Spend a Saturday night at the **Cliffside Pub**.
- Enjoy good music & good food at the **Squamish Hotel**.
- The **Chieftain Hotel Dining Room** is closed for alternations.

SUNDAY, MARCH 7

- Brunch at the newly renovated **Squamish Hotel** till 3:00 p.m.
- Enjoy a movie tonight at the **Starlite Theatre**, "Taps" is now showing starring George C. Scott & Timothy Hutton. Showtime is 8:00 p.m.
- Watch for a new look in the **Chieftain Hotel Dining Room**. Closed for alterations.

MONDAY, MARCH 8

- Enjoy the evening at the **Squamish Hotel**.
- "Taps" is now playing at the **Starlite Theatre**. Showtime is 8:00 p.m.
- Relax at the **Cliffside Pub**.
- The **Chieftain Hotel Dining Room** is closed for alterations.

The
Chieftain Hotel

Dining Room
will be closed
for renovations
til further notice

WATCH FOR RE-OPENING
ANNOUNCEMENT

Cleveland Ave., Squamish 892-5222



Presenting
The
Helen Dugee Trio
At The
Squamish Hotel

The Times CLASSIFIEDS

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892-5131

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Classified Rates
Minimum rate of \$1.00 for 5 lines if prepaid. If you wish your ad to be billed a \$5.00 rate for 5 lines will be charged to cover costs. Additional lines at 50¢ per line. Deadline for copy is 5:00 p.m. on the Friday preceding the Tuesday publication. Phone 892-5131 or 892-3018. Classifieds must be paid in advance or ChargeX, except to established accounts.

1 For Sale Miscellaneous
How to get your message to 290,000 homes? Blanket B.C.! Just \$99 will place your 25 word classified ad in all 74 member papers of the B.C. Yukon Community Newspaper Association. We handle everything right here. For more information contact The Squamish Times.

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Rebuilt uprights from \$1,295. Grands from \$2,995, largest display of pianos in lower mainland. Also HAMMOND ORGANS from \$699. Call collect 926-5111.

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Lighting fixtures. Western Canada's largest display. Wholesale and retail. Free catalogues available. Norburn Lighting Centre Inc., 4600 East Hastings Street, Burnaby, B.C., V5C 2K5. 299-0666 (TFN)

Children — brown egg layers, white egg layers, meat birds. Order early — ship anywhere. Napier Chick Sales, 6743-216th Street, Box 59, Milner, B.C., V0X 1T0. (TFN)

Send today for your free discount price list of the latest Christian books. Circle 7, Christian Books, P.O. Box 76775, Station "S", Vancouver, B.C., V5R 5S7. (3.2)

Woodburn Stoves Ltd. Vermont casting spring sale. Order finest woodstoves made at 1981 prices before 10% 1982 price rise. get \$25 free accessories. 987-0811 or 984-9416 (3.2)

Consign's China Exchange. Buy, sell and consign a discounted and current china patterns. Write pattern name, manufacturer and replacements needed. 1414 Lonsdale, North Vancouver, B.C., V7M 2J1. 980-8011 (3.2)

Cedar kindling large 3"x2" delivered for only \$10, add \$2 for delivery charge under two orders. 985-7848 or 926-2927 (3.2)

Complete, hardly used sauna, including dry heating unit with controls. Best offer over \$1,000. For more information call 892-3166 (3.2)

RCMP Centennial rifle, \$5,000. '75 Rockwell tent trailer, stove, heater, fridge, \$2,700. 892-3773 (3.2)

Specials! Rebounder \$219, including musical exercise program. Regular value \$270. Mega Vitamin and Mineral Supplement, 100 capsules \$15.95. Write: 208-2786 West 16th Avenue, Vancouver, B.C., V6K 4M1. 733-5323 (3.2)

8 Notices
NOTICE OF INTENT TO APPLY HERBICIDES
Notice is hereby given that herbicides will be applied by the hack and squirt method over 56 ha in the Squamish Forest District. The application will take place between March 4, 1982 and October 31, 1983.

The area to be treated is in Hixon Cr., located in the New Westminister Land District.

The purpose of this application is for conifer release brush control using 2,4-D Amine 80 (P.C.P. Act Reg. No. 11441).

This notice is given in accordance with the Pesticide Control Act; permit No. 104-279-82/83.

Copies of the permit may be viewed at the Squamish Forest District Office.

Province of British Columbia
Ministry of Forests

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8 Notices
NOTICE OF INTENT TO APPLY HERBICIDES
Notice is hereby given that herbicides will be applied by the hack and squirt method over 150 ha in the Squamish Forest District. The application will take place between March 4, 1982 and October 31, 1983.

The area to be treated is in Ringer Cr., located in the New Westminister Land District.

The purpose of this application is for conifer release brush control using 2,4-D Amine 80 (P.C.P. Act Reg. No. 11441).

This notice is given in accordance with the Pesticide Control Act; permit No. 104-280-82/83.

Copies of the permit may be viewed at the Squamish Forest District Office.

Province of British Columbia
Ministry of Forests

9 Announcements
CONGRATULATIONS CHRIS & GLADYS NYGARD ON YOUR FIFTIETH ANNIVERSARY!

With our love CHRISTINE INEZ ELSIE DON SHEILA & FAMILIES
All family friends are invited to "Open House" at 75 Donegal Pl., N. Vancouver on March 13, from 2-5 or 7-9. (3.2)

Burnaby North Secondary School Diamond Jubilee celebration is October 1, 1982. Plan to attend. Anyone able to assist contact Jean Brooks at Burnaby North School at 298-4194. (3.2)

10 Personals
Alcoholics Anonymous
892-9044 892-5124
898-9436 898-9306
37978 - 827 Avenue

Young working man requires a ride from Vancouver to Squamish at approx. 5 p.m., Mon. to Fri. 898-5742 (3.2)

Al-Anon Meetings Wednesdays at Alano Club, 37978-3rd Ave., Ph: 892-3661. New meeting Tuesday 1 p.m., babysitting available 898-9738. (1.26M)

Spare bed and breakfast space? Welcome paying guests to your home. Host homes needed in your area. Details Box 24492, Station "C", Vancouver, B.C., V5T 4E1 before March 15, 1982. (3.2)

14 In Memoriam
In loving memory of Jean Sandness — March 1st, 1981.

Calm and peaceful she is sleeping, sweetest rest that follows pain; we who loved her, sadly miss her, but trust in God to meet again.
Love Barbara and Rudy

19 Pets
GARIBALDI HIGHLANDS
DOG BEAUTY SALON
All Breeds
Your kitty is welcome, too!
Pick-ups arranged.
Mon. through Fri.
9 - 4 p.m.
898-3811
2545A Mamquam Rd.
New phone number for S.P.C.A.
892-9292. (TFN)

BRACKENDALE'S PAMPERED POOCH "DOG GROOMING"
PHONE DARLENE AT 898-5075

40 Job Opportunities
Required: Associate partner to build and manage small lucrative business on a limited time involvement. Well capitalized — monetary funding not a factor. Income potential \$25-35,000 per year. Write: Associate Partner, Box 726, Squamish, B.C., V0N 3G0 (3.9)

Experienced Interior Editor-Reporter required for Sports bi-weekly. VDT system. Excellent salary and working conditions. Send resume to: The Publisher, Quessel Cariboo Observer, 102-246 St. Laurent Ave., Quessel, B.C., V2J 2C9. (3.2)

Experienced Reporter-Photographer required by the North Island Gazette. Send resume to Box 458, Port Hardy, B.C., V0N 2P0. (3.2)

MERIT REALTY
Stephen Howard
Serving the Squamish Valley for 11 years
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Some homes as low priced as \$60,000 & good financing too!
We do our "BEST" to "MERIT" your business.

27 Country Homes & Acreage
Five bedroom home, 2 garages, fenced barn, chicken house, cleared and large 4.9 acres. 10 miles north of Duncan. Vancouver Island, B.C. \$184,000. 246-4692 (3.2)

78 Real Estate
Pemberton — D'Arcy
Pemberton — 2 bdrm., 2 town, large living room, rancher in town, good cond., \$68,000.

Pemberton-Mt. Currie — 4.4 ac. & 7.5 ac. on Main Highway.
Birken — 2 room cabin on 1 1/2 ac. close to Gates Lake, \$25,000.
Treed lot 1.2 ac. \$22,000.
22.4 ac. some trees, good building site, \$49,000.
10'x50' trailer on 1.7 ac., \$30,000.
Between Birken Head Lk. & Blackwater Lk. 90 ac., 60 cleared, fenced, small cabin, 2 streams, rest in trees.
Call Alec Watson at 452-3255 or call into Birken Head Resort on Gates Lk. Crest Realty 926-7511 (3.23)

In Whistler, 2 fantastic large furnished chalets with beautiful view on side by side lots approximately 1/2 acre each. Centrally located, walking distance to town centre. 11 1/2% financing on existing mortgage until mid 1983. \$410,000 & \$425,000. 988-1430 or 980-1689 (3.9)

80 Houses for Sale
3 bdrm. rancher, f/p, & 5 appliances, 1,200 sq. ft. Asking \$74,000. Valleycliffe area. 892-9866 (3.9)
Newly 1,760 sq. ft., 3 bdrm. house on Valleycliffe Plateau. Thermopane windows, cedar roof, owner will carry balance at 12%. 892-3872 (3.2)

41 Employment Wanted
Mother with one child will babysit preschool child in own home in Valleycliffe. \$10 per day including meal. Phone 892-9077 anytime. (3.2)

Experienced couple with boys, 11 and 14, want to manage existing or planned, campground or outdoor retreat. Salary negotiable. Would consider interest in venture. Presently employed. Call 792-6923 or write 48205 Kitchen Hall Road, Chilliwack, B.C., V2P 6H4 (3.2)

42 Child Care
Will babysit Monday through Friday, day or night. Experienced. Have own transportation. Call Glenis at 898-4190 from 9 a.m. to 6 p.m. (3.2)

I will babysit in my home in Brackendale area. References if needed. 898-9460 (3.2)

49 Cars for Sale
'79 VW Rabbit. 70,000 km, sun roof, in good condition. \$4,500. 892-3773 (3.2)

'74 Malibu Chevelle station wagon, p.s., p.b., cruise control, built-in 8-track/AM/FM, New paint, immaculate condition. Will sacrifice. Best offer. 898-5742 (3.2)

'74 Chevy Nova SS 350, 600 Holley 4-barrel, mags, B.F. Goodrich, radio, fully equipped. Excellent condition. 898-3761 (3.9)

'69 Toyota Corolla 1200. New brakes and battery. Good shape. \$600. OBO. 892-3954 (3.2)

'66 Mustang, good condition. \$3,500 or nearest offer. 898-9210 (3.2)

'59 Dodge Monicor, good running condition. \$600. 898-3734 (3.2)

52 Trailers & Campers
Camper for sale. 8' fibreglass, 3-way fridge, 3-burner stove with oven, sleeps 4. Call after 5, 898-5457 (3.9)

53 Trucks
'76 Chev 3/4 ton 4x4 350, 4-speed, hubs, many extras. \$5,500 firm. 898-3115 (3.2)

'76 Ford 4x4 250, 10 1/2 ft. Caveman camper (older type). 898-9732 (3.2)

Crew bus, save over \$6,000 on this '72 15-passenger crew bus on duals. 45,000 miles. Lots of extras. \$8,700. 748-9132 (3.2)

54 Motorcycles
'80 Honda 650. 1,600 km. 892-3773 (3.2)

55 Automotive Repairs & Parts
MAMQUAM MOTORS
Complete Automotive Repairs
All Makes and Models
Specializing in Imported Cars
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If you viewed our units and loved the many features but the rental rates were holding you back, please contact the Manager about our "RENTAL REBATE" program.

*Extremely large 3 bedroom townhomes
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60 Suites, Condominiums & Townhouses for Rent
LUXURIOUS one, two & three bdrm. apartments, 38861 Buckley Ave., Wilson Creek Apartments. 892-3616. (M)

Bachelor suite for non-smokers in Brackendale. Available now. Partly furnished. Ph. 898-5084 (2.2)

3 bdrm. townhouse, f/p, 1 1/2 baths, fridge, stove & drapes. \$400 per mo. \$200 security deposit. 898-9890 (TFN)

Squamish Senior Citizens' Home Society
Now taking applications for bachelor and one bedroom suites.
Please phone office 9:30 to 12:00 at 892-3311 (TFN)

1 or 2 bedroom suites. Available now or March 1st. 898-3274 after 5 p.m. (3.2)

3 bdrm., 2 1/2 bathrooms, hot tub en-suite, 2 balconies, close to downtown. \$475 per mo. 892-3940 (3.2)

2 and 3 bedroom townhouses for rent. 4 appliances, f/p, available immediately. No pets. 898-9651 (2.23M)

3 bdrm. townhouse next to Highlands Mall and school, includes 4 appl. Available immediately. \$415 per mo. 892-9804 (3.9)

Two bedroom suite to rent in ideal location downtown. Available now. 892-9266 (3.2)

62 Houses for Rent
3 bdrm., 1/2 acre, Highlands. Jan. 1/82. \$650 per month. References. Call Stan, 892-3571 (TFN)

Nice two bedroom, big yard, garage, fridge, stove. Close to downtown. \$295. 892-9997 (12.22M)

Quiet, 2 bdrm. home equipped garage, workshop & carport. Private yard with lawn, deck off master, bar-b-que, & fenced garden. \$425 per mo. 898-5286 (3.2)

Clean 3 bdrm. home, fireplace, newly carpeted and appliances. References required. \$550 per mo. Lynn Murchison at 687-9444 or 738-9994 (3.2)

3 bdrm. house for rent, fridge and stove included. Available immed. 892-3751 (3.2)

Sale or Rent
3 bdrm., 5 yr. old home, gas, full basement, newly decorated, 38161 Lombardy. 376-2966 (2.23M)

Large family home for rent. No pets. References. Available April 1st. 898-5462 (3.2)

2 bdrm. half basement, near store. Garage, carpet, laundry facilities. W/w, propane heat. Owner wishes use of one room in basement for storage. No dogs please. \$400 per mo. 898-9059 after 6 p.m. (3.2)

2 bdrm. Stove, fridge, drapes included. Available March 15th, downtown Squamish. 892-3106 (3.2)

62 Houses for Rent
Executive 3 bdrm. home, Garibaldi Highlands, w/w 3 appliances, 2 f/p, hardwood floors, fenced and landscaped yard on quiet street. \$600 per month or lease to purchase. Available April 1. 892-3441 or 921-8193 (3.2)M

3 bdrm. upstairs, w/w, drapes, stove, fridge, f/p, cablevision. \$425 per month. 892-3748 or 892-9865 (3.9)

3 bdrms. on fenced, landscaped half acre. Large veggie garden, wood stove, all appliances, drapes. Available April 1st. \$450 monthly. 898-5914

3 bdrm. on top floor, fridge, stove and drapes. \$375. 892-5643

3 bdrm. rancher, Valleycliffe, fridge, stove, drapes, w/w carpets, f/p, carport, fenced. Exc. cond. References. Avail. March 15th. \$475 per month. 921-8233 collect.

63 Mobile Homes for Rent
Trailer for rent.
12x48, 2 bdrm., furnished. #14, Wagon Wheel. \$350 and utilities. 898-5813 or 898-9425 (3.2)

64 Duplexes for Rent
2 bdrm. duplex for rent, 4 appliances, & drapes included. Avail. Feb. 1st. No pets. \$450 per mo. Eagle Run area. 898-9651 from 9 a.m. to 5 p.m. (1.26)M

Deluxe 2 bdrm. suite, downtown Squamish. \$350 per mo. 898-7886. Days 985-6413, Evens 987-7886.

Available immediately 2-3 bdrm. duplexes, downtown Squamish & Brackendale. \$425 per mo. Collect 985-6413 or 929-5929.

Decrepitated, near schools and stores. \$375 per month. 980-0154
2 bdrm., non-basement duplex, stove, fridge included. \$275 per month. Call Helen at 892-3571 (3.2)
3 bdrm. duplex for rent. References. No pets. \$475 per month. Available March 15th. 898-5693 (3.2)
3 bdrm. duplex, 2 extra rooms, f/p, carport, use of washer and dryer. \$425. Avail. immed. Also 2 bdrm. duplex, f/p, carport, 4 appl. \$395 per month. Avail. immed. 921-7347 (3.9)

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Executive 3 bdrm. home, Garibaldi Highlands, w/w 3 appliances, 2 f/p, hardwood floors, fenced and landscaped yard on quiet street. \$600 per month or lease to purchase. Available April 1. 892-3441 or 921-8193 (3.2)M

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67 Stores for Rent
Retail store space for rent. Best location on 2nd Ave., Available May 1st. 875 sq. ft. to 1,750 sq. ft. 898-9012. (2.2)

600 sq. ft. of commercial area for rent. Eagle Run Shopping Centre. \$250 per mo. 898-9651 9 a.m. to 5 p.m. (2.9)M

Commercial space available up to 3,500 sq. ft., will develop to suit, 2nd Ave. 892-3441 or 271-1847 after 6 p.m. (2.26)M

70 For Rent Miscellaneous
HOWE SOUND MOTEL
Colour TV and cablevision, self-contained bachelor and one bedroom suites. Laundromat. 892-3737.

73 Shared Accommodation
Sleeping Rooms for rent, Cheekeye Lodge, with shared accommodation. 898-3355 Sat. or 876-2708 Van. (M)

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3 bdrm. duplex for rent. References. No pets. \$475 per month. Available March 15th.

80 Houses for Sale
\$20,000 DOWN
New 1,600 sq. ft. home on large view lot, \$95,000 at 12% available. Don't miss this opportunity, drive by 40053 Plateau Drive. 298-0244

3 BDRM. RANCHER
\$72,500
Fireplace, carpet, fenced, fridge, stove, w/w carpet. Mint condition. Good financing. 921-8233 collect.

84 Mobile Homes for Sale
Move In Today
New
Deluxe 24x60 with such features as self clean eye level oven, patio door, upgraded carpet, 2 bay windows, one year warranty, immediate possession. 1 lot available, order your new double today.

Squamish Mobile Home Sales
Timber Town Estates
898-5688 DL 6657 (1.19M)

"78 mobile home, 14'x70' on fenced and landscaped lot. Has following features: 3 bdrm., frost-free fridge, self-clean oven, dishwasher (all harvest gold), paved carport, cement stairs and 8'x21' sundeck. \$30,000. 898-9305 (2.9M)

Clean, 3 bdrm., 60'x12'. Completely furnished. \$21,000. OBO. Large lot at street end beside woods. Three Rivers Mobile Court. 898-4145 (8 a.m. or eves.) (3.23)

84 Mobile Homes for Sale
1. 12'x68', '76 Colwood family home in Spiral.
2. 81', 14'x70' Moduline deluxe home, family park, great price.
3. '75, 24'x40' Moduline 3 bdrm. family home in nice Squamish Park.
HARBEL HOLDINGS LTD.
Call collect 588-3622
D.L. 6747 (3.9)

85 Businesses for Sale
HOBBY FARM
For Sale or Trade
Remodelled 2 bdrm. home, approximately 4 fenced acres with barn, workshop, wood shed and wood stove in house and workshop. In the Cariboo. (3.9)

86 Building Lots For Sale
1/2 acre lot in Eagle Run. \$39,900, financing available. 898-9480 (3.2)
Duplex lot, strata title, corner Perth and Peebles, Garibaldi Highlands, low 50s. Will look at offers. 929-6960 (3.2)

COMMERCIAL LOT
For sale by owner, 2nd Ave. 50x120. Financing avail. 892-3441 or 271-1847 after 6 (2.26M)

CHOICE CORNER LOT
Eagle Run Drive and Kingswood, private sale. \$46,000. 898-9031

88 Property Wanted to Buy
Retreating Vancouver businessman looking for moderately priced frontage on small lake with large acreage in a remote area of Squamish or Pemberton. Has 4-wheel drive (or will build road). Could trade for 10 acres near Hatzic Lake. Peg McKinley, 224-1820 or Pemberton Realty, 684-9172 (3.9)

92 Business Opportunities
Our Business is Picking-Up
Garbage company seeking working partners, equipment supplied, financing available. Makes GOOD money! Squamish, Whistler, Pemberton areas offered. Contact: Roto-Pak Western Inc., Dave Irwin, (604) 684-9170 - 24 hrs.

Part time — full time franchise opportunity. Fun, security and high income can be yours, if you decide now to join our successful team, are willing to work and have less than \$10,000 to invest. For the selected applicants we provide: No risk guarantee for your investment, proven high income formula, comprehensive in-house training, ongoing help and assistance, exclusive areas available throughout B.C. For more information phone: 294-2373 or write: Westland Food Packers (B.C.) Ltd., 385 Boundary Road, Vancouver, B.C., V5K 4S1

92 Business Opportunities
Jon B School of Sculptured Fingernails, 22775 Dewdney Trunk Road, Maple Ridge. \$51! Want to be your own boss and join the multi-million dollar beauty industry? This career can be obtained in a short time. You can become a certified technician in sculptured fingernails. Also ask about our free training in cellulite, waxing, ear piercing and eyelashes. Call now, 463-5025, evenings, 462-7587 or 462-7774. (3.9)

House parent position available in 5-bed group home. Experience required. beautiful new home in Christina Lake, B.C. Investment opportunity for self-employment. Write Box 382, Grand Forks, B.C., VOH 1H0. (3.2)

Fishing rod blanks, build your own. Free catalogue. Custom built rods on special order. Horton Rodcrafting Co., 29739 Donatelli Road, R.R.#2, Mission, B.C., V2V 4H9 (3.2)

100 Appliances & Repairs
Fantastic savings on Freight damaged appliances and kitchen cabinets, stoves, fridges, dishwashers, microwaves. Fully guaranteed. Jenn-Aire, Panasonic, Moffat, Inglis and Westinghouse. Comfy Kitchens, 1119 West 14th Avenue, North Vancouver. 980-4848

92 Business Opportunities
Orley Wood Heater — Fireplace business. Inventory, prime location, long building lease. \$40,000. Established plant nursery business, property buildings. Spring inventory ordered, excellent location, \$87,500. Decade Real Estate Ltd., Merritt, B.C. 378-6181 (3.2)

Successful established restaurant located 100 Mile House. High volume, high profit, short hours, prime land, building equipment, fully licensed, good financing. 395-3227, 985-0189. Act now. (3.9)

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Bookkeeping & Accounting
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(5.5M)

T.J. MacDonald
Certified General Accountant
Copper Beach Building
Box 130
Britannia Beach V0N 1J0
Office: 896-2410
Residence: 896-2257

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WOOD WINDOWS AT HALF PRICE YOU'D EXPECT TO PAY. DOORS AT GREAT PRICES TOO!
Walker Door, Vancouver 266-1101; North Vancouver 985-9714; Richmond 273-7030; Kamloops 374-3566; Nanaimo 758-7375. (T.F.)

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CUSTOM CARPENTRY HOME RENOVATIONS & REPAIRS
Any type of carpentry from framing to finishing. Quality Workmanship at a fair price. Ask for Dick at 898-5977

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CHIMNEY AND FIREPLACE CLEANING BOILER & FLUES Vacuum Equipped AFFORDABLE PRICES Our Policy: Satisfied Customers
Call Dave 898-3414
Dave's Home Service Ltd. Box 688 Squamish, B.C.

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SQUAMISH DRIVING SCHOOL
Learn to drive with a qualified licensed instructor. Full preparation for driver's examination. For more information phone 892-5058

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BRACKENDALE HEATING SERVICE
Sale and service to all makes of oil fire furnaces, boilers & hot water tanks. Minor plumbing & electrical repairs. 24 hr. service. 898-3488

Beetles infesting forests in B.C.

The potential economic impact of the 1979 Mountain Pine Beetle attack in British Columbia is estimated at \$700 million but the 1980 and 1981 attacks have caused even more damage.

The mountain pine bark beetle has infested 440,000 hectares in British Columbia to date and threatens another 1,500,000 hectares. The spruce bark beetle has attacked 110,000 hectares and threatens another 1,000,000 hectares.

Between the two, they have infested timber on 1.5 per cent of British Columbia's productive forest land base and threaten another 6.8 per cent.

Put another way, the area infested is 4.7 times as big as the total area logged in British Columbia in 1980. The area threatened represents 21.6 years of logging at the 1980 rate.

Both beetles kill the trees they attack by laying eggs between the inner and outer bark. Once the eggs hatch, the larvae feed on the inner bark, effectively girdling the tree.

The mountain pine bark beetle attacks most species of pine, whereas the spruce beetle concentrates on the Interior spruces.

Once killed, the trees remain salvagable for between two and three years, although the value of the logs diminishes with time due to stain, check and rot.

Sanitation logging, whereby the infested trees will be logged before the larvae develop into adults, will reduce the adult flight into adjacent areas and should slow down the spread of the infestation. Sanitation logging is the best weapon at our disposal, but only if undertaken on a much larger scale.

Salvage logging, harvesting the trees that are already dead, should be initiated as quickly as possible to prevent large volumes from being completely lost and to prevent forest fire hazards from reaching critical levels throughout British Columbia.

Industry must be directed immediately into currently infested areas, resulting in wholesale changes to logging plans. Poor lumber markets cannot be allowed to stop sanitation and salvage logging.

Government incentives such as reduced stumpage rates of marketing assistance may be required.

Detection and mapping efforts must be increased to allow for the most effective planning.

Coordinated research in Canada and the United States into alternative methods of control must be stepped up.

Reforestation capabilities (increased nursery capacity, planting budgets, training of forestry personnel) have to be intensified. Pine management should be intensified in order to produce crops at younger ages before the trees become susceptible to the beetles.



Researchers should concentrate on developing effective insecticides, pheromones, or preventatives to give foresters the weapons to control small attacks as soon as they are detected.

Politicians must allow the use of these control measures.

Where possible, mixed species stands should be encouraged by planting a greater variety of tree species, and by thinning juvenile forests on a species selective basis.

The bestsellers
BLOCK BROS. REALTY

38162 Cleveland Ave.
Office 892-3571, 24 hours
Vancouver 688-5917

 Helen Magee 892-3905	 Linda Watt 898-9480	 Hilgard Nopp 892-5852	 Alice Tickner 898-5130	 Bob Croft 898-3313
 Ronnie McCartney 898-5941	 Jean Petterson 898-3264	 Stan Bannister 898-5905	 Dorothy Golden 898-3249	 Wilma Dawson 898-3798

Prices shown are owners' asking prices and all serious offers are presented for consideration.

BEAUTIFUL GARIBALDI ESTATES
Large 4 bdrm. ranch style-full finished basement home on 1/2 acre of landscaped, fruit tree property. Patio and bar-b-que in private backyard, stove, fridge, (2 yrs. old), washer, dryer, fisher stove, drapes all stay. Storm windows, dble. french doors and aux. wood heat make this home must to consider. Call Helen Magee 892-3905 or 892-5901 Pager 608.

"MAKE AN OFFER"
On this well maintained semi-detached home in Garibaldi Highlands. 40'x190' lot. Backyard is treed and ideal for children. Asking \$72,000. Call Wilma Dawson 898-3798.

"PRICE REDUCED"
On this immaculate Tudor Style home in Brackendale, large wood heater in basement makes heating very economical. Large corner lot, assumable mtg. of approx. \$43,000 at 10 1/2% until Dec. 84. Vendor also willing to hold a mtg. to qualified buyer. Asking \$110,000. Call Wilma Dawson 898-3798.

"WELCOME" 38343 CHESTNUE AVE.
New, quality carpet and kitchen flooring enhance this warm and cozy rancher. Cedar feature wall and f/c, f/p in liv. rm. plus family size kitchen all say "WELCOME" Immaculate! Asking \$75,000. Call BEV CROFT 898-5313.

CHARM OF YESTERYEAR
Lovely older home walking distance to schools and shopping. Big rooms and hardwood floors, but all the conveniences of a new home. Includes 4 appliances, f/p. insert and new electric f/p furnace. Asking \$89,900. Call BEV CROFT 898-5313.

AFFORDABLE
Townhouse priced in \$50's, 3 bdrms. excellent condition. Price includes 4 appliances. NOTE vendor will take back a mtg. at 15% to qualified buyer. GOOD STARTER and equity builder. Call BEV CROFT 898-5313.

BRING OFFERS
2-3 bdrm. duplex each side. Plus 2 bdrm. suite finished downstairs, 3 sets of appliances. Assum. mtg. of \$63,000 at 13% due '85. Low 100's, located in downtown area. Call JEAN PETERSEN 898-3264.

REDUCED TO \$94,900.
Vendor looking at offers and will help with financing on this 4 bdrm. home, in desirable Garibaldi Estates. Big private lot, with lots of mature trees and shrubs. You'll love the shiny hardwood floors and a lot more HELGA 892-5852.

WOW!!! \$53,000!!!
That is the offer the vendors are telling me to bring them on this super contemporary semi-detached house in the Highlands. It has a fantastic assum. first mtg. and with the B.C. Gov't second mtg. of ten thousand dollars you'll be laughing with low monthly payments. Call quickly before it is sold. ALICE TICKNER 898-5130 or 892-5901 Pager 615.

MAJESTIC CEDARS
Enhancing trout stream and the location of this large pan-a-bode home on 2.7+ acres in Brackendale. A rare find call STAN BANNISTER 898-5905 or 892-5901 Pager 601.

CAN YOU BELIEVE THIS!!!
They've reduced the price to \$47,900, and some of the many features include 1 1/2 bathtms. fam. rm. downstairs, 4 appliances, immaculate condition plus an assum. mtg. of \$40,000. good for nearly four years. Call me now to view ALICE TICKNER 892-5901 Pager 615 or 898-5130.

THE CAVALIER RESTAURANT
A money-maker!! What an incredible location for a restaurant. Think about it—a captive audience from the mining museum from May through the summer and a great highway location for those skiers in the winter. Not to mention the regular local clientele. PRICED TO SELL!! Call ALICE TICKNER 898-5130 or 892-5901 Pager 615.

COMMERCIAL LOT
Downtown area, for information call JEAN PETERSEN 898-3264.

REACH OUT
And touch the mountains from the sunny private rear deck. Enjoy 1/2 acre (approx.) of treed splendor. Post and beam design has 3 bdrms. & 2 baths. HI 590's STAN BANNISTER 898-5905 or 892-5901 Pager 601.

\$119,900. MERRILL PARK!
Over 1600 sq. ft. by level in a most desirable area. Excellent financing available call LINDA WATT 898-9480 or 892-5901 Pager 627.

BUY ME!!
The owner of this handsome home are willing to look at your financing scheme! Excellent assum.-mtg.-and they will help with balance. Call today for more details. LINDA WATT 898-9480 or 892-5901 Pager 627.

ASSUM. MTG. 35,600 AT 10 1/4% TILL '84
Qualify for the \$10,000 B.C. Gov't 2nd mtg. and with only approx. \$20,000 down you could be moving into this 3 bdrm. charmer soon. IT'S THE HOTTEST LISTING ON THE MARKET NOW! Don't lose out, discuss with HELGA 892-5852.

THE ALPINE DESIGN OF THIS BUILDERS OWN HOME IS CONCLUSIVE TO THE SPECTACULAR SNOW-CAPPED MOUNTAINS, TALL TREES AND QUIET SETTING. Extra large lot at the end of a cul-de-sac. If you like peace and quiet this is it! Give me a call today to view. MRS. RONNIE McCARTNEY 898-5941 or 892-5901 Pager 628.

LOTS
You need a lot-look no further. I have large, small, medium sizes in all areas and all prices. Call MRS. RONNIE McCARTNEY 898-5941 or 892-5901 Pager 628.

LANANK PLACE
You don't know what it is like till you have stood in the middle of the road and looked all around, back to mother nature trees, curbs, gutters, street lighting, and sidewalks, picture your dream home. A variety of prices and sizes. Call MRS. RONNIE McCARTNEY 898-5941 or 892-5901 Pager 628.

WHAT A MODEST PRICED HOME
In the Highlands. See this strata title 1/2 duplex on large high lot. Immaculate inside and out, 3 bdrms., and bath upstairs. On main floor, sunny kitchen, and din. rm. has view of mountains, large laundry and storage rm., liv. rm., with fenced backyard privacy. Has 4 appliances. (w.&d. 1 yr. old) dbl. pane windows, elect. heat all for \$73,500. Call HELEN Magee 892-3905 or 892-5901 Pager 608.

WELL PRICED
In today's market, see this 3 bdrm. rancher in Garibaldi Highlands. Family rm. off of well designed kitchen with pantry. Dble. glazed windows, wood burning stove, and floors insulated for heat efficiency. Dble. garage, immaculate landscaping set this home off. Priced at \$88,500. Call DOROTHY GOLDEN 898-3249.

dateline '82

Wednesdays: Every Wednesday at 7:30 p.m. BINGO is held in the Britannia Community Club.

Wednesday, March 3: The Squamish Ski and Outdoor Club will hold its next meeting at 7:30 p.m. at Howe Sound Senior Secondary school.

Wednesday, March 3: Howe Sound Women's Centre monthly business meeting-brain storming session-7 p.m. Elks hall on 2nd Ave.

Thursday, March 4: Speech and language workshop at 7:30 p.m. in school board office and conducted by Barb Brindle, speech pathologist from Powell River. Topics: normal child language development, typical problems, and foreign languages. Everyone welcome.

Thursday, March 4: Squamish Weavers' Guild meeting at home of Denise Roberge, 41533 Government Road at 7:30 p.m.

Thursday, March 4: One Day Hospitality Certificate seminar at Loggers Inn. To register call Leanne at 892-9244.

Thursday, March 4: BINGO in the Legion Hall at 7:30 p.m.

Thursday, March 4: Squamish Estuary Conservation Society will meet at 8 p.m. at 1708 Clark Drive (hospital hill). Phone 892-5747 for more details.

Friday, March 5: World Day of Prayer, 1:00 p.m. in St. Joseph's Catholic Church.

Saturday, March 6: "Tartan Night" — featuring the Squamish Kinsmen Pipe Band and the Squamish Folk Song Circle at civic centre, 8:00 p.m.

Saturday & Sunday, March 6 & 7: B.C. Rail Spiel at Howe Sound Curling Club.

Sunday, March 7: SWAP MEET at Civic Centre from 11 a.m.-3 p.m.

Monday, March 8: Important general meeting of the Royal Canadian Legion, Diamond Head Branch #277 at 7:30 p.m.

Wednesday, March 10: Regular meeting of the Squamish Arts Council in AC building, foot of hospital hill at 7:30 p.m.

Wednesday, March 10: Garibaldi Highlands school parent-teacher meeting in school library at 7:30 p.m.

Friday, March 12: Garibaldi Highlands school "Fun Fair" at school from 5:30 to 8:00 p.m.

Saturday, Sunday, March 13 and 14: Rape Relief Workshop, sponsored by Howe Sound Women's Centre. For further information call 892-5748.

Saturday, March 13: St. Patrick's Dinner and Dance - for the Irish (and those who wish they were). Dance to the Hornets. Event sponsored by Legion Branch 277 Ladies Auxiliary at Legion Hall. For info call 898-5784.

Wednesday, March 17: Howe Sound Minor Hockey annual general meeting, 7:30 p.m. in senior lounge, civic centre. All parents and interested persons please attend.

Friday, March 19 and Saturday, March 20: Spring Rummage Sale sponsored by UCW in United Church Annex. Fri. — 7:00 to 9:00 p.m. Sat. — 10:00 to 12:00 noon.

Friday & Saturday, March 19 & 20: St. Patrick's Day Casino Nights and Dance sponsored by Britannia Beach Community Club. 7:30 p.m. each night. Wear green and get some free tokens. Tickets (\$5 advance, \$6 at door) available at Times and radio station.

Saturday, March 20: District Kub Kar Rally at 1:00 p.m. at civic centre.

Saturday, March 20: OORP 3rd Annual Ukrainian Night at Legion Hall. Same band "Good Tymes" - same homemade Ukrainian food. Fantastic door prizes. Tickets at Times office, Fashionality or contact 898-5232 or 898-3353.

Thursday, April 8: During ecumenical Easter week services, St. John's Anglican Church choir will present the cantata "The Seven Last Words" by Ritter. It will be presented in the church at 7:30 p.m. under the direction of Ethel Jean Gray.

Sunday, May 2: Mothers Day bake sale and garage sale at McKenzie Mall — IGA 10:00 a.m. to 3:00 p.m. Sponsored by Howe Sound Women's Centre.

Sunday, May 2: Garage and bake sale sponsored by Howe Sound Women's Centre. 10:00 a.m. to 3:00 p.m. at McKenzie Mall near IGA.

Tuesday, May 4: Canadian Daughters League annual Ladies Night at 6:00 p.m. civic centre.

Friday, May 7: Mother's Day Apron and bake sale at Super Valu mall at 2:00 p.m. Sponsored by UCW.

Thursday, Friday, Saturday, May 13, 14, 15: Third annual Musical Revue presented by Howe Sound Drama Club.

Saturday, November 27: ACW Christmas Bazaar at civic centre.

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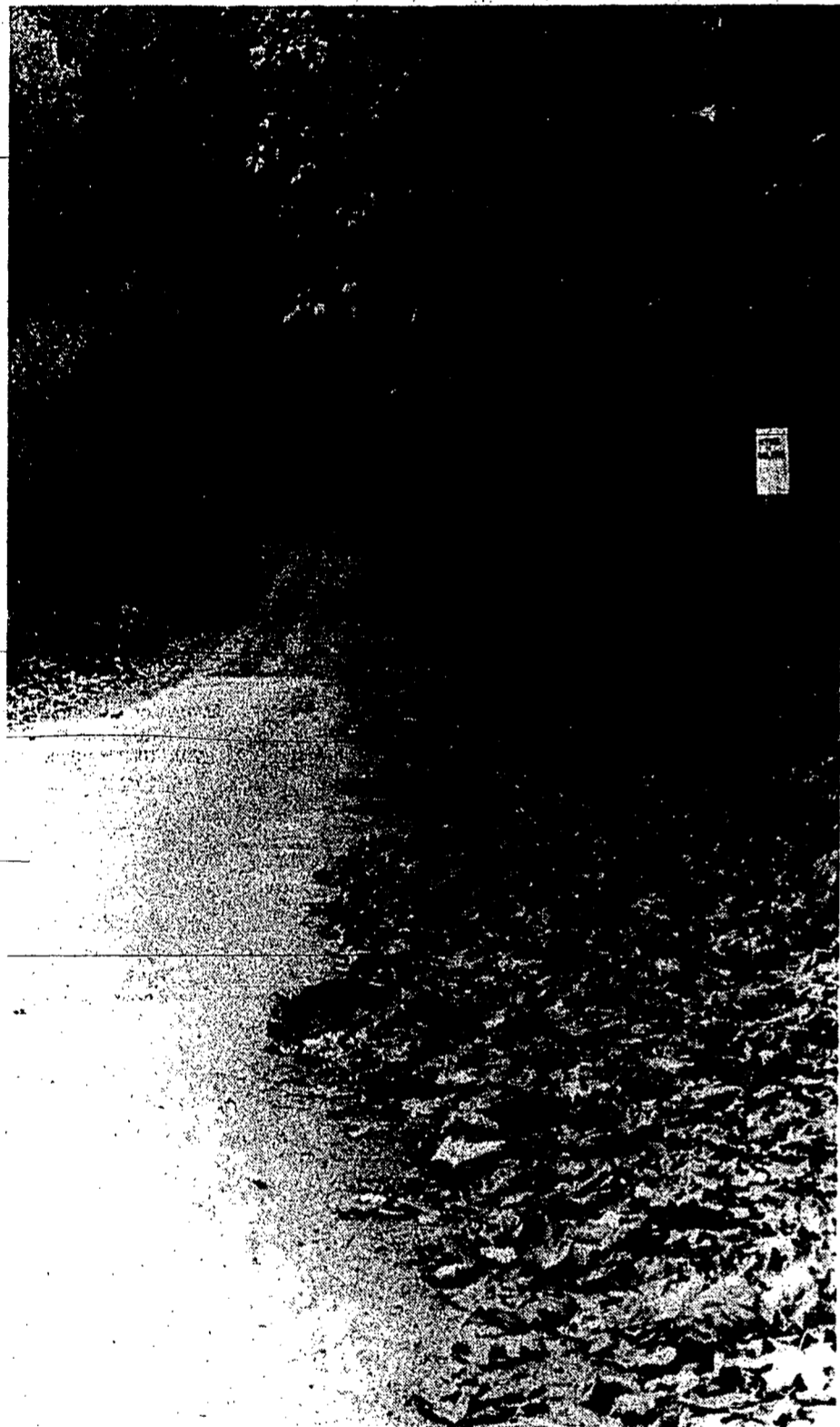
the road goes ever ...



And in the fall ...



Snow covers these mining roads



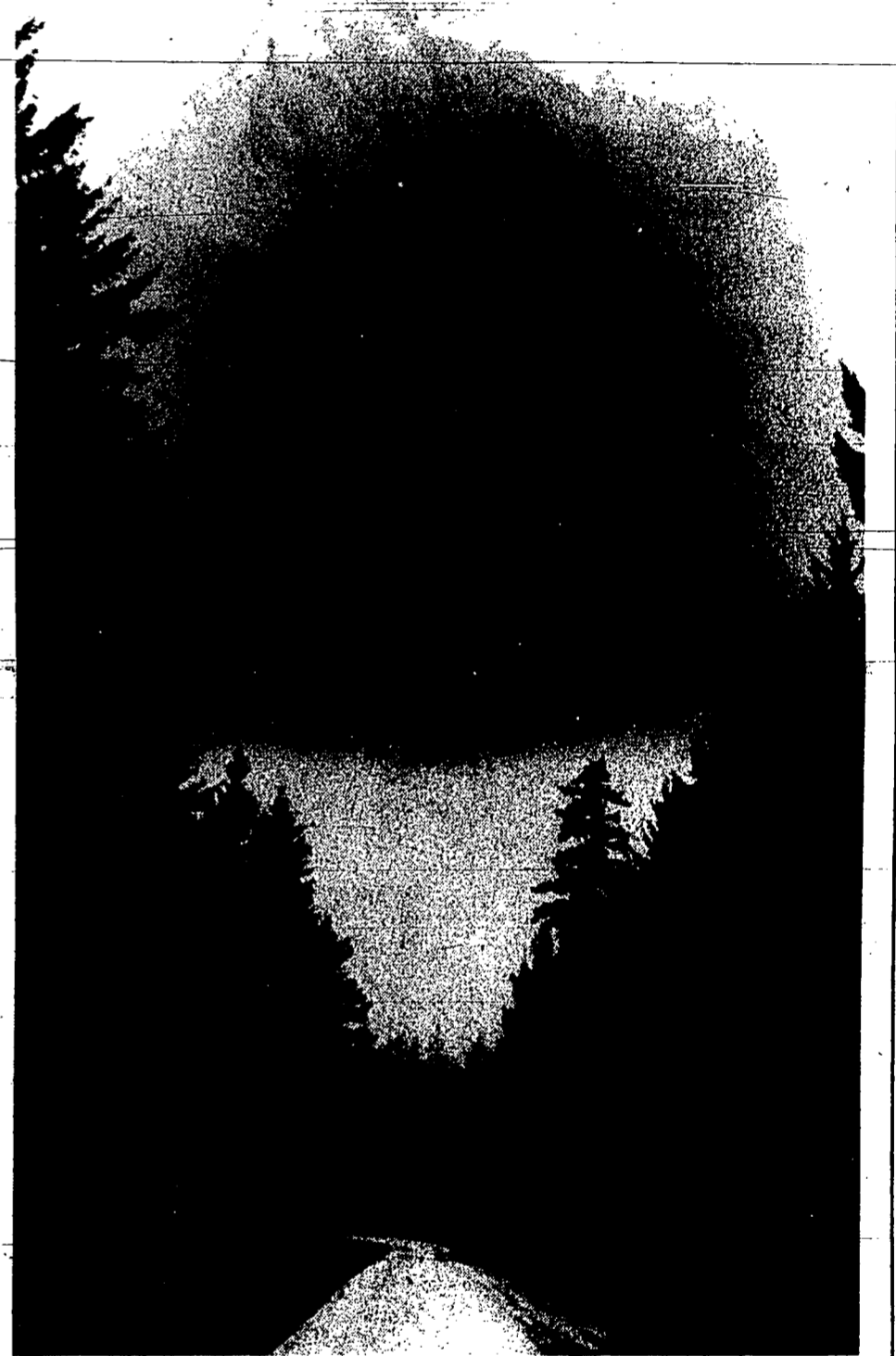
Climbing the hill to Garibaldi Park

Roads

*The road goes ever on and on
 Down from the Door where it began
 Now far abroad the road has gone
 And I must follow if I can.
 Pursuing it with eager zest
 Until it joins some larger way
 Where many paths and errands meet
 And whither then? I cannot say.*

J.R.R. Tolkien

Pictures by Rose Tatlow and Janice Leffler



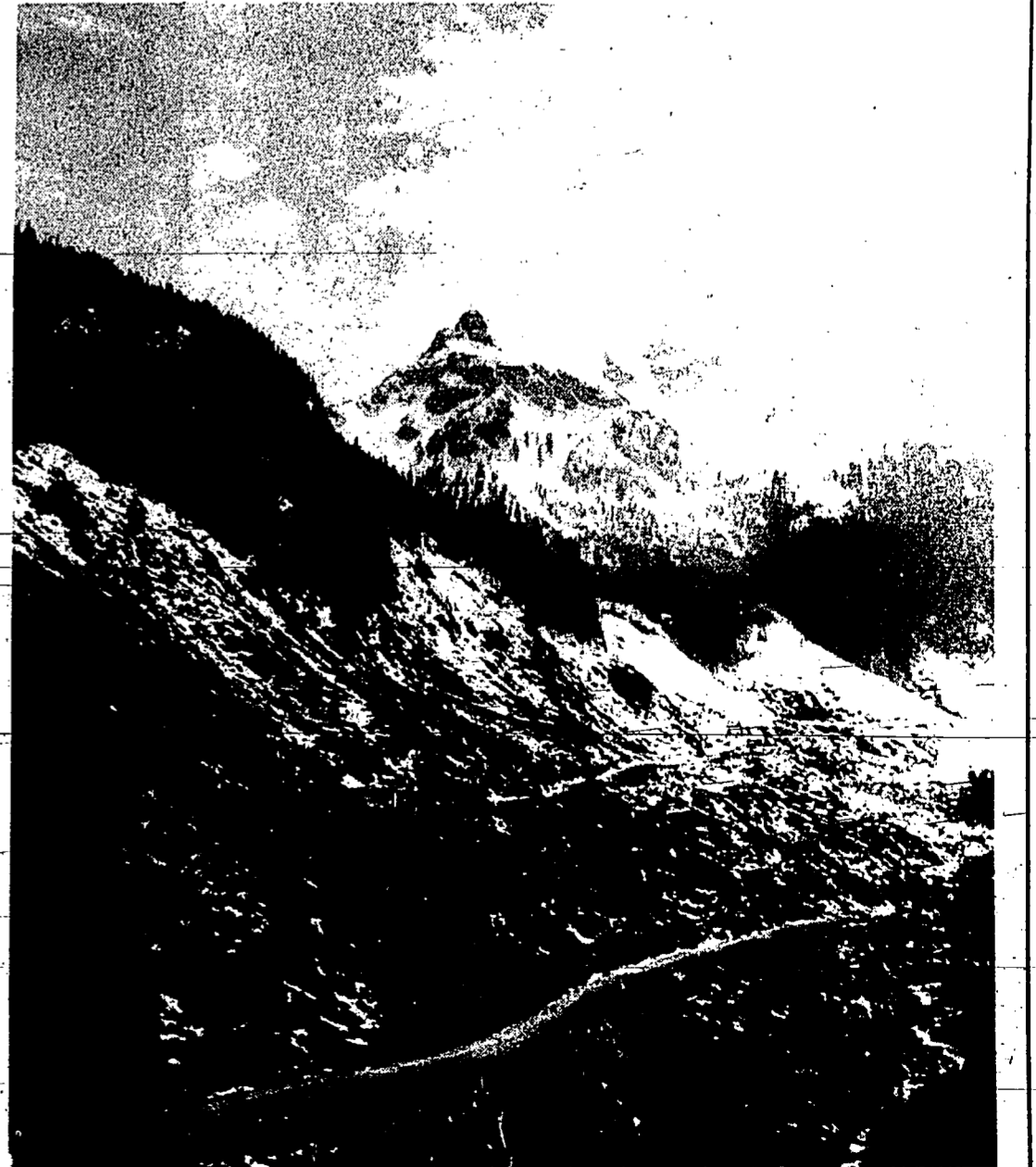
Autumn fog hangs in the valley



Along Lillooet Lake



Snow and shadows ...



Mountain logging roads

the Times

What you should know about diet, exercise

For centuries man has eaten certain foods to improve his physical performance. The ancient Greek Spartans believed that a special bowl of black broth would give them a burst of strength on the battlefield. Even today, some athletes eat generous portions of steak and eggs before a confrontation on the playing field.

None of these methods for instant power have been proven effective — especially for the non-professional sportsman. To achieve top physical efficiency and performance, a balance of nutrients is needed. A surplus or lack of specific nutrients has been shown to have adverse effects on physical performance. If there are no shortages in the daily food line-up, large doses of dietary supplements are not usually necessary either. They do not add to physical

performance and will not correct faulty food habits.

Current research indicates that daily food requirements for the athlete do not differ from those for the light exerciser except in number of calories and timing of meals. Each still should eat well-balanced meals, starting with a breakfast of juice or fruit, cereal with milk and break or roll with spread.

By virtue of his high energy expenditure, the athlete requires greater caloric intake to maintain body weight than the more sedentary person. A higher number of calories may be provided by increasing food intake across the board without in any way significantly altering the proportions of the nutrients in the diet.

The energy needed for normal short term exercise such as tennis,

golf or bicycling is already available within the body in the form of stored carbohydrate and fat.

Therefore, sweets eaten just before sporting events will not necessarily improve performance, but will be used by the body to help replace the energy used during performance. High carbohydrate foods such as pancakes, bread, cereals, potatoes, fruits and vegetables convert to either glycogen which is stored in the muscles and the liver, or to glucose which is present in the bloodstream. Glycogen and glucose are the primary sources of energy in long and short term exercise.

Training and conditioning are known to improve not only the ability to perform but also the ability to use body energy stores.

Untrained sports enthusiasts have been shown to use only a little more than half of their body carbohydrate stores. Trained athletes, on the other hand, do not become completely exhausted, are able to exercise longer, and according to some research, use almost all of their body carbohydrate reserves.

The human body also relies on fat for energy, as fat is a concentrated form of calories. A person does not feel hungry as quickly if meals contain some fat, because on entering the intestinal tract, fat activates a hormone which slows down the emptying time of the stomach. Therefore, eating foods high in fat is not desirable before a strenuous sport since energy from fat is not easily released and is not as efficient. Conversely, if you're trying to reduce, you must exer-

cise a long time before you burn off even one calorie of fat. To lose one pound of body weight, a man of 150 pounds must burn 3500 calories—the equivalent of eight hours of bicycling!

One of the hardest myths to dispel, relative to athletic nutrition, is the belief that substantial supplements of protein are necessary for meeting the energy demands of heavy exercise. The job of protein is to build and repair muscles, not supply energy. Excess protein intake can actually deprive the athlete of more efficient fuel provided by carbohydrates and can induce hydration, loss of appetite and diarrhea. This is why eating steak in preparation for a rigorous ball game is not as desirable as consuming a balanced high calorie meal.



Cats are on the job daily getting the Stawamus River back to its original size. The gravel in the foreground was covered in water prior to the start of the restoration work Feb. 16.



Restoration work has begun on the Stawamus River. It is being returned to its pre-flood condition after it swelled during high waters late in 1981. The work is being done under the emergency program and is expected to be completed by March 15.

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Check on rust, the sneak thief stealing your car

There is a silent thief slowing and stealthily stealing your car. Mechanical wear and tear will not condemn most cars to the scrap heap; it will be that silent thief, rust.

In the past, many people traded in their cars before the rust signs became noticeable and subsequent owners accepted the possibility as part of driving a used car.

Today, with prices rising rapidly, fewer people are trading as often and motorists are having to face the fact that rust may cause safety problems and lower the car's resale value.

Carbon dioxide, chlorides, sulphuric and many other impurities in the air contribute to rust corrosion, with salt and B.C.'s high humidity speeding the process.

Many car manufacturers are taking steps to prevent rusting on their products, but even their best efforts can eventually fall prey to this eating away of the metal.

To help guard against rust attacking the finish and the underside of your car, you try the following:

- ★ Before winter sets in, give the outside finish and chrome a good coating of wax as a protective agent. A silicone-based, clear

spray will also protect your car's finish. This can be done professionally or by the car owner. Most of these finishes are guaranteed for about 3 years.

Chrome-plated parts, such as the bumper, should be rubbed with a kerosene-dampened cloth to seal the surfaces.

- ★ One of the best ways to protect a car against rust is to have it rustproofed. This should be done when the car is new. An oily, wax-like substance is sprayed inside doors and all rust-prone surfaces, including the suspension and chassis. This should be done by a reputable firm specializing in the procedure.

Rustproofing should not be confused with undercoating, which is primarily used to decrease road noise by coating the underside of the car with a sound-deadening substance. Undercoating might even increase corrosion by trapping moisture against the metal frame or by forming water-holding crevices when it dries and cracks.

- ★ Your car should be washed at least once a week during winter. After washing, wipe all doors, trunk and hood edges with a cloth

dampened with windshield washer fluid. This will remove any salt missed in the washing. Both the finish and the underside should be hosed to remove all traces of salt. Particular attention should be paid to the inside of the mudguards.

- ★ If using a commercial car wash, make sure it does not use recycled water. If it does, this could contribute salty water over the whole car.
- ★ Wet carpeting can hold moisture in contact with the metal floor of the car. If carpets become wet, remove and dry them out before installing. Rubber mats help prevent moisture from snowy or wet boots from reaching the carpet.
- ★ It is best to keep your car in a carport, in a well ventilated, unheated garage or outside. The cold metal tends to inhibit the rate of corrosion.
- ★ Touch up any nicks or scratches with enamel paint. Do this only when the temperature is between 16 and 26 degrees Celsius (60 to 80 degrees Fahrenheit).
- ★ Following these procedures, should go a long way toward avoiding some of the problems associated with rust corrosion.



Garibaldi Highlands students make posters for their Fun Fair March 12 from 5:30 to 8:00 p.m. The winning posters will be put up in town to remind people of the event. Winners were, front row-left to right, Renee Walton and Douglas McCright, second row-Kari Lima, Amanda Staton and Nicole Giese, third row-Alana Harley, Christine McCright and Adam Greenless, back row-Jason Van Montfoort, Andrea Hoff and Dale Ethier.