



The Record-Gazette

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"Live" Television Arrives

After tonight, important news events anywhere in Canada will never be more than a flick of the dial away.

Tonight, the North Peace joins millions of other Canadians who enjoy the wonder of television — first class. After only three months of "canned" television, the Canadian Broadcasting Corporation fulfills its promise to the Peace River Country and introduces live television coverage.

A flick of the dial — and the cheers and action of a National Hockey League game fill your house; or it may be the happy smile of a kiddies' program. It doesn't matter. The point is, as it happens, we see it.

But while those in the immediate Peace River and Grande Prairie areas marvel as once again the wonders of television unfold, viewers in the Manning and High Prairie areas will strain to catch a glimpse of live TV.

This may be television first class, but to

them it's just the same: "lousy", as one resident of the Manning area described it.

CBC has fulfilled its pledge to bring television to the Peace River Country and those who enjoy the first class reception will have nothing but praise for the corporation. But actually, the job is only half completed. The other half will wait until Manning and High Prairie receive television coverage that parts the rest of the Peace River Country.

Tonight marks another milestone for northern Alberta. What could there be than this for CBC to announce its intention of finishing its northern television assignment and extending coverage to Manning and High Prairie.

The extra equipment which is necessary to include these areas will be costly. But the Peace River Country was promised first class television coverage — and no one can deny that Manning and High Prairie are in the Peace River Country.

Good Shape, Good Health

There's far more to a shapely figure than meets the eye!

The well-proportioned size 12 or 14 tripping gaily down the street not only looks good but nine times out of 10 feels good too. A good figure is usually synonymous with physical fitness.

A healthy mental outlook usually accompanies a good figure as well. As Mrs. Bonnie Prudden, founder of the Institute for Physical Fitness in the United States pointed out during her recent visit to Ottawa: "When a woman loses her figure she loses her pride."

And a good shape is also important for men. "A man that lets his figure go has no respect for himself and if he has no respect for himself then he has no respect for you."

There is no secret formula for a good figure or physique. Daily exercise and a proper diet are the main ingredients.

Exercising 30 minutes a day — not even all at once but in 10 minute periods — is plenty. Even in the depth of winter, there are many invigorating and relaxing sports which both men and women can enjoy and which will help them keep in shape. Skating, curling and skiing can be made into family sports rather than sports for the youngsters, and community volleyball, basketball and badminton tournaments are exciting as well as exercising.

Many centres have dancing school — classical ballet or modern — for married or career women who are tied down to a daily home or office routine. Even a brisk walk around the block each day is better than nothing.

Canada's Food Rules should be one's guide as far as diet is concerned. These rules state that the daily diet should include:

1. At least one pint of milk each day for children, one and a half pints for adolescents and one-half pint for adults.
2. One serving of citrus fruit or tomatoes or their juices and one serving of other fruit.
3. At least one serving of potatoes and at least two servings of other vegetables, preferably leafy, green or yellow and frequently raw.
4. One serving of whole grain cereal and at least four slices of bread with butter.
5. One serving of meat, fish, poultry and meat alternatives such as dried beans, eggs and cheese.
6. Liver frequently, and eggs and cheese at least three times a week.

Such a system provides all the vitamins one requires (except for growing children or expectant mothers who may require additional vitamin D). And some of each of these foods can be eaten every day and the diet still kept down to 1,000 calories.

capital report

JOHN WARREN

EDMONTON — About 300 New Democratic Party supporters gathered in Edmonton on the weekend to select a leader and draw up the program they hope will win them new support in the provincial election expected next June. As this is written the leader had not yet been chosen but Neil Reimer, president of the party since it was formed almost a year ago, was favored to win the post.

In announcing he would stand, Mr. Reimer said he feels the party is well organized and equipped to fight a provincial election and become the official opposition in the next Legislature. He charged the Social Credit government with turning a deaf ear to the farmer, rebuking the worker, forsaking the small businessman and looking upon education as a chore rather than a golden opportunity.

He said Alberta should remove the price tag from education and add that the administration of schools could still be handled by local boards while the province paid the cost. A new system of net royalties from oil production could help raise much of the money required.

The labor leader said university

education should be no more costly than high school education is now. But he said during a later panel discussion many persons don't need the education they receive to perform certain jobs. He and Welfare Minister L. C. Halmrast agreed that some municipalities set high educational standards for jobs requiring little skill. Mr. Halmrast said the situation has increased the number of persons on relief.

The panel discussion was sponsored by the Council of Community Services in Edmonton.

William McLean, an Edmonton school teacher, Floyd Johnson, former CCF leader and Ivor Dent, an assistant school principal in Edmonton, were among those slated to contest the leader-

ship of the New Democratic Party.

The cabinet met in a special session last week to hammer out budget estimates. It is expected the government will try to keep 1963-64 costs down to about \$370,000,000, some \$16,000,000 more than last

year. Help in the form of new prison facilities may be in store for the province.

Construction may begin this year in the foothills west of Edmonton.

Construction may begin this year on a minimum security jail.

Public works crews have completed a study of the deserted town to determine the cost of putting buildings into shape for the camp. Sewer lines were found in good condition but water lines, installed 28 years ago, are not serviceable and plans call for drilling of several wells.

Department officials said three main buildings in the town will provide accommodation and eating quarters for about 100 prisoners and don't require many renovations.

The government will lease buildings from a non-operative company for the jail. The attorney-general's department began its studies for use of the abandoned town as a central camp for the prisoner-staffed bush camps last fall.

Premier Manning and the premiers of Saskatchewan and Manitoba will meet with Prime Minister Diefenbaker in Ottawa in mid-February to discuss abandonment of branch lines by the railways. The meeting was originally scheduled for Jan. 28 but Mr. Manning couldn't make it.

He said the meeting called by Mr. Diefenbaker after a request

by the prairie premiers for it, did not give much time for preparation before the original date. Mr. Manning described the meeting as "of the greatest importance for Alberta." The prime minister said legislation affecting western transportation would not be introduced in parliament until the three premiers have had a chance to study it.

Struggling new industries in Alberta last year received \$1,300,000 in aid from the government's Provincial Marketing Board.

Board chairman J. R. Fleming said last week the board has made \$15,000,000 in low interest loans available in its 20 years of operation.

Assistance is normally given through the government purchase of stock for new manufacturers

STATEMENT FROM THE BOARD
Peace River Health Unit No. 21

At the monthly meeting of the Board on December 11, 1962, unanimous approval was expressed concerning the question of extending the boundaries of the Health Unit to include Improvement District No. 147, that is essentially the Fort Vermilion, Rocky Lane and High Level areas.

This decision was later referred to the Department of Public Health in Edmonton for their consideration. Recently discussions were held in Edmonton regarding the possible inclusion of Improvement District No. 147 into the Peace River Health Unit, however, we have been advised that the Minister of Health has decided against any extension of the present boundaries of this Health Unit.

We recognize the need for Public Health services to be available to the citizens of Improvement District No. 147, as they are in areas of the Province that are within Health Units, hence our willingness to extend our area. However, it must be realized that final decisions in matters of this sort rest with the Minister of Health, and we must abide by them.

Improvement District No. 147, therefore, remains the responsibility of the Department of Public Health in Edmonton, and the Peace River Health Unit can offer no further assistance.

Signed
Mr. J. F. Smith,
Chairman of the Board.

the week at ottawa

G. W. Baldwin, M.P.

Like many other people in the world, I was deeply shocked to hear of the death of the Rt. Hon. Hugh Gaitskill, the Leader of Her Majesty's Loyal Opposition in the Parliament of the United Kingdom and of the Labour Party.

I met Hugh Gaitskill on several occasions, but got to know him quite well at an international conference in Bermuda last winter. American and British Parliamentarians met to discuss in an informal and private way various world problems.

In all respects an unassuming and quiet man, Hugh Gaitskill appeared to be the very antithesis of what I had always expected the leader of a militant socialist party to be. But after some time it was quite obvious that this man had strong moral fibre which he surely needed in his desperate struggle over several years to consolidate his position as Leader of the Labour Party — and to acquire the international as well as the domestic stature which became his.

Having done all this and, having seen the problems which beset and the consequent weakening of the United Kingdom Government, it began to look very much as if he might be the next Prime Minister of Britain.

These facts were very much in my mind when I thought of some of the statements he had made to us in connection with the cold war, the reorientation of Russian and American policy, the course of international trade and the Common Market and how correct he had been in his assessment of the course of events. In particular, I cannot forget his comments on the American Community and the bid by Britain to cross the channel into Europe and the direction that the Common Market would take. These are issues which affect us in Canada so deeply and so vitally.

Will this new force in world affairs be outward looking, receptive to free trade principles, willing to accept its full share of responsibility as a forward and turn inward, construct a high tariff

around the boundaries of Europe and be restrictive in word and deed?

We in the west and in Canada, and certainly our people in the Peace River, are so deeply affected by this issue. Our wheat, minerals, lumber have for many years had a market in the resource hungry industrialized millions in the old world.

These resources, which we sell, many of them renewable in nature, are produced and processed through imaginative and skilled methods of production which we in the Peace River country, for example, have learned in the hard school of trial and error over the years. They have brought wealth to us which we in turn used to buy the commodities, many from Europe and other parts of Canada, so that we could build up our communities and expand upwards our standard of living.

This is the basis of world trade and on it rests the foundation of a free and prosperous and healthy world.

But, from time to time, the dark clouds of bitter economic nationalism come upon us and certainly there can be no greater anxiety than the fear that the common market nations may be turned away from the rest of the world and, should this prove to be the case, it may have serious consequences.

It is this reflection that causes many people to mourn the loss of people like Hugh Gaitskill, who would have played such a great part in the years that lie ahead.

Letter To
The Editor

Berwyn, Alberta

Editor,
The Record Gazette

I received a letter dated Jan. 22 1963 from the Hon. H. E. Strom, Minister of Agriculture for Alberta. In his letter he stated his department had limited funds with which they could develop community pastures.

When referring to areas which we have requested for development to community pastures, he stated: "I assure you we will proceed to develop these areas as and when we will be able to in view of other commitments which we received prior to yours."

At a meeting at Fairview Jan. 23, 1963, sponsored by the Department of Land and Forests of Alberta, Mr. Montgomery, M.L.A. asked Mr. Kreiger of P.F.R.A. if they would now come into Alberta to develop community pastures.

Mr. Kreiger in his reply said no agreement had ever been reached with the Province in that regard.

Dr. Wood, Director of Lands, then spoke to Mr. Montgomery's question. He stated several reasons why the Province preferred to develop their own pastures.

I believe that most pastures that have been developed by our Provincial Government, have been in natural grazing areas where the cost would be low. Now when we request pasture development in bush land they have not sufficient funds for such high cost work.

Perhaps now would be a good time for our Government to look to the Province of Saskatchewan. This Province has both Provincial and P.F.R.A. operated pastures. The P.F.R.A. have developed pastures in bush land as heavy as any we have in Alberta.

It should be of no concern to the farmers whether the Provincial or Federal Government develops our pastures, if we get them now when we could use them.

Yours truly,
Roy Webber

The homicide rate of the United States is more than twice that of Canada and Australia.

One of First
Fahler Settlers
Dies at 74

McLennan (Special) — One of 14 pioneers who first filed homesteads in the Smoky River municipal district, Vezina Gamache of Falher, died in hospital here January 17 at the age of 74.

Mr. Gamache was a member of the group of 14 who first filed homesteads in 1912 in what is now the Smoky River M.D.

The group is mentioned in J. G. MacGregor's book, "The Land of Twelve Foot Davis."

In the early days, Mr. Gamache worked at the Roman Catholic mission at Grouard and later on the Peace River highway.

He also freighted with oxen from Athabasca, then end of steel, to Grouard on Slave Lake.

Later he moved to Falher where he operated a general store and an auctioneering business.

Well known for his civic interests, Mr. Gamache was a member of Falher town council for

15 years.

He was also president of Falher Trading Co. Ltd., from 1921 until his death.

Mr. Gamache was born at St. Gregoire, county of Iberville, in Quebec on July 28, 1888. He attended school at St. Gregoire and later at Fall River, Mass., after his family moved to the United States.

In 1916, he was married at Falher to Delina Brulette.

He is survived by his wife; three sons, Denis and Philip, Falher; Emile, Edmonton; seven grandchildren; one sister, Amanda, Montreal.

Funeral services for Mr. Gamache were held January 19 at Falher. Rev. Father Prieur, O.M.I. officiated.

URGE BRITONS SEEK ADVICE
FROM CANADIANS ON HOW
TO DEAL WITH WINTER
News Item

OBITUARY

Askev B. Dixon

Funeral services were held in St. Bartholomew's Anglican church, Grimshaw Jan. 15 for Askev B. Dixon of Grimshaw.

Mr. Dixon died Jan. 12 in Berwyn Municipal hospital at the age of 76.

Born in England, Mr. Dixon was a long time resident of the Griffin Creek and Grimshaw districts.

He was married March 23, 1919.

His wife, Ida, survives him.

Mr. Dixon was a member of the Anglican church and of the Royal Canadian Legion.

Among his survivors are: his wife; one daughter, Mrs. J. T. Lancaster; three sons, Fred, Edmonton, Tom, Grimshaw; and Bill, Dawson Creek; one brother, George, Victoria, B.C.; two sisters in England; and 12 grandchildren.

Burial was in Grimshaw cemetery. Funeral Home was in charge of arrangements.

Home owners in the United States are spending \$6 billion, \$900 million for home repairs and improvements.



"Just ignore it and it'll go away"

dry clothes
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Put sunshine in your basement with an automatic Gas Clothes Dryer. Keep the sunny days for leisure and pleasure, use the dull days for laundry using the sunshine-clean heat of gas. The clean, blue flame of natural gas is even better than sunshine for drying clothes, for you control the heat — no worries about fading or discoloration, and you save on wear and tear of clothes. Your gas dryer dries for just pennies a month too!

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