

Provost  
Fans Fill  
Bleachers at  
Provincial  
Volleyball  
Action

14



## INSIDE . . .

<i>Fewest Alberta Voters Here in PC Contest.....</i>	<i>10</i>
<i>Classifieds .....</i>	<i>26</i>
<i>Two Volleyball Teams Go to Provincials .....</i>	<i>4</i>
<i>Employment/Careers .....</i>	<i>11, 12 &amp; 13</i>
<i>Network Top Stories .....</i>	<i>27</i>
<i>Oil Patch Directory .....</i>	<i>7, 8 &amp; 9</i>
<i>Deaths . .....</i>	<i>3</i>



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Together  
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## Legion Branch Disbands

Dwindling veterans triggered the decision to disband the Provost Branch No. 85 of the Royal Canadian Legion to disband last month.

President of the local branch for the last five years, Cal Fulmore, who recently celebrated his 90th birthday told *The News* in an interview at Hillcrest Lodge that the branch was closed on October 12.

He was visiting with fellow WWII veteran Ab Burton at the

time of the interview and they both said that remaining funds will be divided up to local groups in the community.

The groups that will receive a portion of the remaining funds will be the local nursing home, Hillcrest Lodge, the Provost Cemetery and the Provost and District Ministerial Association.

There were seven local veterans

*A trophy brought home a lifetime ago, this gun still hangs in the Legion Hall. Editorial, P. 2*

©PROVOST NEWS FILE PHOTO.

left who were Provost Legion members as well as some associate and other members who do not live here.

Fulmore says that the Town of Provost will be entrusted with books or other property and they will be put in a box and locked up in storage in case the legion is  
*More Legion P. 6*



## Cross Country Canoe Trip • Will be 4 Year Adventure



Two people are testing their tent and equipment and are studying maps north of Provost as they prepare for a cross country canoe trip that will see the husband and wife team travel on salt water, rivers and other waterways beginning next month.

Pam Harrison MacDonald and her husband Geoff MacDonald plan to paddle and portage with their canoe and dog from Victoria B.C. on Canada's Pacific Ocean to St. John's, Newfoundland on the Atlantic Ocean.

The pair, who were married at Pak and Allyson Wong's farm home in June are both 31 years old.

Some of the major waterways they will paddle across will be, in addition to the major salt oceans: the Fraser River, the Albany River, (Ontario), South Saskatchewan River, Meleze River (in Quebec), James Bay, the Labrador Sea, and Lake Winnipeg.

When they approach the Rocky Mountains they will have to carry the canoe on their backs through a pass.

*More Bears Main  
Concern P. 4*

### Testing the Waters

Taq the dog (centre) will mediate any disputes on a long Canada-wide canoe trip powered by Pam Harrison MacDonald and husband Geoff MacDonald—who test their oars on a dry but snowy, frozen ground. ©PROVOST NEWS PHOTO.



# Bears Will be Main Concern

From P. 1

The newlyweds are estimating that they will spend three or four years on the trip but do plan to return home on occasion a couple of times each year to see family and friends.

The pair told *The News* in an interview that during this first winter they will be paddling down the coast of B.C. but next winter when they are travelling inland, when the rivers are frozen they expect to be camped somewhere near the Bow River west of Calgary and will spend time snowshoeing and exploring. When they eventually reach northern Ontario and Quebec during another winter they will have their dog, an Alaskan malamute, now one year old and named Taq, help pull them via sled.

The couple say they don't know anyone who has completed this trip from coast to coast, (but there could be

adding that others have done pieces of such a cross country expedition.

Geoff, who has done geology work for EnCana Corp. was asked why he's doing this. "I don't know" he answered—but Pam, who had been a senior operations analyst for Coral Energy (a division of Shell) says she wants to do it to get a good experience of Canada and "all aspects of its geography. It's amazing . . . the adventure."

Both have worked hard over the last two and one half years in Calgary to save money for the trip and will embark next month, likely taking a truck to the West Coast with their equipment.

They have been mulling such an adventure over for about a decade and have been friends for nine years.

**Provost News:** What is this going to cost, or how much will be spent on the trip?

**Pam and Geoff:** We don't really want to say how much but just for the topographical maps alone, we spent between \$7,000 to \$9,000.

**PN:** What will be your main challenge or concern?

**P & G:** Bears, the weather, injuries.

**PN:** Will you carry a cell phone?

**P & G:** We'll have a satellite phone for emergencies and to keep in touch with family. It's expensive to run, though.

**PN:** Can you tell us what main equipment you'll need?

**P & G:** The new canoe and tent, a very light titanium wood stove, dry suits for cold weather and sleeping, a shotgun for protection and fishing gear.

**PN:** Will you see many people on the trip?

**P & G:** On portions of it we may but sometimes we will see no one else for weeks . . . maybe up to three, six or eight weeks at a time.

**PN:** Do you speak any languages other than English?

**P & G:** We both speak a little French.

**PN:** Do you have some experience outside?

**Pam:** I lived outside in the woods for a year in New Jersey and built shelter with my own hands and gathered food.

**Geoff:** I've done canoeing expeditions and conducted guiding for others.

**PN:** Will you still be friends when this is all over?

**P & G:** During the trip our dog Taq will be the mediator. We are both pretty good at doing our own thing.

Pam's mother Allyson Wong walks through her kitchen during the interview. **PN:** What do you think of this? **Allyson:** "If you have the chance, more power to you (she then looks at the couple) . . . be well and safe—and if not — come home."

Outside, the interview winds down and Pak Wong drives into the yard. **PN:** Are you going too? **Pak:** "I'm not going. There's no room for me."

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## A DENTAL X-RAY MAY SAVE YOU FROM A STROKE!

Dental x-rays are safe to patients, dentists and dental staff, and they may discover more than just cavities.

X-rays also referred to as radiographs, continue to be safe. Universal guidelines have been set out by government and dental regulatory bodies to protect patients and the dental team. These guidelines have been adopted to minimize exposure to radiation.

No cases of dental staff or patient radiation illness resulting from x-rays has ever been found in Canada. Regulatory bodies keep strict guidelines and carefully monitor dental offices to ensure that staff taking the x-rays is certified and that proper x-ray procedures and maintenance are used.

Why do dentists take x-rays for each regular visit? Changes are constantly occurring in the mouth and updated x-rays are required. The dentist not only looks for signs of tooth decay between the teeth, but also the bone support around the teeth and abnormalities with the jaws, sinuses and other structures. It's impractical to do a complete examination, especially on a first visit, without radiographs.

Dentists take a limited number of x-rays, usually only 2 or 4 bitewings (a view that shows both top and bottom teeth on the same side). If more radiographs are required for a specific situation, or for a more accurate diagnosis of a more serious problem, dentists should discuss this with the patient.

New studies have shown that normal dental x-rays may also be able to screen patients for the possibility of strokes. The x-rays are able to show calcium deposits in blood vessels in the neck that could lead to a stroke.

If you have any questions about the x-rays taken at your dentist's office, or the regulations governing the use of routine x-rays, be sure to ask your dentist.

822-12-11/29/1

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# CHOOSE THE ALBERTA YOU WANT

**Ted Morton • wants to pull the RCMP out of Alberta communities, and create an Alberta police force.**

**Jim Dinning • believes the RCMP have a proud history and we should keep them in Alberta.**

**Ted Morton • supports a health care system where people purchase services "with their own money".**

**Jim Dinning • supports Canada's public health system.**

**Ted Morton • wants a "firewall" around Alberta.**

**Jim Dinning • is an uncompromising defender of Alberta's interests - but always within a strong, united Canada.**

**Ted Morton • wants Alberta to pull out of the Canada Pension Plan.**

**Jim Dinning • believes it is an unnecessary waste of our dollars for Alberta to pull out of the plan. Jim supports Alberta staying in.**

Vote for the Alberta you want this Saturday 9am - 7pm.  
PC memberships available at the polling station.



THE ALBERTA WE'RE READY FOR  
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