

Public workshop aims for Nechako input

The Fraser Basin Management Board hopes it may have a way of getting the public participating in drawing up a water management plan for the Nechako River watershed.

"We'll be hosting a public workshop of sorts in Stoney Creek, just south of Vanderhoof, on May 13. We have invited local stakeholder groups, namely the users of the Nechako Watershed, to join in. As well, the provincial government has indicated it'll be participating," says Joan Chess, the board's regional co-ordinator for the Upper Fraser Basin.

However, she says neither the federal fisheries department nor Alcan have said they'll participate, but she's "really hopeful" they will sign on.

"This is more of an exploratory meeting; to assess what the outstanding issues

are in terms of water management on the Nechako River basin and discuss possible solutions, if there are any, in resolving those outstanding issues."

She says if no one is willing to have the Fraser Basin Management Board spearhead the process, board members will just "pack up everything and go home."

Who will be attending the workshop on the board's behalf will be determined at its April 12 meeting.

The theory so far has the support of the two regional districts - the Fraser-Fort George Regional District and the Bulkley Valley Regional District - and the province.

The idea, she says, developed from a report the Fraser Basin Management Board passed on to the B.C. Utilities Commission last

year, in which it suggested the Nechako River be managed under a "watershed approach."

In the meantime, deadline for a settlement between the provincial government and Alcan Aluminum on the Kemano Completion Project has come and gone.

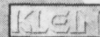
"Both parties have worked hard to reach a final settlement, but it just didn't happen by the March 31

deadline," says Education Minister Paul Ramsey, cabinet's point-man for KCP.

"But we are sticking by our position that KCP is dead."

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Council Committees

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Resumes in application for vacancies on each of the following City Council Committees will be considered at the Regular Council Meeting, scheduled for Monday, April 29th, 1996.

ART GALLERY BUILDING COMMITTEE

For persons interested in monitoring the budget, program and schedule of development for the Art Gallery project.

ENVIRONMENTAL ADVISORY COMMITTEE

For persons who have an interest in providing leadership and direction in developing and achieving environmental goals for the City of Prince George.

FOREST FOR THE WORLD COMMISSION

For persons interested in creating public awareness of the forests in the City and the Province.

NECHAKO AND FRASER RIVER VALLEYS COMMITTEE

For persons interested in monitoring the developing use of the Nechako and Fraser River Valleys and providing information as requested, to the inter-Governmental Fraser River Management Program.

SPECIAL NEEDS ADVISORY COMMITTEE

For persons interested in assessing and examining the situations of people with Special Needs in Prince George and to work at overcoming barriers to the full participation of those persons in Community life. Preferred applicants for this committee would be those who could represent agility, sight or mental disability groups.

Persons wishing to serve on a Committee are requested to submit a letter of application to the Recording Secretary, Administrative Services, City Hall, 1100 Patricia Boulevard, Prince George, B.C. V2L 3V9, by 12:00 noon on Friday, April 19, 1996. Please note that letters and resumes submitted for consideration by Council are printed in the public Council agenda. For further information on any of the above committees, please contact Christine Cutts at 561-7782.

IS IT AS GOOD AS THEY SAY?

One of the most popular herbs in the world today is the herb Ginseng. Even here in B.C. one cannot drive through the province without failing to notice the huge parcels of land covered with dark protective netting used for growing Ginseng. Now popular in North America, Ginseng has been used by the Chinese for more than 5000 years. Ginseng is said to be useful as a tonic, helpful for menopause, for energy, diabetes, impotence, stress, enhancing the immune function, stimulating the appetite, improving blood circulation and normalizing blood pressure.

Research has shown that the active ingredients in ginseng are ginsenosides. The higher the quantity of ginsenosides, the better the quality of ginseng. Many brands of ginseng on the market today list the amounts of ginsenosides so that the buyer can compare the amounts of active ingredients. Some brands also give money back guarantees that you will notice a difference in energy after using their ginseng.

While most people notice significant increases in energy while using ginseng, some people find that if they take ginseng in the evening that they have trouble sleeping due to the ginseng being too stimulating and would therefore want to only take the ginseng in the morning. It is also suggested by some herbalists that if you are taking ginseng for long periods of time, give your body a rest from the supplement from time to time (usually four weeks on - one week off).

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