

## Operation: environmental defence As toxic northern radar bases

It would be a six-year project," Cartan said.

The MNR's most recent cost estimate put the project in the realm of \$60 million, however, that may no longer be the case.

"That was a few years ago," he said. "So it is going to be more than that now."

Most of the radar bases are situated along the Hudson Bay and James Bay coasts.

There are two more southern sites, one along the railway between Cochrane and Moosonee and the other just north of the Ramore area.

While most of these sites are out of the general public's view, its environmental impacts have been crippling to the people of Ontario's far north.

For Daniel Koostachin one site near his home of Peawanuck has forever disrupted his family's lifestyle.

Koostachin's father had about 12-square kilometres of traditional land he used as a trap line.

Today, not a single inch of that land can be used.

What wasn't destroyed by the construction of the radar base, has been contaminated by the chemicals that DND left behind, he said.

"They came in and destroyed everything," he said.

"Everything my father had is now gone."

Koostachin's father died in the mid-'80s, but until his death he fought the federal government throughout his elderly life. He started by trying to bargain with DND.

"My father said if they got off the land and if they moved everything away he would give them \$2,000," Koostachin said.

When that didn't work Koostachin's father began demanding that he be compensated for the land.

He wanted \$5,000 for the land that he believed was stolen from him. But without a lawyer and unable to speak any of Canada's official languages, the Cree elder could not reach any kind of settlement before his death.

Koostachin wants to continue his father's fight, however, without a lawyer or the means to obtain legal advice he said he feels lost within a legal maze.

The site near Peawanuck is a mountain of rusted barrels. Some 50,000 of these drums have been left near the Winisk River and thousands have already rusted out its contents, said NDP MP Charlie Angus.

Angus said he couldn't verify Koostachin's claim to the destroyed land near Peawanuck, but it's a story shared by possibly thousands of people.

The blood levels of fish and animals near some of these abandoned radar bases have 16,000 times the allowable level of PCBs.

"It's a horror story," Angus said. "The federal government kept an eye on this for years and never told anyone - they simply issued occasional warnings for people not to eat the fish."

The warnings alone are meaningless.

Wild meat and fish make up such a major part of the diet in the far north that a simple warning, in English, won't help anyone, he said. But negotiations for a cleanup plan continue and Angus admits that it's the best news the ongoing clean-up story has ever had.

The province wants to take care of the cleanup using 50-50 cost sharing model between it and the federal government.

That cost-sharing model is the backbone of the negotiations.

In the past, however, DND hasn't been keen on that model.

For decades the responsibility of the toxic radar base sites has been in limbo between the federal and provincial governments.

The fact that DND has openly agreed to participate in negotiations with Ontario's MNR is "a really big step in the right direction," Angus said.

"We have taken the biggest step, and that's getting the federal government to recognize it has a responsibility."

- Timmins Daily News

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The 32-year-old Linna since three years ago, a freelance journalist, working irregular hours, without law, and then on the match weight of 60 kilograms. Linna also know that their attention diet, cynically caused by eating fast food, but a busy simply too busy to think up good food, fast food can only take a pass. Question : will eat fast food obesity?n

Although there is still more like oatmeal accompanied, but still listened to the experts eat two tartlet. In fact, most are not accustomed in the morning drinking coffee, because they have been accustomed to the afternoon or evening drink, but later I felt that I drink coffee stomach bun bun, to the extent approaching lunch time I did not feel that hungry, and only drink some water.n

Expert Comments : tart fast food which is relatively nutritious food, although the relatively high heat, but the morning to eat all day can guarantee abundant energy, while two tartlet contains 850 mg of sodium intake morning after not only have sufficient time to digest and absorb, but also make a morning Linna It will not be hungry. Linna eat lunch half a hamburger, thanks to the abundant breakfast, noon less intake of 125 calories a. Dinner s apple pie and canned tuna can guarantee balanced nutrition, but fast-food restaurants are fruit desserts plus a syrup or juice leaked, apple pie calorie content of the fresh fruit two times, but cellulose has to be a corresponding decrease, so it is still good to eat less.n

Expert Comments : Breakfast same intake of high-calorie food, thus making it less noon Linna half of the intake of calories, and the fish dinner Hamburg and skim milk contains high protein, but other than heat Hamburg and milk is much lower. Although fries is the most unhealthy food, but if strict control will only make her desire to eat more, the risk of infection control so slowly, gradually reducing.n

One week after Linna had lost three kilograms, although the results are not particularly obvious, but both can lose weight while eating fast food to her himself. Although fast food is not healthy food, you should eat less, but Linna slimming this pleasant experience also shows that the fast food itself does not damage your normal diet, but in the choice of some to be more careful, think some more, this will not gained weight, but also may lose excess fat .n

United States, a daily / 4 of eating fast food, and they suffer from cardiovascular disease is the number increasing every year. 3, fast food most of the foods containing salt, is sodium content than other foods is much higher, and excessive sodium intake would increase the risk of suffering from hypertension. 4, whether it is day-to-day diet, or choose to fast food, try to make the meal pattern continually updated, and more to try new tastes.

## About the Author

From [www.thewhig.com](http://www.thewhig.com):

South Beach Diet discussion forum, guides, food list and South Beach recipe for south beach diet beginners.

Low carb diet plan information from Prevention magazine includes a variety of low carb food, low carb menus and diet recipe.

Nutrisystem Nourish weight loss programs are based on the Glycemic Index. Lose weight with nearly 120 delicious foods all rich in good carbs, yet still low.

South Beach Diet plan information from Prevention magazine includes online articles on how the South Beach diet can help with any fitness.

Financial experts David Bach, Jean Chatzky and Glinda Bridgforth offer expert advice to help Americans.

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The exchange system forms the backbone of your diabetes meal plan. Get the details.

The following diet personality quiz is designed to help you identify a weight loss plan that meets your needs. Take the test and determine.

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