Maureen Jensen loves Canada. And she loves mining. And she knows how important it is for her country to continue its relationship with one of its most vital industries.

Jensen, a former Sudbury resident and president of Noble Peak Resources Limited in Toronto, offered up a spirited defense of the industry and a call to arms for Canadians to fight unfair policies and practices that are driving away important investment dollars during a breakfast seminar at the Northbury hotel last week.

Jensen said there are some encouraging statistics as well, such as the fact that 1993 was the first year since 1989 when the number of mine closures did not exceed the number of openings (16 of each). In terms of jobs, 1993 saw a net loss of 650, the smallest job loss in years.

"More encouraging," said Jensen, "is that government officials predict the opening of at least five precious metals mines and as many as four base metals mines in 1994. With five closures expected in Canada, 1994 may be the first year in a long time when more mines opened in our country than closed." Jensen continued on page 2
Big Nickel new home for Inco Coin Collection

Transportation's Tony Pawluch took his sons Andrew and Adam to see the new Inco Coin Collection at the Big Nickel.

When you talk of the Big Nickel Mine, people think of the nickel itself, towering as it does atop the hill overlooking Highway 17 West. But there's another set of coins, smaller in stature but richer in history, gathering a lot of attention at the Sudbury tourist site this season.

The Inco Coin Collection, first donated to Science North in 1984, was unveiled as a permanent exhibit at the mine during the Annual Big Nickel Blast on Sunday, May 17 as part of Sudbury's Mining Week festivities.

Despite rain, wind and cold, more than 500 visitors trekked to the mine to take part in the day's events and view the prestigious coin collection.

"Response to the coin collection was very favorable," said Big Nickel mine manager Shannon Tidball. "We displayed them primarily by country and date with an accompanying explanation for each wherever appropriate.

"One case offered a comparative view of nickel wear versus a silver/copper combination and even a nickel/copper combination. In each case, of course, nickel was shown to have the greatest resistance to wear."

Originally accumulated by the famous Mond Nickel Company at the turn of the century, the collection features more than 3,000 pieces from more than 200 coin-issuing jurisdictions. At the time of its donation, the collection boasted samples of about 90 per cent all nickel-containing coins ever produced and is still one of the most comprehensive collections of its kind anywhere.

Tony Pawluch, a conductor in the Transportation department, marvelled at the coins with sons Adam, 2, and Andrew, 4. "I came here today, aside from the obvious attractions, because I wanted my sons to have the opportunity to see some of the benefits achieved through mining," he said. "After all, it's how I make my living."

The collection fascinated many visitors throughout the day, said Shannon. "Although it is too large to show all the coins at one time, the opening exhibit highlights coins representing famous people such as Lord Nelson, Christopher Columbus, Albert Einstein and buccaneer Sir Henry Morgan. Also represented is the wild kingdom, transportation and a variety of shapes and sizes of coins from around the world."

The most valuable coin in the collection is believed to be the 1921 Australian pattern penny, thought to be worth about $1,500 in 1984. The largest is the copper/nickel 1975 Bermuda $25 coin and the smallest is the 1973 Panama Centistimos. The oldest coin dates back as far as 165-175 B.C.

"With its rich mining heritage, where our people have produced so much nickel for the world, Sudbury is certainly the best place to display such a wide range of nickel coins," said Jerry Rogers, Inco's manager of Public Affairs. "Sudbury couldn't agree more."

"It's a great new feature for the Big Nickel Mine and we hope to continually improve it. We want to update our computer profiles of the collection as well as augment the display with an exhibit demonstrating how coins are made."

The Big Nickel Mine is open daily until early October.

Mining group seeks government cooperation

Mining group seeks government cooperation

continued from page 1

said to protect mining in Canada we need to celebrate our strengths as world experts in mining technology, workplace safety and environmental practice and tell Canadians about them.

A public opinion poll released that 93 per cent of Canadians think it's important for companies to invest in future mines in Canada and almost two-thirds believe that opening a mine is a job creation project that's all but guaranteed to last for decades and guarantees a future for our people tomorrow through employment in our industry and spin-off jobs in other industries.

"Each of us can do something," said Jensen. "We can write to our MP or the appropriate member of our provincial legislature, or sign a petition for government to move ahead on our recommended action points."

Anyone seeking further information on Keep Mining in Canada, brochures, buttons or information kits, can call 800-263-MINE.
Mining Week: Planting seeds for the future

H e couldn't find gold, but he did walk away with an appreciation for fine gemstones, a Keep Mining in Canada button, an Inco scoop tram pin, a neutrino poster, and enough candy to share with his sister Sara who hadn't made the trip.

"I really liked those fancy rocks," said the smiling youngster. "But it would have been great to find some gold."

Business was brisk at the Inco display which was set up in tandem with a Keep Mining in Canada backdrop, an initiative which Inco strongly supports.

Visitors of all ages, compared pictures of mining yesterday and today, learned why declining investment is threatening our industry, asked questions of mining and mineral and left with handouts and literature to raise their awareness.

On Saturday alone, Inco handed out 1,000 tree seedlings to very appreciative mall patrons.

"I was totally amazed by the fact that trees are grown underground," said Liz Pavell, 49, of Elliot Lake. "I've been underground before in Elliot Lake and I wouldn't have believed anything could grow down there."

"We took our Inco seedling home with us and will be planting it by the front garden at the side of the driveway. I think it's wonderful to see environmental considerations taken into account in the mining industry and I think it's important to keep the rest of the world aware of just how important mining is."

"Sudbury has a bad reputation for its landscape but I grew up in an industrialized section of West Cumberland, England, which made parts of Sudbury look exquisite. Regreening is a worthwhile undertaking and its effects in Sudbury are dramatically evident."

The Inco display in particular impressed the entire Pavell family, including 19-year-old Mhari, who found it "completely accessible" to her wheelchair - the result of recent knee surgery. Son James, 18, who didn't accompany his family to Sudbury, was fasci- nated by the mineral sample cards his sister brought back for him.

"Our interest in mining is certainly peaked now," said Liz. "When we return to Sudbury we want to go underground at the Big Nickel Mine."

Another satisfied visitor to the Inco display was 23-year-old university student Dan DeLuca. After having his name chosen from thousands of entries, Dan will bring an Inco pen set in polished drill core with him when he attends Chiropractic College in Seneca Falls, New York this fall.

Ontario Mining Week was officially marked across the province May 14 to 20. In Sudbury, the mall displays kicked-off a week of activities that included a Mining Week Breakfast, the Big Nickel Mine Blast, a Mining Week science fair and reception at Science North, an open house by the Sudbury Rock and Lapidary Club in Naughton, classroom visits by geologists and a print and electronic media advertising campaign.

Volunteering their time and expertise at the Inco mall display were pensioners Bill Brown, Alcide Fournier, Morris Hucl, Harry Knight, Lawrence (Irish) Murray, Ed Sirkka, Mario Villeneuve, Bob Zadow, Severo Zanatta, and employees Aurel Courville, Diane Flynn, Cory McPhee and Jerry Rogers.
The winning team, consisting of Terry Sasseville, left, Gilles Roy, Richard Laurin, Neil Pacaud, coach J.P. Coutu, Yvan Beauchamp and Lorne Drisdelle.

The crowd, including one concerned-looking youngster, gathers around Jason Carr after the competition.

Bob Stacknik, Jerry McElrea and Dermott Kinsella move the patient.

Gilles Roy and Terry Sasseville work on their patient under the watchful eyes of judge Frank Wolt.

Denis Dubois and Dermott Kinsella care for patient Jason Carr's eye injury.

The surface plant team turns the patient over on his side to get him on the board.

W
ten it comes to the McCrea first aid competition everybody walks away a winner - the participants and Inco.

This year, two First Aid teams, one for surface plants the other representing mines, vied recently for the first time in the McCrea competition since the late 1980s.

Organizers and participants said they were pleased with the evening. "I'm happy that as a company we're back into the competition," said Tom Gunn, general foreman at the Laurentian University.

"The McCrea level because we have to use the same props as they use provincially."

Because the Ontario Natural Resources Safety Association (ONRSA) has 14 different competitions in Northern Ontario, a standardized test was needed. A simple picture of a boom truck on a backdrop pinned to the wall to set the scene. "The funding isn't there to be able to supply all of those things so they are restricted to a travelling show," he said.

Terry Sasseville, the captain for the mines team, said they knew what to expect. "The McCrea is a different style of First Aid," the machinist at Divisional Shops explained. When participants ask the judges questions like: "what is the injured person's blood flow rate?" they are not given detailed answers but told "as you see it."

Both teams trained for six weeks before the event in which they found two men injured in a boom truck accident. Terry had expected a more challenging problem. "That wasn't a tough problem but it could have been confusing," he said. "We were looking for a third casualty that would really determine a better team."

Only two casualties, team members split up evenly where as more patients would spread the team thinner.

Judges Don Godd and Frank Wolt of the ONRSA chose Terry's team as the winners that evening but Bob Stacknik, surface team captain and Coleman Mine hoistman, said it best. "They might have won the trophy but we all learned a lot in first aid."

Winning isn't everything and Terry agreed with what vice-president John Kelly told them during a luncheon the next day. "It's a well known fact that a person involved in First Aid safety in any way is a better and safer employee."

The mines team will now wait for the results of the Ontario First Aid safety in any way is a better and safer employee."

The mines team will now wait for the results of the Ontario First Aid Competition. (Provincials in Toronto.)

Tom said there would be one change for next year. "I'd like to provide refreshments. Now we know that we're into it again, I'd like to put on a better show." First aid team members for the surface plants included: P. Coutu (Smelter), Terry Sasseville (Divisional Shops), Neil Pacaud (Matte Processing), Yvan Beauchamp, (Copper Refinery), Lorne Drisdelle (Nickel Refinery), Colette Roy (Claroabelle Mill) and Richard Lounsb (Smelter).

Members for the mining first aid team include: Bob Stacknik (Coleman Mine), Dermott Kinsella (Copacie Mine), Denis Dubois (Coleman Mine), Jerry McElrea (Cree Hill), Larry Stevenson (Transportation), Reg Park (South Mine), and Nancy Digby (Plant Protection).
Making Change

Port employees focus on problem... literally

I

I had heads are better than one, just watch what team work can do.

At Inco Port Colborne, the Yard/Shearing/Shipping/Stores Packing Team is continually learning that the power of cooperation can conquer almost any problem.

The team, which consists of Richard Buchholz, John Ciolfi, Tor DiBartolomeo, Walter DiMatteo, Frank Domenicucci, Frank Francesconi, Ben Graffi, Heiko Leers, Paul Lisson, John McLaughlin, Orazio Nuccitelli, Francesc Angeli, Ben Graffi, Domenicucci, Frank and brainstorm to identify all problems. Ready taken a bite out of its Leers.

At Inco Port Colborne, the work can do. One, just watch what team the team, which consists of two heads are better than two to Australia month at the Caruso Club In Sudbury, of the Plate Shop broke press with greater ease and safety. For two to Australia, raffled off to help pay for the event, was Sudbury General Hospital nurse Melanie Duhaime, seen here with lucky ticket seller Don Damore of the Plate Shop, left, and club president Tim Fournait.

Quality Quotes, Anecdotes

Rule No. 1.— If we don’t take care of the customer, someone else will.

Customer complaints are the schoolbooks from which we learn some great lessons.

The Copper Cliff Maintenance Pension Club held its 56th annual banquet last month at the Casino Club in Sudbury. The winner of the club’s draw of a trip for two to Australia, raffled off to help pay for the event, was Sudbury General Hospital nurse Melanie Duhaime, seen here with lucky ticket seller Don Damore of the Plate Shop, left, and club president Tim Fournait.

Port Colborne teamwork

This spring the TQI Shop Team has been hard at work as usual, not only planning for a more efficient and safer shop, but coming up with new and innovative ideas as well. Not only have they recently acquired a new hydraulic press brake, but after days of detailed research they also designed a support table complete with a press brake. They have also been working on a new in-house fabrication and has already fulfilled a valuable role in helping with the furnace rebuild in Building 4.

Huts off to team members Ian Dick, Mario D’Uva, Jamie Miller, Joe Dulaj, Greg Royal and Glen Sevenmfter for a job well done.

This May, Inco Port Colborne also welcomed 13 new members to its Fourth Century Club. The new members include: Will Bellas and Roger Ashton, from Administration and Environment; Keith Colburn and Tom Marshall from Maintenance and Instrumentation; Robert Butzer, Gordon Cote, Gary Cote, Warren from the Precious Metals Refinery; Roy Alexander, Richard Pengeley and Claude Raymond from Research, Analytical & Process Technology; and Nick Markovich and Ralph Williams from Yard, Shipping, Stores.

The new members, honored for 25 years of service, were inducted at the Roseau Centre in Port Colborne on May 14. They then attended a dinner at the Prince of Wales Hotel in Niagara-on-the-Lake where the guest speaker was John Kelly, vice-president of Production for the Ontario Division.

Following dinner, everyone enjoyed the performance of “Lady, be Good!” at the Royal George Theatre. The Active Living Committee marked Canada Fitness Week this season by holding several activities including walking, biking, swimming, bowling, basketball and golf. Anyone who participated was eligible to win a sweatshirt.

On May 7, Inco Employees Steven Czusinski (Engineering) and George DeBute (Accounting) participated in the Wainfleet Lions “Club Ride for Sight” a 100 mile bicycle ride. They were supported by many of their colleagues.

In other charitable news, Inco employees are now saving their pop pull tabs in order to raise money for the Port Colborne Branch of the Canadian Rest Cross. Large yellow tin containers have been placed in lunchrooms for employees to drop their pop pull tabs into them. The tabs are then sold to a recycling company and the money is donated to the Red Cross.

The proceeds will go towards purchasing wheelchairs and crutches that will be used by local residents.

The next problem the team is tracking is the 250 kg Drum Line Stretch Wrapper and Heiko is confident they can make a difference there too.

“This group is really focused,” he says.
Levack Complex wins top spot in District Mine Rescue competition

The Levack Mine Rescue team won this year's district competition, defeating three other teams from Creighton, Frood-Stobie-Garson and Copper Cliff Mines complexes.

But mine rescue is much more than competitions, trophies and awards.

"I think it's important to the people who work underground that there's a well-trained team of mine rescuers on call," said Creighton's Leo Seguin, a 25-year veteran of mine rescue. "I've been told by miners that if they ever get in trouble, my face is going to be the first thing they want to see."

Most experienced mine rescuers will tell you the top mine rescue team may be the jewel of awards in the industry, but it's what the award represents that makes it so coveted.

"Mine rescue is kind of an insurance policy for people who work underground," said Frood-Stobie-Garson Complex team member Jim MacLellan. "The average miner respects and appreciates what we do and the people on the team take the training very seriously."

"Incident" went as follows: shortly after a seismic event was felt on surface, the cagetender reported smoke in the shaft from 2,400 level and up to 400 level. He put on his Scott Air Pak.

The supervisor on shift (weekend) decided to investigate the source of the smoke rather than inject stench. He took the two mechanics (who were working on the compressors) with him wearing Type "N" gas masks.

When the cagetender (a trained mine rescue man) got to the surface after dropping these two men off on 2,400 he phoned the manager of Engineering (briefing officer) about the situation.

While the team was field testing, the briefing officer was called from the 2,400 level by one of the mechanics. He said he was sent back to report that there was smoke coming up the 2624 ramp. The other two men were going to locate the fire. The mechanic also reported that the pipes in the 2,624 ramp had been broken.

The briefing officer sent the cagetender to get the mechanic. The number six man was directed to stay and coordinate the activities in the field test area for the standby team.

Creighton Mine's rescue team consists of: (rear) Randy Naponse, Rick Blum, Hugh Currie, Robert Tuomi, Ron Chiasson (front) Doug O'Connor, Leo Seguin, Ron Obumsawin.

Creighton Mine's rescue team consists of: (rear) Robert Platkowski, Robert Nerpin, Robert Larocque, Derrick Parsons (front) Bob McDermid, Bob Gagne, Sean Traynor.

Copper Cliff North and South team members are: (rear) John Janczak, John Naponse, Michael George, Will Staton, Stan Allard, Peter Tevlin, (front) Jonstone, David King, John Jardine, Dave Cordier, Tom Combs.

Creighton's Brian Vallier removes his mask following the competition.

Moe Sanche checks out his mask during the equipment check portion of the competition.

Creighton's Hugh Currie and Robert Tuomi reassure 'victim.'
The winning Levack Complex team consists of: (rear) Mark Kenney, Bruce McKee, Mike Gillis, Andy Gigoux, Mitch Mirka (front) Robert Coupal, Dennis Gosselin, Peter Buralli.

The briefing officer had the team go to the 2,624 ramp to look for the supervisor and the other mechanic. When they arrived on the level a second seismic event occurred. As they walked down the ramp they found a fall of ground and they could see the two men directly behind the fall. They were unconscious, with an electrical cable arcing over them. The team also saw the glow of a fire around the corner. The team was unable to get over the muck due to the amount of rock displaced and the unstable ground conditions. The team had to go to the 2,600 level and shut off the power to 2,624 ramp (at 2,600 electrical sub or main power on surface), then proceed up the ramp. When they encountered the scoop that was on fire they extinguished it.

The team noticed some unstable ground conditions over the scooptram, due to the first seismic event and broken pipes. After the fire was out and the area checked, they found the unconscious men. One man had a fractured lower leg, the other had no injuries.

They had to administer first aid and return both men to surface. When the team returned for the second man they found him conscious and in a sitting position. As they were taking the second man out in the basket, the men in the 2,000 and 2,400 refuge stations phoned the briefing officer and told him they were experiencing headaches and nausea. The briefing officer dispatched the standby team immediately.

The Triangle 7 Frood-Stoble-Garson mine rescuers are: (rear) Neville, Andy Scott, Moe Sanche, Jim MacLellan, Richard Bleskie (front) Brian Vallier, Richard Beaulieu and Dave Drake.
Happy anniversary, new Quarter Century celebrants!

Top, Christine Pauze belts out a tune and bottom, the comedy team of Malton and Hamilton kept the audience laughing. Inset pictures demonstrate that the variety of entertainment helped make the celebration a success.
Almost 500 new members inducted into this year's Inco Quarter Century Club

Fantastic. Inco did it up right.

That was how new Inco Quarter Century Club inductee Bob Simon described the 44th annual club celebration held at the Ramada Inn's Paladium Room.

"I've heard lots of stories about the annual event," said the Divisional Shops machinist, "but the stories didn't do it justice. My wife was very impressed, too."

This year's event proved another exciting celebration with almost 500 new members receiving their Quarter Century Pins.

For many, the event was a chance to see people they'd lost touch with. "I ran into one person I went to school with," said Bob. "I knew he was with Inco, but I hadn't seen him for years and years."

The Central Mills, Smelter, Refineries, Safety, Health & Environment, Employee Relations, General Engineering, Process Technology, Maintenance, Comptroller's Department, Purchasing & Warehousing and Information Systems people attended the first night of the two-evening event and the Mines, Mines Technical Services, Transportation and E.T.S. people celebrated on the second night. With spouses, attendance reached approximately 500 each night.

The comedy team of Malton and Hamilton, coupled with an entourage of dancers and musicians, provided top-notch entertainment.

"The entertainment was great," said Bob. "I really enjoyed it."

But as in past years, the lion's share of the credit for making the celebration successful went to the many volunteers who stepped forward to help out again with everything from passing out corsages to taking pictures of new members and spouses.

Initiated as new a Quarter Century member last year, Jeanette Leftly was back this year to help out.

"Inco people were there to make last year's event a memorable one, so I figured I'd help return the favor," she said. "Besides, there were a lot of people I've known over the years getting to their 25th year. It's nice to see some of these people again. It seems like every year the Quarter Century celebrations get better. It was a lot of fun."

Many of the volunteers had little chance to sit down.

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Smelter foreman Ernie Brugos and wife Cecile get their picture taken by volunteer Donna Cameron.

Creighton Complex manager Fergus Kerr makes a point with Frood boom truck operator Jim MacLellan and Regoanne Scott, wife of Frood miner Andy Scott.

New club members Doryne Ricciuto and Sharon Marois share a table with assistant comptroller Dorothy Cayen.

Jo-Anne Cooney, wife of Mike Cooney of Mines Research, gets some special attention from Mike Hamilton.

Stationary Engineer Tom Vallancourt gets a Quarter Century greeting from Sam Kelso of Malton and Hamilton.
Quarter Century Club

Copper Refinery foreman Bob Light-heart and wife Marina of Occupational Medicine are helped to their table by volunteer Mona Lefebvre.

Audio Visual's Charles Hebert and camera are silhouetted by the colorful stage lighting as he records the action for posterity.

Volunteer John Ticato attaches the name tag to Copper Cliff Refineries operator Clint Reed while his wife Janis looks on.

Ross King, Industrial Relations representative for Copper Cliff North and South Mines and Mines Research, chats with volunteer Rita Fried.

continued from page 2 except for the meal. The photographers were particularly busy as the line-ups for anniversary pictures continued well into the evening.

The objective for the evening is to ensure all new Quarter Century Club members and their guests enjoy themselves," said organizer Diane Flynn of Public Affairs.

"and our volunteers did their best to ensure that the objective was met. It was again obvious that we couldn't have done it without these volunteers.

Volunteers for the first night included hostesses Carol St. Laurent, Cory McPhie, Rita Friel, Joanne Landry and Mona Lefebvre with Donna Cameron and Sandra Hammond taking polaroid pictures.

Handling the registration and table were John Ticolo, Diann Williamson and Dave Bradley while Reg Gareau and Nancy Digby handled security. Charlie Hebert of the Audio Visual department volunteered to do the filming and Jeannette Leftly pinned corsages.

Volunteers on the second night included June Stelmack, Carol St. Laurent, Kathy Latendre, Fanie Waier, Laura Diano, Janet Wyman, Ron Doyal, Bill Rodson, Ray Joly, Dave Bradley, Kevin Gibson, Bob Sallows and Mike Burnett.

In recognition that 25 years of service is a remarkable achievement, Lacon is proud to salute the milestone with an evening in honor of Quarter Century Club members. To help celebrate the evening remains truly special, celebrants were asked to fill out a survey card at this year's event. The results were overwhelmingly favorable.
Port Inducts 13 new Quarter Century members

Thirteen new members were inducted into the Quarter Century Club by Port Colborne Refinery manager Haydn Davies, vice-president of Production, Ontario Division John Kelly and Ontario Division president Jim Ashcroft.

Following a reception and cocktails at Roselawn Centre in Port Colborne, a scenic bus tour along the Niagara River to Niagara-On-The-Lake brought the new members and guests to The Prince of Wales Hotel for dinner. The viewing of the play “Lady, Be Good!” at the Royal George Theatre brought to an end an exciting and entertaining evening.

Guest speaker John Kelly, Vice-President of Production, addresses the new members and their guests at the reception at Roselawn Centre.

Front to back: PM Refinery operator Gord Cote and his wife Ellen; Ralph Williams, a shear operator in the VSSS Department and his wife Pam; senior process assistant Ray Alexander and his wife Susan at the Roselawn Centre reception.

Vivian and Richard Pengelly, a lab analyst, and Sue and Bob Batzer, a PM refinery operator, at the reception at Roselawn Centre.

Gus Papadimitriou, a PM refinery operator, and wife Maria; with Wanda and Willi Belfius, a storehouse foreman, at the reception at Roselawn Centre.

Keith Colburn, an instrument technician, and his wife Joanne, Rene Sabo, a PM refinery operator and his guest Rhonda Airhardt, Roger Sensabaugh, an environmental analyst and his wife Cheryl.

Bob and Sue Batzer are presented with the traditional Quarter Century pin, cup and saucer and roses during the reception at the Roselawn Centre.
Science Fair gets boost from Inco volunteers

Regional science fair participants impressed Inco judges, parents and organizers with their projects. Paul Yearwood, coordinator of Decommissioning and Reclamation, echoed many of the opinions expressed by those involved in the 25th annual event held April 16 and 17. "I'm always impressed we have so many very smart ladies and gentlemen out there," said Paul who has been a judge for the past five years.

This year the students showed up to impress 43 junior physical sciences projects which included everything from crystals to designing a better battery. "I've really enjoyed doing this," he said. "It's so nice to see the young people doing so well."

In addition to Paul, pensioner Tom Peters and Tom Price from General engineering were among the 65 judges for the event.

Paul admitted that judging the projects was a tough job. "It was so close. We found it very hard to give one participant a little higher mark over another." The two-day event ran smoothly thanks to the help of the committee's property/installations and registration. When he wasn't wearing those caps he was busy behind the scenes doing whatever it took to keep everything going.

Of the 251 students who participated, some had parents or relatives who work at Inco. Herb Fines, who works in Engineering, saw his daughter Suzanne's project on the effects of temperatures on seeds compete in the fair. A project by Steve Saunders' son Ryan was called 'Rust Busters' and Gus Giroux's nephew Jeremy studied solar power.

Chief chemist John Bozic saw his daughter Candice participate in the science fair, and also gave out prizes sponsored by Inco at the awards ceremony.

Creighton Mine engineering supervisor Dario Pagnucco was proud not only of his son Steven's project but of all the 157 projects entered. "I found it very informative," he said. "I was amazed at the interest by the kids." He couldn't get over the fact that some of the kids spent more than a year setting up their projects.

Dario said he didn't help his son other than picking up some of the supplies for his project on friction. Though Steven didn't win any awards his father was still pleased. "We did very well considering he's only in Grade 7."

Each of the students received a medal for their participation during the awards ceremony. The recognition showed that each of the students did an outstanding job getting to the regional level. The students chosen to represent the Sudbury region of the Canada Wide Nationals include, Christine Liljalehto in the senior division, Kris Forwood, and Peter Lind in the intermediate division, Samantha Lawson, intermediate and Melissa Lawson for the junior division.

Industrial mechanics canvassed for ideas

The need for a training program was indicated in a recent industrial mechanics' survey. The team is assessing data from the survey and expects to have a training program ready this month.

Any industrial mechanic who feels his ideas will enhance the program is asked to contact any member of the team.

Calendar of In-House Workshops 1994

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Inco's Human Resource Development department is urging employees to indicate their training interests and needs by registering quickly for the dwindling number of openings that still remain in this year's training sessions. Here is an outline of workshops remaining for the rest of the year.

For more information about these learning opportunities, please contact your area's training supervisor.

Coveralls, shop coats needed

Roger Brisson of Ecole Secondaire Catholique l'Heritage asks that Inco employees recycle any one-piece coveralls and shop coats that no longer fit the school for use by shop class students. They can be dropped off at the school at 323 2nd Avenue North, or call Roger at 566-5511 after 3 p.m.
Farewell To A Friend

by Marty McAllister

One of the toughest things about the Inco Family, about a family this large, is the number of times one has to bid a final farewell to departed friends and coworkers.

The next toughest thing, at least for me, is to find some manageable way to express how they touched my life — to say they’ll be missed. I’ve lost count of the number of times I’ve wanted to mention a name and offer a thought or two. But it just hasn’t been possible to write about it every time I’ve heard of another friend passing, so I keep it to myself. Under my breath, I curse ‘em for leaving too soon, and then curse myself for getting on my butt too late — too late to just say I was glad they were part of my world.

Crying ‘Til You Laugh
More often lately, once I gather the courage, I go pay my respects. And the familiar greeting from Jerry Junior brings to mind how Ottie McLeod (McLeod Motors) used to joke with Ray Barlow (Jackson and Barlow) by my proud miner home with him. He drop his lunch pail by the door, sat at the kitchen table, so proud of the day work done. “You know what happened today at the mine, honey?” he said.

Stories of going down in the cage, who he met along the way. Some of his co-workers were there, drink coffee with them. His bosses he met along the way, and his train that kept jumping the tracks. Say goodbye.

The lord took this proud miner home, Not a day went by without leaving six months ago today. I thought I would share it with your readers for Leo friends and coworkers.

Just Friends ... Always
Dad used to bristle at any guidance in choosing his friends, and so did John. They made up their own minds about people. Their differences became bonds, not divisions. And the tales they would tell over a glass of whiskey! To be sure, they more than once tattled the patience of my mother and John’s dear wife Palmina, but the friendship produced far more than Saturday aggravation.

They were genuinely good to each other — and to each other’s family. Whenever we needed a hand, John would exclaim, with obvious delight: “We’ll jump-em down and do it!” That was his way — always. And in our ‘prestigious’, insul-brick-sided, now-long-gone home on McNab Street, the Stopciati family name was spoken with respect and affection — always.

Just Friends . . . Just Because
John Stopciati wasn’t exactly my own friend ... at least, not at the beginning. We weren’t related, nor did I ever work directly with him. But he never will be forgotten by his wife Theresa Sampson

Memories of a proud miner

Dear Sir,

March 21/94

I wrote this poem in memory of Leo Sampson, my proud miner who passed away six months ago. I thought I would share it with your readers for Leo was so proud to be working at the Inco mine from Day One.

I thank you,

Theresa Sampson

Proud Miner

Six months today the Lord took my proud miner home with him. Only seven years I had him. Not a day went by without a story of his day at the mine he was so proud of. He dropped his lunch pail by the door, opened his favorite beer, sit at the kitchen table, so proud of the day work done.

“Did you know what happened today at the mine, honey?” he said. Stories of going down in the cage, who he met along the way. Some of his co-workers were there, drink coffee with them. His bosses he met along the way, and his train that kept jumping the tracks. Say goodbye.

The lord took this proud miner home, to the mine in the sky. But he never will be forgotten by his wife Theresa Sampson
Change stress into challenge and opportunity

Many of the above thoughts and habits put you out of control, making things stressful. See this column in the April Triangle for how to create a chart to get your stress under control.

Some Ways to Reduce Stress In Your Life
1. Stop worrying about the little annoyances that can add up to increase stress. Ask yourself, "In the big picture of life will this make much of a difference?"
2. Stop worrying about things that you can't do anything about.
3. Make a plan for things that you can and want to do something about.
4. Learn ways to relax and take 10 minutes every day for relaxing. See some ideas from last month's Triangle, use others that you already know and learn to visualize. See the end of this article for how to learn this technique.
5. Make a list of 10 things that you like to do. Take at least 15 minutes each day and do at least one of them.
6. Have a regular physical activity routine such as walking, sports or exercising. The brain needs at least 30 minutes more blood and 2.5 per cent more oxygen from the air. Activity makes the brain alert and better at coping with stress.
7. Do things that make you happy and don't harm others.
8. Get help and support when you can't figure out how to resolve your stress.
9. Laugh several times a day. Laughter is a gentle exercise, gets your heart pumping faster, floods your body with "happiness" hormones that can chase away a dark mood and decrease your aches and pains. They can even make you feel a little "high". Laughter and humor increases your immune system that fights disease. Humor is much more effective if it is spontaneous. Laughter is an expression we can't control.
10. Use music to help you relax and feel good. Music increases your ability to remember and reason. Classical and jazz are best for most people. Start with classical or slow music to place you and then change to happy, lively music. Music increases your brain's production of endorphins, the "feel good" chemicals.
11. Pay attention to what you eat and how you feel shortly after. Fruits and vegetables tend to make you more energetic while fat and sugar tend to make you more tired.
12. Have something to look forward to every day. Plan it at least the day before.

Relax Through Visualization
You can put your mind wherever you want it to be. One of the ways that you can do this is to see things with your mind. For this technique to be effective your visions should always be positive. This can be used for all types of situations.

1. Get into a quiet, comfortable place and position.
2. Close your eyes and see yourself:
   a. in a place or situation that you have found pleasant or
   b. in a place or situation in your imagination or
   c. a place or situation where you are succeeding at what is bothering you,
   d. changing a negative situation into a positive one, or
e. approaching a situation that you don't like in a positive way.

Simplifying your life is not usually the answer
A life that is boring and doesn't have enough challenges can also be stressful. Your goal should be to learn to manage stress by changing it into challenge and opportunity and changing your attitude to be more positive about the things that bother you and forgetting some of the things that bother you.

Work at changing your stress into challenge and still keep your life interesting and exciting. Put yourself in control.

General Office employees asked to get the lead out when it comes to fire drills

General Office employees were asked to get the lead out when it comes to fire drills. Office employees were asked to please review the following Internal Alert Procedure, which has been extracted from the Emergency Procedures manual, to ensure you are familiar with the exits of all building exits. All personnel are to immediately proceed out of the building via the closest exit when the alarm sounds.

Internal Alert Procedure

The alert will be given in the event of fire, bomb threat, severe fire or explosion threat.

When fire alarm sounds proceed out of the building immediately. All personnel are to immediately proceed out of the building via the closest exit when the alarm sounds.

First Floor:
- Computer Link Hallway Door
- Accounting Office (General Office)

Second Floor:
- Fire Escape
- P.T. Inco Purchasing
- Fire Escape
- Mines Engineering
- Fire Escape
- Fire Escape
- Computer Building

Emergency Procedures can be used for all types of situations. All personnel shall proceed immediately to the Staff Parking Lot across the tracks opposite the Central Process Technology Laboratory.

No person shall return to their worksite until the "All Clear" is given by the Fire Department officer in charge. People requiring a copy of the Triangle may call Harvey Wickenden at 682-5508.
INCOME
ideas

by Susan LeMay, CMA

Spring is traditionally the season when you may consider the purchase of a new car. Is it a 'must have' purchase or just another financial decision, that all dependsonly talked with a reader of this column who evaluated whether or not to trade the small car for a new mini-van or keep the car for around town and rent when the family grows.

I investigated the specifics of buying a new mini-van or keeping the small car and renting a van as needed and in the process I learned some interesting insurance facts as well.

Purchase Cost

If you buy the new van, the cost will depend on the options you choose, but based on my investigations, you could probably get an average van for around $22,000 to $25,000 depending on taxes and extra charges. That is just the payment to the dealer. If you are financing part or all of the cost, even at today's lower interest rates, then there is interest on the loan. The other added cost is the insurance in your vehicle resulting from the replacement of an older vehicle with a new one. Your policy will that probably cost between $200 and $300 annually.

Let's suppose that you are financing the purchase of a new van for about $25,000. The total payments over the course of the lease would be about $27,000 with 14,000 free kilometres. The charges decrease per day if you rent for longer periods.

The rental charge is $60 per day (including all taxes). In the course of research I spoke to a personal insurance agent who made me aware of a way to insure yourself on a rental vehicle through your own policy. Rental vehicles will be covered by your personal insurance as long as it has been correctly completed and there is no gap between the policies. According to the agent it is almost always cheaper to insure this way than to pay for the insurance at the time of rental.

The rental charge is $350 per month, or just under $50 per day. In the course of research I spoke to a personal insurance agent who made me aware of a way to insure yourself on a rental vehicle through your own policy. Rental vehicles will be covered by your personal insurance as long as it has been correctly completed and there is no gap between the policies. According to the agent it is almost always cheaper to insure this way than to pay for the insurance at the time of rental.

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How do you answer the question: "What do you do if you are interested in looking for a new car?" The answer is: "You do it!" The cost of the average van is $22,000 to $25,000 including all taxes and extra charges. That is just the payment to the dealer. If you are financing part or all of the cost, even at today's lower interest rates, then there is interest on the loan. The other added cost is the insurance in your vehicle resulting from the replacement of an older vehicle with a new one. Your policy will that probably cost between $200 and $300 annually.

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