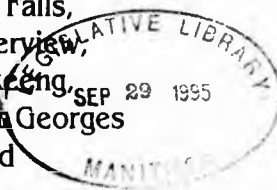


With the VOICE

The Beaches,
Bissett,
Great Falls,
Hollow Water,
Little Black River,
Manigotagan,
Pine Falls,
Powerview,
Sagkeeng,
Saint Georges
Stead



\$400 MILLION VISION AT PFPC

The Pine Falls Paper Company has a vision of the future which could entail capital spending of up to four hundred million dollars.

The vision includes increasing the speed of the pa-

per machines to take advantage of the additional pulp which will become available when the new recycle plant comes on stream. The start up of the recycle mill is scheduled for June of next year.

Vancouver consultants NLK have been retained to determine paper machine modifications needed to increase machine speed, this could include major modifications to the press sections, possibly in-

volving a complete replacement of the existing press sections.

The next phase will be to look at the capacity of the mill to make the best use of the existing facility.

Then the competitive position of the mill in relation to its competitors will be investigated. Company CEO Fern Pitre noted that "TMP makes better quality pulp". TMP, thermo-mechanical pulp, is the pulp used by the mill's closest competitor in Whitecourt in Alberta. In terms of customer satisfaction Whitecourt newsprint rates considerably higher than the Pine Falls groundwood based sheet.

The TMP process can also use a much higher proportion of jackpine - up to 80%, in contrast to the present maximum of 17%. Jackpine costs considerably less to harvest and is much more abundant than spruce which currently supplies the bulk of the raw material used by the mill. The use of jackpine is restricted in the present operation because of its high pitch content which causes operational

problems on the paper machines. The high pitch content is not a significant problem with TMP.

In the existing process wood is either ground or cooked in the sulphite mill to produce a pulp which is then refined to improve the strength of the pulp. Sulphite pulp is used to reinforce the low strength groundwood pulp. The thermo-mechanical pulp process wood chips are fed into refiners at a high temperature and pressure (250 degrees Fahrenheit, and 30 to 50 psi.) It is strong enough to be used alone in the production of newsprint without the addition of sulphite pulp and purchased Kraft pulp. Kraft pulp is a major mill expense and constitutes in excess of five percent of the mill's furnish.

Pitre said a new TMP mill would mean a new wood room processing eight foot logs into chips to supply the new mill. Thus a new woodroom is part of the new vision.

Also included in the vision is a new high speed state-



At the construction site in the bush near Pine Falls are (left to right) Powerview Mayor Henry Ostrowski, Lac du Bonnet MLA Darren Praznik, Provencher MP David Iftody, Powerview Councillor Ted Pichor.

POWVIEW INSTALLING NEW WATERMAIN

The Village of Powerview is installing a 3100 ft. eight inch diameter watermain from the Eastern boundary of Pine Falls to the Eastern boundary of the village.

Total cost of the project will be approximately \$135,000, of which \$84,000 will be a grant under the Federal / Provincial Infrastructure Program, with \$ 42,000 provided by each level of government. The net Powerview cost will be around \$51,000.

The new watermain replaces an aging line subject to constant maintenance costs and numerous interruptions to Powerview's water supply. It will have sufficient capacity to

provide for future expansion of the village in the long term. The line will also make it possible for the Pine Falls Paper Company, (the source of Powerview's water supply) to provide a significantly higher volume of water for fire protection for the Eastern part of the village.

Powerview Mayor Henry Ostrowski said he would like to thank Powerview's MP David Iftody and MLA Darren Praznik for their help in obtaining funding under the Infrastructure Program.

He also thanked Don Rocan of the environment department for his help in maintaining the project start date, and Powerview Secretary/

Treasurer Michelle Wazny, "who went through a lot, to see this project get started". He said The contractor Roger Lavoie, and John Courcelles of Westburne (material suppliers) did everything they could to keep project cost to a minimum.

Ostrowski said the village will also be looking into the possibility of installing an additional line from Pine Falls, south of the hospital, to provide a complete loop. This would eliminate the need to interrupt water supply for any main line maintenance, and provide water at a higher pressure for residents at the extremities of the village.

BISSETT FEASIBILITY STUDY POSITIVE

Rea Gold Corporation President and CEO, W. James Hogan, announced that the Bissett Gold Mine independent feasibility study has been completed and the results of the study are positive. The report, completed by H. A. Simons Ltd. of Saskatoon, Sask., concludes that the project will produce over 80,000 ounces of gold per year, at a cash cost of \$238.00

(\$US) per ounce.

Rea's Board of Directors have accepted the findings of the study and have given management approval to proceed with final detailed design, capital cost tendering, underground development drifting and definition drilling for detailed mine planning.

The development and pre-production schedules are

Continued on page 2

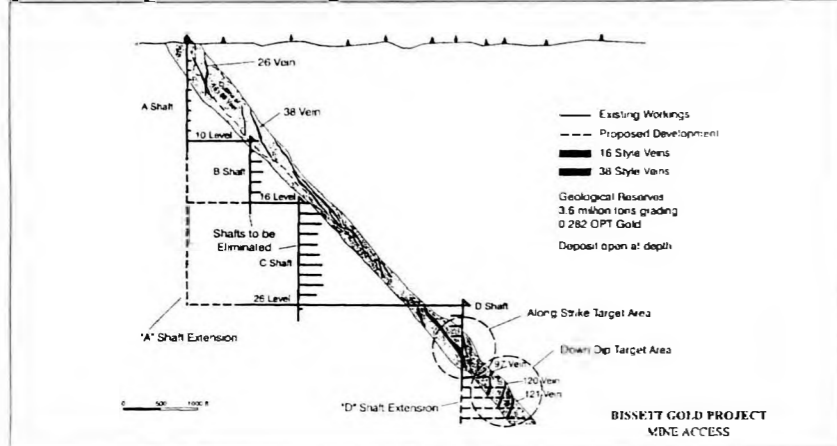
News

Strategic plan to be developed

from page 1
of-the-art newsprint machine using TMP. If this materialises, the existing paper machines would be converted to produce groundwood speciality products, possibly lightweight coated paper.

is, a sawmilling operation where the mill would use chips for the TMP mill from the waste from the production of lumber.
Pitre emphasised that the vision was simply that, a vision. He said a great deal of work is needed to translate the vision into a strategic plan. The NLK study into increasing the speed of the paper machines is on ly the beginning. He said the economic

viability of every step of the vision has to be established before it be incorporated into a plan for the future.
If a TMP mill becomes part of the future for the mill, the sulphite mill would be shut down. Pitre said the company would consult with the unions involved to ensure that any impact on employees would be minimized. A TMP mill could not be put into production in less than three years.



Jobs for over 200 at mine

from page 1
being finalized with a view to a production decision early in October.
Geologic reserves at Bissett now exceed 3.5 million tons containing over 1 million ounces of gold. The

Bissett Gold Mine was rekindled after Rea Gold found the price for gold had leveled off in the \$380/oz range and the Manitoba government had introduced the Mineral Exploration Incentive Program. The program allowed the compa-

ny to raise the \$3 million necessary to carry out their exploration work. When in full production, the company says that there will be jobs for over 220 employees and the economic outlook for the Bissett area will be greatly enhanced

Community Billboard - ph 367-4466

LIBRARY ALLARD: Library Hours: Tuesday: 10:30am to 5:00pm Wednesday: 1:00pm to 5:00pm 6:30pm to 8:00pm Thursday: 1:00pm to 5:00pm 6:30pm to 8:00pm Friday: 1:00pm to 5:00pm Saturday: 10:30am to 2:00pm
THREE BEARS DAYCARE: Meetings first Thursday of every month
KNIGHTS OF COLUMBUS: Meetings every second Tuesday of the month 7:30 at St. Theresa's Church General Meeting
SILVER HAVEN CLUB: Cribbage - every 4th and 5th Monday of the Month at 1:30 p.m. - Whist - every Thursday of the month at 1:30 p.m.
WINNIPEG RIVER W.L.: meetings third Tuesday of every month, 7:00 p.m. Library Allard, St. Georges
POWVIEW LOCAL MMF: Regular Meetings held on the first Thursday of each month - 7:00 pm at the Powerview Arena Meeting Room
PINE FALLS HEALTH AUXILIARY: Meetings on the first Tuesday of Every month at 1:30 pm
GAMBLERS ANONYMOUS: Meetings Sunday at 7:00pm at Powerview Arena - Westside entrance. For information call 367-2686
TRIANGLE GROUP A.A. MEETINGS: 7:30 Monday evening at the Anglican Church of Advent - 2 Holly St. Pine Falls. Ph. 367-8347
COTTAGE COUNTRY BUSINESS ASSOC.: Meeting - Every first Monday of the month at 7:00 p.m. Ph. 756-2396
ALCOHOLICS ANONYMOUS: - Sun Rise Group - Meetings every Monday, Wednesday and Friday 7:30 p.m. to 8:30 p.m. Located at Powerview Arena (small centre entrance in front). Last Friday of the month open to the public
PINE FALLS LEGION: Meetings held 2nd Thursday of the month 7:30 p.m. Legion Hall. Meat raffles held at Legion House on Fridays from 4:30 to 5:30 p.m.
PINE FALLS MASONIC LODGE # 154: meets on second Friday of every month in the Pine Falls United Church. (except June, July, & Aug.)
INTERDENOMINATIONAL & INTERGENERATIONAL FAMILY EVENING, Wed. 7:00 pm at Pine Falls Anglican Church of Advent. Bring your children and learn about Jesus
PINE FALLS HOME & SCHOOL: General Annual Meeting, Mon. June 5th at Pine Falls High School 7:00 p.m. Elections to take place
C.O.P. MEETING, Rm. 43 Powerview School, every 3rd Mon. of the month at 7:30 pm
1ST ANNUAL HELGI MEADE MEMORIAL HORSESHOE TOURNAMENT: To be held at the Manigotogan Rec. Centre, Saturday, August 5, 1995. Tournament will start at 12:00 noon. Rules and regulations to be announced at the tournament. Entry fees can be paid to Norm Meade (phone: 669-5504) or Lance Wood. Hope to see you there!
38TH ANNIVERSARY OF THE MANIGOTOGAN COMMUNITY CHAPEL: formerly known as the Grace Mennonite Church, Sunday, August 6, 1995 at the Manigotogan Rec. Centre. Speakers: Jake & Trudy Unrau. Music by Local musicians. Concert and service starts at 3:00 p.m. with a potluck bar-b-que to follow. For more info phone Allana Simard 363-7314 (home) or 363-7278 (work)
BADMINTON: Pine Falls School Gym, Sunday & Wednesday nights, 7:00 - 10:00 p.m.

Church Services

NOTRE DAME DU LAUS: Saturday Evenings: (French Mass) 7:30 pm - Powerview Sunday: (English Mass) 10:00 am - Powerview 12:00 noon - Stead
PINE FALLS UNITED CHURCH: Sunday service Sunday school 11 A.M. Rev. Cindy Terry. Office Hours: Tues - Fri. 10:00 to Noon Tel: 367-2633
PINE FALLS ANGLICAN CHURCH OF ADVENT: 2 Holly St. Ph. 367-8347 Service Sunday 9:00 am. Sunday School provided Rec. The Rev. Joan Mitchell Ass't. Curate Rev. Stephen Mitchell. Everyone Welcome
ST. THERESA'S: Pine Falls Mass Sunday at 10:00 am
ST. GEORGES: Mass Sunday at 8:00 am and 10:00 am
ST. JUDE'S ANGLICAN CHURCH: Grand Marais. Holy Eucharist - 2nd and 4th Sundays, 11 a.m. Morning prayer 11 a.m. - 1st, 3rd and 5th Sundays.
TRINITY EVANGELICAL LUTHERAN CHURCH: Thalberg, 1 mi. east and 1 mi. South of junction 12 and 304. St. John's Evangelical Lutheran Church, Greenwald on Hwy. 12, 1 1/2 mi. north of junction with 317. Sunday church school 10 a.m., worship 11 a.m. (alternate locations). For info. call 635-2625 or 754-8682.
CHRISTIAN FAITH FELLOWSHIP: Sunday service - 10:00 a.m. Bible study Wed. night 7:00 p.m.
HOUSE OF PRAYER FULL GOSPEL: - 2:30 every Sunday: Scantersburg, MB., on Hwy. 59
ST. THERESA R.C. MISSION: 55 Glendale Ave. Grand Marais 10:00 am Sunday. Additional Mass mid June thru Labour Day 9:00 am Sunday
ST. MARGUERITE R.C. MISSION: Poiré Rd. Traverse Bay 11:30 am Sunday. Additional Mass mid June thru Labour Day 7:30 pm Saturday



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RCMP News

Sept. 12, a parent complained of a young boy beating up on her young daughter while on the way home from school. Young boy spoken to by police and Child and Family Services are dealing with him for this type of behaviour problem.

Sept. 13, a female complainant reports being pushed to the ground by another female, then she threatened to get a gun and shoot her.

Sept. 14, a cottage owner reports that a neighbour's cottage looks like it had been broken into in the Victoria Beach area. A Sanyo microwave was stolen.

An assault occurred at Wanipigot School. Victim routed to Pine Falls Hospital for treatment.

Video machines at a local Pine Falls business were broken into again. Employees witnessed the event and can identify the culprits.

Sept. 15, a hit and run occurred while parked at Lone Lake. Culprit hit driver's rear fender, dented and scratched it. Approximately \$1000.00 damage.

A business in the Traverse Bay area reports theft of money by an employee. Investigation continuing.

An accident was reported in Powerview. Driver of the vehicle was arrested for impaired.

Sept. 16, a female assaulted a bartender at a local bar, also made reference to getting a gun. She was arrested and she assaulted a police officer. She kicked and threatened to kill the police officer.

A break and enter occurred at Wanabekleen in the Townsite on the Fort Alexander Reserve. Caller witnessed two people running out of the building.

A report of a theft of a jacket while attending a party in Powerview.

A subject reports his five month old rottweiler stolen from his yard by two males in a pickup truck. Plate number was reported.

Sept. 17, the Sagkeeng Arena reports a window broken at the front entrance. Value \$300.00.

Sept. 18, a resident in Powerview reports he just scared off two or three youths from inside his garage, all ran away through yards towards PTH 11. Four 24's stolen, two recovered in back yard.

A report of a break and enter to a shop and truck in

Powerview. A JVC amp and mounting bracket stolen. Value \$900.00.

A complainant reports the windows broken on the grader door while parked at the Village compound.

Theft of a 16 foot canoe converted for wild rice picking. Back seat missing.

On October 25, 1995, Powerview, Pine Falls and St. George residents are invited to attend a Community Con-

sultative Group meeting scheduled for this date at the Powerview School at 7:00 p.m. The RCMP would welcome new ideas as to how they could better police these communities that we live in.

Figures Released for Manitoba Lotteries

Eric Stefanson, minister responsible for the Manitoba Lotteries Corporation (MLC) Act, has released the corporation's 1994-95 annual report, along with the first quarter report for 1995-96.

The corporation recorded net income of \$226.5 million for the fiscal year ended March 31, 1995. The net income for the first three months of the 1995-96 fiscal year is \$56.8 million. Net income for the 1995-96 fiscal year is projected to be similar to that experienced in the previous year and is reflective of the current gaming moratorium.

"The information on the impacts of gaming contained in the corporation's annual report will help increase public awareness," said Stefanson.

The minister also noted, "Revenue generated by the MLC will continue to benefit all Manitobans. Creating jobs, reducing the deficit and economic development are priorities for a healthy economy. Lottery and gaming fund-initiatives support commu-

nity and provincial endeavors which improve the quality of life in this province.

"Manitobans have indicated an interest in receiving information about lottery and gaming revenue in the province," the minister said. "Today's release of community by community revenues and allocations responds to that need and reinforces our commitment to ensuring all Manitobans are aware of the use of gaming revenues."

The list includes all communities with four or more VLT locations. Releasing site by site revenue figures would contravene the Freedom of Information Act by jeopardizing the financial confidentiality interests of individual site holders.

Canada's first follow-up problem gambling prevalence rate study was also released by Stefanson. The study concluded that the province's overall prevalence rate of 4.3 percent remained statistically unchanged from a study done in 1993.

"The majority of

Manitobans who participate in gaming activities do not experience problems. However, the issue of addiction is serious for some and we will continue to respond to it," the minister added.

Earlier this year, the Manitoba Lotteries Corporation commissioned research with Criterion Research Corp. and Dr. Rachel Vollberg PhD, the foremost expert in problem gambling in North America, to measure the prevalence rate of problem gambling in the province. The study reported no noticeable change in the problem and probable pathological gambling prevalence rate.

"There is no statistically significant change in the prevalence rate of current probable pathological gambling in Manitoba between 1993 and 1995," Vollberg said. "The research methods used in the 1995 study are identical to those used in 1993. By replicating the earlier survey, the results provide a statistically comparable measurement of Manitoba's prevalence rate."

LIBRARY ALLARD
P.O. BOX 157, ST. GEORGES, MB. ROE 1V0

One casual library staff position required for Library Allard, St. Georges, MB. Knowledge of book-keeping, windows, word perfect, lotus, and the french language would be an asset. Approximately 10 hours per week - Wednesday, Thursday evenings, alternate Saturdays, and call in basis.

For more information, call Jan at **367-8443**
or send resume to:

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Deadline for applications October 6, 1995

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news

Ten Regional Health Associations for Rural and Northern Manitoba

Manitobans in northern and rural areas will have more local control over planning and directing resources to meet health care needs as a result of the establishment of ten regional health associations, Health Minister Jim McCrae has said.

"Healthy communities are best achieved through the participation of individuals in the communities where they live and work," McCrae said. "Regional health authorities will be able to evaluate health status and health issues in their communities and make the best

decisions about needs, services, programs and care delivery based on the evidence they have gathered."

Recruitment of physicians to rural and northern areas will also be enhanced by a regional structure. Interaction with, and support from, other doctors is often a key reason doctors choose to locate in an urban setting. A regional structure will encourage pooling and consolidation of resources, a more effective support system and sharing of scarce specialty resources.

Canadian Content Theatre to Perform in Powerview

Canadian Content Theatre, a unique and innovative group founded in 1986, will be performing at the Powerview School Gym this Thursday, September 28 at 7:00 p.m.

Since 1986, Canadian Content Theatre has performed in over 400 cities and communities, with major symphony orchestras, and at International Children's Festivals across Canada.

Judy Cook and Kate Ferris of Canadian Content

Theatre combine their diverse backgrounds of dance, music and storytelling to produce a repertoire of highly original "theatrical concerts" for family audiences.

Tickets will be available at the door. Admission: Adults \$7, students 6-12 yrs. \$4 and a special family rate of \$20. Children under 6 years of age are free when accompanied by an adult.

This event is sponsored by the Manitou Rapids Arts Council.



Chicago Blugrass Band to play in Beausejour

It's here! The date of our special edition show is Sunday, Oct. 8, 1995 at 2:00 p.m. The Special Consensus bluegrass band heard of our wonderful audience and ambiance from Slavek Hanzlik, who played here last year. They are now confirmed to play at the Lyric Theatre, 616 Park Ave., Beausejour.

The Special Consensus music is original and traditional standards (by Bill Munroe, Flatt & Scruggs, etc.) and they have appeared on Nashville Network and have toured in the musical "Cotton Patch Gospel" (music and lyrics by Harry Chapin). They have released four albums of which two have been nominated for grammy awards (1989 & 1991).

The Special Consensus has toured South America, Europe and Canada, they were last seen by one of our "scouts" at the Edmonton Folk Festival this past summer.

Members: Greg Cahill formed The Special Consensus in 1975, released a banjo

instrumental album with Jethro Burns on mandolin called "Lone Star" in 1980 and Byron Berline on fiddle. In 1992 he released another album "Blue Skies" with n Don Stierberg, which was nominated for a Grammy award. Greg has appeared on many TV and radio commercials across the country. He plays banjo and sings baritone, tenor and high baritone.

Martin Marrone plays guitar and sings lead, tenor and high baritone vocals. He began performing with various Pennsylvania bluegrass bands in 1984 then played in Tennessee and Illinois, and completed a European tour with "The Golden Fleas" before joining The Special Consensus in 1990.

Darren Wilcox plays bass and sings lead, baritone and bass vocals. He played electric bass with several Kansas bluegrass bands before relocating to join The Special Consensus in Chicago in 1992. He played electric bass with jazz, hard rock, heavy metal, contemporary Christian and

country bands before taking up the acoustic bass. Darren is also a prolific songwriter and contributes original compositions to the band repertoire.

Colby Maddox plays mandolin and fiddle and sings baritone. He has played with various groups including jazz. He studied with David Grifman and is the newest member of The Special Consensus having joined in 1995.

Our opening act for Oct. 8 is young fiddle player James Ladyka. The Manitoba youth has toured through many provinces and played at many fairs and festivals and competitions. He is presently enrolled in grade 10 classical violin lessons at the U. of M. James was recently nominated for an achievement award from YTV (TV station) in Toronto. Although he is only 14 years old, he has several musical recordings, takes Ukrainian dance and can play the dulcimer.

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PINE FALLS LADIES CURLING CLUB
FALL GENERAL MEETING
Oct 12, 1995
7:30 p.m.

PINE FALLS CURLING CLUB
FALL GENERAL MEETING
Oct. 5th, 1995
7:30 p.m.

sports

Eastman Sport Report

The Eastman Sport Report appears here with the cooperation of your local community newspaper in partnership with Eastman Sport Development Association.

Regional Wrap

*At the United States Open Paddling Championships, Ian Cole of Beausejour took silver medals in the Juvenile C-1 and C-2 500m races.

*Chris Friesen of Steinbach was named to the first allstar team and selected Top Pitcher at the Canadian PeeWee A baseball championships in Summerside, PEI, Chris had been picked up for the championships by Brandon.

1996 Eastman Summer Games Update

The Eastman Summer Games Committee recently announced the host sites and dates of the 1996 Eastman Summer Games. They include:

- *Archery, Lac du Bonnet, May 28-29
- *Athletics (Track and Field), Beausejour, June 15
- *Baseball, Beausejour, June 22-23
- *Golf, Rat River, TBA
- *Horse Council, Birds Hill Park, June 22-23

- *Softball, Beausejour, June 22-23
- *Swimming, Beausejour, June 22-23
- *Soccer, Beausejour, June 22-23
- *Special Olympics Soccer, TBA
- *Triathlon, Steinbach, June 4 to 11

Various clinics are being planned for our remote communities, and through the schools this fall. Other clinics may be provided on a request basis.

We require about 25 volunteers to help run the Athletics competition. Experience is helpful but not essential. Contact Tracey at the ESDA (268-2172) if you can volunteer your time, or if you have any questions about the 1996 Eastman/Manitoba Summer Games.

Upcoming Opportunities

*National Coaches Seminar, Crowne Plaza, Winnipeg, October 12-15. Contact Mary Woods at Coaching Association of Canada (613)748-5624.

*Investors Group Community Coaching Conference and Coaching Canada Awards Dinner, Winnipeg Convention Centre, October 12 - 14.

Contact the Coaches Association of Manitoba at 925-5669.

*Eastman Junior Curling Association/Manitoba Curling Fall Junior Coordinators' Meeting, October 24, 7:30 p.m., Tyndall Curling Club, Tyndall. All Junior Curling Coordinators, Coaches and Interested Parents are invited to attend. Contact Lydia at 268-2261 for further information.

*Beausejour Curling Club Men's/Women's (concurrent) Fall Bonspiel, October 26-29. Contact Robert at 268-3038 to enter.

*Sixteenth Annual Provincial Recreation Conference for Community Volunteers, Victoria Inn, Brandon, November 3-5. Contact Culture, Heritage and Citizenship or your local rec. director for more details.

*NCCP Level III Theory Course, Pinawa Secondary School, November 24-26. Contact Michelle Chudd at 345-8816. (For an update listing of all NCCP Theory courses in Manitoba, call 945-3535).

Manitoba Youth Olympic Academy 1995

The 1995 Manitoba Youth Olympic Academy

will be held November 3-5 at Lakeside Resource Centre in Gimli. The theme for the academy is "Motivated by Excellence."

The academy will bring together approximately 50 grade 10-12 students from across Manitoba to share the Olympic experience. This includes high school and community club sports such as ringette, soccer, swimming, bandy, etc.

Criteria for selection to the academy will include involvement and achievement in sport, involvement in volunteer work in school and/or community, and a recommendation from the school principal or vice-principal.

Featured at the sessions will be Canadian National Bobsled Olympian Clarke Flynn.

The academy is sponsored by the Manitoba High Schools Athletic Association, the Canadian Olympic Association, and the Manitoba Sport Directorate. For application information, contact Angela Morris at the MHSAA office (1-204-925-5643). Deadline for application is October 13.

Food for Thought

What can you do to promote Fair Play? (6th of a series)

As an athlete you can....

*make a personal promise not to use unfair tactics and to support the principles of fair play. Back up your commitment with actions;

*cooperate with your coach, teammates and opponents, because without them, there wouldn't be a game;

*respect the written rules of the game and the unwritten rules of sportsmanship;

*recognize all good plays, whether they are your team's or your opponents';

*respect the official's decision and let your coach or captain ask any necessary questions;

*encourage and support any fair play initiatives developed by your league or club; and

*refuse to participate in any activities that make your effort less than legitimate. If you cheat, break rules or use banned substances to win, there can be no pride in victory. (Source: Commission for Fair Play).

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news

W.R. Womens Institute tackle depression

by Lorraine Neal

"Women and Depression," a program presented by Martin Orvis of Health and Family Services, showed a group of women that depression is a very common state for millions of North American people. Orvis told the group of women from the Winnipeg River Women's Institute and their guests that in a given six month period, statistics show that nine million American people suffer from a depressive illness. Those figures represent a high percentage of the population in the U. S. and statistics for Canada are pretty much the same.

The cost of human suffering cannot be estimated. Depressive illness interferes with normal functioning, and causes difficulties for not only those who have a disorder, but to family and friends who care about the afflicted person. Serious depression can destroy family life, and even the life of the depressed person.

One of the saddest facts about this disorder is that it is treatable, and much of the suffering is unnecessary. Many do not seek treatment, though even those with the severest disorders can be helped.

A depressive disorder is a "whole body" disorder, affecting your whole body, mood, and thoughts.

It is not the same as a passing feeling of being "blue." It cannot be willed or wished away. If you have a depressive illness you cannot "pull yourself together" and get better. Without treatment the symptoms can last for weeks, months, or years. Depressive disorders affect the way a person sleeps, or doesn't sleep, the way you eat (either too much or too little) and even the way you feel about yourself. It can also affect your thought processes. Appropriate treatment can help most people who suffer from depression.

According to the National Institute of Mental Health there are several types of depression, but the three most common are: Dysthymia; dysthymia involves long term, chronic symptoms that do not disable, but keep you from functioning at capacity. Sometimes people with dysthymia also experience Major Depression.

Major Depression manifests itself by a combination of symptoms which interfere with the ability to work, sleep, eat and to enjoy once pleasurable activities. Major depression can occur several times during a lifetime. The symptoms of major depression are as follows:

- * Persistent sad, anxious, or "empty" mood.
- * Feelings of hopelessness, pessimism, negativity.
- * Feelings of guilt, worthlessness, helplessness.
- * Loss of interest or pleasure

in hobbies and other activities once enjoyed, including sex.

- * Insomnia, early morning awakening, or oversleeping.
- * Appetite and/or weight loss or overeating and weight gain.
- * Decreased energy, fatigue, being "slowed down."
- * Thoughts of death or suicide; suicide attempts.
- * Restlessness, irritability.
- * Difficulty concentrating, remembering, making decisions.

* Persistent physical symptoms that do not respond to treatment ie: headaches, digestive disorders and chronic pain.

The third most common type is Bipolar disorder, formerly called manic-depressive illness. This type is not as prevalent as other forms of depressive disorders. Bipolar disorder involves cycles of depression and elation or mania. Often the mood swings are dramatic and rapid, but more often are gradual. In the depressed cycle, any or all of the depressive disorder symptoms may be present. In the manic cycle, any of the symptoms of mania may be present. Mania often affects thinking, judgment, and social behavior. Serious problems and embarrassment may be caused an individual if unwise business or financial decisions are made when in the manic state. Not everyone who is depressed or manic experience every symptom, some people experience a few and some many. Severity of symptoms can vary with individuals. The symptoms of

mania are as follows:

- * Inappropriate elation.
- * Inappropriate irritability.
- * Severe insomnia.
- * Grandiose notions.
- * Increased talking (ie talking like a machine.)
- * Disconnected and racing thoughts
- * Increased sexual desire.
- * Markedly increased energy.
- * Poor judgment.
- * Inappropriate social behavior.

Some of the causes of depression were touched on, ie, genetics, psychological makeup, low self esteem, a serious loss, difficult relationships, financial instability, changes in life patterns, chronic illness, or a combination of any of these causes.

A complete physical and psychological evaluation is the first step to determine if there is a depressive illness present, and what type the illness is. Proper diagnostic evaluation will include a history of symptoms such as when these symptoms began, and how long they have lasted, also the severity of symptoms. In this evaluation should be included information as to the use of alcohol and/or drugs.

Your physician will begin a plan of treatment which will likely include antidepressants and psychotherapy combined. At times, electroconvulsive therapy (ECT) is useful, particularly for individuals whose depression is severe or life threatening, or those who cannot take antidepressant medications, or where such medications may not provide sufficient relief of symptoms. ECT treatment has been improved over the years, is

now given less and less, and is given in hospital with sedation.

Some antidepressants may cause side effects. While annoying, such side effects are usually not serious, and should be reported to your physician. It is important to realize that medications should never be mixed, not borrowed or loaned, and never mixed with alcohol.

Family and friends of the person with depression can help by remembering that the depressed person cannot help being in their state. They don't get depressed on purpose. Depressed persons sometimes do or say things that may hurt, but they don't mean to be that way. The most important thing anyone can do for the depressed person is to help him or her get appropriate treatment. When treatment has been obtained, offer emotional support along with understanding, patience, affection and encouragement. Remember to include depressed people in your activities. You may have to be gently insistent, for the person may refuse your invitation. With the help of caring people, the depressed person can become their old selves again.

At the conclusion of the program, which included two videos, Martin had a question and answer period. Everyone present agreed it was a very interesting evening. Coffee and cake were served. Next month's WI program with be "Craft Clean-Up," if you've unfinished, just bring them along and join the group. Everyone welcome. "For Home and Country."

BEACHES BUZZES

Beaches Nursery School Draw.....

The Beaches Nursery School would like to give a very warm thank you to all of the people and community businesses for their donations of cash and prizes to the raffle draw. The draw was made on September 15th, at Walter Whyte School. Those very hard working women who manned the booths at all the various ventures both at the beach and in Pine Falls would like to thank those who bought tickets, and donated to the Nursery School. The winners of the draw were:

This 'n that...

Autumn is by far the most spectacular season in our northern climes...trouble is those glorious colors just don't last long enough. Perhaps we're too busy battenning down the hatches in preparation for winter's arrival. This is the season when those little rodents like to invade our domain, so keep your mouse traps handy. You'll probably be able to use them.

The Rocking Horse from Crump Creations won by Carol Burdyny

The Jean Waste Basket from Anne Stewart won by D. Frantz

A \$25.00 Gift Certificate from the Birchwood Motor Hotel won by Jan Harbour

A Wishing Well from Hillside Building products won by Chantal Harris

Oil Change and Fluid Check from Traverse Bay Auto won by Karen Kaye

A Winnipeg Jets Clock from Jo-Ann Skinner won by Tess Skinner

A Detroit Red Wings Clock from Jo-Ann Skinner won by K. McLennan

A Handmade Quilt from Helen Smith won by Rob Allan

A Four Jakes Saloon Bar Clock and two T-shirts from the 4 Jakes Saloon won by Jeanette Cook

A cash donation of \$100.00 from Beaches Realty won by Betty Chubaty

A Stained Glass Table Lamp from Audrey Batchelor (Auditeez) won by Mary Gold

A Hay or Sleigh Ride from the Bridle Path Riding Stable won by Connie Krawchuk.

Congratulations one and all. Grateful thanks to the organizers and Lisa Filep for this information.

Upcoming.....

A few reminders....Grand

Marais Rec Hall Annual Fall Supper takes place on Saturday September 30, 1995. Call Sharon at 754-6244 for further information or tickets. Grand Marais Seniors announce their Fall Supper to take place on Saturday, October 14th in the Grey Street clubhouse. Times of the sittings yet to be announced. Tickets available from Betty Gilbert 754-2510. Victoria Beach Fish Fry on October 7th, still don't know where or what time????

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news

BOOK NOOK

More than just books!

Videos - The following videos have recently been added to our collection... Romeo & Juliet, Casablanca, Citizen Kane, Little Women, The Jungle Book, White Fang, The Three Musketeers and Forest Gump.

Magazine - Psychology Today has just been added to our subscription list. Come in and check out the many magazines available for loan. A few of our titles include Hockey Digest, Consumer Reports, Traveler, PC Novice, Canadian Geographic, Family Health, Popular Woodworking, Macleans, Good Housekeeping, Vogue and Canadian House & Home to name a few.

Language tapes - We have French and Spanish language tapes.

Large print books - Why deny yourself the pleasure and relaxation of reading just because regular print is a strain

Letter to the Editor,

Recently a special thermometer which takes temperatures using the ear disappeared from the Pine Falls General Hospital. We have searched the building for it and believe that someone took it from the Hospital.

It is of no value to the person who took it but it is of great

value to the nursing staff who use it frequently during each shift. Would whoever took this piece of equipment please return it to the hospital. There will be no consequences.

Talking Books - these are also available to anyone who is visually or physically incapable of reading.

Since this is the library column, I guess I should mention a few NEW BOOKS as well.

It may be a little early to think about Christmas for some of us, but I know there are a lot of you that will enjoy these two, The Ultimate Wreath Book and The Spirit of Christmas book 9. As well many new children's picture books have just been processed and catalogued. Bring the little ones in to borrow a new book. The display rack is where you'll find many of the new titles. We hope to see you soon at the library!

It is of no value to the person who took it but it is of great

Susan M. Derk
Executive Director

AGASSIZ SCHOOL DIVISION #13

SPECIAL NEEDS TEACHING ASSISTANTS

Lac du Bonnet Senior School (1.0 full-time-equivalent)
Whitemouth School (0.5 full-time-equivalent)

Applications are invited for Special Needs Teaching Assistants at the above schools. Experience in working with, and knowledge of behaviorally disturbing young children and adolescents is an asset.

Further information is available by calling:

Mr. Don Playfair (Principal, Lac du Bonnet Senior School)
204-345-2585
Mr. Bill Hamilton (Principal, Whitemouth School)
204-348-2595

Applications stating qualifications, experience and references should be submitted by Wednesday, October 4, 1995 to:

Mr. S. O'Hagan
Assistant superintendent
Agassiz School Division #13
Box 1206, Beausejour, Manitoba
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Dan - (204) 896-5945 Winnipeg



COMMUNITY HEALTH WATCH ... ANGER

A weekly column designed to assist the public with health problems, such as when to call the doctor, or when a problem can be dealt with by calling Health and Family Services. Today's column deals with ANGER, something we all have, and some of us deny. Anger...The Mystery Feeling....

What is all the mystery about? The mystery is not anger, the feeling itself, but in the many ways in which people let it out, or hold it in, or twist it until it becomes something else. And part of the mystery is how far we will go to convince ourselves and others that anger does not exist.

We get angry when we are disappointed about something. Like when we notice a gap between what we want or need from the world or someone we care about, and what we are getting. Anger can also result from a sense of loss, such as a loss of someone through death or divorce, or the loss of health, a job, or a cherished possession. Anger is a signal that we are facing a frustrating or stressful situation. Anger and other feelings are there to help us get over the humps and bumps

which are part of everyday living.

Anger and love may not seem to have much in common on the surface. But both are very powerful and most satisfying when they can be felt and expressed in similar ways - openly and honestly. Far too often, anger is not expressed openly and that's where the problem begins.

For instance: You say you are bored. Maybe what you really are is angry because you seem to be missing out on something. You can put anger off, hoping it will go away. You can turn it into something else such as overeating, over drinking, or

overworking. You can become sleepless, sarcastic, or physically ill. You can hold it in until it freezes and becomes depression or surfaces as an



you.

2. Anger usually follows another feeling - such as frustration, fear or hurt - which went by unrecognized. Learn to notice the other feelings first.

3. To be hurt, or afraid, or frustrated is to be human. Try to express your feelings in words.

4. Accept anger as one way people get what they want. It is not the only way and certainly not the best way. What you achieve with a temper tantrum

is control over another person, not co-operation.

5. Try to see people in a different light. Instead of assuming that they are behaving in certain ways to hurt or anger you, realize that sometimes it is the only way they know how to react in a stressful situation.

6. When you are around some-

one being angry, try listening not to the other's angry words, but to the feelings behind the words. What do you hear? Stress? Pain?

7. The way in which you become angry and what you do about such feelings, are both habits. If you regularly let off steam by yelling at someone else, throwing a plate, or hitting your child, see it for what it is: A habit which can be unlearned if you choose to change it. In some cases, the unlearning may require the help of a professional.

8. Physical exercise relieves tension. It can help reduce the strain of a bad day at work or a quarrel with your spouse. But is it never the whole answer.

9. Saving up minor irritations for one big argument will not provide as much healthy relief as dealing with them, one at a time, as they occur.

10. After becoming angry, do not "drive around awhile to cool off." Walk around, or run around or talk it out, but avoid using machinery of any kind. The automobile may seem to be a convenient, anonymous escape hatch. For the angry driver, it is a hazard to his own safety and to the well being of those around him.

Angry feelings are harmful when they are totally unexpressed or when they are expressed through physical violence to a child or another adult. If anger is more of a problem than you can handle alone, contact the Canadian Mental Health Association or a member of the Pine Falls Health and Family Services at 367-2224. Help is close at hand.

RURAL CRIME WATCH

Material in this column through the courtesy of Grand Marais RCMP detachment. This column is designed to alert citizens to ways in which they can contribute to their own safety and well being.

Home Security - Locks, Door Frames and Hinges....

Locks are the first line of defence against intruders. No one would argue with this statement, but too few homeowners know if the locks on their premises provide any reasonable degree of protection against thieves. It has often been said "the average lock is designed to keep out honest men." This generalization is only true in relation to some locks. Locks on the market today range from bad to excellent in their protective qualities. Therefore, it is a matter of selection based on knowledge and judgment whether or not the locks on your doors will serve their prime function of providing any real protection. No lock, no matter how good, can make

a house, store, office or factory burglar proof. However, good locks can be an effective deterrent and make the difference between the burglar considering your premises easy or difficult to enter...and the more difficult the less likely he is to try or to succeed.

Door Frames....

While it is true that from the standpoint of physical force a lock should be as strong as the door to which it is attached the reverse is equally true. Outside doors therefore, should not be of hollow core construction.

Even the best locks and doors can be defeated by a burglary method known as spreading, where either a wedge or jack-like device is inserted between the two door frames. These methods can often be successful because doors and frames are purchased as single units and are placed into the wall opening provided by the builder during construction. Although the opening between the wall and frame is braced at the top and the bottom, with alignment wedges the midsections are often left open...thus permitting the frame to bow under pressure. Solid blocks inserted between these openings will help to resist this form of attack.

To strengthen the frame, install large (3-4 inch) screws through the doorstop strip and

the frame and into the heavier wood of the wall construction. The screws pull the door frame and doorstop strip tightly against the main wall's 2" x 4"s. Put such screws on the hinge side also to further reduce a burglar's ability to spread the door and frame.

If concerned with appearance, drill a shallow hole slightly larger than the screw head so the screw can be recessed and fill the depression with patching compound. Then sand and paint.

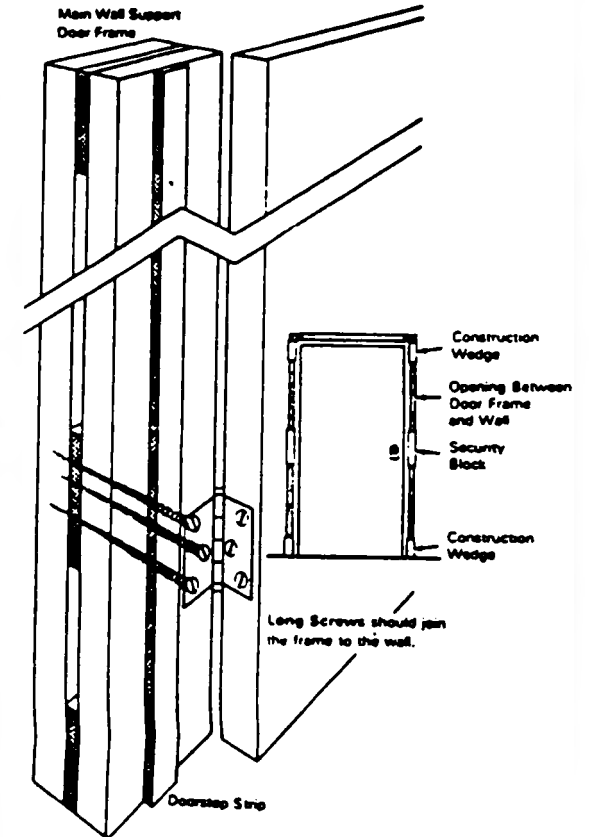
Hinges.....

At the same time, check to see if the screws in hinge leaves and the strike plate are small screws, if so replace them with larger screws. Where possible use screws long enough to reach the wall stud beyond the frame.

When using a larger screw, first drill a pilot hole to prevent splitting the frame.

***Note: Did you know that the Honour Roll (dated to spring of 1993) of the RCMP contains the names of one hundred and ninety one members who lost their lives in the line of duty. The lost members ranging from the loss of Sub-Cst John Nash killed accidentally in Fort Macleod, N.W.T. on March 11, 1876 to Cst Brent Veefkind, who was killed accidentally March 11, 1993.

features



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Sept. 27th

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SEALED Tenders will be received by the undersigned until 12:00 noon, October 12, 1995 for removal of snow for the 1995-96 season from parking lots and driveways of all schools in Agassiz School Division No. 13.

Specifications and tender forms are available at the office of the Secretary-Treasurer, 75 Fifth Street South, Beausejour, Manitoba during regular office hours. Monday to Friday.

TENDERS will be accepted on individual schools or the complete group of schools.

Lowest or any tender not necessarily accepted.

Please mark envelope "Snow Clearing Tender".

Glen Hirst
Maintenance Supervisor
AGASSIZ SCHOOL DIVISION NO. 13
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Beausejour, MB
R0E 0C0

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1981 Blizzard 9500\$1600
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CHICKEN BREAST Whole boneless breasts in special marinade with bar-b-q sauce	10.25	
CHICKEN & RIBS Chicken breast with jr. ribs	11.50	
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With the VOICE

Card Of Thanks

I would like to thank the many friends from the Pine Falls Area, Fort Alexander and The Beaches who attended the funeral in Winnipeg of my father, Peter Waligura. Also, special thanks to Dr. J. M. Kuschke and R.C.M.P. Constables Larry Munroe and Greg Smith for their assistance.
 Diane Waligura

Real Estate

For sale 3 bedroom split level home, 6 Beech Street Pine Falls, MB. Central air conditioning, forced air electric heating, 2 baths, finished basement, and car port. Located on quiet street near hospital. 11x4
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Real Estate

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For Sale

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For Sale CCM super tacks 552, men's size 8 1/2, worn once. Reg. \$249.99 sell for \$180.00. Phone 367-4737.

For Sale Utility trailer \$100.00, boys skates size 6 tacks, new cond. \$70.00 o.b.o. Girls figure skates size 6 and 7 good cond. \$20.00 each pair o.b.o. Phone 367-4928

Bar For Sale Antique, dark brown solid wood construction storage space in bar \$150.00 or best offer. Phone 367-8500

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 Please be advised that due to construction on our main waterline, residents who receive water services from the Village of Powerview may experience short interruptions in service over the next 30 days. We apologize for any inconvenience and thank you in advance for your patience during this time.
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OPEN SAT&SUN
 10AM - 7 PM
 New Breakfast menu
 DINNER SPECIAL SERVED 5PM
 Call Jenny at 756-3762

DENIS LABOSSIERE
 Lawyer
 Every Second Tuesday at St. Georges Community Centre
 Call 925-1900 for appointment

Lazaruk's Riverview
 Self-Serve
 Hours
 Monday to Friday 9:00 - 5:30
 Saturday 9:00 - 5:00
367-2473

WARREN D. BESEL
 ATTORNEY AT LAW
 Full Time Office since 1980
 1 Bridge Lane, Lac du Bonnet
 Mon - Fri 9-5
 In-home consultation on request
345-8145

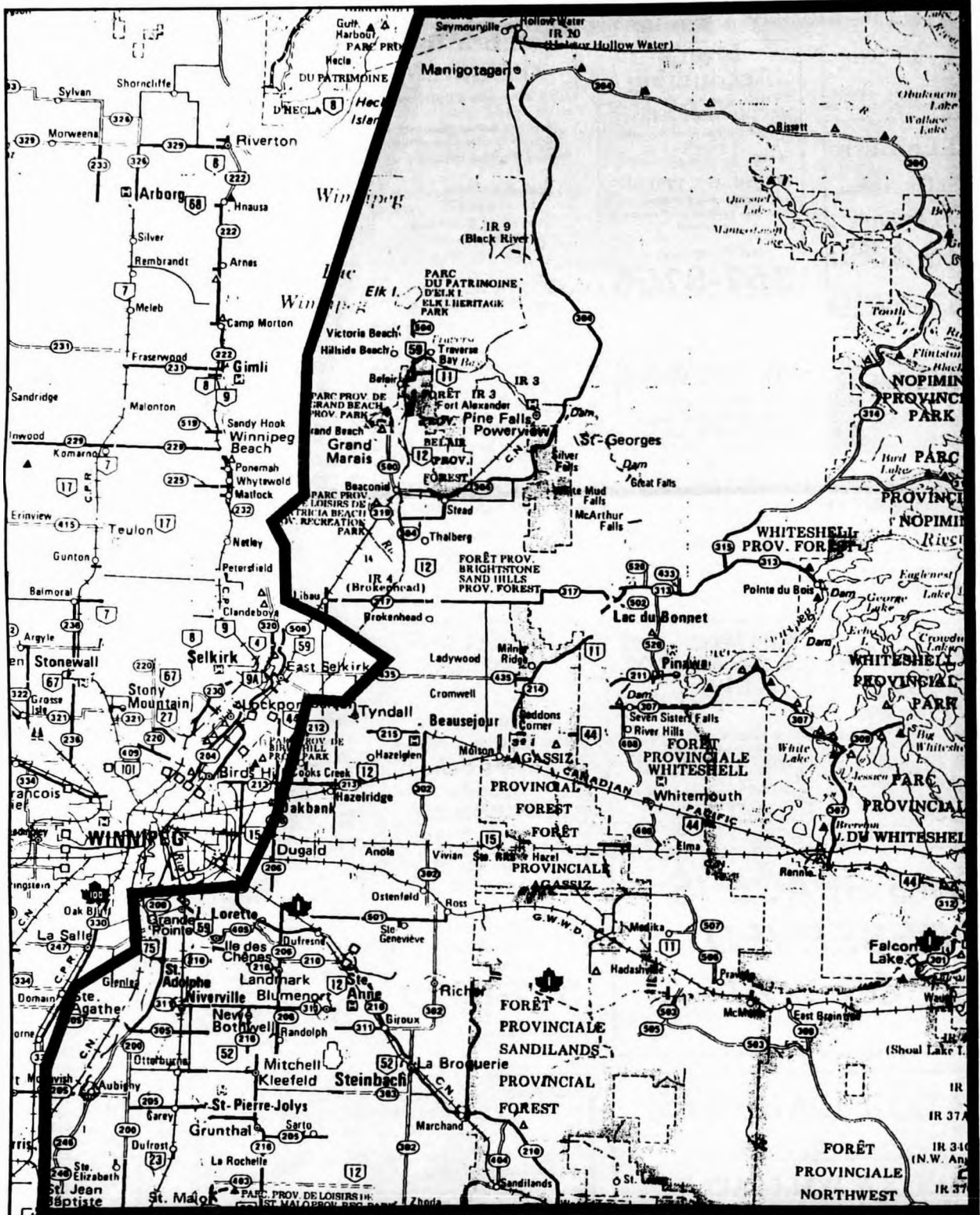
POWERVIEW AUTO SUPPLIES
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 Box 261, Powerview, Man.
 AUTOMOTIVE AGRICULTURAL INDUSTRIAL AND WELDING SUPPLIES
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DR. ARNOLD ANDERSON
 Optometrist
 Contact Lenses and Eyeglass Fittings
MANITOU LODGE PINE FALLS
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 Monday to Friday 9:00 a.m. to 12:00 noon & 1:00 p.m. to 5:00 p.m.
 Examinations done on Tuesdays
LAC DU BONNET DISTRICT HEALTH CENTRE
345-8647
 Tuesday 5:00pm - 8:00pm

the Dispatch

The Brokenhead River Review

the Voice



WE'VE GOT YOU COVERED!