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# With VOICE

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

## Papertown buys Manitou Lodge

The purchase of Manitou Lodge by the Papertown was announced Monday, January 29. Transfer of ownership is tentatively scheduled for April 1. It is planned to convert it to a hotel.

Mike Raymond said it was purchased as "a way to extend our room business as well as our food and beverage business." He said. There are underdeveloped areas in the building which can be converted to hotel rooms without disrupting the existing tenants. He said they have no intention of evicting anyone, but as suites become vacant, they will be converted to hotel

rooms.

He said a licensed restaurant will be included in planned development, with the preferred location being the old dining room. He said it will be "a place where you can go for a good steak."

Raymond said plans are not finalized and would not happen immediately, but eventually they will be able to host larger banquets and conventions. He said the long term marketing would be aimed at the tourist industry.

He said plans are for "upgrading to the point where the town will notice the improvement and be happy with it."



Manitou Lodge in Pine Falls



Chief Larry Barker



Roderick Bushie



Charles Simard

## 3 Vie for Chief at Hollow Water

Nominations to elect the Chief and five councillors were held in Hollow Water, January 17. The poll will be open from 9am to 6pm, January 31, at Grandma's Multipurpose Centre; in Hollow Water, with electoral officer Shirley Smith presiding.

Among those running for Chief is newcomer Charles Simard; a man with many ideas and plans for the future. In this complicated world of "wheeling and dealing" here is one man with a simple and basic plan to do what is needed for the people.

Born and raised in and around Hollow Water, Charles, who says his mother and memory of his grandfather inspired him to run, re-

veals that he never had much time for a conventional education because he has been in the work force from a young age. But what diplomas he lacks he makes up for in the lessons learned by the experiences in his life and the elders around him.

Up for re-election is former leader Roderick Bushie. Chief of Hollow Water from 1978 to 1992, Rod brings 14 years experience in the political arena. He has spoken the voice of Hollow Water in offices and buildings across the country and throughout the world. In his two year leave from office, Rod comes back to the community with a broader vision of the goals all first nation

people are facing today.

Also seeking re-election is the present leader, Chief Larry Barker. Only in office for one term, Larry has managed to bring the 20th century to Hollow Water. Updating all financial records to computer, making it virtually impossible to misuse funds, and thus bringing financial accountability to the community.

Larry sees the potential of Hollow Water and has made it his life's goal to build and prepare a community worthy of passing on to the future leaders of Hollow Water.

Incumbent councillors who have accepted nomination for re-election are: Marcel  
Continued on page 3



## New Reporter

Another freelance reporter joins the Voice. 21 year old Lisa Raven of Hollow Water will be covering the news for our Northern readers.

news

POLICE REPORT

RCMP Powerview Detachment

The Following Incidents are Still Under Investigation

Mr. Hien Ho of the Powerview Restaurant reports someone hit rear driver side car while it was parked at the Powerview Hotel on Saturday night, January 20. Louie St. Croix reports theft of a white and red Massey Ferguson snowblower from St. Croix Cycle, and also a black Ford Ranger frill missing from shed. Theft occurred during the evening on January 23rd. A truck was seen leaving the yard. In the early am., on Jan-

uary 24th, 1996, a medical van was stolen from the Little Black River First Nation Band, North of Powerview. At around 4:15 am., a delivery van noticed that a local restaurant on Sagkeeng First Nation had a window broken. An inventory of the restaurant revealed that approximately 100 cartons of cigarettes (also chewing tobacco, chocolate bars, etc.), a safe containing \$600.00 and restaurant till containing \$80.00 were stolen.

The van has been located at Brokenhead First Nation (Scaterbury) in the ditch. The safe was in the van, not opened. The till tray was also in the van and money was gone. Attempts are being made to locate two known makes involved in these incidents.

Off Road Vehicle Act Update- Effective immediately a Traffic Accident Report is required if total damage exceeds \$1000.00.

Should you have any information on these matters, kindly contact the RCMP office at 367-2222.

Community Billboard - ph 367-4466

GRAND MARAIS BUSINESS ASSOC. general meeting Monday Dec. 18, 1995 at 7:00 pm Walter White School. LIBRARY ALLIARD: 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 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 POWERVIEW 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 COTTAGE COUNTRY BUSINESS ASSOC.: Meeting - Every first Monday of the month at 7:00 p.m. Ph. 756-2596 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.) C.O.P. MEETING, Rm. 43 Powerview School, every 3rd Mon. of the month at 7:30 pm. BADMINTON - Pine Falls School Gym, Sunday & Wednesday nights, 7:00 - 10:00 p.m. POWERVIEW GARBAGE PICKUP every Wed. Recyclable pickup every 1st & 3rd Thurs. of each month. P.A.A. MEETING every 4th Thursday of each month at 7:00 p.m. VILLAGE OF POWERVIEW MEETINGS, every second Tuesday of each month. RSP SEMINAR Mon. Jan. 29/96 7:00 p.m. Curling Club Lounge. Sponsored by the Royal Bank

Church Services

NOIRE DAME DU LAUS: Saturday Evening French Mass 7:00 pm - Pine Falls. Sunday English Mass 10:00 am - Powerview 12:00 noon - St. Mary. PINE FALLS UNITED CHURCH: Sunday services: Sunday School 11 AM, Religious Lectures 10:00 am, Lunch 11:00 am, Noon Tel. 367-2088. PINE FALLS ANGLICAN CHURCH OF ADVENT: 2 Hills St. Ph. 367-8447. Sunday 9:00 am. Sunday School provided. Rev. The Rev. Isaac Mitchell, Assoc. Curator, Stephen Mitchell, Exorcism, Wexham. ST. THERESA: Pine Falls Mass Sunday at 10:00 am. ST. GEORGE'S: Mass Sunday at 8:00 am and 10:00 am. ST. JUDE'S ANGLICAN CHURCH: Grace Marais: Holy Eucharist - 2nd and 4th Sundays. 11 am Morning prayer 11 am - 1st, 3rd and 5th Sundays. TRINITY EVANGELICAL LUTHERAN CHURCH: Dulberg, 1 mi. east and 1 mi. South of junction 12 and 3rd St. John: Evangelical Lutheran Church, Greenwood on Hwy 12 11:2 am - north of junction with 37 - Sunday church school 10 am - worship 11 am alternate locations. For info call 635-2623 or 754-8082. CHRISTIAN FAITH FELLOWSHIP: Sunday service - 10:00 am Bible study Wed. night 7:00 pm. HOUSE OF PRAYER FULL GOSPEL: 2-30 every Sunday, Scaterbury Mb. on Hwy 59. ST. THERESA R.C. MISSION, 88 Glendale Ave. Grand Marais 10:00 am Sunday. Additional Mass mid June thru Labour Day 9:00 am Sunday. ST. MARGUERITE R.C. MISSION (closed for winter) Attend service in St. Alexander Mission. ST. ALEXANDER R.C. CHURCH, located at Sagkeeng 1st Nations Sunday Mass 10:00 am. ST. THERESA R.C. MISSION, 88 Glendale Ave. Grand Marais, Mass on Community Service 7:30 pm Saturday, 1st Sat. of November to last Saturday of April.

The Voice

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news

Community's First Baby

by Michelle Moore

Healthy, 10 pound, David Joshua Esser arrived in the early morning hours of January third. Due to the fact that he was born in Clinton and Nicole Esser's Powerview home, he wasn't recognized as the communities first New Year's Baby until now.

When asked why they had decided to have their baby at home, the second time proud parents said that there were many reasons that had made them decide to go with homebirth. Like all of the parents that are making homebirths such a big comeback, the Esser's family believe that due to the fact that women have been giving birth naturally at home for thousands of years, it must be the correct and most personal way. Natural it is, in all senses of the word.

Nicole, Clinton and a highly qualified midwife and registered nurse, were present during both the labour and birth process. Their midwife, Jackie, had monitored Nicole

throughout her team and she also had regular visits to the doctor. Both indicated that there were no foreseen complications. Because Jackie had also delivered their first son, Jerrod, in their Winnipeg home two years prior, they were confident and excited to be able to have their second child at home as well.

Many people never get the opportunity to hear someone's personal story about homebirth and are able to form their own opinion regarding the contrasts of homebirth and hospital birth. Mrs. Esser went through some of the advantages of homebirth, to help inform anyone who may wish to look in to it in the future.

Although there are no drugs given to suppress the pains of childbirth at home, hot compresses and tender massages help to relieve pres-

sure. The extra time and care given by the midwife to ensure comfort and relaxation is not given in the labour room rush at hospitals. The expecting mother is in her own home, surrounded by people she loves and trusts, and is given as much time as nature allows to enjoy the true miracle of childbirth.

With their hands already full, the two chiropractors look forward to having more children in the future, all of which will probably be born at home. Mrs. Esser is hoping to join her husband in his local practice some time in the fall, but no final plans have been made. We thank them for sharing their experience, for perhaps they may have sparked a new interest for homebirths in our area. Congratulations and all the luck for the future.



David Joshua Esser with his mother Nicole

Voters face tough choice

From page 1. Hardisty, Raymond, Raven, Wayne, Moneyas, Larry, Raven, and Wesley Moneyas.

Also contesting the five seats on council are: Ian Bushie, Brian Moneyas, Furben Barker, Dennis Sinclair, Ben Moneyas, Garry Raven, Henry Hardisty, Cyril Williams, Arthur James, Leo Moneyas, George Cowley, Lynn Moneyas, and (it's nice to see), two women, Sarah Williams and Hilda Bjork.

With so many qualified and experienced people I'm sure it will be a tough call for voters to pick only one Chief and five councilors. With the great number of issues to be dealt with and in such little time, all nominees are struggling to be heard. Come January 31 only the strongest voices will remain.

Pine Falls Boy Makes Good

It has been said that things only happen in America. Well look out America because it happens in Canada too. Doug Robertson, son of Bruce and Anna Robertson, formally of Pine Falls, proves that with hard work and determination it can happen in Vancouver.

Vice President in charge of Sales and Marketing for Eagle Ridge Pontiac in Coquitlam B.C.

The Garage he works for used to be a Mid-Evil restaurant and when they converted it they kept the decor and atmosphere.

Doug also plays hockey for one of the local teams when he isn't travelling around at meetings, going to car auctions and ordering cars.

Congratulations to Doug on all his accomplishments at the young age of 27.

When they moved out to B.C. in the early 80's Doug went to work for Coquitlam Chrysler as lot boy. That's garage talk for Gopher. He began working his way up the ladder as Salesman, Warranty Sales Manager and now he is

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Advertisement for Ethical Funds, Les caisses populaires du Manitoba, listing various investment options and contact information.

## BEACHES BUZZES

## What's Upcoming at Victoria Beach Senior Scene.....

Just to inform everyone of the correct date of the Valentine Dinner and Dance...it was reported in the newsletter that the dance would be held on Saturday, February 17th, but the actual date will be Saturday, February 10th, at 6:00 P.M. Tickets available from the usual sources.

Line Dancing on Tuesdays has been cancelled for the duration of the season, however the Thursday line dancing is still in full swing.

Art Classes on Tuesday mornings at 9:30 a.m. with

instructors Bill Eisler and Willa Gilchrist. Bill and Willa will be teaching, using acrylics, water colors and oils. If you have an artistic bent this could be the beginning of a wonderful hobby. You may even make some extra cash if your work sells!

Arts and Crafts every Tuesday afternoon 1:00 p.m. until ??

## Want to curl??

Casual curling taking place every Wednesday morning at 10:00 am at the Victoria Beach Sports club.

How about a hobby in woodcarving? Woodcarving takes place each Wednesday afternoon at 1:30 pm at the Senior Scene. Come take a look at what some of these talented carvers are doing, then try it yourself. We're told there's a lot of satisfaction associated with this hobby.

Anyone interested in a workshop in Stained glass??? If interest is shown by enough people, Bill will "do" another stained glass workshop. The last one was well attended, perhaps those participants are ready to go on to more intricate work....and a welcome to anyone who couldn't attend the one in the fall. Call Bill at 754-3103.

Heart and Stroke "Fun and Games Fund-raiser" is to

take place on Saturday, March 9th, more on this later.

## This 'n that.....

Can you believe January's all but a memory? Where did the month go? We all were in some form of hibernation to escape the prolonged cold spell. But while we were thinking of ways to keep warm, who had time to give the January blahs any space? Now that February is no long-

er the time for that other major expense - Autopac, we have to think of a reason for the February blahs....ah well, that leaves March, which for me is always the worst month for any blahs.... March is that time when the seed catalogues, and dreams and plans for gardens has become boring (let me out into the dirt already!) Spring seems to be so-o-o far away. That's the time for blues.

## Literacy week kicked off at Walter Whyte

by Lorraine Neal

The Kindergarten room at Walter Whyte School was the scene of unusual activity on Wednesday morning, January 24th, when four local Moms became part of a fascinating picture. Kindergarten teacher, Mrs. Corinne Gamble invited Mrs. Louise Avery, Mrs. Frieda Carriere, Mrs. Bonnie Toews, and yours truly, to acknowledge literacy by reading to the class. After introducing the children and the moms to each other, Mrs. Gamble asked the class to read various stories and poems aloud to the visitors.

The class then split into four groups for story time. Every corner of the room was utilized as the groups sat at tables, and on the floor to do what parents, grandparents and teachers have been doing since the days the Egyptians read off hieroglyphics to their offspring.

It would have been difficult to determine who enjoyed the morning activity more, the moms or the little charmers (my personal bet's on the moms!)

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## Great Falls Community Facilities in Danger

Submitted by D. Slater

Great Falls District Recreation Association Inc. Address all user's of the Great Falls Community Service and

Facilities.

These facilities are in danger of no longer being available for use! ie: Hall renters, bowling, curling, bin-

go hall, skating, playground use, meeting place.

Meeting was held Wednesday January 24, 1996 at 7:00 p.m. in the Great Falls

## Intelligence of Dogs

Phyllis Sawchyn

One night a few days before Christmas 1995, we had a visit from three unexpected visitors.

Our son and daughter in law live about 20 miles from Pine Falls and own three dogs, Sandy, Heidi, and Jack.

Just before Christmas their dogs got free of their ropes and they were missing from mid morning and could not be found.

After work our son John and his daughter Joy, decided to take the ski-doo and look for the dogs.

They eventually ended up in St. Georges, through the ski-doo bush trails, and then on into Pine Falls, but they did not hear or see any sign of the dogs.

While in Pine Falls John and his daughter went over to visit John's sister Lynda and Brother in law Danny and oth-

er relatives, including me, who were there.

About an hour later they decided they better get back on the trail to Stead and keep looking for their dogs. They arrived home without any luck.

Shortly after they left, I also went home. I had our dog, Corky with me in the car and as I was pulling up in our driveway I saw a large dog running in front of our house and I was hoping that he did not notice our small dog who had already jumped out of the car.

All of a sudden while walking to the back door, I saw the three excitable friendly dogs, Sandy, Heidi and Jack! They had somehow found their way from Stead, to Pine Falls and much more amazing to our home! They had come through the bush and or along the highway. They were excited, thirsty and glad to be

able to rest a little. One stretched out in the living room, one sat and pulled snow clumps out of her long fur and the youngest, who also has a pinned hip from an accident a year ago, ate some dog food that was in a bowl.

My husband phoned our son and told him his dogs were in Pine Falls and that Grandma (me) was driving the gang home, which I did, along with my daughter Lynda.

We received many kisses and licks from the back seat and the aroma of dog filled the air.

They all seemed to enjoy the ride back home and were happy they didn't have to walk.

Our son and his wife said the three dogs slept well that night.

The amazing thing about this story is that the dogs had never come to our house alone before and only have been here once by car in the past year.

Hall. Discussions were about the take-over if the community Hall and Curling Rink buildings, playground and baseball areas. This decision will be affecting surrounding areas such as Lac du Bonnet, Powerview, Pine Falls, and Fort Alexander. Manitoba Hydro does not want a corporate binding with the community and its buildings, that is why they had sold all the houses in the township a few years back. If upon agreement the Community Hall and Curling Rink will be sold in its condition "as is" and "where is" basis. Manitoba Hydro will pay for all legal costs for transfer. They do not stand to gain or want the financial gain from the property, their wish is to turn the facility over to the community. If we as a community reject the offer by Manitoba Hydro, there is no guarantee if they'll make us another offer. The Hydro Company will either sell it out to tender or tear the facilities down. Manitoba Hydro made a sole option to the communi-

ty clubs that if they can't run the facility, they can buy it back, but if Hydro chooses to exercise this option, they are not obligated to operate the Community Hall and/or Curling Rink. If it goes according to plan, the Community Clubs will have to start running their Clubs as a business.

Our Reeve of the L.G.D. of Alexander Ken Danwich spoke on behalf of the situation. He had stated how important a community hall is to the surrounding town. Without it we are not much of a community, because the people would go else where. The bottom line is we have to take a chance and go with it.

Our Community Clubs are crying out for more Community members, involvement, and support. We would hate to see our little town disappear when so many of us have been here for most of our lives.

## SMALL BUSINESS TRAINING OPPORTUNITY

WINNIPEG RIVER BROKENHEAD COMMUNITY FUTURES DEVELOPMENT CORPORATION AND THE SELKIRK CANADA EMPLOYMENT CENTRE are pleased to announce that a two week small business training course has been approved. The start date is set for mid February to early March. Tentative location are Lac du Bonnet and Pinawa but will be determined by demand. The course is available for residents of Beausejour, Pine Falls, Pinawa, Lac du Bonnet, and surrounding areas.

The two week course includes several topics relating to the operation of a small business including:

- How to start a small business
- Marketing strategies and Research
- Customer Service
- Basic Bookkeeping & Financial Statements
- Human Resource Management

There will be no cost for Participants be in receipt of Unemployment Insurance Benefits. Arrangements may be made for non-recipients.

For further information or to register for the course, please call WRB Community Futures @ 345-8691 and ask for Troy or Bryan.

## AN OPEN LETTER TO MANITOBANS

From Health Minister Jim McCrae

Of all the challenges currently facing Manitoba, there is no question that health care is among the most difficult. Consider the threat our health care system is facing with the loss of hundreds of millions of dollars from federal government transfer payments.

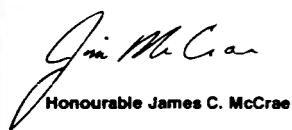
The impact is staggering. In fact, it represents the annual cost of running hospitals and community clinics throughout rural Manitoba. Think about the comparison. If this money was taken out of the system tomorrow, every rural health care facility would have to be closed to make up the difference.

Let me assure you this is not an option. That's because our top priority is to protect health care services. To do that, difficult choices have to be made.

Among them is the decision to suspend all planning and construction of health care facilities including renovations, upgrades and expansions. Exceptions include construction that is already underway, contracts that are already signed, projects that relate to safety and security as well as mental health projects.

This suspension is a necessary step as we consult with the Regional Health Advisory Boards, the health care community and the public on the funding of programs, services and facilities that will best meet our ongoing health care needs.

This decision has not been an easy one. However, it is the only way to ensure health services now and for future generations.

  
Honourable James C. McCrae

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## Features

## Chat with Pat

by P.G. Yatkowsky

In two weeks I have experienced it all. While I was out in B.C. the weather went from bright sunny and the crocuses beginning to sprout, to ten inches of snow. Then back to THIS.

Greetings from some Pine Fallsites Bruce and Anna Robertson and their sons Doug and Garry. While I was out for lunch with Doug and Anna one day I was filling him in on all the changes in the "Blue Water" area in the passed couple of years. It made me realize how much has changed. The Pine Falls Paper Company, people moving around, new businesses — it's been exciting and will be for some time to come.

It's amazing how many folks have family out here. I even found out that my cousin out in Vancouver is related to my son-in-law's family in Arborg and Gimli. Small World!! Some day I'd like to do a who's related to who report in the paper.

In this cold world there are lots of people quite sick with the flu. Even with the flu shots, some folks are

really sick. Mrs. H. Albertson is in the hospital, our thoughts are with you.

I hear Ann Lavalle has moved to Winnipeg River Lions Manor. Enjoy!

It was Ten Years ago on Jan. 28th that the Challenger Accident happened. It seems like yesterday. Bill Jordan was there and even has a picture of the Challenger going up.

Congratulations to the Pine View Petite team who won Gold in the Portage Ringette Tournament. Each game they choose Most Valuable Player. Lacey Yatkowsky, Morgan Nolin and Bob Watson each won the award.

I hear that Joyce Beaubien is coming to Pine Falls for a few days to visit some friends. Hi, and hope to see you.

On to BRAD'S WORD FOR THE WEEK—Vitrify—It means to change into glass or a glassy substance. Well—So Long for now, Au Revoir—See you in the paper—Whije I have your attention—Feed the birds and Pray for warmer weather.

## Why Contribute to RRSPs

Registered Retirement Savings Plan (RRSPs) are among the few government-sanctioned tax shelters still available to ordinary Canadians today, and they're an ideal way to save for the future. But of the 19.4 million Canadians who filed a tax return last year, only half own RRSPs and a mere 25 per cent contribute to them regularly.

Here are 5 of the more common reasons why people don't contribute to an RRSP, and why they should.

"I can barely make ends meet now."

If that's the case, paying yourself first might be the answer. The trick is to take the money out as soon as you get it, or before you can spend it, so you won't miss it. One option is to have a fixed amount automatically withdrawn from your pay slip and contributed to a company Group RRSP. As well, you can arrange automatic deductions from your savings or chequing account at the institution where you bank and maintain an RRSP. You can start an automatic contribution plan with as little as \$25 a month, making this a very affordable investment toward your future.

"I have a mortgage."

Ideally you will want to pay down your mortgage as well as contribute to your RRSP. Suppose you decide to wait, say 25 years, until your mortgage is paid off before you start saving for your future. Can you really afford to miss 25 years of growth in an RRSP? Consider that a minimum contribution of just \$25 dollars a month, at an annual compound growth rate of eight per cent, would give you more than \$22,000 in 25 years.

"My company, or the government, will bail me out."

Because people are getting older, retiring earlier and living longer, tremendous strain has been placed on the traditional safety nets that companies and governments have provided. Planning and saving for your own retirement income is, by far, the best way to give yourself peace of mind and security in knowing that funds will be there when you retire.

This article is one in a series prepared by Royal Bank Financial Group to help Canadians take more control of their retirement planning needs. If you have questions or would like more information, please call or visit your Royal Bank branch.

Over 80% of people with Diabetes have Type 2

Diabetes. People particularly susceptible to Type 2 Diabetes include:

- a) people of Aboriginal descent,
- b) those with a family history of diabetes,
- c) women who deliver large babies (4 Kg or over)
- d) people over 40 years of age.

Early detection of Type 2 Diabetes is crucial, but diagnosis may not occur until complications have emerged. Early detection gives the person a chance to take control and adopt practices to delay or prevent complications.

The following are facts about diabetes complications:

- \* Diabetes related complications are a leading cause of death by disease in Canada.
- \* excessive thirst
- \* frequent urination
- \* weight change
- \* blurred vision
- \* unusual tiredness
- \* irritability
- \* slow healing of cuts or infections.
- \* nausea and/or vomiting
- \* tingling, numbness or pain in hands and feet
- \* abdominal pain
- \* sweet smelling breath.

Some early symptoms of Diabetes are as follows:

- \* Diabetes substantially increases the risk of heart disease or stroke.
- \* Diabetes is a leading cause of adult blindness.
- \* Diabetes is a leading cause of non trauma amputations.
- \* Diabetes increases the risk of kidney disease.

If you experience any of the above symptoms or suspect that you may have Diabetes, please see your doctor immediately. Your doctor can conduct tests for excessive sugar (glucose) in your blood. These tests are painless and very conclusive.

...more next week. Material used in this column courtesy of the Canadian Diabetes Association, is compiled and edited by Lorraine Neal.

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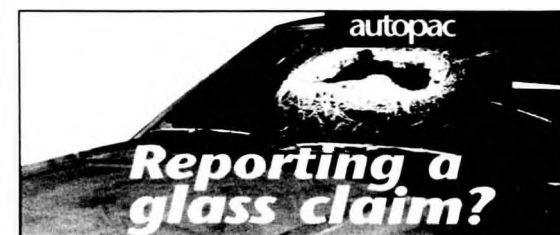
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One of our representatives will take your claim information over the phone. No estimating appointment is necessary. Take your vehicle to the glass repairer of your choice to have your vehicle repaired at your convenience.

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parents or children after they retire. Even among the wealthy, 55 per cent do not expect to receive an inheritance. With today's advances in technology and medicine, people are living longer and are having to stretch their money over a longer period. With nursing home or home care costs factored in, the big question becomes: How much inheritance money will be left?

"My company, or the government, will bail me out."

Because people are getting older, retiring earlier and living longer, tremendous strain has been placed on the traditional safety nets that companies and governments have provided. Planning and saving for your own retirement income is, by far, the best way to give yourself peace of mind and security in knowing that funds will be there when you retire.

This article is one in a series prepared by Royal Bank Financial Group to help Canadians take more control of their retirement planning needs. If you have questions or would like more information, please call or visit your Royal Bank branch.

Over 80% of people with Diabetes have Type 2

Diabetes. People particularly susceptible to Type 2 Diabetes include:

- a) people of Aboriginal descent,
- b) those with a family history of diabetes,
- c) women who deliver large babies (4 Kg or over)
- d) people over 40 years of age.

Early detection of Type 2 Diabetes is crucial, but diagnosis may not occur until complications have emerged. Early detection gives the person a chance to take control and adopt practices to delay or prevent complications.

The following are facts about diabetes complications:

- \* Diabetes related complications are a leading cause of death by disease in Canada.
- \* excessive thirst
- \* frequent urination
- \* weight change
- \* blurred vision
- \* unusual tiredness
- \* irritability
- \* slow healing of cuts or infections.
- \* nausea and/or vomiting
- \* tingling, numbness or pain in hands and feet
- \* abdominal pain
- \* sweet smelling breath.

Some early symptoms of Diabetes are as follows:

- \* Diabetes substantially increases the risk of heart disease or stroke.
- \* Diabetes is a leading cause of adult blindness.
- \* Diabetes is a leading cause of non trauma amputations.
- \* Diabetes increases the risk of kidney disease.

If you experience any of the above symptoms or suspect that you may have Diabetes, please see your doctor immediately. Your doctor can conduct tests for excessive sugar (glucose) in your blood. These tests are painless and very conclusive.

...more next week. Material used in this column courtesy of the Canadian Diabetes Association, is compiled and edited by Lorraine Neal.

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## Features

## COMMUNITY HEALTH WATCH

A weekly column designed to assist the public with health questions, such as when to call the doctor, or when a situation could be dealt with in the Health Unit, rather than in a doctor's office. Over the next four or five weeks, this column will be dealing with the timely topic of Diabetes. Diabetes - Public Education and Awareness

According to "Diabetes Dialogue" a quarterly publication from the Canadian Diabetes Association, geared for distribution to physicians, there are Canadian diabetics who are still taking insulin after 50 years or more. In Canada one in 20 people has Diabetes. It is estimated that half of those with Diabetes don't realize they have it. Over 60,000 new cases of Diabetes do not realize they have the disease.

Type I Diabetes is insulin dependent, usually develops under age 40

Type II Diabetes is non insulin dependent, develops after age 40, and being overweight is a common risk factor.

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- \* sweet smelling breath.

## Silver Haven Meals

Monday, January 29/96: Soup, Ham & pineapple pizza, coleslaw, Lemon pie.

Wednesday, January 31/96: Fruit Salad, Roast beef & mashed potatoes, gravy, carrots and celery, strawberry dessert.

Friday, February 2/96: Soup, Marinade Chicken, rice,

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Monday, February 5/96: Soup, Sole florentine, baked potato, green beans, Butter-scotch pudding.

Wednesday, February 7/96: Taco salad, Quiche lorraine, carrot bake, Blueberry crisp.

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...more next week. Material used in this column courtesy of the Canadian Diabetes Association, is compiled and edited by Lorraine Neal.

## Recipe File

The following is a recipe which can be used by a person with Diabetes.

Tomato

Pie  
1 cup (250 mL) fresh fine bread crumbs

3 cups (750 mL) sliced, peeled tomatoes (about 1 1/3 pounds)

1/3 cup (75 mL) thinly sliced onion

2 cups (500 mL) grated mild Mozzarella cheese

2 large eggs lightly beaten

1 strip of bacon, cut in pieces

Preheat oven to 325 degrees F or 160 C. Butter a 9 inch pie plate.

Sprinkle 125 mL (1/2 cup) bread crumbs evenly on bottom of pie plate. Arrange half of tomatoes on bread crumbs

and top with half of the sliced onion. Sprinkle half of cheese on top of onion and repeat layering with remaining tomatoes, onion and cheese.

Pour eggs over cheese and add salt and pepper to taste.

Top pie with remaining 125 mL (1/2 cup) bread crumbs. Arrange bacon pieces on top of pie and bake in middle of oven for 45 minutes, or until bacon is crisp. Serves four to six.

Each serving (1/6 of Pie) =

1 starch choice

1/2 fruit and Vegetables choice

2 Protein choices

1/2 fats and oils choice

20g carbohydrate, 1.6 dietary fibre, 16g protein, 9g fat, 228 kJ (55 calories.)

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The Metis Rendez-vous Committee is willing to give donations in return for services rendered during the May Long Weekend.

If interested contact: Deloris 367-9164  
Malie 367-2896

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**Reporting a glass claim?**

Effective February 1, 1996, Manitoba Public Insurance now offers improved Autopac glass claim service with:

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Winnipeg - 985-7000  
Outside Winnipeg - 1-800-665-2410  
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7:00 am to 9:30 pm  
Saturdays, Sundays and holidays  
10:00 am to 4:00 pm

One of our representatives will take your claim information over the phone. No estimating appointment is necessary. Take your vehicle to the glass repairer of your choice to have your vehicle repaired at your convenience.

This service applies to glass only claims. If your vehicle has been otherwise damaged or if other repairs are needed, we will arrange an appointment for you to have your vehicle estimated.

Call the Autopac Line for fast glass claims service

Manitoba Public Insurance

Telephone (204) 367-4244

**the Tax Depot**

Greg Davenport, Vice President/General Manager of U & R Tax Depot takes pleasure in announcing that Sandi Duval has acquired the Tax Depot franchise for Pine Falls.

Sandi Duval, a resident of Pine Falls for eight years has undergone extensive training to prepare herself for the current income tax season. The Tax Depot office will be located in Pine Falls at the Post Office Building, Second Floor, and will be open year round (Telephone #367-4244). Sandi is looking forward to serving the Pine Falls area individuals and businesses with their tax preparation needs this coming season.

U & R Tax Depot has over 100 offices nationwide and has been serving Canadian taxpayers for over 24 years. The company adheres to a strict policy of providing guaranteed tax preparation services at economical prices. As well, Taxolux Refund Buying Services and Specific Electronic Filing Services are part of the Tax Depot Service package. Tax Depot also markets tax and bookkeeping training courses and newsletters.

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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

\* In the summer of 1995, Eastman athletes Jonathan Peters and Lorie Mae Doerksen of Steinbach played on the Midget provincial volleyball teams, while Jayson Barkman of Steinbach and Francine LaBossiere of St. Pierre Jolys participated on the Juvenile provincial volleyball teams.

\*The Springfield Curling Club hosted a mixed bonspiel last fall for Eastman Special Olympics. Proceeds were earmarked to send area athletes to the National Winter Games in Calgary.

\*The Columbus Community Centre of Cook's Creek hosted a bingo in support of Eastman Special Olympics in December.

\*Lac du Bonnet Curling Club plays host to the Manitoba Northwestern Ontario Legion curling championships this week (January 29 - February 2). Drop down and enjoy the action.

\*Eastman hockey players Jon Barkman, Brent Hobday, Jean-Paul Chaput and Erik Butenschon were named to the East Division all star team for the Manitoba AAA Midget Hockey League all star game. Barkman was named East MVP after the game.

\*Eastman Games Petites ringette was held in Niverville. Pool 1 winner was Niverville I over Steinbach II, with Ste. Anne taking bronze and Steinbach I fourth. In Pool 2, Mitchell defeated Kirkfield West for the gold, with Landmark and Niverville II third and fourth respectively.

1996 Eastman Winter Games Update

The 1996 version of the Eastman Winter Games are in full swing, with many events having already taken place. Here is information on the remaining competitions:

Basketball - The competition will be held in Beausejour on March 23. Category is men's 18+. Contact the ESDA office for further information. Host chairperson is Trevor Groinus. Fee is \$75 per team.

5-Pin Bowling - This will take place on February 11 in Steinbach. 3 person teams, consisting of one youth (10-20), one adult (20-54), and one senior (55+) will compete. Fee is \$6.50 per person. Contact Viera Jakubek at 326-3932.

Junior Curling - Bantam (13 and under), Coed (3+1 or 2+2) will be held February 2-4 in Dugald (Springfield Curling Club). The fee is \$40 per team. Contact Yvonne Grapentine 444-2438 or Bob Clarke 444-2075. Bison Coed (16 and under) Junior Curling does not have a host site yet, but if there is any club interested please contact Bob Rondeau 268-3200 or Lydia Ewasko 268-2261.

Artistic Gymnastics - Open to ages 7-9, 10-11, 12-13, and 14+, this competition is scheduled for Powerview on March 16. Contact George Dahl at 367-8695 or Annette Chevrefils at 367-8763.

Biathlon - Male and female (all ages) will occur at East Shore Trails (Wanipigow) on February 25. Contact Murray Marchment at 363-7361.

Volleyball - Coed 18+ will take place at Lac du Bon-

net on February 10. Fee is \$75 per team. Call Michelle Chudd at 345-8816.

Please contact the Eastman Sport Development Association (Tracey Groinus at 268-2172 or fax 268-6070) for information concerning registration fees, eligibility, deadline for entry, date of event or site of event. Registration forms are available from the ESDA office or your local recreation director.

1996 3M Coach of the Year Awards Program

The Coaches Association of Manitoba is pleased to announce the 1996 "3M Coach of the Year" Awards Program.

Every year the outstanding "3M Coach of the Year" for Manitoba is selected in each of three major categories: Grassroots, Developmental, and High Performance. Awards will be presented on April 20 at the Radisson Suite Hotel.

The nomination deadline is February 20. Don't miss this excellent opportunity to recognize those coaches with-in your sport's program who have made a significant impact on your athletes.

Western Canadian Biathlon Championships back in Falcon Lake

The Falcon Lake Nordic Club will be host to the 1996 Western Canadian Biathlon Championships, at the Falcon Lake Biathlon Facility, on February 3 and 4, 1996. Fun Relay and Super sprint events will be held on Thursday and Friday, February 1 and 2.

For more information, contact: Chair of Organizing Committee Barb Hamilton (Falcon Lake 349-2684) or Executive Director, Biathlon Manitoba Ramona Mazur (Winnipeg 925-5687).

Upcoming Opportunities

\*Ringette Tournament

(various categories), February 2-4, Steinbach. Contact Janet Oakley at 326-6676.

\*Biathlon Cups #5/6, February 3-4, Falcon Lake.

\*Banda Manitoba Open Table Tennis Championships, February 3-4, University of Manitoba. Contact Ron Edwards at 925-5690 for details.

\*Open Biathlon Superstars Event, February 24, Wanipigow.

\*Open Eastman Biathlon Race, February 25, Wanipigow.

\*Novice Petite B Ringette Tournament, February 25-26, Lac du Bonnet. Contact Connie Daneyt at 345-8859.

\*Eastman Special Olympics second annual Winterfest, March 2.

\*Novice Tween A Petite B Ringette Tournament, March 9-10, Lorette. Contact Jackie Bohemer at 878-3395.

\*Milk Super Seminar for Coaches, April 12-13, Winnipeg Convention Centre.

\*International Coaching School, August 17-24, Victoria, B.C. Call (604) 721-7589.

The Time is at Hand!

Marion Mitchell, Executive Director of Eastman Sport Development Association, will be retiring in March of 1996. To honour her, a social evening "roast" will be held on Friday, March 15 at Anola Community Club in Anola. Tickets are \$10, which includes the gift, cash bar and lite lunch. Call Louise or Tracey at the ESDA office (268-2172) for tickets, or to be placed on the list of "roasters". Let's make this an evening to remember!

Notable Quotes

"The coach is second only to the athlete in importance - the strengthening of coaching and the professionalization and promotion of the coach will be critical to the successful development of Canadian sport." - Minister's Task Force on Federal Sport Policy, Sport: The Way Ahead. (Source: House to House, Canadian Curling Association, Summer 1995).

Sports



The winners of the Badminton Regional Winter Games held at the Pine Falls Gym on Saturday, January 20.

Eastman Badminton Regional Winter Games Results:

The Badminton Regional Winter Games were held in Pine Falls on Saturday Jan. 20/96. Sixteen participants gathered at the Pine Falls Gym to enjoy some games of badminton. These games were hosted by the Pine Falls Badminton Club. Medals were awarded to the following winners.

- Ladies' Singles: 1st - Steinbach, 2nd - Steve Meszaros & Jeff Dugard - Pine Falls, 3rd - Andy Kulyk & Bruce Nelson - Pinawa.
- Men's Singles: 1st - Alex Walten - Steinbach, 2nd - Andy Kulyk - Pinawa, 3rd - Bruce Nelson - Pinawa.
- Men's Doubles: 1st - Alex Walten & Roger Blatz - Steinbach, 2nd - Steve Meszaros & Jeff Dugard - Pine Falls, 3rd - Alice Loucks & Dave Loucks - Pine Falls.
- Mixed Doubles: 1st - Rita Kulyk & Andy Kulyk - Pinawa, 2nd - Klara Meszaros & Steve Meszaros - Pine Falls, 3rd - Alice Loucks & Dave Loucks - Pine Falls.

Julia Roberts Robert Duvall and Dennis Quaid

something to talk about

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1994 Skid-doo Formula 2 .....\$5299.00

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**Sports**

**Carillon Minor Hockey**

**Bantam**

TEAM	G	W	L	T	GF	GA	PTS.
Steinbach	11	9	0	2	99	29	20
Beausejour	11	7	2	3	71	46	17
Whiteshell	11	6	3	2	54	44	14
Oakbank	11	5	3	3	69	39	13
Hazelridge	11	5	5	1	50	38	11
Ste. Anne	13	5	8	0	50	58	10
Landmark	9	2	6	1	58	46	5
Sagkeeng	10	0	10	0	29	130	0

**Pee Wee A**

TEAM	G	W	L	T	GF	GA	PTS.
Ste. Anne	12	12	0	0	146	16	24
Steinbach	12	9	3	0	84	32	18
Oakbank	12	9	3	0	83	28	18
Whiteshell	11	6	4	1	64	67	13
Sagkeeng	11	5	5	1	51	65	11
Beausejour	10	4	4	2	45	52	10
Ile des Chene	13	3	9	1	44	57	7
Landmark	11	2	8	1	34	75	5
Pineview	10	0	10	0	25	139	0

**Pee Wee B**

TEAM	G	W	L	T	GF	GA	PTS.
Whiteshell	10	7	2	1	48	33	17
Oakbank #2	13	6	7	0	35	49	14
Oakbank #1	7	6	1	0	28	15	12
Ste. Anne W	7	5	0	2	37	8	12
Landmark	10	5	5	0	57	54	12
Steinbach	9	2	6	1	24	41	5
Hazelridge	4	1	3	0	9	12	4
Ste. Anne O	10	0	8	2	10	33	2

**Pine Falls 5 Pin Bowling News**

by: Janelle Carlson

The ladies high games were: Lucille Vincent 270, Lucille Bruneau 245, 239, Jeanette Lavoie 244, Evelyn Dodds 239, Cheryl Boisvert 237, Yvonne Powell 235, Dawn Blatz 229.

The men's high games were: Lyle Velie 322, 239, Don Powell 278, 273, 227, Todd Jesseau 247, Terry

Gauthier 245, Rheal Morissette 238, Paul Doyle 237, Pete Richardson 233, 220.

The female bowler of the week was Lucille Vincent for her great game of 270 which was 109 pins over his average.

The male bowler of the week was Lyle Velie for his terrific game of 232 which was 111 pins over his average.

The Legion Special was won by the Pollywogs for their 3 game total of 3290. Congrats Ladies!

This weeks High Triple Games were: Don Powell 778, Lyle Velie 690, 658, Lucille Bruneau 66, Pete Richardson 644, Todd Jesseau 635, Rheal Morissette 618, Terry Gauthier 612.

This weeks "Unforgettable Games" belong to Jeanette Lavoie 107, Butch Boisvert 115, George Dodds 127, Paul Doyle 133, and Terri Papineau 144, 154, Terri also had a whopping 3 game total of "499".

**St-Georges Sand Bag League News**

Ladies Highest Score: Florence Windsor 7430, Juliette Fillion 7030, Annette Dupont 6680.

Men's Highest Score: Jos Vincent 7480, Martin Vincent 7130, Carl Vincent 6560.

Highest Square: Annette Dupont 1160, Carl Vincent 1250.

Team Points: Henri Desautels 51, Victor Vincent 42, Ginette Vincent 31, Marguerite Boyer 28, Philip Bouthillier 23, Edgar Vincent

20, Annette Dupont 14, Jos Vincent 11, Most 300's: Colette Vincent 11.

**NEMMHL Hockey**

**Minor Atom stats as of: Jan. 29**

TEAM	GP	W	L	T	GF	GA	PTS.
Sagkeeng	12	9	2	1	62	23	19
Hazelridge	11	6	4	1	49	43	13
Beausejour	11	6	5	0	32	44	12
Pineview	11	3	6	2	39	47	8
Whiteshell	11	1	8	2	29	51	4

**Major Atom Stats as of: Jan. 29**

TEAM	GP	W	L	T	GF	GA	PTS.
Whiteshell	11	9	2	0	79	21	18
Bjour Hazel	11	5	6	0	45	62	10
Pineview	10	4	4	2	47	48	10
Sagkeeng	10	1	7	2	22	62	4

**Novice Stats as of Jan. 29**

TEAM	GP	W	L	T	GF	GA	PTS.
Sagkeeng	8	7	0	1	83	29	15
Bullets	10	7	3	0	57	40	14
Silver Bullets	10	6	4	0	69	63	12
Pinawa	8	5	2	1	47	33	11
L.J. Bonnet	7	3	3	1	46	40	7
H.L. White	12	3	8	1	38	53	7
Hazel Green	9	2	6	1	26	65	5
Pineview	10	1	8	1	41	84	3

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**Births**

Michael Coss and Patricia Grant are proud to announce the arrival of their son Raymond Michael Leon Coss born on Sept. 7/95 at 10:23 a.m. weighing 6 lbs. 12 oz. Welcoming his arrival is his two big sisters, Christine and Carla Coss, proud Grandparents Irene Coss and Leon Coss. A special thank you to Aunty Suzie for being there through it all.

**Real Estate**

House For Sale - 1 1/2 storey house to be moved. Phone 265-3439. 3xinv.-3

**Wanted**

Used 160 and 220 combi bear traps, reasonable price, ph. 367-8752 leave message. 2xpd.-2

**For Sale**

Single Bed Rollaway cot (includes mattress), Like New, Asking \$100.00, ph. 367-2063.

**Card Of Thanks**

The memory of this night will be with us always. Remembering the family and friends who cared and shared this joyous occasion with us. For that we will always be grateful. Love Always, Joe and Alice 1xinv.-1

**Snowmobiles**

1996 Arctic Cat 580ZR EFI 600 Miles, 1993 Arctic Cat 580ZR, 2000 Miles, 1991 Arctic Cat Jag Deluxe Elec Start, MUST SELL ONE. Your choice call Ken at 757-2090 or 482-7782. 1xinv.-1

CLEARANCE All Nylon and Leather Snowsuits up to 50% OFF. All Helmets in stock 20% OFF. Sale Prices on all Winter Clothing @ Honda Ron's. Seikirk 482-7782. 1xinv.-1

For Sale - 1994 Polaris Indy 500, loaded \$5200. Call 756-3369. 2xpd.-2

**For Lease**

Kitchen - Pine Falls Golf Club, Apr. 1 - Oct. 31 '96, includes liquor sales. Submit written proposal stating amount of lease payment, on or before Feb. 6 '96, to PF Golf Club, Box 298, Pine Falls, MB. R0E 1M0. For more info, contact Mariene at 367-2335 after 5 pm. 2xinv.-2

**Musical Instruction**

Piano lessons in the Belair area. For more information call Lynne 754-8958. 4xinv.-3

**Autos**

Used Cars For Sale - All makes and models, all in good running order, starting as low as \$650.00. 1979's and up to 1986's. Call Devon or Donny at 756-3935 for appointment. TFN-6-6

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**MEMORIAM**

In loving memory of Stan Lazanuk Husband, Father, Grandpa, who passed away Feb. 2, 1991.

We still think of you as a busy person. See you in our eyes and miss you in our lives. We still pray for you. We wish you were with us, whenever we needed you.

Lovingly Remembered and Sadly Missed, Wife Helen, Juliana, Gene, Susan, Lynn & Joanne.

**WELCOME TO THE PETRO-CANADA COST-SAVER CARD CLUB.**

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Every penny counts, so if you're looking for a way to save on fuel, look no further than Petro-Canada's new Cardlock Station in Papertown. It's the convenient, 24-hour, no hassle way to get the best value in town on clear diesel, purple diesel, regular clear gas. And it's only available to holders. So call your local representative Kim Robertson at 367-8800 or 367-8903 or Karen Hatch at 1-800-458-3618 to get the Card within three working days. They'll show you how fast and easy it is to use your card to access the pumps and save pennies per litre. And we all know how fast those pennies add up.

We now have all types of oil available: hydraulic fluid, motor oil, chain oil, grease, transmission oil, windshield washer fluid, and anti-freeze.



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FUEL PRODUCT RANGE

FOR MORE INFORMATION CALL KIM ROBERTSON 367-8800



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**THANK YOU**

*With heart felt thanks and gratitude for the many phone calls, cards, flowers, visits and prayers received by our family following the loss of our mother and grandmother. Theresa (Terry) Thomas.*

*We deeply appreciated the lunch served following the service which was provided by the ladies of the Church of Advent.*


Thank You All.  
The Family of Theresa (Terry) Thomas

# business directory

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Complete Home & Cottage Cleaning Services

Have we got what you want. Complete cleaning office, home, cottage, deep carpet cleaning and deodorized. Washroom complete washed and deodorized. Tile, vinyl - floors washed and waxed.

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Bus: (204) 367-9068  
Fax: (204) 367-9071  
Res: (204) 367-8540

Home, Farm, Travel, Commercial

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**CHARTERED ACCOUNTANT**  
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Wed. 9am-1pm 3pm-7pm  
Thurs. 9am-1pm 2:30pm-5pm  
Fri. 9am-1pm 3:00pm-6pm  
Corner of Church and PTH 11  
In Powerview  
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REAL ESTATE SERVICES



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Traverse Bay, Manitoba  
ROE 2A0  
Phone (204) 756-3967  
Fax (204) 756-3963  
Toll Free 1-800-756-5253

**YOUR AD HERE**

**DENIS LABOSSIERE**  
Lawyer

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Call 925-1900 for appointment

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Examinations done on Tuesdays

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**345-8647**

Tuesday  
5:00pm - 8:00pm