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WEDNESDAY, FEBRUARY 7, 1996

With the VOICE

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

Development Plan for Pine Falls Plan provide guidelines for future

PINE FALLS - A land use plan for Pine Falls prepared by DS-LEA Consultants of Winnipeg is the basis for existing and future development in Pine Falls. The land use plan designates industrial, commercial, residential, open and recreational areas while considering the aesthetic, environmental, social and business needs of the community. It also takes into account factors such as the large areas of rock outcrops, soil conditions and buffer zones which identi-

fies areas unsuitable or unaffordable for building at this time. "The plan simply identifies what already exists and provides us with a guideline to follow in considering the growing needs of the community, as well as the need to be registered with the Municipal Planning Board" stated PFPC President & Co-CEO Fern Pitre. "It is necessary to approach any development of the town in an organized manner, while ensuring compliance with provincial regula-

tions." DS-LEA Consultants have ensured that the new land use plan for Pine Falls incorporates all the regulatory requirements.

Although the Rock area has been designated as industrial, there will be no charge to the leasing arrangements that the tenants have enjoyed over the years, or for future tenants. Building permits for home improvements and maintenance will continue to be issued as in the past. In addi-

tion, residents on The Rock will be required to use holding tanks as opposed to the use of septic fields. "This conforms with environmental regulations and brings the area up to present day standards in harmony with all initiatives we have taken on the environmental front" explained Pitre. These required changes have been reviewed and approved by our environmental consultants and the Public Health Department.



Rod Bushie

Rod Bushie new Hollow Water Chief

by Lisa Raven

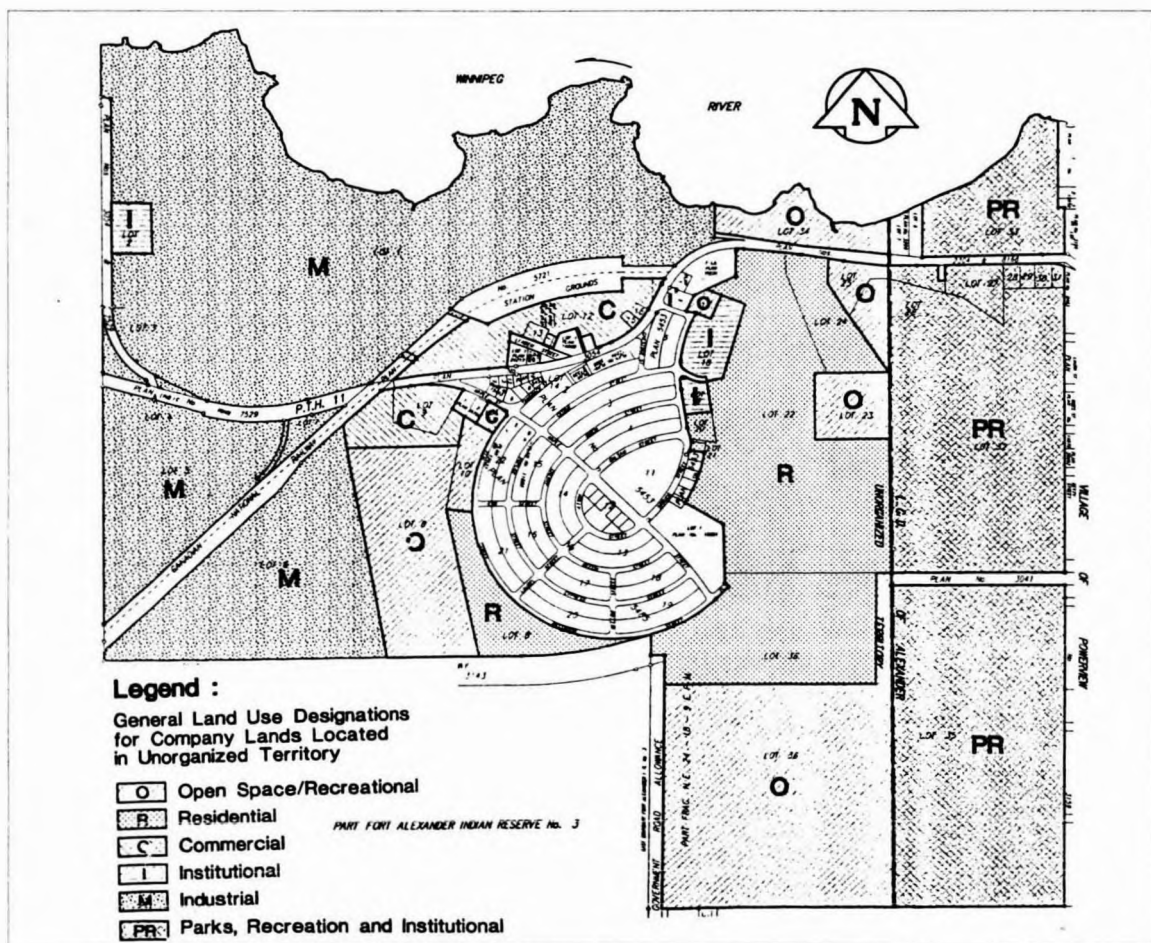
Hollow Water has elected a new Chief, Rod Bushie and 2 new Councillors Dennis Sinclair and Ian Bushie.

Along with re-elected councillors Marcel Hardisty, Wesley Moneyas, and Vice Chief Wayne Moneyas. These 6 men pave the way for Hollow Water in the next two years.

In office less than a week Dennis Sinclair admits, from underneath a stack of papers that he's got a lot of reading to do. Trying to get acquainted in what was going on before he arrived.

Chief and council has yet to meet to decide job portfolios but until then, Ian Bushie's also trying to adjust to the changes that happened so quickly.

Until job descriptions are settled we can only guess, and Dennis and Ian will keep on reading.



news

POLICE REPORT

THE FOLLOWING INCIDENTS ARE STILL UNDER INVESTIGATION

-Geraldine KENT reports the tail lights were broken on her vehicle while it was parked at the Bingo Hall on January 29, 1996. Estimated damage was under \$5000.00.

-RCM Police would like to warn all citizens about telephone solicitors. They will tell you that you have won an array of prizes and to claim these prizes you are to send in a certain amount of money plus GST to their head office. If you receive a telephone call

such as this, please check out the business before sending any monies to them. A good rule of thumb is - if you win a prize you don't have to pay for it.

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

Talent show at Sagkeeng High School

by Todd Guimond

A talent show was held on Friday, February 2, 1996,

at the Sagkeeng High School. The event was not a contest but more of a night of fun and

enjoyment.

An attendance of just under a hundred people were present with about twenty various acts performed by Sagkeeng residents. Skits, singers, flutes and Native drum playing were among the many talents provided for the show. Also provided was a small meal of stew, bannock, and ice cream.

The event was organized by Sagkeeng resident, Eve Courchene and the Anicinabe High School Grad students to raise funds for "Grad 96".

Another show is being planned for April, 1996. So come out have some fun and support the Sagkeeng graduation class of 1996.

At approximately 2 p.m. February 6th a motor vehicle accident involving a truck and a snowmobile occurred three miles North of Stead.

truck driven by Bob Postnikoff of Beausejour.

Dzaga was transported to Beausejour Hospital with undetermined injuries, however, injuries are not considered life threatening. Alcohol was not a factor and investigation is continuing.

PAPERTOWN MOTOR INN
Valentine Day Special
Steak & Shrimp \$10.95
Chicken & Ribs \$10.95
With many more specials to choose from.
Sorry no reservations.

Community Billboard - ph 367-4466

GRAND MARAIS BUSINESS ASSOC. general meeting Monday Dec. 18, 1995 at 7:00 pm Walter White School
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
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 GARABAGE 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.

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 AM Res. Condo 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 Res. 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 am. Morning prayer 11 am - 1st, 3rd and 5th Sundays
TRINITY EVANGELICAL LUTHERAN CHURCH: (Ithalberg, Lm. east and Lm. South of junction 12 and 304 St. John's Evangelical Lutheran Church, Greenwald on Hwy. 12, 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 - Financial Freedom Seminar - Friday nights at 7 pm.
HOUSE OF PRAYER FULL GOSPEL - 2:30 every Sunday, St. Anthonys 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 Ft. Alexander Mission.
ST. ALEXANDER R.C. CHURCH, located at Sagkeeng 1st Nations. Sunday Mass 10:30 a.m.
ST. THERESA R.C. MISSION, 88 Glendale Ave., Grand Marais: Mass on Community Service 7:30 p.m. Saturday, 1st Sat. of November to last Saturday of April.

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news

Timetable Announced for Public Discussions on Collective Bargaining Process for Teachers

Education and Training Minister Linda McIntosh has announced dates and locations of committee meetings on the collective bargaining process for teachers in Manitoba, based on the discussion document 'Enhancing Accountability, Ensuring Quality'.

The Teacher Collective Bargaining and Compensation Review Committee will hold a number of meetings throughout the province.

"This process does not question the important role that teachers play in the delivery of educational services to Manitoba students, nor does it question their effort or commitment," said McIntosh. "It simply seeks to set out relevant information concerning the operation and outcomes of the current system, the concerns that have been raised, and some possible alternative methods in order to stimulate discussion and ultimately improve the system. Suggestions of other options are also welcome."

The minister said the registration process for the meetings will begin immediately and that because all Manitobans are affected by the education system as taxpayers, it is hoped that presentations will reflect a balance of interests at the meetings.

McIntosh indicated that to accommodate as many people as possible, presentations will be limited to the time available. The minister also noted there would be a separate meeting to hear presentations by provincial stakeholder groups, as well as a meeting for all French language presentations. If people are unable to make presentations, written submissions will be accepted.

"Presentations and written submissions will be carefully considered before the government makes any decisions for changes to the current collective bargaining process. It's important for all Manitobans, from taxpayers to classroom teachers, to have a say on this issue."

"The Manitoba Association of School Trustees (MAST) has been asking for over a decade to have the whole area of binding arbitration reviewed because arbitration boards fail to consider a division's ability to pay, claiming that divisions could always raise taxes," said McIntosh.

The Teacher Collective Bargaining and Compensation Review Committee is chaired by Peter George Dyck, M.L.A. for Pembina and legislative assistant to the Minister of Education and Training. Dyck is a former teacher and a former school board chairperson.

'Enhancing Accountability, Ensuring Quality' is the next stage in a review process which began in 1993 with the Report on the Panel on Education Legislative Reform which recommended government become active in discussion with MAST and the Manitoba Teachers' Society on the collective bargaining process for teachers in Manitoba. In January 1995, the government proposed the following five principles to form a basis for

review.

1. Teachers and school divisions/districts should be afforded the right to access all of the normal collective bargaining processes available generally to Manitoba employees and employers, subject to necessary limitations.

2. School division district trustees should be responsible for determining division district budgets, and be accountable for ensuring that expenditures do not exceed available funds.

3. Within the context of the other principles, any disruption to the delivery of education services should have such limits as are necessary to ensure that the needs of students are adequately addressed.

4. When desired by both parties, modifications to bargaining structures such as regional or province-wide bargaining be considered.

5. The Department of Education and Training, which has overall responsibility for public education in Manitoba, retain the necessary authority to ensure that the principles as outlined be achieved.

The discussion document provides a series of alternatives for consideration and comment, with the government's intention of completing the review by the end of March, 1996.

The review committee will analyze the information brought forward and intends to present a final report to government by the end of May. It's expected the minister will release the government's intentions to the public shortly thereafter.

The minister indicated registration forms are available by contacting the planning and policy co-ordination branch of the Department of Education and Training at (204) 945-6176 or 945-6179 or from outside Winnipeg by dialing 1-800-282-8069 ext. 6176.

Completed registration forms should be received at least one week prior to the date of the meeting, while written submissions will be accepted until March 25. The mailing address for registration forms and written submissions is: The Teacher Collective Bargaining and Compensation Review Committee, c/o Room 168, Legislative Building, Winnipeg, Manitoba, R3C 0V8.

The Teacher Collective Bargaining and Compensation Review Committee

Dates and Locations of Meetings

Thursday, Feb. 22 1:00 - 4:00 p.m. Royal Cdn. Legion, 294 Lumber Ave., STEINBACH; 7:00 - 9:00 P.M. Morden Friendship Centre, 306 North Railway St., MORDEN; Tuesday, March 12 1:00 - 5:00 p.m. WINNIPEG; 6:00 - 8:00 p.m. WINNIPEG; Friday, March 22 9:00 - 12 noon WINNIPEG (Provincial stakeholder groups); 1:00 - 2:30 p.m. (Stakeholder presentations continue); 2:30 - 4:00 p.m. WINNIPEG (French language presentations). *Note: All meetings in Winnipeg will be held at Le Club LaVerendrye, 614 DesMeurons.

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News/Views

CBC should stand on its own left foot

By Charles Norman

The CBC spends a billion dollars more than it earns. The federal government picks up the tab for the difference. The justification for this is that Canada needs a broadcaster that will reflect the views of ordinary Canadians, the Canadian Culture, and that elusive "Canadian Identity".

For a very long time the CBC has been doing nothing of the sort.

Years ago the Russians shot down a Korean airliner which had strayed off course and got a

little too close to the Russian mainland. Every one of the civilian passengers and crew were lost for ever in the North Pacific Ocean.

The world was outraged, but not the CBC. They scoured the world and managed to find someone who would say the Russians had done the right thing - and gave him equal time.

Canadians are split 50 - 50 on the issue of abortion. Roughly 60% don't care an awful lot, but of the other 40% who care very deeply about the issue the split is 20% for and 20% against, with women being 2:1 against and

men 2:1 for unrestricted abortion.

Does the CBC reflect this? Does the CBC give equal time to both sides. No Way! The CBC is 100% on the Henry Morgentaler side.

And the Catholic Church...

Some time ago an order of men in Newfoundland, called the Christian Brothers, got itself into trouble when some of its members were accused of sexual assault of some of the young boys in their charge. This was certainly headline news - but very day for

six months - that's not news coverage, that's propaganda.

In the general election when John Turner was facing off against Brian Mulroney, how many times did you see Turner patting Sheila Copp's behind? Two - three - perhaps four times would have been enough to get the message across, but that video clip was played over and over again. It must have appeared twenty or thirty times. Feminists in the CBC were obviously outraged, and made very, very, sure they got their message across.

CBC commentators did not even try to conceal their disappointment when the communist party lost the first free election in East Germany in 60 years.

The amount of air time given to politicians seems to bear a direct relationship to how far left they are in the political spectrum. This is even more obvious in their choice of those they choose to interview for expert opinions.

The CBC has failed miserably to live up to its mandate. It has failed to reflect anything close to a true Canadian identity. For Canadians to finance the mouthpiece of a tiny fraction of the population was never intended and cannot continue. It makes no difference if the tax is paid by all taxpayers or merely those who subscribe to cable TV.

NOTICE OF MEETING

The Midwifery Implementation Council invites you to a PUBLIC MEETING about MIDWIFERY. The Manitoba Government has announced that midwifery will be a regulated health care service covered by Medicare. Representatives of the Council will be in:

Gimli, February 13, 7:30 p.m., Country Resort

Swan River, February 21, 7:30 p.m. Kinsmen Room, Legion Hall

The Pas, end of February Location and date TBA

Portage la Prairie, February 28, 7:30 p.m. Herman Prior Senior Centre

Winnipeg, March 5, 7:00 p.m. Centennial Public Library

Beausejour, March 12, 7:30 p.m. Location TBA

Souris, March 20, 7:30 p.m. Location TBA

Selkirk, March 27, 7:30 p.m. Location TBA

Please come learn about midwifery and our work, and bring your questions and comments. For more information, contact Linda Barker at (204) 786-7183.

Manitoba Health



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Limited time offer, from August 1, 1995 to February 1, 1996. One chance per customer. Randomly selected winners must correctly answer a skill testing question to claim their prize. Winners will be announced at the beginning of the following month. Autopac agents and staff, Manitoba Public Insurance employees, and immediate families of the foregoing are ineligible.

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News

BEACHES BUZZES

Traverse Bay Corner News....

A wine tasting (num. num.) and product information Seminar will be conducted by Production Manager Al Bowness of the Manitoba Liquor Control Commission, on Friday, February 23rd, 1996 from 3:30 P.M. until 5:30 P.M. at Victoria Beach Sports Club. Tickets will be \$5.00 per person, available at traverse Bay Corner and the Birchwood Motor Hotel, and all proceeds donated to the Sports Club. This sounds like a very worthwhile venture.... good tasting and fun to boot!

Victoria Beach Senior Scene...

What goes on there...? The Senior Scene is a facility for the use of Seniors and non senior segments of the population. It is situated at 1 Ateah Road in Victoria Beach and embraces an active community throughout the beaches area. There are many ongoing programs which cater to a variety of interests. Line Dancing, Tai Chi, Arts and Crafts, Wood Carving, Art Classes, Travelogues are some of the most popular. In addition, a monthly Dinner Dance (cash bar) is held with a different theme each month.

It is not necessary to be a member (55 plus) in order to participate, all activities are open to everyone. Memberships are \$10.00 per year. There is a ticket price of \$8.00

per person for the dinner dances, and programs have a nominal charge per session of \$1.00 for members or \$1.50 for non members. If you like to participate in enjoyable activities with interesting people of all ages try the Senior Scene. If you have questions please phone Isabel MacKay at 756-3716.

Victoria Beach Sports Club News

Men's Bonspiel scheduled to take place at the Club on February 16, 17, and 18, urgent call in for canteen workers, and makers of chili, soup and orpies. Please give these hard working individuals a hand. It is always the same people doing all the volunteering all the time. Have a great time!

Victoria Beach Snowdrifters....

Poker Derby scheduled to take place on Saturday February 10th, 1996 from 10:00 a.m. until 4:00 p.m.. Registration takes place at the Birchwood Motor Hotel. For more information please call Pam or Wade Simmons at 756-8571.

Motorcycle Ice Racing...

Spills, chills and thrills....all this and more on Sunday, February 25th, when those daring young men (women?) on their flying, sliding and skidding machines take to the ice at

Hillside Marina, for another breathtaking afternoon of Motorcycle Ice Racing. Registration at the Birchwood Hotel prior to the races. More info on times later....

Birthdays.....

Another one of those golf'danged days we'd sometimes rather sleep through...or pretend they simply don't exist - a birthday! My own....often we'd rather not have them, but at least we're alive to celebrate in whatever manner we choose, right? A bit of reflection too....must be a sign of something, intelligence would be nice) but usually it's more forgetfulness than anything....or is that remembering? This year it's musing on the dance of life in general - how sometimes it feels like a bum deal, but taking the words of a famous male singer (I think he's a hunk, so if my brain's gone, my eyesight ain't) "It's my life.... I could've missed the pain, but I'd have had to miss the dance." (Garth Brooks, "The Dance.") I don't want to miss anything.... Happy days!!! That's all folks.....

W.R.W.I. Happenings

Do you know a volunteer? You probably don't have to look very far, maybe just in the mirror. "Community-minded" volunteer women are an asset to us all. The Winnipeg River Woman's Institute would like to honour these women in our Women's Institute Day celebration. We invite you to join us for a Pot-Luck Supper, Feb. 27/96, 5:30 p.m., St-Georges Parish Hall. Groups or individuals are welcome to attend for and evening of Food, Friendship & Fellowship. There will be no charge (just your favourite dish); silver bowl profits will be donated to the community Handivan.

Other W.I. News: "Manitoba 125" book two has been purchased by the W.R.W.I. and donated to the Library Allard for your reading enjoyment.

Squares for Zambia - anyone interested in donating knitted quilt squares for the people of Zambia. For information on dimensions call Loreen at 367-2922.

W.I. Warm Indulgences Cookbook is still available. W.R.W.I. Calendar: February - W.I. Day/Pot Luck Supper, March - Business Resolutions, April - Horticulture, May - Oak Hammock Marsh, June - B.B.Q. & Boat, September - Women & Law, October - Sibling Rivalry, November - Business Year End, December - Gathering.

Donations for the year are: Cleaning Library, A.C.W.W., M.B. Provincial Convention, Nova House, Grad, Pennies for Friendship, Peace Garden, Pack Christmas Hampers.

The W.R.W.I. meets the third Tuesday of the month at the Library Allard, 7:00 p.m., program at 8:00 p.m. Everyone is welcome. For info call Loreen at 367-2922.

Book your Valentines message in

The Voice

367-4466

IS YOUR ORGANIZATION LOOKING FOR CASH?

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

HUGH GRANT

NINE MONTHS

CHATEAU VIDEO

"Your first choice for entertainment"

4 Maple St., Pine Falls. 367-8362
12:00 noon - 9:45 p.m.

Health

NATURAL HERBS...

Prevention, treatment of problems and maintenance of health is something we all would like for ourselves. Karen Skinner of Lester Beach, Belair, has very kindly contributed an article on the use of herbs. We are in her debt. For more information about herb usage, please call 754-2088.

by Karen Skinner

Most people don't acquaint herbs as food, but rather as condiments and enhance-

rs in their culinary specialties. Here are the names of a few herbs used in natural or combined health therapies: Echinacea, Uva Ursi, Red Clover, Lungwort, Juniper, Burdock root, Capsicum, Garlic, Dong Quai, Black Cohosh, Stinging nettle, White willow, Birch, Ginkgo Biloba, Ginseng, Kelp, Mullein, Fireweed, Raspberry leaf....the list goes on and on.

Echinacea can stimulate the immune system by enhancing macrophage function. A macrophage is a type of white blood cell that seeks out and destroys foreign invaders in the human body. Echinacea also has anti-viral activity against influenza, herpes and many bacterial and fungal infections.

Juniper berries, plentiful and free in the Belair forest) strengthen the stomach and are used for coughs, cramps, convulsions, Gout, Sciatica, parasites, and is also a nerve builder. Doses should be very small - steep 1 tsp in 1 cup boiling water for 15 minutes, strain, and take 1 tsp three times a day. It will be bitter to the taste.

How many times have you heard, "Sure you're tired a lot, you're getting older, it's normal," or "your blood pressure is a little high, we'll check in every month or so for changes."

Each of these symptoms is an example of an early treatable condition which frequently progresses to a diseased state because appropriate preventive measure were not taken, or perhaps taken too late. We must retrain ourselves and learn to take more responsibility for our health.

A frequent complaint is the common cold, flu and a general run down feeling. To combat these two Echinacea capsules taken three times a day, until the condition subsides, will assist the vital force of the body to restore its balance. Echinacea (Purple Cone flower) should be supplemented with Vitamin C daily, taken in divided doses to a total of 3,000 mg. It may also be combined with Goldenseal. The common cold should not be taken lightly, our body is warning us to change our lifestyle. Frequent colds may be a sign of more serious problems.

Nutrients required to attain and maintain good health, we are supposed to obtain from our daily diet, unfortunately

nately the majority of us fall seriously short. A continual intake of processed and fat food diets accompanied by a fast lifestyle contribute in a major way to our often poor health. Even though vast quantities of fruits and veggies are eaten, some of this produce has been, or will soon be genetically produced with chemicals to enhance their appearance. It cannot be emphasized enough that there is great value in a diet containing organically grown produce, supplemented with natural vitamins, minerals, and herbs.

Plants have been used as medicines since the beginning of time. The pharmaceutical industry has caused a decline in herbal medicine although 30% of all prescription drugs contain ingredients isolated from plants.

There is no question that herbs promote health and restore balance or life force to the body. As a preventive form of health and an alternative medicine, see what nature has to offer....BUT REMEMBER for those serious conditions, consult your medical practitioner for consultation, assistance and guidance! Spring is just around the corner, here's a couple of easy spring tonics and herbal cleansers to help revitalize and tone up the inner you....

Chickweed Tonic (All purpose herbal)

1 oz. fresh chickweed to 1 1/2 pints distilled or purified water, simmered down to 1 pint. Drink a wineglass full every 2-3 hours. Fresh weed (soon to be available in your spring garden) may also be used externally as a poultice for inflamed boils and skin eruptions.

Afternoon Health Tea
2 tsp finely chopped fresh or dried chamomile flowers
2 tsp lemon verbena or lemon balm
6-7 crushed rosehips
2 tsp mint
fresh ginger sliced, or crushed to taste
slice of dried orange peel
Boiling water

Steep above in teapot for approximately 3-5 minutes. Lemon and honey may be added to taste.

Enjoy!
Karen Skinner is a Certified Herbalist and Independent Distributor, she has promised to put together some information to help with a problem every woman faces sooner or later, and with varying degrees of intensity....menopause. So for all the red faced, sweatin' Hot McFlush's, just hang on to your towels, help is on the way! More recipes for shampoo and other delights next week.

Health
COMMUNITY HEALTH WATCHDiabetes Mellitus....
Understanding the Complications

Modern treatment allows those with Diabetes to lead active lives. But Diabetes can slowly damage many of the body's systems. These changes can produce severe disability and impair both the quality and the length of life. Not everyone develops the complications of Diabetes, and fortunately, newer treatment methods are available. Risk factors are outlined here, complications will be explained and warning signs and symptoms and treatment described.

Glucose Control...

One of the most important risk factors may be poor control of blood glucose. Many scientific reports indicate that good control of blood glucose can prevent or delay most serious complications. It is helpful to know how your own body reacts to exercise, certain foods, etc..

High Blood Fat Levels

Cholesterol is an important fat in the body. High levels of cholesterol can contribute to arteriosclerosis (hardening of the arteries). Arteriosclerosis is a serious complication associated with diabetes. Regular checks of blood cholesterol levels are essential. High blood glucose levels may contribute to high cholesterol levels in the blood. Good blood sugar control helps to control the cholesterol level. If the blood level of cholesterol is high, avoiding high fat foods may be helpful. Your dietitian can help.

High Blood Pressure (Hypertension)

High blood pressure damages the arteries of the body. Annual blood pressure checks are recommended. If high blood pressure already exists, then these checks should be more frequent and treatment started. Effective medications are available.

Smoking

Cigarette smoking is associated with lung cancer and it is an important risk factor which damages arteries around the heart (coronary artery disease). Coronary artery disease is a serious complication of

diabetes. If you are diagnosed with diabetes you will be advised not to smoke.

Diseases of the Small Blood Vessels

Retinopathy (Diabetic Eye Disease)

Diabetes is now a leading cause of blindness in North America. Most persons with Diabetes do not become blind. It is believed that good control of blood glucose and blood pressure can prevent diabetic retinopathy. The retina (tissue layer that lines the inside of the eye) is sensitive to light and allows us to see things. If the retina is damaged, then vision may be decreased.

Early detection and treatment of retinopathy may stop it from becoming worse. Eyes should be examined at least yearly by an eye specialist. Diabetes can damage small blood vessels in the retina. Weak spots develop in their walls. These spots can balloon out and break or leak blood into the surrounding areas. This is known as a retinal hemorrhage. Other blood vessels can become completely plugged. Changes like these damage the retinal blood supply. New, smaller, very fragile vessels grow in an attempt to provide new circulation. This formation of new vessels is known as proliferative retinopathy.

These delicate new vessels break easily, bleeding into the eye. Blood collected in front of the retina blocks vision and temporary blindness may occur. Usually the blood is absorbed leaving small scars that don't interfere much with vision.

When retinopathy gets worse, a large hemorrhage, or many small hemorrhages in the same eye, can lead to permanent blindness. Bleeding in the eye can also destroy the delicate retinal tissue, or can cause a tear (detachment) of the retina that cannot be repaired. Sometimes the new, fragile vessels bleed into the clear, jelly like fluid in the middle of the eye (vitreous). This is known as a vitreous hemorrhage. The result is loss of vision.

Fortunately, treatment is available for retinopathy. The most

common treatment is a process known as photo coagulation. A laser beam is used to seal and destroy small blood vessels that might break and leak. This procedure can also be used to repair retinal detachment. Vitrectomy is a very new procedure. The damaged vitreous is removed and replaced by an artificial vitreous material. This can sometimes, restore vision when scar tissue has caused loss of sight. See your doctor if you notice any change in your vision, particularly if there are "floaters" in one eye.

Nephropathy (Kidney Disease)

The kidney contains a large number of tiny organs called glomeruli which filter waste products from the blood. Glomeruli also prevent the loss of important substances needed by the body to maintain good health. Diabetes can damage small blood vessels, in the glomeruli, a process known as diabetic nephropathy. This damage prevents the kidney from effectively removing waste products. Waste products which are not removed remain in the blood and act as poisons. Important blood parts such as protein can be lost in the urine.

Diabetic nephropathy is detected by finding protein in the urine and by measuring the amount of waste products in the blood. There are no early symptoms of diabetic nephropathy. Therefore urine should be tested yearly for protein. If nephropathy becomes severe, it causes edema (swelling) of the hands and feet and the eyes. Blood pressure often rises, and this causes further damage to the kidney if not treated. If the kidneys fail, waste products must be removed by the process of dialysis. Waste products are filtered either directly from the

Health

COMMUNITY HEALTH WATCH

blood (Haemodialysis) or from the abdominal cavity (peritoneal dialysis). In recent years, the process of replacing the damaged kidney with a human donor kidney (renal transplantation) has been used with increasing success.

Neuropathy (Nerve Disease)

Damage to the nerves (diabetic neuropathy) is a common complication of diabetes. The changes result partly from damage to nerves by high blood glucose and partly from damage to the small blood vessels nourishing the nerves.

There are two main types of neuropathy. One type affects the peripheral nerves which control sense of feeling and muscle movement. The other type affects the autonomic nerves which control the automatic function of the heart, other organs and glands.

Peripheral neuropathy, is more common. It affects the legs and arms. The first signs may be numbness, tingling and burning sensation in the feet and hands. Later there may be loss of ability to notice touch, pain or heat. Injury or damage to the skin may go unnoticed especially in the feet. Burns or ulcers can occur without any sensation of pain. Infection can quickly follow and lead to gangrene. Proper foot care is essential.

Neuropathy can cause a delay in the emptying of the stomach after eating, thereby interfering with the absorption of food. Diarrhea may be present, and not helped by the usual anti diarrhea medications.

The bladder may not empty completely. When urine sits in the bladder there is a risk of urine infection. Also the results of urine tests for glucose will be inaccurate. There may be a drop of blood pres-

sure on standing up, causing dizziness or fainting. If this is an area of concern, discuss it with your physician.

Diseases of the Large Blood Vessels

Fatty deposits may appear on the walls of large and medium sized arteries. The result is thickening of the artery walls and subsequently narrowing of the arteries. Blood flow is reduced and eventually may be completely blocked.

This is arteriosclerosis and is common in non diabetics due to aging. However it often occurs at an earlier age in diabetics. Arteriosclerosis develops slowly without any noticeable symptoms. Eventually it leads to problems such as:

Heart attacks
Strokes - caused by blocking the arteries of the brain.
Can interfere with circulation particularly to the legs, which may lead to gangrene.

People with diabetes have a higher rate of large blood vessel disease than do people without diabetes.

Diabetes complications do not occur in everyone with diabetes. When changes do occur, it may be only after many years of diabetes, the many things that help prevent or delay diabetes complications are the very same things that promote a long active and enjoyable life.

If you have any question, would like more information, or clarification of any matter, please call Pine Falls Health Unit at 367-2224. If you have concerns regarding any symptoms described in this article, please see your physician immediately. Material used in this column courtesy of the Canadian Diabetes Association, Winnipeg, Mb. Compiled and edited by Lorraine Neal.

PINE FALLS PAPER COMPANY LTD.

PUBLIC NOTICE

Public notice is hereby given that the Town of Pine Falls intends to conduct the following Pesticide Control Programs during 1996.

1. To control noxious weeds within the town and golf course. The projected dates of application will be from May 1, 1996 to October 31, 1996. The herbicides to be used include:

24 Diamine
Roundup
Killex
Tersan
Quintozene
Daconic

2. To control the following insect pests including grasshoppers, mosquitoes, elm bark beetles, cankerworms, etc. The proposal dates of application for these programs will be from May 1, 1996 to October 31, 1996. The insecticides to be used include:

Baygon
Durban

The public may send written submissions within 15 days of the publication of the notice to the department below:

Manitoba Environment
Pesticide Approvals
Building 2
139 Tuxedo Avenue
Winnipeg, Manitoba
R3N 0H6

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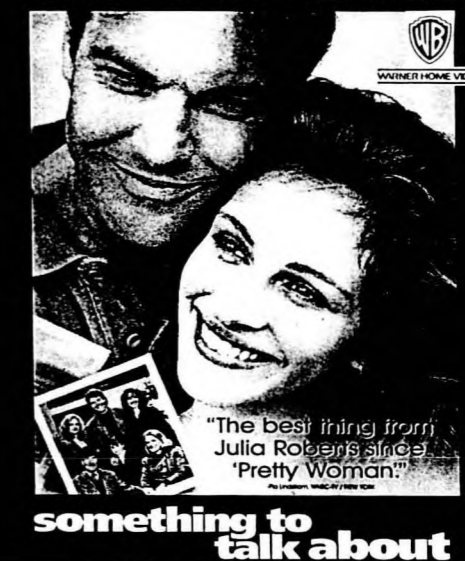
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12:00 noon - 9:45 p.m.

Sports

Pine Falls Men's Bonspiel

By: Michelle Moore

Six o'clock, Friday, February 2nd, pushed off this year's Men's Weekend Curling Bonspiel at the Pine Falls Curling Club. This annual event brought in a total of

twenty six teams, local and non, who were ready to compete and have a good time.

John Usackis, who had skipped his team to an overall first place win at last years event, held on to his title for

another year. Composed of Usackis as skip, Gord Strong (lead), Ed Thompson (second), and Frank Loreth (third), the team won by a score of eight to four in the finals against Kelly Struss' Lac du Bonnet team. They left with big smiles, a six pack CD player, a CD ghetto blaster, a BBQ, and an electric sander. Third place went to Reece Allison's team, who also gave Usackis a surprising run for his title in

the semi-finals. Fourth place was taken by Gene Lazaruk's team.

In the second event, the Guay boys took first place. Marcel (skip), Jacque (lead), Jean-Louis (second), and Raymond (third), ended the eight ends with a win of five to three over Fritz Kembal's team. The four brothers' prizes consisted of a wheel barrow, a chess cooler, a Black and Decker Work Mate, and a shaver. Third place was won by Shawn Jackson's team in this event.

It was a close game for Bill Lavallee's team when it was all up to their final rock to break the tie in the last end. Smiles broke out on their faces before the rock even entered the house because they knew they had made the shot. With a win of seven to six over Danny Nault's team, Joseph Bonekamp (lead), John Phillips (second), Jack

Bonekamp (third), and Bill Lavallee (skip) held first place in the third event. The two teams ended this year's tournament as they were the last ones to leave the ice. At the prize ceremonies they won two bags of ribeye steak, a step ladder, and a guncase. In this event Pat Watson's team held on for third.

All of the place winners took home a great range of prizes for their efforts. Thanks to Pro Hardware, Northern Stores, Riverview Self Serve, Osis Building Supplies, and Pine Pharmacy. The Bonspiel was another tremendous success thanks to the endless support of the community and the teams that entered. It was obvious by the turn out that the sport is enjoyed by not only the players, but the viewers as well. Rest up fans because it's the womens turn this weekend.

Pine Falls 5 Pin League news

By: Janelle Carlson

The ladies high games were: Carolyn Boisjoli 273, Doris Kahle 264, 229, Sandra Catellier 252, Stephanie Gunter 250, Evelyn Dodds 244, 240, Donna Davis 241, Lucille Vincent 229, Marge Dankowski 228, 220, Beatrice Henderson 228, Annette Carriere 227.

The men's high games were: Trevor Sokoloski 296, 294, Marcel Vincent 240, Brad Robertson 232, Jerry Gauthier 229, 227, George Dodds 221.

The female bowler of the week was Carolyn Boisjoli for her awesome game of 273 which was 119 pins over her average.

The male bowler of the week was Trevor Sokoloski for his great game of 296, which was 100 pins over his average.

The Legion Special was won by the Powell Team for their terrific three game total

of 3502, which is now the new Team High Triple. Congrats Folks!

This weeks High Triple Games are: Trevor Sokoloski 805, Doris Kahle 689, Brad Robertson 639, Marcel Vincent 623, Carolyn Boisjoli 614, Evelyn Dodds 614, Priscille Poirier 613, Beatrice Henderson 612.

CORRECTIONS FOR WEEK 13 OF PINE FALLS BOWLING NEWS

The men's high games should have said Jerry Gauthier 245.

The male bowler of the week Lyle Velie for his terrific game of 322.

High triple games were: Lucille Bruneau 666, and Jerry Gauthier 612.

St-Georges Sand Bag League News

Ladies' highest score: Jeanne Lavoie 6830, Ginette Vincent 6640, Lindy Kamnawais 6340.

Men's highest score: Victor Vincent 7780, Henri Desautels 6990, Jos Vincent 6610.

Highest Square: Ginette Vincent 1310, Horace Nault 1220.

Team Points: Henri Desautels 56, Victor Vincent 45, Ginette Vincent 36, Marguerite Boyer 28, Philip Bouthillier 23, Edgar Vincent 22, Jos Vincent 16, Annette Dupont 14.

Most 300's: Colette Vincent 11.

EMPOWER SCHOOL EVENING COMPUTER CLASSES

Basic Introduction to: DOS, Windows and Microsoft Word 6.0. Classes will be conducted 2 evenings per week for 4 consecutive weeks. Class hours are: Tuesday and Thursday evening from 6:45 p.m. to 9:00 p.m. Classes will commence February 20, through to March 14, 1996. Training fees: \$75.00 (Registration is limited to 10 seats. For enrollment info, call 367-2495)

ONE CUSTOMER AND HER ABILITY TO build a BETTER RSP.

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She's been contributing to her RSP for years but looks at her RSP differently now. She wants to balance growth with security. She needed to make decisions. But wanted the best advice first. So she looked for people with the most experience and knowledge of RSPs. And chose Royal Bank, where an RSP Specialist gave her the professional advice she was seeking. Like how Retirement Term Deposits gave her the combination of safety and guaranteed returns. Or ways to borrow to take advantage of her allowable deduction limit. Or even an automatic savings plan to help maximize next year's contribution. If you'd like to build a better RSP, speak to an RSP Specialist at Royal Bank. They can help make it happen.



Speak to an RSP Specialist by visiting your Royal Bank branch, or by calling 1-800-ROYAL 9-9 (1-800-769-2594).

ROYAL BANK

RSP Contribution Deadline: February 29, 1996.

The Lakeview
 OPEN: Wednesday to Saturday 5:00 - 10:00 p.m.

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THIS WEEK'S SPECIAL AT THE PIT

WEDNESDAYS: Seniors' Discount 55 and over 20% off, food only, after 5:00 p.m.

THURSDAYS: Free appetizer with steak pit dinner

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Sports

PINE FALLS PETITES WIN GOLD IN STEINBACH

It was one of those up at 5 a.m. on the road by 6 a.m. to play in the Steinbach Petites Ringette Tournament. The girls played and won three games on Saturday. The first game Sunday ended with a tie with Steinbach, which meant that the two teams played for gold. The team manager said that Sunday was some of the best ringette she had ever seen. Pineview's goal tender Lacey Yatkowsky was superb. The girls were really pumped. At one time Dan Boyer, the defence coach, was

alone on the bench because five girls were in the penalty box. One penalty was caused by a coach comment. Which sent the assistant coach and manager scrambling in case they had to take over, but all went well. The last 50 minutes of the game, the newest line, held Steinbach scoreless. This line was made up of Kristen Durocher (first year player), Ashley Lavoie (back after a year off), and Morgan Nolin. This team is playing Saturday, Feb. 10th in Niverville. Landmark will come here to decide play-off spots with the winner to play the Provincial Petite Tournament in Winnipeg in March.

Good Luck Team!

A Paramount Pictures Release



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12:00 noon - 9:45 p.m.

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- 1994 Ski-Doo Mach I\$3,500.00
- 1993 Yamaha Venture\$3,999.00
- 1993 Polaris XLT\$5,299.00
- 1991 Arctic Prowler\$2,700.00
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Sunday 12:00 - 4:00 p.m.

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2nd Floor

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For thousands of Canadians the old saying, "Don't put off today what you can do tomorrow," has a familiar ring as the annual RSP deadline approaches.

While many people genuinely intend to contribute each year to their Retirement Savings Plan, a shortage of cash—especially after the holiday season—often means they put it off for another year.

To ensure that doesn't happen, there's an easy and painless way to build your RSP contribution plans.

The benefits are numerous. Here's how the plans work:

*With an RSP contribution plan, you can make your annual RSP contribution in regular, easy-to-manage monthly instalments throughout the year.

*A pre-authorized amount of money is automatically transferred each month from your savings or chequing account to your RSP.

*Your monthly contribution can be directly invested in a variety of deposit and mutual fund options.

*The programs also make it easier for you to contribute earlier in the year. This means your savings start earning tax-sheltered income much sooner than if you had waited to make a lump-sum contribution at RSP deadline.

*When you make regular contributions to mutual funds through an RSP contribution plan, you take advantage of dollar-cost averaging. By investing

an equal dollar amount each month, you buy more units for the same amount of money when the market is down and fewer when it's up. This smooths out the fluctuations of stock and bond markets and can improve your returns.

*By making your RSP contribution in regular monthly instalments, you're more likely to contribute the maximum amount each year. It's easier to reach your goal if you budget for it in smaller increments than if you rely on having enough at the end in one lump sum.

*With RSP contribution plans, you may be eligible for a reduction in the amount of income tax that's deducted from each of your pay cheques at source. That means you can possibly take home more money in your pay cheque.

*RSP contribution plans give you total flexibility. If you want to change the amount you contribute each month or alter your investment options, it's usually just one phone call away. Or if you find that finances are tight, you can even stop contributing for a while. Your minimum contribution can be as affordable as \$25 a month.

*By making painless and affordable payments each month, you'll not only escape the last-minute scramble to come up with a lump-sum amount immediately before the deadline, but you won't get caught up in the rush of activity and line-ups at that time.

*Last, but certainly not least, it doesn't cost anything to set up an RSP contribution plan.

PINE FALLS BARBER SHOP WILL BE CLOSED FOR THREE WEEKS

CLOSED
Saturday, Feb. 17 to Monday, Mar. 11

WILL RE-OPEN
Tuesday, Mar. 12

YES I WILL BE OPEN FRIDAY FEB. 16
The

Diversions

CHAT WITH PAT

Hello from the warm north. I know the Guys in the Bush will be breathing a sigh of relief at the 'just 20 below' weather reports. There didn't appear to be as many teams this year. Gee, could the weather have been a factor? There were only six stalled cars at the arena on the week-end.

I wasn't wrong when I mentioned all the changes. I could do a "remember when" report. A restaurant in the Lodge again, how many people stayed in the Lodge and ate in the Dining Room or Coffee Shop over the years. I remember Marg Dankowsky, Ann McCracken, Frances Manson and Mary Piche cooking. There were a lot more people, but I'd have to go on for ever. Does any one have

one have any photo's from back then? Louise Willet started me thinking about old photo's last Friday when Eleanor Walker and I had lunch at Silver Haven Club with Ann Lavallee. Louise brought an old picture of ten kids sitting on the curb on Pine Street. Lil Veilleux said her daughter was in the pic but she didn't remember some of the other kids; that's when I wondered if anyone had any old pic's we could put in the paper. By the way, the lunch was delicious. Bernice I could be spoiled like that every day.

A big hello to Nancy Hay and her kids from Red Lake along with Glen's brother Murray and Jean Logan from out east. I hope Cookie's foot is better. I know she 'wood' like to get on the move again. Fred Cyr said he is feeling

better and that he doesn't want to spend another Saturday evening like that again.

Our thoughts are with Ruth Dansereau and her family along with Joselyn Munson's family.

Granny's Cookin'

by Gail Elaszchuk

Why not make this dessert on Valentine's Day? It's sure to impress your sweetheart! This recipe can be made quickly if you've a supply of baked pie shells in the freezer, or if you use those convenient frozen pie shells at your grocer's. Although I make this most often with strawberries, it's good too with peaches, raspberries or pineapple and the same flavour of jelly powder. All you need to remember is that the liquid must not exceed 1 1/2 cups in total, if

Now it's time for Brad's Word of the Week. Today it is Kopje. I don't know how to pronounce it but it means a small hill. Well, So Long for now. Au Revoir— See you in the paper.

Valentine Pie

8" baked pie shell, cooled
85 g. package strawberry jelly powder
500 g. package frozen sliced strawberries or 2 c. your own frozen berries
1 1/2 c. whipped cream or cool whip topping

Thoroughly dissolve jelly powder in 1 cup of boiling water. Add frozen strawberries. Stir well. Place in fridge 'til mixture is partially set (20-30 minutes). Stir, distributing berries evenly in jelly. Pour into cool pie shell. Chill in fridge 'til firm (approx. 2 hours). Top with whipped cream or topping before serving.

HOROSCOPES

February 4-10

ARIES - March 21/April 20
Biting remarks will get you nowhere with no one this week. Aries, so watch what you say. A Scorpio needs financial advice on Tuesday. But, be careful not to pry too much into his/her affairs. A shopping spree on Friday lifts your spirits and gives you the motivation you need.

TAURUS - April 21/May 21
You will have a learned Taurus. The subtle approach takes you a lot further than little confrontation. Work on this early in the week. You'll need patience and understanding to survive at work by Friday. An unexpected project may just throw you for a loop. Relax, and you can handle it.

GEMINI - May 22/June 21
Spend time with family as the week opens. Sharing truths from the past and present opens your eyes to a relationship that has grown apart. Good news comes through the mail mid-week. Money looks good Thursday. Don't be afraid to splurge a little over the weekend.

CANCER - June 22/July 22
Feeling tired and run-down this week. Cancer? Extra sleep is not the answer — exercise is. A good workout will increase your energy level. A winter hike on Saturday is a great way to start your weekend, and a great time if you're thinking of taking an Aries along.

LEO - July 23/August 23
Poor planning can really mess things up this week. Be especially careful to stay on top of little things that have been pushed to the side. Jump over romantic hurdles this week with vigor and confidence and you won't be disappointed. A little patience goes a long way over the weekend.

VIRGO - Aug 24/Sept 22
Clear some time from a busy schedule to air your thoughts and clear your head. If life seems sort of mundane lately, it's time for some good old-fashioned fun. Honest confessions open doors on the romantic front. Don't be afraid to say what you mean — just watch how you do it.

LIBRA - Sept 23/Oct 23
Don't let emotions get carried away. Putting things into proper perspective gives you a head start on beating the blues. Your financial scene starts to improve midweek and that weight off your shoulders gives you mood a boost, too. You'll find you get more than you give in time spent with friends this weekend.

SCORPIO - Oct 24/Nov 22
Choose your fights carefully on Monday. Scorpio. Instead of lashing out, think things over and then speak your mind and your heart. Let your emotions lead the way, and you'll find yourself in a good place. If you ask for advice on Friday, be prepared to listen.

SAGITTARIUS - Nov 23/Dec 21
Watch your diet this week. Nutritious meals will help balance your emotions and keep your energy level high. Feel like you're drifting from friends? It could be time to look back and take responsibility for your hasty actions. Be open and honest when it comes time to talk.

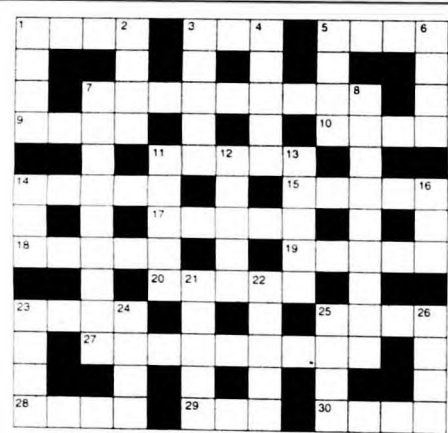
CAPRICORN - Dec 22/Jan 20
As usual, your schedule is packed and yet you feel like you're just not getting anything accomplished. Slow down. Delegate some responsibility at work and at home. Trying out a new recipe will help relieve stress on Wednesday. And don't forget to treat yourself to the finished product!

AQUARIUS - Jan 21/Feb 18
A loved one may some space, but don't take it personally. Time helps you both to see things more clearly. Use the time apart to get in touch with old friends. Good financial news comes through the mail on Thursday. Share your wealth without flaunting it.

PISCES - Feb 19/March 20
A sad movie brings your sentimental side to the surface. You might find you need a shoulder to lean on by Wednesday, but choose it carefully. A flirtatious Scorpio tries to fool you into thinking he/she has your best interests at heart. Be careful, there's more to him/her than meets the eye.

- FAMOUS BIRTHDAYS**
- FEBRUARY 4**
Charles Lindbergh, Aviator
 - FEBRUARY 5**
Hank Aaron, Baseball Legend
 - FEBRUARY 6**
Babe Ruth, Baseball Legend
 - FEBRUARY 7**
Charles Dickens, Writer
 - FEBRUARY 8**
Jack Lemmon, Actor
 - FEBRUARY 9**
Roger Mudd, Broadcast Journalist
 - FEBRUARY 10**
Jimmy Durante, Entertainer

FOR ENTERTAINMENT PURPOSES ONLY



CLUES ACROSS

- Gang of criminals
- Humbig
- Griffith, Rooney
- Ananas
- Robert, poet
- Blomish
- Materials for potters
- Large muscular dog
- Woman's name
- Stocks
- A way to let loose
- Mephistopheles
- Saucy
- Jacques, German physiologist
- Crust
- Drouls
- Collar a criminal
- Concealed
- Be in want

SOLUTIONS ACROSS

- Nest
- Bah
- Andy
- Pineapple
- Haav
- Scar
- Clays
- Akita
- Irene
- Seeds
- Heave
- Sultan
- Sassy
- Loeb
- Salvates
- Nail
- hid
- Lack

CLUES DOWN

- Ogden, U.S. humorist
- Thais
- Don Carlos, union general
- Perhaps
- Affairs
- Leap
- Numbers
- Philosophers
- Hospital patients
- In a way, assists
- Party waist
- Express pleasure
- Geological time
- Mennonite
- Burn with a hot liquid
- Security interest
- Playing
- Stamp
- Refuse to comply

SOLUTIONS DOWN

- Nash
- Tais
- Buell
- Haply
- Ails
- Year
- Paginate
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- Sissy
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- Balk

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Card Of Thanks

I wish to thank Willy Lavore, my son Guy and all the guys for their help. Thanks also to the trauma team, the ambulance crew for their quick response and Dr. Kushke for his masterful stitching job. Special thanks to those who called and visited. Hopefully the next nose dive will be in the water not in the Grinder. Fred Cyr

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NEWSLETTER OF THE MANITOBA MODEL FOREST ISSUE 3-1

Joint research with Mexico

Model Forests to track Monarch Butterflies across continent

Unseasonably cold weather threatened Monarch Butterfly populations in Mexico shortly after a cooperative research agreement to study the winged insects was developed.

A Manitoba Model Forest delegation had just returned from the Mexican butterfly sanctuaries to set up the cooperative research agreement when snow threatened the butterflies.

While the unseasonable Mexican snowfall will affect the monarch population it will not affect the new research agreement.

The Manitoba Model Forest and Mexican twin sister, Monarch Butterfly Model Forest, will be conducting joint research into butterfly migration patterns.

The research aim is to determine what regions the butterflies migrate to after their winter holiday.

While it is known that the monarchs migrate to the mountains of Mexico for the winter, it is not known if butterflies return to the same region during the summer.

Complicating the research is the fact that it takes several generations for the Monarchs to complete their migration.

The research will give some indication if the monarchs leaving Mexico will be returning to the same region their grandparents spent the previous summer.

The researchers intend to use naturally occurring isotopes or chemicals within the butterflies bodies to determine what the migration habits are.

Similar research into other animals such as salmon have indicated that they do return to specific areas as part of a regular migration pattern. In the case of some fish, they return to the same stream where they were born to spawn, sometimes after many years absence.

The research will be used to determine how human activities will affect the butterfly's chances for survival in the future and the health of forest ecosystems.

Discover for yourself how the Manitoba Model Forest is researching new and innovative ways to sustainably develop Manitoba's forest resources.



Plan to attend the Manitoba Model Forest Open House and Symposium.

April 25, 1996
Great Falls and District Recreation Centre.

- meet researchers
- discover new technology
- experience interactive displays
- explore new ideas



For more information call the Manitoba Model Forest office: (204) 367-5232

Wanipigow science students get GPS training

Students of Wanipigow School, Hollow Water First Nation, are entering the satellite age with the start of the GPS/GIS seminar series in February.

The series of classes will involve instruction in the use of Global Positioning System (GPS) technology and to develop a Geographic Information System (GIS) database for a study area in the community.

Students will receive classroom instruction on the application of GIS and GPS during February and March before taking to the forest to perform practical forest flora surveys in the spring.

Larry Labelle, science teacher at the Wanipigow school, says that 15 to 20 students from grades 11 and 12 will be participating in the program.

Labelle will be supervising the field identification of plants in the survey area while GPS/GIS Database Manager Rob McMahon will be handling the GIS and GPS instruction and practical application in the field.

The program is designed to give students practical as well as theoretical experience with the new technology.

Student's work during the project will be treated as part of the environmental studies component of the science curriculum.

This Manitoba Model Forest project is part of the ongoing initiative to put innovative technology into the hands of forest users so that they may grow with the forest through sustainable development.

Manitoba Model Forest runs onto the Internet

Cruising the Internet with no place to go? The Manitoba Model Forest could be a destination. The Manitoba Model Forest now has a home page on the Internet. An ongoing project, the homepage currently has the 94/95 annual report and 1995 newsletters there for the reading. Soon project reports will be available, too. The Model Forest site can be found at:

<http://www.freenet.mb.ca/iphome/m/manmodf/index.html>

Model Forest Presentations

Are you part of an organization which would like a presentation about the Model Forest Network and sustainable development research going on in the Manitoba Model Forest? Call the Manitoba Model Forest office at our new telephone number. (204) 367 - 5232



For more information about the Manitoba Model Forest, its projects or the Model Forest Network, write to

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FEBRUARY COMMUNITY HAPPENINGS

Church of Advent General Meeting, Feb. 14, 7:00 p.m. at the Anglican Church Hall.

The joint Anglican/United Youth Group continues to meet each Sunday evening between 6:30 and 8:30. The second Sunday of each month this group meets with the Catholic youth group for open gym night in the Powerview School. All youth 12-16 yrs of age are welcome to attend.

The Youth Group is participating in a 30 hr. famine Feb. 17th. The group will be asking for pledges and then sending the money for famine relief in the world. They ask for your support.

The youth group is also planning a ski trip to Falcon Lake one Saturday in February.

The Annual Meeting of Pine Falls United Church is this Sunday, Feb. 4th following the Worship Service.

Pine Falls United Church will hold a Pancake Supper on Shrove Tuesday, Feb. 20th. The supper will be followed by a Shrove Tuesday to Ash Wednesday worship service in preparation for Lent.

Ladies Bonspiel this weekend Feb. 9, 10, and 11 at the Pine Falls Arena.

Ice-Jam every Friday night at Powerview Arena from 6:00 pm to 9:00 pm. Spot dance for the younger kids at 7 pm. Broom Ball for the older kids at 8:00pm.

Feb. 16 - Paper Kings social at the Pine Falls Legion Hall

Feb. 17 - Social at the Powerview Arena

Feb. 18, 19 Voyageurs are having an Old Timers Tournament at Powerview Arena.

February 24 - Can - Am 150 Cross Country snowmobile race.

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