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THURSDAY, APRIL 3, 1996

Walter Whyte VOICE

The Beaches,
Bissett,
Great Falls,
Hollow Water,
Little Black River,

Pine Falls,
Powerview,
Sagkeeng,
Saint Georges
Stead

52¢
PLUS PST & GST

Budget predicts continued economic strength and job creation.

Finance Minister Eric Stefanson tabled the conservative government's ninth budget yesterday, (April 2), which he said demonstrated that sustained public confidence in the economy and stability in public finances are creating more permanent jobs, prosperity and security, and ensuring a strong vibrant future for our children.

"Our province's nationally recognized success story is the result of eight years of hard work by all Manitobans," said the minister. "A Manitoba family of four earning \$40,000 enjoys the lowest overall personal costs and taxes in the country, according to the 1996 Comparison of Annual Personal Costs and Taxes."

Stefanson added that "with no tax increases of any kind, back-to-back budgetary surpluses and incentives to promote investment and jobs we have created a confidence in our stewardship that is a model for the rest of Canada

"With 10,000 new jobs created in 1995 alone, Manitoba enjoyed the lowest youth unemployment rate in Canada and the largest drop in the unemployment rate in a generation."

Stefanson identified other 1995 growth indicators as:

- retail sales growth at double the national rate;
- population growth at a nine year high;
- strong increases in foreign exports;
- the largest percentage increase in total investment in Canada;

-an all time high in manufacturing investment and the largest increase in manufacturing shipments in 20 years; and

-a 15 year low in business bankruptcies.

"Jobs for all Manitobans remains the key priority of this budget", Stefanson said, "As the only province to record consecutive increases in private investment in each of the past four years - at a rate almost seven times greater than Canada's - our economy is strong and getting stronger."

The budget noted that private sector employment rose by 2.7% last year, and that the private sector has recently announced plans to invest \$1 billion in Manitoba. This includes a \$250 million investment in a new pulp mill at The Pas creating 300 jobs.

Recognising that over \$170 million will be invested in Manitoba's mining industry in 1996, resulting in hundreds of jobs being created throughout the province, the budget announced funding to the Manitoba Mineral Exploration Assistance Program has been increased to \$3 million, and another \$1 million to encourage oil and gas exploration.

The budget also offered continuing support for successful programs that are promoting job creation and investment in rural Manitoba.

HOUSE FIRE CLAIMS LIFE

House Fire claims one life and injures another, Little Black River Indian Reserve, MB.

Powerview RCMP responded to a report of a house fire on the Little Black River Indian Reserve at 4:25 a.m. on the 30th of March 1996. A single dwelling residence was raised by fire. A 25 year old man died as a result, the deceased, identified as Ferlin Lawrence Harry had been asleep on the couch. One man also suffered severe burns and is presently in the hospital. The cause of the fire is presently under investigation by the RCMP and Fire Commissioners office.

Little Black River Indian Reserve is located approx. 50 kms North of Powerview.



Bright young minds

Students at Walter Whyte School display their ribbons for their projects in the Science Fair. See story page 9

news

POLICE REPORT

On March 14/96: A report of a theft of skates and a hockey stick, valued at approximately \$300.00, while they were left unattended at the Multiplex.

On March 15/96: A theft of 2 rings was reported from the Anicinabe School. One is 14 kt gold on a large high set diamond with two smaller diamonds on each side. The second one is smaller with 5 diamonds in a lower setting.

On March 17/96: A complaint was received that someone had broken into the

Sagkeeng Arena. All of the video machines were robbed.

On March 19/96: A resident of Wanipigow reports house broken into and 5 CD's and \$38.00 in cash was stolen. Front door was damaged.

On March 22/96: A report of the driver's side window was smashed on complainant's vehicle while parked at a local bar. A Sony CD player - value \$49.00 and 32 CD's were stolen.

On March 23/96: A complaint of slashed tires was received from a resident in

Manigotogan. Witnesses are being interviewed.

Sagkeeng Police located a dead and partially butchered cow just off PTH #11 on a woody road just north of Fort Alexander I.R. The animal is believed to be a Charolais - Limousine Cross. It is brown/blonde in colour. Police are still attempting to locate the owner.

On March 25/96: Two vehicles were broken into while parked on the Rice River Road. Various items were stolen from the vehicles. Value under \$5000.000.

A break, enter and theft was reported in Pine Falls. Cash, a cellular phone, call display phone and a wedding band were stolen.

On March 26/96: A residence in Powerview was broken into and a TV and other various items were stolen. Owners were away on vacation when the incident happened.

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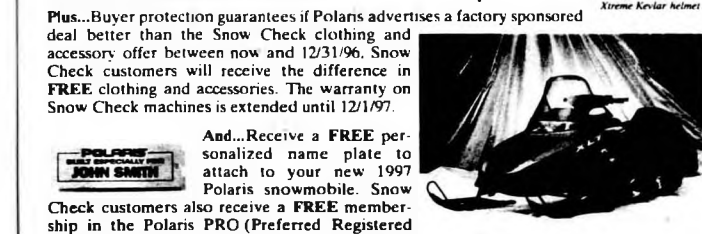
SNOW CHECK 1997
 Get up to \$650 in FREE Polaris gear, or up to \$400 in gear plus FREE financing until February 1997, a FREE jacket, and more.

First...Reserve a new 1997 Polaris snowmobile with a \$200 non-refundable deposit between March 1 and April 15, 1996. Polaris will guarantee availability and priority shipment of the model you choose. NOTE: SOME 1997 MODELS WILL HAVE LIMITED AVAILABILITY OUTSIDE OF THIS SNOW CHECK OFFER. This includes Rocky Mountain King (RMK) and Special Edition (SE) packages.

Then...Take delivery of your liquid-cooled or fan-cooled snowmobile by September 30, 1996, and take your pick of FREE Polaris clothing and accessories, or FREE Polaris Card financing until February '97 plus a lesser amount of FREE Polaris merchandise.

Plus...Buyer protection guarantees if Polaris advertises a factory sponsored deal better than the Snow Check clothing and accessory offer between now and 12/31/96. Snow Check customers will receive the difference in FREE clothing and accessories. The warranty on Snow Check machines is extended until 12/1/97.

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Community Billboard - ph 367-4466

LIBRARY ALLARD: Library Hours: Tuesday: 10:30am to 5:00pm
 Wednesday: 1:00pm to 5:00pm 6:30pm to 8:00pm
 Thursday: 1:00pm to 5:00pm 6:30pm to 8:00pm
 Friday: 1:00pm to 5:00pm Saturday: 10:30am to 2:00pm
THREE BEARS DAYCARE: Meetings first Thursday of every month
KNIGHTS OF COLUMBUS: Meetings every second Tuesday of the month 7:30 at St. Theresa's Church General Meeting
SILVER HAVEN CLUB: Cribbage - every 4th and 5th Monday of the Month at 1:30 p.m. - Whist - every Thursday of the month at 1:30 p.m.
WINNIPEG RIVER W.I.: meetings third Tuesday of every month, 7:00 p.m. Library Allard, St. Georges
POWVIEW LOCAL MMF: Regular Meetings held on the first Thursday of each month - 7:00 pm at the Powerview Arena Meeting Room
PINE FALLS HEALTH AUXILIARY: Meetings on the first Tuesday of Every month at 1:30 pm
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.
POWVIEW 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 POWVIEW MEETINGS, every second Tuesday of each month.
THE DANCING BLADES FIGURE SKATING CLUB presents their 1996 Ice Review "Music Through The Years", Wednesday, March 20 at 6:30 p.m. in the Pine Falls Arena. Everyone Welcome!!
WINNIPEG RIVER SENIOR SERVICE INC. Coordinator: Thelma Hanson. Office: Pine Falls Health Complex. Telephone: 367-9128. Hours: 9:00-1:00 Monday - Friday. Services: Transportation, Home Maintenance, Foot Care, Volunteer Help, Information.

Church Services

NOTRE DAME DE LAUS: Saturday Evenings (French Mass) 7:30 pm - Powerview Sunday (English Mass) 10:00 am - Powerview 12:00 noon - Stead
PINE FALLS UNITED CHURCH: Sunday service Sunday school 11 A.M. Rev. Cindy Terry. Office Hours: Tues. - Fri. 10:00 to Noon Tel: 367-2633
PINE FALLS ANGLICAN CHURCH OF ADVENT: 2 Holly St. Ph. 367-8347 Service Sunday 9:00 am. Sunday School provided Rev. The Rev. Joan Mitchell Ass't Curate Rev. Stephen Mitchell. Everyone Welcome
ST. THERESA'S: Pine Falls Mass Sunday at 10:00 am
ST. GEORGES: Mass Sunday at 8:00 am and 10:00 am
ST. JUDE'S ANGLICAN CHURCH: Grand Marais. Holy Eucharist - 2nd and 4th Sundays. 11 a.m. Morning prayer 11 a.m. - 1st, 3rd and 5th Sundays
TRINITY EVANGELICAL LUTHERAN CHURCH: Thalberg. 1 mi. east and 1 mi. South of junction 12 and 304 St. John's Evangelical Lutheran Church, Greenwald on Hwy. 12 1 1/2 mi. north of junction with 317. Sunday church school 10 a.m., worship 11 a.m. (alternate locations) For info, call 645-2625 or 754-8682
CHRISTIAN FAITH FELLOWSHIP - Financial Freedom Seminar - Friday nights at 7:00 p.m. Church Service at 10:00 a.m.
HOUSE OF PRAYER FULL GOSPEL - 2:30 every Sunday. Swanton, 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 or Community Service 7:30 p.m. Saturday. 1st Sat. of November to last Saturday of April.

the VOICE
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News



Hibbert with Wilson InveX Driver presented by his workmates



Hibbert with his family: Wife Aggie, daughter Leanne, Son-in-law Michael and granddaughter Angie

Glen Hibbert retires

Pine Falls Paper Company 41 years of service with the Mechanical Superintendent mill. Glen Hibbert has retired after Hibbert began working

for the mill in the Finishing Room, moved to the Greenwood Mill, and in 1959 apprenticed as a machinist. He worked as a millwright from 1977 until 1983 when he became Construction Foreman. He was made Millwright Foreman in 1984, and later the same year, Mechanical Superintendent.

Falls Curling Club March 28. Hibbert was presented with a golf club and a year's admission to the Pine Falls Golf Club Driving Range. The club, a Wilson InveX driver, is the same driver used by John Daly, who Hibbert described as one of the best golfers ever.

Hibbert's workmates presented him with numerous other gifts, and what he described as "a nice purse of money". "I really appreciate what the boys did," he said, "It was a nice conclusion to a long career."

Of his career in the mill, he said he was very lucky. "I was very fortunate to work with so many good people."

BEACHES BUZZES

Easter Bunnies, Chocolate roosters and all that stuff.....

It's a big surprise to check the calendar and discover Easter is almost here. Spring break is over, and kids are back in school. Like Christmas, Easter has become more commercial than Christian. A trip to Winnipeg's major stores on April 1st confirmed this fact. The store was packed with shoppers and plenty of Easter wares. How blessed are those families who are able to rejoice in the real meaning of Easter, as well as enjoy a visit from the Easter bunny.

The Non Topic.....

No one wants to read about snow when we have so much of the darned stuff....this last major fallout...or is that falling?? caused much havoc for everyone everywhere. We complain about not being able to go to the store for the newspaper that didn't make it out from the city, but how many of us remember the guys on the snowplows? Some of our winter heroes sit in those machines for many, many hours.....working through the night, often without sleep, in order that we can go about our business. Next time you see one give the operator a wave and a smile.

Hibernation.....

It's not just the bears who hibernate during winter.....will we be glad to start hearing about some of the events that pepper the calendar when spring approaches. The real spring that is, not the calendar date! Watch out for our animals these days.....they are having a tough time as they flounder through the deep snow. Let's also hope the ducks and geese have enough "horse sense" not to try their northern migration too early.

Think Green....

No not money silly, think green grass, flowers, shrubs, and stuff. Impatiens plants are blooming now at our house, and they are lovely, green and pink....a sight to behold. Another plant whose name I forget is also blooming, looks so pretty. Soon, soon, soon.... Th-t-t-that's all folks, Happy Easter.

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Opinion

Time to give

Employees in the mill will be getting a profit sharing paycheck equal to 32% of their wages in the Fall.

Some are claiming that, because this was due March 1, they should be getting interest in excess of the cost of living negotiated by the unions.

There is an element of greed in this. They seem to for-

get that only two years ago there was some doubt as to whether they would have any jobs at all.

The fact is that mill employees will be earning substantially more than anyone expected.

It is surely time they should be considering what they could be doing for the community - what they can give in return for what they get.

Don't delay your RRSP purchase

Are you one of those people who wait until the last moment to contribute to a registered retirement savings plan (RRSP)?

You are not alone. Most Canadians wait until January or February to invest in an RRSP. That's because you gave 60 days from the start of the year to purchase or contribute to a plan and receive a tax deduction from the previous year's income. But is that the best way to do it?

Not at all. The best time to contribute to an RRSP is as soon as you have the money available. Tax deductions are important, but an overlooked feature is the use of an RRSP to earn tax-deferred interest. To do that, contribute to an RRSP as early in the current year as possible as a deduction on that year's income, not on the income of the previous year. Here's an example of the difference it makes:

At the beginning of every year, a 30 year old contributes \$5,500 to an RRSP. After 35 years, with interest paying a 7.5 per cent annual return, the total value of the RRSP is \$912,973.

If the same person were to contribute the same amount at the end of every year, the RRSP at age 65 would be worth \$849,402.

The cost of waiting until the end of the year in this case is \$63,629 which is a tidy sum of money by anyone's reckoning. And that extra money can be used to make your retirement years that much more financially secure.

So the message is clear - if you wait until the last minute to contribute your RRSP, you'll lose out on a lot of savings.

Steve Kulyk is a Financial Service Representative with Sunlife. If you would like to speak with him, please call (204)985-6320, or drop in and see him Tuesday and Thursday mornings at his office above the Post Office.



Despite the gloomy mood many people are experiencing as a result of months of lurking in the shadows of towering snowbanks, spring is inevitable.

And So It Goes...

A Long, Long Winter

We've had snow since the 1st of November 1995, and cold temperatures unsurpassed in previous years. With a full 5 months of winter, can spring be far behind? Week after week we look out the window believing that spring is just around the corner. We are informed that officially it is spring—but then where are the tulips, the pussy willows and the swelling tree buds that we've become accustomed to seeing at this time of year?

Everywhere you look there are snow banks along the roads that are higher than we could ever have imagined. Then too, some years we've experienced rare blizzards in April so until mid month it's little wonder that the probability of even more snow remains in our minds.

Soon however, the huge snow banks will melt and be no longer. Country roads will likely become impassable and there will be water everywhere. The demand for sump pumps and rubber boots should soon outstrip supply and gardening items will finally peak consumer's interests. Spring is inevitable.

The longer the snow remains, the more problems it's likely to cause. Flooding forecasts may indeed become a

reality through much of the province. Farmers especially must wonder just how much grain they'll be able to seed this year. Those with low lying land may not be able to work those fields for quite some time.

No matter what happens, the winter of '95-'96 will soon be history and we'll be able to look forward to what remains of spring. With Easter only a few days away, it could be the only time we'll be able to make bunnies in the snow. Why not make the best of it? It'll be an experience to remember. Besides summer arrives in June!

Opinion

LETTERS
Volunteers
Praised

The Winnipeg River Senior Service Inc. February 26, 1996 in the Pine Falls Health Complex. We are a community resource council formed to support seniors and disabled persons living on the Winnipeg River between Pine Falls and Great Falls. The goals of our organization are to coordinate resources, provide information, and assist those in need of help with the placement of volunteer helpers of fee for service providers who would provide an array of services.

The first month of operation has kept me busy setting up the office, preparing the administrative support required to operate a resource council, and establishing contacts within the community. I have contacted various groups in the area to attend their meeting to outline our programs, request volunteer support, and ensure that our proposed programs are truly what the community needs. We are not replacing existing services such as Home Care or Adult Daycare, it could be said that we compliment each other. We hope to maintain close ties with all the organizations in the area that are part of the continuum of care services.

The response to our initial flyer has been very good. It is truly heart warming to live in a community that places such a high degree of importance on volunteering and the genuine desire to help those in need. We have individuals who are willing to volunteer their time to be friendly visitors or help out with errands and transportation. The drivers are volunteer but there is a mileage fee of \$5.22 per kilometre. The fee for service home maintenance program is up and running. If you need help with your housekeeping, laundry, spring cleaning, etc. give me a call and I will put you in touch with those individuals who provide this service. The rate that the Winnipeg River Senior Service Board has set is \$10.00/hr. which is what the going rate in the area seems to be. It is important to realize there is a fee for some services, but it is also important to realize that the Winnipeg River Senior Service Inc. does not receive any funds from the client. The individuals providing the service are paid directly by the client.

The office was established through grants and donations with the hope that provincial funding will be forthcoming from Support Services to Seniors. The Winnipeg River Senior Service Inc. board is prepared to fund raise to supplement the budget. We are holding a Garage Sale on June 1&2 1996. We ask that while you are doing your spring cleaning please set aside some items you would be willing to donate to our sale. I realize that June is a long way off and if storage is a big concern, call the office at 367-9128 or Joyce Whitford at 367-8595 and we will arrange something. The office is located in the Pine Falls Health Complex, the hours are Monday - Friday from 9:00-1:00, phone 367-9128, please leave a message if I am not in. Hope to hear from you soon.

Thelma Hanson Resource Coordinator Winnipeg River Senior Service INC.

Letters must be signed

The Voice occasionally receives unsigned letters to the editor. We welcome your letters but cannot publish them unless the writer is identified. In special circumstances we may withhold the name of the writer, but unsigned letters will not be considered for publication.

The Seniors Benefit: Securing the future

David W. Ifody, M.P.

On March 6, 1996 Finance Minister Paul Martin announced, as part of the 1996 federal budget, a new Seniors Benefit. This package is part of our commitment to Canadians to ensure they have a secure and sustainable pension system now and in the future.

The new Seniors Benefit will take effect in the year 2001 and will guarantee that current seniors will always receive at least what they receive in pension payments now. Anyone aged 60 and over on December 31, 1995 will be treated the same as current seniors, as will their spouses, regardless of age.

The new benefit is designed to help those who need it most and will protect low and modest income Canadians. Fully 75% of single seniors and couples will receive the same or higher benefits. Nine out of 10 single senior women will be better off under the new system.

The benefit will be tax free

and will incorporate the old age security, guaranteed income supplement, age credit and pension income credit. It will be paid monthly and it will not have to be reported on income tax forms. In addition, the benefit will be fully indexed to inflation.

The monthly benefit will be divided equally between each spouse so that each receives a separate cheque.

According to the plan, single seniors and couples with total incomes up to approximately \$40,000 will be protected and many will receive higher benefits. Some seniors with incomes between \$40,000 and \$45,000 will receive higher benefits and some lower, depending on individual tax situations.

Very high income seniors who already have secure pensions from other income will receive no government assistance. For single seniors with income above \$52,000 and couples with incomes above \$78,000, benefits will be eliminated.

To further simplify the pension system, seniors will only have to apply once for the benefit when they turn 65. The level of benefits will be automatically recalculated each year, based on the previous year's tax return. This eliminates seniors from having to re-apply every year for their income supplement, as is the case currently. Under the new benefit, the income supplement will be automatically included in the single cheque received.

As mentioned earlier, the benefit will begin five years from now, giving everyone under the age of 60 today, at least five years to prepare.

First and foremost, these changes to our pension system will target assistance to those who need it most. As well, it ensures that the pension system is sustainable in the future.

Please feel free to contact your local constituency office should you require more information on this or any other strategy announced in the budget.

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the Voice 367-4466

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GOOD YEAR

Health

COMMUNITY HEALTH WATCH

April is Cancer Month....

Common Sense Facts About Cancer....

Listen to what your body tells you....stay healthy and live longer. Keep in shape - if something feels wrong, don't shrug it off. Get checked out by your doctor. If a disease is diagnosed in its early stages, it can be cured.

It is common sense to have regular medical examinations.

Studies show that in women cancer occurs most frequently in parts of the body easily examined by a doctor. The most common cancer in women is breast cancer, followed by skin, intestinal and rectal, lung and uterine cancer, in that order. If found and treated early, most of these potential sites respond well to treatment. Here are some common sense facts:

Breasts.....

Examine your breasts each month. A good time to do this

is a few days after the end of your period. If you have reached menopause, pick a date such as the first day of the month. Watch for any changes in your breasts such as lumps, puckering or dimpled skin, any bleeding or discharge from the nipples. If you aren't sure how to examine your own breasts, ask your doctor to show you. You are the best person to detect any changes in your own breasts.

Colorectal Cancer.....

The term "colorectal" refers to two parts of the large intestine. The colon is the lower 5 or 6 feet of intestine, sometimes called the large bowel. The rectum is the last 5 to 6 inches at the end of the colon, leading to the outside of the body.

The causes of this type of cancer have not all been determined. A balanced, low fat, high fibre diet is a recommended sensible precaution. Eating adequate amounts of green and yellow vegetables every day, as well as food containing vitamin C and E may help protect you against cancer of the colorectal area.

Signs to watch for are: bleeding from the rectum, a change in bowel habits such as persistent constipation or diarrhea. If you experience vague dull or annoying abdominal pain it is common sense to see your doctor. Persons over the age of 50 should have an annual digital examination.

Lungs.....

Lung cancer is largely preventable. Practically all cases are caused by cigarette smoking. Lung cancer which used to be mainly a male disease is now increasing at an alarming rate in women. The risk of lung cancer related directly to the duration of smoking. The sooner a smoker stops smoking, the sooner the risk will cease to increase. Second hand smoke also increases the risk of lung cancer, even in non smokers.

If you smoke, quit. Its never

too late.

Signs to watch for: The first symptom is often a chronic cough, sometimes with blood in the sputum, sometimes fever and chest pains may also occur. The success of treatment for lung cancer depends on the type of tumor and the stage at which diagnosis is first made. Lung cancer is not easily treated - prevention should be the goal.

Cervix.....

Cancer of the cervix (the neck of the womb or uterus) is detected by a pap test. This also detects changes in the cells of the cervix before they become cancerous. All women over age 18 who are sexually active should have a pap test. The interval between tests should be discussed with your physician, most physicians recommend annual tests to age 35, and every three years thereafter until age 69. Women who have had multiple sex partners and those who began sexual activity at an early age have a higher rate of cancer of the cervix than those who are sexually inactive or have only one partner.

Treating Cancer.....

There are several options, surgery, chemotherapy, radiotherapy, or a combination of all three. Both chemotherapy and radiotherapy may be used without hospitalization. It is impossible to generalize on which course of action your doctor will advise, that decision will be made based on what will give you the best possible chance of recovery.

Endometrium.....

Cancer of the endometrium or lining of the uterus rarely occurs before the time of menopause, usually defined as a full year without a period. If unusual bleeding occurs before or during menopause, or any bleeding occurs afterwards, it should not be dismissed as simply part of the change of life. Consult your doctor immediately. The pap test cannot detect endometrial cancer, it is therefore important to have regular gynecological exams.

Skin.....

Skin cancer is the most common of all cancers. In Canada 50,000 new cases are detected yearly, most are cured. Skin cancer is usually caused by over exposure to the sun. There are three types of skin cancer: basal cell and squamous cell, and the rare melanoma. Fair skinned people are the most vulnerable to the sun and should take preventive action. The best prevention is to stay out of the sun. If you work outdoors try to keep your body covered as

much as possible - wear a wide brimmed hat. Use a sunscreen with a SPF factor of 15 or higher and one that blocks both UV-A and UV-B rays.

Signs to watch for:

Basal and squamous cell cancers generally show up either as pale waxlike, pearly nodules that may grow larger and crust, or sometimes as a red, scaly, sharply outlined patch. Melanoma, often begins as a mole like growth, which may become itchy or bleed. You will notice that the mole is dark brown, mixed with areas of white, pink, blue or grey. It may change shape, grow larger or change color. See your doctor immediately.

Cancer.....

There are several options, surgery, chemotherapy, radiotherapy, or a combination of all three. Both chemotherapy and radiotherapy may be used without hospitalization. It is impossible to generalize on which course of action your doctor will advise, that decision will be made based on what will give you the best possible chance of recovery.

Cancer Prevention....

Protect yourself

Seven steps to Health...

1. Choose to be a non smoker.
2. Eat a well balanced diet, low in fat and high in fibre
3. Have regular medical and dental check ups.
4. Find out about any lump or sore that does not heal or any change in your normal state of health
5. Protect yourself against too much sunlight.
6. Learn to avoid known cancer producing substances at work, at home and in the community.
7. Have regular pap tests and do monthly breast self examination.

If you have any further questions, call the Pine Falls Health Unit at 367-2224, or call the Canadian Cancer Society in Winnipeg. Information courtesy of the Canadian Cancer Society. Compiled and edited by Lorraine Neal.

Features

Gardening with Mandy

by Mandy Botincan

I don't know about you, BUT...I think I'm safe in saying that I'VE HAD IT where this weather is concerned!! I've heard it said, at some time in the 1500's, Europe experienced a summer of only 1 1/2 months long! Is this the year! People say we have only 2 seasons, winter and summer! If this keeps up, I'm likely to believe it!

On a subject matter of another sort...I've been doing some reading up on the purity of organics. A definition of "organics" taken from a publication put out by Environment Canada, reads as follows..."An organic product is that which is raised, grown, stored and/or processed without the use of synthetically-produced chemicals or fertilizers, herbicides, insecticides, fungicides or any other pesticides, growth hormones or growth regulators".

When you take the above statement and examine it well, it is saying one very important thing...that to be truly "organic", we must leave the end result in nature's hands. "Let the fittest survive", thereby allowing the best of the best to evolve.

This change can be a very traumatic choice for gardeners and farmers alike. The bottom line here is to accept a lot less than perfect in appearance end product. Society, has in this sense, doomed itself into believing that if it LOOKS GOOD, it must TASTE GOOD!!

(Well...I have news for you, can you guarantee me, that every good-looking guy is GOOD for me?!!) It's what is on the inside that counts! (Didn't grandma ever tell you that? She should know. She has the experience!!)

Anyway...getting back. Growers that are making the transition from conventional to organic are doing so for more than one reason. As Norm Morrison of Strathclair, Man. mentions..."When I used conventional methods; high amounts of commercial mineral-type fertilizer, post-emergent herbicides, etc...it seemed to me that during this period, my crop yields were slipping, while more fertilizers and herbicides were needed to keep the yield at an average level.

The huge bills concerned me." It doesn't have to take a good imagination to know where this will lead.

In making the transition, it is wise not to do it on a whole scale, as one can run into some real messes. The reason being, is that, to make the necessary changes, one has to totally rethink his/her method of approach. One has to get "in touch with their soil!!" (and themselves). Remember, this author saying in some articles back, that we have harvested the organic humus in 50 short years, what nature took thousands of years to put in place. What we have left is an empty piece of soil, that is shocked into production by the introduction of foreign substances at various times of the year in just the "right" amount to

produce just the right kind of product. What the producer forgot to tell you, is that the soil is so empty, that the crop actually grew directly from the chemicals that were put into it. Just think, that handful of wheat kernels in your hand is really phosphorus pellets is disguise. Nice picture, eh?

Furthermore, another reason to not put your entire plot (or acreage) to organic right off the start, is the immediate loss in production, which can reflect in severe financial problems. It is best to ease into organic production on a 20-25% and learn from your own experiences and from that of other growers. You won't achieve the high yields you once had (but then you weren't any-

way, really!!) and may even have weedier crops, but eventually good yields will return with adequate weed control.

In the words of Terry Jacobson of Wales, North Dakota, "conventional agriculture too often looks for "quick-fix" solutions to farm problems, rather than long-term solutions. By offering these "buy-an-input" solutions, conventional agriculture discourages growers from examining the whole system to discover solutions, including internal resources. For example: a wild oat or Canada Thistle problem requires one to think about the entire system beyond the effect of a herbicide. The long-term solution may require changes in the crop rotation and in different methods of plot preparation. It

also may take years to develop a system to solve these problems, but the solution is often permanent and may not require the purchase of a off-farm product". We have to return to the ways of our fore-fathers; only now, we have empty soil that we must replenish with what generations have taken out. One has to turn back the pages of time and find out how the problem got so big in the first place and reverse it! Going forward as we presently are, will only make the "coming back" that much longer. There is no other alternative. Our sick people have spoken.

"The greatest limitation of organic growing may be only in our minds." Happy Growing! Mandy



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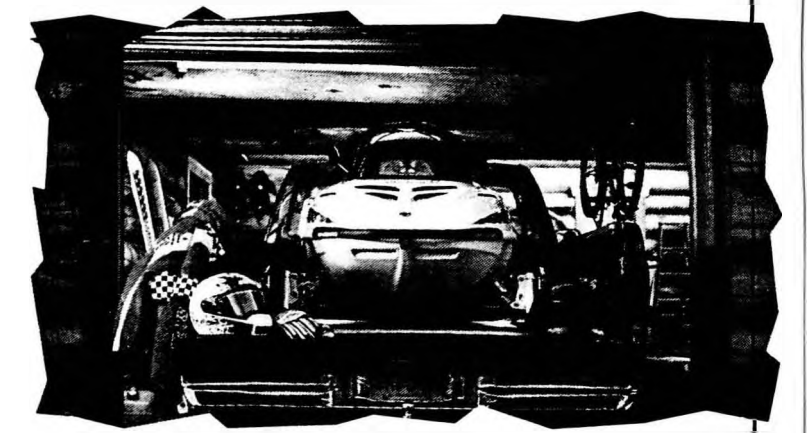
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Community

Eastman Juried Art Exhibition

The Eastman Juried Art Exhibition will be held in Steinbach for the first time this spring as part of the town's 50th anniversary celebrations.

This non-profit bi-annual event, organized by a volunteer committee from revolving locations within the Eastman regions, will take place in Steinbach, April 20-22.

The Exhibition is a forum for amateur artists to display their work, to receive a critique and gain recognition as well as an opportunity for the public to view

the work of talented amateur artists.

Plaques will be awarded to winners of six categories and there is one plaque for a people's choice award. Opening ceremonies scheduled for April 19 is by invitation only.

Essential to the success of the show has been the generous support of local businesses and organizations. Thank you to all the sponsors of this special event.

For more information please call Richard 1-800-665-6107 or Pat at 326-1740.

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Year Round (204) 367-4244

RCMP GRC

POWVIEW RCMP DET. WILL BE HOLDING A COMMUNITY CONSULTATIVE GROUP MEETING ON MONDAY, APRIL 15, 1996 AT 7:00 P.M. IN ROOM 43 AT POWVIEW SCHOOL. THIS IS AN OPEN INVITATION TO ALL MEMBERS OF THE POWVIEW, PINE FALLS, ST. GEORGES, LGD OF ALEXANDER COMMUNITIES. THIS IS AN OPPORTUNITY FOR MEMBERS OF THESE COMMUNITIES TO WORK WITH POLICE IN FINDING BETTER WAYS TO POLICE OUR COMMUNITY.

WAY OF THE CROSS

COME WALK WITH US
FRIDAY APRIL 5, 1996 ST. THERESA 9:30 A.M.

DESTINATION - NOTRE DAME DU LAUS

Famine Lunch To Follow - Silver Collection Vehicles Will Be Available To Transport Those Who Cannot Participate By Walking

Eastman Regional Council invites seniors

The Eastman Regional Council extends an invitation to all seniors in our area to join in a day of festivities, entertainment and a banquet at their

Notre Dame du Laus news

Holy Week is upon us once again. Holy Week is the most important week of the year, for the Church and for every Christian. The special celebrations of Holy Week recall the principle events of our Lord's life which brought us salvation.

The three days in which the major feasts are celebrated are known as the TRIDUUM: Holy Thursday, Good Friday and Holy Saturday.

Holy Thursday - Solemn Celebration of the Lord's Last Supper. On Holy Thursday, we will listen to Christ's words as He gives himself to us in the Bread of Eternal Life and the Cup of Salvation, the pledge of his love. He establishes ministerial priesthood, and gives the sign of true ministry and service by washing the feet of his disciples. Jesus calls us to love one another as He has loved us.

Good Friday - Memorial of our Lord's Passion is read from the Gospel of Saint John. It is followed by ten interces-

sory prayers for the whole world, as Jesus died for the salvation of all. Then comes the veneration of the cross which leads into a simple communion service. The service ends by inviting all to pray and prepare for the feast of the resurrection which takes place at the Easter Vigil. (Good Friday is a universal day of fasting and abstinence from meat.)

Easter Vigil - Solemn Celebration of our Lord's Resurrection. On Saturday night, we are called to witness to Christ's resurrection. Jesus was raised to life by the Spirit and all who have died believing in him rise with him. During the Easter Vigil, which is the greatest gathering of the year, the Light of Christ enters our churches. Then, after the Easter Proclamation, the story of our salvation is retold by a variety of Scripture readings from the Old and New Testaments. This is followed by the blessing of the baptismal water and the renewal of our baptismal promises. Then, after the General Intercessions, we share in the Eucharist and finally are sent to proclaim to the world the glad tidings of Easter: "Jesus is Risen"

With all its songs, symbolic actions, Scripture readings, prayers, jubilation, the very beautiful and meaningful Easter Vigil is meant to stimulate, strengthen and rejuvenate our faith. We invite all to join us for all the celebrations of the Holy Week Triduum. Spread the Good News!!!

Easter Triduum Celebrations Schedule
Holy Thursday, April 4th - 7:30 p.m. (Mass of the Lord's Supper)

Good Friday, April 5th - 3:00 p.m. (Celebration of the Lord's Passion)

Easter Vigil (Holy Saturday), April 6th - 8:00 p.m. (Resurrection of the Lord)

Easter Sunday, April 7th - 10:00 a.m., (Resurrection of the Lord) - in Stead Way of the Cross

Good Friday, April 5th.

The walk will start at 9:30 a.m. from St. Theresa Catholic Church (Pine Falls) and end up at Notre Dame du Laus Church (Powerview). Everyone is invited to join. COME WALK WITH US!

A famine lunch will follow the Way of the Cross in the Powerview Church basement.

Meeting in preparation for the first of communions

All the parents of children (Grand 2 and up) who wish to receive Holy Communion for the first time this coming June, are urged to attend a Special Meeting, Monday, April 8th, at 7:30 p.m., in the Notre Dame du Laus Church basement. It is important that all concerned attend.

FEASIBILITY / DEVELOPMENT PLANNER

Term: immediate - March 31, 1997

Job Description: To manage the organization of three sub-projects and to undertake a feasibility study to prepare a plan for the development of a Heritage Site and to oversee the development of any immediate initiatives including capital projects.

The Candidate: must meet Sec. 25 Canada Employment Center criteria; must be eligible or in receipt of U. I. benefits; should have experience in project management and planning, feasibility studies, and heritage tourism development. Communication, computer and supervisory skills required. Knowledge of the north Eastman region preferred. Valid drivers license necessary.

Please send resume to: **Winnipeg River Brokenhead CFDC, Box 505, Lac du Bonnet, MB, R0E 1A0, fax (204)345-6334 or e-mail by April 15, 1996 to eastminj@wtpl.eastman.freenet.mb.ca**

Education

Science Fair Big Success

by Lorraine Neal

Walter Whyte School's Annual Science Fair was held in the school gym on Friday, March 22nd. It was a wonderful showcase highlighting the

multi talents of students from the eastern beaches areas. Along with Mr. Nazimek, a teacher, and Ken Danwich, Reeve of the LGD of Alexander, it was my pleasure to judge

projects of students in grades three to six.

Science fair time is always exciting, for the students are given the opportunity to choose the projects which in-

POWVIEW SCHOOL NEWS

April 4th - C.P.F. Meeting, 6:30 p.m Parent Advisory Meeting, 7:00 p.m.

April 5th - Good Friday, No school

April 8th - Grad Picture re-takes

April 12th - Report cards issued, Gr.9-12

April 18th - Parent/Teacher Afternoon & Evening, No school in p.m.

April 19th - Inservice, No school

April 26th - Agassiz Festival of the Arts, Speech Arts at Powerview School

April 30th - Early Dismissal at 2:15 p.m.

CONCOURS D'ART ORATOIRE

Winners of the Concours d'art oratoire held at Powerview School on March 12th are:

Gr.4: Claire Lussier (1st), Brody Thurston (2nd), Tonya Lessard (3rd).

Gr. 5&6: Christopher Dupont (1st), Nicole Boulet (2nd), Pamela Lessard (3rd).

Gr. 7: Joelle Lapointe (1st), Tara Berthelette (2nd), Courney Robinson (3rd).

First place winners will compete in the provincial finals to be held in Winnipeg on April 20th. Good luck students!

SAILING ANYONE?

A sailing course is available to all area residents and students from Lac du Bonnet to Fort Alexander. Cost for one week of instruction is \$75.00, and will be held from Monday to Friday, 9:00 a.m. to 3:30 p.m. Beginner and intermediate youth and adults (ages 12 to adult): June 3rd - 7th. Beginners and youngsters (ages 7-14): June 19, 20, 21, 24, 25th. The course will be composed of 50% Theory and 50% Practical. Enrolment is limited to the first 20 students in each course. Registration forms are available from S.Meszaros.

DIFFERENCES ARE O.K.: RACISM IS NOT! (a poem by the grade 2 French Immersion class)

Brown, black or white! Don't make fun. It's not right. People are different. Some wear glasses. Some have freckles. Some are in French and English

I would really like to meet you. Health topics are too numerous to list but information ranges from nutrition, sex, exercise, immunizations, breast health, sexuality, parenting, cardiovascular, cancer, and so on and so on and so on! See you after the break!

BASKETBALL NEWS

Powerview School is very proud of their grade 7 & 8 girls basketball team. They placed first at the regional tournament in Anicnabe on Thursday March 14th. Congratulations! They went on to compete in the Divisional Championships on Tuesday March 19th and played very well. Losing by only three points!

PINE FALLS SCHOOL NEWSLETTER

PINE FALLS SCHOOL

Monday, April 1 - classes resume Running Club resumes Thursday, April 4 - Spring Tea afternoon

Good Friday, April 5 - No school

Friday, April 12 - High School mid-term academic reports Thursday, April 18 - High School Parent teacher meetings

Friday, April 19 - Science Olympics

Monday, April 22-26 - Artists in the Schools

Spring Break: The annual Spring Break is one week only. Classes resume April 1. Please note that there is no school holiday on Easter Monday.

Spring Tea: Our annual Spring Tea is set for Thursday April 4th. Students and teachers have been busily working with the Home and School organization to make this years event a success. Proceeds from the tea are earmarked for the purchase of a video camera for the school. In conjunction with the tea. The Home and School has sponsored a logo contest for school T shirts. There was a great deal of student

terest them the most. Some project ideas come from teachers and parents, but most of the kids chose their own.

First prize in the grades three and four, was won by Hillary Shipley and Whitney Patzer for their fabulous Space Shuttle project. These girls did hours and hours of research, for in addition to the history of the American space program, they had compiled lists of the names of every astronaut since the first shuttle. Their display was well done, neat, compact and concise. Nothing was missed.

Second prize went to a display of Musical Water Sounds done by a very shy Heidi Kraft. Heidi knew why each bottle filled to a different level with water made a certain sound. It was an excellent project and Heidi did very well with it.

Third prize was also very well done, it was a terrific display of Volcanoes and Earthquakes by Stacey Fey and Kandace Chudo. These two had all the answers to the judges questions. They also were a little different - they had enough moxie to use dry ice inside their volcano. The display was well done, neat, and the girls were just delightful.

A Special Enrichment Project was won by young Kellen Scrivens who developed an excellent display of the Solar System. Kellen is a seven year old grade two student, but his project was done at a level much above his current age. Kellen wasn't stumped by any questions about the solar system. He told the judges he had a little speech about the solar system, and he was bound and determined to make it....and he did...and well. The world would do well to watch this young man, for if his talents and energies are properly channeled we should hear great things from him in the future!

Science News: Our school had a team entered in an event sponsored by Whitemouth School on Friday March 15. Our team joined twenty-two others in the competition and placed 6th. Congratulations to Mrs. Fraser and her team composed of Alaina Robb, Jeremy Carlson, Myles Wilcott and Holly Papineau. Our school will be holding our own competition for grades 6 to 8 on April 19th. This has become an annual event. We are also sending another team to the Provincial Science Olympics to be held in Brandon May 2 and 3.

High School Mid-term Reports: Reports will go out to all grade 9 to 12 students on April 12. Formal parent teacher meeting times are set for Thursday April 18.

Tara Link who did an excellent project about plants. Tara showed how plants grow using different liquids. She had certainly done her research with this project. It was well researched and well portrayed as well.

Third prize was difficult to choose, the judges couldn't make a decision, therefore choose two for third. Tibonnekoot Olson, and Kent Snowdon put lots of thought into their project which showed the Conductivity of Water, using salt in water, and plain water. The project of Nigel Stucky tied, he showed us how to make an Electromagnet. Both these projects were well done, and very neat, with their methods, and hypothesis shown in an easy to read fashion.

The students of grades seven to nine, of course have more complex projects. Judging is a time consuming event, therefore I was not able to get around to see all the senior projects. First prize went to Jenna Leskiw for her "Purity of Snow." I understand it was a terrific display and thought. Second prize went to Erin Verrier and Mindy Rae Wilson, for their project on "The Mind." Wish I'd seen that one....the judges said it was awesome. Third prize to Chris Schneider for his "Electrolysis" project.

Unfortunately not everyone can win, it would be great if that were true, but then where would be the competition? As I toured the gym though, it was noted that many of the projects were exceptionally well done, among them the ones about animals, deer, fox, lynx, buffalo, and shetland ponies. I also saw a display on Distillation, done by Jeffrey Sosiak that was great. Keep it up Jeff, try again next year!

Congratulations to all the winners, and for those who didn't garner a ribbon, you tried....that's all anyone can ask.

To Gene, Gene the Curling Machine

Roses are Red
Violets are Blue
Your wife's picture was in the Paper
What's the matter for you

Second prize went to

Features

Often Overlooked Tax-Saving Opportunities: Ernst & Young

Ways to reduce your 1995 tax bill

(Toronto, April 1, 1996)

The tax deadline is less than 31 days away and to help Canadians prepare, Ernst & Young has listed 10 frequently missed opportunities associated with income tax returns.

"Methodical tax return preparation is well worth it, if tax savings are discovered in the process. That way, you can ensure that you get the most out of certain credits or deductions that are available to you," says Gena Katz, senior tax manager.

Ten Missed Opportunities:

Claiming the equivalent to married credit for a dependent family member if you are single, divorced or widowed.

Claiming the GST rebate if you claim employment expenses.

Making an election to transfer dividends from your

spouse where your spouse has insufficient income to use the tax dividend credit.

Aggregating all of the family's medical expenses on one return.

Having the lower income spouse make the medical expenses claim.

Claiming all charitable donation on one spouse's return.

Having your teenage children file tax returns to take advantage of provincial refundable tax credits and to create RRSP contribution room if they do have some earnings.

Claiming moving expenses, if you moved during the year to start a new job.

Transferring tuition and education credits that cannot be used by your child or spouse to your return.

Claiming the disability credit, if a member of your family has a severe or prolonged illness or impairment.

Requirements of having employees

Most businesses will employ people other than the owners. These employees expect to be paid and it is up to the employer not only to keep track of how much you pay them but also to hold some back and remit part of their salaries directly to the government to cover Income Taxes, Canada Pension Plan (CPP) and Unemployment Insurance (UI). Every employer is required by law to remit these amounts to Revenue Canada no later than the 15th day of the month following the month the employee received remuneration.

If you are an employer for the first time you should immediately contact Revenue Canada and request the necessary forms. The number to call is 1-800-282-8079. Request tables which will determine the amount of contribution to deduct for each employee's salary, wage or other remuneration. This tables should provide rookie employers with hints and advice on methods to track employee wages as well as advice on recording and remitting the employer portion of Income Tax, CPP and UI Premiums.

How much is every employer required to remit each month? It is the employer's responsibility to remit all of the Income Tax, UI Benefits and CPP contributions deducted from your employees. In addition the employer must match the CPP contributions of their employees and must pay 1.4 times the employees' UI contributions. Every person carrying on business in Canada is required by law to keep records and books to account for Income tax, CPP and UI.

If I own my business how do I pay myself? If your business operates as a proprietorship or a partnership, you as the owner will still have to get paid. Any funds that you take out of the business are called a "drawing". Income Tax and CPP contributions are based upon profit before drawings. During the first year of operation no payments are remitted until a fiscal year end has been declared and an Income Statement prepared. In subsequent years Revenue Canada will expect monthly payments toward Income Tax and CPP based on payments from the first year.

If you are hiring or have employees here are brief highlights to be aware of regarding Labour Standards in Manitoba:

1. Payroll records must be maintained at the place of business in Manitoba. Records must include all necessary information and should be retained for 5 years.

2. The standard hours of work for an employee is eight hours per day and forty hours per week.

3. Where employees work for more than the standard hours, they are entitled to be paid overtime rates for each hour or part of an hour they are required to work. The standard overtime rate is one and one half times the regular rate of pay.

4. There are seven paid general holidays. They are: New Year's Eve, Good Friday, Victoria Day, Dominion Day, Labour Day, Thanksgiving Day and Christmas Day.

5. If employees have worked for an employer for one year and have put in 95% of the regular working time, they have the right to a vacation of two weeks with regular pay. If employees have not worked 95% of regular working hours they have the right to vacation pay -4% of regular earning for that year, excluding overtime.

6. Every female employee who has completed twelve consecutive months of employment with an employer is entitled to be granted 17 weeks of unpaid leave of absence for maternity leave. The employee must provide the employer with at least 4 weeks notice.

Winnipeg River Health District

Requires

Resource Coordinator - Home Care Program

This half-time (1 year term) position which is responsible for the coordination of the paid and volunteer resources for the Home Care Program in this District.

Job Functions: Recruits Resource Staff; Provides Orientation to Resource Staff; Matches and Assigns Resource Staff; Completes Appropriate Forms; Supervises Resource Staff; Evaluates,

Resource Staff Performance; and Manages Workload. The ideal candidate will be a self-starter who is able to work with minimal supervision and has at least 2 years of experience in Home Care.

Please respond by April 19 to:

Helen Erickson
Home Care Co-ordinator
Winnipeg River Health District
Box 1030
Lac du Bonnet, Mb.
R0E 1A0

Features

DOES BOOT Some cool websites for you cyber-surfers

For those that are on the Internet and like to "surf the Web", I have compiled a listing of sites that I think you may want to have a look at. Please remember that if the name of the URL (Universal Resource Locator) ends in .htm rather than .html, it is not a mistake. Some people like to be a little different and name their URL in a different manner.

Doug's Note - please remember that URL addresses are case specific. Please type in the URL addresses as they are shown here. If there are capital letters in the address name, please make certain that they are entered as capital letters in your Web browser.

Firstly, most people using the "Net want to be able to search for topics and programs. In this instance, I would recommend accessing <http://www.albany.net/allinone>. The Allinone search facility allows you to search the Web, search for people, or search for software.

To search the UseNet news groups for topics, please use the <http://www.dejanews.com> site. DejaNews is a phenomenal starting point. Like other search facilities, it is completely menu driven and easy to use.

To search for games, please try the following sites: <http://www.shareware.com/>, <http://www.gamesdomain.co.uk>, <http://www.yahoo.com>, <http://happypuppy.com/games/link/backyard.htm>, <http://multiline.com.au/~lanham/games.html>.

If you still use your Commodore 64, you will love: <http://www.student.informatik.th-darmstadt.de/~mepk/c64.html>.

Amiga users will want to check out: <http://laslo.netnet.net/aminet/dirs/game.html>.

If you want to try something different and have a look at France's MiniTel system, then access: <http://www.minitel.fr/free.html> and download the appropriate software package. This is a good place to have a look at what should be the future of telephone communications systems.

Ziff-Davis is a large magazine publisher, and their Web site is indicative of the magazines that they publish. Also, they have great links to shareware files. The Web address for Ziff-Davis is: <http://www.zdnet.com/>.

For anyone that has been using the "Net and especially the World Wide Web, the name Yahoo is synonymous with FUN, FUN, FUN. This is the site that I always point new Web

users toward, for it truly has something for everyone. The address for Yahoo is: <http://www.yahoo.com/>.

To find the various Web pages for the Government of Canada, please refer to: <http://lucasc.inccn.doc.ca/resource/cangov.html>.

The Government of Manitoba has a Web site at: <http://www.gov.mb.ca/manitoba.html/>.

For those wishing to check our things a little closer to home, the Edward Schreyer School in Beausejour has a home page at: <http://www.mbnet.mb.ca/~edwschr/>.

If you use Netscape (doesn't everybody??), then you may have some lingering questions regarding the program. You will find a wealth of answers at: <http://home.netscape.com/eng/mozilla/1.1/handbook/docs/answers.html#C23>.

For those that wish to try out the Java enhanced Web pages, you should upgrade your Netscape to version 2.01. Please be aware that this version requires true 32-bit Windows, and will not work using the WIN32S 32-bit Windows emulator. You may find the 32-bit Netscape (under the file name n32e201.exe) at: <http://home.netscape.com/>.

Mac users will want to check out the Mac Resources page at: <http://www.tso.cin.ix.net/user/ds/dsnell/mac.html>.

If you would like to take a virtual tour of the Whitehouse in Washington, then check out: <http://www.whitehouse.gov/>.

Be sure to say hello to the Bill and Hillary when you are there.

Yours truly has a web site located at: <http://www.mts.net/~dgonahue/>. You will find many resources and links on my page. Please feel free to use any or all of them.

There are hundreds of thousands of links on the Internet, and I hope that I have pointed you in the right direction with this list. But surely there must be one place that a person keeps going back to in order to find information. Well, for me there is such a place. It is the Yahoo site at: <http://www.yahoo.com>.

Although Yahooo is not the panacea for the Web browser, you will be suitably impressed with the vast amount of information and links that are stored at that facility. And, for that reason alone I keep migrating back to Yahoo.

A PLACE IN HEAVEN FOR VOLUNTEERS

Many will be shocked to find, When the day of judgement nears, That there's a special "Place in Heaven" Set aside for volunteers.

Furnished with big recliners, Satin couches and footstools, Where there's no Committee Chairman, No group leaders or car pools.

No eager team that needs a coach, No bazaar and no bake sale, There will be nothing to staple - Not one thing to mail.

Telephone lines will be outlawed, But a finger snap will bring Cool drinks and gourmet dinners And rare treats fit for a King.

You ask, "Who'll serve these privileged few, And work for all they're worth?" Why—all those who reaped the benefits and not once VOLUNTEERED ON EARTH.

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Diversions

CHAT WITH PAT



Glen Hibbert
by P.G. Yatkowsky

I would like to congratulate Glen Hibbert on his retirement. I hear that he was the best dressed young man in town. Since we know what he looks like now. Here's a picture of how he looked back then in his single years.

Well, I hope most people got through April 1st without too much trouble. I did, however, hear a good one. A certain young lady, late at night turned all the clocks back in her house so her dad went to work two hours early.

Looks like the Easter Bunny will have to make some pretty big hops to get down that bunny trail on Sunday. Maybe it would be a good idea to check the snow banks for eggs on Sunday.

Don't forget the Pine Falls School Spring Tea which happens April 4, from 1:30 - 3:30 p.m.

I have a little news release for you from the Daily walking crews. They say, and I Quote "Remember the tune 'Happy Trails to you'?" We

have a delightful walking trail in the bush right here in Pine Falls, that is certain to bring happy adventures your way. Entrance can be gained from behind the hospital or from behind the Manitou Lodge. The trail winds about through brush, poplars, evergreens, and around the big rock behind the arena. Many fascinating decorations en route provide the "Happy Trails" feeling. Why not give the trail a try?"

The last hockey tournament was held over the weekend and from what I heard it was a "BLAST". Everyone who wasn't anyone played hockey. There were men, women, young and old. The comment I heard was "It was a great way to end the season."

I was talking to Thelma Hanson and she tells me that the new Senior Service is coming along. She has lots of people interested in using the service and many people offering to help. Keep up the good work.

April is Dental Health Month in Manitoba. I didn't know that most Dentist Offices offer children's first visit free for children under the age of 3. I know that the Main Dental Group in Powerview is one of the Offices that offer it. It's a good start when you can meet your dentist before he works on your teeth. Plus it sure encourages children to

brush.

I have been talking to some of the "Gambling Gang" who have been travelling around taking in the sights and winning money. I hear that Regina is not what it was cracked up to be, in fact most people would never go back. One Lady told me that she'd rather gamble right here in the area. She said you can win as much money here as anywhere.

I'd like to do a line or two on nicknames later so keep some of those names on hand. Here's a couple to start with. Who is BEAR, BEAVER, MOUSE, PUCK, WHIP, and THE GENERAL.

A word for the wise, keep an eye on your vehicles. Someone out there wants a vehicle badly. Apparently the word is that someone tried at least three or four cars before they got one. BEWARE.

I'm glad to hear Gordon Earle is feeling better. Getwell wishes to Lloyd Rusk who is recovering from surgery.

Every time I ask who has been ill Brad says "I am". So I hope he's feeling better too. Happy Anniversary on April 5th to Thelma and Doug Hanson. Happy 18th birthday to Dani-Lynn Nault and Rodney Liebrecht both on April 5th.

Brad's Word for the Week is Attenuate. It means to make slender or thin; or to reduce in force or value. So long, Au Revoir See you in the Paper.

The Seniors Benefit: Securing the future

David W. Hfody, M.P.

On March 6, 1996 Finance Minister Paul Martin announced, as part of the 1996 federal budget, a new Seniors Benefit. This package is part of our commitment to Canadians to ensure they have a secure and sustainable pension system now and in the future.

The new Seniors Benefit will take effect in the year 2001 and will guarantee that current seniors will always receive at least what they receive in pension payments now. Anyone aged 60 and over on December 31, 1995 will be treated the same as current seniors, as will their spouses, regardless of age.

The new benefit is designed to help those who need it most and will protect low and modest income Canadians. Fully 75% of single seniors and couples will receive the same or higher benefits. Nine out of 10 single senior women will be better off under the new system.

The benefit will be tax free and will incorporate the old age security, guaranteed income supplement, age credit and pension income credit. It will be paid monthly and it will not have to be reported on income tax forms. In addition, the benefit will be fully indexed to inflation.

The monthly benefit will be divided equally between each spouse so that each receives a separate cheque.

According to the plan, single seniors and couples with total incomes up to approximately \$40,000 will be protected and many will receive higher benefits. Some seniors with incomes between \$40,000 and \$45,000 will receive higher benefits and some lower, depending on individual tax situations.

Very high income seniors who already have secure pensions from other income will receive no government assistance. For single seniors with income above \$52,000 and couples with incomes above \$78,000, benefits will be eliminated.

To further simplify the pension system, seniors will only have to apply once for the benefit when they turn 65. The level of benefits will be automatically recalculated each year, based on the previous year's tax return. This eliminates seniors from having to re-apply every year for their income supplement, as is the case currently. Under the new benefit, the income supplement will be automatically included in the single cheque received.

As mentioned earlier, the benefit will begin five years from now, giving everyone under the age of 60 today, at least five years to prepare.

First and foremost, these changes to our pension system will target assistance to those who need it most. As well, it ensures that the pension system is sustainable in the future.

Please feel free to contact your local constituency office should you require more information on this or any other strategy announced in the budget.

LOCAL GOVERNMENT DISTRICT OF ALEXANDER SALE OF LAND FOR ARREARS OF TAXES

By virtue of a warrant issued by the Resident Administrator of the Local Government District of Alexander, under her hand and the Corporate seal of the said Local Government District, to me directed, and bearing the date of the 25th day of March, 1996 commanded me to levy on the several parcels of land hereinafter mentioned and described, for arrears of taxes due thereon with costs, and (b) the proportion of the costs chargeable thereto and (c) an additional amount as a penalty calculated at the rate of 1-1/4% per month for each month or portion thereof following the day the lands were advertised for sale in the Manitoba Gazette, as sooner paid, I will on Wednesday, May 17, 1996 at the council chambers of the Local Government District of Alexander, in St. Georges, Manitoba, at the hour of 10:00 a.m., proceed to sell by public auction the said lands for arrears of taxes and costs.

Further take notice that the Local Government District of Alexander will exercise its prior right to bid up to the amount due thereon for arrears of taxes and costs and become the purchaser thereof even though a greater sum than the arrears of taxes and costs is offered by another bidder on these lands.

DESCRIPTION	C.T. NO.	ARREARS	COSTS	TOTAL	DESCRIPTION	C.T. NO.	ARREARS	COSTS	TOTAL
PT. SW 16-16-8E	G41469	774.84	15.00	789.84	2-3-18804	1329504	102.01	15.00	117.01
PT. SW 24-16-8E	G83995	336.45	15.00	351.45	1-1-15561	G90898	551.20	15.00	566.20
PT. SW 27-16-8E	A93460	319.75	15.00	334.75	14-2-15561	1127071	501.77	15.00	516.77
PT. SE 27-16-8E	C9692	465.22	15.00	480.22	5-3-15561	1371490	317.64	15.00	332.64
PT. NE 33-16-8E	E91117	223.66	15.00	238.66	PT. 11-19368	1129637	1465.61	15.00	1480.61
PT. SE 12-17-7E	B97951	120.23	15.00	135.23	1125402	1125402	670.32	15.00	685.32
PT. 2-2-19300	1382679	272.34	15.00	287.34	1-1-14234	G69394	1093.43	15.00	1108.43
PT. C-12211	1206814	1239.56	15.00	1254.56	17-2-14234	G41510	861.56	15.00	876.56
PT. SE 9-17-9E	1338120	1171.27	15.00	1186.27	19-2-12353	G96255	3122.51	15.00	3137.51
PT. SW 17-17-9E	1283977	1099.32	15.00	1114.32	1004.92	H59832	1004.92	15.00	1019.92
1-11702	1172023	1280.94	15.00	1295.94	3-9140	1008377	585.66	15.00	600.66
PT. 2-10022	1287107	1053.23	15.00	1068.23	11-4110	G8243	665.84	15.00	680.84
26-3-15201	H49489	708.55	15.00	723.55	20-6491	E63284	864.98	15.00	879.98
PT. 1-19390	971354	128.81	15.00	143.81	4-1-8873	1150408	2320.95	15.00	2335.95
11-20957	1026627	1828.77	15.00	1843.77	12-2-15144	G95438	866.34	15.00	881.34
9-4-11553	C71883	247.60	15.00	262.60	5-3-15144	1295277	1053.42	15.00	1068.42
10-4-11553	1212188	107.98	15.00	122.98	12-3-15144	1019376	1237.46	15.00	1252.46
19-1-14966	1132765	180.21	15.00	195.21	17-4-15144	X5859	1074.98	15.00	1089.98
5-2-14966	G49621	77.08	15.00	92.08	21-4-15144	J57206	324.08	15.00	339.08
4-6-14966	1376538	136.36	15.00	151.36	1187262	1244.04	15.00	1259.04	
5-1-13598	E82476	496.67	15.00	511.67	2-8493	J62446	609.90	15.00	624.90
4-3-13598	G28114	292.01	15.00	307.01	PT. 3-24172	1400927	440.39	15.00	455.39
7-9-13598	E77452	247.60	15.00	262.60	PT. 19-24172	1360457	439.09	15.00	454.09
PT. NW 1-18-7E	K13011	301.58	15.00	316.58	PT. 27-24172	1374064	479.25	15.00	494.25
PT. NW 15-18-7E	K10311	281.95	15.00	296.95	PT. 51-24172	1364544	404.23	15.00	419.23
5-15996	H87589	2855.77	15.00	2870.77	PT. 61-24172	1364545	423.84	15.00	438.84
15-1-16227	J80236	1119.65	15.00	1134.65	PT. 62-24172	1360477	305.96	15.00	320.96
39-1-16227	1120078	453.83	15.00	468.83	PT. 63-24172	1364546	404.23	15.00	419.23
55-1-16227	J59988	1200.17	15.00	1215.17	PT. 75-24172	1364549	356.02	15.00	371.02
2-2-16227	J23698	228.62	15.00	243.62	12-1-27140	1363793	357.29	15.00	372.29
21-2-16227	1389327	969.37	15.00	984.37	11-3-92	1168.92	15.00	1183.92	
7-15466	G71410	1281.23	15.00	1296.23	C99364	1117.34	15.00	1132.34	
PT. SE 16-18-7E	1302022	242.07	15.00	257.07	E23510	961.62	15.00	976.62	
17-1-15122	1255650	693.65	15.00	708.65	1223928	1387.10	15.00	1402.10	
19-2-15122	K14896	1281.44	15.00	1296.44	4-3-7873	B76568	1026.16	15.00	1041.16
3-3-15122	1220120	1404.60	15.00	1419.60	3-6-7873	1350352	1151.22	15.00	1166.22
8-3-15122	1326504	605.60	15.00	620.60	2-1-18805	J51155	1541.47	15.00	1556.47
9-3-15122	H55569	1423.92	15.00	1438.92	5-2-18805	216100	152.36	15.00	167.36
1-4-15122	K10171	1857.00	15.00	1872.00	8-3-18805	1391828	147.13	15.00	162.13
1-7-15122	G58354	1433.54	15.00	1448.54	2-19493	J75966	722.00	15.00	737.00
10-9-15122	G56382	955.06	15.00	970.06	14-7544	1132582	2015.32	15.00	2030.32
14-15-15122	G59456	760.05	15.00	775.05	16-7544	C71635	1108.36	15.00	1123.36
6-17-15122	G56185	553.29	15.00	568.29	10-3-19833	1320957	319.57	15.00	334.57
14-17-15122	G56489	744.72	15.00	759.72	11-3-19833	1083654	454.96	15.00	469.96
2-2-12281	1194559	1031.77	15.00	1046.77	41-4-19833	1022468	260.65	15.00	275.65
8-4-12281	1200552	2374.03	15.00	2389.03	13-5-19833	1053818	257.79	15.00	272.79
7-24-15122	G57183	1281.98	15.00	1296.98	14-5-19833	1027620	253.96	15.00	268.96
NE 36-18-8E	B74876	240.75	15.00	255.75	4-1-14964	1124313	153.62	15.00	168.62
NW 36-18-8E	B74876	240.75	15.00	255.75	10-2-14964	1107954	404.53	15.00	419.53
SE 36-18-8E	B74876	240.75	15.00	255.75	PT. 1-19-8E	B74877	148.07	15.00	163.07
SW 36-18-8E	B74876	240.75	15.00	255.75	PT. 1-19-8E	B74877	148.07	15.00	163.07
4-2-15424	1251200	2024.03	15.00	2039.03	PT. 20-19-8E	PT. 20-19-8E	154.63	15.00	169.63
1-3-15424	1342190	1945.69	15.00	1960.69	25-2-14477	1010384	1137.45	15.00	1152.45
9-3-15424	J54955	1720.80	15.00	1735.80	7-1-15766	1122716	203.44	15.00	218.44
3-1-21115	1015276	471.74	15.00	486.74	1-2-14494	1206301	118.51	15.00	133.51
PT. 8-3594	1062838	1420.45	15.00	1435.45	1-3-14494	J97325	352.72	15.00	367.72
PT. 14-3594	J32300	1107.98	15.00	1122.98	1-1-14223	1031690	227.23	15.00	242.23
PT. 15-3594	1111134	1199.80	15.00	1214.80	13-1-14223	1043536	410.94	15.00	425.94
PT. 17-3594	H66508	1669.68	15.00	1684.68	4-6-14223	1044706	211.90	15.00	226.90
PT. RL50-18-10E	G95233A	1743.27	15.00	1758.27	2-5-14223	1029513	202.55	15.00	217.55
PT. RL15-18-10E	B90458	3094.18	15.00	3109.18	4-5-14223	1029492	925.76	15.00	940.76
20-1-22454	1005734	385.56	15.00	400.56	1-7-14223	1043311	532.44	15.00	547.44
21-1-22454	1005735	1802.36	15.00	1817.36	4-7-14223	K8886	925.04	15.00	940.04
PT. RL49-18-10E	H82298	1454.59	15.00	1469.59	6-9-14223	1029511	843.91	15.00	858.91
PT. RL50-18-10E	E46503	3499.85	15.00	3514.85	5-2-14820	1389355	703.69	15.00	718.69
PT. RL50-18-10E	E32379	1659.88	15.00	1674.88	6-2-14820	1139318	840.98	15.00	855.98
PT. RL50-18-10E	H42734	561.82	15.00	576.82	PT. 2-1-25775	1360552	2494.14	15.00	2509.14
PT. NW 12-18-10E	1379766	3131.36	15.00	3146.36	PT. 6-3-25775	1218297	2128.63	15.00	2143.63
PT. SE 20-18-10E	E25814	764.10	15.00	779.10	PT. 6-3-22742	1115749	1594.30	15.00	1609.30
PT. NE 32-18-10E	1367472	290.84	15.00	305.84	12-3-1				

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Thank You
To Ian Cyr, Grant Henderson, and everybody else that was there that day, thank you very much for everything that you did and all the help. Also to Jason Gauthier who was there all the way trying to keep my spirits high. Thank you to the Pine Falls Ambulance, Doctor Jenkins, and all the nurses who took every precaution and great care of me on the way and at the hospital. And of course to everybody who came to visit, sent cards, flowers, and get well wishes. Thank you for thinking of me. And to Mom and Dad who are literally there helping me get back on my feet again. I couldn't have done it without any of you.
*Thanks again
Brandee Borody*

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MARJORIE V. JACOB

On March 27, 1996, Marjorie Jacob passed away peacefully surrounded by her family at the St. Boniface Hospital at the age of 82. Her memory will be cherished and she will be sadly missed by her daughter Sharon and her husband Ken Cyr, grandchildren, Ryan and Lana; her daughter-in-law Lana, grandchildren Jeff and Michael; her sister Frances Walton and her special lifetime friend and neighbor Anne, her many friends, nieces and nephews. She was predeceased by her husband Oswald in 1977 and her son Hugh in 1993.

Marge lived her life to the fullest. Her early years were spent in Pine Falls for 51 years and in 1978 she moved to Winnipeg to live with her sister Fran. In her younger years she was an avid golfer and curler and a true bomber fan. She was a member of the Chapter of Eastern Star and for years a member of the United Church and Ladies' Auxiliary. She worked as a volunteer for many organizations for the Red Cross and United appeals. Mom loved to read, do crosswords and knit. Her favourite pastime was being with her family. She spent hours talking to her grandchildren whom she loved and was so proud of. She was a devoted wife, mother, grandmother and sister. She will be remembered for her sense of humour and gentle kind nature.

At Marge's request cremation has taken place and a memorial service was held at 3:00 p.m., Monday, April 1 at Chapel Lawn Funeral Home, 4000 Portage Ave., with Rev. Don Lawrence officiating. The family would like to thank the staff at SA South, St. Boniface Hospital for their care and kindness.

In lieu of flowers, donations may be made to the Manitoba Lung Association, 629 McDermot Ave., Winnipeg, R3A 1P6 or a charity of one's choice. "My soul is restless till it finds its rest in thee."
We love you Mom, Grandma and Aunt Marge.

Your Family.
Arrangements entrusted to:
Chapel Lawn Funeral Home "Chapel in the Park" 885-9715

Lord Selkirk School Division No.11 requires
SPARE - School Bus Drivers

The Lord Selkirk School Division No. 11 is seeking applications for the position of Spare School Bus Drivers in the following areas.

Selkirk - 4 required
Lockport/Mapleton - 2 required
Victoria Beach/Belair - 2 required
St. Andrews - 2 required

Applicants must hold a valid driver's license and have a clean driving record.

Resumes accompanied by driver's abstract will be received up to and including April 12, 1996. Resumes must include prior work history and at least three references from previous employers.

Successful applicants will be required to complete a training course and obtain the proper class of license.

Resumes, complete with driver's abstract are to be submitted to:

Bill Leung, Transportation Supervisor
Lord Selkirk School Division No. 11
205 Mercy Street
Selkirk, MB
R1A 2C6
Phone: 482-5942 (ext# 3025)

Thank You
The St. Georges Historical Society and the St. Georges Community Club Inc. would like to thank the following businesses (in alphabetical order) and volunteers in accordance with the "Cabane a Sucre" held on Sunday March 24th. Our brunch was a huge success, approximately 160 people were served!

Thanks again to Everyone!!

Ecole Communautaire de St. Georges
Midway Foods
Pineview Shell
Riverview Self Serve
Scheel's Milk Distributors

VOLUNTEERS - Too many to name but you know who you are and thank-you!

AGASSIZ SCHOOL DIVISION NO. 13 GRASS CUTTING TENDER

SEALED tenders will be received by the undersigned until 12:00 noon, Monday, April 22nd, 1996 for grass cutting for the 1996 season for all schools in Agassiz School Division No. 13.

Specifications and tender forms are available at the office of the Maintenance Supervisor, 75 - 5th Street South, Beausejour, Manitoba during regular office hours, Monday to Friday.

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

Lowest or any tender not necessarily accepted.

Please mark envelopes "Grass Cutting Tenders".

Glen Hirst
Maintenance Supervisor
Agassiz School Division No. 13
Box 1206
Beausejour, MB
ROE OCO
Date Posted: March 27, 1996

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345-8145

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