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Sagkeeng,
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52¢
PLUS PST & GST

SAGKEENG HOCKEY TOURNAMENT

By: Stan Fontaine & Gerri Brown

Sagkeeng First Nation Arena Multiplex hosted a 14 team modified double knockout hockey tournament, featuring teams from Saskatchewan, Manitoba, Ontario and United States.

Teams vying for the top cash prizes totalling \$17,000.00 and trophies included Manitoba Selects, Ile des Chenes North Stars, River East Rogues Charleswood Chiefs, Hollow Water First Nation, Lou Leafs (Minnesota), Metis Nation (Wpg), Pine Falls Paper Kings, St. Phillips Rangers (Sask), Wally's Flyers (Sagkeeng), Waywayseecappo (1995 champions), Winnipeg Selects and Winnipeg Falcons.

The calibre of hockey was that of "AAA" Senior or greater. Most teams featured players from the Western hockey league, Colonial Hockey League, United States College, Tier 2 Junior and the East Coast Hockey League.

The weekend was filled with an exciting brand of hockey. The community of Sagkeeng First Nation welcomed everyone to take in the high quality calibre played over the weekend.

The Manitoba Selects, coached by Kevin Fontaine, played the Ile Des Chenes North Stars, coached by Roger St.

Laurent, in the final game. The game was stopped in the second period in accordance with the mercy rule after the Manitoba Selects scored 8 unanswered goals. With Ile Des Chenes North Stars achieving A-side runner-up, the River East Rogues captured the B-side runner-up.

The Manitoba Selects, subsequently, earned the \$8,000.00 cash prize and the championship trophy for their performance while Ile Des chenes and River East Rogues earned \$6,000.00 and \$3,000.00 cash prizes plus trophies, respectively.

The 1996 Champions, the Manitoba Selects were presented with the coveted "John C. Courchene Memorial Trophy" by Craig Fontaine, a member of the family. The late John C. Courchene was a member and a sports activist in the Sagkeeng First Nation community. He dedicated most of his life to such sports as hockey, baseball and lacrosse. John himself played hockey in the 40's and 50's and was instrumental for initiating hockey in Sagkeeng in the 60's. John passed away in 1984 and today his contribution and memory live on in the various sporting events of the commu-



1996 Champions, The Manitoba Selects achieved the "John C. Courchene Memorial Trophy".

nity.

One of the sporting events attributed to John's memory is the coveted "John C. Courchene Memorial Trophy" described as the "Ultimate Championship Trophy" at the Sagkeeng Full Contact Hockey tournament held annually in Sagkeeng. This trophy is comparative to team participants as the Stanley Cup Championship in the National Hockey League. It is a second opportunity for high calibre hockey players before the end of a season and to skate their final skate. The tournament also provides a means for players to get reacquainted and socialize with friends from different teams.

Special recognition awards were presented to individuals for outstanding achievement in the following categories; Most Valuable Player - Mr. Jeff Hoad #17, of the Manitoba Selects, Top Goal Scorer - Mr. Lloyd Pelletier #9, of the Metis Nation Team, Best Defence - Mr. Troy Christianson #77, of the Metis Nation Team, Best Goaltender - Mr. Jason Carey #35, of the River East Rogues.

Additional awards were presented, it was decided by the Tournament Committee that game stars would be chosen at the end of each game, commencing with Sunday's very first game, and every game thereafter. The game stars from each team were awarded gold

watches which were supplied and donated by the North West Company. The inscription on the watches read: Northern - Sagkeeng Full Contact Hockey Tournament, April 26 - 28, 1996. It was further decided that members or spectators in attendance would be given the opportunity to select a game star from each team.

The leading goal scorers were Lloyd Pelletier #9 of the Metis Nation with an accumulation of 11 goals. Paul Carey, #20 of River East Rogues came second with 7 goals, while Jeff Hoad, #17 of the Manitoba Selects maintained a 4 goal performance. Dave Naykens, #22 of Ile Des Chenes was fourth with a 3 goal accumulation.



SCIENCE OLYMPICS

On Friday May 3rd two teams from Pine Falls School participated in the Manitoba Provincial Science Olympics held in Brandon. Pine Falls School sent two teams: Junior Team (grades 7-9) and a Senior Team (grades 10-12).

Junior Team **Senior Team**
Jamie Botsford Jeremy Pelland
Draper Houston Dan Berthelette
Sean Terry Stephanie Nault
Kirk Hanson Patricia Anderson

The idea behind the Science Olympics is for students to cooperate in teams of four where they

are given impromptu science problems to solve. Students are required to use some of the theories and principals that have been taught in the classroom in order to solve the problems. Each team is required to complete a "take home" project that will be tested the day of the Olympics. This year the junior team had to design a boat that would travel 15 meters across a swimming pool. The Senior team were required to build a submarine that would travel 15 meters under water. The Senior team worked hard and met some

challenging competition.

The Junior team competed against 18 teams from around the province. The day involved 5 activities involving science concepts such as: density of eggs, buoyancy, projectiles, and water pressure. The boys worked well together and demonstrated good science skill to capture third place! The boys would like to thank all those who gave so generously of their time to make the Olympic experience so successful especially their teacher Mrs. Fraser.

R C M POLICE NEWS

Visitor Alert...

Recreational areas are Vulnerable to Theft and Vandalism

Please assist in crime prevention by doing the following:

1. If practical, store valuables (eg, cameras, telescopes, wallets, purses, travelers' cheques, passports, suitcases, etc.) before arriving at the parking lot or campsite.
2. Before leaving your vehicle unattended in a parking lot, ensure that all valuables are locked in the trunk. The trunk is the safest place in your vehicle. If your vehicle is a hatchback type or does not have a trunk, carry as many of your most valuable possessions as possible with you. They are not safe merely locked inside the car.
3. Before retiring or leaving your campsite unattended, lock theft-prone items (eg, coolers, camp stoves, lanterns, etc.) in your vehicle or camper. If practical, ask a neighbouring camper to watch your campsite in your absence, and vice versa.
4. Never leave valuables unattended on the beach.
5. Keep a list of serial numbers or identifiable markings of your valuables with you in the event they are stolen or lost.
6. If you witness an act of vandalism or suspicious activity, please contact Park officials or the nearest Royal Canadian Mounted Police detachment and report your observation (ie, location, type of occurrence, suspect(s) and vehicle description.)

Thank you for your participation....have a good holiday!

Cpl. Ken Homer, Grand Marais detachment, tel 754-2300 or 754-3494

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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 Meetings
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
POWERSVIEW LOCAL MMF: Regular Meetings held on the first Thursday of each month - 7:00 pm at the Powersview 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 Powersview 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.)
BADMINTON - Pine Falls School Gym, Sunday & Wednesday nights, 7:00 - 10:00 p.m.
POWERSVIEW GARBAGE PICKUP every Wed. Recyclable pickup every 1st & 3rd Thurs. of each month.
P.A.A. MEETING every 4th Thursday of each month at 7:00 p.m.
VILLAGE OF POWERSVIEW MEETINGS, every second Tuesday of each month.
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 DU LAUS: Saturday Evenings (French Mass) 7:30 pm - Powersview Sunday (English Mass) 10:00 am - Powersview 12:00 noon - Stead
PINE FALLS UNITED CHURCH: Sunday services 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: 7 Holy St. Ph. 367-8347 Carole Rev. Stephen Mitchell. Everyone Welcome. The Rev. Joan Mitchell Ass'y. Carole Rev.
ST. GEORGES: Pine Falls Mass Sunday at 10:00 am
ST. THERESA'S: Pine Falls Mass Sunday at 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, Thelberg, 1 mi. east and 1 mi. South of junction 12 and 304. St. John's Evangelical Lutheran Church, Greenwood on Hwy. 12, 1 1/2 mi. north of junction with 317. Sunday church school 10 a.m., worship 11 a.m. (alternate locations). For info call 635-2623 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, Scarborough Rd., 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 Pitt Rd. - Traverse Bay, 11:30 a.m. Sunday Additional Mass mid June thru Labour Day 7:30 p.m. Saturday.
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.

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News

LETTER TO THE EDITOR

The arrogance with which the government is attempting to dismantle destroy and deceive our society is astonishing and frightening.

Both Home Care and Pharmacare changes were introduced when the Legislature was NOT in session. Therefore, half of our elected members had no input and no discussion prior to the decision. The fact that half of Manitobans will effectively be without Medicare seems not to count.

Using our tax dollars, at the expense of Home Care workers and recipients, to guarantee a profit to their friends in the private sector clearly reflects a self serving ideology.

The diversionary tactics of attacking Dr. Evelyn Shapiro, and suggesting that the unions should bid on home care contracts are offensive at best.

To the Premier and the Health Minister I say "You were elected to a position of trust, and you betrayed that trust. Are you not ashamed?"

J. Thompson
St. Georges, MB

SUNRISE SINGERS PERFORMED IN NEEPAWA

The warm week-end of May 4 and May 5 found the "Sunrise Singers" on the road to Neepawa - (home of our great conductor Mr. Craig Bennet). The Sunrise Singers along with the Neepawa Choraliers presented a "Jubilee Concert" in the beautiful, packed, Neepawa United Church, organized by the Neepawa Choraliers. Each choir performed separately, but joined together for "One Song" and "Down by the Riverside". Prior to the fine concert, the Sunrise Singers attended the wonderful production "Big River" put on by the Neepawa students in the Roxy Theatre, under the direction of Mr. Brian Bailey. The Sunrise Singers enjoyed the warm hospitality of the Neepawa Choraliers, and the community. Our pianist, Mrs. Gwen Welsh, received many accolades for her flawless performance on the beautiful piano. The Sunrise Singers, along with their talented conductor, and pianist, are planning a June concert in Pine Falls. Among the packed house crowd in Neepawa, were former residents Pat and Marie Angers, and Herb and Audrey Osmond with daughter Judy.



SNOW SHELTERS BUILT BY DISCOVERY PROGRAM STUDENTS

This is a photo of some of the Powerview School students who participated in the Discovery Program. They built snow survival shelters called "Quinzhees". The snow crystals are mixed in a huge dome then the dome is hollowed out. Students worked in teams of 5 and all five students had to fit inside their Quinzhee. With the heat from one candle the students could spend a comfortable night inside their shelters.

Les besoins des gens d'affaires, c'est l'affaire de nos gens.

The needs of people in business is the business of our people.

Le succès en affaires, c'est aussi avoir accès à une institution financière qui vous connaît.

For your business to succeed, dealing with an institution that appreciates your needs can go a long way.

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NORTH WINNIPEG HANDIVAN SERVICE
Box 1109
Pine Falls, MB

Please note that there has been changes to the operation of the Handivan. In order to book the van or for information please call:

Winnipeg River Senior Service Inc.
Coordinator: Thelma Hanson
Hours 9:00 - 2:30, Monday to Friday

There is an answering machine if I'm not in.
48hrs. notice (if possible) Will assist in Driver availability.

SNAPSHOTS

by: Carole C.

On September 26th, 1916 Stan Gold came into this world unaware of the events that were to happen throughout his life. He entered the map in the town of Swan Lake and was the first-born in a family of 5 boys. In 1926 the Gold clan moved to Pine Falls where his father worked as a carpenter on the mill that was being built. Stan remembers the time when the mill was just a huge hole in the ground with a web of many pipes. The town back then had mud roads with 2 x 8 planks for sidewalks. In warmer months during the depression, Stan and some of his brothers joined other men in riding freight cars across Canada in hopes of finding work. Usually there was no work but at least they got to travel the western provinces in the meantime. In 1936, Stan got his first job at Abitibi Price as a wood room labourer and his starting wage was .43 ¢ per hour. According to Stan, that was a good wage for the 1930's! Four years later, in 1940, Stan enlisted in the army as a 1st Battalion Winnipeg Grenadier. After a year and 1/2 of training in Canada and overseas, this particular battalion was called upon to go to Hong Kong and help the British defend their territory against the invasion of Japanese troops. When the Canadian soldiers arrived, Hong Kong was already in shambles and the British were defeated within 17 days. This occurred on none other than Christmas Day, 1941. On this day, Stan, along with many other British and Canadian soldiers became Prisoners of War to the Japanese. All the P.O.W.'s were taken to Nagasaki then there were divided into two groups where some were sent to work in the foundry and others in a coal mine in Kawasaki. Stan worked as a coal miner until the end of the war. Being a P.O.W. is not something anyone should have to endure. The miners worked a rotation of three shifts per day, lived with no heat, and slept in overcrowded conditions on thin flea-infested cotton mats. The diet for the prisoners was always rice and sometimes very bony fish or

picked turnip. Stan's 5 ft. 10 & 1/2 inch frame shrunk down to a mere 126 lbs. Conditions were harsh but Stan feels that half of them were kept alive because of the large steam heated baths they were allowed to wash in after each day in the mines.

Before the war, Stan had become engaged to Elin Johnson. During the war, she wrote letters but Stan only received one per year. Believe it or not, Elin waited patiently for Stan and later they were married. One of the hardest things for Stan was being cut off completely from the outside world. They had no way of knowing how the war was going, what day or time it was, and if they would ever be released. As you can imagine, many P.O.W.'s lost hope and even died. One day, all the miners were lined up in their platoons and told they would not be required to go to work until further instructed. They waited, then in the next few weeks, American B29 planes began dropping food supplies down to the P.O.W. locations. Soon after this, they were visited by the Red Cross who were collecting information on who was dead, sick, and well enough to leave camp. They were finally told the war was over and they would be going home. About a week later, the soldiers were boarding a train to the Nagasaki wharf. They thought the area looked badly burned but still had no idea about the atomic bomb that had been dropped. From this wharf, the troops then boarded a British aircraft carrier to the port of Okanawa where they were then transferred to an American ship that took them to Manila, Philippines. In Manila, there was a holding camp for all British, Canadian and American P.O.W.'s. Ten days later, the Canadian soldiers boarded another British aircraft carrier that took them to Gordonhead army base in Esquimalt, British Columbia. There they were debriefed and prepped on re-entry into the real world. Then they were taken to Vancouver where they boarded a train to Winnipeg. After a long and gruelling four

years, Stan Gold arrived home safely on November 4, 1945. Six months later, Stan was married to Elin and they moved to #3 Cherry Street in Pine Falls. He took some time off to recuperate then in July of 1947, Stan returned to Abitibi but this time he worked in the steam plant. Over time, he worked on correspondence courses to get his 2nd Class Engineer's papers and continued work there until his retirement in 1980. Retirement didn't stop this trooper and Stan worked over the next 12 years as a guard for the R.C.M.P.. During these years he also built a total of 14 boats, his favorite vessel being an 18 foot sailboat.

I asked Stan if he could live life over again, would he have worked on correspondence courses to get his 2nd Class Engineer's papers and continued work there until his retirement in 1980. Retirement didn't stop this trooper and Stan worked over the next 12 years as a guard for the R.C.M.P.. During these years he also built a total of 14 boats, his favorite vessel being an 18 foot sailboat.

Stan's perspective on the act of war is: "...it is pure hell". He lost two brothers in the war. His brother Ernie died at 21 yrs., somewhere along the Rhine River, in active duty on February 16, 1945. His brother Dave was murdered, along with 19 other Canadians on D Day by the German S.S. Officer Kurt Meyer. Stan knows this because a woman who witnessed these murders later contacted Stan's family and gave them the report. Stan in very grateful to have survived through the war and internment camp conditions. Here is a man who knows how to count his blessings. Stan said, and wanted me to include the following: "I was always grateful to the Americans for dropping the atomic bomb because we were often threatened by our captors that all of us P.O.W.'s would be killed if the Americans ever reached Japan to invade. The

Americans indirectly saved our lives."

Stan mentioned how after the war, he was just so happy to live in freedom, do his job, and raise a family when he returned to Pine Falls. He and Elin had four children. Three of them currently reside in Manitoba and one daughter passed away this year. Pine Falls holds good memories for Stan Gold. It has offered a quiet, peaceful place for him and his family to enjoy. No one will ever know what Stan weathered during his years in the war, but Pine Falls should feel honoured to have such a brave soldier in their midst. The word respect comes to mind when I think of Stan. Here is one individual that has experienced much, done more than his duty, and contributed a great deal to the rich history of Pine Falls, not to mention, Canada.

AGASSIZ SCHOOL DIVISION #13

RESOURCE TEACHER
Centennial School
Lac du Bonnet, Mb

Applications are invited for a full time Resource teacher for the 1996-97 school year at Centennial School in Lac du Bonnet. The position will become effective August 26, 1996. For further information, please contact Mr. Doug Craig, Principal at Centennial School at 1-204-345-2462.

Applications stating qualifications, experience and references should be submitted by Friday, May 17, 1996 to:

Mr. Sé O'Hagan
Assistant Superintendent
Agassiz School Division #13
Box 1206, Beausejour, MB R0E 0C0
Fax: 1-204-268-4149
Telephone: 1-204-268-2465

GRADE 1 TEACHER
Centennial School
Lac du Bonnet, Mb

Applications are invited for a Grade 1 teacher at Centennial School in Lac du Bonnet effective August 26, 1996 and terminating March 27, 1997. Further information is available by contacting Mr. Doug Craig, Principal, Centennial School at 1-204-345-2462.

GRADE 2 TEACHER
Centennial School
Lac du Bonnet, Mb

Applications are invited for a Grade 2 teacher at Centennial School in Lac du Bonnet effective August 26, 1996. Further information is available by contacting Mr. Doug Craig, Principal, Centennial School at 1-204-345-2462.

KINDERGARTEN - GRADE 2 TEACHER
Reynolds Elementary School
Prawda, Mb

Applications are invited for a Grade K-2 teacher at Reynolds School in Prawda effective August 26, 1996. Further information is available by contacting Mr. Walter Friesen, Principal, Reynolds School at 1-204-426-5559. Applications stating qualifications, experience and references for the three positions noted above should be submitted by 12:00 noon on Thursday, May 16, 1996 to:

Mr. W.E. Klassen
Superintendent of Schools
Agassiz School Division #13
Box 1206, Beausejour, Mb R0E 0C0
Fax: 1-204-268-4149
Phone: 1-204-268-2465

HERE COMES THE AWESOME TEAM!

Agassiz School Division's Public Relations Committee feels that everybody needs to know more about the many positive things going on in our schools. So, over a two year period, this Committee plans on visiting all of our schools so that teachers, students and other staff and volunteers can tell us what's going right with our schools. Because the Public Relations Committee expected to find "awesome" things happening in our schools, they call themselves "The Awesome Team" when they visit schools. And, like the Lone Ranger who left behind a silver bullet after his work was through, the Awesome Team leaves behind an Awesome Team Positive School banner with a giant "happy face". The P.R. Committee also writes up a report of all the positive things happening in our schools and shares them throughout Agassiz via the Shoptalk and also through our local newspapers.

1. Cheryl MacKinnon introduced us to the Friends theme based on Charlotte's Web. This integrates counselling, self-esteem, friendship and conflict resolution with science, math and social studies.

2. Sonya Sheane, a grade 3 teacher, has whole language winter words written on laminated mittens on her door.

3. The Senior IV Grad Lounge told us "Some of our teachers are really cool, especially my Dad." This positive tribute came in the midst of a five day Provincial Exam marathon! They're looking ahead to their big

grad in the arena with Pine Falls students. Beyond that, they're looking forward to a "scary but exciting future".

4. In the gym students were learning a new world game "Cricket". Kids are positive about volleyball - they've won three championships last year and two this year. Using outdoor setting they have 65% of their physical well-being time allotted to fitness activities.

5. Marguerite Ogilvie uses cartoon drawing to teach problem solving skills. The Powerview Arts curriculum introduces students to a whole range of art media, and several students have continued their arts program at Red River. Melanie Bourgeois made an interesting sculpture she calls "Grandpa With Beer". Senior 1's are doing calligraphy as a way of training the right brains through expression techniques! I wish we could mount a travelling are show throughout our Division to show everybody what talented students we have.

6. Two Senior II young women were using lasers and soda straws and a giant protractor to measure angles in a math comprehension session.

7. A Student's Civil Rights Poster is putting our Safe Schools material into action as children are encouraged to "express their feeling appropriately."

8. Grade 7 groups are doing Discovery enrichment projects such as sailing and using technology to do problem solving. Kids report that they love dances, drink machines, clean schools and school sports.

ACCOUNTANT

Term Position - 7 months

The individual will possess good inter personal skills with the ability to communicate and work effectively with fellow employees and the general public. The individual will have the attitude to get the job done and in the most efficient manner possible. This position will be working in the Division Office located in Beausejour.

Qualifications: Good working knowledge of electronic spreadsheet in the Windows environment. Must have experience in preparing financial statements and year end working papers. Completion or near completion of a recognized accounting program (CGA/CMA). Term will commence June 3, 1996 and end on or about December 31, 1996.

Forward resume by May 21, 1996 to:

Gary Hainsworth, CGA
Secretary Treasurer
Agassiz School Division No. 13
Box 1206
Beausejour, Mb R0E 0C0
Fax No. 204-268-4149



9. Caretaker Henry Muhl showed us a suitcase full of cards and notes from 23 years of students! Henry says there's very good discipline in Powerview School.

10. Grade 1 & 2 children with the help of other classes built an entire village with houses, hospitals, and a giant map that shows where everybody lives. They used city planning skills to make sure that everyone in their village has the best possible lifestyle. Grade 4 kids used their science skills to wire their village with parallel circuit lights!

11. Peer tutoring uses Senior IV students to support the work of our T.A.'s in Grade 1 & 2 classrooms.

12. 60+ students from grades 1-3 participate in a skipping program over the noon hour. Jump Rope for Hearts really rules at Powerview

13. Powerview School is

becoming environmentally friendly and is now working toward upgrading their Environmental school status.

14. The library is "on line" with over 17,000 English and French books. They have the largest collection in the division. Mrs. Karlin, Mrs. Grenier and Mrs. Watson have been hard at it.

15. The student council has been buying books each year to add to the library collection.

16. Mr. Chochinov has his students on the "net". The internet club meets to explore, surf on the net and share with their Pen-Pals. The Apple labs were brimming with colour and energy.

17. Ms. Copley's grade 2 French Immersion class introduced us to their pet "Sunky".

18. The early years skating program at Powerview Arena is a big success.

19. All staff and students are excited about the new Discov-

ery Program. Every two weeks for two hours students are exposed to a variety of different activities like: Arts & Crafts/Cooking/Singing/Drama/Creative Problem Solving/Internet/Outdoor Education to name a few. Very innovative and challenging.

20. Mrs. Richardson continues with her conflict management group. The students are a real help in the school yard.

21. Student volunteers are seen throughout the school in areas like: the office, during lunch helping the younger kids on the playground and in the peer tutor program.

Awesome Team Members:
Lise Leveille, Teacher
Paul Magnan, Asst. Principal

Barry Bence, Trustee
Allan Hlady, Bus Driver
Waldo Klassen, Superintendent.

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News

YEARS OF SERVICE RECOGNIZED AT P F H C

It is fitting that during Canada Health Week, the loyal employees of the Pine Falls Health Complex, have their years of service recognized. Pine Falls Health Complex is a terrific facility, staffed by terrific personnel. We would do well to remember the hospital's medical and support staff who care for us when we are ill or injured. It is our privilege to honor the following employees:

Name	Start year	Years of service	Name	Start year	Years of service	Name	Start year	Years of service
Boisvert, Cheryl	1965	31	Cyr, Wendy	1985	11	Dugard, Kathy	1992	4
Dodds, Evelyn	1965	31	Peacock, Patricia	1986	10	McMullen, Ginette	1992	4
Kemball, Lillian	1965	31	Fenez, Yolande	1987	10	Nolin, Hugette	1992	4
Sawchyn, Phyllis	1965	31	Pilon, Laurie	1987	9	Pelletier, Michelle	1992	4
Sippola, Patricia	1965	31	Tardiff, Allan	1987	9	Vincent, Claire	1992	4
Legall, Aldea	1968	28	Durocher, Brigitte	1988	8	Vincent, Elaine	1992	4
Pelland, Jean	1971	25	Desautels, Roger	1988	8	Vincent, Pauline	1992	4
Schmidt, Jeannette	1971	25	Kulyk, Rita	1988	8	Breton, Annette	1993	3
Rudd, Linda	1973	22	Lemire, Linda	1988	8	Derk, Susan	1993	3
Borody, Allan	1974	22	Tardiff, Susan	1988	8	Fontaine, Maxine	1993	3
Quater, Irene	1974	22	Tremblay, Helene	1988	8	Vincent, Tyson	1993	3
MacLellan, Linda	1975	21	Fontaine, Carol	1989	7	Popiel, Doris	1993	3
Nobisa, Louise	1975	21	Patzer, Tracey	1989	7	Champagne, Melissa	1994	2
Palenak, Evelyn	1975	21	Veilleux, Donna	1989	7	Chevrefila, Jo-Anne	1994	2
Kemball, Alice	1976	20	Borody, Brandoe	1990	6	Gustar, Kim	1994	2
Cyr, Marilyn	1978	18	Duba, Suzanne	1990	6	Hary, Lena	1994	2
Bence, Clarice	1979	17	Fisette, Corinne	1990	6	Lane, Cindy	1994	2
Frechette, Annette	1979	17	Gould, Glezmda	1990	6	Nelson, Eileen	1994	2
Kotola, Susan	1979	17	Kaminski, Karen	1990	6	Neyedly, Karen	1994	2
Hanson, Thelma	1980	16	Malu, Bella	1990	6	Page, Roberta	1994	2
Robertson, Eileen	1980	16	Morgan, Anna	1990	6	Rae, Suzanne	1994	2
Vincent, Yvette	1980	16	Papineau, Patti-Jo	1990	6	Rao-Wiebe, Brenda	1994	2
Bruneau, Lucille	1982	14	Pepin, Susan	1990	6	Smith, Marilyn	1994	2
Keenan, Victoria	1982	14	Smith, Carol	1990	6	Vincent, Anita	1994	2
Jessau, Gertrude	1983	13	Strongquill, Teresa	1990	6	Wiggins, Debbie	1994	2
Tardiff, Wendy	1984	12	Vincent, Marcel	1990	6	Bettes, Norma	1995	1
Viallet, Annette	1984	12	Abrahamson, Heather	1991	5	Courelles, Chantal	1995	1
Chevrefila, Margaret	1985	11	Chandler, Anita	1991	5	Dennis, Norma	1995	1
			Dion, Suzanne	1991	5	Desloges, Christy	1995	1
			Dowling, Dixie	1991	5	Graham, Janice	1995	1
			Fontaine, Debbie	1991	5	Grant, Lisa	1995	1
			Jubenville, Denise	1991	5	Kern, Heather	1995	1
			Kemball, Dolores	1991	5	Moore, Michelle	1995	1
			Lussier, Tamara	1991	5	Oversby, Leona	1995	1
			Bouvier, Noreen	1992	4	Reykdal, Virginia	1995	1
						Ryall, Neila	1995	1
						Sawchyn, Janet	1995	1
						Wingate, Evelyn	1995	1
						Cullen, Lauren	1996	0
						Meads, Dianne	1996	0

News

CROCUS TEA BRIGHT SPOT ON COLD SPRING DAY



The annual Crocus Tea, held at the Leisure Club in Pine Falls on Friday, May 10th, 1996 was a resounding success. The tea was so well attended there was little space to sit at times.

The room was brightly decorated, with lilac tablecloths and flowers on each table. There were many prizes for the silent auction and crafts, knitted goods for sale, and the wonderful baked goods that never last very long. All the women of the Women's Health Auxiliary of Pine Falls Health Complex worked very, very hard and deserve a big bouquet for their efforts.

OOPS.....CORRECTION

Last week's story about Sunny, the beautiful new blonde at Sunnywood showed a photograph of Sunny and Oliver Berthelette. For some unknown reason, we decided to give Oliver a new name...Bill. Our apologies to the Berthelette family for this error, and hope no one was inconvenienced by my mistake.

Annual Piano & Guitar Music Recital
 May 15, 1996
 7:00 p.m. United Church

Pretty Puppy
 Will be closed for holidays from June 22 - July 25
 Phone 345-2649

Annual General Meeting
 Eastman Sport Development Association, Inc.
 Tuesday, May 28, 1996
 7:30 p.m.
 Pappy's Bar & Grill (Downstairs)
 Beausejour, Mb
 Public Welcome

Winnipeg River Senior Service Inc.
 Thelma Hanson
 Box 1109
 Pine Falls, Mb
 367-9128

WANTED: 1) Handiperson to do odd jobs such as home upkeep, installing small pieces of flooring, eavestrough cleaning etc.
 2) Individual with equipment to do yard work such as rototilling, tree care etc.

We are a non profit organization that helps seniors remain independent. Fees are set by the board and reflect a seniors limited income. Please call or visit our office in the Pine Falls Health Complex.
 Hours: 9:00 - 2:30, Monday to Friday

BEACHES BUZZES
 Anglican Church in Grand Marais is hosting a fundraiser on Saturday May 18 from 10:00 A.M. to 1:00 P.M. It will be a bake sale, a 50/50 draw, silent auction and a draw for a food hamper. There will also be an outdoor rummage sale. This will all be taking place on Saturday, May 18, 1996 on Grey Street. Concessions and drinks will be available. There will be tickets available for a quilt raffle.

Get a New Lease on Life!

Beausejour's 1st Life Lease Project
 Burgoyne Station

- *20 units, 1 & 2 Bedroom Suites
- * Private central Courtyard and Recreation Room
- * Convenient Location - 1 Block South of Park Ave.
- * Starting Entrance as Low as \$17,678.00!!

For further information on this Wonderful New Concept Promoting the 55+ Age Group, a meeting will be held:

Thursday, May 23rd, 1996
 12:30 - 1 pm
ROYAL LEPAGE Beau-Head Seniors Assoc.
 645 Park Ave.

Dana Wilke
 707 Park Ave.
 268-4508
 989-1500

"An Exhilarating, Giddy, Lively Fun Romp!"
 Kevin Thomas - LOS ANGELES TIMES
 The Olsen Twins Star in Their First Theatrical Feature!

RENT IT TONIGHT!

\$ 24.98
 Suggested Retail Price

\$ 20.99
 Our Price

CHATEAU VIDEO
 "Your first choice for entertainment!"
 4 Maple St., Pine Falls. 367-8362
 12:00 noon - 9:45 p.m.

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OBS MEANS BUSINESS FOR YOU!

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The OBS is a computerized, on-line tendering system. It gives Manitoba business owners equal, open access to a wide range of federal and provincial government business and other public sector bidding opportunities. With OBS, small firms in rural or remote locations can compete one-on-one with large companies in major cities. And it costs as little as \$37 a year to subscribe.

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 Phone: (204) 945-6361 or 945-6358
 Fax: (204) 945-1455

Manitoba Government Services
 Hon. Brian Pallister
 Minister

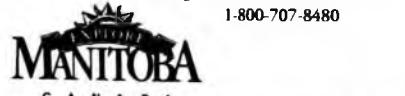
EXPLORE MANITOBA'S PARKS

Stroll world class beaches. Boat, fish or canoe in cool, clear waters. Expand your wildlife photo album. Explore miles of backcountry trails. Enjoy Manitoba's natural treasures this summer.

Come for peaceful family camping, on the Liquor Free May Long Weekend at Falcon Lake, West Hawk Lake, Birds Hill, Grand Beach, St. Malo provincial campgrounds and Wasagaming campground in Riding Mountain National Park. Come explore Manitoba's parks.

Choose from fully serviced campgrounds, backcountry tenting sites, commercial cabins, lodges, or resorts. You'll find something to suit your budget and sense of adventure.

For more information call Provincial Parks 1-800-214-6497 or 945-6784
 Riding Mountain National Park 1-800-707-8480



Manitoba Natural Resources
 Hon. Albert Driedger
 Minister

Entertainment

METIS RENDEZ VOUS CHILDREN ENTERTAINERS

May 18/96, 12:00 - 5:00 p.m., Powerview Arena



PATTI CAKES THE CLOWN

Introducing Patti Cakes the beautiful, talented, clown! This is Patti Cakes' tenth year of clowning. She has developed many specialties over the years, including; balloon sculptures, face painting, telling stories, clown magic and Lots of Fun!!!

Patti Cakes charms her young audiences with a 30 minute clown magic stage presentation, and juggling routine. Patti Cakes has delighted children at many birthday parties,

walk-arounds, parades, clown workshops, and large picnics.

Patti Cakes currently shares her clowning talents with the Winnipeg International Children's Festival, Len Andre productions, Gags Unlimited and the Manitoba Holiday Festival of the Arts, Neepawa. She is a member of the Chimo #1 clown club of Winnipeg, has a Bachelor of Education, and is the mother of three.

BALLOON BROTHERS

The Balloon Brothers, Dennis & Marcel are an exciting and comical children's entertaining duo. They have been bringing smiles and giggles to children everywhere for several years.

The Balloon Brothers have created an exciting show consisting of awesome juggling, breath taking stilt walking, light hearted comedy and even fire eating! Add their

skilled and experienced talent in the art of balloon twisting and you have an action packed variety show you won't soon forget!

You can find the Balloon Brothers performing on stage or just roaming around at carnivals, festivals, and fairs. A fun filled exciting show for the whole family sure to leave you smiling!

SQUIRE LAWRIE

Squire Lawrie is a character clown—a medieval jester and has delighted children and adults for over eight years. He has performed in Manitoba, Northwestern Ontario and Saskatchewan at numerous fairs, exhibitions, business picnics, parties, birthdays, community centres and schools.

He can perform stand up and stage magic, with a lot of audience interaction and volunteers. Squire Lawrie combines comedy and juggling to the delight of his audiences. He is also a well known juggling instructor! He can amaze both young and old with balloon animals, and his detailed and imaginative face painting adds to any festive occasion.

Squire Lawrie is a dedicated entertainer, and a member of the international jugglers' association, the society of American Musicians, the Chimo Alley Clown Club, and is an executive of the Winnipeg Juggling club.

Squire Lawrie's talent, enthusiasm, patience and intuitive understanding of children, along with his belief in providing that little extra in all his work, make him a welcome addition to any gathering.



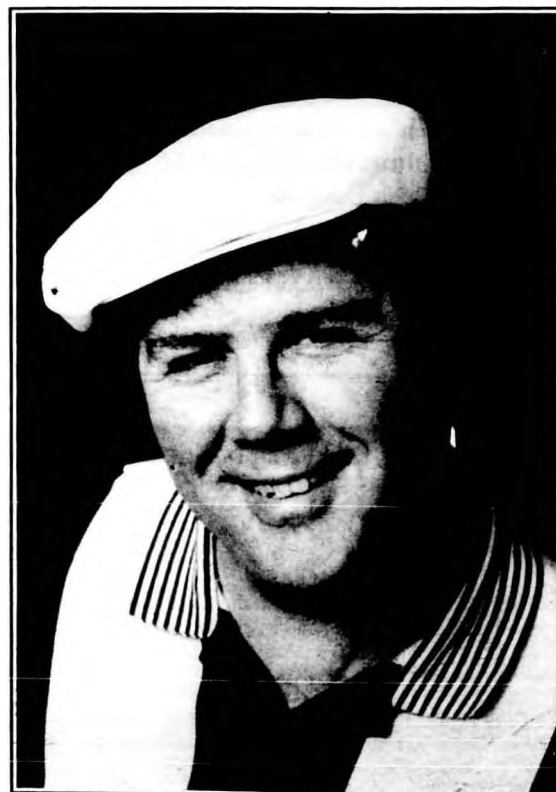
UNCLE DAN'S KIDS' WORLD

Versatility and sincerity are two words most often used to describe one of Manitoba's most popular children's entertainers "Uncle Dan" Deurbrouk. For the past ten years "Uncle Dan's Kids World" has entertained and delighted thousands of Canadian children and their parents with his impressive high energy variety show.

Uncle Dan has performed from Saskatchewan to North Western Ontario, at the Royal Manitoba Winter Fair in Brandon, and the Winnipeg International Children's Festival where he received rave

reviews. In 1995 he recorded "Flying to the Moon", bringing his variety act more public attention than ever.

The show features original music which combines country, folk, blue grass and jazz while emphasizing positive messages and action songs for children. Basic magic tricks, exciting juggling and crazy antics aboard a 3 foot and 6 foot unicycle are cleverly added to bring you a high energy action packed show. The children will sing, clap, act, jump, scream and take part in the magic! A fun filled exciting show for the whole family!



METIS RENDEZ-VOUS

Sponsored by Powerview Local

Welcome to Summer



Powerview Arena
Powerview Manitoba

WEEKEND

Friday, Saturday, Sunday
May 17, 18, 19

Friday May 17
OPENING FIREWORKS
CARNIVAL MIDWAY RIDES

Saturday May 18
12:00 noon - 5:00 p.m.
Illustration of a clown with a unicycle.

CHILDREN'S ENTERTAINMENT
Clowns, face painting

STAGE ACTS
Fun for the whole family, free admission

MIDWAY RIDES

Saturday Night
Dance to the music of two live bands
8:00 p.m. - 1:00 a.m.

Country Star
CHRIS BIGFORD BAND
With special guest PATTY KOSTUROK

Climb aboard the Mystery Train and hear your favorite 50's, 60's hits
MYSTERY TRAIN BAND
Illustration of an acoustic guitar.

MIDWAY RIDES, BEER GARDENS, ENTERTAINMENT
12:00 noon - 5:00 p.m.

Sunday May 19
Hot Country Music from
CHRIS BIGFORD
Reminisce to the music from the 70's, 80's
THREE PENNY OPERA
8:00 p.m. - 1:00 a.m.
Illustration of a man playing a banjo.

The Metis Rendez-Vous is a community sponsored event *Everyone Welcome*

Features

CHAT WITH PAT

by P.G. Yatkowsky

A gentle reminder to all drivers, make sure that you watch the runners and walkers out there. The Rams Running Club has already been to Winnipeg for the Physio Run and they will be attending others before the end of school. I know they sponsor a run for charity on June 8th. This year the proceeds go to the Shriners Burn Fund.

Grad will be coming up soon. The girls tell me that the gowns will all be different this year. Some short, some long, some fancy and some quite plain but all beautiful. Sometimes I think the olden days (in my time) were better when you saw young people dresses up more often. When you here the Grads and escorts talking, I think they are quite enjoying all the fuss.

A little story I have to tell you about people, Winnipeggers to be specific. I was in Winnipeg last Saturday looking around in a store when a very nice older lady asked me to reach her a box of laundry soap from a high shelf. We got to talking, as I usually do and the topic got to soup and stains. She told me that to get outting around the collar, you use Shampoo and grease stains can be taken off with dish soap. I figured it made sense so I tried then. -Both worked like a charm. If anyone has any tips on any problems like that please let me know I will gladly pass them on.

I hear from informed

sources that there will be a Get Together Ecumenical Dinner in Powerview in the Powerview Church Hall. This is the second hopefully annual supper. Each Church brings something and everyone has a good time.

The Firemen have busy burning all the long grass, is it only me or is anyone else tempted to say "Hey guys, you missed a spot" It is so nice to see the area cleaned up but I was walking with a friend the other night who has asthma, and I can tell you it isn't funny when they come across an area where smoke is bad. I remember years ago when the road between here and Libau was so bad you could not even see. I hope we never have to go through that again.

A few birthdays for this week, Louise Willet, May 15th, Betty Randle, May 16th, Paulette Dupont, May 19th and Eric Kekkonen, on May 20th. Get Well wishes go out to Cindy Terry, who is at home ill, also Best Wished to Roger Desautels who is recovering from an operation caused by an old Hockey injury. I was just wondering do the guys get the get well wishes that women get while of work.

BRAD'S Word for the Week is TYMPANUM. I thought it was a Chinese Junk on the Yangtze River but as usual I was wrong, it is your ear drum; middle ear. How wrong can I get? So Long for now, Au Revoir, See you in the Paper.

PINE FALLS DISTRICT HEALTH CARE FOUNDATION NEWS

by Lorraine Neal

Pine Falls District Health Care Foundation is up and running with a full board of directors from Pine Falls and surrounding areas. The Foundation was revitalized late in 1995, and it's mission is to attract contributions, maintain the purchasing power of the funds entrusted to the Foundation, while achieving maximum returns which are consistent with prudent investment. The Foundation members are also expected to provide leadership to the community in identifying health related problems, opportunities and appropriate responses.

Criteria has been established showing a need for the project or equipment for projects identified in the grant request. Some of the criteria are:

- 1) Strong boards who demonstrate a strong commitment, who are fiscally responsible, and show effective management.
- 2) The projects must benefit the people of the catchment area.
- 3) A need must be shown.
- 4) A maintenance

program must be included in the grant request.

5) Grants are awarded for definite purposes, for projects covering a specific period of time, or specific equipment. Multi year grants are subject to periodic performance reviews.

6) Pilot or demonstration projects must include provision for evaluation and a realistic plan for financial viability beyond the pilot stage.

Preference will be given to projects which benefit the whole community, show more efficient use of community resources, demonstrate new approaches and techniques etc.

Grants are not made to, or for:

- 1) Individuals
- 2) Annual fund drives
- 3) Establish or add to endowment funds
- 4) Pay down mortgages or reduce deficits
- 5) Governments
- 6) Completed projects
7. Political activities
- 8) Direct religious activities, or
- 9) General conference support

The Pine Falls District Health Care Foundation has

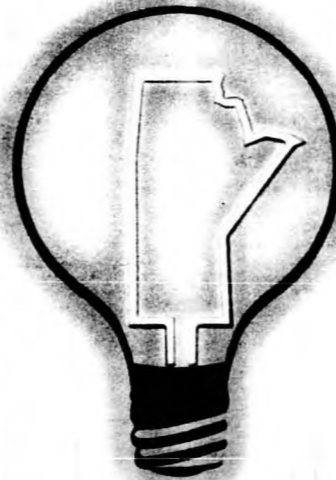
reviewed and granted one application this year. The Winnipeg River Seniors Services Inc. received a grant early in 1996. The funds were used to furnish an office, for salary, benefits, education and some travel expenses for a Community Resource Co Ordinator, and prepare for delivery of services to area seniors.

Pine Falls District Health Care Foundation welcomes applicants for grants, if all criteria are met. Applications are available from the front desk at Pine Falls Health Complex.

The work of Foundation board members is exciting...if you'd like to be a part of this board, please contact Harold Peacock for more information.

If there is someone in the reading audience who has time, office skills, and a desire to help his/her fellow man/women.....your talents are sorely needed by the Foundation. A voluntary secretary/co-ordinator would be very welcome to administer the functions of the Foundation. This person would work under the direction of the Board. If you are interested please contact Susan Derk, or Evelyn Palanuk at the Complex, or phone 367-4441. Come on satisfy your urge to help.....you are needed.

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Hydro Bonds Series 5 are a secure investment in Manitoba that will provide a local source of funds to power Manitoba's future.

- fully guaranteed
- attractive interest rate to be announced May 17
- competitive interest rate adjustable semi-annually
- available for as little as \$100
- five year term
- reserved exclusively for Manitobans
- interest payable monthly, annually, or compounded for the term

Available at participating banks, credit unions, caisses populaires, trust companies or investment dealers throughout Manitoba, or call toll-free 1-800-565-0350.

MANITOBA HYDRO BONDS SERIES 5

ON SALE MAY 21 - JUNE 8

Manitoba Finance Minister Eric Stenson

Waasaabiyaa-Shining Waters Heritage Region

Annual General Meeting & Election of Officers
Wednesday, May 22, 7:00 p.m.
at the Papertown Motor Inn Pine Falls
Refreshments Served
All are Welcome

Funded by Manitoba Model Forest, Inc.



Health

COMMUNITY HEALTH WATCH

Canada Health Week

The week of May 13 - 17 is designated as Canada Health Week. The theme for this year is "Prevention." Prevention simply means taking all possible measures yourself to attain and maintain your maximum in good health. There are several ways to do this: drink lots of water, ensure plenty of rest, exercise and a proper diet. Proper diet means good nutrition, ie. eating normal portions from the four food groups of the Canada Food Guide. Good nutrition also means keeping fat and salt intake to a minimum.

Salt and sodium...

The terms "salt" and "sodium" are often used interchangeably. However, they are not the

same. Table salt, or sodium chloride is approximately 40% sodium. If a recipe calls for a teaspoon of salt (5 mL or 5000 mg) nearly half of that teaspoon would be sodium.

Sodium is consumed as salt in cooking, added at the table, and in many prepared foods. Salt is used in processed foods as a preservative, to enhance flavour and improve texture, colour and consistency. Sodium also occurs naturally in water and in most foods. It is part of various sodium compounds other than table salt such as MSG (monosodium glutamate) and sodium bicarbonate (baking soda). We need sodium because it is an essential component of body fluids. It helps regulate the amount

of water in the body and controls the transfer of water and other nutrients across cell membranes. Sodium also plays an important role in maintaining blood volume and pressure. It transmits nerve impulses in contraction of heart and other muscles, and in absorption of nutrients. Sodium, though an essential part of the diet, can be harmful if too much is consumed. High sodium intake is thought to be associated with the development of hypertension (high blood pressure). In

these cases a low sodium diet is recommended.

Foods low in sodium are fresh, canned or frozen fruit and fruit juices, most fresh vegetables, and plain, unseasoned meats. Even though these foods are low in sodium, the content of sodium in these foods can vary considerably.

Foods high in sodium include salted nuts, potato chips or salted crackers and many pre packaged soups, gravies, and a variety of mixes. It is best to avoid these foods and any very salty tasting foods.

When sodium and/or salt is removed from the diet, a person becomes accustomed to the taste of food with less salt. The use of spices in cooking will enhance the flavor of food. After a while foods taste just fine, and foods previously enjoyed are now too salty to eat.

If it is necessary for you to cut your salt intake, listen to your doctor or dietitian...it could save your life. For further information on this or any topic please consult Health and Family Services at 367-2224.

Compiled and edited by Lorraine Neal

Country Cooking



SAUERKRAUT SALAD

- 1 large can (No. 2½) sauerkraut
- 1 large green pepper, finely chopped
- 1 large onion, finely chopped
- 2 carrots, grated, or 4 tablespoons diced pimiento
- ½ cup water
- ½ cup vinegar
- 1 cup sugar
- ½ teaspoon salt

Rinse sauerkraut; drain 15 minutes.

Add green pepper, onion, and carrots; mix thoroughly. Boil water, vinegar, sugar, and salt 1 minute; let cool. Pour over kraut mixture; let set. Longer it sets, better it is. Will keep indefinitely if refrigerated. Yield 10 servings.

"MENTAL HEALTH WEEK"

By Mary Ann Haddad, Education Support Worker

National Mental Health Week...it is a reminder to our fellow community members of the necessity of recognizing the need for emotional well-being. We also need to be aware of the issues surrounding mental health in our community. This year the focus is on Depression in the Workplace and its impact on the workforce.

As Canadians, we are generally satisfied with our lives and expect that the future will improve, but there is a strong undercurrent of stress and depression. The highest levels of stress and depression are among people in the prime working years who are considered to be the "engine of the economy". Work and financial worries are the leading cause of depression, which cause feelings of being really stressed occurring a few times a week. The depression may also be present all the time. The signs of depression can be noticed but are generally ignored. When a depressed mood persists for a few weeks, if untreated the feelings will deepen and eventually start interfering with work and other aspects of life. It has become an illness, referred to as clinical depression. Recognizing signs of depression early will help minimize the impact on the employee and the employer. In the workplace a person suffering with depression will exhibit the following signs:

- increased sick days
- lack of enthusiasm for work
- A person suffering depression in their personal life will exhibit some of the following signs:
 - irritability/hostility
 - hopelessness/despair
 - slowness of speech
 - chronic fatigue
 - dependency on others
 - alcohol/drug abuse
 - accident prone.

If you or someone you know has been experiencing some of these signs for a few weeks, the help of a trained professional should be sought. Help is the key - recovery is generally the outcome. Don't try to diagnose the problem yourself. Be supportive of a friend or co worker who may be experiencing depression. Use the trust between you to encourage him/her to seek help. Continue to treat them with respect. The continued support of friends will make the person aware of their value both personally and in the workplace.

- difficulty making decisions
- decreased productivity
- inability to concentrate
- decline in dependability
- unusual increase in errors
- frequent tardiness

MANITOBA MODEL FOREST INC. REQUEST FOR PROPOSALS OUTDOOR YOUTH EDUCATION PROGRAM PROJECT # 96-6-19

Manitoba Model Forest Inc. is accepting proposals from organizations and groups within the Model Forest area interested in providing youth in the region with outdoor educational experiences related to forests and the environment. A limited number of financial grants of up to \$5000.00 are available.

Deadline for submission of proposals is 1:00 p.m. June 17, 1996.

Detailed submission guidelines and background material are available at the;

Manitoba Model Forest Office
Box 10
Pine Falls, MB
ROE 1M0

Phone: (204) 367-5232 Fax: (204) 367-8897



AGASSIZ FESTIVAL HIGHLIGHTS CONCERT

by Carol Clegg

The grand finale of the Agassiz Festival of the Arts was held Wednesday, May 8 at Edward Schreyer School in Beausejour. The Highlights Concert featured the exceptional performers in each of the festival's disciplines. In her introductory remarks, President Clara Thurmeier noted that from modest beginnings 18 years ago the festival has progressed to a 5 day event with hundreds of participants. The calibre of performance has certainly advanced to a high level. Funding from Agassiz School Division allows the organization to bring highly qualified adjudicators. Thanks to the diligent efforts of the festival board and the generosity of individuals, organizations, and businesses in the vicinity, winners in each category of performing arts receive medals to recognize their achievements. The cream of the crop are also recipients of cash scholarships to be used in advancing their studies.

First on the program were the Joy bells, a hand bell choir directed by Gloria Zirk. Hand

bell playing appears to the supreme exercise in teamwork. This highly trained group has earned a reputation for fine performance at many an event in the community. Representatives from the Joybells accepted the Agassiz Horticultural Society medal from Mary Yakem.

Robin Mourant sang a delightful French folk song, "La pomme et Lescargot". She was accompanied by Jennifer Chrusch.

Monologues used to be very popular in grandmother's day. Gwen Schmuland proved that his art form can still entertain an audience today. Her monologue "The best Years #16" was an amusing account of teenage tribulations.

Ashley Marcinkow's lively "Sonatina in C major" earned her the Junior piano medal. Shirley Klapprat presented her with the Agassiz Lions Club Medal.

Vocalist Michelle Kaye was a double winner. She received the Tantalum Mining Corporation medal for Senior voice and the Pine Falls Paper Mill Scholarship. Chris Christenson was the presenter. Her solo "Lazy Summer" aptly expressed everyone's yearning for warmer days!

Three very small girls, Carlin Boutin, Nicole Marginet, and Cayla Merke, on keyboards with a piano accompanist, delighted the audience with their tune "Marching bands".

A pleasing version of the pop song "Hero" was rendered by vocalist Amanda Ciavarelli.

Cindy Christenson evoked a mystical and rather sombre mood with her piano solo "Gnosienne No. 3 by Satie". This wonderfully controlled performance earned her two awards. The Lac du Bonnet Lions Club medal was presented by Barry Cowan and the Eastern Manitoba Concert Association Scholarship by Irene Trethart.

The one dance item in the show was a zippy choreographed modern number done by seven students of Trina Nickel. The girls received the Woody's Service of Lac du Bonnet medal from Irene Trethart.

Brian Hood won the Beausejour Lions Club medal for spoken poetry Grades 7 to 9. Barry Cowan made the presentation. Brian obviously enjoyed entertaining the crowd with his humorous poem "The Reformed Pirate".

Claire Lussier recited the

well known poem "The Secret". She was the recipient of the medal for Junior solo poetry which was donated by the Tantalum Mining Corporation.

Another lovely vocal solo, "Where Will It Lead", was performed by Laura Vanstone. Clara Thurmeier accompanied Laura. Nicole and Melissa Marginet kept perfectly together in their piano duet, a snappy "Forward March" by Bastien. Billie Burchart awarded them the Pioneer Club medal for best piano duet.

"The Famine" by Longfellow is a lengthy poem telling the tragic tale of a famine in Hiawatha's village. In her emotional rendering of this classic, Rebecca Watson exhibited the skill and confidence that years of festival participation instill. She was presented with two awards: The Pine Falls Rebecca's medal for spoken poetry grades 10 - 12 and the Pine Falls Mill Council Scholarship. Dorinda Watson made the presentation.

Michelle Wadelius delivered a confident performance of "Sonatina in G Major". She was followed by Heather Milne singing "In the Beginning". Biblical tales were given a new twist in this catchy piece. Her accompa-

nist was Jennifer Chrusch. Budding young musician Perry Sinclair played a familiar Bach Minuet on the saxophone, accompanied by Elaine Sinclair on the piano. He's sure to be recruited by the school band in a few years.

A super evening's entertainment closed with two sacred songs by the Greenwald - Thalberg Lutheran choir under the direction of Gloria Zirk. It's an inspiration to young performers to watch a group of adults compete in the festival. Why should it always have to be the kids who practise every day?

Chelsea Bronevitch won the Campbell's Foods medal for Junior Voice, but was unable to attend the concert.

Lance Wadelius, Master of Ceremonies for the evening, thanked a member of festival workers for their contributions to the success of the 1996 festival. Special mention was made of Clara Thurmeier, President; Irene Trethart, medal presentation; Heather Koss, concert organizer; and Jennifer Chrusch, accompanist. He recognized the presenters, the sponsors, and most important of all the stars of the show.



EASTMAN SPORT REPORT

The Eastman Sport Report appears here with the cooperation of your local community newspaper in partnership with Eastman Sport Development Association
1996 Safeway Manitoba Games

The 1996 Safeway Manitoba Games will be held in Morden and surrounding communities during the last week of August, 1996. Eastman regional games leading to the Safeway Manitoba Games begin May 25. Here are the details regarding dates and sites.

Archery	May 25-28	Powerview	18 and over
Golf	June 20	St. Pierre	Adult and Sr.
Golf	July 1	St. Pierre	Jr. (18 & over)
Equestrian	June 22-23	Birds Hill Park	18 and over
Triathlon	June 4	Birds Hill Park	18 and over
Track & Field	June 15	Beausejour	18 and over
Baseball	June 22-23	Beausejour	18 and over
Softball	June 22-23	Beausejour	18 and over
Swimming	June 22-23	Beausejour	13 and under
Swimming	June 22-23	Beausejour	Visually Impaired
Decor	June 22-23	Beausejour	Male under 16; Coed under 13

For further information on registration, eligibility, fees, etc., please contact Games Coordinator Tracey Groinus at 268-2172.

Regional Wrap

Wayne Short, coach of the Lac du Bonnet Senior School varsity boys' basketball team, was named a Manitoba Basketball Association Coach of the Year. Short's Chargers captured the provincial A championship in March. Darren Sarapu, a member of the team, was a finalist for most valuable provincial A player and played in the Grade 12 provincial allstar game.

Eastman Junior Curling Association recently held its Spring General Meeting at the Tyndall Curling Club. New executive appointed at this meeting include Chairperson Eva Nicol (Springfield), Past Chairperson Audrey Miller (Pinawa), Secretary Yvonne Grapentine (Springfield), Treasurer Pat Ticknor (Steinbach) and Technical Director Lydia Ewasko (Tyndall).

Food and Fatigue

Unusually tired during a workout? Not recovering as quickly as normal? Shots a little off? It might have something to do with your food choices... well, food and fluid actually.

Fatigue and poor recovery can be strongly associated with nutritional factors such as dehydration, low dietary carbohydrates, for some simply not eating enough. How do you know... and what can you do?

Fluid and dehydration: Do you schedule fluid intake throughout the day including before, during and after workouts? If not, you likely don't drink enough. Is your urine fairly clear during the day (scientists suggest about the color of straw)? If not, you don't drink enough.

How much is enough? Six to 8 cups of water during the day plus fluid around training should do it. spread it out (i.e. a glass when you get up, brush your teeth, take a break mid-morning, eat lunch, take an afternoon break, and a couple glasses before you train).

Drink regularly during workout time (1/2 - 1 cup every 15-10 minutes) and be sure to plan another couple of cups in the evening, particularly after a hard session. Note: coffee, tea, caffeinated colas and alcohol don't count. They may lead to increased fluid loss. Carry a water bottle with you to make fluid intake easier away from home.

Carbohydrate intake: Active muscles use carbs (CHO) for fuel. CHO is stored in muscles as glycogen which can be used up during long, hard workouts. The only way to refill muscle energy stores is by eating CHO foods.

How much is enough? What to eat? All breads, cereals and grain products, fruit, milk and legumes (like lentils) are great carb-foods. Eat them at every meal and snack (along with all your other healthy foods). Most athletes should consume

at least 8 servings each day, while those in endurance sports (eg. marathon running) should eat 15+ servings per day. Note: 1 serving = 1 slice bread, a bowl of cereal, 1/2 cup of rice or pasta (not much for most of us!) a bagel, pita, dinner roll, etc... - 2 servings.

Make sure you eat! Be a grazer take "Sport smart" snacks with you if there's no time for regular meals. Be sure to eat after a workout or game (even if it's late and you're tired). Source: Responder, Sport Medicine Council of Manitoba, February 1996.

Upcoming Opportunities

Juvenile Regional Provincial Volleyball Championships, May 10-12. Contact MVA at 1-800-282-8069.
ESDA Annual General

Meeting, May 28. Time and venues TBA. Contact Louise at 268-2172.

Salute to 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 fold or mail, Telephone lists 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.
Source: Biathlon insite, Biathlon Manitoba, March 1996.

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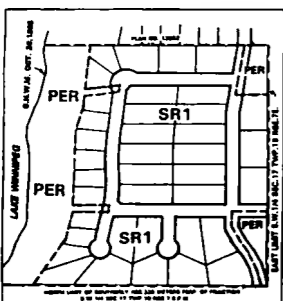
UNDER THE PLANNING ACT NOTICE OF PUBLIC MEETING REGARDING BY-LAW 1273

The Council of the Local Government District of Alexander under the authority of The Planning Act will hold a PUBLIC MEETING at the office of the District at St. Georges, Manitoba on the 28th day of May, 1996 at 2:30 P.M., at which time and place the Council will receive representations and objections from any persons who wish to make them in respect of By-law No. 1273 to amend the Alexander District Planning Scheme 1971, as amended.

A copy of the above By-law of the Local Government District of Alexander and supporting material may be inspected by any person during regular office hours from 8:30 a.m. to 12:00 noon and 1:00 p.m. to 4:30 p.m. Monday to Friday at the office of the District at St. Georges, Manitoba.

The general intent of By-law 1273 of the Local Government District of Alexander is to provide partly "PER" Public Environmental Reserve District and partly "SR1" Seasonal Resort District zoning to the following property:

The fractional SW 1/4 Section 17, Township 19, Range 7 E.P.M. as shown outlined by a heavy broken line on Appendix "A" below



APPENDIX "A"
ATTACHED TO BY-LAW NO. 1273
OF THE
L.G.D. OF ALEXANDER
THE ALEXANDER DISTRICT PLANNING
SCHEME 1971, AS AMENDED

The property is presently zoned "SR" Seasonal Resort District. The property is located South of Belair Properties & North of Zebulon Road in the Hillside Beach/Belair Area.

Rose Beaudry
Resident Administrator
LGD of Alexander



Gerda Anneliese Ranacher, 74, of Tucson, Arizona passed away April 20, 1996. Born December 1, 1921 in Nauem, Germany; immigrated to Manitoba, Canada in 1952 and to California in 1962, then retired in Tucson in 1986. Preceded in death by her parents Frieda Blaesing Schmidt and Max Schmidt; husband, Werner Ranacher; brother, Heinz Schmidt. Survived by her loving children: Doris (Ken) Kable of Pine Falls, Canada; Hans Ulrich (Elfriede) Dieke and Renate (Herbert) Seider of Nauem, Germany; Margaret (Michael) Harris of Tucson, Arizona. Grandchildren: Beste (Heiko) Kronberg, Karen (Brent) Robertson, Kerstin Meyer, Mike Harris, Petra (Thomas) Dieke, Kristen (Neil) Kable, Jeff Harris. Great-grandchildren: Monique Kronberg, Courtney Boulette, Julie and Jennifer Robertson, Sebastian Kuehne. Extended family, lifelong friends Erna and Herbert Brock, Canada; Nana Gerda to Esther, Ron, and Jessica Hardy, California. Before retirement, Gerda was a devoted nurse taking care of Hollywood's famous and not so famous. She was a caring, empathetic, and friendly person, loving mother and grandmother. She was an avid sports fan who never missed a U of A basketball or football game and could talk stats with the best of them regardless of which sport. She will be fondly remember by who knew her. Her family is comforted in knowing that she is finally at peace; her touch guiding us all through life til we meet again. Services will be held May 27, 1996, at 2 pm in Pine Falls, United Church.

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ROSE HIPS: WORTH THE PRICE?

Marilyn Zarecki, Home Economist

If you've ever bought vitamin C supplements (the Wellness Letter recommends 500 milligrams a day), You've probably wondered about rose hips, which are listed on the labels of many C pills. Today you'll find rose hips also in teas, capsules, liquid extracts and jellies. Should you be hip to rose hips? Should you pay up to 10 times more to get your C from rose hips than from synthetic C pills?

Only if you have money to burn. Rose hips, the red fruit of various rose species, are indeed a concentrated natural source of vitamin C. They became popular during World War II, when the British, who couldn't import citrus fruits, depended on rose hips, which they made into a syrup, to supply vitamin C and prevent scurvy. Three ounces of fresh rose hips can supply as much as 1700 milligrams of C, depending on the source of the rose hips and how they've been handled and processed. But there's no way to know how much rose hip extract is in vitamin C pills and how much C it provides - probably not much. The labels typically state "500 milligrams plus rose hips", which is pretty vague. A 500 milligram vitamin C capsule made solely from rose

hips would be quite a horse pill.

What about nutrients in rose hips? Like citrus fruits, rose hips probably contain other beneficial phytochemicals (such as bioflavonoids). First of all, no one knows exactly what most of these are. Second, no one knows how much of these mystery substances gets into rose hip "extracts". Little or none of them would make it into vitamin C pills. There's no evidence that these other substances help your body absorb vitamin C, despite the claims. In any case, C is easily absorbed - your body doesn't need any help.

Natural vs. synthetic vitamins. "Natural" doesn't mean much when it comes to vitamins. Often companies add a small amount of plant extract, such as rose hips, to synthetic vitamins and then call them natural. (Though supplement makers would like you to believe otherwise, they all but their raw vitamins and minerals from the same handful of giant manufacturers.) Even if you found C pills that got all of the vitamin from rose hips, they wouldn't be better than the cheapest synthetic C pills. Synthetic vitamins, made in a lab, are identical to the vitamins found in foods. The

body can't tell the difference. The only real difference is price.

Taken from University of California at Berkeley Wellness Letter, Volume 12, Issue 6, March 1996 REMINDER - WOMEN'S HEALTH DAY - ISSUES OF INTEREST SEMINAR on Monday, May 13 in Great Falls Community Hall from 9:00 - 3:30 p.m. Topics include osteoporosis, menopause, heart healthy, money management, consumer frauds, stress, reproductive health, and Manitoba's hottest food trends. Everyone is welcome. Please call 268-6015 for more information. Bring a friend and enjoy the day with ladies from the northeast region of Manitoba.

PROVINCE BIDS FINAL FAREWELL TO MANITOBA HERO

It was with much sadness that Manitoba Premier Gary Filmon rose in the House yesterday to say a last goodbye to retired Most Reverend Archbishop Maxim Hermaniuk C.S.S.R. Metropolitan-Emeritus. After a lifetime devoted to the Ukrainian Catholic community, Metropolitan Hermaniuk passed away early Friday morning of heart failure at 84 years of age.

Known and admired for a lifetime of work on church, volunteer and community service initiatives, "Metropolitan Hermaniuk will long be remembered for all he did by both the Ukrainian community, and indeed by all who knew him," said Filmon.

Born in 1911, Metropolitan Hermaniuk was ordained in 1938 and came to Canada ten years later. He was consecrated as Bishop just three years later in the Saints Vladimir and Olga Cathedral in Winnipeg. In 1957,

at the very same cathedral, he became the first Archbishop and Metropolitan for Ukrainian Catholics in Canada - an historic day for the Ukrainians of Canada.

Darren Praznik, Northern and Native Affairs Minister and MLA for Lac du Bonnet said that "Metropolitan Hermaniuk, a man with a long list of achievements, will be remembered always for devoting his life to serving and helping the Ukrainian Catholic community. He shall be missed."


This was not the first time the Filmon government recognized the commitment and value of Metropolitan Hermaniuk. In April of 1994 in recognition of his dedication, leadership and compassionate ministry to the Ukrainian people of Manitoba, he was awarded this province's highest honour. Joining the ranks of Pope John Paul II and Mother Theresa of Calcutta, Metropolitan Hermaniuk was inducted into the Order of the Buffalo Hunt.

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