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The VOICE

52¢
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Everything Doesn't Always Grow Bigger In Texas!!

By: Carole G.

Amazing but true stories are what make the world go around, but one rarely expects extraordinary things to take place in their own backyard. It appears that in our very own local area, a few incredible plants have been sighted. In the Psoch's and Kemball's back yards to be exact. Both of these couples are neighbours along Vincent Bay, Near St. Georges. Here's a story about what they found growing in their gardens.

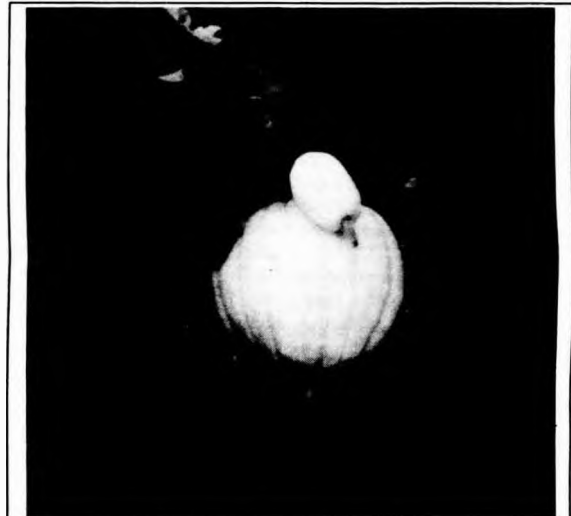
Ursula and Fred Psoch have always had a gardening knack, but they certainly never expected the melon seeds to grow to such gigantic proportions. Ursula's mother sent her a package of 5 seeds marked "Giant Melon Seeds". They planted them as usual then were surprised when a couple months later, these huge melons began to appear. We measured the

girth of the melon - it was 60 inches - the entire length of the measuring tape! The distance from the stem to the bottom was 33 inches. I asked them what their secret was and they said that they enhanced the garden soil by adding peat moss, sand and ashes. Ursula also talks and sings to her melons, who obviously must respond well to her voice. The melons are a cross between a canteloupe and a honeydew. It is very sweet and has the fruit texture of a regular melon. So far, the five seeds have produced 11 huge melons.

Adrienne and Ed Kemball have another unique agricultural phenomenon growing in their garden. They are caretakers of one of the most fertile sunflower plants anyone has ever heard about. It all started one day when Ed purchased some bird seed locally. Among all the various seeds in his bag of

birdseeds, Ed took out one sunflower seed and decided to plant it in his garden. He feeds many birds on his property and he figured a sunflower plant could feed just a few more. Well, sure enough, the sunflower plant grew...and grew...and kept multiplying the flowers off of the one stem. The normal growing routine for sunflowers is simple: one plant stem produces one flower. The Kemball's plant, however, has so far grown no less than 27 separate flowers, plus has 3 buds which have not yet fully bloomed. This kind of sunflower power is unheard of!

In contemplating the possibilities of how these rare occurrences takes place, there are no simple answers. Could it be the water or richness of soil around Vincent Bay? The truth is that unusual wonders never cease.



This giant melon is 60 inches around and 33 inches from stem to stem.



Sunflower Power? this one sunflower plant has 27 separate flowers plus 3 which has not bloomed yet.

MANITOBA NATURAL RESOURCES WEEKLY FIRE REPORT EASTERN REGION

Forest Fire Danger	Low
Number of Fires Burning	1
Number of Fires This Year	106
Losses to Date (Hectares)	12,472
Man Caused Fires	59
Lightening Caused Fires	47

**REPORT FOREST FIRES
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POLICE REPORT

Grand Marais Detachment, Tel: 754-2300

The following are new investigations.

On August 12th at 3:55a.m., Police were advised by a cottager in Grand Beach Provincial Park that he saw four teenage males on his property. He went to speak to them and they fled on foot. One 16 year old male was arrested a short time later by police. At the same time a call was received from staff at the Surf Club in Grand Beach, that a male youth had broken into the club and was being held by staff. Police attended and arrested a 15 year old youth from Winnipeg.

It was later learned that the previously mentioned two youths were part of the original four youths seen by the cottager. The last two youths, 16 and 14 years of age, were not located that evening but have been identified and interviewed by the police. It has been learned that all four youths had run away from two different group homes in Winnipeg. Two of the four were responsible for the theft of a 1990 Toyota Camry from Portage la Prairie on August 6th.

The two youths arrested in Grand Beach Provincial Park were held in custody at the Manitoba Youth Centre in

Winnipeg. The other two youths will be summoned to court in the near future. Charges will range from Break, Enter and Theft, and Possession of Property Obtained by Crime and Theft.

All four youths are currently on probation or currently have other charges pending in court. It is believed that the four youths entered up to eight vehicles in Grand Beach Provincial Park and the neighbouring village of Grand Marais. Police would like to advise residents of the area that items they may have lost the evening of August 11th and early morning of August 12th, may be reclaimed at the Grand Marais detachment.

This incident underscores the need for area residents to secure their property and remove all valuables from their vehicles at night or when unattended. It is believed all the vehicles entered by the youths were left open by their owners.

Investigation of the fatal motor vehicle accident is proceeding well and charges are anticipated under the Criminal Code.

During the early morning hours of the 14th, RCMP were called to Grand Beach Provincial

Park to assist the Department of Natural Resources Park Officers, in the eviction of 14 persons from four sites in the park. Two adult males were detained by police for being intoxicated in a public place. Both were released the next morning.

On the 12th of August, Grand Marais RCMP were called to a residence in Bear Paw Estates near Grand Marais on a shooting complaint. Two males were attempting to resolve a dispute about a dog running at large when one resident obtained a .22 calibre rifle from his cottage and pointed it at the second male. To prove the gun was loaded, a shot was fired into the patio deck belonging to the cottager. One suspect has been arrested and the firearm seized. Five charges under the Criminal Code have been laid in the incident - Point a Firearm; Possession of a Weapon Dangerous to the Public Peace; Careless Use of Firearm, and Careless Storage of Ammunition. The accused male was held overnight and released on a Recognizance the next day. The charged 62 year old male will appear in Selkirk Provincial Judges Court on the 17th of September, 1996.

Community Billboard - ph 367-4466

LIBRARY ALLARD: Library Hours: Tuesday: 10:30am to 5:00pm
Wednesday: 1:00pm to 5:00pm 6:30pm to 8:00pm
Thursday: 1:00pm to 5:00pm 6:30pm to 8:00pm
Friday: 1:00pm to 5:00pm Saturday: 10:30am to 2:00pm
THREE BEARS DAYCARE: Meetings first Thursday of every month
KNIGHTS OF COLUMBUS: Meetings every second Tuesday of the month 7:30 at St. Theresa's Church General Meeting
SILVER HAVEN CLUB: Cribbage - every 4th and 5th Monday of the Month at 1:30 p.m. - Whist - every Thursday of the month at 1:30 p.m.
WINNIPEG RIVER W.L.: meetings third Tuesday of every month, 7:00 p.m. Library Allard, St. Georges
POWERVIEW LOCAL MMF: Regular Meetings held on the first Thursday of each month - 7:00 pm at the Powerview Arena Meeting Room
PINE FALLS HEALTH AUXILIARY: Meetings on the first Tuesday of Every month at 1:30 pm
COTTAGE COUNTRY BUSINESS ASSOC.: Meeting - Every first Monday of the month at 7:00 p.m. Ph. 756-2596
ALCOHOLICS ANONYMOUS: - Sun Rise Group - Meetings every Monday, Wednesday and Friday 7:30 p.m. to 8:30 p.m. Located at Powerview Arena (small centre entrance in front). Last Friday of the month open to the public
PINE FALLS LEGION: Meetings held 2nd Thursday of the month 7:30 p.m. Legion Hall. Meat raffles held at Legion House on Fridays from 4:30 to 5:30 p.m.
PINE FALLS MASONIC LODGE # 154: meets on second Friday of every month in the Pine Falls United Church. (except June, July, & Aug.)
BADMINTON: Pine Falls School Gym, Sunday & Wednesday nights, 7:00 - 10:00 p.m.
POWERVIEW GARABAGE PICKUP: every Wed. Recyclable pickup every 1st & 3rd Thurs. of each month.
P.A.A. MEETING: every 4th Thursday of each month at 7:00 p.m.
VILLAGE OF POWERVIEW MEETINGS: every second Tuesday of each month.
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.
ALANON: - The Beaches family group, Tues. 7:30 pm. Ateah Rd. @ Hwy. 59.
PINE FALLS LIBRARY: Library hrs. will be from 3 p.m. until 5 p.m. Monday-Thursday.

Church Services

NOTRE DAME DU LAUS: Powerview Sunday Mass (English) 9:30 am & 7:30 pm Street - 11:30 am
PINE FALLS UNITED CHURCH: Sunday service Sunday school 10:00 AM Rev. Cindy Terry. Office Hours: Tues - Fri 10:00 to Noon Tel. 367-2633
PINE FALLS ANGLICAN CHURCH OF ADVENT: 2 Holly St. Ph. 367-8347 Service Sunday 9:00 am. Sunday School provided Rec. The Rev. Joan Mitchell Ass't. Curate Rev. Stephen Mitchell. Everyone Welcome.
ST. THERESA'S: Pine Falls Mass Sunday at 10:00 am
ST. GEORGE'S: 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, 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 635-2625 or 754-8682
CHRISTIAN FAITH FELLOWSHIP: - Financial Freedom Seminars - Friday nights at 7:00 p.m. Church Service at 10:00 a.m.
HOUSE OF PRAYER FULL GOSPEL: - 2:30 every Sunday, Scantisbury 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: Pine 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.

The Voice

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COMMUNITY HEALTH WATCH

Compiled and Edited by: Lorraine Neal

Iron...It's In Your Blood...

Iron is a mineral that seems to be everywhere from our pots and pans to the blood flowing through our veins. It's an essential part of the hemoglobin in red blood which carries oxygen throughout our bodies. Iron is necessary for the production of energy - remember "tired blood"? Iron is our first defence against it.

A fair amount of iron is stored in the liver, spleen, bone marrow and other tissues. When the diet is persistently low in iron, these stores become inadequate. We need iron daily, supplied by the food we eat. Iron is found in many foods. While it may seem easy to fill your iron requirements, it can be pretty tough, or why would we all be so familiar with "sluggish, iron poor blood"? Poor little hemoglobins!

There are two forms of iron in the diet, HEME and NON HEME. HEME iron is found in meat, fish, and poultry. It is absorbed better than NON HEME iron. NON HEME

iron is found mostly in fruits, vegetables, grains, and eggs. Since only a small percentage of the iron you consume is absorbed, you need to take in food substantially more iron than your body needs. Overall, only about 5-10% of the total iron available from your diet is absorbed.

Looking up the iron content of individual foods in a table isn't much help either since it doesn't give the type of iron available from that food or how much is actually absorbed. For instance, many of us still associate spinach with iron. Spinach does contain iron, but it is not the best source of iron. Other foods contain iron in a form that is more readily absorbed for use by your body. Various dietary factors increase or decrease the absorption of NON HEME iron. Not only is meat a source of easily absorbed HEME iron, it contains factors that also increase the absorption of NON HEME iron. Vitamin C also increases NON HEME iron absorption. To benefit from the enhancing effect of meat or vitamin C, you must eat them at the same time as NON HEME iron rich foods.

Get The Most From Your Diet...
Include meat, fish, poultry or soybeans in your diet -

DAILY. They contain iron that is more readily absorbed than other sources of iron. Meat, fish, and poultry also improve the absorption of iron from other foods taken at the same meal. You'll get more iron from your spinach if you eat it with meat. Vitamin C can triple the iron absorbed from other foods, so remember to include a vitamin C source with meals. Good sources of vitamin C include: Citrus fruits and juices, kiwifruit, strawberries, cantaloupe, broccoli, tomatoes, peppers, chilis, potatoes, and cabbage. Eating iron fortified breads and cereals with a glass of orange juice (50-70 milligrams of Vitamin C) or another vitamin C rich food can triple the absorption of iron. Vitamin C counteracts the inhibitory effects of some dietary factors such as fibre, phosphates and components of egg yolk, milk, coffee and tea. Use meat juices (fat skimmed) and the "pot liquid" from boiled or braised iron rich foods. Cooking in iron pans adds iron to food. Scrambling eggs in an iron frying pan or simmering spaghetti sauce in an iron pot can double or triple the iron content of the meal. If your physician recommends that you take iron supplements, consume them with meat or a source of vitamin C.

The Body Adapts To Meet Its Needs...

The body increases or decreases iron absorption according to its needs. When iron stores are low, or at times of increased need (such as during growth spurts or pregnancy), the body absorbs iron more efficiently, perhaps as much as two fold (10-20%). Your iron needs change during different times of your life.

Infants and Children:
Full term newborns have high hemoglobin levels that diminish after several months. Iron fortified formula or cereal is usually recommended at 4-6 months of age to prevent a deficiency. Iron deficiency is common between the ages of 6 months and 3 years. Starting infants and toddlers on an iron rich diet will help to establish good eating habits.

Adolescents:
Rapid growth during adolescence increases iron needs in both sexes. Boys grow to be larger than girls yet girls need as much iron because they menstruate. Iron is lost during menstruation.

Women in Child-bearing Years:
Women have a higher

daily requirement for iron than men because they are generally smaller, store less iron, require fewer calories (resulting in a lower iron intake), and menstruate.

Pregnancy:
Pregnant women need extra iron for increased blood volume, as well as for the placenta, cord and growing fetus. The iron needs of the fetus are met before the needs of the mother. If the mother does not take in enough iron for herself and the fetus, she can become iron deficient or anaemic. It is difficult for pregnant women to get all the iron they need by diet alone. It is recommended that Canadian pregnant women take in an additional 5-10 milligrams of iron during pregnancy. After childbirth, additional iron isn't needed.

When These Needs Aren't Met...

A low intake of iron over a prolonged period of time depletes your body's iron stores. This can result in iron deficiency anaemia. In anaemia, there's not enough hemoglobin, so less oxygen is

cont'd on pg. 6 see health

EASTMAN MENTAL HEALTH SELF-HELP SERVICE

Box 359, Oakbank, Mb, ROE 1J0

ADAM

You are invited to attend the GRAND OPENING of the

EASTMAN MENTAL HEALTH SELF-HELP

Service outreach office at

220-449 Main Street, Oakbank, MB.

The Hon. James McCrae
Minister of Health

will formally open the facility on

behalf of the four organizations at

12:00 noon
Thursday, September 12, 1996

Refreshments will be served

Anxiety Disorders Association of Manitoba

Dawn Sawatsky
#444-2660

Manitoba Schizophrenia Society
Deanna Kowalchuk
#444-2793

CANADIAN MENTAL HEALTH ASSOCIATION EASTMAN REGION
Mary Ann Haddad
#878-2055

THE SOCIETY FOR DEPRESSION AND MANIC-DEPRESSION OF MANITOBA INC.
Tracey Trudeau
#444-2757

SILVER HAVEN MEALS

Open to all seniors 55 and up, you are welcome to bring a guest. All meals are \$4.00 each. Meals are at 12:00 noon on Mondays, Wednesdays, and Fridays. Your name must be put on the list the day before by calling Silver Haven at 367-4620 between 8-10 or by calling Bernice Phillips at 367-8369. All meals include tea or coffee, juice or bun.

Monday Aug 26

Soup, Japanese chicken wings, rice, veg. stir fry.

Wednesday, Aug 28

Salad, Veal cutlets, macaroni and cheese, spinach

Friday, Aug 30

Soup, Pizza, Pumpkin pie

NOW HEAR THIS

SHAWN MILLER
Licensed Hearing Instrument Specialist
will be at the
PINE FALLS HOSPITAL
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Thursday, Aug. 29, 1996
10:00 a.m. to 2:00 p.m.



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Thank You

The Pine Falls Mens Slo-Pitch team (THE STONES) competed in the 1996 S.P.N. Nationals this past August long weekend in Saskatoon, it was quite an experience to be involved in a tournament of this magnitude and the team played admirably and won the consolation final. Although the team could have placed higher in the tournament it was quite an accomplishment considering where the team came from. There were 40 teams that attended the nationals from across Canada, places where the population base outnumbered ours by 100 or more to 1, i.e. (Toronto, Halifax, Winnipeg, Vancouver, Regina) so needless to say the boys were not too disappointed in the teams final tournament record of 5 wins and 3 losses. It was an experience to remember and something to look back on, but now the team is getting ready for 1997 and is playing in as many tournaments as possible to get back first to the provincials, and hopefully to the nationals. Congratulations once again to Simon Avanthay, Neil Boulette, Ray Bourvier, Ian Cyr, Mike Dupoi, Randy (Crockett) Druzyk, Sheldon Einfeld, Duke Fountain, Grant Pachkowsky, Tyson Papineau, Vince Rodych, Noam Vinznaugh and Bert Weger. Also thanks to the girls for all their vocal and moral support throughout the weekend. Thanks guys for playing so well and making Pine Falls proud throughout all the adversity and hardships of putting a group of guys into a tournament of this sort. The team would also like to thank the sponsors who we owe so much to, Pine Falls Paper Company, Mr. Pic's, Echoes, Power Falls Autobody, Great Falls Foods, B & M Clearance Center and Pawn, Pee Wee Nault, Vivian Berthelette, Pine Falls Unisex, Pine Pharmacy, Papineau Motors, Powerview Auto Supplies, and Pine Falls, Mill Council. What a blast it was gang. Here's to you and lets get back at it.

Lifestyles

SNAP SHOTS



By Carole G.

Jim McIntyre was born in Clearwater, Manitoba in the year 1918.

In 1928, Jim accompanied his father to start working a homestead in Great Falls. They lived in a thick canvas tent which housed them as well as an Irish remittance man who was helping them clear the land on their homestead. The rest of the family joined them in 1930 once a log cabin was built and 160 acres of bush had been cleared and worked into crop soil. They lived off of produce and wild game, plus any profit they made from their crops.

When Jim was 16 years old, he and his brother successfully started a little trucking business hauling plywood and gravel. In 1939, Jim was the first man elected to gravel all the streets in Pine

Falls. He had to drive to Milner Ridge to pick up the gravel loads seven times a day and bring them back to Pine Falls. He admits it was a tedious process getting enough gravel to adequately cover all the mud roads.

At 21 years of age, Jim parked his truck to join the Royal Canadian Airforce. He then spent two years in Ottawa, 1 and 1/2 yrs. in Yarmouth, N.S., 1/2 yr. in Scoudoc, and 1/2 yr. in an even more remote location of Fogo Island, NFLD.

Once, when he was on leave in 1943, Jim met Arlene Witt when they were introduced by a mutual friend while eating at the Chinese Food Restaurant (now Sonny's Chicken), in Pine Falls. They married two years later on August 28, 1945 in the living room of what is

now Mrs. Hanson's house, in Pine Falls.

While in the service, Jim got trade tickets for, Auto Engineering, diesel Engineering, and welding-both gas and arc, all position and high pressure. When he returned to Pine Falls after the war, Jim immediately got a job as a mechanic for the mill and eventually worked his way to be the Mechanical Superintendent of the Woods Department Garage, where he remained until he retired in 1977.

Jim has enjoyed hunting and fishing over the years, as well as flying. He got his pilot's license in 1948, bought a Piper plane, and flew for 10 years. Mostly, he used it to take care of a few rice lakes he harvested up North.

He and Arlene had three daughters who all live in the

Province and now have families of their own.

Jim is one of the few who remembers the days when Great Falls Foods was a general store owned by Winnipeg Electric, and when the Pine Falls Mercantile Store delivered groceries and supplies to residents via a wagon and a team of horses. Jim is a mild-mannered man who quietly enjoys his memories and life. Thanks Jim for generously sharing your experiences and insights with the rest of us.

WANT TO START YOUR OWN BUSINESS!!!

EMPOWER ADULT EDUCATION CENTRE
P.O. Box 6000
Pine Falls, MB R0E 1M0
PH (204) 367-2495 or (204) 367-4836

Is offering a Home Day Care Program that will train individuals in the area of establishing a child day care facility in their own home. If you are interested in self employment and starting your own business, please call our school for further information. This is a 6 month training program geared towards entrepreneurship in a specific field. You can receive the program outline and pertinent details at our office.

NOTICE

A Community Consultant meeting will be held on Aug. 26, 1996 (Monday) at the Pine Falls School at 7:30 p.m.

All members of the Citizens on Patrol Program for Powerview and Pine Falls are encouraged to attend along with any other members of the communities who are interested in helping your local RCMP detachment find better ways to police your communities.

A discussion on the Community Justice Committee Program will also be held. For more information please contact Cst. Lavallee at the Powerview RCMP detachment.

EMPOWER SCHOOL FALL COMPUTER TRAINING SCHEDULE

Date	Topic	Classes	Cost
Sept. 18th - Oct. 10th, 1996	Introduction to computers: DOS, Windows, Word Processing	Classes every Wed. & Thurs. evening 7:00 pm - 9:00 pm	\$50.00
Oct. 16th - Nov. 7th, 1996	Introduction and Intermediate training in Micro Soft Word 6.0	Classes every Wed. & Thurs. evening 7:00 pm - 9:00 pm	\$50.00
Nov. 13th - Dec. 5th, 1996	Introduction and Intermediate training in Micro Soft Excel 5.0	Classes every Wed. & Thurs. evening 7:00 pm - 9:00 pm	\$50.00
Jan. 8th - Jan 30th, 1996	Introduction and Intermediate training in Word Perfect 6.0a	Classes every Wed. & Thurs. evening 7:00 pm - 9:00 pm	\$50.00
Feb. 5th - Feb. 27th, 1996	Introduction and Intermediate training in Micro Soft Access and Power Point.	Classes every Wed. & Thurs. evening 7:00 pm - 9:00 pm	\$50.00
March 5th - March 27th, 1996	Introduction to computer: DOS, Windows, and Word processing.	Classes every Wed. & Thurs. evening 7:00 pm - 9:00 pm	\$50.00

Seats are limited to 12 stations. Seats will be issued on a first come, first serve basis. The school number is (204) 367-2495 or (204) 367-4836 or FAX: (204) 367-4465

Diversions

BUZZ WITH RUZ



By Rochelle Vinck

Did you realize there's only 127 days until Christmas?! I better start my Christmas shopping. Last year I was pregnant with Samantha and was due mid-November, so I started shopping early by buying a present each pay day and I was done by the time I had my baby. It was so nice to be done early then I could enjoy the holiday and my baby. If some of you seniors think that sounds good, get a group together and call on the great Handivan Service for their great group rates even into Winnipeg. You know what I think sounds good? If a bunch of you gals go out for the day, get your hair done and treat yourself to lunch...sound nice? If so, phone Thelma Hanson for the great Handivan rates at 367-9128.

Doe, Rae, Me, Fa, So, La, Te, Do you know that the

Sunrise singers are looking for new recruits? They start up again on August 26th at 7 p.m. at the Pine Falls School. For more information on this, phone Bev Dube at 367-8064.

Lordy, Lordy, can you guess who just turned forty on August 13th? JoAnne Chevrefils (nee Reiniger) was born August 13th, 1956 at 2:30 a.m. at Macklin, Saskatchewan hospital. Her mother Rose Reiniger came out to celebrate with Joanne along with her 3 sisters Marion Kehler, Jeanette Reid, and Doreen Bleich, all from Saskatchewan. Her mom said she was a very good baby and the only trouble was that she was only potty trained by September 3, 1962. After hearing that, I made sure to give her an "attends" for one of her birthday presents. I figure if she had a bladder problem back then, she just might start having one again soon. She was

known back home as the bathing beauty of the Luseland Pool...I guess that was after her potty training days. Her sisters said she was quite the Man's lady...her boyfriends before age 10 were Fearless Fred, Gangly George, Pretty Paul, Screwy Louie, and Easy Eddie. I'm wondering if Syd knew about all these guys? Anyway, happy 40th to JoAnne and many more.

The Birchwood Hotel had their 4th annual Mixed Golf Tournament. They golfed on the Mar's Sands Course in Lihau and returned to the Birchwood to enjoy a delicious steak dinner on the patio. The men's Low was won by Ernie Sewchuck with a 70. The Ladies Low was won by Rea Snell with an 83. They won beautiful denim 25th Anniversary jackets from the Birchwood. Men's longest drive was won by Donny

McDiarmid and the Ladies' Longest drive was won by Karen Mackelson. Men's closest to the pin was won by Dave Stammers and Ladies closest to the pin was won by Terry Keith. Dave Alright won closest to the line and Annette Hamilton won closest to the line as well. Our North Eastern Champ, Pat Watson wasn't lucky this time! But I have to say, he's quite the horseshoe player.

If you don't have all your school supplies yet, you better hurry, there's only 6 days until school. I'm sure all the kids are just raring to get back...NOT! The Powerview School will be opening with Paul Magnon as the new principal. Good luck Paul from all the parents out there!

Birthday wishes go out to Jody Wilcott, Kevin Allan, Dave Kemball, Lynn Chevrefils, Jan Asmundson, Dess Trudell, Arlene McIntyre, Samantha Cyr, and Jennifer Fraser. Anniversary wishes to Kevin and Annette Carriere, Adrien and Gail Farmer, Edgar and Denise Jubenville, George and Evelyn Sabot, Bob and Dawn Nault, and Arlie and Bill McGuire celebrate their 40th. Congratulations everyone and many more!

Jo's Joke: A mother wakes her son for school and he says, "I don't want to go to school for two good reasons, you're 52 and you're the principal!" That's Paul Magnon as the new principal. Good luck Paul from all the parents out there! Until next week...Enjoy!!

The Ten Commandments Of Good Human Relations How To Get Along With People

1. Speak to people - There is nothing as nice as a cheerful word of greeting.
2. Smile at people - It takes 72 muscles to frown, only 14 to smile.
3. Call people by name - The sweetest music to anyone's ear is the sound of their name.
4. Be friendly and helpful - If you would have friends, be friendly.
5. Be cordial - Speak and act if everything is a genuine pleasure.
6. Be genuinely interested in people - You can like everyone if you try.
7. Be generous with praise - cautious with criticism.
8. Be considerate of the feelings of others - It will be appreciated.
9. Be thoughtful of the opinions of others - There are three sides to a controversy: Yours, the other fellow's and the right one.
10. Be alert to give service. What counts most in life is what we do for others.

TWO THINGS ARE BAD FOR THE HEART

- Running upstairs
- Running down people

Powerview School Update

August 26 - Administration Day, no school
 August 27 - First day of classes
 September 2 - Labour Day, no school



POWVIEW SCHOOL SUPPLY LIST FOR 1996/97

Kindergarten/ Maternelle

- 2 pkg. (8) crayons-no fluorescents
- 1 pkg. (8) Crayola markers
- 1 scrapbook
- 1 coloring book
- 2 lge. UHU stick glue
- 1 painting shirt
- 1 pair slip on runners
- 1 backpack/tote bag
- 1 container with twist-off cap or marg. tub
- 1 recent picture of child (3.5x5")
- 1 box Kleenex
- \$15 fee for Food Unit and Special events
- 1 safety pin
- 1 clothes pin
- 1 small toothbrush (Eng. only)
- 1 small tube toothpaste (Eng. only)

Grade 1

- 1 pair scissors
- 1 30 cm. metric ruler
- 20 HB pencils
- 2 pink erasers
- 1 lge. UHU glue sticks
- 5 scribbles (no metal rings)
- 1 pkg. wax crayons (16 pack - NO FLUORESCENTS)
- 1 pencil case
- 1 pkg. felt tipped markers
- 1 pkg. Laurentian pencil crayons
- 5 duo tang folders
- 2 boxes Kleenex
- 1 old shirt or painting smock
- 1 pair running shoes
- 1 scrapbook (Fr. Imm. only)

Grade 2

- 1 metric ruler (wooden)
- 20 HB pencils
- 2 pink erasers
- 2 lg. UHU glue sticks
- 1 pkg. wax crayons (16 pack)
- 1 pkg. Laurentian pencil crayons (24 pack)
- 1 pkg. felt tip markers (8 pack)
- 1 pair sharp-tipped scissors
- 6 scribbles
- 1 pencil case

Grade 3

- 1 metric ruler
- 20 HB pencils (Venus)
- 2 pink erasers
- 2 lg. UHU glue sticks
- 1 pkg. wax crayons (16 pack)
- 1 pkg. Laurentian pencil crayons (24)
- 1 pkg. felt tipped markers (24)
- 7 duo tang folders
- 1 pair sharp-tipped scissors
- 15 scribbles
- 2 red pens
- 1 pair runners
- 2 boxes Kleenex
- 1 shoe box (Eng. only)
- plastic letter stenoils

Grade 4, Grade 5, Grade 6

- 1 metric ruler (wooden - 30cm.)
- 24 HB pencils
- 1 pencil/ink eraser
- 1 lrg. bottle bondfast glue (white)
- 1 red pen; 2 blue pen
- 1 pkg. Laurentian pencils (24 pack)
- 1 pair scissors
- 24 scribbles
- 1 pkg. (24) wax crayon
- 1 pkg. looseleafs (200 sheets)
- 15 duo tang binders (12 for Gr. 4F)
- 1 pencil case
- 1 pkg. felt tipped markers (24 pack)
- scotch tape; Kleenex
- 1 pair runners/indoor shoes
- 1 gym suit or shorts
- 1 inch stencil letters
- 1 Fr./Eng. dictionary
- 2 coiled Science scribbles (not 4E or 6E)
- Hi-liter pens (5F only)
- 1 (3 ring) binder
- 1 geometry set (5E, 5F & 6E only)

Grade 7-12 - Gen. Supplies

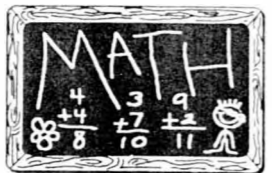
- 1 calculator (6E)
- 1 homework notebook (Gr. 4F only)
- * 1(3 ring binder - 3") & 10 plastic sheet covers with closed bottoms (gr. 6 only - for Skills portfolio - one time purchase from Gr. 6-12)

Grade 7-12 - Gen. Supplies

- 10 duo tang folders (Gr. 7, 8 & 9)
- 1 duo
- pens (red & blue) and pencils
- eraser
- ruler
- scotch tape
- 1 pkg. Laurentian pencil crayons (24 pack)
- 1 geometry set
- several scribbles
- 3-6 (3-ring) binders
- looseleaf (600-700 sheets)
- 1 pair runners
- 1 gym suit or shorts
- calculator
- 4H and 6H pencils (for art)
- 1 box Kleenex

Other items to be specified by teachers in September.

- * 1(3 ring binder - 3") & 10 plastic sheet covers with closed bottoms (for skills portfolio - one time purchase from Gr. 6-12)
- Arts, 101, 201, 301
- Laurentian pencil crayons (25 pack)
- scissors, glue stick
- #10 flat brush, #or #2 round brush
- sketch book/notebook (blank pages)
- permanent markers, fine, 6/pkg.
- 2 ruler, 15cm and 30cm
- 2 perm. black markers, fine tip
- 6 pencils (2HB)



RELOCATION OF PINE FALLS LIBRARY

In the long history of the Library in Pine Falls, beginning in 1949, we have been in quite a variety of locations. Now, following some re-organization at Pine Falls School, the Library has to be re-located once again. The space made available for us in the former high school. The new entrance for the Library is at the extreme end of the high school, directly opposite the swimming pool. The room allotted to us is the first room on the left.

Effective September 5,

Library hours will be from 3 p.m. until 5 p.m. on Mondays and Thursdays (no evening hours). We hope the extra hours will be a convenience for all our members and prospective members.

Some new books have been received over the summer, for example are: John Grisham's latest, "The Runaway Jury"; "The Fourth Estate" by Jeffrey Archer; "A Gathering of Saints" by Christopher Hyde; and "Swann", a new book by Carol Shields.

September Long Weekend Slow Pitch

Monday Sept. 2
 -8 mens - 4 womens teams
 \$100 entry fee
 Enter at Midway Foods
 (Contact Brian, Omer or Chad)

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GOOD YEAR 345-9230

5P Festival Update

A 2P Jamboree will be held at the Powerview Arena on Mon. Sept. 2. The jamboree will include square dancing, instruction and show by Ted and Betty Kernoski, square dancing instructors from Wpg. Mb. Sponsored by Merv Pedden and Pine Pharmacy, the fun will begin at 2:00 pm and run until approx. 4:00 pm. Free admission!

5P Festival NOTICE

The Pine Falls Fire Department will not be distributing jars in local businesses to raise money for this year's fireworks, therefore donations for the fireworks can be made at the 5P Festival Office. Monday - Friday 9:00 - 4:00

For more information call Michelle at 367-8878

PHOTO CONTEST Ready, Aim, Shoot!

A Photo Safari to be held in conjunction with the 5P Festival, Aug. 31 - Sept. 2. Register in the Market Square, Powerview Arena at the Waasaabiyaa - Shining Waters Heritage Region Booth. There is a \$20.00 Entry Fee.
 Friday, August 30, 2:00 - 7:00 pm
 Saturday, August 31, 11:00 - 6:30 pm
 Sunday, September 1, 11:00 - 5:00 pm
 Monday, September 2, 11:00 - 5:00 pm
 First, Second and Third prize to be awarded October 4 in each of the following categories:

1. Wildlife
2. Scenery
3. People/Heritage
4. Trees/Plants

For more information call 345-9290
 Project funded by Manitoba Model Forest Inc.

The Petit Soleil

Annual Meeting and Fall Registration
 7:00 p.m. in Pine Falls High School (Mini School Room)
 Bring your purple Manitoba Health Card

Good Farming is No Accident - Grain Augers

Marilyn Zarecki, Home Economist
 Manitoba Agriculture, Beausejour, 268-6015

The grain auger is one of the most dangerous pieces of equipment used on today's farms. There are four risks when using grain augers:

Instability/upsets - Grain augers are most stable in their lowered position. In the lowered position, the auger is almost centered over its carriage, however as the auger is raised, two things happen: a.) the center of gravity is raised making the auger less stable, b.) the pivot point moves, making the auger point very heavy.

Flight/drive entanglement - Varies effective systems are available to prevent contact with the flighting and drive systems during normal operations. The most critical factor, however, is that anyone operating or in the vicinity of the auger must be familiar with all the pinch and twist factors.

Overhead powerlines contact - Before a grain auger is moved, the work area must be carefully assessed for overhead powerlines. If any are present, assume they are energized.

Determine if there will be safe clearance, 3m (10ft.) to raise the auger, trailer or truck box. Contact with a powerline can result in instantaneous death or very serious injury.

Hoisting mechanism failure - Augers weigh several hundred pounds and are raised and lowered mechanically. The hoisting mechanism must be checked regularly to assure all clamps, locking pins and other fasteners are securely in place. In some cases, cable clamps have unexpectedly released with cables causing the augers to collapse, crushing the unsuspecting person to death. Do not stand or permit anyone else to stand under a grain auger.

- Remember!**
- * do not move a grain auger that is operating
 - * only move a grain auger enough to clear the bin before lowering or raising it
 - * never stand or sit under a grain auger
 - * 'look-up' for powerlines before moving the grain auger

Papertown Motor Inn

ECHOES presents...
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Friday and Saturday Only!
 Classic Rock/Top 40 Band
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 PH: (204) 367-2495 FAX: (204) 367-4465
 Is now accepting Enrollment Applications for the 96/97 school year. Full or Part Time Attendance, Days or Evenings. Many courses to select from. Please register during office hours, 9:00 a.m. to 4:00 p.m. Mon-Fri. (Course Outlines available).

NORTH WINNIPEG HANDIVAN SERVICE
 Drivers required to operate the Handivan on a casual basis. The individuals we are seeking must have a respect for the dignity and independence of the client as well as an understanding of the needs of seniors and physically disabled.
 Qualifications: - Valid Class 4 Drivers License - Current CPR - Current First Aid - Physical Capabilities to operate the lift - Willing to participate in orientation of the Handivan restraint system
 Submit resumes with documentation of qualifications as well as references prior to August 23, 1996 to: North Winnipeg Handivan Service, Box 1109, Pine Falls, Manitoba R0E 1M0, 367-9128

health...

delivered to the tissues. Symptoms of anaemia may include pallor, fatigue, listlessness, appetite changes, and increased susceptibility to infection. You're blood isn't tired - you are.
 However, not all fatigue is the result of an iron deficiency, and iron deficiency is not the only cause of anaemia. Impaired iron absorption, blood loss, and deficiencies in vitamin B 12, folate, protein and other nutrients

can also lead to anaemia. If you suspect that you have a problem, SEE A DOCTOR. Anaemia must be diagnosed and treated by a physician.
Or Met Too Well...
 Though it is nearly impossible to get too much iron from the diet alone, a high intake of iron supplements may result in a toxic condition of "iron overload". This condition may lead to tissue damage, especially of the liver and heart, and other medical problems. Supplements are not a substitute for a balanced diet and should not be taken without a physician's

recommendation.
 Foods high in iron content are: meats, beef liver, clams, raw oysters, cooked roast beef, cooked hamburger, sardines, vegetables, spinach, baked potatoes, lima beans, peas, fruits, dried apricots, raisins, cereals, grains, soybeans, Life cereal, 40% bran Flakes, Kix, Cream of Wheat, Oatmeal (fortified), WheatChex, Cheerios, Raisin Bran, and Special K.
 For further information on nutrition, or any other topic, please telephone Health and Family services at 367-2224.

News

BEACHES BUZZES...

WINE TASTING GIVES VBSC SHOT IN ARM

By: Lorraine Neal

An event which organizers and participants hope will become an annual event (or semi-annual), has given the Victoria Beach Sports Club a small financial shot in the arm. A wine tasting event was held on Saturday, August 17th, at the VB Sports Club that attracted three dozen people from all areas of the beaches and interlake. Participants had the opportunity to sample many wines, concluding the event with the very expensive Ice Wine. Ice Wine has its own very distinct flavor and bouquet. Tickets for the wine tasting were a mere \$5.00 per person, a small price to pay for such pleasure. Total funds raised in aid of the club, was \$170.00.

This 'n That...

Well we've seen the last of our company for this summer...more from the west coast, a niece and her new husband. Nice to see them, such nice people...young and so full of energy. We managed to survive all the commotion of the summer, and just when the task is completed and the company all gone, what did I do myself?? Imagine walking into a piece of furniture (a very sharp corner) and breaking my smallest toe. It's not the smallest now, however...all swollen, black, blue, red and yellow in color. Never a dull moment here.

Traverse Bay Corner News...

The merchants of Traverse Bay Corner announce the annual Customer

Appreciation Day will take place on Saturday, September 1st, from noon until 2:00 p.m. Come one, come all for this yearly fun event. A hot dog and drink will be yours just for being a customer at Traverse Bay Corner! Gary and Dave are to be commended for their innovative ideas in the area of customer satisfaction.

Victoria Beach Nitelite Golf Tournament...

A Golf Tournament sponsored by Victoria Beach Golf Course and the Senior Scene is scheduled for August 31st, 1996. Proceeds of this tournament will go to the Manitoba Division of the Canadian Cancer Society. Come on you golfers, get a foursome together and register to play, have a great time and contribute to a good cause all at the same time! Contact

Gerry Stammers at 756-8018, or Barb McLeod at 756-2536 to register.

Carnival in Belair...

Looking for an old-fashioned Carnival? Look no farther - there's going to be one in Belair on Saturday, August 24th, from 10:00 a.m. till 2:00 p.m. at the Country Mile Mercantile. Lots of games and activities are planned with some interesting people doing the work. Come on out and have a look...all proceeds to the Manitoba Special Olympics.

Update of Victoria Beach Senior Scene activities...

Summer is quickly drawing to a close...kids will be back in school by the end of August so things will slowly return to normal. For those

who may have forgotten just when the activities take place at VB Senior Scene...here's a short update.

Mondays - card recycling 1-4 p.m. first Monday of the month.

Tuesday - Beginners Line Dancing 10 a.m. till 12 noon. **Wednesday** - Wood Carving 1-4 p.m.

Thursday - Tai Chi from 10:30 a.m. to 11:30 a.m. **Advanced Line Dancing** 1:30 p.m. till 3:30 p.m.

Friday - Bingo 7:15 p.m. (doors open 6:30 p.m.)

Next supper dance September 21st.

Notice the leaves of some of our native plants turning color already? Really, isn't it just a tad early for this, I mean we just moved into summer a few weeks ago, didn't we? That's all folks...

PINE FALLS OL' KINGS HOCKEY CLUB presents... PINE FALLS ARENA

WESTERN DAYS '96



FREE RIDE

SATURDAY AUGUST 31

Carson City Free Ride

8 p.m. - 1 a.m.



CARSON CITY

EVENING ADMISSION \$10.00

SUNDAY SEPTEMBER 1

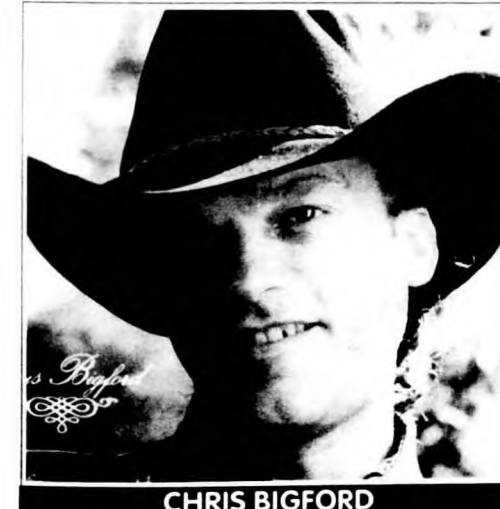
Chris Bigford Shaker

8 p.m. - 1 a.m.



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SUNDAY AFTERNOON Clyde Heerah & Paradise w/ Dancers (Caribbean Band)

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LOT FOR SALE

Lot located in Powerview on Pine St. 132' x 330'. For more info call Nick Bonekamp 367-2702.

EMPLOYMENT

Automotive Technician

Journeyman with experience, preferably in Electronic Ignition and fuel injection systems. A/C Ticket would be an asset. Forward your resume by August 30, 96. Contact: Ed or Ron Papineau Papineau Motors Ltd, Box 248, Powerview, MB, ROE 1P0 or phone 367-2684.

BIRTHDAYS



Clifford Houston

Aug. 24
Happy 6th
Birthday!
To A Very
Special Boy!!

Cove Mom, Dad & Tylor

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1300 SQ. Feet, 3 bedrooms, sunroom, living & dining room, partial basement. Located on rock area in Pine Falls. Option to buy furniture & appliances. Ph. Sharon 367-8376 after 5:00 PM

HOUSE FOR SALE

30 Betty St., Powerview. Bi-level 28' x 38', stucco & cedar siding. Spacious kitchen (oak cupboards) & dining area. Walk-in pantry (6' x 9'). Patio doors in dining area leading to deck. 4 bedrooms, 1 1/2 bathrooms. Attached insulated garage. Nicely treed, fenced yard, includes 2 garden sheds. For appointment to view, call 367-2993.



Marcella Vezina
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HomeLife/Properties Inc.

PHONE: 661-4663

First Time Buyers? Look Here!

1139 sq. ft. 3 bdrm. 1 1/2 story home. 14 yrs. old, located on a 1.6 acre lot at White Mud Falls. (Fire Place), wood stove & electric heat. 3 appliances, sail dish. Co-op water septic field sys. \$53,500. \$2675. down payments as low as 193.50 bi-weekly, P.I.T.



340 Arnhold St., Gull Lake
2 x 6 const. E.E., 6 rm. cottage or C/B year rd. res. Lot own 75 x 386, deep well & holding tank. Furnished 4 pce. bath, wood stove in L.R. \$55,900. All offers will be looked at.

319 Arnhold St. Gull Lake. Over a 1,000 sq. ft. 7 rm. bdrm. cottage or yr. rd. res. on a 2 acre parcel which C/B subdividing. 300 ft. deep well, holding tank, wood stove in L.R. European cabinets in kit. 3 pce bath. Asking \$159,900.



Looking for a well est. business? This is it. Don's Service Stn. located on Hwy 59 near Gran & Victoria Beaches. 32 yrs. in Bus. Owner wants to retire. High traffic & accessible from Hwys. Lot is 320 x 320. Offers at \$169,900.

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PTH 11 St. George, MB
1 1/2 storey, 3 Bedroom - Features open Dining/Living Room with fireplace. Rec. P. in basement with 6 ma. and sauna. - Many up gr. - Many extras - Large well treed lot with river view. - Double attached insulated garage.

**20 Annette St.
St. George, MB**
3 Bedroom - 1440 sq. ft. Bungalow - Large M.B. with walk in closet - L-shaped living/dining room - well treed corner lot - Garage and shed - Home is double wide modular on cement foundation.

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JR. Categories (7-11yrs.)
 *Contest & Prizes

GOLDEN AGE & TINY TOTS
 *Honorariums

SPECIAL CONTEST:
 MEN'S TRADITIONAL
 MEN'S GRASS
 MEN'S FANCY
 WOMEN'S TRADITIONAL
 WOMEN'S JINGLE DRESS
 WOMEN'S FANCY

GRAND ENTRY 7:00 P.M.
FRIDAY, AUGUST 30 - warm-ups & specials
SATURDAY 1:00 & 7:00 P.M. - Start of Point Systems
SUNDAY 1:00 & 7:00 P.M.
MONDAY FINALS GRAND ENTRY 12:00 P.M.

HOST DRUM
 Assiniboine Jr. - Long Plain, Manitoba

**HEARTBEAT OF NATIONS
INVITES DRUMS**
 Assiniboine Jr. - Long Plain, Mb
 Chippewa Cree - Rocky Boy, Montana
 Fly-In-Eagle - Little Pine, Sask.
 Dakota Travelers - Pipestone, Mb.
 Grassy Narrows - Grassy Narrows, Ont.
 R Boyz - Pidgeon Lake, Alb.
 Southern Medicine - New Mexico
 Whitefish Bay - Whitefish Bay, Ont.
 Dakota Hotaine - Sioux Valley, Mb.
 Northern Wind - Lake of the Woods, Ont.
 Walking Buffalo - Saskatchewan

MASTER OF CEREMONIES:
 Russell Standing Rock - Rocky Bay, Montana

ARENA DIRECTOR:
 Al Pemberton, Red Lake, Minnesota

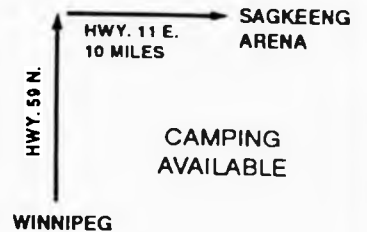
ADMISSION:
 \$5.00 Daily * \$15.00 Weekend Pass

MORE INFORMATION CONTACT:
 David Balcksmith 204-367-9009 (w)
 204-694-4131 (h)
 Perry Fontaine 204-367-8675 (w)



**SAGKEENG SOLVENT
TREATMENT CENTRE**

SINGING CONTEST:
 1st - \$1,000.00
 plus new drum & sticks
 2nd - 750.00
 3rd - 500.00
 4th - 250.00



***SECURITY PROVIDED**

**POW WOW COMMITTEE
IS NOT RESPONSIBLE
FOR LOST
OR STOLEN ARTICLES**

NO ALCOHOL OR DRUGS ALLOWED