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MANITOBA

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the VOICE

Heartbeat of the Nations POW WOW



Grand Entry

The Heartbeat of the Nations Pow Wow was held on August 30 - September 2 along side the 5P Festival.

Winners of each event were organized into categories. In the men's category was Men's Grass Dance with Terrance Brown of Pipestone, MB finishing 1st, 2nd was Arnold Akachuk of Oceanman, Sask, 3rd Aaron Zorthian of Albuquerque, N.M. and 4th in the Grass Dance was Curtis Alexson of Kahkewisawah, Sask.

Winners of the Men's Traditional were 1st place Wilfred Abigosis from Brokenhead, MB, 2nd Peter R. McDonald of Whitefish Bay, ON, 3rd Eugene Whitford of Sandy Bay, MB, 4th was Leonard Joseph, Jr. of Whitefish Bay, ON. Other competitors were Edward Cook - Long Plain, MB, Mel Mitchell - Brochet, MB, George Abraham - Sagkeeng, MB, Devers Tsatoke - Apache, Oklahoma, Scott Stevens - Winnipeg, MB, Ellis Cowley - Whitefish Bay, ON, David Duck - Little Grand Rapids, MB, Shane Ramsey - Fort Yates, N.D., Sam Musqua - Fort Frances, ON, Leroy Paypomboe - Whitefish, ON, Randy Paishk - Shoal Lake,

ON, and Ed Gegwetch of Cape Croker, ON.

Top finishers in the Men's Fancy were 1st Howie Copenace, Sr. from Whitefish Bay, ON, 2nd Jonathon Windy Boy or Rocky Bot, Montana, 3rd Dennis Meeches of Long Plain, MB, and 4th place was Glen Seymour from Sagkeeng, MB, also competing were Adrian Abraham of Sagkeeng and George Pashe of Dakota Tipi, Mb.

In the ladies categories were the Women's Jingle won by Melody White of Whitefish Bay, ON, 2nd place went to Ilone Assinaboine of Long Plain, MB, 3rd to Cassandra Redsky from Shoal Lake, ON, and Oberta Scott from Kenora, ON, other competitors were Freda Anrahma - Sagkeeng, Naomi Henderson - Sagkeeng, Helen Francis - Long Plain, MB, Corrina Mentuck - Sagkeeng, Sharon Anaquod - Sarvier - Muscoowpetung - Sask, Daphne Kent - Sagkeeng, Doreen Skean Wabauskong, On, Catherine Bird - Whitefish Bay, ON.

1st place in the Women's Traditional was Ruby McArthur from Kisby, Sask, 2nd - Mary Lou Olson of Brokenhead, 3rd - Gays Sparvier of Broadview,

Sask, and 4th - Marcia Halfe from Sioux Valley, Mb, other competitors in the women's traditional were Tina Kent - Brokenhead, Melissa Nepinak - Winnipeg, Lillian Specne - Sagkeeng, and Cecile Duck - Little Grand Rapids.

Michelle Fox of Red Lake, Minn. was the winner of the Women's Shawl Competition, with a 2nd place finish from Genevieve Smoke of Portage la Prairie, 3rd was Kendra Starr of Brokenhead, 4th was Lorraine Levasseur of Sandy Bay. Other competitors were Gloria Guimond of Sagkeeng and Veronica Wapiok of Shoal Lake, On.

In the Teen Boys Categories was Boy's Grass won by Dustin Pashe of Dakota Tipi, Mb, 2nd - Dale Zorthian of Albuquerque, N.M. 3rd - Murray Pashe of Dakota Tipi, and 4th - Joey Roan of Pigeon Lake, Alberta, other teen competitors were Justin Starr and Nathan Starr both of Little Black River.

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See Pow Wow

Fatal Accident at Hollow Water

Powerview RCMP report that at approximately 9:15 PM on Saturday, September 14, 1996 two vehicles collided "head-on" on a gravel road near the Hollow Water First Nations Reserve. The drivers Lyle Edwin Barker, 64 years of Hollow Water Reserve, Manitoba and Calvin John Boulette, 32 years, of Manitogagan, Manitoba, were the lone occupants of each vehicle and were both killed instantly. Hollow Water is located approximately 85 kilometers north of Pine Falls, Manitoba. Police investigation into the accident is continuing.

Helicopter Crash at Berens River

Last Friday, September 13, a helicopter from Lac du Bonnet with four people on board crashed about 3 km North of Beren's River. No one was hurt. On board were Bob Durocher, Bob Yatkowsky, both from the Woods Department of the Pine

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See Helicopter Crash



Wilfred Abigosis

Feeding Those Who Feed the World

Marilyn Zarecki

With combining in full swing in all parts of this region, farm families are juggling many factors such as machinery breakdowns, unpredictable weather, supervision of seasonal or part-time workers to efficiently harvest a wide variety of Manitoba crops. An additional challenge for farm women is managing meals on the move. Although household operation and the role of farm women has changed significantly since the beginning of this century, feeding harvest workers is as important and as much a concern as feeding threshing gangs was for our prairie mothers and grandmothers.

A survey completed by eighty farm women at the 1994 Manitoba Farm Women's Conference gives some explanation as well as ideas. The largest challenge indicated was time management and meal planning for meals for additional people. With two thirds of the surveyed farm women working full or part time off the farm, time management

becomes a critical issue. Transporting and delivery of meals on a flexible basis was also mentioned with equal importance. Meeting nutritional needs, providing variety in meals, and considering needs of other family members, especially children were other issues listed.

However, Manitoba farm women offered creative and practical suggestions as this list indicates:

1. **Planning Ahead** was listed most frequently. Preparing double and triple batches, and stockpiling groceries are time savers. Enlisting help from family members and friends was suggested to improve efficiency in quantity food preparation as well as making this activity more fun.

2. **Safe food transportation** ideas included maximizing use of coolers for hot as well as cold foods. Manitoba Agriculture home economists have additional resource information.

3. **Use Kitchen appliances** to their best advantage. The freezer is very useful for planning ahead and freeze extra

batches. Slow cookers and crockpots allow for greater flexibility in meal preparation.

4. **Meal planning ideas** focused on one dish meals being the most practical. Finger foods and simple, favourite choices work best for individual meal serving.

5. **Farm women need to have realistic expectations** was mentioned in the survey. Take advantage of using catered or take out "meals to the field" if available in your area. Remember that meal breaks are important for safety and stress reduction. A "tailgate party" may be the one time in a harvest day children get to see dad. One farm woman even wrote "You can serve the same meal two days in a row." A sense of humour goes a long way to keep harvest time enjoyable.

This survey of farm women confirmed that "feeding those who feed the world" is an important as well as challenging task for farm women.

(Prepared by Cathy Vanstone, Home Ec., Portage, in consultation with Lynda Clark-Lowry, Food & Nutrition Spec, Neepawa.

Major community improvement officially opened at Little Grand Rapids First Nation

On behalf of the Honourable Ronald A. Irwin, Minister of Indian Affairs and Northern Development, Elijah Harper, Member of Parliament for Churchill, today announced the opening of a new water and sewage treatment facility in the Little Grand Rapids First Nation Community.

With the completion of the four year, \$10.8 million project, more than 140 homes in the community will now be connected to a new water and sewer system. The new facility also includes a truck garage, two water trucks, two sewer trucks, and an aerated lagoon.

The project provided economic development opportunities for the entire commu-

nity. The Little Grand Rapids First Nation band co-ordinated and managed the project. In addition to a land surveyor, local labourers were hired to work on the project and to retrofit homes. Construction equipment was also rented on site. The band-operated construction company benefited from the project as well.

Operation and maintenance of the water and sewage treatment systems will create up to two full time jobs, in addition to employment for two sewage truck and two water truck drivers.

"The new water and sewer system will greatly improve living conditions on reserve, one of this government's top priori-

ties," said Mr. Irwin. "This project is also important because it will contribute to the economic renewal of Little Grand Rapids First Nation by laying the foundation of the community's infrastructure." "These projects have improved the well being of the residents and continue to offer economic benefits to the First Nation community," said MR. Harper. "As a result of these projects, new jobs have been created and member of the First Nation have gained construction and technical skills that they can apply to future employment opportunities," he added. "On behalf of council and the

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See Major Improvements

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
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.I. 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.
ALLANON - 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: Powersview Sunday Mass (English) 10:00 am. Saturday eve (French) 7:30 p.m. & in Stead Sunday 12:00 noon
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 Holy 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. GEORGES: Mass Sunday at 8:00 am and 10:00 am
ST. JUDE'S ANGLICAN CHURCH, Grand Marais, Holy Eucharist - 2nd and 4th Sundays, 11 a.m. Morning prayer 11 a.m. - 1st, 3rd and 5th Sundays
TRINITY EVANGELICAL LUTHERAN CHURCH, Thalberg, 1 mi. east and 1 mi. South of junction 12 and 304 St. John's Evangelical Lutheran Church, 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 am
HOUSE OF PRAYER FULL GOSPEL: - 2:30 every Sunday, Scantbury 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 Pitt Rd. - Traversa 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 am
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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New Hairdresser at Unisex Salon



Roberta Laliberte, until June 29 Roberta Pachkowsky, when she married her high school sweetheart Randy Laliberte, became the new hairdresser at the Pine Falls Unisex Salon Tuesday, Sept. 11th. She was born & raised in Pine Falls. Organized the AP

Festival in 1993 and served as a Driver Attendant for the Pine Falls Ambulance for six years. She studied Hairdressing at the Scientific-Marvel Beauty School in Winnipeg and worked briefly at Oxford Hair Design on Osborne St. in Winnipeg.

Notre Dame Du Laus Parish News

A Mass to launch the catechism year will be celebrated this Wednesday, September 18th, at 6:30 p.m., in the N-Du-Laus Church (Powersview). Everyone is welcome!

Catechism classes will resume next Wednesday, Sept. 25th. Classes (Grades 1 thru 6) will be held every Wednesday evening from 6:30 to 7:30 p.m. in the Powersview Church. All the youth from Powersview, Pine Falls, Saint-Georges and surrounding areas, are welcome to attend. PLEASE remind others.

For your information, there will be Confirmation Preparation classes this fall. They will be offered for youth Grades 7 & up. Once it is set

Major Improvements

continued from pg. 2

residents of Little Grand Rapids, I would like to thank the Government of Canada, particularly the Department of Indian and Northern Affairs, for helping us accomplish our goal of a new water and sewer facility for our community," said Chief Roy Dunsford. "We are very happy that the new facility has become a reality for the community. The residents will benefit from this service."

The opening of the new water and sewer facility is the second major community improvement project to be announced this month. Earlier in September, the community also officially opened four new classrooms to the Little Grand Rapids school at a cost of \$777,000. This expansion replaces classrooms that were destroyed by fire in April 1995. At the same time, the entire school alarm system was upgraded at a cost of \$29,000 to improve the overall health and safety features of the facility. During the 1995-96 school year, 196 students were enrolled from K4 to grade 12.

This announcement is an example of how this government is prioritizing its spending so that it can better serve Canadians by making efficient use of their tax dollars. Little Grand Rapids is located 268 air kilometres northeast of Winnipeg, on the shores of Family Lake near the Manitoba/Ontario border.

This news release is also available through the internet at <http://www.inac.gc.ca>.

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ARE YOU A SENIOR?

Do you need assistance to stay in your own home? The Winnipeg River Senior Services is possibly just what you need. The W R S S is a non profit organization seeking to assist seniors and those with physical disabilities to remain in their own homes within the community. The area between Pine Falls and Great Falls, on both sides of the Winnipeg River are serviced by the W R S S.

Some of the services available are:

1. Home Maintenance: Help with caring for your home, either inside or out.
2. Foot Care: Professional Staff come to your home to provide basic footcare.
3. Transportation: Either on the Handivan or with a volunteer driver who is reim-

bursed expenses.

4. Friendly Visiting: Volunteers visit with individuals who are lonely and isolated.

5. Respite care: This service is planned to provide respite for families with care taking responsibilities.

6. Victoria Lifeline: Electronic monitoring units installed and explained by the Coordinator.

Support and Information is available from the Resource Co ordinator who will make home visits to discuss concerns a client may have. If the service is not provided, the co ordinator will try to find who can help.

For information, fee structure, applications to volunteer or provide service in a fee capacity, please call Thelma Hanson, 367-9128.

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Tightening Parole Rules for Inmates Serving Life Sentences

Section 745 of the Criminal Code:

David W. Iftody, M.P.

I have recently been in receipt of some letters from Provencher constituents regarding Section 745 of the Criminal Code. I would like to explain what Section 745 is and the changes which have been proposed.

The Canadian justice system provides for sentences appropriate to the gravity of the crimes committed, while giving an opportunity for rehabilitation and reintegration into society. Those convicted of first degree murder receive the most severe sentences: life in prison with no parole for at least 25 years.

Those convicted of second degree murder receive mandatory life sentences with no eligibility for parole for 10 years, though judges may increase this period to as much as 25 years.

Under Section 745 of the Criminal Code, prisoners serving life sentences may apply after 15 years to have their parole ineligibility period shortened, if they can demonstrate that they no longer pose a risk to society.

In June of this year, the government introduced a bill to tighten the rules for the use of Section 745, to ensure that the process is available only in

the most deserving cases.

Section 745 of the Criminal Code was passed after capital punishment was abolished in 1976. It was meant to provide some hope for release for those rehabilitated after serving 15 years. The provision also protects prison guards by acting as an incentive to good behaviour.

Anyone serving a life sentence may bring an application to shorten the parole ineligibility period before a community jury of 12 citizens from the jurisdiction where the crime was committed. If two-thirds of the jury agree, the case is then heard by the National Parole Board.

The Section 745 process guarantees the right to a hearing, not to parole. The parole Board must still be convinced independently that the inmate poses no risk to society.

The government's new legislation will tighten these rules. There will no longer be an automatic right to a Section 745 hearing. Persons who commit multiple murders, including serial killers, after this amendment becomes law, will no longer be permitted to apply under Section 745.

A new mandatory screening mechanism will require applicants to convince a superior court judge that their ap-

plication has a reasonable probability of success, before the community jury is formed. This screening process will eliminate unnecessary jury proceedings for murderers with no reasonable chance of being paroled.

Families of victims will no longer have to endure the pointless anguish of reliving in a courtroom the painful events of the past.

To further tighten access to section 745, members of the community jury will have to reach a unanimous decision to grant an early parole hearing, instead of the current two-thirds majority. Both the screening mechanism and the unanimous jury provisions are retroactive, and will apply to all those already incarcerated who have not filed an application under Section 745.

Parole remains a privilege, not a right. When those serving life sentences are paroled, they remain forever subject to conditions which, if violated, will result in their being sent back to prison.

The revised legislation eliminates unnecessary proceedings through sharply restricted access to Section 745, while continuing to hold out the possibility of early parole for the most deserving cases.

Please feel free to contact your local constituency office should you require further information on this or any other federal matter.

Louis Charbonneau takes over from Dave Loucks



Louis Charbonneau of Ottawa and his wife Lise (Vincent) of St. Georges arrived in Pine Falls Sunday, Sept. 1. Charbonneau is taking over the appliance repair business from Dave Loucks who is retiring. He has taken over warranty contracts with Sears, Inglis, General Electric & Fridgidaire and will be servicing air conditioners, refrigerators, washers and dryers, stoves, dishwashers, humidifiers and dehumidifiers.

Charbonneau 43, who was born and raised in Ottawa worked in construction for 8 years, and began his appliance repair business in 1973.

Lise Charbonneau was born and raised in St. Georges, attended school in St. Georges and Powerview. She worked as a legal secretary in Winnipeg & Ottawa.

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, Sept 23
Soup, Roast pork, mashed potatoes, gravy, applesauce, carrot casserole. Home made ice cream.

Wednesday, Sept 25
Soup, Ham and pineapple, scalloped potatoes, green beans. Broken glass.

Friday, Sept 27
Side salad, Chicken parmesan, broccoli and cauliflower, baked potatoes. Raspberry shortcake.

Member Appreciation Week

Sept. 23-28

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Thank You

The Pine Falls Senior Men wish to thank the following for sponsoring their tournament held on Sept. 8. Winners were Joe Vincent Low Net, Joe Zammit Low Gross, thank you to Pine Falls Service Centre, South Interlake Credit Union, Peter's Pro Hardware, Royal Bank, Northern Store, Pine Pharmacy, Sonny's Chicken House, Pine Falls Paper Company, Midway Foods, Riverview Self Serve, Powerview Agencies, Oels Building Supply, Yves Normandin Trucking, Reliance Electric Supply Ltd., Dufour Construction Company, Jack Powere, Sherwood Groceries - Gull Lake, Hillside Building Supplies, Birchwood Motor Hotel, The Hair Shop - Traverse Bay Corner, Dave & Gay Traverse Bay Corner, Dwight Reinhart - P. F. G.C..

COMMUNITY HEALTH WATCH

You, The Ex Smoker and Food...

A Question of Balance

So you've beaten the butt... congratulations! You have joined those Canadians who have decided to give their bodies a break by not smoking. Now you may have a new worry. A misconception that your smart move will result in a body burdened with too many extra pounds.

It's generally agreed that a person who gives up smoking may gain some weight. This doesn't have to happen... don't let your stomach run away with you. That's only creating another health hazard. Here are some helpful tips.

Control food intake, exercise daily. You must not eat more than your body needs. This makes sense but some people at times ignore sense while their waistlines extend.

Avoid fad diets and the use of drugs to curb your appetite. Follow a sensible program of nutrition by making sure your food isn't too rich in fats, sugar or calories.

Try to imagine how you'd look if you didn't exercise at all? Or didn't eat? Obviously there has to be a balance - so get into the right habits. A smaller serving of

any food has fewer calories. Eat slowly, chewing well so you won't eat more than you realize. Try using a smaller plate.

If you give up cigarettes and eat and exercise properly, you will increase your chances of avoiding such diseases as heart attacks. Your health will improve. It's a worthwhile investment!

There are some calories out to get you. These are the food or beverages that slip down so easily that often the number of calories involved aren't even realized. Alcohol and sweetened beverages are the worst offenders, but you must also watch the cream and sugar intake in your daily tea and coffee. Just 500 extra calories a day adds up to an extra pound a week!

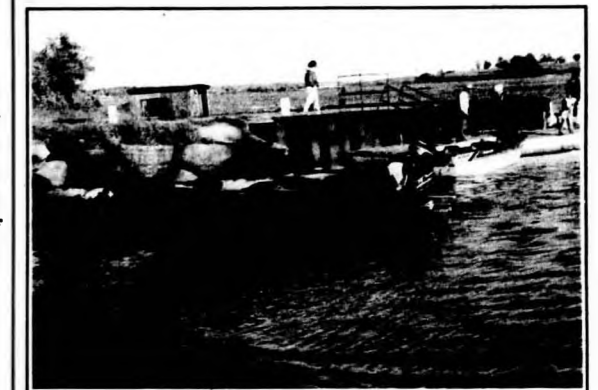
Eat a piece of fruit instead of a cookie, or piece of pie. Keep low calorie snacks in your house. The perfect complement to good dieting is moderate exercise. Exercise is necessary for several reasons. It keeps you physically fit, helps burn up calories, reduces tension, and keeps you too busy to check out the fridge or cupboard. Even small increases in physical activity combined with small decreases in calorie intake will result in signifi-

cant weight loss over a period of time. If you live within walking distance to your place of employment, walk instead of driving...or ride a bicycle. Make your improved habits with food a way of life...your life could depend on it.

Remember one fact to remember, physical activity helps to reduce nervous tension - that same nervous tension that can result in smoking, or overeating.

Material used in this column courtesy of Health Canada. Compiled and edited by Lorraine Neal. For information on this or any topic, please call Health and Family Services at 367-2224.

Wildlife Federation Charging for Boat Launch



The Winnipeg River Wildlife Federation is now charging \$5.00 to launch a boat at the Pine Falls Dock.

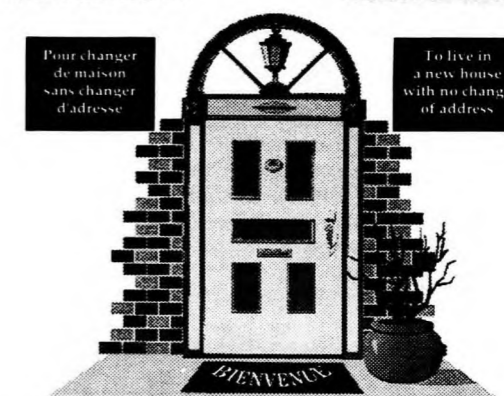
The money is needed to improve the actual launch site (some dredging is needed) and to provide for adequate parking of cars and trailers. Space for weekend motor homes will also

be provided.

Lionel Nobiss said they need to raise \$20,000 to improve the site. He said most people have not complained and recognize the need for improvements to the area.

At the moment, only weekend fishermen are being charged.

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Box 339 Pinawa, Manitoba, R0E 1L0

INVITATION TO BID

Office Renovation Project No. 001-at W.B. Lewis School room six (Burrows Road at Aberdeen) Pinawa, Manitoba.

Sealed bids will be received by the undersigned up to 1600 hours, on or before October 7, 1996 at 22 Byng Crescent, Pinawa, Manitoba or at P.O. Box 339, Pinawa, Mb. R0E 1L0.

Work to start October 15, 1996 and be completed at 1600 hours October 31, 1996.

Bid documents may only be obtained at room six, W. B. Lewis School, (Burrows Road at Aberdeen) Pinawa, Manitoba between 1000 hours - 1200 hours on September 30, 1996. Site inspection at this time mandatory.

The lowest or any bid not necessarily accepted.

N. Peter Cliche, Secretary

News

SNAP SHOTS



By Carole G.

Charles Kennedy was born on June 19, 1914 in Manigotagan, MB. He grew up and attended school at Hollow Water Reserve. As a boy, he enjoyed playing baseball and hockey. One thing Charles remembers well is how he and his friends would use dog sleds to get around and go ice fishing in the winter. The Kennedy family also kept two horses as their main means of transportation. Charles would join his brothers in seasonal trapping, hunting, catching and smoking fish, and blueberry picking. They used to sell their fresh blueberries at the local store in Hollow Water.

One time, when he was picking blueberries, Charles recalls being chased by a bear. He locked eyes with the large bear that began to run towards him, so Charles started to run until he came to the lake shore. He jumped in a boat and paddled as fast as he could towards deep water. Then he waited several hours until he convinced himself that the bear was gone.

After Charles had finished his education, he proceeded to work at various jobs. He cleared land, and helped out on his parent's small farm. At 19 years of age, Charles married Muriel Smith and over time they raised a family of four girls and four boys.

Some summers between the late 1920's and late 1930's, he would work on crew shifts cutting logs that were sent down river to the paper mill in Pine Falls. For many years, Charles also worked on the construction of Highways 59 and 304.

The first car he owned was a '59 Chevy which was his pride and joy. Charles now resides at the Pine Falls Personal Care Home and his family (two brothers, Gilbert and Rodney, as well as his many children) are living throughout various parts of Manitoba.

Charles is an interesting character who has truly enjoyed many activities of the great outdoors. Over the years, Charles Kennedy has contributed to pioneering and developing the resources of our local area.

SENIORS INFO CORNER

Wills...Is Making a Will Necessary?

A will is a written document that controls the disposal of a person's property after death. Manitoba law provides for two forms of will: the formal will and the holograph will.

In Manitoba, a person under the age of 18 cannot make a valid will. There are exceptions however. If a young person is, or has been married, is in the armed forces, or a sailor at sea, he or she may make a valid will.

For formal wills, the Wills Act prescribes the formalities that must be complied with to be valid. There are four basic requirements:

- i) The will must be in writing.
- ii) It must be signed at the end by the maker, or by someone else at the maker's direction and in his or her presence.
- iii) The maker must sign (or acknowledge his or her signature) in front of at least two witnesses who are present at the same time.
- iv) At least two witnesses must sign in the presence of the maker.

Though not required by The Wills act, it is now com-

mon practice for the maker and witnesses to initial every page of the will at the bottom right corner.

Holograph Wills...

A holograph will is one that is written and signed entirely in the maker's own handwriting. It is not necessary to have witnesses sign a holograph will. To be valid, a holograph will must also clearly contain a fixed and final expression of intent or dispose of property upon death and not merely state a future intention.

As a will is one of the most important documents you will ever sign, you should seek professional advice in preparing it. This is particularly true when dealing with guardianship of children, trusts, or beneficiaries with special needs. One small mistake can cost the estate a great deal of money, or even invalidate the entire will. The cost of making a simple will is usually between \$75.00 and \$150.00

You may wish to consult your lawyer before drafting a will on your own. A simple will prepared by a professional need not be expensive, and offers certain assurances that the document is valid and accurately reflects your intentions.

Pre-Printed Will Forms...

These are wills often sold in drug stores, stationery shops or by mail order. They are usually a fill-in-the-blanks form, on which the maker inserts the names of beneficiaries and witnesses.

If properly executed, these forms can constitute a valid will. Unfortunately, it is very easy to make mistakes;

as a result, these types of wills often are not executed properly. In such cases, the court can look only at the handwritten words, and not the typed or pre-printed ones. If the handwritten words, on their own, accurately express the maker's intentions within the context of the law, the document may be a valid holograph will. However, such result is rare.

Next Week: What to do before you visit a lawyer, how to choose an executor/ executrix, other requirements, and safekeeping of wills.

Material courtesy Manitoba Seniors Directorate. Compiled and edited by Lorraine Neal.

Diversions

BUZZ WITH RUZ



By Rochelle Vinck

For those of you that want to get a head start on losing some weight, maybe you feel you had too many 7 course meals such as a hot dog and a six pack over the summer, come on out to the Golden Leisure club in Pine Falls every Monday at 6 pm until 7pm for weight cinchers. This is a weight loss club I joined at the beginning of May when I weighed in at 152 lbs. after 3 kids and now weigh 125 lbs. It's a fun bunch that get together to weigh in, have contests and lots of laughs. The group is very motivational and everything is kept confidential

so don't wait for New Year's to make a resolution come out now for a fun night out.

My little boy, Garrett, started Mini-school this fall and he loves it. He was starting to get bored with his everyday routine and with his older sister in Kindergarten, gone every second day, he really needed something to do. If you have a bored little 3 or 4 year old you should give Le Petite Soleil Mini-School a call and enroll them. My oldest went to both the 3yr old and 4yr old program and she had no problem and was really ready for Kindergarten. If you're interested

phone Tanis at 367-8082.

Dee Sparrow gave me a call asking if I was interested in bringing any garage sale items I may have to the parking lot across from the Leonard Rupert Ball Park (by Tasty Treats) on Saturday, Sept. 21 for a multi family garage sale. Anyone else interested in doing the same just give Dee a phone call at 367-8722 or just come out on Saturday to see if anyone there has what you need.

Well...I'm sorry to inform you that due to circumstances Ruz won't be Buzzing anymore. This will be my last column. I hope you all enjoyed my column while it lived, I'm not your professional columnist I just wrote what you gave me and from the heart. Hopefully when and if the Voice is able, they'll ask me back to be with you again.

Jo's Joke: any child can tell you that the sole purpose of a middle name is so he/she can tell when he/she is "really" in trouble!

Until we meet again...Enjoy Life!!!

4-H More Than You Ever Imagined

By Marilyn Zarecki

"4-H More than you ever imagined" is the new theme for 4-H in Manitoba for 1996-97.

Anyone in rural Manitoba between the ages of 8-19 as of January 1, 1996, can join 4-H. With over 20 4-H projects to choose from, there is sure to be a project for everyone! Projects range from animal projects such as beef and light horse, to life skills projects such as clothing, foods, and mechanics, to leisure pursuits including photography, crafts and outdoor living.

A good choice for young beginning members is "Exploring 4-H", which introduces 4-Hers to a variety of project choices such as animals, foods, outdoor living, photography, crafts, clothing, woodworking, plants, mechanics, exploring agriculture and making your money count.

A new project to celebrate the 10th Anniversary of Manitoba 4-H families hosting Japanese students is "Konichiwa - Japan at a glance". In this project members 12 years and over can learn more about the culture, history, geography, and traditions of Japan.

4-H members have fun with friends at meetings, camps, conferences and workshops. There are opportunities to travel and gain self confidence in making speeches and presentations.

4-H is more than you ever imagined! Consider it as an activity you would like to get involved with this year.

For more information about the 4-H program and how you can join in your area, contact me at 268-6015. We have clubs in Lac du Bonnet, Whitemouth, Brokenhead, Anola, and Dugald. If your area is not mentioned, please call and I'll try to organize a 4-H club in your community.

Thank You
We would like to send our heartfelt thanks to all the wonderful people who stood by us during our time of sorrow. There are no words that can express our thanks to all the wonderful, and caring people.
Laurie Guimond & Bernie Morrisseau

Pine Falls Paper Makers Golf Tournament

On the Thursday, September 12 the Pine Falls Paper Makers held their annual Golf Tournament.

The Winner of the Low Paper Maker of the day was Ed McMullen who golfed a 77. Terry Baturin held the low tournament score of 73. With an 81 Leo Tardiff was the Low Senior Paper Maker Winner. Raymond Houston had a

Low Net of 157. The most honest golfer was Jim Baker with 151 and Ernie Cyr (Sr. Paper Maker) won the special prize.

A turkey supper was served by Linda Kembal.

Everyone had good time and great prizes. Special thanks to Ken Cyr who organized the whole tournament.

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Sagkeeng Jr. B Braves are holding an **OPEN TRYOUT CAMP** for players 16 to 20 years, at the Sagkeeng Arena Multiplex.

September 20, 21, & 22, 1996

MAHA Fee

For further information call Clem at 367-2891 or 367-2383

Sagkeeng Jr. B Braves are accepting applications for Coach 96/97 season. Persons interested call Clem at 367-2891 or 367-2383.

Pine Falls United Church is considering renting out space. Could be customized designed to meet your needs.

Please call: Dave or Alice @ 367-2392 or Marion @ 367-8495 by September 25.

Papertown Motor Inn

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GREEN TOMATO PICKLES

| | |
|-----------------------|----------------------------|
| 1 gal. green tomatoes | 1 tbsp. all spice |
| 1 1/2 c. brown sugar | 1 tbsp. celery seed |
| 6 large onions | 1 tbsp. whole cloves |
| 2 sweet red peppers | 1 tbsp. whole black pepper |
| 4 c. vinegar | 1 tbsp. mustard |
| 1 tbsp. mustard seed | 1/2 c. salt |

Slice tomatoes and onions thinly. Sprinkle with 1/2 c. salt. Let stand overnight in a crock or enamel vessel. Tie all spices in a cheesecloth bag. Chop pepper pods thinly. Drain the tomatoes & onions well. Add the sugar, mustard & peppers to the vinegar, then add the tomatoes and onions and cook for 1/2 hour. Stirring occasionally to prevent burning. Remove spice bag. Pack into sterilized jars and seal.

Recipe taken from tried, and true tasty treats by Red Halpin.

News

Pine Falls School Newsletter

School Pictures

This year students will bring home a picture proof and an order form. All further picture orders and payment for the same will be directly with the Josten Company. Pictures will be taken on October 7th and parents are reminded that there is no obligation to purchase any photos.

New Staff and Students

Pine Falls School is pleased to have a few new faces on our teaching staff this year. Mr. Brent Boblinski is our new French teacher. He hails from Selkirk and is replacing Ms.

Joanne White who is on maternity leave until the New Year. Ms. White is the proud mother of another baby girl. She now has two.

Also joining our staff again is Ms. Carolyn Whitford. Carolyn has returned from several years of happy child rearing and now that her two boys are in school, has rejoined our staff as our Kindergarten teacher and we are glad to have her back.

With Erma Crawford retiring, Ms. Jan Paukovic has gone "full time" teaching our combined grade one and two class.

An additional full time teacher aide, Ms. Jean Zimmer, has joined us. Jean worked part time with us last year in the Kindergarten class and this year is a full time "special need" aide. Jean lives out on Maple Creek Road and has been an excellent addition to our staff.

We have also welcomed a number of parent volunteers to help with various projects and students in the school. A special thanks to the following parents for volunteering a few hours a week for a good cause. Maureen Eyoifson, Cara Malo, Bernice Kralka, Janice Lavallo, Cathie Nicholson, Jackie May, Kim Bonekamp, and Cheryl Pachkowsky. If there is anyone else out there who would like to volunteer an hour or two a week, we can find useful and very interesting work for you.

We would like to welcome the following new students to our school. In Kindergarten we currently have Adam Barkhouse, Cody Cyr, Alex Diduch, Shelly Duff, Tylor Houston, Dylan Johnson, Jeremy Lavoie, Sethe Malo, Sebastian Ouvard, Kale Parisian, Adam Smitzniuk, Tara Ursel, Justine Vezina.

In grade one we welcome Kayla Kemball, Thor Eyoifson and Tylor Mercer. In grade two Danny Kemball.

In grade three welcome Tonette Travers and Dylan Smitzniuk. In grade four Michael Kemball, Scott Smitzniuk and Mitchell Guimond.

In grade five welcome to

Christy Bruneau and Jennifer Catellier.

In grade six welcome to Tyler Martin, Brandon Arsenault and Justin Kemball.

And in grade eight we welcome Justin McIvor.

School Emergencies

The recent fire tragedy next door to our school reminded us of the need to be as well prepared for emergency situations as you can be. Unfortunately you cannot prepare for everything or every possible freak occurrence of nature or man caused. Common sense must govern our activities and we have kept this in mind in our school emergency plans.

We have gone over the plan with all students and staff and it will be practised monthly. Our fire alarm system is an excellent one. Our building is safe and easily vacated. In a recent fire drill, our building was vacated in just under 30 seconds and all students accounted for in two minutes. There was no confusion. We hope we never have to use it in a real situation but we think we have been reasonable without raising unnecessary fears and restrictions on our school and staff.

Noon Hour Lunch Policy

We generally expect all students to go home for lunch. We feel that most students in grade 6 and older should be capable of going home for lunch and also be responsible enough to ensure that younger brothers and sisters have their lunch too. We acknowledge that

some of our students walk from the "Rock" area of Pine Falls or come here by bus or auto and will not have time to go home for lunch.

We also acknowledge that there may be a special family circumstance where it may be preferable for younger students to have lunch at school. If you feel that this is the case in your family please come to the school to discuss your situation and do not simply assume that your child will stay for lunch.

Students are welcome to stay for lunch when there are specially scheduled noon activities for them specifically. There may also be special "short time" circumstances where it may be preferable for a student to eat lunch at school. These can be accommodated in the short term.

We hope you understand that teaching is an exhausting and stressful occupation and teachers need a lunch break uninterrupted by student contact. Pine Falls teacher voluntarily supervise lunch duty and we do not feel that they should be supervising students who could be eating lunch at home. We hope the teachers generosity of time and energy is not abused.

We believe that "lunch" can be a valuable learning time for young people. Students can learn to be responsible, self-reliant and confident individuals. These are your children by cooperating with our noon "lunch" policy.

Thank you for your cooperation.

Helicopter Crash

continued from pg. 1

Falls Paper Company. An engineer from Calgary Jay Gunnerson and the pilot Corey Tailor of Lac du Bonnet. Durocher said "there was a loud bang, and we lost the engine power, the pilot curved her into the wind and we came down in 8 seconds. We landed in a marshy area, which probably took up alot of the jolt."

He said the skids bent up which reduced the input but they couldn't open the doors, eventually Gunnerson man-

aged to get his door open and pulled the skids away so that the others could get out.

They were picked up 1 1/2 hours later by a Northern Helicopter's helicopter from Pine Dock, MB, and finished the rest of the days work. Durocher said they went down so fast they didn't have time to worry.

John Gibson owner of provincial helicopter's said the cause of the crash was mechanical failure in the engine.

He said the company policy is to maintain altitude so they can glide to an open area in an emergency. He said the pilot Corey was able to follow the emergency procedure. Gibson said Corey handled it very well "I've been flying for 21 years and couldn't have handled it any better."

He said the engine was installed on the 17 of July 1995 it had only 700 operating hours. Transport Canada is investigating the incident.

Pow Wow - continued from pg. 1

The Boys Fancy Competition was won by Preston Pashe of Dakota Tipi, Mb.

In the Boys Traditional Fabian Brown of Pipestone, Mb finished 1st followed by Jason Zorhian of Albuquerque, N.M. 3rd was Lance Wells of Dakota Tipi, and 4th Rising Sun Kasaywaysemat of Broadview, Sask, other dancers were Ramie Fontain - Sagkeeng, Barry Bigblood - Whitdog, On, and Joe Shofley from Winnipeg.

In the Teen Girls Fancy Erynn Moar of Lake Manitoba finished 1st with 2nd place going to Lindsay Twoheart of Sagkeeng, 3rd was Jennifer Windy Boy of Rocky Boy, Montana, Vickie McDonald of Sagkeeng finished 4th.

Teen Girls Jingle Competition was won by Shirleen Tootosis of Poundmaker, Sask, 2nd - Becky Nepinak of Winnipeg, 3rd - Jacinta McDougall of St. Theresa Point, Mb, and 4th - Harriet Duck of Little Grand Rapids. Other dancers were Andrea Fontaine of Sagkeeng, Amanda Sumner of Fairford, Mb, Melody Assin of Grassy Narrows, On, Brandi Blackbird of Winnipeg, Linell Maytwayshing of Lake Manitoba, Darion Courchene of Sagkeeng and Jessicas Courches of Sagkeeng.

In the Junior Boys Grass Category Andrew Whitefeather of Sioux City, Iowa took 1st, 2nd went to Donovan Hanska of Birdtail, Dakota, 3rd was Daniel Fontaine from Sagkeeng, and 4th was Travis Francis of Long Plain. Other Competitors were Greg Starr of Sagkeeng, Rick Fontaine of Sagkeeng, Jeremy Bone - Keeseekewenin, Mb, Donovan Courchene of Sagkeeng, Steven Baiash of Grassy Narrows, On., Patrick Scott of Winnipeg, Derrick Andy - Fort Frances, On, and Troy Fontaine, Randall Fontaine, Clinton Abraham, and Ken Jay Fontaine all of Sagkeeng.

Drums were 1st - Fly in Eagle, 2nd - Dakota Travels, 3rd Brown Eagle, 4th - Chippewa Cree, 5th - Haystack and 6th - R Boyz.

The Pow Wow Organizing Committee consisted of Perry Fontaine, Ken Courchene, Wendy Fontaine, Norma Daniels, Ivy Courchene, David Blacksmith, Steve Courchene and Annette Siegle.

Darris Halfe from Sioux Valley, Mb was the winner of the junior boys traditional dance.

The Junior Girls Fancy Shawl was won by Angel Faith of Oceanman, Sask, 2nd - Angel Star White of Whitefish Bay, On, 3rd - Tara Meeches of Long Plain and 4th - Josephine Paypompay from Whitefish Bay, On, other junior girls were Jessie Boubard, Jolene Fontaine, Marissa Daniels, Tara Courchene, and Michelle Courchene all from Sagkeeng, Mb.

Crystal Skead of Whitefish bay, On won the Junior Girls Jingle Competition. 2nd place was won by Brooke Meeches of Long Plain, 3rd - Sunny Skead of Whitefish Bay, and 4th - Samantha Andy of Fort Frances, On. Other competitors were Krista Courchene - Sagkeeng, Shannon Maytwayshing - Lake Manitoba, Taydi Fontaine - Sagkeeng, Robin Kent - Sagkeeng, Amanda Abraham - Sagkeeng, and Candace Courchen of Sagkeeng.

In the Junior Girls Traditional 1st - Justine Mearther of Kisby, Sask, 2nd Jayceen Assinaboine of Long Plain, 3rd Wynone Halfe of Sioux Valley, Mb, and 4th Michelle Thomson of Winnipeg.

More than 70 former residents of Bissett met at the Birchwood Hotel Sunday, September 15. It was more like a family reunion. Bissett, especially in the early days was an isolated community with no road access to the outside world. With that it made for a close community and was demonstrated over and over at the Birchwood last

Sunday.

There were hugs and kisses, lots of laughter and talking as people remembered the old days and caught up with development in the lives of people they once lived with.

Bissett Reunion at Birchwood Hotel



and over at the Birchwood last Sunday.

There were hugs and kisses, lots of laughter and talking as people remembered the old days and caught up with development in the lives of people they once lived with.

OBITUARY

Peacefully, at the St. Boniface Hospital, on Sunday, September 8, 1996, after a courageous battle with cancer, Alice, beloved wife of Ben Pearson of Pine Falls, Mb, passed away at the age of 88 years.

She was predeceased by her father, Hector in 1981, her mother, Rose Alma in 1979, sister Claire in 1973, and stepmother Marie Rose in 1988.

Besides her beloved husband, Ben, she leaves to cherish her memory two stepdaughters, Lorelle and Michelle of London, Ontario; four brothers: Henry (Rita), André (Marie) of St. Georges, Maurice (Ghislaine) of Leaf Rapids, George (Cecile) of Pine Falls; three sisters: Annette (Paul) Frechette of Pine Falls, Simone (Phillip) Gauthier of St. Boniface, Noella (Cleve) Rix of Red Deer, Alberta; four stepbrothers: Emilie, Lionel, Roland and Claude Lusier; one stepniece, Simone Caron. She also leaves three aunts: Germaine, Irene and Laura and one uncle, Edward, numerous nieces, nephews, cousins and many friends.

Funerals will be by her nephews: Guy Frechette, Claude Fontaine, Jules Fontaine, Jamie Gauthier, Jason Rix and Denis Fontaine.

Our sincere thanks and gratitude to the doctors and staff of the St. Boniface Hospital for all the care given to Alice.

Donations in Alice's memory to the Canadian Cancer Society (Manitoba Division), 193 Sherbrook Street, Winnipeg R3C 2B7.

ALICE ROSE PEARSON (nee FONTAINE)



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Pine Falls 5 Pin Bowling News

Pine Falls Bowling League is holding their annual meeting on Thursday, Sept. 19th at the Legion House, 7:30 P.M. All persons interested in joining the bowling league are asked to attend. Teams can be entered at this meeting. Any suggestions or new ideas for improving the league will be discussed at this time. Be Sure To Attend!



Junior Girls Jingle

Winners of the 5P Float and Window Dressing Contest

Best overall float winner was Natural Resources. First annual window dressing contest winner was the Royal Bank which was painted by Kristen Carriere

Great Falls Early Bird Cash Spiel
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2xpd.-2

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1xinv.-1

THANK YOU

Thank You

I want to thank Norman Pachkowsky very much for bringing me to the hospital and helping me in the wheelchair on Aug. 25th. To Father Y. Beaulieu for taking time to visit me every day. It's very consoling to have the visit of a priest. Thank you to some of my friends - Yvette Lemire who took time off her busy day, to Margaret & Valier Beaulieu and Robert and Madeleine Guay - Did I appreciate your visits - You bet I did! Thank You to the devoted nurses, especially Jeannette Schmidt and Jean Pelland and to all the aids who do their best to help you in every way - Thank you. To the cook & to her helpers. Thank you. Last but not least - Doctor J. Kuschke who does his best to help you in a very conscientious way - I Thank You.

Jeanne Girardin

THANK YOU

Thank you

Our sincere appreciation to the Pine Falls Volunteer Fire Department for their quick response in saving our home. Also to their very professional manner in handling it's situation and providing emotional support. As well a big thank you to our friends for reporting the fire and being there when we needed them. Special thanks to Mike, Howard and Betty, Brenda and George, and Jim and Gerry.

Martin & Carol Orvis

FOR SALE

1994 Plymouth Grand Voyager, S.E. Van. New Tires V6, 3.6 Litre, Low Mileage, \$22,000 O.B.O.

1993 Artic Cat Cheetah 440, \$5500. Matching Cutter \$1900. Both for \$7000.

1979 Polaris TXL 340 Mint Condition with update kit \$1900 O.B.O.

1985 Honda SX ATV (3 wheeler) \$1900 O.B.O. Phone 345-6632

HELP WANTED

Bartender required for Pine Falls Sports Room (Curling Club). Send resume to Box 931, Pine Falls, Mb. ROE 1M0. Deadline Oct. 4, 1996

2xpd.-1

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Out Buildings - 20' x 14' shop w/ electricity, NEW 42' x 24' metal buidling w/water & electricity, additional 16' x 12' shed.

3 acres fenced for horses or possible hobby farm. Located 2 miles off hwy. #11 on Maple Creek Rd. Must be seen. Contact Richard or Lisa Chevretils Ph. 367-8911.

4x3pd.

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