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# With the VOICE

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## LOCAL TEAM WINS FISH DERBY

Sylvio Chevrefils and Murray Steinke reeled in eight fish weighing a total of 50.51 lbs. to win the \$10,000 first prize in last weekend's fish derby hosted by the St. Georges Voyageurs Hockey Club.

Chevrefils said they tried fishing at several places, but caught all eight fish off treaty point jigging with live chub and night crawlers.

It was cloudy and rather cold Saturday morning, but the sky cleared by noon. But for the rest of the weekend the weather was sunny and warm - a perfect weekend for the event.

100 boats entered the derby. Teams were allowed to

weigh in four fish each day of the two day event. Those fish not kept for the weigh in were released. Fish weighed in were tagged by Natural Resource officer Jeff Houghton and kept in a collapsible storage tank. At the end of the day they were released above the Pine Falls Generating Station.

Chevrefils and Steinke weighed in 26.72 lbs the first day and were running second. They knew they had a chance at the big prize but didn't know they had won until the results were announced at the banquet in the curling club on Sunday evening.

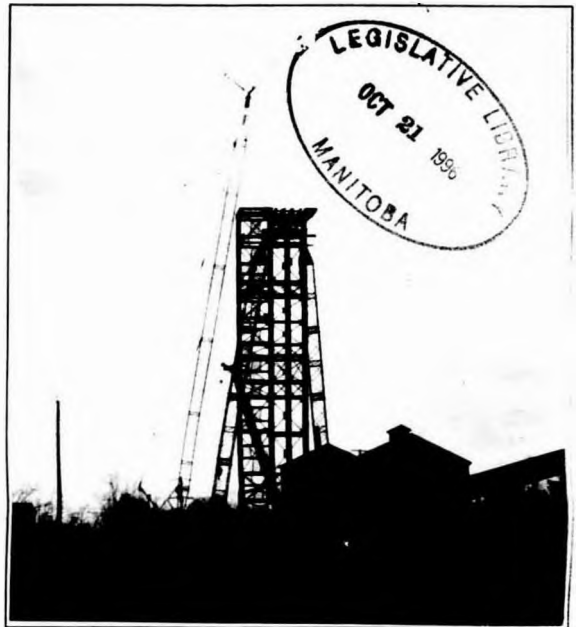
Chevrefils spends winter

in Texas every year, this year the Steinkes will be joining them for the month of December.

Steinke said the Voyageurs "put on a real nice derby, it was very well organized. The weigh in was excellent - we didn't have to wait, and the meal Sunday evening (catered by the club) was excellent."

Chevrefils said he had entered "just about every derby since they started." He came twelfth last year.

It was a community wide event. A ringette club sold barbecued hamburgers, hot dogs, Continued on Page 2



## New landmark for Bissett

Bissett mine headframe under construction. Less than two weeks after demolition of the old hoist, construction of the new headframe is well underway.

## BURIED BONES BAFFLE

by Lorraine Neal

A discovery of bones by hunters in the Belair Forest, has the Chief Medical Officer looking for answers. The hunters were scouting for small game, when one of the men kicked at a pile of leaves and brush. To his horror he saw a skull roll out of a small indent in the ground. Police were called, and about one half acre of land was barricaded with police tape and placed under 24 hour guard.

Unsure of how the bones came to be where they were, or if there was evidence of foul play, the R C M P called in forensic experts.

After some time it was determined that the bones had

been laying in the ground possibly as much as fifty years. They were sent to the office of the Chief Medical Examiner in Winnipeg. The Chief Medical Examiner's office stated last week that the bones are still being examined, there seems to be no evidence of foul play, but that the investigation is still ongoing.

There is speculation that the bones are that of a young aboriginal female, possibly 17 or 18 years of age at death, and that they came from another site, possibly that of an ancient native burial ground. The investigation is expected to take another two to three weeks to complete.



Youngsters checking out some of the 800 pickarel transported to St. Georges during the weekend.

News



Kim Wilson, with megaphone, M.C.'d the event from Guy Lavoie's pontoon boat.

**Wilson shines as emcee - cont. from p.1**

soft drinks, coffee and donuts at the Pine Falls Dock. \$1000 was donated to the Powerview Arena, and the Voyageurs Hockey Club got a percentage of the revenue. The curling club received the revenue from bar sales all weekend, beginning with the Calcutta Friday evening. Kim Wilson did an excellent job as emcee for the week-

end. He was in Winnipeg early this week visiting his mother in hospital. Full details of results will be published in the Voice next week after he returns to Pine Falls.



**Legion House expansion - week two**

Foundation formwork in place

**QUESTIONS ABOUT ADVERTISING?**

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**Community Billboard - ph 367-4466**

**LIBRARY ALLARD:** Library Hours: Tuesday: 10:30am to 5:00pm  
 Wednesday: 1:00pm to 5:00pm 6:30pm to 8:00pm  
 Thursday: 1:00pm to 5:00pm 6:30pm to 8:00pm  
 Friday: 1:00pm to 5:00pm Saturday: 10:30am to 2:00pm  
**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  
**POWVIEW LOCAL MMF:** Regular Meetings held on the first Thursday of each month - 7:00 pm at the Powerview Arena Meeting Room  
**PINE FALLS HEALTH AUXILIARY:** Meetings on the first Tuesday of Every month at 1:30 pm  
**COTTAGE COUNTRY BUSINESS ASSOC.:** Meeting - Every first Monday of the month at 7:00 p.m. Ph. 756-2596  
**ALCOHOLICS ANONYMOUS:** - Sun Rise Group - Meetings every Monday, Wednesday and Friday 7:30 p.m. to 8:30 p.m. Located at Powerview Arena (small centre entrance in front). Last Friday of the month open to the public  
**PINE FALLS LEGION -** Meetings held 2nd Thursday of the month 7:30 p.m. Legion Hall. Meat raffles held at Legion House on Fridays from 4:30 to 5:30 p.m.  
**PINE FALLS MASONIC LODGE # 154 -** meets on second Friday of every month in the Pine Falls United Church. (except June, July, & Aug.)  
**BADMINTON -** Pine Falls School Gym, Sunday & Wednesday nights, 7:00 - 10:00 p.m.  
**POWVIEWVIEW 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 POWVIEW 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) 10:00 am, Saturday eve (French) 7:30 p.m. & in Stead Sunday 12:00 noon.  
**PINE FALLS UNITED CHURCH:** Sunday service Sunday school 11:00 AM Rev. Cindy Terry, Office Hours: Tues - Fri 10:00 to Noon Tel: 367-2633 Services held in Anglican Church of the Advent.  
**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 Sunday, 11 am Morning prayer 11 am - 1st, 3rd and 5th Sunday  
**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 633-2623 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, Scarborough MO., on Hwy 39  
**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, Pit Rd. - Travers Bay, 11:30 a.m. Sunday** Additional Mass mid June thru Labour Day 7:30 p.m. Saturday.  
**ST. ALEXANDER R.C. CHURCH, located at Sagkeeng 1st Nations. Sunday Mass 10:30 a.m.**  
**ST. THERESA R.C. MISSION, 88 Glendale Ave., Grand Marais. Mass or Community Service 7:30 p.m. Saturday, 1st Sat. of November to last Saturday of April.****

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 R0E 1M0  
 PH. 367-4466 FAX 367-4078  
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News

**Manitoba Hydro holds Open Houses**

**Safety questions answered for Winnipeg River Generating Stations**

Public Open Houses on emergency preparedness plans developed by Manitoba Hydro are being held this fall in St. Georges, Lac du Bonnet and Winnipeg. The Open House events deal with the plans in place in the event of a failure of one of the Hydro dams on the Winnipeg River.

The meetings are part of a province wide safety program by Hydro, advising people who live near its dam of the warning systems in place and the proper response in the unlikely event of a dam breach that would cause flooding. Manitoba Hydro officials point out that a breach of a Hydro

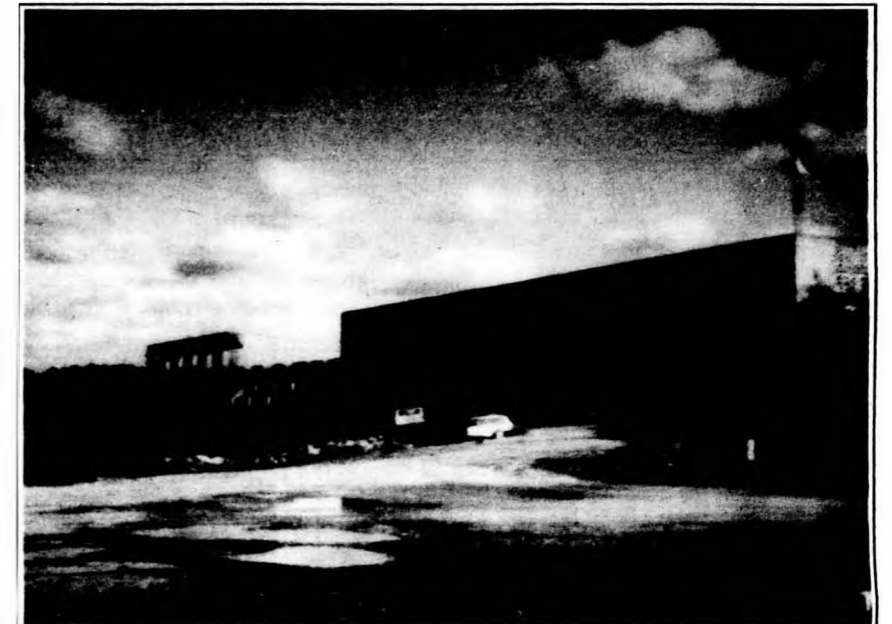
dam is extremely unlikely because of the historical absence of such catastrophic events as earthquakes in the province and since the dams and generating station structures are monitored regularly and are well maintained.

Even though such an event is unlikely, Manitoba Hydro has developed contingency plans and has worked with local government and emergency agencies to ensure that people know what actions to take in event of an emergency.

Detailed inundation maps, available at the Open House, will display the areas

meetings are being held on October 29 in the L.G.D. of Alexander council chambers in St. Georges and October 30 in the council chambers of the L.G.D. of Lac du Bonnet in

Lac du Bonnet. An Open House will also be held in Winnipeg on November 20 at the Manitoba Hydro head office on Taylor for seasonal residents. All Open House will run from 7 to 9 pm.



Pine Falls Generating Station.

**Notre Dame Du Laus Parish News**

The Sacrament of Anointing of the Sick will be celebrated within a special Mass, this coming Sunday, October 20th, at 3:30 p.m., in the Notre Dame du Laus Church. Through this sacrament Christ strengthens the faithful who are afflicted by illness of any kind, providing them with the strongest means of support.

The celebration of this consists especially in the laying on of hands by the priest, the offering of the prayer of faith, and the anointing of the sick with oil made holy by God's blessing. This rite signifies the grace of the sacrament and confers it.

All who seek spiritual and/or to receive the Sacrament of Anointing. Do you know of any shut-ins or physically challenged people who might want to attend? Ask them and offer them a ride! EVERYONE is Welcome!

The First Confirmation classes for our youth (Grade 7 & up) will be held Wednesday, October 16th or Thursday, October 17th, at the Powerview School. The classes will be held in Classroom 41. Please check with Eva or Malvina to see what night you will be attending. May we keep in our prayers all the youth preparing to receive the Sacrament of Confirmation in Spring.

**MARK'S MEDI-WHEEL**  
 431 PARK AVE., BEAUSEJOUR  
 MOBILITY & HEALTH CARE SUPPLIES  
**MARK DUGARD**  
**268-3102**

**The St. Georges Sand Bag League**  
 will be resuming its activities Thursday, November 1, 7:30 p.m.  
 Please give your name (by Oct. 25) to:  
 Henry Desautels 367-2580 or Colette Vincent 367-8603

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**3 Bears Day Care**  
 Special Meeting for 3 Bears Day Care members will be held on Thursday, October 24, 1996 at 7:00 p.m. at Anicinabe Community School. If you are not a member and wish to be, call Judy at 367-2224 for details. For additional information call Gregg Pierce, Regional Day Care Manager at 367-6159

**Pine Falls Curling Club**  
**Fall Mixed Bonspiel**  
**NOV. 1, 2, & 3**  
 Prizes for Best Costume Halloween Party Sat. Night  
**ENTRY FEE \$100**  
 Contact Tim Seguin 367-8305  
**Deadline for entry Wed. Oct. 30th**

## Beaches

### BEACHES BUZZES

#### Grand Marais Fall Supper...

It's that time of year again...when the fall suppers appear on our calendars. A Fall Supper is scheduled to take place in Grand Marais at the Seniors Hall on Grey Street on October 26th, 1996. There will be two sittings, one at 4:30 P M and the second at 6:00 P M. Tickets will be \$8.00 per person, and for more info on these tickets and from whom they'll be available, please call Betty at 754-2510. Dinner sounds delicious, it'll be turkey, mashed potatoes, vegetables and all the trimmings. Fall suppers are a great way to spend time with family and friends...and you don't have to do any cooking or dishes!

#### Flu Shots..

Also in Grand Marais - Flu shots are scheduled to be given by Evange Brooks, Public Health nurse from Selkirk. These shots are scheduled for Tuesday, October 29th from 1:30 P M till 3:30 P M. Everyone who has not had the opportunity to be vaccinated against the flu, now's your chance.

Grand Marais Christmas Dinner and Concert are in the planning stages... watch for more information as details and date is finalized.

Now things are starting to hum....

#### Thanksgiving...

Hopefully everyone had a great Thanksgiving....and

much to be thankful for. Often we forget the real things in life. We think we should have lots of money, property, or things to keep us happy, and then we think that's what we should be thankful for. Whatever happened to being thankful for good attitude, good health, good food for our tables, and best of all, loving families and friends!

#### Work at home...

The other half in this

household is thankful too! He'll probably run miles the next time he hears the phrase, "What do you think about this room? We should redecorate, I know just how it should look!" He just heard those words and we both spent the past few days patching, sanding, taking an entire room apart, painting and laying wall to wall carpet. The work was finally finished about 1:00 am on Sunday of the Thanksgiving weekend. It gave a whole new meaning to the word for him! (The room does look

terrific though.)  
*Brrrrr, brrrr....it's cold out there*

Those wonderful and colorful leaves of the past weeks are now strewn all over the ground, and blowing about after some windy days and a thunderstorm complete with hail on Monday. The wind sure did a number on trees and shrubs, not to mention any plants still flowering. Have a great week...

*Th-th-th-t-that's all folks....*

#### School Pictures

On Monday all students had a photograph taken. Sometime in the next month, each student will receive a picture and an order package at school. From that point on, all parent communication as to pictures ordered, money to be paid, etc. will be directly with Josten's. The school will not be taking any orders nor collecting any monies. Parents are again reminded that you are under no obligation to order any photos.

#### Lunch Hour Supervision

There are some students who stay for lunch every day. A lunch room is provided but there is no food preparation facilities. It is a school observation that too many sweets are coming in some lunches. Those students are eating the candy and often throwing other food items away. Less or no candy with lunches would be appreciated.

The Principal supervises the lunch room and school from 11:50 to 12:30. Students are being held in the lunch room until 12:10 encourage them to sit down and eat a leisurely lunch. At that point students go to scheduled intramural activities or if the weather is good they are encouraged to go outside. It often happens that the supervisor has to be in two or three places at the same time. Even Superman cannot do that. We try to provide common sense supervision as best we can with the resources available, just as parents do at home. To expect or demand more is unreasonable. Sometimes there is no one out in the school-yard for a few minutes. At 12:30 another teacher assumes supervision of the playground until 12:45 when the students classes resume. All supervision by teachers is voluntary and takes time out of their lunch time which

all working people require. All intramural activities and inter school activities are voluntary. The school cannot provide more noon hour supervision given our current resources.

#### High School Bussing - Noon Hour

This service is currently being provided for Pine Falls students to enable them to go home for lunch. The numbers of students using this service is declining. The current level of bus usage raises the question as to whether this costly service is worth it for so few students. If students numbers further decline this noon hour bus will be discontinued.

#### Citizenship Club

The grade 7 and 8 students have done an outstanding job organizing and refereeing in the noon hour intramural schedule. A Citizenship Club has been organized to develop such positive characteristics as leadership, assertiveness, organizational skills, and self esteem. As part of this students helped supervise and assist in the Terry Fox Run and assisting young students in Kindergarten and LE Petit Soleil Mini School.

#### Bully Proofing Our School

Students in grade one to six have just completed a "Bully Proofing Program" in their weekly group guidance classes. Students have learned the "Ha Ha So?" technique of dealing with bullies. If you are unaware of this technique, ask your son or daughter about it. The more we discuss a problem the less of a problem it becomes.

#### Winter Clothing

Winter is coming. We require all students to have indoor and outdoor shoes. This is to help in keeping the school as clean as possible. Students go outside for

## School

### Pine Falls School News

recess and travel back and forth to school. Please do your best to ensure that students are properly dressed. High School students catching the bus in the morning have no shelter. They should arrive properly dressed and timed so that there is no long waits outside in the winter cold. Students "It's not cool to be cold waiting for the bus."

#### Measles Immunization Program

Manitoba Health is instituting a program to attempt to eliminate measles in Manitoba. Sometime this month all parents of children in grades Kindergarten to grade six will be receiving a letter requesting consent to immunize. A program to immunize all students will follow. It is planned that these immunization shots will be administered at school sometime this autumn.

#### Terry Fox Run

We wish to thank all those students who sought pledges and all you parents and community people who donated money for this cause. The students raised slightly more than \$500 for this great cause and this is only possible with the support of the community. Thanks for your help.

#### Honda Run for the Cure

The community response to this fund-raiser for Breast Cancer Research has been overwhelming. To date over \$1,613.00 has been pledged and collected for this activity. On Sunday, October 27th thirty two students, together with Coach Jeff Whitford, will compete in the event in Winnipeg. All monies go to the Canadian Breast Cancer Foundation. Anyone wishing to make a donation may do so by sending a cheque or cash to Mr. Whitford at the school. A special thank you to all those who have already pledged

to the cause.

#### Cross Country Meet

Our school was represented by two teams of elementary students at the Agassiz Division Meet recently held in Pinawa. The students competed very well against high school students and grade seven and eight students and made a very credible showing. Three of our runners finished in the "Top ten". Both teams finished in the top half of the field. Congratulations to Christine Petrusson, Pam Veilleux, Ashley Robertson, Carly Snell, Jenna MacLellan, Brandon Arsenault, Tyler Martin, Mark Terry, Andrew Bonekamp, and Evan Mysak. Also thanks to coach Jeff Whitford for the many early mornings.

#### First Aid Course Grade Eight

As part of their school work this year, the members of the grade eight class are taking a full first aid course. This course is being taught by Pam Simmons of the local ambulance service. The student response to this opportunity has been excellent. The course started last Friday and will take part of the next two Friday's.

#### Tree Planting

As part of the Model Forest program which the grade 7 and 8's participated in recently, six nice sized evergreens have been planted in front of the school and two in the United Church Yard. Thanks to Mr. Christie and the Model Forest for the donation of the trees and help in transplanting.

#### Sag Days

Staying in touch with what is happening out in the world of school other than our own requires constant training and edu-

cation for teachers. SAG stands for Special Area Groups. Friday, October 25 is a SAG day. On that day there is no school for students but teachers are in school learning how to do their jobs better and to keep informed. Teachers from all across Manitoba use this day to learn more about their jobs.

#### Home and School

T-Shirts are still available. A sample is being displayed in the school entrance. Anyone interested can contact your child's teacher or contact Ms. Cathy Pedden at 367-2152. It could be a great Xmas gift for the stocking. The cost is \$15.00

Our annual membership drive is in progress. Annual memberships are \$5 per family. The funds are used for special events in the school.

The new playground equipment is almost fully installed. It doesn't look like much, but the new equipment cost \$12,000 installed. Future plans call for additions as the budget allows. A special thanks to the following for their help in erecting the equipment last weekend. Gerald Peltier, Don MacLellan, Mark Petrusson, Blake Malo, Tannis Petrusson, Victor Lavoie, Jeff Whitford, and Darrell Parisian.

#### Water Color Workshops for Adults

A series of 1 day workshops held monthly in Winnipeg and Beausejour on Saturdays.

October 12 - Intro to Watercolors - all supplies supplied

October 19 and 26 - Mallard Ducks in Autumn - no art supplies

Call Nancy Lou Ateah 1-204-756-2404.



Tom Stucky at the wheel of his '78 Thunderbird race car.

## Beaches auto racer has great year

Tommy John Stucky, of Victoria Beach is a happy man. Stucky completed a total of eighteen races this past summer with his 78 Thunderbird stock car. Seventeen of the races were run at Victory Lanes in Winnipeg, and one at Hamilton Raceway, North Dakota. In his first year of competitive racing, Stucky feels he did well. "I think I did well, we finished 4th overall for fifteen races. I feel I had

consistency, I finished every feature. The car stood up well mechanically, other drivers were experiencing blown motors and had other difficulties. I had none of that and the body did just fine till the last few weeks when it began to get hit more often. Hopefully the Thunderbird body will be replaced with that of another T Bird."

Stucky said, "Things began to turn around during the

Street Stock Special when I took 4th place. It just began to get better and better, as I finished 3rd, then second. My one disappointment is that I was never able to finish first, but that is something to look forward to next year."

Stucky also said the fun and thrill of the race far outweighs the work and sometime headaches involved in the sport. He also stated, "I would not have been able to be as competitive without the financial backing of my sponsors. They really helped with the cost of maintenance and equipment. I am very grateful to my sponsors, the Birchwood Motor Hotel, D. D. L. Developments, Einfield Bakery, and Frank Stucky Trucking. Without them I could never have done it."

Racing will begin the second week of May, weather permitting. One new feature will be trucks which will now be permitted to race, beginning next year.

### Pine Falls Ladies Curling Club

Will be accepting team entries for the 96/97 curling season.

Individual curlers are welcome!

Deadline for entries is October 29/96.

Phone Tracy Sharpe 367-8533 or Deb Lagasoe 367-9010 or 367-8726.

## SAMUEL L. JACKSON THE GREAT WHITE



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## Country Cooking

### FRIED PICKEREL GRENOBLE

2 lbs of Pickerel Fillets	¼ cup butter
Juice of 1 lemon	1 slice dry bread crumbled
Salt	2 tablespoons capers, drained
6 Tablespoons of Flour	1 lemon, sliced
½ cup vegetable oil	Parsley sprigs (Garnish)

Thoroughly wash fish; pat dry with paper towel. Sprinkle with half the lemon juice; let stand 5 minutes. Salt pickerel on both sides; roll in flour. Heat oil in fry pan. Add fillets; Fry 5 minutes on each side or until golden. Remove fish carefully with slotted spoon; discard oil.

Melt butter in same fry pan. Return fillets to pan; fry 5 minutes on each side. Remove; arrange on preheated platter.

Add bread crumbs to butter; cook until browned, pour over pickerel; sprinkle lemon juice over top. top with capers; garnish with lemon and parsley.



### Small Business Week Mini Seminars & Tours

Are you thinking of starting a small business or already involved in one? Plan to attend this series of mini-seminars and tours.

Monday Oct 21 7:30 - 9:30 pm	Writing a Business Plan Provincial Building, Beausejour, Agriculture Board Room
Tuesday Oct 22 7:30 - 9:30 pm	What Government Programs Do - How can they help me? Provincial Building, Beausejour, Agriculture Board Room
Wednesday Oct 23 7:30 - 9:30 pm	Financial and Legal Aspects Natural Resources Board Room, Lac du Bonnet
Thursday Oct 24 7:30 - 9:30 pm	Promoting Your Business Natural Resources Board Room, Lac du Bonnet
Cost for Seminars: \$5.00 per person per session \$15.00 per person for 4 sessions	
Friday Oct 25 9:15 am	Northeastern Tour of Small Business Meet at Pinawa Shopping Mall
9:30	Software Solutions, Pinawa
10:30	La Verendrye Trading Co., Lac du Bonnet
11:15	C.K. Sausage, Lac du Bonnet
12:15 pm	Brightstone Hunterie Colony, Lac du Bonnet - tour and lunch
3:15	Great Northern Wild Rice, Silver Falls
4:00	Winnipeg River Cable TV, Pine Falls
5:15	Arrive back in Pinawa

Cost for Tour: \$20 per person  
Pre-Registration Required  
Contact Marilyn Zarecki, Manitoba Agriculture, Beausejour, 268-6015  
Registration deadline is Friday, October 18

Organizers  
Eastman Regional Development Corp. Winnipeg River Brokenhead CFDC  
Manitoba Agriculture JUST Training Corp. Rural Development, P.F.R.A.

Seniors

SENIORS INFO CORNER

Legal Info for Seniors

Estate Administration - Letters of Probate

If you have been named executor/executrix of an estate, you will have to ask the court to have the will probated. Probate is a legal word meaning proof. When a person dies leaving a will, the executor/executrix named in the will must probate (prove) the will before proceeding to administer the estate of the deceased person. In Manitoba, the application must include the will, a petition for probate, an oath signed by the executor/executrix, affidavits signed by the witnesses to the will and an inventory of the property in the estate. If the court is satisfied that the will is valid, it will grant Letters of Probate authorizing you to settle the estate.

Letters of Administration

Where a person dies without having made a will, anyone who has an interest in the estate may apply to the court for permission to administer the deceased's affairs. The court will determine who is the appropriate person to administer the estate and appoint that person by issuing Letters of Administration. Generally, the closest relative who applies (the surviving spouse having the best right) is appointed administrator by the court.

The administrator must live in Manitoba, and must give a personal guarantee to the court that he or she will administer the deceased's affairs properly. Where the estate is large, the administrator may be required to purchase a bond from a commercial bonding company to ensure the proper administration of the estate.

**Duties of an Executor/Executrix; Administrator**  
The duties of the executor/executrix and administrator are very similar. The term personal representative is often used as a generic term for both. In addition to obtaining letters of probate or administration, the personal representative must perform several other duties. Other primary duties of the personal representative are:

Funeral arrangements/expenses

The personal representative has the authority to incur reasonable funeral expenses, including burial and a headstone, on behalf of the estate.

Debts

The personal representative must ensure that outstanding debts and obligations of the deceased are paid. An advertisement must be placed to notify all creditors that the estate will pay all lawful claims against it. The claims of creditors take precedence over beneficiaries. The personal representative must also collect any debts owned to the estate.

Taxes

The personal representative is responsible for ensuring that the final tax returns of the deceased and the estate are filed and that income tax is paid. For more information in these matters phone Revenue Canada at 983-6350 in Winnipeg or toll free at 1-800-282-8079.

Distribution of the Estate

Once the debts of the estate have been settled, the remaining assets may be distributed to the beneficiaries. However, the personal representative may allow a beneficiary possession of an asset that he or she is prospectively entitled to, before all debts are satisfied. If not enough funds remain to satisfy the gifts in the will, the gifts will be reduced

Settlement and Allowance of Accounts

The personal representative also has the duty of keeping accounts for all funds collected or distributed by the

estate. Before debts and gifts are paid out, residual beneficiaries must approve the accounts. Also any interested party (e.g. possible beneficiary, creditor) may ask the court to approve the accounts.

Business

Honouring an Entrepreneur

Loewen Windows receives Canada Export Award

David W. Iftody, M.P.

It gives me great pleasure to send congratulations to a local Steinbach company which has been the recipient of a prestigious award honouring their achievements in export sales.

Loewen Windows was granted the Canada Export Award at a ceremony October 7, 1996.

The Award honours Canadian companies which have excelled in exporting their products and services to countries around the world. Loewen Windows is truly deserving.

The 1990, exports made up just one per cent of the company's total sales. By last year, total export sales were 48 per cent of total business. The company exports its windows and doors all over the world including the United States, Japan, Taiwan, Mexico, Russia, the Philippines, China and Israel.

The year, nine companies received the award. There were over 251 applicants from across the country.

Loewen Windows has proven that small business can indeed grow and prosper and do business in the international marketplace.

The company was started in 1905 and has grown to employ 700 people.

To the management and staff of Loewen Windows, I say congratulations and keep up the good work. You set a fine example for other businesses to follow.

The Voice

FOR PHOTO COPYING, FAXING, AND DESIGN NEEDS CALL

367-4466

Features

SNAP SHOTS

By Carole G.



Dr. Ted Siddall came to our town fresh out of Medical College, at the age of 25 and has been here ever since. He has practised for 44 years, and delivered the majority of babies born in Pine Falls, and in some cases, 3 generations worth. Dr. Siddall was born in Winnipeg in 1925. He grew up there in a family that emphasized good education. Ted's father was a Rhodes Scholar who studied Law at Oxford University in England. His mother was one of the first female graduates from Manitoba College, and one of the first women in Manitoba to receive her Masters Degree. Ted himself studied sciences at the University of Manitoba, then went on to the Medical College to become a Doctor.

Dr. Siddall first arrived to Pine Falls in the spring of 1950. He remembers two things, when the roads were first paved in town, and crank telephones and party lines were still being used. On September 16th of that same year, Dr. Siddall married his long time sweetheart, June Anderson. Their first home was on Holly Street where Ray Souka now lives. Together, they raised three

children, two boys and a girl. Their family had a cottage at Albert Beach and they enjoyed many summers there. Two of his children now reside in Winnipeg, one son still lives and works in Pine Falls. Dr. Siddall used to golf, curl, and paint in his earlier days, but soon the many obligations of practising medicine in a small town took precedence over his hobbies. At times, there were only two Doctors for the entire area and free time was scarce.

Since he's been here, Dr. Siddall said the hospital facility has been through 4 major transformations. First there was a Company hospital with the Dr.'s offices in a separate building. On the same property, there was a small Native run hospital as well. Next, there was a wing built to join the main hospital to the Dr.'s offices building. The third change happened in 1962, when the two hospitals were combined to form a larger facility. The new addition of the Personal Care Home marked the latest transformation to the Pine Falls Hospital. Dr. Siddall has only been retired for a few years now. He is making use of his free time to enjoy his hob-

bies of water color painting and weight lifting. I asked Dr. Siddall to pull out some advice from his Dr.'s bag on how to lead a healthy life. He replied, "Good nutrition, good exercise, follow your bliss...and don't forget to laugh." Thanks, Dr. Siddall, for still offering sound medical advice after all these years of service.

To all our readers: If you would like to suggest an individual to be interviewed for our Snapshots article, please contact the Voice at 367-4466.

I am also wishing to collect some interesting past Christmas Stories to feature in the month of December. If you have had a memorable or funny Christmas occasion to share with us, or know of anyone who does, please contact us as soon as possible at 367-4466 or 367-9656. Or fax us at 367-4078.

The 13 Annual  
**ST. GEORGES Arts & Crafts Show**  
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NOV. 23RD  
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Canadian Thanksgiving

Marilyn Zarecki

Canadian Thanksgiving Days have been influenced throughout the years by many traditions. Before the first European settlers began to arrive in North America, the farmers in Europe held celebrations at harvest time to give thanks for their good fortune and abundance of food.

The first North American Thanksgiving was believed to have been in 1578. The English navigator, Martin Frobisher, held a formal ceremony, in what is now called Newfoundland, to give thanks for surviving the long and dangerous journey crossing the Atlantic Ocean. Other settlers arrived and continued to celebrate their safe crossings. Thanksgiving Days in Canada were also influenced by the arrival of the Pilgrims in 1621, in what is now known as the United States. They would celebrate their first harvest in the New World with their Indian neighbours. The Indian tribes introduced the new settler to foods such as the wild turkey, cornbread, squash and pumpkin. The children would pick berries and eat corn that was roasted or popped.

The celebrations were brought to Nova Scotia to American settlers from the south by the 1750's. At the same time, explorer Samuel de Champlain arrived in Canada with French settlers and held

huge feasts of thanks. Thanksgiving Day is a time for families and friends to come together to celebrate the many things for which they are thankful. Over the years, many dates were used for Thanksgiving Day. On January 31, 1957, Parliament proclaimed that Thanksgiving Day was to be observed on the second Monday in October.

To use up some of that leftover turkey, try the following:

- Turkey Cheese Casserole
- 125 ml. chopped onion
- 25 ml butter
- 1 can (284 ml) condensed cheddar cheese soup
- 25 ml chicken bouillon
- 3 ml dry mustard
- 1 ml salt
- dash nutmeg
- 250 ml grated cheddar cheese
- 500 ml cooked noodles
- 500 ml diced cooked turkey
- 500 ml frozen peas
- 25 chopped pimiento
- 50 ml buttered bread crumbs
- 0.5 ml pepper

Saute onion in butter until transparent. Blend in soup, bouillon and seasonings. Stir and cook until smooth and thick. Add cheese and stir until melted. Combine noodles, sauce, turkey, peas and pimiento. Turn into greased 2.5 L. baking dish. Top with crumbs. Bake 30 minutes at 180°C. Six Servings.

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The Voice

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Thank you to all who contributed to the 1996 Waasaabiyaa-Shining Waters Heritage Region Fall Fest, October 4 in St. Georges. Your contribution helped to make the event a great success.  
Project funded by Manitoba Model Forest, Inc.

DEADLINE FOR ADVERTISING IS FRIDAY 4:00 P.M.  
The Voice

## COMMUNITY HEALTH WATCH

**Grief and Grieving...  
Coping with Bereavement...**

For many, the subject of grieving and bereavement is ignored, thought of, but never spoken about - but it is a fact of life, and the truth of the matter is that most of us are unprepared for the pain experience after the loss of a loved one. Though the funeral marks the end of official mourning, and the pain is over for the deceased, for the survivors it may have just begun....

Most people are protected by a kind of dazed disbelief until after the funeral. The full realization of their loss comes much later.

Bereavement is a major life crisis. The loss of someone close, especially a spouse or a child is life's most stressful event. One certainty in life is death, yet dying is surrounded by mystery and fear. We have difficulty recognizing the reality of death, or coping with its impact on our lives.

Once, life and death cycles were part of everyone's experience. Most people died at home. The family mourned together, comforted by lifelong friends and close neighbours.

Life is more impersonal now. Families are smaller, their members may live far apart. Most deaths take place in hospitals or institutions. Youth and beauty are glorified; aging and death are "distasteful" subjects. We are now beginning to realize that:

\* Our refusal to acknowledge the facts of death is a disservice to the dying and the living alike.

\* Coping effectively with bereavement is vital to our mental health.

\* Grief is "the other face of love" - the ultimate cost of affection, commitment and closeness.

**What Is Bereavement?**

Literally, it is "being deprived by death." Mourning is a vital process through which, eventually, we can accept a deep loss, and carry on with living.

Grief is the complex of physical and psychological symptoms experienced after a loss - the outward sign of mourning.

All bereaved people experience grief in one way or another. If they appear not to,

they could be unconsciously suppressing their symptoms or 'denying death.' Their grief will usually surface in the future - often in the form of emotion problems or physical illness.

Unfortunately, society encourages the 'stiff upper lip' which it tends to interpret as courage and dignity. Grieving is not a weakness; it is a necessity. Refusing to grieve is not courageous; it may postpone inevitable reactions, and store up future crises.

Grief is complicated. The initial reaction, of numbness, makes the later stages - of strong physical and emotional upheaval - all the more frightening.

We are more likely to get sick. Existing illnesses may get worse; we develop psychosomatic disorders. Our worst problems however, will stem from the profound emotional impact. Anxiety attacks, chronic fatigue, depression (even suicidal feelings,) an obsession with the deceased - are all common reactions to death.

Unresolved quarrels with the deceased, and loving words left unsaid, come back to haunt us. Irrational anger (towards the loved one, their doctors, ourselves) can leave us exhausted and afraid.

We feel guilty about our "unfair" and "disloyal" feelings; or about the relief and gratitude we felt when our loved one was finally free of pain.

People are unprepared for the intensity of these emotions, or the swiftness with which moods change. It is hard for them to believe that these are normal and common reactions to a loss. They may even begin to doubt their sanity.

Grief is self centered. We need all our energy to cope with our own emotions. It is difficult to help others. As a result, a family may seem to be falling apart, just when they need each other the most. If this happens, the whole family may benefit from outside guidance.

Grief takes time. Like the healing of a wound, grieving takes time and cannot be hurried. Yet many of us put time limits on our sympathy. We get impatient when people won't "snap out of it" after a "reasonable" time. We may withdraw

our support just when their need is greatest.

We May Face Many Losses in Our Lifetime... a spouse, a friend, a child, a parent, a brother or sister. Of all bereavements, a loss to suicide can be one of the most difficult to bear. The burdens of guilt, anger and shame are great. Survivors feel 'responsible' for the death and vulnerable to the judgments of others.

Survivors of a suicide may need professional help (preferable as a family unit, and especially during the first weeks) to help them face this terrible experience.

The deaths of a spouse or a child are other kinds of loss which hit particularly hard. A child's death arouses an overwhelming sense of injustice - for lost potential, dreams unfulfilled, and senseless suffering. Parents feel responsible, however irrational this may be.

The loss of a husband or wife is almost always a traumatic experience. If the death is unexpected, severe shock (and often financial crisis) complicate normal grieving patterns. Losing a spouse involves major social adjustments - being "single again" in a couple oriented society; acting as two parents to children; learning new skills; perhaps rejoining the workforce.

These major life changes bring their own pressures. And they all involve decision making - at a time when emotional defenses are low and judgment is poor.

Elderly people are especially vulnerable to the stress of bereavement. For them, to lose a spouse is to lose a lifetime of shared experiences. With close friends dying too, their circle may shrink alarmingly fast.

Bereaved children can suffer terribly. The loss of a parent may affect their sense of security and survival. Attempts to protect them from the death, or from their parents' display of grief, may add to their distress because of the confusing changes they see in the adults around them.

Limited understanding, and an inability to express their feelings, puts very young children at a special disadvantage. They may regress to bedwetting

or some other infantile activity. They mask insensitive questions about the dead person; they may invent games about dying, or pretend the death never happened.

Coping with a child's grief puts an additional strain on a bereaved parent. But explosions of anger or criticism will only deepen a child's anxiety and delay recovery.

Through bereavement and grief are painful experiences, they are an integral part of life. We may feel at the time that we will never get over it, but most people do. Learning to live with a loss is like the body's adjustment to a wound. We form a scar, it gradually diminishes. It never quite goes away, but we learn to "live around it."

Effective coping with bereavement really depends on our ability to mourn properly. And, when a loved one dies, there are many things which will help us cope better with the pain:

1. Caring people, family, friends, neighbors, colleagues, strangers in a self help group who have "been there" and can offer empathy. Such a network can give support and help you reestablish yourself. A lifetime habit of close, caring relationships is the best possible preparation for bereavement.

2. Time. Everyone reacts differently to a loss. It's hard to estimate a 'normal' grieving period. All we can safely say is that it will probably take a lot longer than you expect.

3. Understanding 'the facts of death'. Knowing what to expect, and knowing your options, help. Express your feelings - talk, weep, be angry. You are not alone; all grieving people need such outlets.

4. Accepting a changed life. The details will change; your work and your personal relationships may suffer. It's unavoidable.

5. Reaching out for help. Others cannot always make the first move. They may be afraid of intruding on your privacy. Make your needs known.

6. Keeping in touch with your physician and following instructions, can help you deal with physical side effects.

7. Accepting the inevitable. Some things in life have no basis in logic; they just happen.

Accepting this can prevent much bitterness and self blame.

8. Accepting that life is for the living, that the final stage of grief is new life. Though it's hard to believe now, at the right time life can be restructured without guilt.

9. Helping the children often minimizes your own troubles. Children need your support. Don't try to protect them; give them facts, using everyday language. Be honest about your own feelings, they are looking to you for clues about suitable behavior.

10. Don't rush into major life changes such as moving, remarrying or having another child. This is no time for major decisions. Your judgment may be poor and the changes could add to your stress. Wait a year, make big decisions then. Introduce new relationships slowly and carefully - let them grow.

If someone you care about is suffering from a bereavement, you can help by offering a listening ear. Offer advice only when asked. Allow the bereaved person to talk about the death and the dead person, the good and the bad. It's frustrating for them to be steered gently away from subjects you may think are 'unhealthy'. They need to talk about their loss.

Give practical help, like taking care of children, cooking a meal, inviting them to your home. Don't offer false comfort. Statements like "at least the suffering is over", or "you'll get over it in time", or "it's God's will" may make you feel better but they are unlikely to help the bereaved. A simple expression of sorrow shared is appreciated.

Encourage professional help if you feel the reactions of the bereaved are too extreme. Coping with a loved one's death is hard work. It can be painful and exhausting. It may be the most difficult task we ever face. It could be the most important experience we will ever have. If you or anyone you know is experiencing difficulties in the bereavement process, help is available - simply call Mental Health at 367-2224. Material used in this column courtesy of the Canadian Mental Health Association. Compiled and edited by Lorraine Neal.

## Classifieds

## LOT FOR SALE

Lot for sale 132' x 264' in new development in Power-view. Located along mature Pine trees at the end of Caron St. Call Don or Laura at 1-204-345-1931 or cell at 782-4115.

## YARD WORK

Fall clean-up and snow clearing, low monthly rates. Contact Dan for free estimate at 367-4402

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## VANS

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## PUBLIC OPEN HOUSE

The Public is invited to an Open House on Dam Safety - Emergency Preparedness Plans for the Winnipeg River Generating Stations

October 29, 1996 (Tuesday)  
7:00 P.M. to 9:00 P.M.

Council Chambers - LGD of Alexander  
Administration Office  
St. Georges, Manitoba

As part of a province-wide safety program by Manitoba Hydro, emergency preparedness plans will be available for review for each Manitoba Hydro generating station on the Winnipeg River in the unlikely event of a dam breach that would cause flooding. Officials from Manitoba Hydro and various government and emergency agencies will be on hand to obtain local perspectives and opinions on these plans.

For more information please contact Manitoba Hydro Public Affairs in Winnipeg at (204) 474-3233.

## FOR RENT

Bachelor suite for rent on North Shore Rd. Phone 367-4611.

## FOR RENT

3 bedroom house in Power-view for rent. Available Oct. 1st. Also Mobile Home for rent. For further information call 367-8250.

## HOUSE FOR SALE

1½ Storey house with attached deck, 4 bedrooms, double garage, large yard, located on highway 11 in Power-view. Call 367-2414 (Good Starter Home).

## VANS

## THANK YOU

Thanks to everyone who came out and participated in the Victoria Beach Terry Fox Run on Sept. 15. A total of \$457.00 was raised.

Thanks to the Northern Store in Pine Falls for the cookies that were donated for the run.

Special thanks to Cliff Fox of Winnipeg for the large amount of pledges he collected.

Carol Wilson  
Terry Fox Run Coordinator

## MEMORIAM

LAVOIE, JOE  
October 21, 1993

Precious memories keep you near.  
As time unfolds another year,  
No longer in our lives to share,  
But in our hearts you are always there.

Forever remembered

Simone & Family

## The VOICE

All Classified advertising must be paid in cash prior to publication.

Be sure to Check your advertisement for errors when it first runs. The Voice cannot assume responsibility for errors in subsequent issues if the mistake has not been made known to us.

Rates:  
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## Sorry Dave - er... Rod

In last week's issue of the Voice, we made an error in the article on Rod Augstin's new business Universal Sound and Design. We inadvertently called him Dave instead of Rod in the caption under his picture

We apologize to Rod, and hope the error hasn't caused too much hardship  
Sincerely,

## The VOICE

## OPEN HOUSE



THE WOODLANDS DEPARTMENT OF PINE FALLS PAPER COMPANY INVITES INTERESTED PARTIES AND INDIVIDUALS TO VIEW OUR DRAFT

1997 OPERATING  
& RENEWAL PLAN

FOR THE FOREST MANAGEMENT LICENCE 01  
OUR FORESTRY STAFF WILL BE ON HAND TO PERSONALLY DISCUSS THE PLAN WITH ANYONE IN ATTENDANCE

TIME: 6:30 - 9:00 PM  
LOCATIONS

Tuesday, October 22, 1996 - Royal Canadian Legion, Lac du Bonnet

Wednesday, October 23, 1996 - Manitou Lodge, Pine Falls

Thursday, October 24, 1996 - Hollow Water Band Office,  
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Coffee & Donuts will be served

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