

With the VOICE

52¢

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NUCLEAR WASTE HEARING AT SAGKEENG

by Lorraine Neal

Sage, sweetgrass and nuclear science came together at the Sagkeeng Multipurpose room of Sagkeeng Arena on Thursday, January 16, 1997. The purpose of the meeting was the public hearing in which citizens could air their concerns about the possibility of Atomic Energy of Canada Limited storing nuclear waste underground in the Canadian Shield.

Chief Jerry Fontaine made it perfectly clear to the panel of scientists listening to Sagkeeng First Nations, that the elders of the community were going to be heard first. Elders Henry Letendre, and Henry Courchene, both spoke eloquently about the hazards they see if A E C L continues on the path to the destruction of Mother Earth. Letendre spoke of problems with health of First Nations people and indeed all the peoples of the earth due to pollution and toxic waste in water supplies and the air. He spoke with passion about his love for all peoples regardless of their color. We must make things right and get along together. Both elders are afraid for the future generations, their own grandchildren, great grandchildren, and those children who are yet unborn.

Courchene alluded to the facility in Pinawa which deals with nuclear waste. "It is a problem for all communities." He told the panel, "Ordinary men don't have the capabilities to deal with the nuclear waste, but the scientists of A E C L do have such technical skills and know how. We must work together to find ways and means of not just dealing with the problem but eliminating it."

Each speaker was given an eagle feather to hold while mak-

ing their presentations. Eagle feathers are a symbol of truth. The chairperson of the panel, Mr. Ken Dormuth, was also given the feather to hold as he made his presentation. He used slides to show the crowd of about two hundred interested people just what A E C L proposes and why.

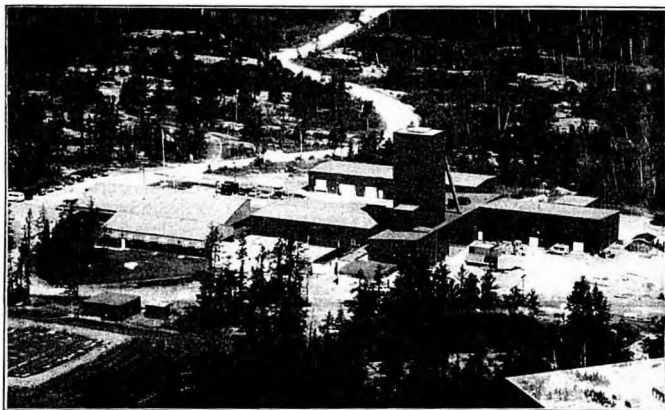
Each Candu fuel bundle contains ceramic pellets of uranium dioxide which are stacked inside a fuel sheath of zirconium alloy made into a tube. Every bundle produces about 1 million kilowatt hours of electricity, or enough to supply about 100 homes for one year. Some facts relayed to the people were that there are about 1.3 million bundles currently, there are no new reactors, and there will be about 3.6 million bundles by the time all existing reactors are shut down. The annual production of bundles equals about 85 thousand. Each bundle is highly radioactive when removed from the reactor. This radio activity lasts for thousands of years.

A E C L tells us they have an excellent safety record of storage of the bundles. This safety depends on continued security, monitoring, maintenance and funding.

The proposed disposal concept is as follows:

- disposal vault would be excavated deep in Plutonic rock of the Canadian Shield
- waste would be sealed in long lasting containers
- containers would be placed in the vault
- each container would be surrounded by a buffer
- vault would eventually be backfilled and sealed
- disposal system would be safe even if people did not look after it.

The interested group was



AEC L underground research laboratory at Pinawa

told by Chairman Dormuth that there would be multiple barriers for protection of the population. The canisters will be encased in concrete, placed underground in bore holes in underground rooms. Sealing materials would be used and buried deep, one half to one kilometer down in the rock of the Canadian Shield. The Canadian Shield extends from the Atlantic, up through Labrador, Ungava to Hudson Bay, north and southern Ontario, Quebec, a portion of north, east and western Manitoba, northern Saskatchewan and the Northwest Territories. A portion also extends southward into Minnesota.

The proceedings continued with speakers from Cree First Nations in Saskatchewan. The youth of the community and women of Sagkeeng First Nation asked what legacies are being left to the youth. Many other questions were asked of the panel. All the community presenters were unanimous in their opposition to any plans, either current or in the future, however

close or distant, to place any nuclear waste on First Nations land in any province.

A E C L's answer was to declare they are only looking for suggestions but ultimately the government will make the decisions. A E C L's chair declared that the potential host should have a share in where and how the operation will be run.

One of the afternoon speakers was David Orchard, Chair of Citizens Concerned About Free Trade. Orchard declared Plutonium is the most deadly

cancer causing waste in the entire world. No one wants nuclear waste, the Americans are also looking for a place to dump it, and Orchard has serious concerns that Canada will become a convenient dumping ground for such waste because of the Free Trade agreement.

It was apparent to anyone present that Sagkeeng First Nations is vehemently opposed to any suggestion that First Nations land be used as a disposal site for nuclear waste.

PINE FALLS 70TH ANNIVERSARY

In January 1927 the Newsprint Mill started operation with one paper machine.

To celebrate this 70th anniversary year of both the mill & the town of Pine Falls, the *Voice* will be publishing a special edition at the end of March.

We would like the help of the community in preparing this issue. We are looking for old photographs, old memories, copies of the Abitibi news letter with stories of Pine Falls, and any interesting historical facts or anecdotes. We would especially like to find a picture of Pine Falls (the falls itself) before the dam was built for the front page of the issue.

Letters

Nuclear Waste

Organizers of the public hearing held at Sagkeeng First Nation on Thursday, January 16th, 1997, should be commended. The hearings were well orchestrated, all people were treated with the utmost courtesy, and the only thing that would have made it better was having more people attend.

It is of utmost importance that the panel empowered to listen to the concerns of the public, hear from every facet of Canadian citizenry. First Nations people have enough problems at the moment without having the added stress of the possible dumping of nuclear waste on their lands. Aboriginal people historically have great

respect for Mother Earth and all it's inhabitants, the two legged, the four legged, the winged ones, and the swimmers. We must all work very hard to see that this terribly toxic waste never be placed on First Nations land, nor any lands in this great country. Canada belongs to each and every one of us.

Lorraine Neal

Lareen Johnston wins Essay Contest

Submitted by M. Hodgson

On Monday, January 13, 1997, Little Black River P.H.S. Grade 9 student Lareen Johnston was notified that she was a winner in

the assembly of First Nations National Youth Conference. The criterion was based on an essay contest on Aboriginal youth issues in the 90's. As quoted "The goal of the conference (to be held February 9-11,

1997, in Halifax, Nova Scotia) is to gather youth and elders to discuss and identify issues of concern, gains in services for youth, and to develop recommendations for a National Action Plan for First Nations Youth, with emphasis on Mental Health issues."

The conference will concentrate on workshops to address these issues.

Congratulations, Lareen Johnston of Little Black River First Nation. The essay contest was for youth aged 14 to 23. Lareen is just 14.

POWerview METIS LOCAL MEETING

Thursday, February 6 at 7:00 p.m. at Powerview Arena

Your Local Needs Your Support!



presents.....

TALENT NIGHT

Friday, January 24th.

*Featuring Local Talent

If you have a tune you might want to share put a band together, a duo, or even go solo.

Come out for an evening filled with fun!!!

Also starting February 1st, meat draws will be held every Saturday afternoon



Community Billboard - ph 367-4466

LIBRARY ALLARD: Library Hours: Tuesday: 10:30am to 5:00pm Wednesday: 1:00pm to 3:00pm 6:30pm to 8:00pm Thursday: 1:00pm to 3:00pm 6:30pm to 8:00pm Friday: 1:00pm to 3:00pm 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
POWerview LOCAL MNP: 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. 735-2396
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. Fri. is non-smoking
PINE FALLS LEGION - Meetings: held 2nd Thursday of the month 7:30 p.m. Legion Hall. Meat raffles held at Legion House on Fridays from 4:30 to 5:30 p.m.
PINE FALLS MASONIC LODGE # 154 - meets on second Friday of every month in the Pine Falls United Church. (except June, July, & Aug.)
BADMINTON - Pine Falls School Gym, Sunday & Wednesday nights, 7:00 - 10:00 p.m.
POWerview GARBAGE PICKUP every Wed. Recyclable pickup every 1st & 3rd Thurs. of each month.
F.A.A. MEETING every 4th Thursday of each month at 7:00 p.m. VILLAGE OF POWerview MEETINGS, every second Tuesday of each month.
WINNIPEG RIVER SENIOR SERVICE INC. Coordinator: Thelma Hanson, Office: Pine Falls Health Complex, Telephone: 367-9128, Hours: 9:00-1:00 Monday - Friday. Services: Transportation, Home Maintenance, Foot Care, Volunteer Help, Information.
Family Care Giver Support Group at the Catholic Church St. Georges last Monday of the month at 7:00 p.m.
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 11:30 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. Rev. The Rev. Joan Mitchell Asst. 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 am. Morning prayer 11 am. - 1st, 3rd and 5th Sundays.
**TRINITY EVANGELICAL LUTHERAN CHURCH, Thalburg, 1 mi. east and 1 mi. South of Junction 12 and 104. St. John's Evangelical Lutheran Church, Greenwood on Hwy. 12, 1 1/2 mi. north of Junction with 317. Sunday church school 10 am., worship 11 am. (alternate locations). For info. call 633-2623 or 734-8682.
CHRISTIAN FAITH FELLOWSHIP - Bible study 7:30 p.m. Wed., Church Service at 10:30 a.m.
HOUSE OF PRAYER FULL GOSPEL - 2:10 every Sunday, Scanterbury Mb., on Hwy. 59
ST. MARGUERITE R.C. MISSION Pin Rd. - Traversa Bay, 11:30 a.m. Sunday Additional Mass mid Juna 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 Gendale Ave., Grand Marais. Mass or Community Service: 7:30 p.m. Saturday, 1st Sat. of November to last Sunday of April.**

The Voice

Community Newspaper Est. 1993

Publisher: Charles Norman **Editor:** Don Norman
Office Manager: Gloria LaPreniere **Graphic Artist:** Lori Croucher
Advertising Rep: Della Clark
Contributors: Lorraine Neal, Carolee Waeger, Michelle Moore, Todd Gulmond,
SUBSCRIPTIONS
 \$22.00 within 03 km. (40 miles) radius of PINE FALLS
 \$45.00 all other areas (prices include PST & GST)
The COMMUNITY VOICE
 P.O. Box 4000
 Pine Falls Mb.
 R0E 1X0
 PH. 367-4466 FAX 367-4078
 E-MAIL dnorman@cancom.net
 2nd class mail #02313-008-99 (Postage paid in Pine Falls)

News

Icy roads result in service delay

Cold temperatures, icy roads and high winds are creating a problem for motorists in the province and are taking a toll on customer service at Manitoba Public Insurance.

"Obviously, the many collisions caused by the weather have affected our usual one or two day service turnaround time," said Jim Kingdon, Manager of Corporate Communications with MPI. "Although you can report your claim to the Autopac Line immediately, we are experiencing a one week wait before customers can get in to see an adjuster or estimator," continued Kingdon.

"MPI asks for your patience as we do our best to clear the backlog and return to a normal one or two day window of service," said Kingdon. Last week, MPI's Autopac Line handled 15,000 calls as compared to 12,000 calls during the average winter week. The amount of new claims calls last week was 30 per cent higher than normal.

Here are some tips to help avoid collisions in this tough winter driving season.

Roadwise '97

Roadwise - the attitude of a truly responsible driver.

At least 39 fewer Manitobans lost their lives in traffic collisions in 1996 compared to the average number who died in the previous three years.

Almost 4,500 fewer Manitobans were injured in collisions in 1996 compared to the average in the previous three years.

"We believe driving with a Road Wise attitude can play an important role in keeping Manitoba drivers safe," said Jack Zacharias, President and General Manager of Manitoba Public Insurance (MPI), source of the statistics.

Zacharias was speaking at the launch of Road Wise '97. Road Wise is the provincially coordinated approach to road safety Coordinating Committee (MRSCC). MRSCC includes representatives of law enforcement.

Zacharias said a 1996 survey conducted by an independent research company found 40 per cent of people ask who saw the original series of Road Wise ads felt their driving habits changed for the better after

ued Kingdon. "MPI asks for your patience as we do our best to clear the backlog and return to a normal one or two day window of service," said Kingdon.

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Don't tailgate. Intersections on busy streets are espe-

cially thick with ice fog this time of year. As a driver, exhaust fog may limit your ability to see other vehicles or pedestrians. When you pull away at an intersection, accelerate gradually with a slow, smooth start which creates less exhaust fog for the drivers behind you. *Avoid the Corner Creeper!

Beware of motorists who try to creep their way past the high snowbanks to see oncoming traffic. These drivers could be in your driving path before you have adequate time to react. If you see a large snowbank at an intersection, slow down and be prepared to react.

Despite the public's response to Road Wise '96, Darryl Hammond, Chair of MRSCC and Manager of Road Safety, MPI, said the number of collisions in Manitoba is still far too high.

"On average, police and emergency workers rush to the scene of the traffic collision in Manitoba at least once every hour of every day. Sadly, every three days, a victim from one of those collisions dies. Traffic collisions are the leading killer of Manitobans after natural causes and suicide," said Hammond.

Hammond said Manitoba's coordinated approach to road safety programming is unique in Canada. Members of MRSCC maximize the impact of provincial road safety programming by sharing their resources and information.

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The Coaches Association of Manitoba

Is now accepting nominations for the "3M Coach of the Year" Awards, and the "McDonald's Fair Play Recognition" Awards. The deadline for nominations is February 28, 1997. For more information or nomination forms please call 925-5667.

Pine Falls United Church

Jan. 26 - No Church Service in Pine Falls. Joint service with Beauoejour & time to see their multi-purpose Church.

Meet Sunday morning at Bank Parking Lot 9:00 a.m. Travel by bus \$10.00 per person. If you plan to come call Cindy 367-2633 or Shirley 367-2738.

DANCYT'S FOODS SPECIALS JAN. 21-26

62, 3rd Street, Lac du Bonnet
 ***** DRIVE & SAVE *****
 Monday - Friday 8AM - 8PM
 Saturday - 8AM - 6PM
 Sunday - 11AM - 5PM

GROCERIES

- CATELLI Macaroni & Cheese Dinner 225x12 pk. \$5.99
- MONEY'S MUSHROOMS Pieces & Stems 284x12 pk. \$8.99
- KRAFT CHEEZ WHIZ Reg. or Light 1kg. \$6.99
- PACIFIC EVAPORATED CAN MILK 385ml. \$8
- CHEFBOYARDEE CAN DINNERS Asst. 425g. \$1.09
- ULTRA CHEER Laundry Detergent 4L \$3.99 save \$3.50
- CAMPBELL'S Cream of Mushroom Soup 284ml. 2/\$1.38
- CAMPBELL'S Chicken Noodle or Vegetable Soup. 2/\$1.38
- ROYALE Facial Tissue Asst. 100pk. \$8
- ROYALE Bathroom Tissue 16 Roll. \$5.77
- MICHELINA Frozen Dinner Entrees Asst. 227-284g. \$1.17
- UNCLE BEN'S Fast & Fancy Rice Asst. 132-140g. 99
- KRAFT MIRACLE WHIP Reg. or Light Jumbo 1.5L. \$5.88
- CHRISTIE Chocolate Chip, Oreo, Fudgeco Cookies 400g. \$1.99

DAIRY

- BEATRICE FROZEN YOGURT Asst. 1L. \$2.48
- BEATRICE Pure Squeezed Orange Juice 1.89L. \$2.88
- BEATRICE Fruit Bottom Yogourt Reg. or Light Asst. 500g. \$1.48

PRODUCE

- HEAD LETTUCE U.S. Grown No.1. 69
- BANANAS, Grown in the Tropics. 49lb/\$1.08kg.
- RED POTATOES Manitoba No.1 20Lb Bag. \$3.49

BAKERY

- WONDER BREAD White or Brown 570g. \$9
- WESTON'S Homemade Kaiser Buns Jumbo 12's. \$1.68

MEATS

- GRIMM'S FINEST SAUSAGE.....**
- SMOKED PORK CHOPS Bulk Pack. \$3.39lb/\$7.47kg
- CORNED BEEF BRISKET Shaved. 97/100g
- BAVARIAN SMOKIES Random Packed. \$3.29lb/\$7.25kg

- BEEF...**
- PRIME RIB ROAST "King of Roasts"..... \$3.59lb/\$7.90kg
- SHORT RIBS OF BEEF "Great in Stew"..... \$1.79lb/\$3.95kg
- GROUND BEEF, Regular Grind Family Packs. Only \$1.19lb/\$2.62kg

- COIL GARLIC SAUSAGE - Campfire. \$1.29lb/\$2.84kg

COUPON - COUPON

Country Pure Honey Creamed or Liquid
 1kg. \$3.99
 Limit 1 per Customer

COUPON - COUPON

Grade 'A' Large Eggs
 18pk. \$1.99
 Limit 1 per Customer

SENIORS INFO CORNER

Telephone Soliciting...
Telephone soliciting or telephone marketing is a legitimate business practice, but care should be taken by everyone, but it's imperative that seniors do as much as possible to inform themselves about telephone fraud.

Preventative Tips...
If you're contacted by a telephone solicitor and you're not interested in the product or offer, simply decline and hang up.

NEVER give out personal information over the telephone. Do not allow yourself to be drawn into conversations with strangers, survey takers or telephone solicitors where you are asked to reveal your name, address, marital status, or personal history. If you are in doubt ask the caller for the name and address of the business, and the telephone number, so that you can return the call, then check the number to ensure that it corresponds to the caller's information.

Be careful about prizes

awarded to you if you make a purchase. Often the prizes are worthless and the product you may be required to purchase is also worthless or little more than junk.

Be careful when someone offers to deliver a product to your home. By telling them when it would be convenient, you may be providing them with the times when your house will be vacant.

To find out more information about companies who may be using telephone soliciting, contact the Better Business Bureau or Consumer and Corporate Affairs. If you are uncertain about a call and feel it may be fraudulent, call the R C M P for advice.

REMEMBER!!

If it sounds too good to be true, it probably is neither good, nor true!! No legitimate company will ask a prize winner to send money in order to collect a prize.

Compiled and edited by Lorraine Neal.

High Water Level Advisory Issued for Winnipeg River

Manitoba Natural Resources advises residents and cottage owners along the Winnipeg River to be very cautious due to unusually high water levels and dangerous conditions on the river.

Winnipeg River flows this winter are the second highest since records started in 1907. Property owners with low-lying boat-houses may need to relocate moveable items to higher ground. The highest recorded level flows on the Winnipeg River occurred in December 1971.

The level of Nutimik Lake on Jan. 3 was 905.8 feet, which is 1.6 feet lower than the crest during the autumn flood of 1992. However, the

level of the lake has fallen by half a foot in recent days and should continue to fall unless ice jams develop.

High water levels are due to high river flows and unusual ice conditions. Unusually high flows are the result of above average precipitation in the Winnipeg and English river basins last fall and early this winter.

Winnipeg River flows are expected to decrease in the coming weeks as a result of flow reductions from Lake of the Woods. However, water levels will fluctuate as ice conditions change.

Further advisories will be issued by the department as conditions warrant.

Seniors Winnipeg River Senior Service Inc.

SUPPORT GROUP BEGINS

As a Caregiver, You May need Emotional Support.

The Winnipeg River Senior service Inc. is starting a support group for family caregivers on Monday, January 27th, 1997 at St. George Catholic Church. The group will meet on the last Monday of the month throughout the year. It is important for caregivers to have the emotional support of a group for the following reasons:

- * because you can feel alone and drained
- * sometimes your best efforts may not seem to be good enough
- * you can experience feelings of anger and resentment
- * you may feel as if no one cares about your plight
- * if you don't care for yourself, burnout and illness may happen.

What Is a Family Caregiver?

A family caregiver is someone who is responsible for the physical, emotional, or spiritual care of a spouse, parent,

sibling, or child suffering from an acute or chronic illness at home or in a facility.

Caregiving can create feelings of self respect, in both the caregiver and the care recipient. But for many caregivers, especially those who are isolated and lack community support, feelings of sadness, discouragement, helplessness, exhaustion, anger and guilt become all too common.

A support group is a group of people who share a common experience of caring for their family member. They get together to share information and offer each other emotional support and practical information based on experience. Group Guidelines

- Confidentiality: Whatever is said about a situation, a family member or friend, or personal details is not to be repeated outside the meeting.
- Everyone has a chance to talk.
- Silences are okay.
- Tears are okay.
- Avoid side conversations;

it is important for everyone to listen when someone in the group is speaking, that's were support comes from - knowing that people care to listen.

The group belongs to the members, not the facilitator or the Winnipeg River Senior Service Inc.

A Support Group May Provide:

- Sharing, caring, support. Reinforce positive health. Provide information. Give guidance. Sense of belonging. Share rewards and give encouragement.
- For information, transportation, or respite care to attend, please call 367-9128.

Meeting dates for 1997 are as follows:

- January 27th, February 24th, March 31, April 28th, May 26th, June 30th, July 28th, August 25th, September 29th, October 27th, November 24th, December 29th.

NEWPORT
PONTIAC
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Selkirk
482-3612
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1-800-204-7520

CARS

- 87 LESABRE Brand New.....\$27995
- 96 GRAND AM 4 door.....\$17995
- 95 GRAND AM 4 Door.....\$14995
- 95 GRAND PRIX.....\$16995
- 95 NISSAN SENTRA 2dr. Air.....\$13995
- 94 CHRYSLER LH 48 000km \$19995
- 94 CAVALIER 2DR AIR.....\$5555
- 94 SUNBIRD 4 Door Air.....\$5995
- 93 SUNBIRD 2dr, air, auto.....\$5995
- 93 SUNBIRD 4 Door.....\$ 8995
- 93 OLDS CUTLASS Supreme.....\$13995
- 93 GRAND AM 2 dr.....\$12995
- 92 HUNDAI SCOUPE 2dr.....\$5995
- 92 GRAND PRIX.....\$5995
- 92 LUMINA EURO 2dr.....\$10995
- 92 CADDY SEDANDEVILLE \$17995
- 92 LESABRE LTD.....\$13995
- 92 TAURUS GL.....\$9995
- 91 BUICK PARK AVENUE.....\$12995
- 91 PARK ULTRA 140,000 Km \$14995
- 91 CAVALIER RS 2dr Air.....\$6995
- 90 DELTA 88 BRGM.....\$9995
- 89 TERCEL AIR.....\$5995
- 89 LESABRE LTD.....\$9995
- 88 OLDS DELTA 88.....\$5995
- 87 SUNDANCE 4dr.....\$3995

- TRUCKS AND VANS**
- 95 1/2 Ton Brand New.....\$19995
 - 95 GMC 347 350 at Air New \$21995
 - 95 TRANSPORT Full Load.....\$19995
 - 95 JIMMY 4x4 SLE Loaded.....\$27995
 - 94 TRANSPORT Full Load.....\$16995
 - 93 Chev Silverado 4X4.....\$19995
 - 93 FORD SCAB 4X4 XLT.....\$19995
 - 93 GMC 1 Ton Daily Ext. Cab.....\$25995
 - 92 CHEV 1/2 Ton 4x4.....\$19995
 - 90 GMC Half Ton.....\$9995
 - 90 AECOR STAR EDDIE BUICK.....\$2995
 - 89 DODGE CARAVAN.....\$4995

THANK YOU TO EVERYONE who shared in the celebration of our 25th Anniversary. The gifts, cards and best wishes were most appreciated. An extra special thank you to all our friends and family involved in the preparation of the town's best kept secret!!! We are deeply honored.

*Gloria & Allan Borody
(Love, Mom & Dad)*

BUSINESS CHANGE NOTICE

HART STREU, is pleased to announce that the business of ERHARDT STREU FLOOR SUPPLY, at 474 Main Street, Selkirk, MB will continue to operate under the new name of "HART'S HOUSE OF FLOORING", effective January 2, 1997.

The staff will remain the same and HART STREU, formally of Erhardt - Streu, will join the staff as owner/manager.

Hart has been in the flooring business for 27 years and the Selkirk location has been in operation since 1926.

The staff at "Hart's House of Flooring" is looking forward to serving you in 1997.

HART'S HOUSE OF FLOORING
474 Main Street
Selkirk, MB
RIA 1W2
484-4404

Seniors SENIORS INFO CORNER

Edited by Lorraine Neal.

Dealing With Fraud (This is not just for seniors!)

There are currently about fifty applicable sections in the Criminal Code of Canada which are related to fraudulent activities. Most people believe they are adequately protected as a result. Unfortunately, these laws apply "after the fact;" - by then you are the victim at considerable loss and it's too late.

Here are some of the Do's and Don'ts that if followed, will reduce the possibility of your becoming a victim of fraud.

DO destroy all expired credit cards, identification, unused cheques on closed bank accounts.

DO keep bank books, cheques and canceled cheques in a safe, secure place.

DO keep your identification up to date with correct information recorded.

DO sign all of your identification or credit cards immediately upon receipt. In the hands of professional criminals, stolen or unsigned credit cards are the equivalent of a license to steal.

DO check with local business bureaus and any agency involved before signing contracts or making down

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 and buns.

Monday, Jan. 27
Soup, Pork chops, baked potatoes, green beans, Fresh fruit

Wednesday, Jan. 29
Soup, Chicken Divan (casserole) noodles, peas, Banana Cream Pie.

Friday, Jan. 31
Salad, Shepherds pie, brussels sprouts, Lemon Cake

payments. Always have all details agreed upon entered in writing on the contract, including a date of completion if pertinent. If you aren't sure of the wording of a contract, consult a lawyer prior to signing the contract. Always get more than one estimate.

DO NOT sign a blank cheque or endorse your own paycheck until you are in the bank and cashing same.

DO NOT carry signed cheques along with your identification.

DO NOT leave your identification, credit cards, cheques in your vehicle at any time.

DO NOT lend your identification, cheque books, or credit cards to anyone as you may be held responsible for their use.

DO NOT accept "Third Party" cheques from unknown persons. You are not a banking institution and cannot confirm the authenticity of the cheque.

DO NOT give your P. I. N. number to anyone. Be aware of persons looking over your shoulder when entering your PIN number in the A. T. M.

DO NOT send money to companies for prizes that the company indicates you have already won.

DO NOT give credit card numbers over the phone, other than to known and reputable companies or when you have initiated the call. This includes bank account information.

DO NOT release any information about your financial or personal situation until you have confirmed the credentials of the caller. A bank will never make inquiries about your account or ask you to remove funds on their behalf. Beware of persons attempting to get this type of information from you under the pretense of a telephone survey.

DO NOT allow salesmen or tradesmen to perform tasks or sell anything to you in your residence as the result of high pressure tactics. Beware of the vendor who offers a large discount if the work is done immediately.

"Let the Buyer Beware" is a term being referred to in many fraud cases presently in the courts. It speaks for itself, and is lovingly referred to by those who enter into contracts without protecting their interests, whether financial or personal.

Keep in mind that the "Fraud Artist" will most likely look like an average persona and will not show signs of criminal behavior. If in doubt about anything which may appear to be fraudulent, please contact your local R C M P and report it. In Pine Falls, Powerview, St. Georges and the northern communities of Little Black River, Aghaming, Hollow Water, Manigotogan, Bissett, and the eastern beaches areas north of Highway 11, the number to call is 367-2222. In the area south of Highway 11, Grand Beach, Grand Marais, and Belair the number to call is 754-2300.

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Notre Dame du Laus Parish News

Fr. Louis Cerulli is coming to Powerview.

Seven years ago Fr. Cerulli began full time ministry of preaching, teaching and healing, travelling throughout North America. Fr. Louis conducts retreats, many varied workshops and courses on a variety of Christian topics including: Healing in the Eucharist, Listening Prayer, Rising above our problems, Forgiveness - a way to freedom, The experience of love, A vision of church community, only to name a few.

Everyone is invited to spend an enriching evening with Fr. Cerulli, next Tuesday, January 28th, at 7:30 p.m. at the Notre Dame du Laus Church in Powerview. With the celebration of the Mass, Fr. Louis will talk about his experience and love of the Eucharist, and the healing power of the Eucharist. Make plans to attend! Everyone is Welcome!

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Health

LOOKING FOR LASER EYE SURGERY?

Consider Your Options, It May Not Be Best For You

by Lorraine Neal

A local man, Don Cunningham, of Traverse Bay, would like to tell anyone considering laser eye treatments, to consider all the options before consenting. He'd like to tell everyone who suffers from any eye problem to obtain more than one opinion. Cunningham, a diabetic who suffers from Diabetic Retinopathy, underwent a series of laser treatments from a top ophthalmologist in Winnipeg.

"Laser should never have been done on my eyes," says Cunningham, "surgery was more the answer. I have almost given up. It's very depressing. I go to bed and dream, and in dreams everything is normal. I can see. Then I wake up to reality and I could cry. I sit on the edge of the bed and shake. I find myself getting dizzy."

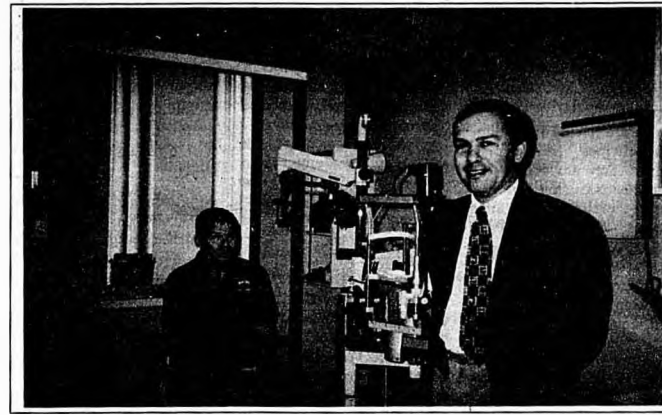
Cunningham feels the treatments might have worked had they been performed more often than eight weeks apart. When the treatments were concluded, unsuccessfully, the doctor suggested that his next move should be the Canadian National Institute for the Blind as he (the doctor) could no longer help. That was never an option for Cunningham so he went looking for another doctor on his own.

His search took him to Rochester Clinic at a personal cost of \$1500.00 American, with a later bill arriving for another \$600.00. Cunningham was told the surgery he required would cost \$13,000 in American funds. The cost factor made the treatment out of his reach financially, but while there the attending doctor told Cunningham the laser approach to his eyes was inappropriate and that he (the American doctor) could have saved his eyes. (Manitoba Health would not pick up the cost of the procedure at the Rochester Clinic.)

Still searching to find a doctor who could help with his problem, Don met a friend who had had a transplant. The friend later referred him to a Winnipeg doctor specializing in transplants. Cunningham consulted with the doctor, but was told nothing could be done, but he did refer him to Doctor Raul Garcia at the Pasqua Hospital Eye Clinic in Regina.

Says Cunningham, "We made the appointment, my wife Jean drove us out to Regina, we had a consultation with Doctor Garcia, and he admitted me to his facility immediately."

Because the referral was made by a doctor in Mani-



Don Cunningham (left) and Dr Raul Garcia (right) at Pasqua Hospital in Regina on Sept. 23, 1996

toba, Manitoba Health pays mileage and clinic expenses. All other expenses, such as motels and meals must be paid by the Cunninghams.

"The treatments received from the Pasqua Eye Clinic have given me a tiny bit of sight peripherally, but I am still almost blind. It's frustrating, this has been a year of blindness - at times I feel suicidal, but realize that would be devastating for my family," says Don.

Cunningham's problems began two years ago with a stroke. Shortly after the first stroke, he suffered a second which triggered Diabetic Retinopathy and also left him with a loss of sensitivity in his fingertips. At times it is diffi-

cult to pick up something like a Kleenex.

Diabetic Retinopathy is a condition whereby the diabetes has caused weakening in the body's blood vessels. Because blood vessels in the retina are tiny and delicate, they are susceptible to weakening. This deterioration of the retinal blood vessels, can lead to vision loss. Diabetic Retinopathy may be treatable by laser surgery. Vision may stabilize or improve over months to years.

Don tells his story for two reasons - first if you are diabetic, or borderline diabetic, and have glaucoma or Diabetic Retinopathy, laser treatment may not be the answer to your eye troubles. Be

sure to obtain more than one opinion. Consumers should understand laser eye treatments before they allow anyone to work on their eyes. Cunningham feels he did not receive the proper treatment right from the beginning. He feels that if he'd been treated at the Pasqua Eye Clinic from the start, he might not have lost as much of his eyesight as he did. It's costly, but what cost can be placed on something most of us take for granted...our eyesight.

His second reason for telling his story is to remind readers that eyesight is precious, be sure to have your eyes examined at regular intervals.

Mental Health and You

Alzheimer Housing Initiatives

Over 250,000 Canadians are diagnosed with Alzheimer Disease. Due largely to aging baby boomers, the number of people with Dementia will triple by 2031. (Alzheimer Disease is the most frequent cause of Dementia.) Currently 15,000 Manitobans have Alzheimer Disease. Five hundred new cases are diagnosed each year.

Where will these people with Alzheimer Disease be living??

Already there is a growing need for Alternative Housing options for people with Alzheimer Disease. Fewer long term beds are being funded. The majority of ambulatory seniors with difficult behaviors who can no longer be cared for at home still move to costly long term care facilities simply because there are no options.

New Housing Alternatives provide a home like atmosphere for people with Alzheimer Disease. In 1991 the Alzheimer Society in Tasmania, Australia built a special facility developed by Dr. John Tooth, which is now the basis for a project in Ottawa expected to be completed by 1997. The facility is a four bungalow unit that will house 36 residents in the early and middle stages of Alzheimer Disease (late stage requires 24 hour skilled care.)

The non profit Capital Care Group in Edmonton opened McDonnell Place North in July of 1995. This 36 bed facility has 3 home like units connected by common space and an administrative area. Their model was Woodside Home in Oakmount Pennsylvania.

Key to these programs for Alzheimer Disease are flexible sleeping and eating hours and activities based on participation of the residents in home management which includes cleaning, cooking and gardening. A home like atmosphere providing meaningful activities of daily living and staff who are trained in caring for patients with Dementia are essential components to a projects success. Back up services by a nearby long term care facility provide comprehensive care and keep the costs at a minimum.

Do you see any Alternative Housing opportunities in your community?

To find out about the Toronto project, contact Jane Moore, Executive Director of SPRINT at 416-481-6411, or Susan Woods, Ewart Angus Homes, Project Manager at 416-488-8348 or for more information please contact Peggy Lidstone, Regional Coordinator, Alzheimer Manitoba, North Eastman, at the Lac du Bonnet Health Centre, 345-8609.

Health

COMMUNITY HEALTH WATCH

Understanding Glaucoma

In recognition of Glaucoma Week, January 20 - 25, 1997.

There are different varieties of glaucoma, all of which involve a build up of pressure inside the eye.

Glaucoma can sometimes result from other eye conditions such as inflammation or injury. Rarely, are infants born with the disease. Chronic and acute glaucoma are the most common forms.

Chronic glaucoma is the most common type and it's painless. If left untreated, it will slowly destroy vision. Most people who have chronic glaucoma aren't aware they are losing their vision since the loss is so gradual. In most cases there are no warning symptoms and by the time problems are apparent, irreversible damage may already have occurred.

Acute glaucoma is not nearly as common as chronic glaucoma. It is marked by sudden acute severe pain in and around the eye, sharply decreased vision and often nausea and vomiting. Usually emergency laser surgery or traditional surgery is required to alleviate the pressure and prevent further eye damage.

In order to detect glaucoma, a eye examination and vision test is recommended.

Through a series of specific tests, including measuring the pressure in the eye, testing for field of vision, including peripheral and centrally.

Once the diagnostic tests are completed, and if glaucoma is diagnosed, your doctor may monitor the progression of the disease with special photographs of the optic nerve. The doctor may check for progressive enlargement of the optic cup, which indicates continuing damage from the elevated eye pressure. He/she may note blood vessel changes in the optic cup, another sign of glaucoma progression.

Chronic glaucoma can be treated with eye drops and oral medication. For some however, these medications cannot successfully control the

pressure. Laser surgery or traditional surgery may then be performed to alleviate the pressure and arrest the disease.

Glaucoma tends to run in families, and if either of your parents or any of your grandparents had it, you have a higher than average chance of developing the disease. Although glaucoma is rare in children, it a leading cause of blindness in people over forty.

If you notice any changes in your own eyesight, it may or may not be from the effects of glaucoma. Do yourself a favor, go to a reputable ophthalmologist for an eye examination. It may be the best thing you can ever do for yourself.

Material compiled and edited by Lorraine Neal.

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Ed Thibedeau
Sales RepresentativeMcNaught Motors 634 Portage Ave. Winnipeg.
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1992 Grand Voyager 3.3 Litre Nicely Equipped.....	\$12,980
1991 Cadillac Deville Loaded, One Owner.....	\$12,980
1989 GMC SLE Low Low kms, Loaded.....	\$10,980
1989 Safari SLE Quad Buckets Loaded, Mint.....	\$10,580

Country Cooking...

Recipe courtesy of Yolande Bruneau

SURPRISE DIP

8 oz. Cream Cheese, soften
1/2 cup sour cream
1/4 cup mayonnaise
3-4 oz. tins of crab meat, rinsed
3 cups green onions, chopped
1 cup chopped green peppers
1 large tomato diced or chopped
1 small jar seafood sauce
3 cups sliced or grated mozzarella cheese



Combine first three ingredients. Spread on 12" pizza pan or platter. Scatter rinsed and drained crab meat over cream cheese mixture. Add in layers, seafood sauce, mozzarella cheese, green peppers, green onions and tomato.

Cover and chill until ready to serve. Supply assorted crackers and spoon for spreading.

Come in and check out the
January Clearance Sale

at

40 Park Ave., Lac du Bonnet
345-8079

Great selection of ladies' & men's clothing
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Bring in this coupon and receive

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All regular priced merchandise*

*excluding jewellery

Valid until January 31, 1997

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Sports

Manitoba Jr. B League Standings as of Jan. 12/97

	GP	W	L	T	OTL	GF	GA	PTS
BRANDON	21	17	3	1		164	94	35
ST. MALO	19	16	3			194	76	32
PEGUIS	22	14	6	2		202	126	30
ST. CLAUDE	22	12	10		1	161	113	25
SELKIRK	21	11	8	2		104	91	24
GIMLI	22	6	16			68	196	12
N. WINNIPEG	20	5	14	1	1	112	134	12
SAGKEENG	21	0	21			35	211	0

Eastman News

The holidays are over, the Christmas trees brought down, the bright lights are out, and we have all over indulged in far too much food. Now what do we do? Well the folks at ESDA have come up with a few options.

January see's the start of the 1997 Eastman Regional Winter Games. Events are taking place in ringette, figure skating, junior curling, cross country ski, special Olympic bowling, and gymnastics. Any-one interested in participating

can call the ESDA office at 268-2172.

Interested in having a personal fitness appraisal done? We have a consultant who will conduct an appraisal and then assist you in setting up a personal fitness program. If your organization is interested please call the ESDA office.

January is also the start of our Coach and Athlete recognition program. This monthly award program will provide recognition to regional coaches who have made significant contributions to the development of sport. We will also recognize athletes who have achieved excellence in their chosen sport. Nomination forms are available from your recreation director, phys ed. teacher, and the ESDA office. Nominations close the last day of each month.

Congratulations go out to the Megan Adams rink for winning the 1997 Manitoba Junior Curling Championships. The foursome will now represent Manitoba at the nationals to be held in Selkirk, February 8th-16th. The win-

ners will then represent Canada in Japan. Good luck girls.

The answers to the December Sports Trivia were:

1. Michelle Sawatsky, 2. Gimli, Manitoba, 3. Manitoba Moose, Winnipeg Blue Bombers, Winnipeg Goldeyes, and Winnipeg Cyclone, 4. Red, White, Grey, and Black, 5. The five interlocked rings represent the coming together of nations. At least one of the colors red, blue, black, green, yellow, is found in the flag of every country participating in the Olympic games.

The Sport Trivia for January is:

1. Who is the shortest person currently playing in the NBA?
2. How many consecutive World Junior Hockey Championships has Canada won?
3. Which Eastman curler has represented Manitoba twice, at the Canadian Brier?
4. How many colored belts does one have to obtain before they can get their black belt?
5. What ten events make up the decathlon?

GREAT FALLS CURLING CLUB

LADIES BONSPIEL

FEB. 7, 8 & 9

\$80.00
per team

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Monday - Open to Members

Tuesday - Men's Curling

Wednesday - Ladies Curling

Thursday - Men's Curling

Friday - Mixed Curling



Ringette News

by Roger Lavallee



Coaching any sport can be difficult at times. However, Pineview Petites, Novice and Bunnies coaches have had the good fortune of having very dedicated helpers.

Coaches always welcome help in running practices and at the bench during games. The coaches usually expect that as the season wears off the helpers stop showing up for one reason or another.

This is not the case with Pineview assistant coaches, Ginette Dion, Michelle Dugard, Sara Keenan, Lacey Papineau, Erin Nolin, Meagan Wilcott. They are a group of dedicated people and their enthusiasm for the game rubs on the players who look up to them. The coaches and players greatly appreciate their contribution to the game. I have only 2 teams to report on in last week's action.

Our Bunnies who have been improving steadily since

the season began play in Steinbach. Their offence came to life scoring 8 goals before falling 13 - 8 to Steinbach. The team had 5 different goal scorers including "first ever" goals for Yvonne & Sean Raymond. Chelsea Nault and Page Gauthier added a goal and Michael Ursel led the attack with 4 goals.

The Novice team saw action in Lac du Bonnet winning 9-5. The win was a good team effort which is what the coaches have been looking for all season long.

Keep February 1st and 2nd open on your calendar because that's when the Petites Eastman Winter Games are being hosted by Pineview at the Pine Falls and Powerview arenas. Watch next week's column for more information on the tournament.

Have a great week!

St. Georges Sand Bag News

Mens highest game:

1. Edgar Vincent 8990
2. Jos Vincent 7780
3. Philip Bouthillier 7560

Womens highest game:

1. Marguerite Boyer 7390
2. Jeanne Lavoie 6430
3. Maria Dupont 6380

Highest Square

1. Maria Dupont 1320
2. Edgar Vincent 1390

Most 300's - Colette Vincent - 12

Team Points

1. Jos Vincent 34
2. Jeanne Lavoie 30
3. Horace Nault 29
4. Edgar Vincent 25
5. Victor Vincent 22
6. Henri Desautels 19
7. Florence Windsor 14
8. Philip Bouthillier 7

Sports

5 Pin News

By Janelle Carlson

The ladies high games were Carolyn Boisjoli 295, Doris Kahle 269 & 226, Evelyn Dodds 238, Denyse Smith 231 & 222, Shirley Adams 228, Donna Davis 226, Janelle Carlson 225, Cathie Nicholson 224, and Sharon Mignon 223.

The men's high games were Don Powell 336 & 222, Pete Richardson 325 & 236, Jason Dankowski 232.

The female bowler of the week was Carolyn Boisjoli for her terrific game of 295 which

was 126 pins over her average. The male bowler of the week was Pete Richardson for his awesome game of 325 which was 144 pins over his average.

The Legion Special was won by the Richardson team for their 3 game total of 3607.

Congratulations to Carolyn Boisjoli 295 - 2nd place "Ladies High Single Game" and Pete Richardson 325 - 2nd place

"Men's High Single Game", 746 - 2nd place "Men's High Triple Game."

Richardson Team 1274 - 2nd place "Team High Single Game" and 3607 - 1st place "Team High Triple Game"

This weeks High Triple Games were Don Powell 776, Pete Richardson 746, Doris Kahle 673, Carolyn Boisjoli 626, Evelyn Dodds 623, Denyse Smith 606.

Correction:
Last weeks female bowler of the week was Julie Tardiff.

HANOVER -TACHE HOCKEY LEAGUE STANDINGS

TEAM	GP	W	L	T	F	A	PTS	PIM
ILE DE CHENES	17	14	3		115	58	28	455
ST JEAN	15	10	5		83	74	20	380
59ers	17	8	9		74	94	16	472
STE ANNE	15	7	8		78	85	14	579
PINE FALLS	20	7	13		103	116	14	818
LA BROQUERIE	18	6	12		80	119	12	425
STEINBACH	16	5	11		74	101	10	375
ST ADOLPHE	17	5	12		72	124	10	671
WARROAD	11	11	0		124	32	22	268

Note- Warroad plays a home & home series with each team, and wins and losses count in standings for the league teams

SCORES OF THE WEEK

Jan. 14	IDC 4	Ste Anne 8
Jan. 16	St. Adolphe 5	59ers 2
Jan. 17	LA Broquerie 3	St. Jean 4
Jan. 18	Pine Falls 3	Steinbach 7
Jan. 19	IDC 8	St. Jean 1
Jan. 19	Warroad 9	St. Adolphe 3

COMING GAMES

Jan. 21	Ste Anne at St. Jean
Jan. 22	Warroad at La Broquerie
Jan. 23	59ers at Ste. Anne
Jan. 24	St. Adolphe at IDC
Jan. 25	Pine Falls at La Broquerie
Jan. 25	Ste Anne at Steinbach
Jan. 25	St. Jean at St. Adolphe
Jan. 27	St. Jean at IDC

SCORING LEADERS

PLAYER	TEAM	GP	G	A	PTS	PIM
Naaykens, Dave	IDC	15	13	32	45	16
Bouchard, Brian	St. Jean	14	16	26	42	10
Daneault, Dan	St Jean	14	21	13	34	66
Lafournaise, Rob	59ers	16	12	22	34	26
Gotfried, Mike	IDC	14	20	13	33	67
Kemball, Todd	PF	16	11	22	33	18
Normandeau, M.	La Bro.	17	15	16	31	28
Desautels, Rick	IDC	12	9	21	30	8
Fenez, Marc	PF	17	15	13	28	122
Sellen, Grant	Ste Anne	10	13	15	28	47
Beauchemin, Joe	IDC	15	12	15	27	20
Abrahamson, Doug	PF	19	9	18	27	4

Eastman Ringette League

Standings as of January 7

NOVICE DIVISION

	GP	W	L	T	P	GF	GA
Lorette	10	9	1	0		18	166
Steinbach	10	6	3	1		13	131
Ste. Anne	8	6	1	1		13	94
Pineview	7	3	4	0		6	63
Niverville	7	1	5	1		3	50
Ld Bonnet	8		7	1		1	48
Grunthall	4	0	4	0		0	36

PETITE DIVISION

	GP	W	L	T	P	GF	GA
Steinbach	9	9	0	0		18	119
Niverville	8	4	4	0		8	45
Ld Bonnet	5	2	3	0		4	19
Pineview	8	2	6	0		4	45
Landmark	6	1	5	0		2	27

TWEEN "A" DIVISION

	GP	W	L	T	P	GF	GA
Mitchell	11	9	1	1		19	150
Pineview	9	7	2	0		14	115
Steinbach	8	6	1	1		13	84
Ste. Anne	5	1	3	1		3	33

TWEEN "B" DIVISION

	GP	W	L	T	P	GF	GA
Landmark	8	3	4	1		7	67
Niverville	6	2	4	0		4	34
Ld Bonnet	11	0	11	0		0	32

JUNIOR "B" DIVISION

	GP	W	L	T	P	GF	GA
Mitchell	7	3	2	2		8	48
Landmark	5	1	1	2		4	26
Niverville	5	1	3	1		3	30

JUNIOR "A" DIVISION

	GP	W	L	T	P	GF	GA
Steinbach	2	1	0	1		3	12

BELLE DIVISION

	GP	W	L	T	P	GF	GA
Ste. Anne "A"	3	3	0	0		6	29
Pineview	1	1	0	0		2	17
Ld Bonnet	4	0	4	0		0	3

(Please note cross over games between "A" and "B" divisions are recorded)

PINE FALLS MEN'S BONSPIEL

JAN. 31, FEB. 1 & 2



Entries to Tim Seguin 367-8305
*Deadline Wed. 29th at 4:00 p.m.

ENTRY FEE \$125.00

(Includes pig roast on Saturday)

Home

Planning to renovate your kitchen?

For some, the kitchen is the nerve centre of the home, the place where the day begins and ends. If you're one of the 13 percent of Canadians who, according to Canadian Mortgage and Housing Corporation, are planning to renovate your kitchen this year, you're probably wondering where to begin.

Before you start emptying the cupboards, experts recommend you spend most of your time planning the function and design of your kitchen.

"It's great to have a beautiful kitchen. But if it's not practical, you've wasted your time and money," says Donna Hirst, a certified kitchen designer with The Home Depot, Canada's home improvement warehouse.

Considering the busy nature of the room, some important elements of design are traffic flow, storage areas and work space.

"The layout of a kitchen has to function efficiently for the cook while accommodating the various activities and needs of the other family members," says Hirst.

"What most people don't see are the things that make it work well for you," says Hirst. She cites the small recycling area and wastebaskets hidden behind doors next to the sink. Inside cabinets, there should also be a logical storage plan. Roll-out trays eliminate the need to empty the cupboard before being able to use heavy pots and pans stored at the rear and keep everything within reach. Tall utility cabinets fitted with swing-out baskets and roll-out shelves provide easily accessible pantry storage.

Maximizing the amount

of counter space next to work stations, such as the sink, stove and fridge, and planning your cabinet storage to correspond with your workstation keeps everything close at hand, reduces clutter and provides a spacious work area.

"There's nothing worse than taking a few things out of the fridge and having no counter space to put them on," says Hirst.

"Most people are choosing to build all appliances into the cabinetry - even the fridge - to add extra cupboard space and to give the kitchen a very sleek look," she says.

Increasingly, says Hirst, homes have three generations living in them and the needs of those three generations can vary dramatically.

"It's important to consider who uses the kitchen, their needs and how you can tailor the design to best suit those needs. Your kitchen should function as a family living space," says Hirst.

For example, she suggests installing a microwave within easy reach of children and next to a counter to make it easy for them to pull up a stool for a quick snack. As well, to accommodate elderly family members, consider installing all appliances and counters at one level so they don't have to raise and lower their arms and to make it easy to move pots from cooktop to counter.

A popular design option for busy families is an open concept kitchen and living area. This concept eases conversation and interaction be-

tween family members using both spaces and also allows you to supervise younger children while working in the kitchen. As well, with more people choosing to entertain at home, an open design doesn't cut you off from your guests and lets you show off your beautifully designed kitchen at the same time, says Hirst.

The materials you use will depend on personal taste, but Hirst says many people now consider potential resale of their homes when choosing materials and opt for materials and colors with wide appeal.

"Right now, the '90s version of the country kitchen is in because many elements appeal to a variety of people," says Hirst.

The country look is characterized by natural wood with a light finish or wash finish with the use of beiges, greys and taupes; white or black appliances; sleek chrome; clean lines; tile floors; and real granite countertops.

"The country look is also more affordable these days since the price of granite has come down within the past few years," she says.

"If you're having a hard time visualizing what your remodeled kitchen will look like, we offer computer generated design layout to help you do the most with the space you have," says Hirst. The computer blueprint also allows you to move things around before you have them installed to make sure the design will work for you.

Hirst recommends you

have your kitchen installed by professionals.

"No matter how handy you are, installation will make or break your kitchen. There's no point spending a lot of money on tiles or cabinets if they aren't installed correctly."

"For some, redecorating, not redesigning the kitchen

is a priority. Painting the walls and ceiling, hanging some wallpaper and borders, installing new knobs and handles, and reorganizing your cabinetry can also make your kitchen more efficient and attractive," says Hirst. "Whatever you decide, the most important thing is making sure the kitchen suits your needs."

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ST- GEORGES



4 MCDUGALL AVENUE

3 Bedroom Bungalow. Large kitchen with mahogany cupboards and all mahogany doors. Loads of storage space. Screened gazebo and porch. Access to hydro property to creek in back yard. Needs a little T.L.C. - Has lots of potential!

20 ANNETTE STREET

3 Bedroom bungalow with 2 full baths. Large master bedroom with walk in closet. L-shaped living/dining room and large kitchen. Property has oversized garage and a shed. Includes all window coverings and appliances.

TO BE MOVED

1976 Paramount Mobile Home

Includes addition and porch. Large living room and two good size bedrooms, 3rd bedroom and storage area are in addition. All window coverings are included. Needs a little T.L.C. but is priced to sell. Vendor is motivated.



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REQUEST FOR TENDERS FOR ANNUAL FINANCIAL AUDIT

We are a non-profit organization and are currently seeking tenders to audit our year end financial statements and prepare our tax returns for the next 3 year period.



Deadline for submissions is February 14, 1997
If you would like additional information please contact Jacquie East-Ming @ 345-2514

Sports

NORTH EASTERN HOCKEY LEAGUE NOVICE

	W	L	T	PTS
BYOUR SILV. BULLETS	9	0	0	18
LAC DU BONNET	5	3	1	11
BEAUSEJOUR BULLETS	5	3	0	10
HAZELRIDGE WHITE	4	3	2	10
PINAWA	2	4	1	5
HAZELRIDGE GREEN	2	5	0	4
PINEVIEW	2	5	0	4
SAGKEENG	0	6	0	0

MINOR ATOM

	W	L	T	PTS
HAZELRIDGE	8	0	0	16
BEAUSEJOUR	7	2	0	14
WHITESHELL	2	6	0	4
PINEVIEW	0	8	0	0

MAJOR ATOM

	W	L	T	PTS
SAGKEENG HAWKS	7	0	0	14
WHITESHELL TEAL	5	1	2	12
BEAUSEJOUR	5	2	1	11
WHITESHELL WHITE	4	3	1	9
PINEVIEW	3	3	2	8
HAZELRIDGE	1	8	0	2
SAGKEENG ATOMS	0	8	0	0

Local team wins Lac du Bonnet Ladies Bonspiel

A Pine Falls team cleaned up at the Lac du Bonnet Ladies Bonspiel last weekend. Skip Val Anderson with Lori Croucher, third, Laura Meyer, second, and Gail Meyers, lead, beat the Gmaterek rink from Winnipeg. Andersons team was up by five after seven ends when the Winnipeg team called it quits.

Is Your Subscription Due?

Check your mailing label.



Classifieds

PINE FALLS BARBER SHOP

The Barber Shop will be closed for three weeks Jan. 27 - Feb. 18, and will Re-open Feb. 19

Thanks, A. DeGagne

FOR SALE

3 BEDROOM HOME Wall to wall carpeting, 1 1/2 baths, fenced in yard, attached deck, fridge, stove, dishwasher, air conditioner. (attached garage turned into a spare room but could be converted back to garage.) Close to school and skating rink. For more information contact Grant or Linda Cyr at 367-2382 or 367-5262.

1xinv-4

CALL 367-4466 OR 367-4796 TO PLACE YOUR CLASSIFIED AD.

WANTED TO RENT

University Researcher needs house or apartment for rent for 6 months. Starting February 1st. In Pine Falls or Powerview. Call 367-4466

HELP WANTED

Floater and sprayer operators, NH3, tender truck drivers, general labourers. Resume to Bulani Agro, Box 1359, Biggar, Saskatchewan, S0K 0M0 by February 8, 1997.

R.M. OF PEMBINA will accept applications for position of Public Works Manager. Must possess management skills for operation of public works yard, equipment and personnel. Administrative duties, computer knowledge required. Full time position commencing April 1, 1997. Job specifications: Judy Young, C.A.O., R.M. of Pembina, Box 189, Manitou, Manitoba, R0G 1G0. 1-204-242-2838. Applications deadline: February 14, 1997. We thank applicants for their interest but advise only those selected for interviews will be contacted.

TRUCK DRIVER WANTED to haul logs with B-trains. Must have a Class 1 with air and at least two years experience driving. Accommodations available. Phone: 1-204-689-2261 - Wabowden; or 1-204-778-8036 - Thompson, Manitoba.

HELP WANTED

FRONT-RUNNER FREIGHT REQUIRES tandem tractors to run a busy Canada-USA van fleet. We offer: Fuel accounts, financing of plates/insurance. Year round work. Safety bonus. We require: Two year minimum experience, drug free, clean in appearance. Call: Rick at: 1-204-291-0155 or Blaine at: 1-800-663-4099.

EXPERIENCED PARTS PERSON for GM dealership with parts experience preferred. Contact the Parts Manager at: 1-204-734-3464 or Fax resume to: 1-204-734-3930 - Swan River.

BOISSEVAIN GOLF COURSE requires a Course Superintendent for the 1997 golf season. Duties include maintaining 9 hole course, equipment and scheduling workers. Salary negotiable. Resume by January 31, 1997 to: Boissevain Golf Club, Box 989, Boissevain, Manitoba, R0K 0E0.

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MARLAYNE KENNELS. C.K.C. registered Alaskan Malamutes. Written guarantee. Two sets of shots. Wormed. 20 years of experience. Al and Sue Collins. Portage la Prairie. 1-204-428-5587.

NOTICE

LOUISE HISTORY BOOK COMMITTEE, Clearwater, Crystal City, Pilot Mound. Seeking family histories, photos. Phone: Mona 1-204-825-2481 for more information. Deadline for receipt: March 31, 1997.

EDUCATION

WHY NOT SIGN up to take a grain marketing course in your own home, by distance education? Talk to the staff at your local Manitoba Agriculture office for more information, or call Assiniboine Community College at: 1-204-726-6683 - Brandon or: 1-800-862-6307.

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Classifieds

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