

The Voice

The Beaches,
Bissett,
Great Falls,
Hollow Water,
Little Black River,
Pine Falls,
Powerview,
Sagkeeng,
Saint Georges
Stead

52¢
PLUS PST & GST



Powerview students celebrate the Voyageur legacy

by T.M. Savoie

On February 28, the students from grades kindergarten to grade seven held their annual Festival du Voyageur. Volunteers and aides helped create a fun and memorable day for the students. Activities such as slush boarding, tug of war, obstacle courses, making dream-catchers, pillow-fighting on logs and building an ice castle kept the students busy and happy. Another of the days activities was the dance class. Students enjoyed learning, a jig or one of the other dances, the volunteers had arranged.

The Festival started from 9:00 am and lasted until the end of classes at 3:25 pm. Students prepared for this day all week learning about the voyageurs and working on special projects. In order to be ready for The Festival du

Voyageur ice castle building, students collected empty milk cartons from their homes, later to be filled with water and set out in time to freeze for the day. Despite many broken and half-frozen ice blocks, all the students worked hard on the castle. They did a praiseworthy job and deserve commendation for the effort they put into building it.

Throughout the day, classes went from activity to activity competing against each other.

One of the great treats of the day, was the lunch served to the students during noon hour. A tasty feast of traditional pea soup, bannick and hot chocolate had one of the students' mouths watering.

Students and volunteers worked hard in trying to make this day a success. Great job guys!

C'est formidable!

Children at Powerview School participate in the Ice Castle building. Part of the Festival du Voyageur celebrations last week at the school

Mill Beats Production Record

The Pine Falls Paper Company produced an average of 496 tonnes per day for the month of February. This is the highest production rate for the company since it began operation in September 1994. During the month both machines were down for maintenance for several hours and there was also a temporary interruption in production caused by problems in the effluent treatment plant. The mill produced 567 tonnes on the last day of the month.

Quality is also up. One major customer rated the mill No. 1 amongst their supplies which include the Alberta mill at Whitecourt. Whitecourt is a brand new mill using thermo mechanical pulp. The mill is a major competitor to Pine Falls, primarily due to the quality of their TMP pulp.

The Pine Falls Paper Company is planning to build a TMI mill, at a cost in excess of 100 million dollars, within the next two or three years.

Physiotherapist sets up shop in Pine Falls

Physiotherapist Jenny Baturin joined the Interlake Physiotherapy Clinic at the end of July last year. The clinic rents space at the Pine Falls Hospital.

Baturin was born in Quebec but is descended from the Acadians. Her direct ancestors landed in Nova Scotia in 1632. She is married to Pine Falls Paper Company Control Department Superintendent Terry Baturin. They have three children.

She graduated from the University of Ottawa with a degree in English Literature.

She found that it didn't help to get a decent job".

While working as a receptionist in a physiotherapy clinic in Vancouver she became interested in physiotherapy. She said she had always been interested in the structural aspects of medicine.

When the youngest child started school, Baturin returned to school herself. She graduated from UBC with a BS in Physiotherapy in 1991.

Two of her children are still in British Columbia. The oldest Joel, is a stone mason. He plans to attend the Emily

Carr School of Art this fall.

Thea is at Simon Fraser studying theatre, and plays field hockey for the University. She spent last summer working on the paper machine in Pine Falls.

The youngest, Simon, is in grade nine at Powerview.

Baturin said of physiotherapy, "our major goal is to restore to normal movement and function." She said the work can range from teaching people to walk again after a stroke, to restoring hand function after an accident. A major part of her work is related to back injuries.

Letters

Minister not so accessible- Reader

Dear Editor

In response to the interview with Mr. Praznik, printed on Wednesday, Feb. 19/97.

Mr. Praznik's first comment "My constituents don't need to petition me, they just have to ask". Mr. Praznik is and was aware, back in December 1996 that a dispute was going on in his constituency. Why does Mr. Praznik feel that once again he needs to "be asked to step in and help his constituents?" Is many phone calls to his Beausejour and Winnipeg offices, and messages later, not a slight hint that we, at the time just a handful of people out here in Pine Falls, wanted him to get involved in whatever way possible? Does Mr. Praznik need a well advertised supper gala, or a hockey benefit to bring him

out to Pine Falls? I may add that after all those many phone calls and messages I left, he did indeed phone me back once in December.

Deja vu! May, 1993. It took only one request for Executive Assistant Bill Hood to meet with us to tell us that Mr. Praznik "as M.L.A. will certainly do everything he can." and yes it seems he had. It has been two weeks since his awareness of a petition being circulated throughout this district and still no word from Mr. Praznik. Why does he feel the need to have to be asked again, seeing as he was well aware of the dispute months ago. One call should be enough for anyone to realize that there is once again a huge problem with the same company.

Mr. Praznik's second

comment "that just prior to Christmas he met with the president of the Northwest Company, Ian Sutherland, and the president of the union local Betty Cowan." This seems to indicate that the three of us had some kind of closed meeting, at sometime or place. That is not so! I have never met, talked, discussed, visited, or any other verb that fits it's description, with Mr. Sutherland at any time. But I have seen pictures of him in company magazines, does that count?

I'm well aware that Mr. Praznik has other responsibilities but, mine and most others in this community is to get a store run by someone who is going to care a great deal, not only for its employees, but it's community and surrounding areas. In the past few years the Northwest Company has shown through their actions, only their lack of concern to what happens to us little people in and around the Pine Falls area.

Thank You,
Betty Cowan

Editor's Comment

Mrs. Cowan's comment that the story in the Voice seems to indicate that Praznik, Cowan & Sutherland met is our error. Praznik told us that he spoke to Sutherland and Cowan separately.

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
POWerview LOCAL MMF: Regular Meetings held on the first Thursday of each month - 7:00 pm at the Powerview Arena Meeting Room
PINE FALLS HEALTH AUXILIARY: Meetings on the first Tuesday of Every month at 1:30 pm
COTTAGE COUNTRY BUSINESS ASSOC.: Meeting - Every first Monday of the month at 7:00 p.m. Ph. 756-2596
ALCOHOLICS ANONYMOUS: - Sun Rise Group - Meetings every Monday, Wednesday and Friday 7:30 p.m. to 8:30 p.m. Located at Powerview Arena (small centre entrance in front). Last Friday of the month open to the public. 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.
P.A.A. MEETING every 4th Thursday of each month at 7:00 p.m.
VILLAGE OF POWerview MEETINGS, every second Tuesday of each month.
WINNIPEG RIVER SENIOR SERVICE INC. Coordinator: Gloria Lafreniere, 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.
ALCOHOLICS ANONYMOUS - Triangle Group in Pine Falls; meeting every Sunday 7:30 - 8:30 at Church of the Advent. 2 Holy St. Every 4th member welcome.
PINE FALLS PAPER COMPANY MIXED BROOMBALL TOURNEY. - Saturday March 15, 1997. Register by March 10.

Church Services

NOTRE DAME DU LAUIS: 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 A.M. 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. Services by Lay Readers. Everyone Welcome.
ST. THERESA'S: Pine Falls Mass Sunday at 10:00 am
ST. GEORGES: Mass Sunday at 8:00 am and 10:00 am
ST. JUDE'S ANGLICAN CHURCH, Grand Marais, Holy Eucharist - 2nd and 4th Sundays, 11 a.m. Morning prayer 11 a.m. - 1st, 3rd and 5th Sundays.
TRINITY EVANGELICAL LUTHERAN CHURCH, Thalberg, 1 mi. east and 1 mi. South of junction 12 and 304. St. John's Evangelical Lutheran Church, Greenwood on Hwy. 12, 1 1/2 mi. north of junction with 317. Sunday church school 10 a.m., worship 11 a.m. (alternate locations). For info. call 635-2625 or 754-8682.
CHRISTIAN FAITH FELLOWSHIP - Bible study 7:30 p.m. Wed., Church Service at 10:30 a.m. Sunday School at 10:00 a.m.
HOUSE OF PRAYER FULL GOSPEL - 2:30 every Sunday, Scanterbury Mb., on Hwy. 59
ST. MARGUERITE R.C. MISSION Pitt Rd. - Traverse Bay, 11:30 a.m. Sunday Additional Mass mid June thru Labour Day 7:30 p.m. Saturday.
ST. ALEXANDER R.C. CHURCH, located at Sagkeeng 1st Nations. Sunday Mass 10:30 a.m.
ST. THERESA R.C. MISSION, 88 Glendale Ave., Grand Marais. Mass or Community Service 7:30 p.m. Saturday. 1st Sat. of November to last Saturday of April.

News



Environment Minister Visits Pine Falls Paper Co.

Manitoba Environment Minister Jim McRae (right) with Effluent Treatment Plant Operator Leon Hanlan, watching an enlarged picture of micro-organisms at work on the mill effluent. McRae visited the mill last Friday afternoon. He said he was impressed by the commitment and enthusiasm of Pine Falls Paper Company employees towards the company, the community, and the environment.

The Royal Bank Super Cities walk for M.S.

The brochures have arrived. Watch for them in the retail outlets in your area. The brochures have a lot of information and the registration form included. When you have filled in the registration form there are two Registration Sites for your convenience. One at L.D.B Village Office, the other at the Petro Canada Card Lock in P.F. At the Registration Sites you will receive your pledge sheets. The sooner you register the more time you have to collect pledges. You will also receive our Foot Notes. Please read it, it has a lot of information for you.

The walk is Sunday April 27, 1997. Hope to see you there!
For more information please call Jeanne of Phil at 345-9601.

PUBLIC NOTICE

THE RURAL MUNICIPALITY OF ALEXANDER CHANGE OF COUNCIL MEETING DATE

The Public is hereby advised that the Regular Meeting of the Council of March 25, 1997 will be held on March 26, 1997 at 2:00 p.m.

BY ORDER OF COUNCIL OF THE RURAL MUNICIPALITY OF ALEXANDER

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Limit one of each with \$25.00 order (excluding tobacco) *Unless Noted

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- Imperial Margarine, 2lb soft tub..... \$1.99
- Beatrice Orange, apple, or grapefruit juice 1.89L (Limit 2)*..... \$1.79
- Dove or Purex Bathroom Tissue, 8 roll..... \$2.88
- Black Oil Sunflower Bird Seed, 20kg..... \$11.44
- McCain French Fries Asst. 1kg..... \$1.59
- Kraft Cheese Slices, 48's 1kg..... \$6.97
- Niagra Apple Juice, 1L (Limit 6)*..... .77
- Premium Bananas Tropical Fresh..... .47lb/\$1.03kg
- Mealtyme Hot Dog or Hamburger Buns, 8's..... .98
- Deli World Bagels, Asst. 6's, or Mini's..... \$1.44
- Old Dutch Potato Chips, Asst. 200g Box..... .98

SAVE ON MILK - This week only! 1% or Skim 4L Jug \$3.78

SAVE ON BREAD - This week only! Mealtyme Bread White or Brown 570g 10/\$8.59

PRODUCE

- Fresh Strawberries from California, Can. #1..... \$1.58/plnt basket
- Bartlett Peas, Can fancy, Imported..... .78lb/\$1.72kg
- English Cucumbers, Ontario grown, Can #1..... .98ea
- Fresh Express Coleslaw mix, Ready to use, 1lb pkg. \$1.18ea
- Romaine Lettuce, U.S. Grown, Can #1..... .78ea
- Fresh Cauliflower, extra large size, U.S. Grown..... \$1.48ea

MEATS

FREYBE SAUSAGE PRODUCTS:

- SMOKIES - Bavarian, Cajun, Cheese 600g \$4.59
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- BEEF-** Prime Rib Roast-King of Roasts \$3.79lb/\$8.35kg Homemade Beef Sausage, Fresh \$2.19lb/\$4.82kg

Blue Water Medical Clinic is pleased to announce that Family Physician Dr. S.A. van ZYL shall be joining our medical practice EFFECTIVE: March 10, 1997

Thank You... Through the generous contribution of the following businesses the Pine Falls Ladies Curling Bonspiel was a huge success. Thank You very much for your support. It was greatly appreciated. Pine Falls Ladies Prize Committee

- South Interlake Credit Union
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- Pine Falls Service Centre
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- Community Voice
- Midway Foods
- Olea Building Supply
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- Powerview Fabrica
- Sparrow's Nest
- Bernice Philippe
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- Merv Pedden
- Broadlands Restaurant
- Relay Auto
- Riverview Self Serve
- Asham Curling
- Powerview Agencies
- Powerview Pawn Shop
- Power Falls Auto Body
- Mr. Pic's
- Clarke Corner
- Peoples Jewelers
- Pine Falls Paper Company
- Pine Falls Dental Health
- Blue Water Construction
- Blue Water Medical

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News

Notre Dame du Laus Parish News

Meeting in preparation for the first of communions.

All the parents of children (grade 2 and up) who wish to receive Holy Communion for the first time this coming June, are urged to attend a Special Meeting, Monday, March 10th at 7:30 p.m., in the Notre Dame du Laus Church basement. It is important that all concerned attend. Everyone interested may also attend.

The Way of the Cross will be held every Friday evening during Lent at 7:00

p.m. at the church. Everyone is welcome.

There will be a Knights of Columbus meeting this Tuesday, March 11th at 7:30 p.m., in the church basement. MASS, to which everyone is welcome, will be celebrated at 7:00 p.m. in the church. Please remind brother Knights!



ALOHA!

Royal Bank staff in Pine Falls dressed in Hawaiian costume to bring attention to the merits of a good retirement plan.

Community Access Internet

by Tammy Savoie

Schools, businesses and homes across North America have hooked up to the Internet and more are yet to come in the near future. The Internet is a worldwide web of interconnected government, education, and business computer networks. Anyone with access to a computer hooked up to the internet can easily obtain information sources such as on line encyclopedias, magazines, electronic discussion groups on various topics such as politics, games, media and hobbies. Users can talk to each other in groups or one on one. The internet is used

mainly as an information resource, but can be used for other things such as a place for companies to promote their products and sell merchandise.

Students at schools are being educated on how to operate it and how to apply their knowledge in looking up information. By the end of the year the students at Power-view School should have a computer in each classroom with access to the Internet.

Not only can students access to the Web, but everybody can. In Pine Falls, Empower offers a public usage of its facilities to any one interested in utilizing the Internet.

Half hour to forty five minute slots can be booked by calling 367-2495. This service is free and is accessible from 9:30 a.m. to 4:30 p.m. Monday to Friday and 6:30 p.m. to 9:00 p.m. Monday and Tuesday.

In St. Georges, Library Allard provides the same service for anyone who wishes to find information or to simply become acquainted with the Internet. Thirty minute appointments can be made by calling 367-8443. Library times are Tuesday from 10:30 a.m. - 5:00 p.m., Wednesday and Thursday 1:00 p.m. - 5:00 p.m., and 6:30 p.m. - 8:00 p.m., Friday 1:00 p.m. - 5:00 p.m., and Saturday 10:30 a.m. - 2:00 p.m.

At each building the public must check in at the desk and sign up. A number will be given to the person applying and they will continue to register in the logbook under the number given to them. The librarians or secretary will inform the new Internet user of the rules and regulations that everybody must follow.

A free Web based E-mail address can be applied for on

the internet. Neither of the establishments provides this service for you. Ill-usage of the computers or the Internet will conclude in the termination of privileges. The rules may vary with each different organization so check with the staff to confirm them.

There are some precautions people should take when giving out information on the Internet. Always be wary when giving out personal information such as where you live, full name, phone number, and credit card numbers. Nobody can control who is connected to the Web and there are people out there with schemes ready to take advantage of people who don't follow these basic rules. If people are careful they can easily avoid Internet fraud.

Using the Internet is an easy and fun way to acquire information on almost any subject. Reservations can be made or cancelled, electronic flowers or cards can be sent to friends, and trips can be booked and previewed. There is a whole other world out there waiting to be explored.

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Community

Happy birthday Nelson Green

by Lorraine Neal

What a Surprise!! Lifelong Belair resident Nelson Green was honored by the beaches communities on Saturday March 1st, 1997 at the Victoria Beach Sports Club, on the occasion of his 70th birthday. The surprise party, organized by Audrey Litzenger, Wendy Wach and Anne Green came dangerously close several times to not being a surprise. Creative juices were often tested as little stories had to be invented in order to preserve the secret.

A short program featuring photographs of Nelson's early life gave everyone a glimpse into what makes up the real Nelson Green. MC Audrey Litzenger told the crowd about some events which happened in the world on the day of Nelson's birth, March 1, 1927. There were testimonials from friends like Tom Gill, Steve Russell and others who gathered to honor the man who has come to be known as "the nicest guy you could ever meet, he'll do anything to help and doesn't say no."

Gill, long time friend of Nelson's and a cottager from Lester Beach, came all the way from Phoenix, Arizona to help celebrate the event. Everyone who spoke gave credence to the way Nelson has always lived his life - just being a really nice guy.

Nelson was presented with a picture, a gift from everyone present, drawn by Wendy Wach which showed him seated surrounded by all his mechanical "toys." A surprised and somewhat overwhelmed Nelson accepted the gift as he thanked everyone present.

Following the program and presentation a buffet of hot food was made available. The evening concluded with dancing till the wee hours of the morning.

It should be said that the evening was made possible by great organization, but those people who carried out the plans must be given the credit they so deserve. Those great ladies of the Victoria Beach Sports Club who contribute so much to the community must be thanked for their hard work. When an event such as this takes place in a community there are always many who help make it happen. This reporter doesn't know who they all were, so a mighty thank you to everyone. It was great! What a party!

BEACHES BUZZES

Walter Whyte School news....

Most residents who don't have children attending Walter Whyte School will not be aware of the work of the Advisory Council. This Council has been working very hard on a couple of items for the past year. One of these is the procedures to follow in bad weather and the second is the constitution for the Advisory Council. The work of the council has been invaluable in preparing the bad weather procedures, for as any long time resident of the beaches knows weather here can often be vastly different than that of the weather in Selkirk. Because of this buses were not pulled off the roads when perhaps they should have been. This caused grave concern for the safety of local children. This new procedure should help alleviate this problem.

Remember if your child turns 5 by December 31, 1997 it's time to register for Kindergarten. A copy of the birth certificate and immunization

record is required to register. Volunteers are the backbone of any organization and schools are no exception... Walter Whyte has it's share of people who are always willing to help out. Cheryl Parisian is one of these parents, she recently made a Valentine cake for a school raffle. The raffle realized more than \$20....

How many of us knew that some of our own young folk participated in the 24th Annual Lord Selkirk Junior Parliament. This is an opportunity for students to tell what they think the Canadian law should be. This process included debating legislation with other students like them-

selves. Walter Whyte was well represented by Kristin Koshelanyk, Jenna Leskiwand Lauren Danwich. Congratulations, we know you did well.

If you're looking for something to do on Saturday March 8th, take in the second Annual Walter Whyte Bonspiel at the Victoria Beach Sports Club. It will be well worth the watch for you.

That's 'n That... Smile of the day... Sex has no calories, it'll never make you fat, it is also good for your heart and circulation.

Infants don't have as much fun in infancy as adults do in adulthood??

Never let your sense of morals interfere with doing the right thing.

That's all folks....

Community Internet Access

The Community Internet Access site is now offered at Empower Education Centre. We now have the Business site and the Public site available. Allard Library also has a public site available. Businesses, individuals, and organizations can access a wide variety of Interactive services on the Internet such as:

- Entertainment • Business Services
- Educational Research • Banking
- Electronic Shopping • Books
- Newspapers or Magazines • Community Information
- Discussion Group or news groups for sharing ideas and expressing views.
- Government Services, Open Bidding System, Government Contracts (available at Business site only)

The Internet has been made user friendly and we have knowledgeable staff at the centres who will be available to assist you. All you have to do is call ahead and reserve a time slot (1/2 hour at Public sites and 2 hours at Business sites) or you can take your chance and just drop in.

Empower Education Centre Business & Public Site Monday - Friday 9:00 a.m. - 4:30 p.m. Monday & Tuesday Evenings 6:30 p.m. - 9:00 p.m. Ph. 367-2495/4836	Bibliotheque Allard Library Public Site Tuesday: 10:30 a.m. - 5:00 p.m. Wed. - Fri. 1:00 p.m. - 5:00 p.m. Wed. & Thurs. Evenings: 6:30 - 8:00 p.m. Saturday: 10:30 a.m. - 2:00 p.m. Ph: 367-8443
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Monday, March 10
Soup, Ham and scalloped potatoes, boston baked beans, Ribbon Cake

Wednesday, March 12
Salad, Honey Mustard Chicken, Rice, Green beans, Tapioca Pudding

Friday, March 14
Soup, Lazy cabbage rolls, stir fry vegetables, Jello

This is a free service for our communities, sponsored by the North Eastman Community Access Project through Industry Canada

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Applications for special draw licences to hunt elk and moose are available in early March at all Manitoba Natural Resources offices. Completed applications **MUST BE RECEIVED** by the Licensing Section, Box 66, 200 Saulteaux Crescent, R3L 3W3 in Winnipeg **NO LATER THAN 4:30 P.M., THURSDAY, APRIL 3, 1997.**

Applicants should note that a non-refundable application fee of \$7.00 (includes G.S.T.) per hunter will be required for 1997. Please read the application inserts for season information and complete details of these changes.

For more information call 945-1396.

Manitoba Natural Resources
J. Glen Cummings
Minister

Health

COMMUNITY HEALTH WATCH

When You Lose Someone Through Suicide.....

Death of a loved one is nearly always one of life's most difficult experiences. When your loved one dies of his or her own choice, the outcome is even more devastating.

You may even feel anger toward the one who has died. "How could he or she do this to me?" "Why didn't he or she at least tell me about the feelings of hopelessness so I could have helped?" Most often the person was trying to be unselfish...but the result is often selfish.

Often the pain experienced stems from guilt, "Why didn't I pick up on signals?" "If I had been more caring, I would have known the extent of the depression." Comfort yourself in knowing that most people fail to recognize the clues leading up to the choice of suicide. And, even if you did suspect, it doesn't mean you would have been able to stop the action.

Depression is also a common feeling. Unfortunately, most people today are still embarrassed when suicide occurs

in the family. Thus when they need their friends most...they tend to shut them out. Private funeral services, incomplete explanations - so it's impossible for people to understand and give you the support and love you need.

Finally, there is a fear that now you are doomed to also be a suicide victim. Read as much as you can about suicide so you can be comforted by the experts that there is no reason you should be affected by the action taken by another family member.

You can ease the fear of the unknown, and make the transition a little less traumatic, by knowing some of the common emotions you may feel. There are also some "traps" you should avoid in preparing for the grieving process.

The following lists are guidelines, not checklists. You are not abnormal if you don't experience all of the feelings, or if you experience some emotions that are not mentioned. Grief is a personal journey and everyone will eventually come to terms with the loss in their

own way.
What You May Be Feeling...
Pain: This can feel almost overwhelming at times and may feel as if it will never go away. It can be so intense that you may be susceptible to illness and accidents.

Guilt: This is a common emotion after death by suicide, especially if there were unresolved issues or problems with your loved one.
Shock: A feeling of confusion and disorientation is common after the death of someone by suicide.

Fear: This is a common reaction, as you realize your own mortality.
Anger: an unnecessary or preventable death provokes feelings of intense anger and rage. Revenge or retaliation fantasies are common toward the person you may think is responsible.

Obsession: Obsession with the last moments of your loved one's life is not uncommon. You may find yourself questioning others or imagining what the last moments were like.
Feeling Out Of Control: You will no doubt feel many emotions at once, This may have a tendency to make you

think you are going crazy. You are NOT going crazy. You are grieving.

Shame: You may feel intense shame towards the person you loved, and wonder how they could do this to your family name.

Problems to Avoid...
Relationship Problems: Be open and honest with your family members and close friends about the cause of death, and your feelings. Try not to withdraw. There is a tendency to think "no one hurts like I do." Try to concentrate on how your grief is alike instead of how it isn't so you can share your grief.
Self Blame: Avoid blaming yourself for the actions of your loved one. You are not responsible for their death. A logical explanation is not always possible

Substance Abuse: Avoid trying to numb your emotions with medication or alcohol. This only adds to the problem in the long term. Try to realize that you can get through, even though things seem impossible. Tranquilizers can actually delay your grieving, which is destructive.
As You Begin Your Road to Recovery...
Find someone to talk to who will listen. You cannot take on responsibility for everyone else's grief.
Take care of yourself. You must force yourself to eat and rest properly. Your emotions may affect your physical state.
Even though it's hard, resume your daily activities as soon as possible. Regaining a sense of control and order about your life will help you.

Try to let go of old issues and problems. Put your energy into positive projects.
Pace yourself, the journey of grief can be long. It may take several years. Take each day one at a time.

There are several books available which may help you. Here are some titles:
"Suicide prevention, Intervention, Postvention," by Earl Grollman, 1988, Beacon Press, Boston MA.
"Silent Grief - Living in the Wake of Suicide" by Kit Lucas, 1987, Scribners, New York, NY.
"Suicide Survivors, A Guide For Those Left Behind," by Adina Wroblecki, Afterward Publishers, 1991, Minneapolis, MN. These books should be available from public libraries. For more information on this or any topic please contact Family Services at 367-2224. Information compiled by Lorraine Neal.

Sports

Ice racing at its finest

by Lorraine Neal

Thrills, chills, and spills were the order of the day on Saturday, February 22nd, 1997 when dozens of hardy souls braved below freezing temperatures for the Ice Racing competition at Wanasing Beach on Lake Winnipeg. Biting north winds produced a sunny but frigid day for the competition.

There were several wipe outs during the first heats when the roar of motorcycle engines revving around curves muffled the howl of the wind. The temperaments of the folks who were racing or watching was as sunny as the sky. Two wheeled demons spun around corners whipping up whorls of snow. There's always an air of excitement when these races take place. Riders of all ages take part, loving every cold noisy

minute of the competition.

During the break from racing, gas cans, tool boxes, machines, tires and racers were scattered over the ice of the bay. There must have been some frostbitten fingers and noses as participants and their crews repaired the machines in preparation for the second laps.

Some bikes came off the course during the race due to mechanical trouble and were fixed quickly. It was a great day made better by the caliber of competitors. Following the racing, competitors and their families made their way to the Birchwood Motor Hotel for hot food, hot and cold beverages and the awarding of the prizes. Many thanks to organizers and participants for providing another wonderful, if cold day of good racing.



HEAVE!!!

Students compete in the Tug-of-War event during the Festival du Voyageur celebration at Powerview School last week. See story on page 1.

1997 Atom "C" Provincial Playoffs

Pineview and Sagkeeng Minor Hockey are proud to be the 1997 host communities for the 1997 ATOM "C" Provincial Playoffs. We will be utilizing all 3 arenas in this area to their full potential. This year there are 9 teams competing for the Provincial title. The top 11 year olds and under in the province will be playing some of the most im-

portant hockey of their short careers. The last time our arena hosted an event such as this was way back in 1977 when the Bantam B finals were hosted in this area.
As hockey winds down for another season we encourage all hockey fans to support this event and welcome the 400 to 500 guests from across the province to our commu-

nity. We hope this event will be a huge success as we would like to be able to host a tournament such as this every year. We are very fortunate 3 arenas in this area, but these facilities have to be utilized and not left sitting empty.
Please support minor hockey and the Rinks will prosper. Game will be played at all Rinks at 9 am, 1 pm, 5 pm.

5 Pin News - Week #15

by Janelle Carlson

The ladies high games were Carolyn Boisjoli 259, Evelyn Dodds 259, 230, 228, 224, 223, Priscille Poirier 233, Mandy Dankowski 232.

The men's high games were Jerry Gauthier 252, 221, 231, Pete Richardson 244, Don Powell 237, Marcel Vin-

cent 236.

The female bowler of the week was Carolyn Boisjoli for her game of 259 which was 87 pins over her average.

The male bowler of the week was George Sabot for his game of 217 which was 70 pins over his average.

The Legion Special was won by the Richardson team for their 3 game total of 3254.

The weeks high triple games were; Evelyn Dodds 710, 649, Jerry Gauthier 672, Mandy Dankowski 648, Marcel Vincent 610, Don Powell 602.

Manitoba Junior 'B' Hockey League - Quarter Finals Play-off Results

St. Malo wins series 3 games to none over Sagkeeng
Peguis wins series 3 games to none over Gimli.
N. Winnipeg wins series 3 games to none over Brandon
Selkirk wins series 3 games to none over St. Claude

Semi-Finals (best of 7)

St. Malo vs. N. Winnipeg
Peguis vs. Selkirk

PINE FALLS PAPER COMPANY

Mixed Broomball Tourney!

Saturday, March 15/97 at 9:00 a.m.
Pine Falls Arena

All Employees & Spouse/Guest Welcome!
\$5.00 per person.
Register by March 10, 1997

For More Information Contact:
Jason Gauthier 367-5246, Guy Borlase 367-5246,
Judy Habing 367-5223

St. Georges Sand Bag News

Mens highest game:

1. Edgar Vincent 7810
2. Victor Vincent 7640
3. Jos Vincent 7590

Womens highest game:

1. Marguerite Boyer 6790
2. Ginette Vincent 6490
3. Eugenie Vincent 6310

Highest Square

1. Flo Windsor and Marguerite Boyer 6790
2. Victor Vincent 1310

Most 300's - Colette Vincent - 16

Team Points

- | | |
|----------------------|-------------------------|
| 1. Jos Vincent 55 | 5. Henri Desautels 40 |
| 2. Horace Nault 52 | 6. Edgar Vincent 35 |
| 3. Jeanne Lavoie 49 | 7. Florence Windsor 22 |
| 4. Victor Vincent 41 | 8. Philip Bouthillier 7 |

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96 Jimmy, 4 door, 4x4, SLS, Low K's, Loaded with cloth interior, Mint, Sale Price \$28,980
94 GMC 4x4 Ext. Cab, SLE, Loaded with power driver seat boxliner towing pkg. \$19,980
96 Buick Regal, 4 door, Custom Loaded, Low K's, Balance of factory warranty 3 to choose from \$18,980
92 Pontiac Bonneville, SSEi, Loaded, 70 K's, Black in color, 1 Owner, Sale Priced \$18,980
93 GMC 1500 SLE, Reg. cab, 8 ft. box, 70 K's Loaded, One owner, Blue/silver, Sale Priced \$14,980
96 Sunfire, Red, 2 door, 5 spd, Loaded only 9000 K's, balance of factory warranty, Mint condition \$15,980
92 Ford F150, Super cab, XLT, Buckets, console, air, cruise, tilt, PWPL AM/FM cassette, 3000 in extras, Hwy K's, Compare at \$11,980
96 BUICK CENTURY, V6, auto O/D, AC, cruise, tilt, AM/FM cass, PW, PDL, P, recline seats, balance of factory warranty \$17,980
96 PONTIAC SUNFIRE G.T., 2.4L, 4 cyl., 5 spd., AC, CC, tilt, alloy wheels, AM/FM cass, folding down rear seat, dual exhaust, rear spoiler, only 10,000 kms. \$17,980
96 CHEV LUMINALS, Loaded incl, V6, alloy wheels, keyless entry, AC, CC, PW, PDL, tilt, AM/FM cass., One Owner \$14,980
98 PONTIAC GRAND AM SE, V6, auto O/D, loaded incl. AC, CC, tilt, PW, PDL, AM/FM cass, 2 or 4 dr models avail, dual airbags, ABS brakes, traction control, balance of factory warranty \$18,880
90 PONTIAC GRAND AM SE, 4dr, 16 valve, 4 cyl, automatic, air cond., tilt, cruise, AM/FM cass, Power windows & locks, alloy wheels, med-grey metallic, SALE \$8,980
96 PONTIAC GRAND PRIX SE 2Dr., V6, AC, CC, tilt, PW, PDL, AM/FM cass, steering wheel controls, low kms, balance of warranty \$19,980
90 NISSAN AXCESS VAN, Automatic, power sunroof, dual sliding doors, PW, PDL, AM/FM cass, and much more \$7,980
94 PONTIAC GRAND AM SE 4DR., V6 auto O/D, AC, tilt, cruise, AM/FM cass, PW, PDL, extended Gm warranty \$12,980
92 CHEVROLET CAVALIER 2DR, RS, 4cyl, automatic, air cond, tilt, cruise, AM/Fm cass, PW, PDL, black w/gray cloth \$8,980
94 PONTIAC BONNEVILLE SE 4DR, 3800 v6 auto O/D, fully powered incl. seat, windows, locks, mirrors, extended GM warranty... \$15,980
95 PONTIAC GRAND AM SE 2DR., V6 auto O/D, air cond, tilt, cruise, AM/FM cass, PW, PDL, spoiler, med grey metallic... \$14,980
65 Other used cars & trucks to choose from

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COMPUTER TRAINING
(No Prerequisite)
Registration for the following evening computer classes are now being accepted.

1. Intro to Computers, every Wednesday evenings 6:00 - 9:00 (DOS, Windows), March 12 - April 2, 1997
2. Microsoft Word 6.0, every Thursday evening 6:00 - 9:00, March 13 - April 3, 1997
3. QuickBooks 4.5, every Wednesday evening 6:00 - 9:00, April 9 - April 30, 1997
4. Powerpoint/Access, every Thursday evening 6:00 - 9:00, April 10 - May 1, 1997

* All course fees are set at \$50.00 per seat
* Empower School provides consultation services for home/business users at reasonable rates.

Classifieds

Total Loss Claims

AUTOPAC Press Release
Autopac will ordinarily pay for the repairs to return your vehicle to its pre accident condition, but sometimes repairs cost more than paying out how much a vehicle was worth before the accident. When fixing a vehicle costs more than paying out its value, Autopac must choose whichever is less expensive. It's one way to make sure that costs are controlled. This helps keep Autopac premiums as low as possible.

Another factor is whether the vehicle is so badly damaged that it can't be repaired to safe driving condition. Autopac would like to make sure potentially unsafe vehicles are not put back on our roads. Keeping unsafe vehicles off our roads benefits all Manitobans.

"Total Loss just means it makes more sense to pay out the value of the vehicle than to fix it. This is also called a "write off."

Here are some terms you may encounter when dealing with Autopac if your vehicle is involved. "Salvage Value."

When Autopac writes off your vehicle and pays you the full value for it, Autopac then keeps your damaged car. It is then auctioned off and the proceeds from that auction are retained by Autopac. So the salvage value is how much money is realized for the damaged vehicle from the auction. It's important because the amount realized from auction is sometimes more economical than repairing the vehicle.

Actual Cash Value
Actual cash value means the fair market value of your vehicle before it was damaged. There are two situations when writing off a vehicle costs less than fixing it:

1) When a vehicle's value before the accident is less than the cost of fixing it.

2) When paying out the vehicle's value MINUS how much Autopac will realize when the vehicle is auctioned, costs less than fixing the vehicle.

Here's an example of how important the salvage value can be. If a vehicle's actual cash value before the accident was \$4000. And the repair costs will be \$3500. On the surface it might seem less costly to fix the vehicle. After all, it's only \$3500 to fix it, compared to paying out its value of \$4000.

But let's say Autopac knows that \$1200 can be realized if the vehicle is auctioned. Now, compare the cost of writing off the vehicle to fixing it. Writing off the vehicle costs the public insurance fund

\$2800 (\$4000 minus the \$1200 for salvage.) On the other hand fixing the car will cost \$3500, so in this case writing the vehicle off is more economical than paying \$3500 to fix it.

Vehicle Insurance Value.
Autopac insures most private passenger cars and trucks for their actual cash value, up to a \$40,000 limit. If your vehicle's actual cash value is more than this limit, you can buy extra insurance from an agent to cover the extra value.

How Adjusters Assess Your Vehicle's Actual Cash Value.

Autopac has a computer data base of vehicle values from the Canadian Red Book of Used Vehicle Prices. The computer researches your vehicle's value after entering its year, make, model, kilometers and overall condition. To back that up, Autopac has a separate data base from another retail price guide.

Other sources of information can also help confirm the value of your vehicle. Examples are other independent price guides, like the Sanford Evans Gold Book, and private ads.

Recent Repairs, Do They Increase My Vehicle's Value?

That depends on the repairs. Routine maintenance such as oil changes or tune ups don't increase the actual cash value of a vehicle. Even things like muffler or brake replacements don't, as that is regular maintenance. Major restoration or renovations, if of good quality and recent, probably will increase your vehicle's actual cash value. Examples are complete engine rebuilds, complete repainting and so on.

Remember though, even major renovations don't usually increase the value of a vehicle by the amount those renovations cost.

Buy Backs...
Can you keep your vehicle if it's a total loss? Can you buy it back? The answer is yes, but instead of you buying it back, Autopac will subtract the salvage value from your settlement - that's the money the public insurance fund would get back if Autopac kept your vehicle and auctioned it.

If you keep a total loss vehicle, it must have a safety inspection within 30 days if it is to be kept registered.

Until all repairs are complete your vehicle's actual cash

value is its salvage value. Once all repairs are done properly, you will have restored your vehicle to near original value.

Disagreements...
Because the appraisal your adjuster has obtained is independent, and thoroughly researched, it should represent fair value for your vehicle. However, if you think the evaluation is incorrect, you can ask your adjuster's supervisor or the office manager to review it for you. Or, you could ask an M P I Customer Relations Officer to look into it for you. If you still believe the evaluation is wrong, you can take your claim to independent arbitration.

Arbitration Works Like This...
1) Once you decide to go to arbitration, you should first complete a proof of loss form and submit it to your adjuster. This form,

which states the amount you want as a settlement, is available from your adjuster who will help you fill it out.

2) If our evaluation of your vehicle's value remains different from yours, we'll let you know by letter. With our letter, we'll give you back your proof of loss form. You can now choose someone to act as your arbitrator.

3) You'll have to send your adjuster a registered letter telling us who your arbitrator is. Within five days of receiving your registered letter, your adjuster will send you a registered letter, telling you who we've chosen as our arbitrator.

4) The two arbitrators then meet - their job is to try to come to an agreement on the vehicle's value. If they agree, both sides must accept the decision.

5) If the arbitrators don't agree, they select a third independent arbitrator, known as an "umpire," whose decision is final and binding on both parties.

6) You are responsible for your own arbitrator's costs, but you and M P I must equally share in the umpire's costs.

Arbitration is a way to solve disagreements fairly. It's a good idea to choose an arbitrator who knows the value of automobiles. If you don't know someone with this background, Autopac can give you a list of arbitrators to choose from.

Sometimes arbitration can take a while to finish. Autopac understands you may need a payment in the meantime to help you replace your vehicle and become mobile again. Your adjuster can issue a cheque to you based on M P I's evaluation of the car. Later, if arbitration awards a higher settlement, M P I will pay the difference... usually within a few days.

Compiled by Lorraine Neel with information from MPIC.

Classifieds

STEREO SYSTEMS

NIKKO STEREO SYSTEM
NCD 440 CD Player, NP100 turntable, ND 100W double cass. player, NT digital quartz tuner, EZ 100 graphic equalizer with 10 bands and spectrum analyser, NA100 integrated amp, 110 watts per channel, \$650 firm; Serwin Vega D1 bookshelf loud speaker, incredible bass, great sounding, \$200 firm; 204-367-4224.

1xinv-1

FOR SALE

Mobile home with large addition, 2 garden sheds, fenced in yard, Located at Lot 8. Powerview Trailor Court. Phone 367-2480.

4xpd-3

BIDS

PROPOSALS are called for to supply labor and material to re-roof the building known as the ROYAL MANOR, Killarney, Manitoba. Materials considered will be either heavy grade asphalt shingles or colored steel. Dimensions etc. can be obtained from prints available. For more information, contact: Jean Jones, Administrator. Office hours: Monday, Tuesday & Wednesday - 9:00 a.m. to 1:00 p.m. - Phone: 1-204-523-7114.

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Located on Pine St. 132x330. \$10,000. Contact Nick or Jan at 367-2702.

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Spring is coming so why not call Oliver. Free estimates all work guaranteed. call 367-4256.

4xpd-4

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RAILWAY TIES for sale. Phone: Stan 1-204-734-9331, Swan River.

EMPLOYMENT OPPORTUNITIES

LIGHTHOUSE PUBLISHING, Bridgewater, Nova Scotia requires a Production Manager with the hands-on experience, interpersonal and computer skills to manage design, camera, pre-press, press and bindery departments. Fax: 1-902-543-2228 or E-mail: lighthouse@fox.nstn.ca by march 14.

Classifieds

EMPLOYMENT OPPORTUNITIES

L.E. MATCHETT TRUCKING CO. LTD., Saskatoon, Saskatchewan needs seasonal and full time drivers to haul anhydrous ammonia and dry bulk for the Spring season April 15 - May 31. Must have Class 1A license, good driving record and at least one year driving experience. Call Arnold: 1-306-242-5899 between 8 a.m. - 5 p.m. Monday - Friday.

EMPLOYMENT OPPORTUNITIES

HOFAM CATERING is now accepting applications for Cooks, Bakers, Cook helpers, and General helpers to supply catering services to CP Rail personnel in Manitoba. If you are interested in this opportunity, please fax a resume to: 1-403-462-6784, or quoting competition number 97-MN-001 to: Hofam Catering, 3050 Parsons Road, Edmonton, Alberta, T6N 1B1.

EMPLOYMENT OPPORTUNITIES

JOHN DEERE dealership in S.E. Saskatchewan requires parts person with experience. Benefit plan. Send resume to: Mike Yates. Close date March 21, 1997. Prosper Tractor Ltd., Box 69, Redvers, Saskatchewan, S0C 2H0. Phone: 1-306-452-3418. Fax: 1-306-452-3277.

COMING EVENTS

PRAIRIE MEDICAL & Aromatic Plants Conference, March 9 to 11, Royal Oak Inn, Brandon. Learn new crop production, marketing, processing. Contact Jack Moe: 1-204-726-6359.

COMING EVENTS

NORTHERN PLAINS Direct Farm Marketing Conference, March 7 & 8, Royal Oak Inn, Brandon. Farm to customer - a growing business. Contact: Mona Cornock: 1-204-726-6387, Brandon.

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ALBERTA GROWN fruit trees. Excellent selection perennials. Beautiful array of colours. Seed potatoes. Many varieties old and new. Free Catalogue: Sprout Farms Fruit Tree Nursery, 1-800-676-0353. Box 719, Bon Accord, Alberta, TOA OKO.

FOR SALE

THIS 25 WORD ad costs \$150.00 but your ad will be forwarded to 48 weekly Community newspapers in Manitoba. Contact this newspaper office for details.

HELP WANTED

SALES PERSON required immediately. Must be aggressive and ambitious. Send resume to: Formo Motors Ltd., Box 1900, Swan River, Manitoba, R0L 1Z0. Phone: 1-204-734-4577.

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Business Directory

HELP WANTED

ONE HEAVY DUTY Mechanic required for a new truck shop. Send resume to: Formo Motors Ltd., Box 1900, Swan River, Manitoba, R0L 1Z0. Phone: 1-204-734-4577.

LOVE HORSES? Grooms and exercise riders needed for the summer at race meet at Assiniboia Downs. For information, contact: Horsemen's Office: 1-204-832-4949, Winnipeg.

DRIVERS WITH CLASS 1, 3 years experience with clean abstract, apply at: Paul's Hauling - Brandon or call: 1-204-728-5785. Ask for Vern or Allan.

HELP WANTED

CONTRACTOR with Fellerbuncher and skidders or handfallers and skidders, needed to cut and skid wood in the Wabowden area. Contractor must have own equipment. Phone: 1-204-689-2261, Wabowden; or 1-204-778-8036, Thompson.

ONE AUTOMOTIVE TECHNICIAN required. Ford experience an asset. Send resume to: Formo Motors Ltd., Box 1900, Swan River, Manitoba, R0L 1Z0. Phone: 1-204-734-4577.

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TO BE MOVED! One and one half storey, character home. 1120 square feet on main floor, completely renovated. Three large bedrooms and two baths (Ensuite to bedroom). Must be seen! Phone: 1-204-829-3355, Altona.

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PERSONALS

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