

# The Voice

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Winnipeg, Mb.  
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Attn: Scripts Dept.

2¢  
PST & GST

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

## Drugs, cash siezed in Raid

On April 2nd, 1997 Powerview RCMP executed a Narcotic Control act Search Warrant on a residence on the South Shore of the Fort Alexander Indian Reserve.

During the search police seized approximately \$4000 cash and drugs worth approximately \$4000. A firearm and stolen property were also recovered.

One man faces numerous charges under the Narcotic Control Act, Food and Drug Act and the Criminal Code.

If anyone can assist Powerview Detachment RCMP in controlling the drug traffic in these areas, they are encouraged to call Crime Stoppers at 800-782-8477 or the Powerview RCMP office at 204-367-2222.

## PFPC Employees confirm trustee board nominations

by Charles Norman

**B**Y A VOTE of 215 to 92, 307 of 540 eligible shareholders of the Pine Falls Paper Company confirmed the nomination of Thor Cronshaw and Ed McMullen to be employee representatives on the company's board of directors.

The vote was held in the Manitou Lodge on Monday and Tuesday, April 14 & 15.

When the management and employees purchased the mill from Abitibi Price in 1994, one of the structures put in place was an "employee trust" which would hold 15% of Pine Falls Paper Company shares on behalf of the company's employees. Four trustees were to be appointed by the three company trade unions, and

the non-union staff. Under the terms of the trust, these four trustees were to nominate employee representatives to the company's board. Employees were to have one representative on the board from the outset, and two after any provincial government financing had been repaid, and there were no government representatives on the board.

The process became controversial last year when Thor Cronshaw was nominated by three of the four trustees. Cronshaw had been production superintendent in the mill prior to the buy-out. He had resigned after a dispute with mill manager Fern Pitre. The nature of the dispute has not been made public.

At the time Cronshaw was See *Vote* on page 4



## EASTMAN TAKES GOLD Pineview girls big part of AA junior team

LOCAL REPRESENTATIVES OF THE NATIONAL RINGETTE CHAMPIONS: Back row left to right: Amy Martin, D'Arcy Lower, Angie Robert. Front row: Alanna Forsyth, Melanie Dugard, Cris Tardiff. Stay tuned for full details on their road to the top in next week's *Voice*

**News**



**MYSTERY SHIPWRECK**  
The answer this week!

B. 3


**Features**



**Parenting Program**  
planned for area

p. 8

**70 Years**



Check out our 70th Anniversary Issue.

pp. B1 - B16

# Correction

## The Voice gets name wrong in business story

My apologies go out to Mel Smitzniuk the new owner of Clark's Corner. For some reason I was under the impression that Mel was the brother of Kalvin Kraika of Pro Hardware, and would therefore share the same last

name. The resulting error went into last week's newspaper announcing that 'Mel Kraika' was the new owner. Of course this was wrong! Thank you to all our readers who pointed out this error. I will be sure to check my facts next time.

What follows is the photograph and caption that went into last week's Voice with the correct name.

Once again, sorry Mel.  
Yours Truly  
Managing Editor,  
Don Norman



## Clark's Corner changes hands

On April 1, the ownership of Clark's Corner at the intersection of Hwy 11 & 304 changed with Mel Smitzniuk taking over from the Jacksons. The changes, however, will not be very visible. The name will remain the same along with the Mohawk gas they sell. Smitzniuk said he is happy to have the opportunity to take on a well established business in the area.

Protect your vehicle from  
**FLOOD DAMAGE**

Manitoba Public Insurance (MPI) encourages you to protect your vehicles from possible flood damage.

If your car, truck or recreational vehicle is in a predicted flood zone, please take steps to move it to high ground.

One option is to move your registered vehicle to Bird's Hill or St. Malo Parks. Call Natural Resources at Bird's Hill 222-9151 or Morris 746-6567 for details.

For vehicle insurance information, contact your Autopac agent or the toll-free Autopac Line.

**Don't wait till the last minute.**



## 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.I.:** meetings third Tuesday of every month, 7:00 p.m. Library Allard, St. Georges  
**POWerview LOCAL MME:** 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. 736-2596

**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: 8:30 - 12:30 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. Aieah Rd. at 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 AA member welcome.

## 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 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:** Ph. 367-8347 Service Sunday 9:00 am. Holy Eucharist 2nd and 3rd Sundays, Morning Prayer 1st, 4th and 5th Sundays. Services by the Rev. Ron Riseley 1st three Sundays. Lay readers 4th and 5th Sundays. 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, Greenwald 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 734-8682.

**CHRISTIAN FAITH FELLOWSHIP:** - Bible study 7:30 p.m. Wed. - Church Services at 10:30 a.m. Sunday School at 10:00 a.m.  
**HOUSE OF PRAYER FULL GOSPEL:** - 2:30 every Sunday, Scantbury Mt., on Hwy. 39

**ST. MARGUERITE R.C. MISSION** Pitt Rd. - Traverser 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.

# Agassiz Festival of the Arts announces schedule

## Carol Clegg, Publicity, Agassiz Festival

Eastern Manitoba's annual spring showcase of talent is about to happen. Here is the schedule of events for the Agassiz Festival of the Arts.

Band and Orchestra Tuesday, April 29, Edward Schreyer School, Beausejour; Vocal and Choral, Wednesday, April 30, Zion Lutheran Church, Beausejour; Speech and Dance, Wednesday, April 30, Powerview School; Piano and Organ, Thursday, May 1 and Friday May 2, Zion Lutheran Church, Beausejour.

A final concert featuring festival winners will take place Wednesday, May 14 at 7:00 p.m. at the Lac du Bonnet Senior School.

Four adjudicators will be working very hard to assist participants in perfecting their performance skills. Let me introduce them.

## NANCY HARRISON - BAND AND ORCHESTRA

Nancy Harrison is presently a private music teacher of brass, piano, and theory, and is on staff with the Preparatory Division of the School of Music, University of Manitoba. Previously, she was the instructor at Cambrian College and Laurentian University in Sudbury, Ontario, where she taught brass, theory, history, and conducted the stage band. She was principal trumpet with the Sudbury Symphony, The Northern Brass Quintet, and Band of the Ceremonial Guard in Ottawa.

Miss Harrison holds a Bachelor of Music from Brandon University, Master of Music (Trumpet performance) from the University of British Columbia, Bachelor of Church Music from Canadian Mennonite Bible College, and a Performance Diploma from Trinity College, London, England. She is a member of the Manitoba and Canadian Band Associations, Manitoba Registered Music Teacher's Association, and Wednesday Morning Musicale Club.

**OLGA MULLER FRIESEN - VOCAL AND**

## CHORAL

Olga Muller Friesen received her musical education in Vancouver and Winnipeg. She holds diplomas in piano and organ from the Toronto Conservatory, Western Board of Music, and Trinity College, London, England. She also has Bachelors degrees in Music and Education from the University of Manitoba. She has been active in several music associations including the Manitoba Registered Music Teachers' Association, Royal Canadian College or Organists, and International Chorists Guild.

Ms. Friesen began her career as a piano teacher, subsequently branching out into the field of school music specialist, with a particular interest in choral music. She is the founder and conductor of the former Morden Children's Choir, Stonewall Children's Choir, Winnipeg youth Choir, and recently a Children's choir in Fort Garry. Her other adventures include the "Singing Carillons of Stonewall", a hand-bell ringing and singing group which has received national acclaim. She conducts workshops and adjudicates piano, organ, choral, and vocal classes at festival across Canada.

## TALIA PURA - SPEECH AND DANCE

Talia Pura received her

Bachelor of Arts in Theatre at the University of Winnipeg and Bachelor of Drama Education at the University of Manitoba. She has worked as an actress and dancer for many companies as well as for radio, television, and in film. She is currently teaching Performing Arts at a Winnipeg high school.

## NANCY NOWASAD - PIANO AND ORGAN

Nancy Nowasad received her musical training at the University of Regina, obtaining the A.R.C.T. Performance Diploma and a Bachelor of Music in Piano Performance, and receiving many scholarships and awards. She has enjoyed a diversified musical career across Canada and in Germany and England. She has combined private teaching with performing, accompanying, and adjudicating.

Mrs. Nowasad also has extensive training and experience with bands and instrumental groups, having studied both saxophone and flute. She has been involved with bands and ensembles as a performer, clinician, conductor, and arranger. She is a Registered Music Teacher and currently resides in Winnipeg where she is an active teacher and accompanist, and organist at Charleswood United Church.

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\*SAVE \$1.70 off reg. price\*

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Pork or Dinner Sausage, Bulkpak..... \$1.39lb/3.06kg  
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### Olympic Deli...

Black Forest Ham - sliced or shaved..... .79/100g  
Burg Bologna - by the piece or sliced..... .49/100g  
Mock Chicken Meat Loaf - sliced..... .56/100g  
Chicken Breast - Fresh sliced..... \$1.19/100g

### Fresh Meats ....

**BEEF:** Prime Rib Roasts - King of Roasts... \$3.89lb/8.57kg  
Rib Steak - BBQ favorite..... \$4.19lb/9.23kg  
Lean Ground Beef..... \$1.78lb/3.29kg  
**PORK:** Butt Roasts - semi boneless... \$1.79lb/3.95kg  
Butt Steaks - another BBQ Delight..... \$1.89lb/4.17kg

### KURTWURST SAUSAGE - FRESH HONEY SAUSAGE

Made with Manitoba Pork or Liquid Honey \$2.39lb/5.27kg

**CHICKEN WINGS** - fresh \$1.59lb/3.50kg

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\$1.19lb/2.62kg

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# New Internet government tendering system

A new Internet-based tendering system will soon make it easier and more economical for Manitoba suppliers to pursue government business opportunities across Canada, Government Services Minister Franklin Pitura announced today.

The improved national electronic tendering service, called MERX, will replace the current Open Bidding Service on June 1, Pitura said. The state-of-the-art system will be the largest single source of information about government business opportunities at the federal, provincial and territorial levels.

"MERX will be more than a web site listing of government tenders," the minister said. "With its built-in email capabilities, the service will allow for two-way communication between buyers and suppliers, and

even three-way communication among suppliers interested in partnering on government contracts. It will be accessible to virtually everyone and will be cheaper to use, as well."

The service arose from the 1994 Agreement on Internal Trade, which is aimed at providing equal access to opportunities and freer movement of goods across Canada. It will operate as a partnership with all provinces, the territories and the federal government.

"This is an important advance in the ongoing evolution of fair and open government tendering systems," Pitura said. "Manitoba suppliers can compete successfully for government business anywhere in Canada, but only if they are first made aware of the opportunities."

Following a nationwide re-

quest for proposals, the contract for the service was awarded to Cebra Inc. because of the company's ability to meet all technical and operational requirements, including powerful search tools and Internet technology, at the lowest overall cost to subscribers. Cebra, a wholly owned subsidiary of the Bank of Montreal, is partnering with several Canadian companies to develop the on-line system.

At the outset, MERX will list the majority of federal, provincial and territorial procurement opportunities. In 1998, the service will be expanded to include a number of tenders from municipal governments, academic institutions, schools and hospitals, and possibly, the private sector.

The service will be available by way of either in-office or

in-home access to the Internet or direct dial-up. The public will also be able to access the system at business sites across Canada in the near future.

MERX will have about 25,000 subscribers when launched in June. By the second year of operation, the subscription base is expected to grow to 100,000. On an annual basis, subscription rates for MERX will be nearly 20 per cent cheaper than for the current Open Bidding Service. In addition, users will no longer be required to pay a fee for bid-matching.

Pitura says MERX will also be more convenient. "Users will be able to pick up some tender documents locally, rather than having to wait for documents to be shipped from Ottawa. The majority of documents will be available electronically," he said. "That means companies will receive more information, more quickly, so they can strike while the opportunities are still hot. It all adds up to a more effective tool to help Manitoba suppliers do business from some of the largest purchasers in Canada."

## from page 1 70% endorse trustees nomination

nominated to the board he was not an employee. The majority of the members of two of the three unions, (office workers, and loggers) and the non-union staff felt that an employee representative should be an employee. Trustees for the office workers and loggers did not consult their membership prior to making a decision on the nomination.

This year there will be two employee representatives to the company board of directors. Provincial government loans will shortly be paid off, and the three directors nominated by the government will resign, leaving room for three new directors, one of whom will be nominated by the trust.

Prior to the trust making their decision five employees informed the trustees that they would let their names stand for nomination to the board. The trustees met on March 17, re-elected Cronshaw and elected Ed McMullen, a trustee, to fill the new position. The whole process took about 30 seconds, no one else was considered, and no attention was paid to the protests of the non-union trustee.

Almost immediately, the five would-be directors, had obtained the necessary 20% of trust members to call for a general meeting of the trust with a view to rescinding the decision of the trustees and electing the directors by all eligible members of the trust.

The trustees obtained a legal opinion that they were under no legal obligation to change the decision already made, but held a vote on the issue in any case. Trust members were asked if they supported the decision of the trust to nominate Cronshaw and McMullen.

The vote was 70% in favour of the trustees' nominations.

There will be a general meeting of the trust in June, at which time a change in the trust articles will be considered to allow for election of directors directly by members of the trust in future years. The trust is scheduled to be wound up in September 1999. Alternative arrangements for election of employee representatives to the board of directors will have to be made before then.

# Support group for rural home based business

by Natalie Stecker  
The wind howled and the snow swirled as thousands of Manitobans huddled in their homes wondering how to operate their businesses or simply get to work as the blizzard of '97 raged on.

No problem for Shelagh Thurlbeck!  
Thurlbeck heads Future In Sight, a management group comprised of a team of experts dedicated to helping Manitoba communities and businesses plan for the future and realize their full potential. Thanks to technology, she can operate Future In Sight by simply walking into a sparsely converted office. E-mail, fax, the Internet and other office technologies enable Thurlbeck to operate effectively from home as a diverse "virtual" business group.

Thurlbeck herself lives in East St. Paul. Her team is proud to be at the leading edge of this new economic trend and is working to help others establish home based or "virtual" businesses. "Home based business provides exciting opportunities for rural Manitoba. People will no longer have to leave their communities to start businesses - they will be able to access global markets right from their

homes. As urban centres grow more expensive and crime rates climb, trends indicate that more "urbanities" will look for the quality of life rural communities can offer - and they will take their businesses and jobs with them."

It's a win win situation. When operating from a home base you can experience the comfort and convenience of working from home and eliminate the expense of running a storefront operation.

Working from home may seem, and in fact can be, quite a challenge! But with careful planning, the right technology and a strong sense of professionalism, a successful home

based business is just around the corner.

The Future In Sight Team will be presenting a series of workshops in rural communities to assist entrepreneurs in starting and operating their home based or "virtual" offices. They have also been invited to present workshops on Community Planning and Building Business Contracts at Rural Forum in May 1997.

Shelagh Thurlbeck is a long time entrepreneur - surfing the wave of the future toward the new millennium. She recently changed the name of her company to Future In Sight from AMS/SMT Business Development Group.

## 5 Pin News

by Janelle Carlson  
The ladies high games were Evelyn Dodds 301, 234 & 231, Carol Griffin 259 & 237, Heather Davis 246, Cheryl Boisvert 241 & 238, Doris Kahle 229, Sharon Mignon 229, Carolyn Boisjoli 221.

The men's high games were Lyle Velie 253, Pete Richardson 233.

The female bowler of the week was Evelyn Dodds for her game of 301 which was 110 pins over her average.

The male bowler of the week was Lyle Velie for his game of 253 which was 58 pins over average.

The Legion Special was won by the Richardson Team for their 3 game total of 3336.

This weeks High Triple Games were; Evelyn Dodds 721, Carol Griffin 713, Cheryl Boisvert 684, Pete Richardson 631, Doris Kahle 612, Sharon Tremain 610, Lyle Velie 604.

## Correction

While typing last week's story on the Dancing Blades Figure Skating group, a line was inadvertently left out. Unfortunately several people's names were omitted because of this. Below, the paragraph where this error occurred is reprinted.

Angela Niemi, Jen Sharpe, Carrie Paukovic and Kristen Paukovic demonstrated the Fourteen Step, one of the set pattern dances at the Senior Bronze level. The Basic group of Danis Actimichuk, Kaley Actimichuk, Nicole Bonekamp, Ashley Desloges, Kathleen Frederick, Heidi Kraft and Stephanie Murray, dropped their hammers and saws and skated out to the theme music from "Home Improvement". The "Als" did a great job skating the program choreographed by their coach Jen Sharpe.

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GARLIC SAUSAGE coll. by the piece ..... 100 g/ .40  
BOLOGNA fresh sliced Visking ..... 100 g/ .29  
LOAF & CHEESE LOAF fresh sliced ..... 100 g/ .55  
HAM cooked, fresh sliced ..... 100 g/ .52  
SALAMI fresh sliced ..... 100 g/ .50  
PEPPERONI fresh sliced ..... 100 g/ .50  
SMOKED BEEF Montreal, fresh sliced ..... 100 g/ .89

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BREAD Buttercup, white or 60%, 567 g ..... .44  
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CANNED DRINKS PCTM, 355 ml, 12 pak ..... 2.49  
SOFT DRINKS PCTM, asst'd, 2 L ..... 2/ 1.00  
COKE or PEPSI Drinks, 2 L ..... .79  
MARGARINE No Name™, parchment, 450 g ..... .39  
ICE CREAM Fiesta, 4 L ..... 2.79  
MILK Dairyland, 2%, 4L ..... 2.99  
FLOUR Robin Hood, all purpose, 10 kg ..... 5.99  
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PORK BUTT STEAKS reg. Packs™ (4.82 kg) ..... lb. 2.18  
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LEAN GROUND BEEF Club Pack™ (3.92 kg) ..... lb. 1.78  
LEAN GROUND BEEF small packs (4.16 kg) ..... lb. 1.88  
INSIDE ROUND ROAST Grade A beef, (7.23 kg) ..... lb. 3.27  
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- If your basement floods, do not attempt to turn off the main power switch. Notify Manitoba Hydro to disconnect power at the pole.
- Move large electrical appliances to your home's second floor. On main floor levels raise equipment off the floor by using tables, sawhorses, etc.
- Remove all food from the refrigerator. Leave the door open.
- Furnace fan motors, oil burn motors and pressure systems usually can be removed for dry storage.
- Make sure sump pumps work. Take precautions to prevent sewer backup.

Boaters in flooded areas should avoid low-hanging energized lines. Do not travel by boat at night.

**AFTER FLOODING**

- Do not enter flooded basements or buildings which may contain energized electrical wiring or appliances.
- The main electrical panel must be cleaned, dried and tested to ensure the integrity of the insulation.
- Circuit breakers that have been submerged must be replaced.
- Any circuit breaker removed after being submerged must be destroyed as they may not operate safely.
- Do not use any appliance, heating, pressure or sewage system until electrical components have been thoroughly cleaned, dried and inspected by a qualified electrician.
- Before turning on power, have a qualified electrician inspect all wiring. Even if your basement did not have water, the interior structure may be soaked and still be a conductor of electricity.

Call your local Manitoba Hydro office if you are concerned about electrical hazards and what to do if your home is flooded.

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**The Voice**  
Community Newspaper Est. 1993

**PUBLISHER**  
Charles Norman  
Managing Editor - Don Norman  
Graphic Artist - Lori Croucher  
Advertising - Don Norman  
Contributors: Lorraine Neal, Carole Wegar, Todd Gulmoond.

**SUBSCRIPTIONS**  
\$22.80 within 65 km. (40 mile radius of Pine Falls.  
\$ 45.60 all other areas (prices include PST & GST)

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The Voice is an independent weekly newspaper published on Wednesdays out of Pine Falls, Manitoba. All views within this paper are the views of the author and do not necessarily reflect the opinions of the publisher.  
2nd class mail #02315408-99 (Postage paid in Pine Falls)

## Manitoba Assembly of First Nations to hold rally

### Federal inaction on Royal Commission on Aboriginal Peoples sparks action

WINNIPEG - First Nation and Aboriginal communities across Manitoba are gearing up for a "National Day of Action" this coming Thursday (April 17th).

"15 years to the day after Queen Elizabeth signed this country's constitution we are calling on Prime Minister Jean Chretien to come clean on Canada's horrendous record of human rights violations against First Nations Peoples," said Royce Wilson, the Manitoba Vice-Chief of the Assembly of First Nations (AFN).

According to Wilson, who is from the Rolling River First Nation near Erikson, the Prime Minister's shelving the Report of the Royal Commission on Aboriginal Peoples (RCAP) is part of a plan to bury First Nations issues on the eve of a federal election. He says while the Report provides a plausible blueprint for change in the relationship between First Nations and the rest of Canada, major Indian Act amendments and off-loading to provinces of treaty health and social rights is evidence that the Liberals have a hidden agenda. "Liberal inaction on the RCAP Report proves the Red Book isn't working for First Nations," Wilson said.

On Thursday morning, scores of Aboriginal and non-Aboriginal youth will join together for a Scavenger Hunt to search for the "Lost RCAP Report". They will also offer a free window wash on Broadway and Main Street. At the mass rally at the Forks, a mock "Chretien Come Clean" Car Wash will take place. Following the rally, participants will move up Main Street toward the Aboriginal Centre on Higgins Avenue just after lunch. At the same time, First Nations people in rural and remote communities will jam the phones and faxes of Prime Minister Chretien and the Liberal M.P.s.

Organizers of the Winnipeg events say their efforts will complement other activities across Canada.

## Winnipeg River Senior Service Update

The W.R.S.S. has another "fee for service" made available. We now have someone with a water pump. If you have trouble with water in the yard or basement this spring call the office at 367-9128.

The winner of the North Winnipeg River Handi-van March FREE DRAW was Lori Fontaine. Don't forget to enter the FREE DRAW for the month of April. Boxes will be set up at the Chateau Guay in St. Georges, Pineview Lodge, Silver Haven, St. Georges Church basement and Golden Leisure Club in Pine Falls. Good Luck!

Just a little reminder, the use of the Handivan within the local areas is just two dollars (four dollars round trip). So if you need to go shopping, get your hair done or just go for coffee with a few friends why not use the handivan. Call the ambulance office at 367-9112.

We will also be having a Garage Sale May 24. We are looking for any donations you many have, such as household goods, books, toys, furniture. Signs and details will be posted or call the office for more info. at 367-9128.

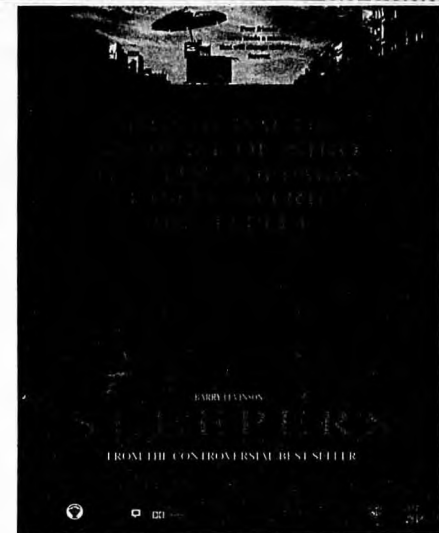
## Lock your bikes!

Last year Powerview RCMP Detachment received in excess of 75 reports of stolen bicycles. This does not include unreported thefts.

### What you can do

1. Keep bicycle locked inside your garage or residence
2. Keep bicycle locked when left unattended
3. Record serial number
4. Record make, model, and distinguishable characteristics

Together we can make our communities a safer place to live.  
Powerview RCMP



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Les caisses populaires du Manitoba

## How about Veal for a Change

by Marilyn Zarocki

With the promise of spring comes the desire for change. A simple way to spark up a day is to add a new look to your menu - versatile veal. Esteemed in Europe, yet often overlooked in North America, this quick to prepare meat fits well into today's busy lifestyles. With the many veal specials at retail this spring, veal also fits well into today's down-sized pocketbooks.

So how often do Canadian consumers eat veal and what cuts do they purchase? To determine these answers, the Beef Information Centre added a number of veal questions to its annual consumer study. Fifty percent of respondents claimed that they enjoyed veal as often as 3 times a month. Eleven percent eat veal once a week. The figures were higher for Quebec respondents with 62% serving veal up to 3 times per month. The study also indicated that veal is a popular choice when dining out. Of those surveyed, almost 4 in every 10 veal meals are eaten out of home. Obviously, people enjoy veal, but are unfamiliar with its purchase and preparation.

The second phase of the study was to determine which cuts are most popular and available. According to data collected by the Beef Information Centre, retail outlets carry, on average, 3 cuts of veal. The most popular of these is veal cutlet or scallopini, followed by chops and stew meat.

Retailers often use the terms "cutlet" and "scallopini" interchangeably to refer to a solid muscle piece, thinly sliced an cut from the hip, leg or sirloin. Usually the cutlet requires little preparation and only a few minutes of cooking. Cutlets are usually sauteed quickly in a small amount of butter or oil. Because the tender young meat lacks fat, it will toughen quickly if overcooked. Cutlets need to be cooked just until no longer pink inside.

Their speed and ease of preparation make veal cutlet recipes ideal for week day meals as well as impromptu entertaining. Recipes are available by writing to: Veal Promotions, 2223 Argentinian Road, Suite 100, Mississauga, Ontario, L5N 2X7.

## Buckle up on April 28th

Powerview RCMP would like to take this opportunity to announce to the motoring public within the Powerview Detachment area a new initiative aimed at making our streets, roads and highways safer for motorists, pedestrians and civilians alike.

While Highway Traffic Act enforcement always has been and always will be an integral part of daily police work, effective immediately, Powerview RCMP will be announcing specific days dedicated specifically to traffic enforcement. Circumstances permitting, on these days, specific members of Powerview Detachment will be conducting dedicated traffic enforcement all

day. These dedicated traffic enforcement days will supplement traffic enforcement carried out by all members of Powerview Detachment on a daily basis.

On April 28, enforcement will focus on the use of occupant restraints (i.e., seatbelts).

While Powerview RCMP urge the motoring public to always drive safely and obey all traffic rules, compliance on this date is especially imperative as no warnings will be issued.

Let's all work together to make our roadways safer for motorists, pedestrians and civilians alike.

See you on the road.

It's Before it was hip to be green, Ducks Unlimited Canada was committed to saving habitat from **so easy** coast to coast. Now that being green is everyone's **being** concern, our job is more important than ever. We need your help to conserve wetlands **green.** and promote a healthy, sustainable environment for people and wildlife.



Be green today. It's so easy. Support Ducks Unlimited. 1-800-665-DUCK

Man discovers how to turn glass into money

### Window of opportunity wide open with Manitoba Hydro rebate

Lyle Ramsey and the Rolling River School Division received a \$2,300 rebate and are saving almost \$400 a year on Hydro bills. How? They replaced 30 old windows with energy-efficient windows in five schools thanks to Manitoba Hydro's Commercial Construction Rebate Program.

"I started pricing out the energy efficient windows with the rebate. It was a better option all around. That's what interested me in the program," said Maintenance Supervisor Ramsey. The result has been significant savings and more comfortable classrooms.

When the time comes to replace old windows in your electrically-heated commercial building, install energy efficient windows that qualify for the Manitoba Hydro Commercial Construction Rebate Program. You'll get money back on the purchase of the right windows and save on your future Hydro bills. For complete details contact your local Manitoba Hydro representative today.

Actual rebate and savings amount will vary.



Features

# Parenting Program planned for area

By Lorraine Neal

The Oxford dictionary defines the noun "parenting" as "bringing up children". Most of us who are parents think of it as just that and we bring up our children the best way we know how. But what if you don't know how? What if you didn't have very good role models as a child growing up? Perhaps your own parents didn't know how to parent either.

Every generation of our society has a different idea of just what a good parent is - from the dark Victorian age where "children were seen and not heard" to the era of "Father knows best" to some of today's parents who subscribe to the theory that children must be able to express themselves and not be corrected.

Which bring us right back to parenting...

Sometimes people think that all they need to do is have a baby, and the right instincts will kick in when necessary and they will magically know what to do. If only it were that simple.

Parenthood is one of the most important fundamental roles any human being can take on in one lifetime. It is probably the least understood role and is not given the recognition it deserves. It brings with it joy, fear, confusion, worry, lots of precious and happy moments, and sometimes pain and tragedy.

Parenting programs such as "Nobody's Perfect" are the answer. Parenting programs are health promotion tools that build on a parent's strengths while promoting positive coping skills. Parenting programs help strengthen the natural relationships that a person has with family, friends, neighbours, and other community members. The "Nobody's Perfect" program focuses on learning and is completely non-judgemental.

Families have other influences which affect good health and parenting. Two of the most important ones are education and economics. Poverty and unemployment cause stress. That stress can aggravate the parenting process.

Dr. Paul Steinhauer, a Toronto psychiatrist stated in an interview with Peter Czowski, on January 20th, 1997 that: "children who are poor but are well parented do at least as well as middle and high income children who are poorly parented."

What does 'well parented' mean? Dr. Steinhauer stated: "Parents who have enough comfort in themselves so that they can get along with their partners,

can provide nurturing, stimulation and convey their cultural values well. Parenting involves having good communication with your children, training them, giving and receiving love and disciplining children in a firm but loving and educational way."

The economic effects of early childhood parenting programs show that for every dollar spent on early childhood inter-

vention, a savings of \$7.00 is realized in terms of health and psychosocial consequences.

It is clear that there is a need to rebuild our sense of community. In programs like "Nobody's Perfect", parents gather together in their own community to discuss and learn, problem solve and create solutions for positive parenting. This increases self confidence and supports the

parenting network.

The purpose and objectives of parenting programs are consistent with emerging governmental priorities which stress prevention, health promotion, early childhood development and community partnerships.

The "Nobody's Perfect" parenting program is currently being planned for this community. If you feel your parenting

skills can be developed further, or if you'd like to know how to parent better, give Myrna a call at 367-2224. The program can have many other benefits to the community too. Perhaps you'd like to help as a future volunteer. Perhaps "Grannies" will be needed in the future, some good cooks with tried and true recipes for meals high in nutrition but low in cost. The sky's the limit! More on this in the near future.

## IT TAKES A WHOLE COMMUNITY TO RAISE SUPER KID



Some time ago this list of the thirty assets required to raise a great kid appeared in the Lac du Bonnet Leader. The list comes from the Search Institute of Minneapolis, Minnesota and was published in a series of materials called ASSETS. Here's what was listed:

- 1) Family life provides lots of love and support.
- 2) Youth can turn to their parents for advice and support.
- 3) Youth have frequent in-depth discussions with their parents.
- 4) Youth turn to other adults for advice and support.
- 5) Youth have frequent, in-depth discussions with other adults.
- 6) School provides a caring, encouraging environment.
- 7) Parents have standards for appropriate conduct.
- 8) parents discipline youth when rules are violated.
- 9) parents know where kids are.
- 10) Youth spend time at home at least four nights a week.
- 11) Youth's best friends are well behaved.
- 12) Youth spend time in music training and practice.
- 13) Youth are involved in clubs and extra curricular activities.
- 14) Youth are involved in organizations outside the school.
- 15) Youth regularly attend religious services or programs.
- 16) Youth are motivated to do well in school.
- 17) Youth aspire to post high school education.
- 18) Youth do well in school.
- 19) Students regularly attend religious services or programs.
- 20) Students regularly spend time doing homework.
- 21) Youth believe it is important to help other people.
- 22) Youth are concerned about global issues such as world hunger.
- 23) Youth care about other people's feelings.
- 24) Youth believe it is important to abstain from sex.
- 25) Youth are assertive in standing up for what they believe.
- 26) Youth are good at making decisions.
- 27) Youth are good at making friends.
- 28) Youth know how to plan ahead.
- 29) Youth have high self esteem.
- 30) Youth have a positive view of their personal futures.



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| • LETELIER | • ST-BONIFACE | • ST-PIERRE-JULY | • LORETTE      | • ST-CLAUDE  | • STE-ROSE-DU-LAC  |

## Classifieds

<p><b>HELP WANTED</b> MEAT CUTTERS NEEDED Slaughter experience an asset, self motivated, willing to take on responsibility. Phone, apply in person after April 18, 1-204-723-2306, Fax: 1-204-723-2000, Treherne.</p>	<p><b>HELP WANTED</b> EXPERIENCED CABINET MAKER. Salary to commensurate with experience. Phone: 1-204-734-9471 or Fax: 1-204-734-3923. Attention: Don, SWAN VALLEY CABINET, Swan River, Manitoba.</p>
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**EASTMAN RINGETTE ASSOCIATION INVITES APPLICATIONS FOR Coaching Staff ON THE FOLLOWING TEAMS:**  
AA DEBS, AA BELLES, AA JUNIORS, AA TWEEN EXHIBITION

Send complete resume of qualifications and goals to: EASTMAN RINGETTE ASSOCIATION  
Interviews will be requested  
c/o. Jan Dueck  
P.O. Box 21825  
Steinbach, Manitoba  
R5G 1B4  
434-6389 (home)  
Deadline for application is April 29, 1997

Cars & Trucks

**AGASSIZ SCHOOL DIVISION #13 GRASS CUTTING TENDER**

SEALED tenders will be received by the undersigned until 12:00 noon, Monday, April 28th, 1997 for grass cutting for the 1997 season for all schools in Agassiz School Division No. 13

Specifications and tender forms are available at the office of the Maintenance Supervisor, 75-5th Street South, BEAUSEJOUR, Manitoba during regular office hours, Monday to Friday.

Tenders will be accepted on individual schools or the complete group of schools.  
Lowest or any tender not necessarily accepted.  
Please mark envelopes "Grass Cutting Tenders".  
Glen Hirst  
Maintenance Supervisor  
AGASSIZ SCHOOL DIVISION NO. 13  
Box 1206  
Beausejour, Mb  
R0E 0C0  
Date Posted: April 1st, 1997

**CALL FOR TENDERS (Re-Tender)**

The Friends of Old Pinawa Inc. (formerly Pinawa Dam Provincial Heritage Park Development Project) is developing a small grass amphitheatre at the old Pinawa Dam site.

Contractors are invited to bid on the project. Following outlines the major areas of work:

- Electrical Service
- Rough grading
- Topsoil and sod
- Concrete paving and small columns
- Metal fabrication

Tenders may be picked up from April 22, 1997 and close at 12:00 noon May 13, 1997.  
A \$50.00 refundable deposit is required.

Tenders may be picked up at the Winnipeg River Brokenhead Community Futures Development Corporation offices at 4 Park Avenue, Lac du Bonnet.

For information contact Esme Boone at 345-9879 or 345-2514, FAX: 345-6334 or Ken Rech, Landscape Architect in Winnipeg: (204) 489-6616.

## Health HERE'S YOUR HEALTH High Blood Pressure and Your Kidneys...

Everyone has blood pressure. It is not an illness or an abnormal condition. Normal blood pressure helps to keep us healthy. Blood pressure is the force that carries blood to all parts of the body. A normal blood pressure is 140 or less, for the Systolic blood pressure and 90 or less for the Diastolic blood pressure.

Systolic Blood pressure (the first or higher number) refers to the highest pressure in the arteries. It occurs every time the heart beats.

Diastolic blood pressure (the second or lower number) refers to the lowest pressure in the arteries. It occurs when the heart is relaxing between beats.

Blood pressure which goes up and stays above this normal range for a prolonged period of time is called high blood pressure or "hypertension." One high reading does not mean you have high blood pressure. You should keep a record of your blood pressure over a period of time. This will help you and your doctor decide whether or not your blood pressure is in a normal range.

### A Relation Between High Blood Pressure and Kidney Disease?

High blood pressure and kidney disease are closely related. High blood pressure can cause kidney problems and kidney disease can cause high blood pressure. High blood pressure is the cause of kidney failure among almost 10 percent of new patients.

If you have diabetes as well as high blood pressure then you must be especially careful to keep both these conditions under control. Diabetes is the leading cause of kidney failure today.

The kidneys are the master chemists of the body. Their main job is to remove wastes from the blood and return the cleaned blood back to the body. If the kidneys fail, dialysis treatment (the cleaning of the blood either by a machine or in the abdomen), or a kidney transplant would be needed.

The kidneys also produce a messenger or hormone called renin which is involved in the control of blood pressure. When the kidneys are damaged or fail, too much of this hormone might be produced, causing blood pressure to rise. In turn, this can lead to further kidney damage.

High blood pressure can damage the blood vessels of the kidneys. This reduces the blood supply to the kidneys as they cannot work properly. Therefore, waste products are not removed from your body. Salt is retained, which causes the body to hold fluid. This extra fluid puts a burden on the heart. Kidney failure will occur if high blood pressure is not controlled.

High blood pressure and kidney disease are closely related. High blood pressure can cause kidney problems and kidney disease can cause high blood pressure. High blood pressure is the cause of kidney failure among almost 10 percent of new patients.

### Do You Have High Blood Pressure???

More than two million Canadians have high blood pressure. High blood pressure is also called the "silent disease." There are no clear signs or warning signals. Usually, the only way you can tell if your blood pressure is high is to have it checked. It is recommended that blood pressure be checked at least once a year. This simple procedure can be done by a nurse, doctor or other health professional.

### Effects of High Blood Pressure on the Kidneys...

High blood pressure can damage the blood vessels of the kidneys. This reduces the blood supply to the kidneys as they cannot work properly. Therefore, waste products are not removed from your body. Salt is retained, which causes the body to hold fluid. This extra fluid puts a burden on the heart. Kidney failure will occur if high blood pressure is not controlled.

### The Causes...

The causes of high blood pressure are not fully understood. The risk of developing high blood pressure is higher in people:

- with a family history of high blood pressure,
- who are overweight,
- who are middle aged or elderly
- who have too much salt in their diet
- who are black.

### Warning Signs of Kidney Disease.....

- High Blood Pressure
- Burning or difficulty during urination
- Passage of bloody appearing urine
- More frequent urination, especially at night
- Puffiness around eyes, swelling of hands and feet, especially in children
- Pain in the small of the back just below the ribs (not aggravated by movement).

### What Can You Do About High Blood Pressure?

High blood pressure can be treated and controlled. If your first blood pressure reading is high, it is important to have it measured again. A single abnormal reading does not always mean you have high blood pressure.

If you have high blood pressure or wish to prevent it, you might have to make some changes in your lifestyle. Your doctor might suggest that you:

- attain ideal weight
- exercise regularly
- decrease the amount of salt and fat in your diet
- quit smoking
- cut down on alcohol
- reduce stress

### Medication...Will You Have to Take It?

If the changes you make in your lifestyle do not make your blood pressure normal, or if your blood pressure is extremely high, your doctor will probably prescribe medication. In most cases, you will need to take medication for the rest of your life. You and your doctor will need to work together to keep your blood pressure under control.

Be sure to consult your doctor. Have your blood pressure checked regularly. It could save your life.

Material used in the production of this column, courtesy of the Kidney Foundation of Canada. For more information on this or any topic please call Family Services at 367-2224 in Pine Falls. Compiled and edited by Lorraine Neal.

**Classifieds**

**HELP WANTED**

POSITIONS AVAILABLE, Chef/Head Cook and Prep Cook. Creative, reliable, knowledgeable. If these traits describe you, submit resume by mail to: Red Coat Inn, Box 700, Boissevain, Manitoba, R0K 0E0.

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Man with sump pump will come and pump basement and yard. For free estimate call Dan at 367-4402. Leave message.

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**COMING EVENTS**

INVITATION: 12:45 p.m., April 23, the Manitoba Agricultural Hall of Fame Plaques will be unveiled in the KEYSTONE CENTRE, Brandon. The ANNUAL Meeting will follow.

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