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200 Vaughan St. cor. Winnipeg, Mb. R3C 1T5 (legal deposit)

WHAT ABOUT OUR BACK - SOME FACTS ABOUT BACK TROUBLE

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The VOICE

62¢ plus PST & GST

VOLUME 5 ISSUE #21

WEDNESDAY MAY 28, 1997

Coop doing membership survey

by Charles Norman

The Winnipeg River Consumers Cooperative will be carrying out a survey in the region during the next two weeks to determine the number people interested in becoming members of a proposed coop to be established in Pine Falls.

The impetus for setting up a local coop began during the recent, and lengthy, strike at the Northern Store in Pine Falls. People were inconvenienced by having to travel to Lac du Bonnet, Selkirk, and Winnipeg for groceries, and local businesses found their business suffered too.

In preparing a business plan for the coop it became obvious that the Northern Store was getting only a fraction of the available business. The steering committee set up to look into starting the coop has decided that a coop, with competitive pricing, will bring more people into town where they will be buying gas, hardware, medicines etc. from other businesses in the community. The committee thought it would be to every ones benefit for Pine Falls to have another grocery store and decided to continue with the work to get it started provided enough local people were interested in joining.

There are nearly two thousand households in the region to be served by the coop. (From Bissett to the beaches). The coop will need roughly half of these to join if it is to be able to get the necessary financing. There are also several thousand people who live in the beach area for the three months of summer. It is not expected that these people will be joining the coop, but every effort will be made to bring that business to the new store.

The Coop steering committee has been headed by Graham Nicholson, but he has just ac-

cepted a position with a coop in Stony Plains Alberta, just west of Edmonton. His job starts on Thursday, his family will be joining him when the children finish their school year. Brenda Boriskewich-Kuzyk has taken over as chairman of the steering committee and will be coordinating the membership poll.

Brenda said the committee decided to find out if there was any real interest in the community before spending a great deal of time, effort and money on the project. Federated Cooperatives, the four billion dollar a year coop wholesaler, will likely measure their assistance based on the level of interest in the community she said.

She said membership in the coop would cost \$100. This is a one time only share purchase. She said a coop returns any profits it makes to it's members based on the amount of money the member spends. Her family of four were getting dividends of more than \$300 per year from the Gillam Coop.

In short, prices will be more competitive, profits will be returned to members, and it will be good for business for the whole community she said.

This week and next there will be ads in this paper with a coupon to be filled out by those interested in joining. Posters will be put up in the various communities. Leaflets will be available at various locations, and a message centre (367-4796) set up where potential members can leave their names and addresses.

The coop will probably be located behind St. Theresa's Catholic Church, where the Pine Falls Paper Company has said it could make land available. The store will be a grocery store only. It will carry a full line of food and household products but will not be carrying clothing.



Mrs. Betty Fox was welcomed at Powerview school with a bagpipe performance by Myles Wilcott

Betty Fox talks about son's 'Marathon of Hope'

by Tammy Savoie

Tuesday, May 20th, the mother of world re-knowned Terry Fox came to speak to the students of Powerview and Pine Falls School. Mrs. Betty Fox talked about Terry's marathon of hope and answered questions from the students.

In 1977, Terry Fox was diagnosed with osteogenic sarcoma

(bone cancer) and suffered the loss of his right leg. While recuperating, Terry saw the pain and suffering of other cancer victims and decided that he was going to run across Canada to raise money for cancer research. Before he died in June of 1981, Terry's Marathon of Hope raised 24.17 million dollars. (Over 180.5 million has been raised world-wide to this date). This one-day event

has raised more money for cancer research than anything else in the world. Because of this Canada is now one of the leading countries in cancer research.

Mrs. Betty Fox was graciously welcomed in Powerview school with a bagpipe performance by Myles Wilcott, a piano performance by Cara Dugard and a song by Jenelle Vincent. The annual Terry Fox run has been hosted by Powerview school for over 10 years. Internationally there are now over 300 Terry Fox runs to raise money for cancer research.

Trudy Turner, the Provincial Director of the Terry Fox Foundation presented the school with a plaque and a book for all the years of ceaseless dedication to the Terry Fox Run. To contact the Terry Fox Foundation phone the office toll-free at 1-800-663-8369.

Attention Gardeners

Registration for the 2nd Annual "Bluewater Giant Pumpkin Contest" is now underway. Registration is \$5.00 per entry (paid in advance) You must register by June 1st, 1997. Seeds are available through mail order seed catalogues or at Pro Hardware in Pine Falls. For more information, contact Bruce Carlson (367-2125), Kelvin Kralka at Pro Hardware (367-2380) or David Parker (367-2600).

The Voice Relocates

On June 1, The Voice office will be re-located across the street to Pine Plaza, between the Barber Shop and Video 1001.

We believe that the change of location will make it easier for our customers to re-new their

subscriptions or to take advantage of our low photocopying prices. Customers who have had to visit us at our location above the Post office will be glad that they will no longer have to climb that nasty set of stairs.

Comment

YOUR VIEW
LETTERS TO THE EDITOR

C-68 offensive to First Nations Treaty

Bill C-68 as proposed, offered the Spirit and intent of the treaty between the First Nation and the Crown (1871). More specifically, abrogates the hunting provision. The legislation itself is a direct breach of the Federal Government's fiduciary duty to First Nations Peoples.

It appears that Justice Canada has failed to adequately consult with First Nations peoples and is using a misleading title called "Aboriginal Conservation Document".

The M.P. from Churchill is on record as supporting the proposed bill. It makes one wonder of his commitment to his treaty rights.

Bill C-68 affects the gen-

eral public in a different way. Home owners have the right to refuse entry/search of their homes without a search warrant. After C-68 becomes legal, law abiding citizens (voters) must allow the search of their homes without a warrant. One's failure to co-operate with the police will be convicted.

Legal homeowners treated as criminals, one also loses their right to privacy. This power given to the Police has the potential of being abused.

It's also a case of proving one's innocence rather than assuming one's innocence until proven guilty.

Unwarranted search was first codified in the Magna Carta

in the year 1215. Has it ever been repealed?

Law abiding citizens are likely to show their objection to the bill by refusing to register their firearms. The arms then will be eventually confiscated. Leaving the law abiding citizens without the most effective deterrent at their disposal for their safety. This Bill seems to be in the best interest of the Criminal, who will then break into homes in veritable safety.

These are only a few of the negative implications of the Bill. Remember Bill C-68 when you cast your ballot.

John A. Courchene
Sagkeeng First Nation

To the enlightened citizens of Bissett

Lately, as many of you know, there has been much controversy regarding alcohol being consumed on mine property by our friendly contractors. Also there has been concern whether their state of mind and fresh breath is acceptable in the workplace.

Let us review the first part of this severe dilemma that the camp and company have. Now why would anyone be drinking in such a state of art and ultra modern camp?

I'm sure that the men would rather be involved in one of the many extra curricular activities of the camp. Possibly a game of tennis, squash, for the more quiet reading the local paper or Toronto Sun. Possibly we would choose a game of checker's, chess, or cards on one of our many game tables. For some it may be enjoyable to sit in the kitchen with friends, and have an afternoon coffee and sandwich or a microwaved can of beans, spaghetti or whatever. For some the solitude of being along is comforting.

Well my good friends, let us touch back to reality. It becomes a never ending list of what our camp lacks so let us state what it offers.

We have a double occupancy room system which was very common fifty years ago. We have a recreation hall with one T.V. one pool table that has not seen a level for quite some time, a dart board without darts, a table tennis that has no net, paddles, or

a sponge ball which would be the only type that would roll on it. But lets not forget our coffee pot filled with left over coffee from the latest meal time. Not to mention the pastry tray which just happens to be the stale goodies that should be going to the dump.

We have a pop machine that when it is stocked gives us the availability of cheap pop. Let us not forget this hall serves over a hundred camp residents.

Now I ask you, why would any normal individual ever consider alcohol consumption as a means to cope with this life?

Let us now enter the second portion of the serious concerns of our upper management.

It does seem ironic that "breath control" has now become an issue. When in a camp where residents can not drink the tap water. I ask you, would you brush your teeth and rinse where there are posted signs stating don't drink the water. Also, the irony of certain individuals that have the said power to determine whether you are capable of performing your work may pass judgement from our local establishment. Mind you, we all know these people must only indulge in non-alcoholic beverages.

The relatively vague presence of upper management on site at 7:00 a.m. following, lets say as Bonspiel Dance the night before I'm sure is just coincidental. Possibly they may take longer brushing or perhaps rinsing with listerine to freshen their breath to

a suitable fragrance.

Let us now consider state of mind. It impresses us that the people determining this are so very well qualified. As we all know people with their degrees in indoctrinate, or psychology, psychiatry spend years of training to establish the right to determine a person's state of mind. It is amazing how in Bissett this training and knowledge is so quickly attended.

Alcohol and work, we all know does not mix. Yet when people try to control on a twenty four hour basis this is only the seeds of revolutions. History has proven over and over if and when society is repressed revolt will surely follow.

On concluding this story let us all take a professional look at the situation, and possibly, solutions can be worked out.

Insults, demoralizing, degrading of individuals only undermines the very qualifications that must be present in management to operate a company.

Let us all try.

The Residents of the camp

Publisher
Charles Norman
Managing Editor - Don Norman
Graphic Artist - Lori Croucher
Advertising - Don Norman
Contributors: Lorraine Neal,
Todd Lalmond,

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Community Billboard - ph 367-4466

LIBRARY ALLARD: Library Hours: Tuesday: 10:30am to 5:00pm
Wednesday: 1:00pm to 5:00pm 6:30pm to 8:00pm
Thursday: 1:00pm to 5:00pm 6:30pm to 8:00pm
Friday: 1:00pm to 5:00pm Saturday: 10:30am to 2:00pm
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.
POWVIEW GARBAGE PICKUP: every Wed. Recyclable pickup every 1st & 3rd Thurs. of each month.
P.A.A. MEETING: every 4th Thursday of each month at 7:00 p.m.
VILLAGE OF POWVIEW MEETINGS: every second Tuesday of each month.
WINNIPEG RIVER SENIOR SERVICE INC. Coordinator: 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. Ateah 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 Hully 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 Riskey 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: Thulberg, 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 754-8682.
CHRISTIAN FAITH FELLOWSHIP: - Bible study 7:30 p.m. West. Church Service at 10:30 a.m. Sunday School at 10:00 a.m.
HOUSE OF PRAYER FULL GOSPEL: - 2:30 every Sunday, Scamterbury Mb., on Hwy. 59
ST. MARGUERITE R.C. MISSION: Pin Rd. - Traverse Rwy. 11:30 a.m. Sunday Additional Mass mid June thru Labour Day 7:30 p.m. Saturdays.
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.

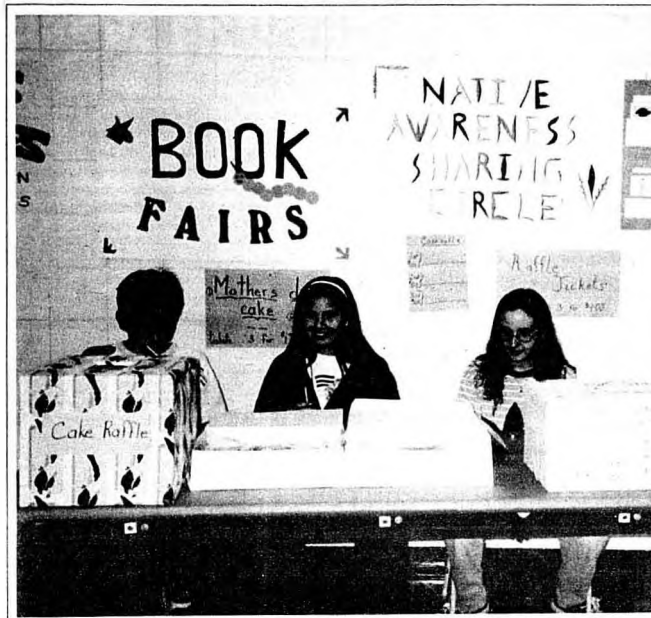
SUBSCRIPTIONS

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

the
voice
Community Newspaper Est. 1993

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News



Students Vince Lavoie, Brittany Delaquis, and Saira Duval from Mme Lambert's Grade 6 class assist with the raffles at the Powerview Spring Tea

"Variety" The theme for Powerview's Annual Spring Tea

by Wendy Richardson, Publicity Co-ordinator

Merci beaucoup, meegwetch, and thank you to all of the visitors to Powerview School on Thursday, May 8. You made the work worth while! We hope that you enjoyed the decorations. We astounded ourselves as we looked around the gym to see the "variety" or programs that we have at our school. Where do we find the time?

The student variety show took place in the morning. There were poems, music, singing and dance. Students from K to 8 performed for the crowd. The Jazz Discovery Group, who had only six sessions to prepare their routine, presented a choreographed act to the music "Just Can't Wait to be King" from the "Lion King". The Powerview skipping teams, who have been meeting once a week since September, demonstrated a variety of skills and tricks for the show. Ms. Borlase and Ms. MacKinnon's Grade 3/4 classes performed their award winning dance "The Hippy Hippy Shake" with ribbons flying! (This group was invited to perform in the Agassiz Festival of the Arts Highlights Concert in Lac du Bonnet recently).

The Open House went all

day. Parents and other relatives visited their children in class and took part in lessons. At one point Mme English's Grade 3 class had

increased by 8 students (of the older variety)! The school has changed over the years and the
Continued on Page 5

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Merv Pedden
Robert Dufour
Dave Kembal - Pine Falls Old Kings
Boy Scouts
Erin Boychuk, Marcie Nelson
Grad '97 - \$250.00 donation
Gerry - The Bartenders

Special thanks to associate members.

Sorry if we missed anyone

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Monday - Friday 8AM-8PM
Saturday - 8AM - 6PM
Sunday - 11AM - 5PM

GROCERIES

Folger's Moutain roast Coffee 975g..... \$7.44
Old South Frozen Orange Juice 355ml..... 6/5.99
Green Giant Corn Niblet or Cream 341-398ml..... .89
Viva Jumbo paper towels 2 Roll..... \$1.98
Campbell's Tomato soup 284ml..... .44
Scotties Facial Tissue 150's 9 pack..... \$7.96
Quaker Capitan Cruch cereal Asst. 340-350g..... \$2.96
Coke, Sprite, or flavors. Asst. 355ml..... 12pk/\$3.77

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NEW Bing Cherries U.S. Grown No. 1..... 2.38lb/5.24kg
Hot House Tomatoes, Ontario Grown..... \$1.38lb/3.04kg
Crisp Romaine Lettuce U.S. grown No. 1..... .68ea
Long English Cucumbers Canada No. 1..... .78ea
Supersweet Vidalia Onions Georgia No. 1..... .68lb/1.50kg

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Jurassic Park Tyrannosaurus Fudgsicle Fury or
Breyer's Classic Ice Cream, Reg. light, or 1% 2L, \$3.27ea
Cottage Cheese 2% or 1% 500g \$1.57
Lemonade - Reg. or Raspberry 1.89 \$1.47

QUALITY MEATS

Grimm's Finest Meats...

European Smoke Wieners..... .79/100g
Honey or Black Forest Deli Ham - sliced..... .89/100g
Corned Beef Brisket - sliced or shaved..... .99/100g

Beef...

Chuck Blade or Round shoulder steak..... \$1.49lb/3.29kg
Cross Rib Roasts - semi boneless..... \$1.98lb/4.37kg
Cowboy Steaks - BBQ favourite..... \$2.29lb/5.05kg
Ground Beef - Reg. ground..... \$1.29lb/2.84kg

Pork...

Button Bones - great for sweet n' sour..... \$2.79lb/6.15kg
Pork Butt Steaks - BBQ ready..... 2.09lb/4.60kg

Chicken...

Whole Fresh frying chicken, Gr. 'A'..... \$1.39lb/3.06kg
Wings, fresh, bulk pak..... \$1.79lb/3.95kg
Breasts - fresh, boneless bulk pak..... \$2.59lb/5.70kg

Schneiders Smoke Meats...

Bung Bologna - fresh sliced..... .69/100g
Red Hot Pepperoni sliced..... .55/100g
Kubi - Dogs, smokies, bulk pak..... \$2.69lb/5.92kg
Picnic Hams - fully smoked..... \$1.29lb/2.84kg

SUNDAY SPECIALS

PEPSI or 7-up, Reg., Diet or Light 2L..... \$1.17 limit 2
CITY BREAD Rye Bread 900g..... \$1.77/limit 2
IMPERIAL Margarine 3lb Soft..... \$2.97/limit 1
CELO HEAD Lettuce U.S. Grown No. 1..... \$2.99/limit 2
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News

Arrests reveals handguns, knives

Grand Marais RCMP
On the 18th of May, Grand Marais RCMP arrested one male on 3 outstanding warrants for theft over \$5,000, possession of stolen property and robbery. He was located at a residence in Victoria Beach. He was arrested by Victoria Beach Police and handed over to the RCMP. He

was remanded in custody at the Winnipeg Remand Centre. Arrested was Trevor Kyle Klatt (20 Years).
On 18th of May, Grand Marais RCMP responded to a complaint of a fight at the Lake Haven Motel in the Village of Grand Marais. During the investigation a search of a vehicle

revealed two loaded handguns and 3 Butterfly Knives. One male was arrested in relation to the weapons. He is Giovanni Aquiles Valdes-Alfaro, 21 years, of Springfield Road, Winnipeg. He is charged with 5 counts of Possession of a Weapon Danger-

ous to the Public Peace, Sec. 87C.C and on count of common assault. Further weapons charges are anticipated after the conclusion of the investigation. Charges against a second male for common assault forthcoming.
On the 20th of May the

Grand Marais RCMP challenged and were soundly trounced by the Walter Whyte Junior High School Girls Basketball team. The RCMP will be playing the boys team on May 27th and will avenge their humiliating loss.
Cst. Duane Robine

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Mr. Paukovic, Tea Chairperson, points out the variety of activities that Powerview School offers students throughout the year

Next Year's theme: Powerview School Reunion

Continued from page 3
Arts Classroom, the Biology Lab, the Playhouse Construction Project.
Were you one of the lucky

winner of our "silent auction"? There were many great prizes this year. The students enjoyed their chance to shop for their mothers (and for themselves) on May 7 at the White Elephant Sale and Craft Tables. They continued with their parents on the day of the tea. Guessing jars were a challenge for young and old. Cash prizes this year were won this year by Mme Priscille Poirier (\$100), Tori Bouvier (\$50), and Jeanne Zimmer (\$25).

The tea was held in the gym this year with student parliamentarians pouring—overseen by Tea Chairperson Mr. Tom Paukovic. The gym was a hub of activity. A great place to visit with friends and participate in the raffles, bake sale, and games.

There was an opportunity this year to donate to flood relief and to the playground, basketball courts, and beach volleyball areas of the school.

We are already thinking about next year. The theme is "The Powerview School Reunion". We are looking for feedback about how the Tea went this year. Any constructive ideas for next year? Please call Mr. Paukovic at 367-2296.

Attention Prospectors!

Do you want to be more successful at selling your properties?

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Manitoba Energy & Mines will be conducting a...

Mineral Property Workshop

The workshop will discuss what exploration companies look for in a mineral property and also provide tips and ideas on how to package your property in an informative and saleable manner.

Wednesday June 4th, 5:00pm
Papertown Motor Inn
Powerview

For further information or confirmation of attendance please contact: Shirley Hamer
Phone: 1-800-225-3119

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Manitoba Natural Resources
Hon. J. Glen Cummings
Minister

For general information about Manitoba's Provincial Parks and Campgrounds call 1-800-214-6497 (in Winnipeg call 945-6784)

For information about the Parks Reservation Service call
1-888-4U2-CAMP (1-888-482-2267)

Beaches

BEACHES BUZZES

Spring Things....
all day, it's makes the spirit sing and we feel it's great to be alive!

Gotta 'fess up here....it's been a long while since any words were written under this heading. Oh well, there are probably lots of things going on, only we don't get to hear of them anymore....that's life.

The rest of that sad story is...I've been so busy in my personal life there's been no time to attend some of the functions. Busy doing spring things like raking, planting, stacking wood and cleaning and so on. Not too terribly interesting to anyone else cause we all have to do it!

Watercolor painting...again!!

Attended another watercolor workshop in Beausejour a couple of weeks ago...and of course came home with an almost finished painting. Nancy Lou Ateah is a terrific instructor....the work was rather intricate for beginners like me, but she always has time to give that "little extra" in time and explanation that makes all the difference. The painting is a beautiful autumn scene with two ruffed grouse in it. Of course novices don't ever finish by quitting time, so it was completed at home. I'm happy with mine! This is one hobby that is very exciting, interesting and so much fun that it could easily become an activity that I'd like to be more involved in, if only time permitted.

To say one is busy sometimes just doesn't cut it, does it? When one is involved in community activities, (and community can mean the global sense as well as the local,) one can become more involved than one really wishes to without really knowing how it all happened. That's happening to me too.

Touring about the neighborhood the other day, one can't help but notice that there doesn't seem to be as many summer folk about on the weekend as usual. It makes me wonder if it's the unseasonably cold weather, or if a lot of folk are caught up in the aftermath of the "Flood of the centuries?" Perhaps some warmer days and nights will help.

These cool nights don't seem to be bothering the bullfrogs any. There's a strong chorus outdoors on any given night, and these guys have a decidedly bass sound. (I did hear one baritone though.) The coyotes are serenading too, so between the bullfrogs and coyotes at night, and all the wonderful songbirds

diggers, and all manner of large and small tools to make your job easier.

Recycling Bins...

Last year we thought the problem of dumping of household garbage was licked....(pardon the pun.)

Alas, this is apparently not so. The very first long weekend some very thoughtless and miserable person or persons unknown left several garbage bags filled with household garbage at the Country Mile Mercantile in Belair. There were also bags of household garbage in the Recycling bins. This is an absolutely abhorrent practice. The folks in Belair have a good reputation, and are thought of near and far as good solid citizens, but when we see such practices as the dumping of garbage in undesignated

areas such as this, it surely makes one wonder. Come on - if you're the careless, thoughtless person, it's not too late to stop. There are two refuse sites in close proximity, please use them.

citizens do not want to lose our recycling bins. They're such a convenience, and think how they help reduce the material in the landfill!

The rest of us law abiding

That's all folks.

SOBERING FUNERAL CHAPEL

Our family serving your family

Doug & Marlene Sobering
Darrell Bakstad

Beausejour, MB
268-3510

CAMPBELL'S SHOP EASY

F O O D S

4th & McArthur, Phone 345-2308, Lac du Bonnet, Manitoba. Prices in effect until closing Sunday, May 31, 1997.

HOTTEST PRICE IN TOWN

SUPER SAVINGS CARD:
features:

BREAD Buttercup, white or 60%, 567 g	44
RYE BREAD KUB or Natural, 450 g	49
CANNED DRINKS PC™, 355 ml, 12 pak	2.49
SOFT DRINKS PC™, ass'd, 2 L	49
COKE or PEPSI drinks, 2 L	79
MILK Dairyland, 1% or skim, 4 L	2.99
FLOUR No Name™, all purpose, 10 kg	4.99
ICE CREAM Legend, ass'd, 2 L	2.75
FROZEN YOGURT Legend, ass'd, 2 L	2.75
MEDIUM EGGS Foremost™, doz.	89
YOGURT No Name™, Swiss style, 175 g	5/99
JUICE No Name™, frozen, fruit punch, orange, grape, 341 ml	3/99
CHEEZ WHIZ Kraft, 1 kg	5.99
CAKE MIX Duncan Hines, ass'd, 515 g	2/1.99
POTATO CHIPS President's Choice™, 180 g	2/99
BATHROOM TISSUE President's Choice™, 2 ply, 248	5.98
NECTARINES California grown	6/5.98

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Beef
Canada Grade A / AA / AAA

RIB STEAKS Club Pak™ (9.88 kg)	lb. 4.48
RIB STEAKS reg. pak (10.09 kg)	lb. 4.58
STEWING BEEF Club Pak™, boneless (5.03 kg)	lb. 2.28
STEWING BEEF reg. pak, boneless (5.24 kg)	lb. 2.38
CHUCK STEAKS Grade A beef (3.70 kg)	lb. 1.68
CROSS RIB ROAST semi-boneless (5.47 kg)	lb. 2.48

Winnipeg Old Country

BUNG BOLOGNA fresh sliced	100 g/.70
SALAMI fresh sliced	100 g/.89
HEADCHEESE coarse, fresh sliced	100 g/.87
SPECIAL HAM SAUSAGE fresh sliced	100 g/.97
BLOOD & TONGUE fresh sliced	100 g/.79
SMOKED WIENERS Old Country	100 g/.89
SKINLESS WIENERS Old Country, 500 g	3.95

Dairy

COTTAGE CHEESE Foremost, 750 g	2.48
ORANGE JUICE Orchard Hill, 1.89 L	2.19
BUTTER Notre Dame, 454 g	2.79

Breads

BREAD McGavin's, white or 60%, 567 g	.95
BAGELS McGavin's, all types, 6s	1.89
BREAD McGavin's, French or Dutch, 510 g	1.09
KAISER BUNS Homestead, 8s	1.69
CRUSTY BREAD Natural white or 60%, 454 g	.95

Groceries

CLAMATO Mott's, reg. or spicy, 1.89 L	2.97
APPLE JUICE Orchard Hill, 1 L	.87
APPLE JUICE Orchard Hill case of 12 x 1 L	9.99
PEANUTS No Name Club Pak™, blanched, 2 kg	5.49
COFFEE President's Blend™, reg., fine, extra fine, 737 g	7.77
GOODY CANDIES ju jubes, sup gums, jelly beans, 900-1000 g	2.69
FACIAL TISSUE Kleenex, 150s	1.29
DOG FOOD No Name™, special dinner, 8 kg	5.97
CAT LITTER No Name™, unscented, 10 kg	3.99
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News

Notre Dame du Laus Parish News

This Sunday, June 1st, fourteen youngsters will be receiving Jesus in the Holy Eucharist for the first time. Therefore, on this occasion, the Sunday Mass will be celebrated at 9:30 a.m. instead of 10:00 a.m. Please remind others!

On Tuesday, May 27th, sixteen youths from our area were

confirmed by Archbishop Antoine Hucault at the Notre Dame Du Laus Church in Powerview. Through the Sacrament of Confirmation, the candidates, who had been preparing since last October for this special day, were strengthened with the gift of the Holy Spirit; the same Holy Spirit who was sent upon

the Apostles at Pentecost. During what turned out to be a very beautiful, prayerful and memorable celebration, the Sacrament of Confirmation was conferred by the Archbishop by the laying on of hands and through the words: "Be sealed with the gift of the Holy Spirit" (anointing with Holy Chrism.)

The candidates confirmed were: Paul Bonekamp, Angela Chagnon, Julie Chevreuil, Shaun Dankowski, Destini Delaquis, Justin Desautels, Mealanie Dugard, Scott Dugard, Christopher Dupont, Justin Lagasse, Gordon McLeod, Jason Nault, Angela Parke, Kara Schmidt, Margaret Simard, Aaron Trethart.

Congratulations to all who were confirmed and a special thank you to the Confirmation teachers: Eva Knott and Malvina Vincent, for their dedication and beautiful work with the candidates.

To remember this special day, all who were confirmed received a "Profession of Faith" candle (which was lit from the Easter Candle during the celebration) and were handed a confirmation certificate.

RCMP pull Eagles' feathers

by Lorraine Neal

The grudge game between Grand Marais RCMP Police and Walter Whyte School Eagles (the boys basketball team) was won hands down by the boys in blue. The Eagles, who were first on the scoreboard, tried valiantly to win the game, but without too much success. This game lacked the enthusiasm and action of the game with the girls' team.

The RCMP team who played one member short till Cst Duane Rohne made his entrance at the three quarter mark gave the boys plenty of action. Red faces beaded with perspiration attested to that fact.

At half time the score was 23 - 17 in favor of the RCMP. Unfortunately number 16 on the Eagle team, Everett Ruckliph suffered an injury to his ankle and had to leave the game. There were lots of high scorers, but Chris Willkie takes top marks for his unflinching efforts to gain baskets.

The final score was 45 - 29. Rumor has it a game may take place between the RCMP and the teachers?


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Winnipeg River Consumers Co-op

A steering committee has been set up to look into establishing a cooperatively owned grocery store in Pine Falls.

The probable location will probably be in the area behind Ste. Theresa's Catholic Church on Pine Street. It will carry a full line of groceries and household supplies at competitive prices. The proposed store will not likely carry clothing.

The development will cost a little over a million dollars. Financing will be by way of a first mortgage on the building, some government assistance, and around \$200,000 from the coop membership.

This \$200,000 will be made up of \$100,000 in memberships, and \$100,000 from the sale of preferred shares.

Members will be required to purchase a \$100 share. This is a one time only cost, and is refundable if the member leaves the area.

A coop charges competitive prices, and refunds any profits to its members by way of patronage dividends. These dividends depend on the amount of purchases a member makes in the store. In other coops in Manitoba patronage dividends are normally around \$100 per year per family member. The amount will depend on the quality of management and the level of commitment from the members.

The steering committee is convinced that the project is viable and will be a useful asset to the community. It's work has reached the stage where expenditures need to be made, (e.g. incorporation, feasibility studies etc.) and a great deal of organisational work will be required. Before proceeding any further, the committee has decided to determine the level of interest in the community.

If you would like to see a coop grocery store in this community please fill out the form below and mail it to box 4000 Pine Falls or drop it off at the office of this newspaper. (Above the Pine Falls Post Office until the end of May, in Pine Plaza, next to Video 1001 on Pine Street.)

You may also telephone 367-4796 and leave a message on the voice mail.

Yes - I would like to see a co-op grocery store in Pine Falls, and would probably buy a membership in the coop for \$100. (I understand this does not represent any formal commitment on my part.)

Name _____

Address _____

Telephone _____

Sports

Thank You !! Thank you !!

It was a great honour to represent our communities as part of the Manitoba Teams at the 1997 Canadian National Ringette Championship held in Montreal, Quebec in April 1997.

We were truly overwhelmed by the support in our fund raising efforts, i.e.: meat sales, raffles, 50/50 draws, silent auction and personal / business money contributions. A big thank you to ALL of you in our great communities of St. Georges, Pine Falls, Powerview, and Victoria Beach.

We hope to have done you proud in our representation. It was an incredible experience both on and off the ice; we will never forget this!!

We are looking forward to the 1998 World Games and we are very encouraged that our game of Ringette will soon be recognised as an Olympic sport.

We would like to extend our thanks and appreciation for the generous contributions and good wishes from the following: Barry Cyr & First Cuts, Blue Water Medical Group, Bob & Jan Poitras, Birchwood Hotel, Broadlands Convenience Store, Clarks Corner, Don MacLellan (barbecuing), Dr. A. Anderson - Pine Falls, Esser Chiropractic Health Centre, Garand Trucking, Helen Trainor - Victoria Beach, Hillside Power Products, Ironwood Enterprises Ltd. - G.

Harbottle
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Margaret Richardson
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Pat Martin - Albert Beach
Pine Falls Curling Club
Pine Falls Paper Co. Ltd.
Pine Falls Shell
Pineview Ladies Ringette - Moonlighters
Pieview Minor Ringette
Powerfalls Auto Body
Pro Hardware
RCMP - Powerview Detachment

Royal Bank - Pine Falls
Royal Canadian Legion - Ladies Auxilliary
Rusty Nail
Security Glass - 791 Erin St. Winnipeg
St. Georges Voyageurs
Susan Dugard - Linen Supplies
Ted and Lillian Martin - Victoria Beach
The Voice
Traverse Bay Corner
Winnipeg River Lions
Yves Normandin Trucking Ltd.

Thanks again, we will always remember your generosity to us. - Melanie Dugard, Danielle Fenez, Alana Forsyth, D'Arcy Lower, Amy Martin, Angie Robert, Crystal Tardiff and all our families.



Winnipeg River Sailing Club News

A new slate of officers for the Winnipeg River Sailing Club was elected in at the annual general meeting May 14/97. Club memberships are \$50.00 this year (which includes the \$14.00 MSA/CYA liability insurance) for a family or individual sailor. Members receive all issues of the Canadian Yachting Association's "Canadian Sailing Review" and all issues of the Manitoba Sailing Association's "Porthole" magazine. Sailing school is slated for the last week in June (Optimist, ages 7-13), and for the first week in July (Whitesail, ages 14 and up). The cost of lessons are

\$100.00 per 5 day session. Club night is Tuesday, beginning at 4:30 p.m. at the St. Georges Beach facility. Come out and join the fun! For more information about memberships or lessons please call 367-8005 or 367-8373.

PINE FALLS POOL SWIMMING REGISTRATION on Tuesday, June 3rd from 6:30-8:00 p.m. at the Pine Falls School Elementary Entrance

Swimming Lessons
 1st Session: June 30 to July 11
 2nd Session: July 14 to July 25
 3rd Session: July 28 to August 8
 4th Session: August 11 to August 22
Bronze Medallion Course: July 7 to July 25
Bronze Cross Course: July 28 to August 15
Pre-School Lessons: June 30 to July 11 & (12:30-1:00) August 11 to August 22

Adult & Life Saving Lessons are also available

Cost: \$17.00 for P.F.R.A. members
 \$37.00 for non P.F.R.A. members
 (Summer Activities P.F.R.A. membership is available for \$96.00 per family)

**Please bring your chequebook with you. Payment is due on Registration Night.

SPORTS FILE

Jump Rope for Heart

Yes, there is another season other than winter! Spring will be celebrated with our 10th year of participation with fund-raising for the Heart and Stroke Foundation of Manitoba. Please be generous and think from your 'heart' when pledging the Gr. 1 to 6 students who will be canvassing. The Jump Off event is Thursday May 29th. This will be the deadline for the return of pledges as well. Everyone is welcome to attend.

Outdoor Track Events

On May 20, 1997 five athletes participated in the Zone 13 Track and Field Meet in Beausejour. The performances were highlighted by Jeanesse Boujeols finishing second in the Junior Girls 400 meters. Other performances of note were Travis Trethart and Jason Bojsjoli who finished second and third in the Senior Boys 5000 meters. Bev Dufour had a good performance in the Junior Girls 800 meters running a strong race and finishing hard. Stephanie McLeod ran hard in the Junior Girls 400 meters against a strong field of competitors. Congratulations to all athletes who pushed themselves to their limits and beyond!

Stars Spring League Basketball

Another successful session comes to an end on Wednesday, May 28th with the Family and Friend Fun Night. Twenty four students in Gr. 1 - 3 and eleven students in Gr. 4 - 6 enjoyed fifteen professionally instructed sessions of 3 on 3 short court games and Fun, Fitness and Fundamentals! Stars coaches would like to thank student volunteers this year: Laurent Fountaine, Monique Bouvier, and Dan Cass. Also a special thank you goes to Daniel Kent for coming out to help the teams this year.

Varsity Girls Baseball

Despite the weather there was a very high interest in baseball this season. Enough girls showed up to put 2 teams in at the divisional playoffs in Whitemouth. There is a lot of talent, energy and sportsmanship with both teams. Powerview A team placed 3rd in their pool and defeated Pinawa (who placed 2nd) in their pool 20-6 to advance to the semi finals. Unfortunately the tournament was played on a rain date and many of the girls had late evening commitments plus there were injuries which took their toll. We needed to forfeit. We left tired, cold but with a sense of pride. Well done girls! Coaches R. Boulet & M. Hebert.

Charity Fun Run to aid Flood Victims

In the wake of this years devastating flood, Pine Falls School Running Club will be hosting its annual Charity Fun Run/Walk on Saturday, May 31 at 10:00 a.m. All proceeds from this event will go to help those who have lost their homes and or their livelihood as a result of the flood.

The Charity Fun Run/Walk is a family event with a 5 km run and a 3 km walk. Anyone wishing to raise money through pledges may do so by using the official pledge sheet at the back of the registration form. All pledge fund-raisers earning \$50.00 or more will be registered for the run free of charge and entered to win a portable CD stereo system. Those who do not wish to raise pledges may register for the Run/Walk at the start line prior to the event or send their registration forms by mail c/o Pine Falls School. The cost of registration is \$8.00 per person or \$20.00 per family. All registered participants and volunteers will be treated to a free BBQ lunch, pre and post run refreshments and a ticket for the numerous random draw prizes.

If you would like any further information on the Charity Run/Walk, please contact Jeff Whitford at 367-2254 (W) or 367-4308 (H).

For your professional
 Hair Care call
 Cheryl at 367-2167.
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School Powerview School News

Science Fair

Powerview School will be having a Science Fair on June 12th. Projects will be on display in the gym from 1:30 p.m. - 3:30 p.m. and again from 6:00 p.m. - 7:30 p.m. Students from K-12 are encouraged to prepare projects. Classroom teachers have a project outline available to give to students. All welcome to attend this fun event.

Powerview High School Art Show

Come and see our student talent on June 12th from 1 - 3:00 p.m. and 6:00 - 8:00 p.m. in the Multi Purpose Room. The show is being held in conjunction with the Science Fair.

Grade Nine Field Trip

On May 7th, the 10G "C" (French Immersion) English Class toured the Brightstone Hutterite Colony near Lac du Bonnet.

The class had been studying Lois Lowry's novel "The Giver". It is a story about a young boy living in a closed and highly regulated society. It appeared that much of the social order described in the novel may be comparable to Hutterian society and we asked Brightstone if they would consider giving us a guided tour of their community.

There was some reluctance on the part of the representative of the colony because previous tours proved to be insulting and insensitive to their community structure and beliefs. They did, however, relent.

The German Teacher, Mike Wips, gave us a tour of their facilities and living quarters and then we retired to the church for a question and answer session that proved to be highly successful. The students were well prepared with questions and Mike was very open and honest in his replies (and questions). We all came away from the experience with a more enlightened view of our respective societies.

Upon leaving, Mike warmly extended to us a standing invitation to return. This is testament to the courteous intelligent and enthusiastic manner in which the students presented themselves.

On behalf of the class I wish to extend our sincere thanks to Mike Wips and his community for their hospitality. I also wish to commend the class for being excellent ambassadors for our school and community.

Mr. Tucker, teacher

Ukrainian Dancing

What is entertaining, colourful, energetic and lots of fun? Ukrainian dancing, that's what! If you are interested in having

your child or children aged 5 - 12 be part of a new Ukrainian dance troupe being started in September, 1997 at Powerview, contact: Bonnie Borlase (367-4122), Debbie Furdyk (367-8384), or Linda Rowbottom (367-8406). P.S. Ukrainian background NOT required!

Library Lines

With Powerview School's Science Fair drawing near, students have been actively researching information on their chosen topics. In researching their topics, students have been learning how to use the variety of resource tools available to them.

On May 30th, students in grades 9 - 11 will be listening to a presentation done by Winnipeg author Martha Brooks. She will be talking about some of the work she has done, as well as the writing process.

Over the past month, the school library hosted the French Book Fair, which was a great success. It was also a pleasure meeting those who attended.

Again as in the past bulletins, the library would like to mention that the All Sport Readers Club has been a great success! On a continuous basis, students enter the library asking for bookmarks they have earned by reading a book from the library. This club has turned out to be a great incentive program to get students reading.

As the school year is coming to a close, the school library would like to mention that we would like to have all books returned to the library, no later than June 13th. Your cooperation would be greatly appreciated.

CPF News

Camp Jeunes Voyageurs will be held the week of July 21 - 25, 1997. Registration deadline is May 31, 1997. Please return your gold application forms if you would like your child to experience the fun of this camp. Camp Jeunes is a day camp from 9:00 a.m. - 4:00 p.m., Monday thru Friday. Two coordinators will be running the camp, and all activities will be in French. Children eligible include those who

have finished Grade 1 to those who have completed Grade 6. There will be cultural activities, games, crafts, nature studies, etc. Questions?? Please call Michelle Berthelette at 367-8745.

A lot of people have been asking what benefits there are to having a membership to Canadian Parents for French. We hope this answers your questions. CPF keeps you up to date and involved. As a CPF member you have:

- access to the latest information and research on French second language learning.
- the chance to be involved in improving opportunities for children to learn French in school.
- the chance to join other parents in providing opportunities for children to use French outside the classroom.
- the opportunity to take an active role in supporting French second language education.
- the networking opportunities of provincial/territorial newsletters.

Our next meeting is June 5, 1997 at 6:30 p.m. in the teacher's lounge. All are welcome.

On est à l'écoute des étudiants! *We're listening to students!*

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Lifestyles Rural Forum '97 confirms entertainment, guest speakers

Premier Gary Filmon and Canada's first female astronaut in space Dr. Roberta Bondar have been confirmed as the featured speakers at Rural Forum '97, June 5 to 7 at Brandon's Keystone Centre.

Despite being rescheduled due to the Red River flood, both Filmon and Bondar will participate in rural Manitoba's fifth annual celebration of its business and community success. The opening ceremonies will begin June 5 at 9 a.m. and the event is free of charge and open to the general public.

The exceptional growth of the Rural Forum, which attracted

more than 10,000 people in 1996, is a "direct result of the efforts, positive attitude and spirit of rural Manitobans," Rural Development Minister Len Derkach said. "Our many sponsors and partners who stand in support of rural small business people and local communities, deserve the credit for what has become a truly exceptional event."

Rural Forum is now the largest annual business and trade exhibition in Manitoba. This year's show features more than 350 exhibitors, the "Flavour of Rural Manitoba Food Court", a two-day youth forum, seminars, regional exhibits, a franchise

business opportunity centre, reverse trade show, rural innovator's showcase and new activity centre for children.

The minister noted that in consideration of the Red River Flood, information sessions have been planned and special efforts will focus around fund-raising and supplying assistance for flood victims.

"The theme of the forum has been the same from the beginning—Strong People, Building a Stronger Tomorrow". It speaks to who rural Manitobans are and what we are doing for the future," Derkach said.

Stay Safe while at construction site

Summer in Manitoba means long hours and hard work for everyone at the construction site. Plenty of work and a tight schedule could lead to weary workers looking for shortcuts. When working around electricity, one shortcut could result in serious injury or even death. Keep safety in mind on the job site.

Start your safety routine at home by leaving your wristwatch, rings and any other metal jewelry. They make good conductors and can easily become hooked on equipment. Wear the right clothes for the job, including work boots and a hardhat if necessary.

At the site, always remember to locate the power lines before you begin the job. If your day involves digging or trenching, be sure to call Manitoba Hydro to locate any buried power lines. Once the lines are located, place warning signs along the land path to warn co-workers.

If you are using boom equipment, post-hole augers or driving a truck with a raised bed, be sure there is at least ten feet of

clearance under power lines. Avoid using aluminium or metal-reinforced ladders. Fibreglass is the best choice.

Avoid trimming trees near power lines to make it easier to get your job done. Branches may fall into power lines and become energized. Call Manitoba Hydro

for assistance if branches need to be trimmed.

When the work day is over, take extra care when lowering cranes and removing scaffolding.

Tired workers can sometimes overlook nearby power lines.

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Finland - Saara is a ringette champion
Slovakia - Katarina likes the arts & going for walks
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Germany - Johanna is experienced in dressage & jumping
Swiss - Patrick is a sportsman, especially hockey
Aklavik is a snowboarder from rural Japan!

Make a new lifelong friend from abroad and enrich your family with another culture. These high school students need host families NOW! They will arrive in August. Call Now:

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Manitoba Canada

June proclaimed Seniors Month

Minister Responsible for Seniors Jack Reimer has proclaimed June as Seniors Month in Manitoba.

"Seniors are the fastest growing segment of today's population. Their knowledge and experience provided the guidance, direction and support to build the vibrant Manitoba we all enjoy today," said Reimer. "I invite all Manitobans to pay tribute to seniors and their many achievements."

In honour of Seniors Month, special events have been planned for seniors in the following communities:

WESTMAN: - The Westman Seniors Picnic will be held Thursday, June 12, at Minnedosa Beach. Registration is at 9:30 a.m. with activities beginning at 10 a.m. Activities include walking the nature trail, table games, tours of Minnedosa and Bison Park, lawn bowling and kite flying. Participants are

advised to bring a lawn chair.

EASTMAN: - The Eastman Seniors Day is scheduled for June 23 at the Friedenfeld Community Club, three miles south of Steinbach. Activities include slo-pitch, clog dancing, sing-a-longs, exercise classes and more. Lunch is available for \$4 per person and all attendees are asked to bring lawn chairs.

WINNIPEG: - The North-East Winnipeg Seniors Day at the Morse Place Community Centre, 700 Munroe Ave., will be held June 24. Opening ceremonies are at 9 a.m. followed by a pancake breakfast, horseshoes, slo-pitch, floor curling, table games, crafts and displays.

Numerous activities will be held during the month. Information is available from the Seniors Information Line in Winnipeg at 945-6565 or toll free at 1-800-665-6565.

SAGKEENG ANICINABE HIGH SCHOOL TRAVEL FUND

presents

\$21,900.00 MONSTER BINGO
Friday, May 30th, 1997
at Sagkeeng Multiplex Arena
Sagkeeng, Manitoba

8 Games @ \$300.00
7 Games @ \$500.00
1 Game @ \$5,000.00
1 Game @ \$10,000.00

Early Bird, Lucky 77, Triangle Admission: \$40.00 Entry (9up)
Share The Wealth, Last \$20.00 Extra (9up)
Chance & Bonanza Advance Tickets: \$30.00 (Entry)
50/50 pay out (ONLY 100 TICKETS AVAILABLE)

Doors open at 5:00 pm Quickies Start at 6:30 pm
Early Bird Starts at 7:55 pm
For information contact Joan or Rose at (204) 367-2243

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Health

HERE'S YOUR HEALTH

What About Your Back?

The low back is subject to greater mechanical stress than any other part of the body and is prone to injury. It is important to know what situations cause excessive loads and how to use proper body mechanics to reduce the chances of injury.

A majority of low back problems are caused by simple strains that can heal within six to eight weeks with appropriate treatment. Fear and misunderstanding are the two main factors that can delay recovery.

The information and advice in this booklet will help you understand how the back works, provide tips for avoiding injury, and show you how to care for your back during recovery.

Understanding The Basics.....

The main functions of the spine are to:

- * Support the trunk and head
- * Allow flexibility of the body
- * Protect the spinal cord.

Vertebrae

The spine is composed of twenty four blocks called vertebrae that are stacked on top of one another and separated by shock absorbing discs. The neck has seven vertebrae. The chest has twelve vertebrae, each carrying two ribs. There are five vertebrae in the low back or lumbar area. Five fused vertebrae create a solid base called the sacrum and the coccyx or tailbone has three very small and fused vertebrae.

Facet Joints.....

Facet joints join adjacent vertebrae and allow the vertebrae to move on each other. Their main function is to make sure your back doesn't bend or twist further than it should.

Discs act as cushions between the vertebrae. They have a very strong, tough outer casing with a soft jelly like substance inside. Discs are firmly attached to the vertebrae above and below and can withstand considerable compression. A disc can never slip out but can be ruptured, causing the jelly like substance to protrude.

Spinal Nerves branch out from the spinal cord between each two vertebrae and carry commands to the organs and muscles. These nerves also send messages relating to touch, temperature, and pain to the spinal cord and the brain. If a nerve is pinched by a protruding disc, pain often results in the back and

the leg. Ligaments are bands of tough tissue between the bones that keep the vertebrae in good alignment and prevent damage due to excessive movement.

Muscles of the back, abdomen and buttocks stabilize the spine and help maintain proper posture. If muscles or ligaments are stretched or strained they, like the facet joints often cause low back and buttock pain. They too usually heal within six weeks to eight weeks.

Pain Caused by Muscle, Ligament or Facet Joint Strains....

Most minor back pain is caused by overuse or overstretching of the muscles and/or ligaments. These conditions usually heal completely within a few weeks if given the proper care and treatment.

Back pain can also result from a strained facet joint. Facet joints can wear out with age and be more prone to injury, particularly from twisting.

Muscles are most often damaged by a movement that is sudden, unexpected, or unfamiliar. This damage is more likely to occur if the muscle:

- * Lacks strength due to inactivity
- * Has not been warmed up and stretched before activity
- * Is tired due to repetitive movement or stationary positioning which is held too long

Ligaments can be injured in much the same way as muscles. A sudden movement can overstretch the ligament, causing damage. The same can occur when body posture is incorrect or any one position is held for too long.

A sudden back pain epi-

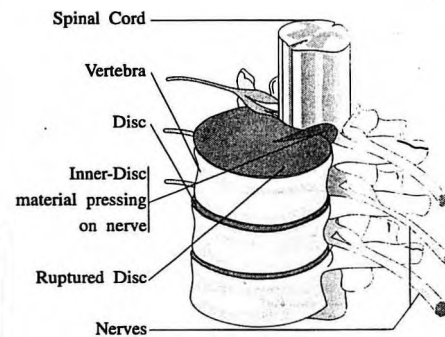
sode, sometimes called a "locked back," is often due to an unexpected twist. This causes the joint to become irritated and painful. Poor posture can also put excess strain on the facet joint.

When confronted with sudden movement, muscles may not have time to contract enough to protect the spinal joints. Also, the contractions may not be coordinated, causing damage to the muscles and even the ligaments if the force is sufficient. The same factors are at work - with

similar results - when you slip and fall.

Aches and pains can be a warning signal that muscles are tired. They have been held in one position for too long. By changing position the muscles can relax. It's best to stretch in the opposite direction or move before aches and pains begin.

Source: *material - Workers Compensation of Manitoba. Compiled by Lorraine Neal. Next week 'Disc' Injuries and Posture.*



We would like to thank the Metis people for their support in the MMF election. A special thanks to all the volunteers.

The Regional office is located in Grand Marais and is open Monday to Friday from 8:30 a.m. to 4:30 p.m. Phone number: 1-204-754-2721. Vice-President Denise Thomas, Board of Directors - Roberta Carrier and Manelee Nault.

EMPLOYMENT OPPORTUNITY

The Village of Powerview invites applications for 1 Municipal Clerk Position under the Career Start Program. Duties include:

- Typing
- Filing
- General Office Duties

The successful applicant must be a student, be willing and able to work with the public. Applications will be accepted by the undersigned until 4:30 p.m., Friday, June 6, 1997.

Dated this 16th day of May, 1997.

J. M. Thevenot, Administrator
Village of Powerview
P.O. Box 220
Powerview, Manitoba R0E 1P0

EMPLOYMENT OPPORTUNITY

The Village of Powerview invites applications for 1 Public Works Position under the Career Start Program. Duties include:

- Grass Cutting
- Garbage Collection
- Recycling Collection
- General Town Maintenance

The successful applicant must be a student, hold a valid Class 5 Manitoba Driver's License, be willing and able to work with the public. Applications will be accepted by the undersigned until 4:30 p.m., Friday, June 6, 1997.

Dated this 16th day of May, 1997.

J. M. Thevenot, Administrator
Village of Powerview
P.O. Box 220
Powerview, Manitoba R0E 1P0

Annette Cyr - July 16/1912 - May 26/1994

Softly the leaves of memory fall,
Gently we gather and treasure them all.
Unseen, unheard, you are always near.
So loved, so missed, so very dear.
Just as you were on you will always be.
Loved and treasured in our memories and forever in our hearts,
Your Loving Family

Raymond Edward Souka

On Thursday May 22, 1997, Raymond Edward Souka of Pine Falls passed away with his family at his side.

He is survived by his wife Carole, son Scott, daughter DonnaLee, son in law Bill, two very dear grandchildren Michael and Patrick and faithful companion Bob. Ray is also survived by his brothers Peter (Joyce) of Edmonton, Tim (Carol) of Victoria, Walter (Donalda) of Pine Falls, sisters Nellie (Joe) of Ladysmith, Eva of Ottawa, Flo (Don) of Minaki, Diane (Rob) of Ottawa, Elaine (Al) of Winnipeg, and special Aunt Sister Eva of Edmonton. He is also survived by his wife, Carole's family Joyce (Jim) Sanders of Winnipeg, Bob (Carol) Cassan of Beausejour, Jim (Sonya) Cassan and Andy Cassan of Brandon, many nieces and nephews and dear friends.

Ray worked for Abitibi in Pine Falls for 33 years, and enjoyed going to work. He was born and raised in Pine Falls, a town which he loved. He loved his family, his garden and the Maple Leafs.

A memorial service was held Monday, May 26, 1997 at 2:00 p.m. at the Notre Dame du Laus Church in Powerview. Flowers gratefully declined.

A special thanks to Mel and Ellen Jaster, Glen and Aggie Hibbert, Bill and Marion Sharpe, Ken and Doris Kahle, the special staff of Pine Falls General Hospital, Dr. Niemand, Dr. Vanzyl, the ambulance crew, Janice Thibedeau and Dr. Ted Siddall. Sobering Funeral Chapel, Pine Falls in care of arrangements, ph. 1-204-367-2300.

Classifieds

SILVER HAVEN MEALS

All meals \$4.00 each. Call Bernice Phillips at 367-8389 or Silver Haven at 367-4620. Meals are at 12:00 noon. All meals include, coffee, juice and buns.

June 2

Pancakes and sausages with strawberries fruit torte

June 4

Soup, Sweet and sour orange chicken, rice, ice cream sundaes

June 6

Salad, Meat Loaf, mashed potatoes, celery and carrots, Boston Cream Pie

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NEWPORT

PONTIAC BUICK, GMC

344 Main St., Selkirk
482-3612
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1-800-204-7520

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91 AUDI 100, 4 Door..... \$10995
91 DYNASTY LE, 4 Door..... \$10995
91 GRAND PRIX, 4 Dr..... \$12995
91 LESABRE LTD, 4 Dr..... \$12995
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92 LESABRE LTD, 4 Dr..... \$10995
92 LUMINA EURO, 2 Door..... \$10995
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93 GRAND AM, 2 Dr..... \$11995
93 REGAL CUSTOM, 4 Dr..... \$14995
93 SUNBIRD, 4 Dr..... \$11995
93 SUNBIRD, 4 Dr..... \$9995
94 SUNBIRD, 4 Dr..... \$11995
94 CAVALIER, 2 Door..... \$9995
94 GRAND PRIX, 4 Dr..... \$14995
94 REGAL CUSTOM, 4 Dr..... \$16995
94 SUNBIRD, 4 Door..... \$10995
94 SUNBIRD SE, 2 Door..... \$10995
95 CORSICA, 4 Door..... \$9995
95 GRAND AM GT, 2 Dr..... \$17995
95 GRAND AM, 4 Dr..... \$13995
95 GRAND PRIX, 4 Dr..... \$16995
95 ROYALE 88 LS, 4 Dr..... \$22995
96 GRAND AM, 4 Dr..... \$15995
96 REGAL CUSTOM, 4 Dr..... \$18995
96 SUNFIRE, 4 Door..... \$13995

TRUCKS AND VANS

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90 AEROSTAR AWD, Van..... \$10995
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91 SIERRA SLE2WD, Reg Cab \$13995
91 FORD XLT 4x4, Reg Cab..... \$14995
92 BLAZER S 4x4, 4 Dr..... \$16995
92 EXPLORER 4WD, 4 Dr..... \$18995
92 CHEV 4x4 1/2 Ton..... \$18995
94 RALLY STX 1/2 peck van..... \$1995
94 SILVERADO Ext Cab..... \$13995
95 SL Reg Cab 3/4 Ton..... \$15995

SAFETY CERTIFIED CALL TODAY FOR MORE INFO. TOLL FREE 1-800-204-7520 SELKIRK 1-204-482-3812

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1995 14FT. LUND REBEL, Live Well, Fish Finder, 1995 30HP Honda Outboard Motor, 1995 Yacht Club Trailer. Complete. \$9000 Firm. PH.367-8548

FOR SALE

Moulded Full Length Running Boards to fit newer Chev-GMC Extended Cab. Open to Offers. Phone 367-8548 or 383-5132.

16 HP MTD Garden Tractor & Tiller Lawn Mower, Snow blower. \$2000 or best offer. phone 367-8548.

Student Employment Opportunity

Students - South Interlake Credit Union will be doing community surveys in July. We require mature, pleasant, well spoken individuals to go door to door to complete this project. The project will last for between two to four weeks. The hours will be primarily evenings and weekends. If you are interested please send or drop off your resume to Pine Falls Branch of South Interlake Credit Union Limited, Attention: Raymond Vinck.

PUBLIC NOTICE

REGARDING THE 1997 FINANCIAL PLAN

Public is hereby given pursuant to subsection 162(2) of The Municipal Act that the council of the Village of Powerview intends to present its financial plan for the fiscal year 1997 at a public hearing in the Council Chambers of the Village of Powerview on the 4th day of June, 1997 at 7:00 p.m. Council will hear any person who wishes to make a representation, ask questions, or register an objection to the financial plan as provided.

Copies of the financial plan are available for review and may be examined by any person during the regular office hours of the municipal office at #32 - P.T.H. No. 11, Powerview, Manitoba. Dated this 6th day of May, 1997.

J.M. Thevenot, Administrator
Village of Powerview
P.O. Box 220
Powerview, Manitoba R0E 1P0

CARS & TRUCKS

CARS & TRUCKS

CARS & TRUCKS

CARS & TRUCKS

McNAUGHT MOTORS

PONTIAC • BUICK • CADILLAC • GMC
634 PORTAGE AVE. 786-3811

1995 GMC SAFARI EXT.

Vortec V6, auto O/D, fully equipped inc. power windows & locks, rear wiper, rally wheels, 7 pass. seating, Blackwood metallic. \$17,880

1994 BUICK LESABRE 4 DR.

3800 V6, auto O/D, power options inc. drivers seat, windows, locks, mirrors, burgundy cloth interior, 120 km. \$14,880

1988 FORD BRONCO II XLT 4X4

2 litre V6, auto O/D, air, tilt, cruise, power windows & locks. 2 tone grey & silver, nice truck. \$6,980

1994 GRAND AM

2 dr. V6, auto, O/D, fully equipped inc. A/C, cruise, tilt, AM/FM Cassette, Rear spoiler, PDL, low fenders, Red w/black int. \$12,980

1994 SUBURBAN 2500 BLE 4x4

Fully loaded, Bucket, PW, PDL, 7.4lt V8, Rear air & heat, Trailer Package, One Owner. \$26,980

1999 PLYMOUTH VOYAGER SE

2.5litre, 4cyl, automatic, air cond., tilt, cruise, AM/FM, 7 pass. EXCELLENT VALUE AT \$5,980

1990 TOYOTA TERCEL 3 DR.

Automatic transmission, AM/FM, 5 speed, upgraded interior, one owner. \$7,880

1995 PONTIAC FIREFLY 2 DR. HATCHBACK

4cyl, automatic, dust air bags, delay wipers, AM/FM stereo, bright white w/gray cloth interior. \$7,980

1993 CADILLAC SEVILLE STS 4 DR.

North star V8, luxury options, inc. leather int., heated seats, CD player, security, climate controls, one local owner. \$24,980

1991 GMC 4x4 S10 - EXT. CAB

Air, tilt, AM/FM Cassette

EMPLOYMENT

Papertown Motor Inn presently requires Part-time Cook and Housekeeper. Please apply at the front desk and ask for the manager. For information call 367-2261.

FOR SALE

Pure Bread Charolais Yearling hulls, easy calling & very quiet. 1/2 Brothers to Gunton Bulls. Guaranteed and Delivered. Phone Kaminsky Bros. at 265-3572 or 265-3591.

FOR SALE

House for Sale in Powerview, 1 1/2 Storey (1100 sq. ft) 4 Bedrooms, Attached deck & large double garage. Appliances included. Good Starter Home. Call 367-2414.

FOR RENT

2 Bedroom House in St. Georges. \$400.00/month plus utilities. Available July 1. Call Sherry after 6:00 p.m. at 367-2972. References Required.

CUSTOM WORK

K.C. Small Engine Service, White Mud Falls, Quality Repair and Service For: Motorcycles, Snowmobiles, Lawnmowers, Outboards, Chainsaws, Etc. Call Kelly Vizaugh (204) 367-9168.

CUSTOM WORK

Painting, Landscaping & Small Repairs done at fair prices. For a free estimate call 367-9513.

LORD SELKIRK SCHOOL DIVISION #11

Spare - School Bus Drivers

The Lord Selkirk School Division No. 11 is seeking applications for the position of part time spare School Bus Drivers.

Applicants must hold a valid driver's license and have a clear driving record for the last three years.

Resumes accompanied by a driver's abstract will be received up to and including May 30th, 1997. Resumes must include prior work history and three most current past employers.

Successful applicants will be required to complete a training course on their own time and obtain the proper class of license.

Resumes, complete with drivers abstract are to be submitted to:

Bill Laing, Transportation Supervisor
Lord Selkirk School Division No. 11
205 Mercy Street
Selkirk, Manitoba
R1A 2C8
Phone: 482-5942
Fax: 482-3000

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Wednesday to Saturday 9am - 6pm
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1994 BUICK LESABRE 4 DR.

3800 V6, auto O/D, air cond, 4 dr, cruise, power windows, locks, driver's seat, one owner, one's only w/matching cloth int. \$14,480

1994 PONTIAC TRANS AM GT

350V8 6 speed transmission, air cond, tilt, cruise, AM/FM, power windows, locks, lumbar, much more one owner. \$16,980

1994 GRAND PRIX 4 DR. SE

V6, auto O/D, air cond, tilt, cruise, cass, PW, PDL, remote entry, Black w/black cloth int. \$11,580

1993 CHEVROLET CUTLASS CIERA

4 dr. V6 auto O/D, air cond, tilt, cruise, AM/FM, cass, power trunk, silver w/gray cloth. GOOD VALUE AT \$6,980

1993 CHEVROLET LUMINA EURO 2 DR.

3.1 litre V6, auto O/D, air cond, tilt, cruise, AM/FM, cass, PW & PDL, alloy wheels, rear spoiler, bright red w/gray cloth int. \$11,980

1991 PONTIAC SUNBIRD LE 2 DR.

Automatic, air cond, tilt, AM/FM, cass, gauge pkg, folding rear seat, one owner, low kms. \$6,780

1992 CHEVROLET CAVALIER 2 DR. RS

4cyl, automatic, air cond, tilt, cruise, AM/FM, cass, power windows & locks, black w/gray int. \$7,980

1994 PONTIAC BONNEVILLE SE 4 DR.

3800 V6, auto O/D, fully powered inc. seat, windows, locks, mirrors, extended GMC warranty. \$15,980

1995 PONTIAC GRAND AM SE 2 DR.

V6, auto O/D, air cond, tilt, cruise, AM/FM, cass, power windows & locks, spoiler, medium grey metallic. \$13,980

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\$4.50 for the first 25 words, 15¢ per additional word. Classified advertising must be paid prior to publication.

DEADLINE
FRIDAY 4:00 P.M.

Be sure to check your advertisement upon first publication. The Voice cannot be held responsible for subsequent errors in advertising.

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GLOBAL OPPORTUNITY

Aspiring entrepreneur's required for an International Canadian Network Distribution company. No sales experience required. Require an open mind, positive attitude and a desire to earn a very nice residual income with as little as 5 - 10 hours per week. Only serious individuals need to apply. Arrange for an interview by calling (204) 753-2090 or 1-800-330-3902.

3xinv-3

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NEW MACHINE stops indoor pollution, the biggest environmental health problem. Excellent income potential. Dealer needed in your area. 1-204-739-2164 Ext. 59. It's worth the call!

CAREER TRAINING LEARN AUCTIONEERING.

Classes held August 16-22 and November 15-21/97. For information contact: Southwestern Ontario School of Auctioneering, R.R. #5, Woodstock, Ontario, N4S 7V9. 1-519-537-2115.

HELI-LOGGING! Men and women - train for an exciting, high paying career in the forest industry! Qualified instruction in rigging practices/ground crew operations. I.H.L. Training Institute Ltd. British Columbia. 1-250-897-1188.

EMPLOYMENT OPPORTUNITIES

INTERNATIONAL AGRICULTURAL Exchange - Ages 18-30 with agricultural experience to live/work with family in Australia, New Zealand, Europe, Japan. Costs/details - 1-800-263-1827. #105, 7710-5 Street S.E., Calgary, Alberta, T2H 2L9.

EMPLOYMENT

HOFAM CATERING has immediate openings for cooks, bakers, cook helpers, and general helpers to supply catering services to CP Rail personnel in Manitoba. If you are interested, 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.

JOHN DEERE dealership requires: Parts Manager with J.D. experience. We offer an excellent wage and benefits package with incentives. Contact: Craig Puetz, Guard's Implements Ltd., Box 430, Trochu, Alberta, T0M 2C0. Phone: 1-403-442-3982. Fax: 1-403-442-2022.

INTERNATIONAL AGRICULTURAL Exchange - Ages 18 - 30 with agricultural experience to live/work with family in Australia, New Zealand, Europe, Japan. Costs/details - 1-800-263-1827, Calgary, Alberta.

BAKERS/MEAT cutters required. Freson IGA stores based in Peace River, Alberta are looking for bakers/meat cutters who are prepared to join our team. We offer competitive wages, a safe environment and lots of opportunity. Fax your resume to: Mike Lonsin at 1-403-624-1349.

FOR SALE

SAWMILL \$4895 SAW LOGS INTO BOARDS, planks, beams. Large capacity. Best sawmill value anywhere. Free information 1-800-566-6899. Norwood Sawmills, R.R. 2, Kilworthy, Ontario, P0E 1G0.

WELL ESTABLISHED electrical/heating contracting business for sale in rural Manitoba. Close to Winnipeg in thriving rural community. Close to hospital and schools. Business, equipment and vehicles. Building optional. Leave message. Don at 1-204-889-7630.

THIS 25 WORD ad costs \$150.00 but your ad will be forwarded to 49 weekly Community newspapers in Manitoba. Contact this newspaper office for details.

4800 SQUARE FOOT garage located in Rossburn, 3 service bays, autobody bay, impound yard, 2 tow trucks, all inventory, tools, equipment. Kevin: 1-204-859-2652.

SAVE MONEY - Great reconditioned restaurant bakery equipment - Weekly Specials! 10 foot Husman meat deli case - 1200.00. BRANDON RESTAURANT SUPPLIES, 128 - 15th Street. Cell: 1-204-941-3475; 1-204-729-8496.

FOR SALE

FULLY SERVICES LOTS on paved streets with access to beautiful Killarney Lake. Terms available. Country Club Estates. Contact: Roy - 1-204-523-4564; Nancy - 1-204-523-8695.

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BEAUSEJOUR TIRE LTD. has an opening for an auto technician or apprentice for front-end and general mechanical work. Must have or be willing to purchase own tools. Send resume to: Box 711, Beausejour, Manitoba, R0E 0C0.

EXPERIENCED RADIATOR Technician, qualified to rebuild and recore auto and industrial rads. Good wages, excellent benefit package offered. Fax resumes to: 1-403-342-0140.

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TRUCK DRIVER - must have Class 1 with air and at least 2 years experience. Accommodations available. Phone: 1-204-689-2261 Wabowden; 1-204-778-8036 Thompson.

MISCELLANEOUS HARDWOOD FLOORING - Buy Direct and Save. Huge stock of oak, maple, birch... Pre-finished or unfinished. High Quality at low prices, call: CANOAK FLOORING, 1-204-353-2559, Elie.

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GOOD SELECTION of new Grandeur Homes for immediate delivery. Used homes starting at \$9000.00. Free delivery up to 200 miles. Altona Mobile Homes, Highway 30, Altona, Manitoba. 1-204-324-6776; 1-800-582-4036.

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Tuesday
5:00pm - 8:00pm

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Franchise Owner
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for appointment

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CALENDAR

COMMUNITY SERVICE CALENDAR

FIRE DEPARTMENT

Pine Falls.....	367-9999
Grand Marais.....	785-2400
Sagkeeng.....	367-4000
Victoria Beach.....	785-2999

PINE FALLS DISTRICT AMBULANCE

Emergency Only.....	367-2333
Business Only.....	367-9112
PINE FALLS GENERAL HOSPITAL	
Pine Falls.....	367-4441



June Events



POWerview SCHOOL

June 5th

C.P.F. Meeting, 6:30 p.m.
Parent Advisory Meeting 7:00 p.m.
Spending Decisions will be made
Powerview School Staff Room

June 16th - 19th

Exams for Senior 1 - 4

June 18th - 24th

Exams for Gr. 7 & 8

June 25th

Last day of classes

June 26th

Administration Day, no school

June 27th

Administration Day, no school
Report Cards can be picked up
before noon.
Grad!

ROYAL CANADIAN LEGION

Meat Draws - Held every Friday at 5:00,
5:30, & 6:00 p.m.

RUSTY NAIL TAVERN

Meat Draws - Held every Saturday afternoon

Father's Day - June 15th

** If you have any important dates you would like
to include in July's Calendar. Please call the
Voice at 367-4466 to let us know.*

Lazaruk's
Riverview Self-Serve
Hours
Monday to Friday
9:00 - 5:30
Saturday
9:00 - 5:00
367-2473

**PINE FALLS SERVICE
CENTRE**

hrs: Mon-Sat. 6 am - 12 midnight
Sun 8 am - 11 pm
Gas Bar, Food Store, Car Wash

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Business
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AUTOBODY REPAIR AND
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Dispensary 367-2517

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2380
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& 1 pm - 5 pm
Examinations done on Tuesdays
LAC DU BONNET DISTRICT HEALTH CENTRE
343-4647
Tuesday 5 pm-8 pm



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Fax: 268-1017
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