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The Voice

62¢ plus PST & GST

Vol. 6 #45 THURSDAY, DECEMBER 3, 1998 Pine Falls, MB



Drug users who share needles are a high risk category for Hepatitis B. *photo by Charles Norman*

Hepatitis B vaccine - dangerous or safe?

When experts disagree

by Charles Norman

Grade four students across Manitoba are in the process of being vaccinated against hepatitis B. There are differences of opinion among medical professionals as to the need for the vaccination, and the safety of the vaccine.

Hepatitis B is not common in Manitoba. There were 55 new cases reported in the province last year. Most of these cases are reported to occur in certain high risk categories, intravenous drug users who share needles, prostitutes and promiscuous homosexual men. 90% of those getting the disease will recover

completely, nine per cent will recover initially, but become carriers of the disease, half of these will eventually die from liver cancer or cirrhosis of the liver, one per cent will die from the effects of the disease in the acute phase. Total death rate in Manitoba is about three per year.

There are reported to be 300 million people with chronic hepatitis B infection world wide, most of these in South East Asia, and Africa, the disease is also fairly common in the eastern Mediterranean. Since only 10% are reported to develop the chronic phase, it would appear that over three billion people have had the disease - half the worlds population - which makes

it a very common disease indeed.

But according to an Ottawa Physician, Dr. Byron Hyde, "Canada has one of the lowest, if not the lowest incidence of the disease." He has recommended to his son and daughter, who are both working in Africa, that they both get vaccinated against hepatitis B, but thinks it unnecessary in Canada, where he says the risks out weigh the benefits.

Dr. Hyde certainly does not believe that the vaccine is completely safe. Some of his patients have developed severe reactions to the vaccine. "I'm very pro vaccination - I've worked in Asia," he said, "but I

...cont'd on pg. 4

Tragedy Averted

Three Powerview RCMP Officers display courage in preventing suicide attempt

RCMP News Release

Powerview RCMP report a near tragic incident which occurred in the Rural Municipality of Alexander at approximately 3:50am on November 29th, 1998.

At approximately 3:42am, Pine Falls Ambulance Service called Powerview RCMP requesting assistance and attendance to a report of a distraught, intoxicated and suicidal male who was reported to have cuts on his wrists. Police immediately patrolled to the scene and were met by a male youth emerging from the shadows of a nearby motel. As police approached the youth and were only mere steps away from him, he suddenly removed his right hand from inside his jacket and produced what appeared to be a .357 magnum handgun. The attending two RCMP members, with service weapons drawn, did not have time to take evasive action and obtain cover so they had to try to get the youth to drop his weapon. In response, the male pointed the gun directly at both constables at direct immediate

range. He then turned the gun on himself, pointing it at his own temple.

Police were able to successfully persuade the individual to drop the handgun and rushed him to try to secure him when the youth suddenly produced a knife and swung it at both constables. Fighting off the attack, they were able to successfully restrain the individual, take the knife from him and handcuff him without any injury to the accused or the arresting constables.

Later inspection of the handgun in question showed it to be a realistic pellet gun replica of a .357 magnum handgun.

Charges are currently pending against a 14 year old male resident of the Fort Alexander Indian Reserve and a highly volatile situation was successfully diffused without injury to any party which certainly could have ended with a much more tragic outcome for all involved. The RCMP officers involved were Constables Carver, Hernandez and Martin.

Suicide Workshop

There will be a suicide workshop next weekend December 11, 12 & 13th, in the Sagkeeng Arena.

The workshop will be facilitated by John Hawranik, Mental Health Worker with Health Canada, and Fred Courchene and Guy Bruyere, both counsellors with the Sagkeeng Prevention Program. A counsellor from the Selkirk Crisis Centre may also be present.

Brenda Everett, who is spearheading the workshop is also setting up a crisis hotline "If you feel like life is getting too hard, and nobody understands, feel free to call a friend who will listen and try to help in any way possible.

When you call it will be confidential and open to all ages. You have a friend and someone who cares and understands." Call her at 367-2352.



Brenda Everett - call her at 367-2352.

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Opinion

Editorial: Suspend hepatitis B vaccination

There are risks with any vaccination program. Almost always the risk of the vaccination is less than the risk from the disease itself. No one in his right mind would argue against the vaccination against smallpox, for example. Smallpox was, not very long ago, a major scourge of mankind. A major, world wide vaccination program since the Second World War by the World Health Organisation, has wiped that scourge off the face of the earth. The virus now exists in only two laboratories.

The same can be said for the polio vaccine. Poliomyelitis in the fifties hit Manitoba especially hard. We are still living with the tragic consequences of that epidemic, but the disease has been eliminated, thanks to the vaccine.

But there are enough questions as to the safety of the hepatitis B vaccine, and to the risks versus benefits in Manitoba, to justify a second look.

No one appears to have done an adequate job on the side effects of this vaccine. There do not appear to be any studies on the long term effects of the vaccine. What studies have been carried out by the manufacturer seem to be all

based on immediate effects after receiving the vaccine.

But there are certainly enough reports from family physicians to justify concern. There is a substantial group of people who are opposed to vaccination, and medication in principle - there is a lunatic fringe to every issue. It is irresponsible in the extreme to put those professional people who have expressed a genuine concern of the benefits of this vaccine into the lunatic fringe group, and thus dismiss their concerns.

In view of these concerns, the proper route for the Minister of Health to follow, is to immediately suspend the vaccination of our ten year old children, take the money saved, 1.8 million dollars, and use it to do the studies in Manitoba that no one else has done. The make up of that research team should include some of those who have expressed concerns if their findings are to be credible. 1.8 million dollars is more than enough to assemble an international team of experts and do the job right.

YOUR VIEW: Letters to the Editor

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Postal franchises being driven out of business

Letter to the Editor
I believe that the Government of Canada is conspiring with Canada Post to drive postal franchises out of business by implementing a proposed new commission structure on December 1. In other words, there goes mail service again.

Here are some facts:
The proposed changes will mean a 71 percent reduction on stamp sales. Stamps represent over 50 percent of sales by volume for most outlets.

The change in fee structure is effective immediately with no regard for the existing contract. Many outlets have incurred debts in setting up their businesses. They reasonably believed they had a contract. They had no way of knowing the Corporation

would covet their earnings and try to change the rules. Unexpected reductions in revenue make it difficult, sometimes impossible, for the owners to survive. For many, these changes will spell financial ruin and bankruptcy.

As for the consumer, they are once again at the mercy of the government and Canada Post. They may expect mail disruptions and lack of service as these outlets are forced to close.

I believe that the Government of Canada is an accessory to Canada Post's deceptive practices. Canada Post signed contracts with franchisees and businesses were set up based on that contract. Now Canada Post is changing the commission structure in a manner that will

cause most franchises to lose money. The justification seems to be that franchises were never intended to make money. That could be construed as fraud.

In essence the Government of Canada is allowing Canada Post to steal from its franchisees. The profits of these small business people, who signed contracts in good faith, are being plundered.

If the Minister does nothing he lends credence to the observation, "the Corporation is currently beyond any effective control by the government." (The Future of Canada Post Corporation: Canada Post Mandate Review 1996). This is a serious accusation indeed.

Yours sincerely,
Werner Schmidt, MP
Official Opposition Critic for
Canada Post

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 4:00pm
KNIGHTS OF COLUMBUS: Meetings every second Tuesday of the month 7:30 in the basement of the Powerview Church.
SILVER HAVEN CLUB: Cribbage - every 4th and 5th Monday of the Month at 1:30 p.m. - Whist - every Thursday of the month at 1:30 p.m.
WINNIPEG RIVER W.L.: meetings third Tuesday of every month, 7:00 p.m. Library Allard, St. Georges
POWVIEW LOCAL MMF: Regular Meetings held on the first Thursday of each month - 7:00 pm at the Powerview Arena Meeting Room
PINE FALLS HEALTH AUXILIARY: Meetings on the first Tuesday of Every month at 1:30 pm
COTTAGE COUNTRY BUSINESS ASSOC.: Meeting - Every first Monday of the month at 7:00 p.m. October through May. Ph. 756-2596
ALCOHOLICS ANONYMOUS: - Sun Rise Group - Meetings every Monday, Wednesday and Friday 7:30 p.m. to 8:30 p.m. Last Friday of the month open to the public. Bib book study - Saturday, 7:30pm. Located at St. Georges Catholic Church Basement.
PINE FALLS LEGION: Meetings held 2nd Thursday of the month 7:30 p.m. Legion. Meat raffles held at Legion on Fridays from 4:30 to 5:30.
PINE FALLS MASONIC LODGE # 154: meets on second Friday of every month in the Pine Falls United Church.
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: Tina Polischuk. Office: Pine Falls Health Complex, Telephone: 367-9128. Hours: 9:00am - 3:00pm Monday - Friday. Services: Transportation, Home Maintenance, Foot Care, Volunteer Help, Information.
FAMILY CARE GIVER SUPPORT GROUP: at the United Church, Pine Falls, last Thursday of the month at 7:00 p.m.
AA & ALANON: The Beaches family group, Thursday at 8:00pm, Senior Scene, Victoria Beach - 1 Ateah Road, 756-8018 or 756-2101.
PINE FALLS LIBRARY: Library hrs. will be from 3 p.m. until 5pm Monday - Thursday.
HAPPY TOTS DAY CARE: The Happy Tots Place Inc. P.O. Box 773 Pine Falls, R0E 1M0 - 367-2601 hold board meetings on the last Monday of each month 7:00 p.m. at the Daycare
SENIORSCENE INC. #1 Ateah Rd., Victoria Beach: General Meetings every 2nd Tuesday of the month. Art Classes Wed. 10 am, Wood Carving Wed. 1 pm, Movies Tue. 7 pm, carpet bowling, Fri. 2 pm, Bingo Fri. 7:15 pm. Call 756-6468 for more information regarding activities.
SCHIZOPHRENIC SUPPORT GROUP: Support group for families of those with schizophrenia held every third Wednesday at 7pm at the Pine Falls School Library.
LAKESHORE AL-ATEEN GROUP: Meets Thursdays 6:30pm - 7:30pm. Lac du Bonnet Health Centre, 89 McIntosh St. Starts Sept. 10/98. Call Kathie 367-8237 or Vickie at 345-6520.
SUNRISE SINGERS: Meet every Monday evening 7-9pm in the Pine Falls United Church. New members welcome - Choir master - Henry Peters pianist Gwen Welsh.
BEACHES HELP CENTRE: 756-6471, Wed. 1-4pm, Fri. 10am-1pm

Church Services

NOTRE DAME DU LAUS: POWVIEW - Sat. Evening 7:30pm (English), Sun. 8:30am (French), 10:30am (English); STEAD - Sat. 5:00pm.
PINE FALLS UNITED CHURCH: Sunday service Sunday school 11:00 am Rev. Cindy Terry. Office Hours: Tues - Fri. 10:00 to Noon Tel: 367-2633.
PINE FALLS ANGLICAN CHURCH OF THE ADVENT: Ph. 367-8347 Rector, the Rev. Brian Rountree. Sunday Service at 9:00 am.
ST. THERESA'S: Masses at Notre Dame du Laus.
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 754-8662.
CHRISTIAN FAITH FELLOWSHIP: - Bible study 7:30 p.m. Thurs. Church Service at 10:30 a.m. Sunday School at 10:00 a.m.
HOUSE OF PRAYER FULL GOSPEL: - 2:30 every Sunday, Scantbury Mb., on Hwy. 59
ST. MARGUERITE R.C. MISSION: Pui Rd. - Traverse Bay, 11:30 a.m. Sunday Additional Mass mid-June thru Labour Day 7:30 p.m. Saturday. Closed November 1 - April 30th.
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 Nov. to last Saturday of April.
SAGKEENG CHRISTIAN FELLOWSHIP CHURCH: - Lloyd Guimand (Pastor) Sagkeeng South Shore, Service Thursday 7:30 p.m. and Sundays 2:00 p.m.
CHRIST CHURCH ANGLICAN: - Sunday 2:30 p.m. in Hollow Water.

News/Views

Play Safe All Winter

Winter in Manitoba means snow... and plenty of it. For children, snow and ice equals lots of fun. The thrill of the hill, the sparkling sound of skateblades on ice, the crack of the hockey stick... winter is a special time for Canadian kids.

Any activity that involves speed, however, can lead to serious injury. Tobogganing is a good example. With awareness, the right equipment, and the right environment, injuries can be prevented. Here is some information from IM-PACT, the injury prevention centre of Children's Hospital, to keep kids playing safe all winter:

Children can reach speeds up to 50km/hr on sledding hills, according to a study by Safe Kids in Edmonton in 1996. At such speeds, an unprotected fall or collision can cause serious injury, even death.

Sledding or Tobogganing injuries are not rare. The Emergency Department of Winnipeg Children's Hospital saw 59 cases of sledding-related injuries in 1996. That's about 10 local children hurt while sledding, on average, during each of our six months of winter.

Of these 59 children (ages 2-19), close to one-quarter had serious enough to be admitted to

hospital. Fractured arms and legs brought 30 kids to emergency, and there were four cases of internal injury, two minor head injuries and one concussion. Nearly all the children were between 5 and 15 years old and more than 75% were boys.

Half of these injuries occurred between 4pm and midnight, when visibility is likely to be poor. Typically, kids were hurt when they lost control of the sled and crashed into an object or another tobogganist. A more detailed study in Ottawa found similar patterns of sledding injuries.

These numbers are just a snapshot of the sledding injuries in our area. The statistics come from CHRPP, the Canadian Hospitals Injury Reporting and Prevention Program, which collects information at 15 emergency departments across

Canada. People who see doctors in other clinics are not represented in these numbers.

10 Tips for Safe Sledding:

- Small children should slide on small hills.
- Sled in good light: in daylight and only on well-lit hills at night.
- Don't sled where you might hit obstacles, such as trees, rocks, fences or road signs.
- Never sled onto roads, driveways or railways.
- Check for a long, clear run-out area at the bottom of the hill.
- Use a toboggan or sled with runners. Cardboard, inner tubes or snow carpets will spin you out of control.
- Sit or kneel. Don't stand or go headfirst.
- Tuck in scarves and drawstrings.
- Wear a bicycle helmet.
- Supervise young children.

YOUR VIEW: Letters to the Editor

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No new Hydro fees for shoreline property owners

Dear Editor:
This is to advise you that Manitoba Hydro will not be implementing any new fee structure for use of shoreline property owned by the Corporation.

In September, 1998, Manitoba Hydro sent interested parties a brochure in draft form for their perspectives and comment. This material addressed issues that had caused concerns in Manitoba Hydro's efforts to maintain its shoreline property, including a permit system which directly involves the municipal governments. At the time we were also considering a fee system for inspections and structures that would match the provincial Crown lands fee system so that property owners were dealt with in a consistent fashion. Such fees would also have offset the costs for the

permit and inspection services that will be maintained.

The proposed fee system had not been adopted as corporate policy at that time. A corporate decision has been made not to proceed with this proposal.

We thank you for your interest and cooperation in this matter. Manitoba Hydro will continue to work with the municipalities, cottage owner associates and shoreline property. The Corporation's extensive shoreline protection program will be continued and enhanced so that all users can continue to enjoy the many recreational opportunities offered by the Winnipeg River System.

Yours truly,
Bob Brennan
President & Chief
Executive Officer



He promised
he wouldn't do it again.

He promised he wouldn't yell. He promised he'd stop putting her down. He promised he wouldn't keep her from her friends and family. He promised he wouldn't hit her.

Promises aren't the only things that get broken.

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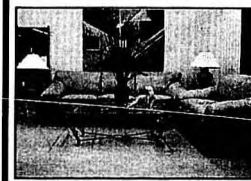
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News

Hepatitis B vaccine

...cont'd from pg. 1

don't have the same feeling for hepatitis B."

"I've never seen so many untoward reactions." He said. Some of his patients were developing chronic fatigue syndrome, and fibro myalgia syndrome. "We almost never see any recovery," he said, "usually they have a brain injury. We have three dimensional pictures of the brains of some of these people with holes in them."

Dr. Hyde said he has been in practise for 32 years and has never seen any dangerous reaction to any other vaccine, but started to pick up large numbers of adverse reactions to the hepatitis B vaccine.

"We gave 65 cases to the government (Health Canada), two died, some went blind, one could no longer use an arm. I've never seen anything like this in any immunisation." He said. Several months later the government published a bulletin saying they had investigated these cases and found no problem. Surprised.

Dr. Hyde and his colleagues contacted 45 of these patients. Not one of them had had any medical examination, and only two had received a phone call.

Dr. Hyde could offer no explanation for suppressing the data. He said only two people in Health Canada had the authority to do it, and both of them have very close contacts with Merck Frosst, the company that manufactures the vaccine. Dr. Hyde says he has calculated that the vaccine is worth 328 million dollars to Merck Frosst.

Dr. Hyde is not alone in his concerns. Several hundred physicians in France recently signed a petition demanding that the government withdraw the vaccine. The French government complied.

"We have three dimensional pictures of the brains of some of these people with holes in them." - Ottawa Physician, Dr. Byron Hyde

In the United States a research scientist, Dr. Bonnie Dunbar, who has spent twenty years in vaccine development, and is a recognised expert in the field, became concerned after two of her research assistants developed negative reactions to the vaccine. Both of them were extremely brilliant, healthy and very athletic before taking the

student went partially blind after her first booster injection, and virtually completely blind following the second booster shot, and was hospitalised for several weeks.

In a letter to a Winnipeg Dentist, Dr. Brad Stevens, Dr. Dunbar wrote: "Because of my extensive work in vaccine development I am extremely sensitive to the balance of risk vs. benefits in vaccine development."

Because of my expertise in this area, it became apparent to me that these two active, healthy individuals working in my laboratory at the same time developed "autoimmune" syndromes at the same prolonged immunological time frame following their booster injections to the hepatitis B vaccine. After carrying out extensive literature research on this vaccine, it is apparent that the serious adverse side effects of this vaccine (which are clearly related to the nature of the virus itself) may be much more significant than generally known (or admitted). I have for several years now, been in contact with physicians from several countries, who have long since described the same problems (in Caucasian populations) although it is clear that, until recently (where in France the vaccine mandate for children was recalled) their observations have been, for the

most part ignored. Have had visits in the past with physicians in England and France who have serious concerns about their large numbers of patients who they believe have been effected by this vaccine. (This was before the attention of this issue by the media. As is my experience, the effect on Caucasians (suggesting an HLA genetic linkage) is dramatic.

Unlike other vaccines, the hepatitis B vaccine is not prepared from the virus itself. It is therefore impossible to contract hepatitis B from the vaccine. The vaccine was developed by the Frosst pharmaceutical company, later merged with Merck. A virus consists of a skin and nucleus. A protein from the skin of the virus was synthesized by DNA manipulation, it is grown in a yeast culture, separated, and used as a vaccine. The protein produces antibodies in the body which will attack the skin of the virus in any subsequent contamination, causing the virus to burst. It is then unable to reproduce. So far so good. The problem arises because the protein is very similar to one found on the surface of nerves. According to Dr. Hyde, in some people the molecule causes the development of antibodies to their own nervous system, thus causing the adverse reactions he and other physicians have noticed.

vaccine. One of them, her brother Dr. Bohn Dunbar, has serious rashes, joint pain, chronic fatigue, multiple sclerosis like symptoms, and has just been diagnosed with POTS, an autoimmune cardiovascular neurological problem. Five different specialists have attributed his problems to the hepatitis B vaccine. The other graduate

Foodborne illnesses can easily be mistaken for the flu. Among the 88% of Canadians who report not having suffered from a foodborne illness in the past year, many likely failed to recognize the symptoms. Indeed, thousands get food poisoning every year.

6. Leftovers should be refrigerated or frozen within two hours of cooking to prevent micro-organisms from multiplying. Unfortunately, one in five Canadians remain unaware of the danger, some leaving leftovers at room temperature as long as 24 hours. At room temperature, 100 bacteria can grow to over a million in just 3 1/2 hours! Remember to keep foods hot or cold and out of the danger zone (between 4C and 60C). Heat kills bacteria while refrigeration only prevents their multiplication.

Test your food-handling savvy

By Marilyn Zarecki, Home Economist, MB Agriculture, Beauséjour, 368-6015

Canadians recognize that, given a change, bacteria can have a field day in the kitchen. Test your food handling savvy and compare your responses with those of 2000 Canadians who took part in a recent survey.

1. Can you tell by the look or smell if a food may cause foodborne illness? Yes/No

2. Which method(s) are safe to defrost turkey? a) in the refrigerator b) in the microwave oven c) at room temperature d) in cold water at room temperature

3. Which of the following may cause foodborne illness? a) placing cooked hamburger patties on a plate used to carry the raw meat b) consuming moldy cheese

4. How long can uncooked ground beef be refrigerated before it becomes unsafe? a) 1-48 hours b) 3-4 days c) 5-6 days

5. What are the symptoms of a foodborne illness? a) nausea/vomiting b) chills c) diarrhea/cramps d) dizziness

6. How soon after cooking should leftovers be refrigerated

or frozen? a) 1 hour b) 2 hours c) 3-5 hours d) 3-24 hours

Answers

1. If you answered no-congratulations! You are among an elite group of Canadians (32%) who can't be fooled by appearances. Most incorrectly believe that unsafe foods give off odours and look spoiled. This is not necessarily so. "When in doubt, throw it out!"

2. Answers a, b, and d are correct. Most people know that defrosting a turkey in the refrigerator is safe, but remain unfamiliar with two quick and safe alternatives: In cold water at room temperature and in the microwave. Many Canadians are unaware that defrosting a turkey at room temperature is unsafe.

3. Both can. A third of Canadians seem unaware that moulds release harmful toxins. Moldy cheese, where moulds are not typical, should not be consumed, even if the moldy area has been removed. The good news- 86% know raw meat can contaminate cooked meat.

4. Ground beef can safely be refrigerated for one to two days after its packaging date.

When ground, microorganisms present on the surface of meats are dangerously distributed throughout. Most Canadians avoid the risk by prudently refrigerating uncooked ground beef for no longer than 48 hours.

5. All are correct. Foodborne illnesses can easily be mistaken for the flu. Among the 88% of Canadians who report not having suffered from a foodborne illness in the past year, many likely failed to recognize the symptoms. Indeed, thousands get food poisoning every year.

6. Leftovers should be refrigerated or frozen within two hours of cooking to prevent micro-organisms from multiplying. Unfortunately, one in five Canadians remain unaware of the danger, some leaving leftovers at room temperature as long as 24 hours. At room temperature, 100 bacteria can grow to over a million in just 3 1/2 hours! Remember to keep foods hot or cold and out of the danger zone (between 4C and 60C). Heat kills bacteria while refrigeration only prevents their multiplication.

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Community

Community Christmas Hamper

Large, decorated boxes will make their appearance November 16 for the collection of food items for the hampers of 1998. You will see these boxes in stores, churches, schools, the Hospital staff dining room, and The Royal Bank staff room.

The hampers that we send into homes at Christmas are meant to provide Christmas dinner and also to include staple items to help each family during the long month of January. Canned fruit and vegetables, soups, jams, peanut butter, salmon, tuna, canned hams, baby food and baby cereals are all welcome additions. As well as the turkey, stuffing, cranberry, tea, coffee, we send treats of candy and cookies for each family so these are nice donations as well.

And the same old reminder-it's a special season so lets not fill these hampers with macaroni and spaghetti. Also - dented cans and discoloured packages are discarded and never used.

If you prefer to give donations of cash, this is welcome too and will be used to buy food items to fill out our list of what every hamper should contain. Knitted mitts are badly needed. Each year we have been able to give a pair of warm mitts to each child on our list. Sizes around six years to ten years are most needed.

If your group is planning a Christmas party, why not consider donating your gift dollars to the Hamper Fund. Not many of us want or need these not so funny or useful \$5.00 or \$10.00 gifts, but this money would go a long way in buying food to put into needy homes. And the added bonus-

you'll have the good feeling that goes with helping someone a lot less fortunate.

Last year we had a wonderful donation often turkeys from a local lumber yard business. And a number of employees of the Pine Falls Paper Company donated their company gift of a turkey or a ham. This meant a huge saving for us in the amount spent on meats. Your group or class may discuss packing a hamper on your own. We hope to discourage that mainly because it often results in ill will for the recipient if they receive two hampers, and we try to respect and observe confidentiality in the distribution of hampers and feel very strongly that this is best done under the umbrella of the Hamper Fund.

Your ongoing generosity, your ongoing caring and sharing of your Christmas joy has always been the key to our successful hamper project. We hope that once again you will want to work with us to bring Christmas into homes where it is needed.

The filled boxes will be picked up December 21; hampers will be packed and delivered December 22. The Health and Family Services office are once again receiving requests for a hamper.

The Christmas Blues

Winnipeg River Health District 345-8647

Ready or not, the "Deck the Halls" season is upon us once again. In our North American culture, the Christmas season is usually portrayed by the media as a totally joyful, happy time-like a clip straight out of "The Waltons". Holidays such as Thanksgiving and Christmas, are traditionally viewed as occasions that bring families together to celebrate, and to enjoy each other's company. For many people however, the reality can be quite different. For people who are separated (either physically or emotionally) from their families and friends, or for those who are recently bereaved, the anticipation of, and preparation for the holidays, may trigger deep feelings of loss, sadness and despair.

In the long-term, only time will heal deep emotional pain that results from personal loss, but there are some practical strategies that individuals might find helpful in the short-term, to cope with the upcoming Christmas season.

1. Recognize that you are not alone. Many people have difficulty coping with the mixed emotions that surround major holidays.

2. Allow yourself to grieve. It's okay if you don't "fit" the holiday mood.

3. Examine your traditions and options. Consider making some changes this year if it will make the season easier to bear. Try to eliminate the unnecessary, and focus on what is really important to you and your family.

4. Recognize your emotional limits, and let others take over some of the seasonal tasks for a while.

5. Mobilize your internal resources. If your faith is important to you, set aside time to express your faith. Find and participate in activities that are meaningful to you. Say "no" to those that aren't.

6. Set aside quiet time for yourself and your family to rest, reflect and review.

7. Acknowledge and talk openly about your loss, as you are able. Break the silence. This may help to relieve tension, and may also encourage others to share their feelings as they are able.

8. Reach out to others. The greatest happiness may come from doing something for someone else.

Yes, the Christmas countdown has begun...ready or not.

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- be a high school graduate with a minimum of the following specific credits: Mathematics 405 (Applied Math or Pre-Calculus) or 300; Physics 305 or 200; and English 40, 300 or 301; equivalent academic qualifications may require validation by the Department of Education;
- submit a transcript of High School marks;
- possess a valid Class 5 Driver's license and be eligible to upgrade;
- be capable of working at heights of nine meters to over 36.5 meters while on poles or towers;
- meet the challenge of physically demanding work in all types of weather;
- and be prepared to work with high voltage energized lines while adhering to established safety procedures.

The selection process includes aptitude testing, panel interview, medical examination; and a two day Manitoba Hydro sponsored Skills Assessment and Trades Orientation program.

Salary Range: Start - \$10,544;
12 months to five year range - \$13,70 to \$21,08

Applications must be accompanied by High School transcripts and be received by December 9, 1998. Please include a letter stating why you are interested in this position and a resume.

Committed to Employment Equity

Send applications to:
Manitoba Hydro
Competitions No. 84/1230
c/o Sav. Exp. Transmission & Distribution
Box 815
Winnipeg MB R3C 2P6
Fax: 474-4865

Only those selected for further consideration will be contacted.
All applications will be retained for six months.

Sports

HOCKEY STANDINGS

MJHL Standings

ADDISON DIVISION	W	L	T	SL	E	A	P
St. James	18	10	0	0	136	108	36
St. Boniface	15	14	0	2	128	140	32
Selkirk	14	13	0	1	103	116	29
Winnipeg	14	17	0	0	104	140	28
Southeast	9	19	0	0	96	30	18
ALLARD DIVISION	W	L	T	SL	E	A	P
OCN	25	3	1	1	189	66	52
Winkler	22	8	0	1	155	91	45
Portage	15	8	1	1	119	89	32
Dauphin	8	18	0	2	100	144	18
Neepawa	4	26	0	0	76	180	8

Scoring Leaders

PLAYER	TEAM	G	A	PTS
McGill	Winkler	24	39	63
K. McKay	OCN	18	34	52
Rose	OCN	20	27	47
Ryan	OCN	19	27	46
Harrison	Portage	22	21	34
Soares	St. Boniface	20	19	39
Fay	Selkirk	14	25	39
Brunei	Winkler	18	20	38
Belbas	OCN	20	17	37
Johnson	St. Boniface	11	26	37

HTHL Standings

TEAM	GP	W	L	T	E	A	PTS
Ile des Chenes	5	5	0	0	39	13	10
La Broquerie	6	4	2	0	48	24	8
St. Jean	5	3	2	0	28	28	6
Grunthal	3	2	1	0	14	10	4
59ers	5	2	3	0	21	21	4
Pine Falls	5	1	4	0	18	46	2
St. Adolphe	7	1	6	0	16	42	2

Scoring Leaders

PLAYER	TEAM	GP	G	A	PTS	PIM
Gauthier, Paul	La Broquerie	5	9	7	16	6
Habel, Carey	La Broquerie	6	7	8	15	6
Beauchemin, Joe	Ile des Chenes	4	4	8	12	
Normandeau, Michele	La Broquerie	6	5	6	11	14
Craig, Dave	St. Jean	5	5	5	10	32
Patryns, Craig	La Broquerie	6	3	7	10	
Siwak, Mike	St. Jean	5	2	8	10	10
Anderson, Paul	La Broquerie	6	4	5	9	30
Chaloner, Kane	Ile des Chenes	4	4	5	9	
Gosselin, Maurice	59ers	4	6	3	9	4
Paterson, Andrew	La Broquerie	6	2	7	9	8

Week's Scores

November 19	St. Adolphe	3	Grunthal	10
	La Broquerie	5	59ers - St. Malo	4
November 21	Pine Falls	4	La Broquerie	10
	St. Adolphe	2	St. Jean - Morris	11
	Ile des Chenes	6	59ers - St. Pierre	2

Coming Games

November 24	Pine Falls	at	St. Adolphe	8pm
November 27	St. Jean	at	Ile des Chenes	8pm
	St. Adolphe	at	Pine Falls	8pm
November 28	Pine Falls	at	Grunthal	8pm
	59ers	at	La Broquerie	8pm
	Ile des Chenes	at	St. Jean - Morris	8pm

Community Service Award for Colleen Chevrefils



Sports Minister, Eric Stefanson with Community Award Winners, Colleen Chevrefils (r) and Katie McAvoy (l)

On Friday, Nov 27th, 1998, four individuals were honoured at the Sport Manitoba's Youth and Volunteer Sport Awards Ceremony. Eastern resident, Colleen Chevrefils of Pine Falls was one of those being honoured. Colleen was the recipient of the David Eggertson Award for Community Service and presented with a cheque for \$500.00 from the North West Company.

The David Eggertson Award is awarded annually to one Manitoba youth athlete who has, during the course of the last calendar year, made a

significant contribution to the community in which he or she lives. Established by the North West Company, the award honours individuals who have found the time to volunteer to help in their community, while at the same time maintaining their commitment to academics and participating in their chosen sport.

Nominated by the Eastman Sport Development Association for her outstanding commitment to the sport of Gymnastics, her numerous hours of volunteering in her community while academically achieving a 90% average, Colleen is a great

ambassador in promoting the value and benefits provided by sport participation.

Three other awards were presented during the ceremony including the North West Company Youth Female and Male Athlete of the Year. Winner of the Female award was Katie McAvoy of Winnipeg for her achievements in the sport of gymnastics. Male recipient was David Ramdeen of Winnipeg for his accomplishments in Table Tennis. The volunteer of the Year Award was presented to Mike Ruta of Winnipeg for his work with Basketball Manitoba.

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Sports

Pineview Canteen News

Another season of winter sports is upon us along with volunteering in our local arena canteens. The reason we ask for volunteers is to help keep costs down and in turn give our membership reduced rates and prime ice time. It is also nice for

our guests who come in from out of town. Canteen schedules are being worked on and will be handed out over the next few weeks. Members are being asked to put in 2 shifts for each participant in hockey, ringette, figure skating and curling. We will schedule each family at least once and then will fit you in again if we require it. If you are not needed your \$50.00 cheque will still be returned to you. The cheques will be returned to you as you complete your shifts. For those who are not willing to put their 2 shifts the \$50.00 will go into the canteen and a replacement will be found. This is being done so that everyone does their fair share.

A few changes have been made. The icekeeper will now let you into the canteen and give you the float. At the end of the evening the float and sales will be handed back to the icekeeper. No more running around. This season we will be stocking our coolers with more

juices and sports drinks as to promote health within our sports facilities. We have purchased a hot chocolate machine and a microwave for the Pine Falls Arena. Let's all pitch in so our arenas operate smoothly.

Eastman Ringette

NOVICE	GP	W	L	T	F	A	PTS
Ste. Anne	4	4	0	0	69	11	8
Steinbach	3	2	1	0	22	23	4
Lorette	4	2	2	0	36	21	4
Grunthal	2	0	2	0	10	45	0
Pineview	3	0	3	0	7	44	0
PETITES GP	W	L	T	F	A	PTS	
Lorette/Ste. Anne	6	6	0	0	90	20	12
Grunthal	4	3	1	0	44	23	6
Steinbach	5	2	2	0	45	26	4
Pineview	5	1	4	0	31	65	2
Niverville 2	2	0	2	0	3	31	0
Niverville 1	3	0	3	0	5	53	0
TWEEN A GP	W	L	T	F	A	PTS	
Steinbach/Ste. Anne 2	2	2	0	0	16	5	4
Niverville/Lorette	1	0	1	0	4	5	0
Pineview	1	0	1	0	1	11	0
TWEEN B GP	W	L	T	F	A	PTS	
Ste. Anne/Steinbach 1	1	0	1	0	10	0	2
Landmark (B)	0	0	0	0	0	0	0
Lac du Bonnet (B)	0	0	0	0	0	0	0
Mitchell (A)	0	0	0	0	0	0	0
Niverville (B)	1	0	1	0	0	10	0

5 Pin News

The ladies high games were: Carol Griffin 302&256, Evelyn Dodds 289&213&206, Bernice Henderson 258, Donna Boyer 248&200, Shirley Adams 247, Doris Kahle 241, Nancy Breton 206, and Janelle Carlson 203.

The men's high games were: Jerry Gauthier 269&224, Bill Lavallee 232, Pete Richardson 232, Dwayne Duff 228, Mike Coss 227&200, Todd Jesseau 219.

The female bowler of the week was Carol Griffin for her average game of 302 which was 107 pins over her average.

The male bowler of the week was Mike Coss for his game of 227 which was 71 pins over his average.

The Legion Special was won by the Richardson Team for their 3 game total of 3434.

Other comments: This weeks High Triple Games were Carol Griffin 752, Evelyn Dodds 708, Jerry Gauthier 645 and Doris Kahle 606.

Sandbag News

TEAM POINTS:

1. Philip Bouthillier	20
2. Jeanne Lavoie	15
3. Edgar Vincent	10
4. Eliane Boulet	8
5. Jos Vincent	5
6. Victor Vincent	2

HIGH SCORE WOMEN:

1. Ginette Vincent	6060
2. Aurea St. Pierre	5790
3. Jeanne Lavoie	5490

300's:

Lindsay Kaminawish	6
Heather Dufour	5
Sam Kush	4
Colette Vincent	2
Marguerite Boyer	1
Eugenie Vincent	1
Honore Dupont	1

HIGH SCORE MEN:

1. Victor Vincent	8380
2. Jos Vincent	7370
3. Alex Kalynchuk	6400

Darren Dufour	1
Ginette Vincent	1
Jeanne Lavoie	1
Erik Kesanen	1
Darren Dufour	1

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<p>NEW '98 ESCORT LX</p> <p>4 Door, AM/FM cass., 2.0L, automatic transmission, and more.</p> <p>Only \$15,500 plus taxes or \$285/month plus taxes</p>	<p>NEW '98 MERCURY GRAND MARQUIS LS</p> <p>Climate control air cond., power windows, power locks, dual power seats, anti lock brakes with traction control, aluminum wheels, premium AM/FM cass., 4.6 DHC V8, electronic automatic overdrive, and more.</p> <p>Only \$33,500 plus taxes or \$678/month plus taxes</p>	<p>NEW '98 F150 SUPER CAB 4X4</p> <p>Air cond., tilt steering, cruise control, AM/FM cass., steel wheels, chrome bumper, all terrain tires, limited slip, 40/60 split bench, lower tu-tone, 4.6 L V8, automatic transmission and more.</p> <p>Only \$28,800 plus taxes or \$542/month plus taxes</p>	

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History Late Night Cruise

By: George Bayly

Goff Bayly's maps, when compared to aerial photographs, were found to be almost perfect, and with compass in hand, he could survey a line straighter and truer than anyone. For example, starting at a blazed marker, he would compass north for a mile, west for a mile, south for a mile, then east for a mile, and arrive within a few paces of the starting marker. Goff Bayly never got lost, but there was one incident one dark summer night about 60 years ago, when misfortune overtook Goff in the bush in the vicinity of the old golf course road.

The local hotel and beer parlor, Staff House No. 1 on Maple Street, was the home to single young men who were employed in the mill, and young ladies who are mostly school teachers. Among the residents were teachers Mabel Payne; Miss Moore who became Mrs. Joe Lyons, living for many years at 19 Cedar St.; and Miss Laura Douglas who married Electrical Superintendent "Scotty" Lauchlan. They lived at 26 Cedar St. Some of the male boarders were Walter Inglis, (Mill Stores), Roy Arthur (machinists), and Jack Nixon (machinists). One of the young fellows who lived in the hotel had a unique method of turning out his light bulb after he had gotten into bed. He would throw one of his boots at the light bulb suspended from the ceiling,

a habit which required the hotel staff to replace his bulb almost daily. On another occasion, it seems as though Miss Moore's piano playing did not please this same young man, so he threw her piano down the stairs.

Pine Falls folks had been enjoying the social atmosphere of the Staff House beer parlor since that day in the spring of 1927, when Dunc McDonald delivered by horse and wagon from the train station, the first ever shipment of barrels of beer to arrive in town. One particular evening, those many years ago, a group of men including Goff Bayly, had gathered at the pub to quaff a few frothy brown ales. Later in the evening, near closing time, someone suggested that the evening's "festivities" should continue at the home of Carl Patterson who lived in "Bannocktown", a residential settlement in the south end of what is now Powerview, near the C.N. railway loop. The revellers, now in a very "merry frame of mind", bade farewell to Parlor Manager Bill Piederleith, left the hotel and drove off to Bannocktown to continue the night's frolics. Throughout the evening, the happy strains of songs and piano accompaniment, along with dancing and the clicking of glass and bottle, resounded in the still summer night air. In the wee, small hours of the morning, it was

decided that the social gathering should disperse, and all (that is, all who were able) should set out for their respective homes.

Goff, who was offered a ride home, insisted that he would go home, but not by motor vehicle.

"I'll walk!" he proclaimed. "I'll take a shortcut through the bush to the golf course road and then home."

And so he set out, determined to explore a new route from Bannocktown to the Pine Falls townsite. He walked along the tracks of the loop, then headed into the bush south of the golf course creek and rocks topped with jackpine. Goff, with his excellent sense of direction, was heading directly for the road, but he was not prepared for what happened next. As he raced through the dense undergrowth in the dead of night, without even a moon to cast a few faint rays to light his way, he suddenly plunged downward into a dark void landing in two feet of murky swampwater at the bottom. It seems that he had fallen into an old excavation over which had stood an old cabin somewhere behind the Pine Falls hospital. At that point, he released "colourful" words and adjectives (which cannot be repeated here), and which probably roused from their peaceful slumber, Mill Manager C.C. Irvine and family who lived nearby beyond the rocky golf course road.

Goff clambered out of the dark hole and continued his journey to the golf course road and soon arrived at the door of House 85 at 15 Birch St., very soggy, but still in "good spirits." Afterward, Goff probably decided that "Cruising and boozing don't mix", (especially at three am on a dark moonless night).



Recognize this?

Another landmark from Marcel Pitre's photo library. If you know where this landmark is located, call us at the voice at 367-4466. Sorry, no prizes, however the first person with the correct answer will have their name published in the following issue. Good Luck!

LAST WEEK'S QUICK CALLER WAS: Dawn Blatz, identifying the White Horse in St. Francois Xavier, Manitoba. The statue was made by George Barone, it symbolizes the tragic Indian legend of a beautiful maiden and her Cree bridegroom. A Sioux Indian Chief wished to marry the beautiful daughter of an Assiniboine Chief. The Assiniboine, however, gave his daughter's hand to a Cree Chief with whom she was in love because the Cree offered a rare snow white horse as a gift. The angry Sioux pursued the Cree and his bride whose father had returned the horse to help them escape. The Sioux killed them both but the horse escaped. For years it was seen roaming the surrounding plain, and in memory of the young lovers this part of Manitoba became known as the White Horse Plain. Commissioned in 1966, the statue was partly funded by White Horse Distillers in Glasgow, Scotland.

the Voice Christmas Colouring Contest



How can the Canada Education Savings Grant help your children?



= \$120

- The Government of Canada is working with Canadians to help families save for the post-secondary education so important to every child's future.
- Now, the Canada Education Savings Grant provides an additional 20 cents for every dollar you save in a Registered Education Savings Plan (RESP).
- An RESP is a tax-sheltered way to save for a child's post-secondary education. It can be started by parents, grandparents, relatives or friends.
- Each child can receive a maximum Canada Education Savings Grant of \$400 per year (with a savings contribution of \$2,000).

- If a child does not use his or her RESP you can transfer the savings to another child or roll the savings into your RRSP.
- The important thing is to start today. Even a modest RESP contribution, along with the grant, can grow into a nest egg to help offset the cost of post-secondary education.
- This program is part of Canada's Youth Employment Strategy.

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Using TTY devices call 1 800 465-7735



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Colouring Contest Rules...

For children Pre-School to Age 9
There will be two categories. Pre-School and Ages 6-9
1st and 2nd Prizes in each Category.
Entries must have name, address, age and phone number
Deadline is Friday, Thursday, December 19th

Name: _____
Address: _____
Age: _____
Ph: _____

Education

Powerview 's Student Volunteer Program

Students volunteer at Powerview because they want to learn about a new area, to gain new skills, and to make new friends. Students find that they are developing a desire to "do good" for others. They find helping others to be intrinsically motivating. We are very proud of our student volunteers.



The Office Help: Students in grades 5 & 6 answer the phone, take messages, greet the public and use the public address system. Mrs. Watson, Ms. Dugard, and Mrs. Berthelette are supervisors.



The Green Team: Supervised by Mr. Kelsch and Ms. Blatz, assists with the collection of recyclables in the school.



Computer Lab Assistants: Shut down computers and dust screens to help out in the computer lab. Mr. Radley is happy to have them helping out.



A small but hard working group - the Chalkbrush Cleaners help teachers out after school. Mrs. Mironuk is still looking for Chalkboard Cleaners - any volunteers?



Library Helpers: are learning to use the computerized library system. They do housekeeping jobs and work with the public. Supervisors are Mlle Dubé, Mrs. Cowie, Ms. Hovorka and Mrs. Richardson.



Bleacher Cleaners: Use small brooms to keep gym bleachers spic and span. Rumour has it that Powerview has the cleanest bleachers in the Agassiz School Division. Thanks to Ms. Armstrong for organizing the team.



A group of students help with Kindergarten students by reading to them daily. Another group helps the children get ready for recesses. Mrs. McMullen supervised the Kindergarten Readers and Dressers.



62 Conflict Managers trained to assist fellow students with conflict resolution on the playground. They work during recess breaks. Supervisors are Mlle Dubé, Mrs. Cowie, Ms. Hovorka and Mrs. Richardson.



It's Henry with his might force of Yard Workes. Mopping and raking are their specialty.



Door Monitors: Hold the doors so that students can enter safely during recess breaks. They are scheduled by Mlle. Dubé.

If you need to talk,
there are people who want to listen.
Please call one of the numbers below.

Kids Help Phone (24 hours)
Teen Touch (24 hours)
1-800-668-6868
1-800-563-8336

Crisis Line (24 hours)
Clinic (24 hours)
(Pine Falls- Agape House)
1-888-322-3019
1-800-326-3431

Battered Women's Crisis Line
(24 hours)
1-800-362-3344

Crisis Stabilization Unit
Salvation Army (24 hours)
1-204-482-5361 (you can call collect)

Mobile Crisis Stabilization Unit
Salvation Army
1-204-482-5376 (you can call collect)

Hours: Weekdays
2:00 p.m. to 2:00 a.m.
Weekends 8:00 a.m. to 2:00 a.m.

Local Numbers:
Cindy Terry
United Church
367-2633

Father Chartier
Notre Dame du Laus Catholic Church
367-2700

Beaches

'Round About the Beaches

By Monika I. Evans
St. Nicholas Day

On every December 5th evening, every child in Germany laboriously polishes and cleans his best shoes. You can see your face in the shoes. This is not a task taken lightly since much depends on this job. After all, St. Nicholas will be coming during the night. At bedtime, shoes are placed beside the bed, toes pointing out, and after the night-time prayers, an extra little one is said, that the child praying will not be forgotten.

On the morning of the 6th, for the good children, St. Nicholas has been there. Some of the children are visited by St. Nicholas by horse-drawn carriage and some by barge or boat, depending on where you live. Any good child has been given a shoe full of candies and other goodies. My favourite was a pipe made out of licorice with a candy at the top of the pipe. Tiny chocolate Christmas wreaths, decorated with a few sprinkles, were also favourite. We were allowed a few pieces before breakfast, but the rest was saved for later.

St. Nicholas was always good to me, so I guess I must have been a good kid.

St. Nicholas originated in the Middle East at a time when many children were starving. He supplied them with food and sometimes sugar treats. As a result of this kindness he became a Saint. He is the equivalent of Santa Clause in Holland and there Christmas is celebrated on December the 6th. On Christmas Day, they only go to church and have family dinners and visit each other.

St. Nicholas, who by now is very old, has an assistant called "Schwartz Peter" or Black Peter. Black Peter is originally from Africa and helps deliver the goodies to the children. His other job is not so nice. There are children who have not been nice or kind during the year and those children receive a lump of coal and a switch (a cutoff twig meant for spanking the bad children) in their shoes.

It had never happened to me, but my little neighbour, whose whole life seemed bent on making her sisters' and my life miserable, had an unhappy

surprise. She woke up on the morning of St. Nicholas Day and found, well you know. She cried her eyes out that whole day. Between then and Christmas, she was a changed child, became friendly helpful and kind. She stayed that way at least until the end of the year and then, well, it was really too much to ask!

The day before St. Nicholas, all the mothers in the village would spend the day making yeast and dough, pounding it and letting it rise time and time again. Oh, the work, that went into their masterpiece. Finally, a form took place. A body was created, arms and legs added. Raisin eyes appeared, prune buttons aligned down the tummy, other finishing touches were added and our Weckerman (giant ginger bread-type man) was finished for its final trip to the Village bakery. Oh, the smells, they were heavenly. A mixture of sugar, cloves, cinnamon, cardamon, etc. Tiny noses lifted in expectations for we knew what was coming. The average Weckermann was about two feet high and we would start nibbling on the legs and then the arms and would keep on nibbling until he was all gone. I think that was the best part of all. I wish I could have another Weckermann to myself and pretend to be a child again.

Ken Kahle!

Greetings from Tucson - We just wanted to stop by and wish you a very Happy Birthday!
With love, Margie, Mike & Jeff

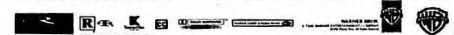


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FOR A LIVING.
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HOSTAGES TO SURVIVE.

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Belair, Manitoba - Beautiful Area

By Marion Eisler

"Where the heck is Belair?" asked Muriel, "it isn't on my map!" I was giving her directions on how to get to our cottage at Lester Beach. "Stay on Hwy 59, toward Victoria Beach, turn left at the green Belair sign, continue on the road, pass the Country Mile Mercantile Store, go up over the hill, (be sure to take in the wonderful view of Lake Winnipeg), at the stop sign turn left to Lester Beach. Muriel was joining us for the Sun Country Arts & Crafts Inc. exhibition in the Belair field on the September long weekend.

Why isn't Belair on the map? In a book called "Place Names of Manitoba" it has this to say -Belair: village, 19-7E (CNR 1916); a euphonious name given by the district engineer of the railway company." The name Belair does have a pleasant sound. In talking to my friends at the Manitoba Genealogical Society I found the book "From the Beaches to the Falls- Winnipeg River- Lake Winnipeg Heritage" in it I discovered that Belair has a very interesting history!

Bill Eisler, president of the Sun Country Arts & Crafts Inc. has been trying for Years to have a Farmer's Market setup on the government

owned property opposite the Country Mile Mercantile Store. The club leases the land each year, for our May, June & September exhibitions. At first the tent top donated by the Gibson's (they left to live in BC), was our only protection from the elements. Understandably, our artists aren't keen to show their paintings when a sudden rain could ruin them. There is a wilful wind, even on the sunniest of days, that can ruffle up the crafters work, and topple displays.

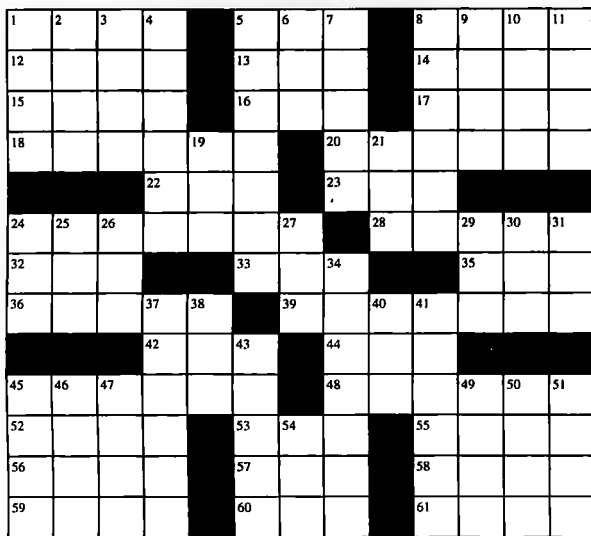
Two years ago the club was given permission to put up stalls, providing they could be easily removed. Bill and his helpers built the first section making use of on-hand or scrounged material. This year (1998) the club members agreed that another section was needed, Ken Sorenson with the help of the late John Saliga and Bill, built the second section. The money for the materials came out of the Sun Country Arts & Crafts Inc. funds. Our municipal representatives think Bill's idea of a Farmers Market a good one, not just for the Sun Country Arts and Crafts, but for the use of the residents and the summer people. Approval, that's as far as it goes! Bill, ever optimistic, says "Maybe next year!"

Look for next year's Sun Country Art's & Craft's Inc. Calendar of Events 1999 in upcoming issues of the Voice. For more information re: Joining the Sun Country Arts & Crafts, as a Member, or for renting a table, call: Bill Eisler- Lester Beach- 1(204)754-3103 or Marion Eisler-as above- or in Winnipeg at 1(204)832-6708.



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Beauséjour, Manitoba
Ph: 255-1907

Relax THE VOICE WEEKLY CROSSWORD



- 55. Strong wind
- 56. MacKenzie
- 57. Common conifer
- 58. Ages
- 59. Morph or plasm prefix
- 60. Theodore, for short
- 61. Retreats

DOWN

- 1. Killer whale
- 2. Clothing
- 3. Middle East person
- 4. Politicians last words
- 5. Flask
- 6. Brew
- 7. Dollops
- 8. Embroidery yard
- 9. Runner's gait
- 10. Red Wing legend, Sid
- 11. Remove skin
- 19. Denotes three
- 21. Guelph College, abbr.
- 24. Grass land
- 25. Cash source, for short
- 26. Unemployment ins.

- 27. Read only memory, abbr.
- 29. Shade tree
- 30. Female ruff
- 31. Thomson, for one
- 34. Puffin, e.g.
- 37. Herbal remedy
- 38. Ace
- 40. single person's last words?
- 41. Stuffed
- 43. Cheese maker
- 45. Expropriate
- 46. A kind of acid
- 47. Rave
- 49. Have the courage
- 50. Verve
- 51. Cape
- 54. Near, poet

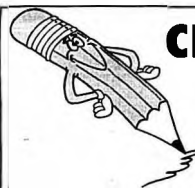
LAST WEEKS ANSWER

G	A	P	S	A	N	E	W	A	P	T
O	X	E	N	S	O	L	O	P	O	W
A	E	R	O	P	U	L	L	E	P	I
		W	H	E	N	V	I	X	E	N
I	C	E	M	E	N	J	E	T		
F	O	X	E	S	V	A	S	C	P	A
Y	A	M	O	N	H	A	R	E	S	
		E	Y	E	M	O	D	E	R	N
B	E	A	R	S	L	U	N	G		
R	A	N	T	A	I	L	E	C	R	U
E	S	T	I	D	L	E	R	O	O	T
Y	E	S	C	A	T	S	S	O	M	E

- ACROSS**
- 1. Ancient Irish alphabet
 - 5. Taxi
 - 8. Applaud
 - 12. Uncommon
 - 14. The whole works
 - 14. Grament
 - 15. Prepare for exams
 - 16. Classical or con prefix

- 17. Sword type
- 18. Sir John
- 20. Sir Mackenzie
- 22. Anger
- 23. Automotive Engineers org.
- 24. Sir Wildred
- 28. Joe
- 32. Summer in the Saguenay
- 33. Refusals

- 35. Observe
- 36. Mexican friend
- 39. Arthur
- 42. Printing necessity
- 44. Bustle and hustle
- 45. John
- 48. Sir Robert
- 52. Toddy palm liquor
- 53. American cuckoo



CRYPTIC PUZZLE

ZBYCXD TF SGRD FHTG LBBM, ZCX CNRD
NSBF PRBYQ XS XVB ZSGB.

Each letter represents another letter in the alphabet. See if you can break the code to figure out the famous quotation

LAST WEEK'S SOLUTION

TIME IS A GREAT TEACHER, BUT UNFORTUNATELY IT KILLS ALL ITS PUPILS.

-WCQMVD'F RYK

-HECTOR BERLIOZ

HOROSCOPE

ARIES March 21 - April
Is shopping for gifts starting to get on your nerves? Whatever you do, don't volunteer to help a friend shop. Your head won't be in it. It may be very beneficial to you to find a new way to blow off steam. Try a new place where you don't know anyone.

TAURUS April 20 - May 20
Although giving of your time and/or money is a great thing, don't get taken for a ride. Choose your charity wisely; your friends don't definitely know best. You'd better get that shopping done you've been putting off. The sooner you go, the sooner you'll find the right gift.

GEMINI May 21 - June 20
Take care of those legal matters you've been letting hang. Seek professional advice on them before you make a final decision. With that off your plate, you can plan a special evening with someone very close to you. It will do you both a world of good.

CANCER June 21 - July 22
Keep your eyes open at work this week. Someone may not be playing it straight concerning a business deal. Try to get the topic out in the open so it can be dealt with in the proper way. Just make sure you think things through before saying anything.

(December 3 - December 9)

LEO July 23 - Aug. 22
Getting the silent treatment at home? Don't put up with it and don't be made to feel guilty. Ask what you have done wrong, stand your ground, and don't let anyone put you down. Take a stand - you don't have to live by other people's rules.

VIRGO August 23 - September 22
Situations take a serious turn this week. Steer clear of a person with an addiction. You don't need to be a part of the lies and deceit. You could help them get professional help, but that's as far as it should go. And don't let them make you feel guilty.

LIBRA Sept. 23 - Oct. 22
If you've been considering a job change, this should be a great week for you to interview for something else. Making long range financial plans? Take time out to meet with an accountant. A short meeting could end up being very beneficial for you.

SCORPIO Oct. 23 - Nov. 21
You cannot change some people. Trying will only generate more resistance on their part and frustration for you. Be on the lookout for new opportunities at work this week. Something great could be heading your way.. don't miss out.

SAGITTARIUS Nov. 22 - Dec. 21
Watch yourself this week. You're in your fault finding mode, and it could present a problem for you. Excessive expectations will only cause problems for someone close to you. It's holiday time, try to find the positive in at least a few situations.

CAPRICORN Dec. 22 - Jan. 19
Don't let your lack of time frustrate you! Instead, look for ways to help yourself. Start at work by delegating some duties, or ask a coworker for help. At home, recruit help from your family members. You'll find them more than willing.

AQUARIUS Jan. 20 - Feb. 18
There's a nagging home repair problem that needs your attention this week. Step one: Make a list of resources. Step two: Get it done before it's too late! Put your social life on hold until you get the problem cleared up. You'll need the money and energy you've saved.

PISCES Feb. 19 - March 20
Your praise and encouragement will end up really helping a coworker or friend this week. It will vastly improve attitudes with everyone at work. Not all dreams can become a reality. Don't get down on yourself because of it. Face reality and move.

Finance/Classifieds

RRSP Investing: How Mutual Funds are Managed

Given the burgeoning number of mutual funds now available to Canadians, it's becoming increasingly difficult to decide which funds can best help you reach your long-term financial goals. As ever, the key to real success is to understand all your options. This means more than simply finding out what types of mutual funds are available and how they balance their mix of assets. It also means learning about the different styles fund managers use when deciding which stocks to invest in on your behalf.

It's important to recognize this is no moot point. Although all mutual fund managers work to increase the value of their funds, the style they adopt can directly affect the risk your portfolio is exposed to, and the returns you can expect to earn. Basically, there are three particularly popular management philosophies:

Value investing targets stocks trading below their true "value". Generally, value managers spend time analysing companies that may be overlooked, but that otherwise have a history of solid returns. Frequently, these types of companies are mature corporations for some reason, are experiencing short-term difficulties. Assuming all their fundamentals are in order,

however, value managers believe buying these undervalued stocks, and holding them for the long-term, will yield a good return once the market begins to reflect their true value (which is why this type of investing is sometimes called a "buy and hold" strategy). And because managers are constantly looking for a bargain before investing, most value funds are lower risk than other equity funds.

Growth investing is similar to value investing, except the emphasis is on identifying companies with a high earning potential. Growth managers often focus on corporations that may be developing new products or services, or expanding into new markets, to determine if they have prospects for a profitable future. If they do, growth managers generally invest in them - even if their current stock price seems high. That's because they believe the company's fundamentals are strong enough to propel the stock price even higher.

However, growth funds do have a slightly higher risk profile than funds because, in some measure, they must rely on the fund manager's ability to predict the future profitability of the companies he or she invests in.

Sector-rotation is the third strategy you should understand. Basically, sector-rotation managers look at the overall economic environment and invest in the areas they expect will perform very well. For example, if the banking industry seems to be performing above-average, sector-rotation funds will likely invest more of their money in the financial service industry.

Conversely, if gold prices are weak, these funds will invest less in precious metals. By continually monitoring economic movements, this type of fund can yield impressive returns over time.

An investor hoping to maximize long-term returns should consider investing in funds that have different styles of management. Since each technique focuses on different types of stocks, holding all three funds can ensure your portfolio is diversified, while allowing you to enjoy strong returns no matter what the investment climate.

EMPLOYMENT

Wings of Power
Applications are invited for the following part time position: Wings of Power & The Children and Youth Secretariat Evaluation Surveyor. Position involves administering a baseline survey. Hours are flexible. Applicants must possess the following: Interpersonal Skills, Oral & Written Communication Skills, Cultural Sensitivity. Applications stating qualifications, experience and references must be received no later than Monday, December 7, 1998 to: Andrea Aoyote, Wings of Power, General Delivery, Pine Falls, MB R0E 1M0, Phone: 1-204-367-9641, Fax: 1-204-367-2773.

OBITUARY
GEORGE NOEL BODLEY
Mr. George Bodley, aged 85 years, beloved husband of the late Mrs. Jean Bodley and beloved father of Sharen and Garth (Susan), passed away peacefully on Monday, November 30, 1998 at the Pine Falls Health Complex.

Cremation has taken place. A memorial service will be held on Friday, December 4 at 2pm, at the Pine Falls United Church, with Rev. Cindy Terry officiating. If friends so desire, donations in George's memory may be made to the Heart and Stroke of Manitoba, 301-352 Donald St. Winnipeg, MB R3B 2H8 or to Manitoba Lung Assoc. 629 McDermont Ave. Winnipeg, MB, R3A 1P6.

Sobering Funeral Chapel & Crematorium, Pine Falls in care of arrangements. Ph. 1-204-367-2300.

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ANNOUNCEMENTS

TOWN OF DEVON 50th Anniversary, Aug. 5, 6, 7, 2000. Plan to attend. For more information 1-403-987-8330 or <http://www.town.devon.ab.ca> (AWNA)

BUSINESS OPPORTUNITIES

WATKINS SINCE 1888! Create the lifestyle you deserve! Watkins offers: quality everyday products, proven marketing plan, low start-up, training, support, money-back guarantee. Information package 1-800-308-4820 (MCNA)

EARN \$3,000 TO \$8,000 per week. Guaranteed car lease and Gateway computer. No credit needed with \$450 down. 1-306-285-4264. (DH)

WOODCUTTER NEEDED TO CUT AND SKID 23,000 M3 of timber. Must have mechanical equipment. Will consider stump to dump or selling standing timber. 1-204-689-2261 Wabowden or 1-204-778-8036. Thompson. (MCNA)

RAWLEIGH™. GOLDEN PRIDE. TARRAH. For Product or Business Opportunity call B & L Payne Independent Distributors GPI, 1-800-319-3193, Winnipeg, 667-2639.

GREAT OPPORTUNITY FOR A FAMILY RUN grocery business in NW Ontario. Owner willing to assist in financing for the right people. Apply in writing to 1169 Sherwin Road, Winnipeg, R3H 0V1. Attention David Wilson. (MCNA)

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COMING EVENTS

ALL I WANT FOR CHRISTMAS IS MY 2 FRONT SEATS! This Christmas put World Junior Hockey Tickets in their stockings. 7 games in Brandon including Canada vs Slovakia for only \$99.00. Call 1-204-726-3555 to book their Christmas Tickets. (MCNA)

WORLD RECORD MULE DEER "Broder Buck" on display. Brandon Wildlife's Big Buck Night, Friday December 4th, 7 p.m. Manitoba Room, Keystone Centre. \$5.00 + Food Donation / \$1.00 1-204-728-3156. (MCNA)

COMPUTERS

SANTA SPECIAL! OVER \$1000.00 Software Free! With Complete Computer Package. Something for everyone! No money down! No interest! No payments 3 months. \$89.00/month O.A.C. Call anytime. Winnipeg 452-6568 or 1-888-441-4497. Computer Supply Warehouse. (MCNA)

EMPLOYMENT OPPORTUNITY

JOURNEYMAN HEAVY DUTY DIESEL TECHNICIAN to join our fast paced team, experience in farm equipment an asset. Wages range from \$15 to \$21 per hour along with an excellent benefit plan. Send resume to: Red River Equipment, Box 3760, Steinbach, Manitoba, R0A 2A0. (SC)

17-21? WANT CHALLENGE? Katimavik program lets youth learn through volunteer work and group life in three Canadian regions. Katimavik covers transportation, food and lodging, and awards \$1000 at the end of program. Call now toll-free 1-888-525-1503. (SWNA)

THREE FULL TIME POSITIONS IN NW ONTARIO (1) Truck Driver with Air Brakes (2) Retail Sales Manager (3) Retail Sales Clerk. Willing to train. Apply in writing to 1169 Sherwin Road, Winnipeg, R3H 0V1. Attention: David Wilson.

WE ARE LOOKING FOR someone with a business/sales background to manage a business expansion into Red Deer. Farm background an asset. Reply to: Box 5091, Westlock, Ab. T7P 2P4.

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TRAILER COMPONENTS, axles, wheels, couplers, finders, jacks, lights and more. Call for catalog - SHIPPING DAILY - DL Parts for Trailers: 1-204-529-2235; toll free fax: 1-800-529-2234. (CSMR)

"INTERNET READY": Intel Pentium 11 300 MHZ Brand name family computer system with 15" SVGA Flatscreen monitor, Colour Ink-Jet printer and full colour Flatbed Scanner. Now only \$1999.99 or \$75 monthly (OAC). Call Good Morning!!!

SAWMILL \$4895 SAW LOGS INTOBOARDS, planks, beams. Large capacity. Best sawmill value anywhere. Free information 1-800-566-6899. Norwood Sawmills, R.R.2, Kiltworthy, Ontario, P0E 1G0. (OCNA)

Classifieds

FOR SALE

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HELP WANTED

SENIOR ACCOUNTANT: Can-Oat Milling is looking for the right person to fill a term of nine months full time, with opportunities for a permanent job-share (half time) position following the term. If you have achieved a minimum of Level 2 in a recognized accounting program, have several years experience in financial statement preparation and are computer literate with a strong working knowledge of Excel and Accpac, you could be just the person! Send your resume no later than Wednesday Dec. 9. Attn: Human Resources Dept. by fax 1-204-857-9500 or mail Can-Oat Milling, Box 520, Portage la Prairie, Manitoba, R1N 3W1. (PHLP)

CAN'T FIND SKILLED/PROFESSIONAL EMPLOYEES? 55 resumes available of skilled and professional South Africans, ready to immigrate. If they don't fit, we visit South Africa again 01/1999. Can recruit the employee you need. Respected people, similar to the 140 South African doctors in Manitoba. Inter Terras Serviens: Nico Breed (204) 942-0161 email nicbreed@videon.wave.ca

MISCELLANEOUS

DISCREET BOUTIQUE, 340 Donald Street, Winnipeg. 1-204-947-1307. toll free 1-800-247-0454. We carry Lingerie, oils, lotions and 10,000 more items. <http://www.discreet.mb.ca>

NEW ARENA FUNDRAISER. Win a 1998 Case CX-100 with cab or \$65,000 Cash. Tickets \$100.00. Only 1500 tickets printed. Send cheque to South Interlake Rec. Centre, Box 468, Warren, Manitoba, R0C 3E0. Draw Date: December 26, 1998. M.G.C.C. #1455RF. (MCNA)

MISCELLANEOUS WANTED

HUNTERS! WANTED BUCK DEER capes \$20 - \$40, bull moose elk capes \$75, we skin. Antlers purchased separately or returned. Top prices for all grades of antlers, sheds or cuts, also hides. Gerald Wiebe, 1-204-843-2486, Lic.# 27. (NB)

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14 X 72 CHALLENGER AS IS \$8,500; 14 x 70 Paramount \$15,000; 16 x 76 Grandeur 4 Bdr. \$32,000; 16 x 56 SRI 2 Bdr. 1996 \$35,000; 14 x 56 SRI 2 Bdr. 1983 \$17,000; 14 x 70 Statesman 2 Bdr. \$16,000; 14 x 72 Paramount 3 Bdr. \$20,000; 14 x 70 Fleetwood 3 Bdr. 1 3/4 Bath \$17,000; 14 x 76 Challenger 2 Bdr. 2 Bath \$29,000; 14 x 68 Schult 3 Bdr. \$17,500; 16 x 60 Grandeur 2 Bdr. \$32,000; 16 x 60 SRI 2 Bdr. 1989 \$30,000; Also 5 new Grandeur in stock. Free Delivery within 200 miles. Altona Mobile Homes, Hwy. 30, Altona, MB. 1-204-334-6996, 1-800-582-4036. (ARRVE)

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BIRTHDAY



Up Before the alarm. Must be hunting time. Walked for miles, didn't see much sign.
Now that you're older, asleep by nine. "Gotta Love It" must be the reason. Oops! I forgot, there's still moose hunting season!
"HAPPY 40th BIRTHDAY NICK"
Love your family

FOR RENT

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2xpd-1

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Appliance Repairs
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Lou Charbonneau
New Number: 367-2499
Cellular: 343-3449
Box 7, St. Georges, R0C 3E0

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Steve Kulyk
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Winnipeg: 924-1638

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Business Directory

Fran's Accounting
2B McDougall Ave. St. Georges
ACCOUNTING SERVICE
Bookkeeping, Sales records, payrolls, audits, financial statements.
INCOME TAX REFUNDS
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Examinations done on Thursday

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Simply Natural Water Depot
Phone: 367-2260

Phone/Fax 204-367-4811
Pine Falls Health Complex-37 Maple Street
PO Box 932, Pine Falls, MB
R0E 1M0
Jenny Terrio Baturin
B.Sc (PT), MCPA
Do heavy shopping bags give you a pain in the neck, back or shoulders? Try using a bundle buggy or wheeled pushcart. Not only does it prevent pain, it saves energy too.
A helpful hint from the Canadian Physiotherapy Assoc.

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Open noon hrs Tue., Wed. & Fri.
Examinations done on Thursday

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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

December Events

2nd ANNUAL WORLDWIDE COMPASSIONATE FRIENDS CANDLE LIGHTING

December 13, 7pm - In every time zone in memory of all children who have died. Producing a wave of light that will encircle the earth. May their light shine on this day all around the world.

CHRISTMAS DAY

December 25th

COMMUNITY CHRISTMAS CAROLING

December 20th, 3 pm. - Powerview School Gymnasium



RUSTY NAIL TAVERN

Meat Draws - Held every Saturday afternoon

PINE FALLS LEGION # 64

Meat Draws - Held every Friday

NEW YEAR'S EVE

Thursday, December 31st.

BOXING DAY

Saturday, December 26th

VOICE WILL BE CLOSED

December 22 - January 4th, 1999.



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