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News



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Community



12th ANNUAL PINE FALLS DUCKS UNLIMITED DINNER

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MOM'S THE KEYWORD ON-LINE THIS MOTHER'S DAY

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The Voice

62¢ plus PST & GST

Vol. 7 #17 THURSDAY, APRIL 29, 1999 Pine Falls, MB



Water bomber flying into the smoke above the forest fire on Highway 304 last Monday

Forest fire season has begun

This year there have been thirty-three forest fires in the Eastern Region, twenty-two since last Friday, all of them man caused. Regional Fire Control Officer Jim Martinuk said last weekend "was a lot busier than anything we've experienced in about ten years." Two fires started within about a quarter of mile of each other close to the Bissett townsite where 30 hectares was lost. Some observers felt Bissett itself was threatened, but Martinuk said evacuation was not considered.

Six fires in the Pine Falls district were still burning Wednesday. One at Little Black River, one on Highway 304 North of the Trans Licence Road, three on the Sagkeeng North Shore, and one on the Sagkeeng South Shore. All of them are more or less under control.

Martinuk said some fires in his region have been started by trains and some by land clearing on the fringes of agricultural areas, but most have been caused by spring grass

burning. The fire on 304 started in the ditch alongside the highway, but no cause has been established.

He said "We've made a fairly concentrated effort over the last 10 to 15 years to get a lot more pro-active. All of our seasonal staff is in place." Until about ten years ago fire crews were not normally in place until after the May 24 long weekend.

Another, fairly recent innovation, is the use of a "Bird Dog" aircraft circling over a fire to coordinate and direct water bombers. (Now called tankers). Bird dog coordination was started three or four years ago. They are operated by an experienced fire control office in aircraft that are either leased or owned by the provincial government.

The effectiveness of the bird dog was apparent in fighting the fire on 304, (Fire 23), Monday afternoon. Of the five tankers available, two were fighting a fire on the Sagkeeng North Shore, and two at fire 23. The fifth was on stand-by in

Gimli. While the tankers were flying into the smoke to discharge their 1200 gallons of water on the hot spots, the bird dog pilot, flying high above was able to get the larger picture. Speaking by radio to Pine Falls District Supervisor, Chris Atkins, on the roadside of 304, he asked if another tanker was available. He said the fire, which was moving North, was fairly well under control but if it moved into a stand of spruce in its path it could get more serious. "With another tanker," he said, "we could get this one taken care of this evening."

Forest fire frequency appears to follow the eleven year sunspot cycle. The last really bad year was 1987, twelve years ago. We can expect a bad year, compounded by the very dry spring, and the very little snow cover last winter. Hot weather in these conditions, before the "greening" (before the sap has started to run) as happened last weekend can be especially dangerous.

Arson suspected in Golf Club fire

Arson is suspected as the cause of a fire in the Club House of the Pine Falls Golf Club Wednesday April 21.

Club Professional/Manager, Dwight Reinhart and Mitch Papineau returned to the club house Wednesday evening at about 9:40 to shut off some lights and discovered smoke coming from the men's side of the locker room. Reinhart immediately called the Pine Falls Fire Department from the club house. By the time he hung up, flames were coming through the roof.

The Fire Department took only three or four minutes to get to the fire, but by this time Reinhart said he "thought the building was gone. But the Pine Falls Fire Department managed to save it." They had the fire out in about ten minutes.

"Only a few lockers were actually burnt up," Reinhart said. "But there was extensive smoke damage." He said there were only a few clubs in the lockers, but if it had happened a week later it would have been more serious. "If it wasn't for the efficiency of the Fire Department we would have lost the building - they were quick."

Fire damage was confined to the men's locker room, including the roof. Reinhart said the damage is probably upwards of \$25,000, compared with in excess of \$250,000 if the entire building had been lost.

The operation of the course and club house is not affected, but the club cannot store any clubs.

The cause of the fire is under investigation by the Fire Commissioner's Office.

Grand opening of Wings of Power

Wings of Power had its Grand Opening on April 27, 1999 in celebration of how the community has come together to create a healthy environment for all children and adults. During the night's festivities Paul Barnard, the Wings of Power Chairperson, spoke on behalf of Wings of Power thanking all the community members involved with making the dream of Wings of Power a reality. The hard work by so many people has not gone unnoticed. Wings of Power was presented with a plaque from the Children & Youth Secretariat for their dedicated commitment of putting children first. Cindy Terry also lead a blessing of the Wings of Power

building. Wings of Power had an official Ribbon Cutting Ceremony to make the grand opening. The ribbon was cut by children while parents and community members proudly looked on. It was definitely a day to celebrate!

Wings of Power is a grassroots community-based program trying to empower families by pulling together the community. Wings of Power focuses on Four Pillars; Literacy & Language, Nutrition, Parenting, and Early Intervention. Under these Pillars they provide a variety of services in support of families. If you have any questions about their services please feel free to call Andrea at 367-9641.



Children of Wings of Power

Opinion

Freedom - and responsibility - of the press

Selkirk-Interlake M.P. Howard Hilstrom is absolutely right in raising the issue of government interference with the press in the House of Commons. (See letter below)

C.B.C. reporter Terry Milewski suggested that the Prime Minister, or someone from his office, was responsible for precipitating the situation which resulted in the R.C.M.P. using pepper spray on students demonstrating against President Suharto of Indonesia. Jean Chretien complained, and Milewski was suspended. He is now back at work.

No one seriously believes that the R.C.M.P. created the confrontation. The government did not want Suharto to see any demonstrations. The demonstrators were determined that he should. Failing that, they wanted publicity. By creating a violent confrontation they got the publicity, and the R.C.M.P. were caught in the middle.

Suharto was a rather unpleasant dictator. He should not have been invited to Canada in the first place, and certainly should not have been promised to be protected from hostile demonstrators. The government was at fault - the orders came from the Prime Minister's office. It is easy to believe that the Prime Minister himself was not involved, he does not do much of anything except make the occasional speech in bad English or bad French. Paul Martin runs the cabinet, and some "Eminence Grise" runs the Prime Minister's office, but the fact remains that, like it or not, Chretien is responsible. He is also responsible for interfering with a reporters right to challenge him, so is the C.B.C.

John Collison, a talk-show host on 1290 Fox, was recently fired for being politically incorrect in making too much of a big thing of the Mayor of Winnipeg's homosexuality. He claims station managers "feared reprisals from the C.R.T.C."

That's another whole can of worms. The C.R.T.C. decides what Canadians should listen to or see on radio or television. The C.R.T.C. licences broadcasting stations and uses this power to control broadcasting content. Not long ago they called a press conference in Winnipeg, complete with the R.C.M.P. in attendance, to announce that they would be prosecuting any dealer who sold satellite dishes for reception from U.S. suppliers. The action was reminiscent of jamming of radio signals by Germany during World War II and

Russia during the Cold War.

As Hilstrom points out, "the linchpin of democracy is free speech." There was no free speech under Suharto, Hitler or Stalin. You cannot have democracy without it.

All this is not to imply that the Media is a lily white guardian of democracy. Far too often they will distort the truth in exchange for a controversial story, and often they will do this collectively. The result is that the general public often has no idea of the real truth behind a story; then media takes on the role of a dictatorship itself.

A documentary aired on television, "L.A. Riots Revisited", Monday evening dealt with this issue. Television station aired only a small part of an amateur tape of the arrest of Rodney King, and they aired that same part over and over again.

Police officers were charged in connection with the arrest. At the trial, the jury saw the whole tape, and acquitted the defendants. Knowing only part of the story, Los Angeles blacks were incensed. A spontaneous riot broke out, almost certainly precipitated by biased reporting by Los Angeles television stations.

Those same stations compounded the problem by then broadcasting the lack of control by the L.A. Police Force to the whole city. In effect declaring an open season for looters.

The mayor of Los Angeles could, perhaps, have sued his local television stations for the damages resulting from the riot. They might then have thought twice about their responsibilities next time. But politicians, themselves, need a friendly press.

There is no easy solution. A high school massacre is certainly news, but does its extensive TV coverage generate copy-cat situations in other schools? Television, radio, and the press are very powerful institutions. It is normal for governments to control any institution that becomes too powerful. If the media cannot responsibly control its own power then we may be faced with the choice of which dictatorship is the lesser of the two evils. It is up to every individual reporter, editor and producer to use the freedom of the press responsibly. Perhaps the first step should be to give up the "dog don't eat dog" tradition and to begin by challenging the abuse of power by each other.

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

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. 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. Except Jan. & Feb.

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, ROE 1M0 - 367-2601 hold board meetings on the last Monday of each month 7:00 p.m. at the Daycare.

SENIOR SCENE INC. #1 Ateah Rd., Victoria Beach. General Meetings every 2nd Tuesday of the month. Art Classes Wed. 10am. Wood Carving Wed. 1pm. Movies Tue. 7pm. carpet bowling, Fri. 2pm. Bingo Fri. 7:15 pm. Call 756-6468 for more information regarding activities.

MENTAL ILLNESS SUPPORT GROUP: Meetings held every 2nd Wednesday at 7pm at the Wings of Power office.

LAKESHORE AL-ATEEN GROUP: Meets Thursdays 6:00pm - 7:00pm. Lac du Bonnet Health Centre, 89 McIntosh St. Starts Sept. 10/98. Call Kathie 367-8237 or Vickie at 345-6520.

SUNRISE SERVICES: 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

POWVIEW PARENT ADVISORY COUNCIL - Meetings, 1st Thursday of Every Month

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 635-2623 or 754-8682.

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 Pitt 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. May through October Mass 10am Sunday.

SAGKEENG CHRISTIAN FELLOWSHIP CHURCH - Lloyd Guilmond (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.

RCMP News



The Police Beat

C.J. (Carl) Dinsdale, CST,
Powerview Detachment

Comments, Questions and Queries

I was sitting outside tonight and noticed for the first time that mosquitoes were humming about and this was just as I was thinking how happy I was that it finally looked like summer was almost here. Well nothing is perfect, and you'd think after all these years my frustration with this fact would subside but no such luck. With the change of seasons also comes a new round of questions and concerns from the public, as seen by this week's questions and comments.

Q- I was really glad to see the snow finally go until I started to see all the garbage on the sides of the roads, even whole bags of garbage! Isn't it against the law to litter on the highway? - anonymous, Pine Falls

A- I share your distaste at seeing garbage strewn all over the ditches and shoulders of our highways and yes it most certainly is illegal to litter on the road. Under the Highway Traffic Act there is a fine for depositing litter on a highway and there is also a fine for depositing garbage improperly on land or water under the Litter Control Regulations of Manitoba. I became very familiar with these Acts while up north and witnessing all the garbage deposited on the lake where the ice roads ran. I was really upset but the same problem exists here as there and that is catching someone doing it. Most people will most likely not throw a garbage bag out their window if they see a police car in the immediate area, so if you have strong feelings about it then it is up to you, the general public to make the

complaint if you see someone doing this. Get the location, licence number of the car and a description of what they deposited on the road and report it. A ticket can be issued based on a statement made by the public, so if you're that upset start helping us out.

Q- Can someone get rid of a Criminal Record? - curious, Powerview

A- If you are convicted of an indictable Criminal Code offence and had to provide fingerprints you can be fairly sure you have a criminal record. If you are convicted as a young offender, that being a person under 18 years of age, these records are sealed when you turn 18. If you are convicted as an adult you can apply for a pardon but only after 7 clear years from the date of your last conviction. Not all offences may be pardonable and applications are dealt with case by case. Pardon kits can be picked up at your local Detachment and once completed are sent to Ottawa to be dealt with.

Q- I was walking my dog behind the golf course on the old railbed and had the wits scared out of me by a person zooming by on a yellow motorbike. Can anything be done about this? - fed up in Powerview

A- You are definitely not alone with this complaint and as it gets warmer and light out longer we all can hear what you are talking about. When trail riding the people are not really bound by any regulations other than the Off Road Vehicle Act by wearing a helmet and having their bike or ATV registered. In

the end though they are responsible for their machines and the way they operate them and must be cognizant of other vehicles and pedestrians they might meet on the trail. If you lodged a complaint about the incident you described and we could find out the identity of the rider, he or she could be investigated for operating in a dangerous manner or a similar related charge. I like to ride as much as anybody but at the same time there are miles of trails and sand out there a little further from town that no one will be walking on, so there is no excuse for riding like a moron right beside town.

That's it for questions this week and as far as comments I've got nothing specifically submitted but in my travels I've received a few positive comments about this column. I'm flattered and glad people enjoy it but everyone should be aware that the entire Detachment at one time or another has contributed when I've asked for their opinion or

relied on their experience for help with answers or research. Now as happy as I am with positive comments, I know we can't please all the people all the time, so put politeness aside and if you are upset about something involving the Police let me know and it will be addressed. Keep the questions and comments coming, by fax, phone or mail, just get them in.

Fires

Call me ignorant but all this spring burning is a new phenomenon for me and lately it has gotten just down right annoying. Someone explained the concept to me, about how burning off the old grass generates and fertilizes new growth and that I understand but what I don't understand is how someone could light one of these fires and then just walk away. In the last three weeks all the local fire departments have been run off their feet putting out grass fires that have gotten out of control because of the inattentiveness of the people who start them. This is a waste

of valuable time, money and resources and I would hate to see someone hurt or lose property before this lesson sinks in. If you are going to participate in this huge festival of worship to the fire gods please take some precautionary steps ahead of time. This may include having sufficient amounts of water and/or sand on standby, should the fire flare up. Decide where you are going to burn and, if possible, dig some fire breaks to contain the fire to the area you wish to burn off. Lastly, never leave the burn unattended until you are sure it is completely out and will not flare up. With these types of precautions taken hopefully the number of times our invaluable, and often taken for granted firefighters have to rush to another preventable fire will be greatly reduced. Then, if my memory serves me correctly, we can all relax for about 5 months until the fall burning starts.

Play Safe (and don't play with matches)

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Play Safe (and don't play with matches)

YOUR VIEW:
Letters to the Editor

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Freedom of the press concerns Selkirk M.P.

Dear Editor:
I am concerned over the growing government interference in the operation of the press. To help raise awareness of this issue, and to encourage action by Parliament, I made the following statement today in the House of Commons:

"Mr Speaker, freedom of the press is one of the cornerstones of a democratic society.

I believe that this cornerstone is being weakened by direct intervention of the federal government.

Terry Milewski of the CBC

reported possible misconduct by the Prime Minister. The PMO complained, and Milewski was suspended. Given the price he paid in reporting this story, will Milewski be too willing to report negatively on the Prime Minister in the future?

John Collison, a vocal critic of Winnipeg's Mayor, was recently dismissed as a talk show host at Winnipeg radio station 1290 Fox. He was fired because, in his words, "station managers feared reprisals from the CRTC".

Mr. Collison stated "I feel the CRTC has created a situation

where you are obliged to check your civil liberties at the door, that if you enter a broadcast profession you give up the freedom of conscience, expression, and speech."

I may not agree with a journalist's opinion or with how that journalist writes a story. However, I will defend with my life their right to freely express their opinions without government interference. The linchpin of democracy is free speech."

Howard Hilstrom,
Reform M.P.
Selkirk Interlake

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the voice
The voice is an independent weekly newspaper published on Thursdays out of Pine Falls, MB. Advertising deadline is Monday at 4:00 pm.

A Mother's Day Wish

COACHROOM RESTAURANT & LOUNGE

Featuring...

- Veal Tenderloin
- Jumbo Shrimp
- Artic Char

A place to enjoy. New menu with excellent value. Located in the historical, Mauden Lodge across from the Paper Mill.

Grand Opening

May 1st at

Powerview Fabric

Your New

Husqvarna VIKING dealer

*Financing OAC *90 days no payments no interest

3 DAYS ONLY

Special

Clip n' Save #979

WHITE SEWING MACHINE MODEL 979

- 40 Stitches
- One Step Button Hole
- Built in Needle Threader
- Too many features to list
- Regular Price \$799.00
- Sale Price \$599.00

POWVIEW FABRICS Exp. 4/5/99

DRAWS DEALS DEMOS

Receive a \$50.00 Gift Voucher with Purchase

News

'Round and about the Beaches

By Monika J. Evans
Getting ready for gardening

Since the first of April, we have been getting ready for our garden. We went to T and T seeds and dispersed copious amounts for seeds, soil, pots, fertilizers, covers and trays. It seems that every year everything costs so much more.

As soon as we got our treasures home, we started to plant them. The peas and peppers rooted almost instantly. The tomato plants are a bit slower. The herbs are slow in starting but are slyly peaking out of the soil now.

On nice, sunny days the nursery is placed outside to absorb every ray of sunshine so

that the plants will thrive. With all the lovely weather we have been having, it is difficult to keep from planting things outside, but you never know what type of weather may be ahead in the beginning of May. My Dad always warned not to plant before the 24th of May, so that you could be sure there would be no more frost.

Some of our sproutlings have already been transplanted into their own pots since they have grown too tall for the cover on the planter.

Outdoors, my chives are coming along nicely. In our garden strawberries have appeared out of nowhere since we did not plant any. I think that maybe a squirrel or chipmunk must have brought some seeds

into the garden. Anyway, they'll stay.

This year we are adding another plot to our garden and for that we have to clear some land. Last year we removed quite a few trees to accommodate the satellite dish reception so this will be a good spot. Hopefully we will have some ripe tomatoes this year before October. Well, that's the thing about us gardeners, we are always hopeful, after all, you have to have optimism to grow anything.

I'm happy to tell you that my miracle rhubarb survived its transplant and has started to send out shoots. I was truly happy to see this since the poor plant has gone through a difficult time since we moved here. HAPPY GARDENING!



RCMP - Good Samaritans in St. Georges

Last Monday afternoon, April 26, Mrs. May Horn got a surprise. She glanced out of the window of her home on Chateauguay, in St. Georges, did a double take, and called her husband Slim. "Will you take a look at that." She said. "What's the problem." He asked. "Is there water in the yard again?"

There were a dozen people in the yard, taking care of the spring clean up. Slim, who is 86, is not able to do an awful lot of heavy yard work. RCMP Constable Phil Carver had organized seven other off duty RCMP officers, an RCMP guard, Mrs. Carver, another lady and Ken Kahle to clean up the Horn's yard, including the ditch.

Mr. and Mrs. Horn came into The Voice office the next day to ask us to put a thank you note in this week's issue. They said they would like to express their heartfelt thanks to Constable Carver and his crew. "They're a swell bunch of fellas." Said Mrs. Horn. "I don't think they left one leaf in the yard."

"Countdown to the Millennium" Theme of 1999 Powerview School Spring Tea

For people everywhere, the year 2000 marks the start of the next millennium, or period of 1,000 years. Parties, concerts, fireworks, and other events have been planned all over the world and Powerview School would like to say "farewell" with their Open House and Spring Tea which will be held on Wednesday, May 5, 1999.

There will be all day activities held from 9:00 A.M. to 3:35 P.M. Parents and community members are welcome to come into the classrooms and participate in activities with children. The fish pond, White Elephant sale, guessing games, raffles, craft sales and cookie sales will be held in the morning. Don't forget about the tea, silent auction, art display, bake sale, and entertainment in the gym in the afternoon. The Festival of the Arts-Speech Presentations will be held on May 6 at Powerview School. Students will be entertaining audiences at the Tea with their Festival pieces in advance. So come out and enjoy this dazzling event!

Did you know?... The new millennium actually begins on January 1, 2001. That's because there was no year zero. So the first year of every millennium ends in a 1. But no one wants to wait until 2001 to celebrate. Celebrate early at the Powerview Spring Tea.

Correction

In last week's issue of the Voice the memoriam from Mary Power & family should have read (John) Jack Power. We sincerely and deeply apologize for this error and any embarrassment this caused.

Every Tuesday any Movie Rental .99ea plus taxes

PAM'S POP & MOVIE SHOP
3 Art Street
Powerview - 367-8714

Great New Movie Selection!!

Kids Movies .99 plus taxes

Regular Movies 2/\$1.99 plus taxes

New Releases \$3.50 plus taxes

More New Releases Arriving Weekly!!

ST GEORGES MEAL PROGRAM

Located in Foyer Chateauguay, St. Georges. Open to all seniors 55 and up. You are welcome to bring a guest. Please give 24 hours notice. All meals are \$4.00. Call Janice at 367-8808 to reserve your spot.

Friday, April 30
Beef barley soup, baked ham, scalloped potatoes, vegetables, carrot cake.

IYOP stamp issued

(From Seniors Today, April 15, 1999)



In recognition of "humanity's demographic coming of age," the United Nations has declared 1999 the International Year of Older Persons. Canada Post issued single stamp commemorating this event on April 12.

The stamp was designed by Paul Hodgson and Spencer Francey Peters with illustrations by Shelagh Armstrong-Hodgson. The stamp shows an illustration

of an older couple enjoying active experiences as they progress down the "Road of Life." The style of the illustration was influenced by the graphic qualities of the UN International Year of Older Persons or IYOP logo. The colours are very natural and vivid to accentuate the positive aspects of aging. The trees that line this path symbolize the concept of the passing of time and aging, as the young trees in the foreground give way to summer bloom and the autumn foliage on the horizon. The people are purposefully ambiguous to represent all humans and ethnic groups. The UN symbol for the IYOP is located on the top right hand corner.

Within the next few generations, the proportion of the population aged 60 and over will

increase by 12 per cent, bringing about significant social, economic and spiritual change.

One of Canada's key objectives during the IYOP is to dispel myths about older persons. Today, Canadian seniors are a powerful consumer force, with better health than past generations and increased vitality. They're living longer and they're living independently, with the vast majority residing in their own homes rather than in institutions. This year will see an effort involving seniors, governments, volunteer groups, families, communities and many other organizations taking part in activities that celebrate seniors and their contribution to Canadian life.

First Nations Tourism Understanding an Industry A Tourism Training Opportunity

This 12 week tourism training program focuses on tourism on a First Nation. There are five modules in the program. The modules progress from developing the trainees' understanding of tourism to an application of the knowledge. The modules are first nation tourism; personal development and management; managing your resources; careers in the tourism industry; business plan for a product or a service and program evaluation. The program will enable the participants to apply the knowledge immediately to create a product or a service in the tourism industry.

The program is delivered by certified adult educators. The program will grant a certificate on successful completion.

This tourism training opportunity is open to all persons meeting the entrance requirements.

Apply early, enrollment is limited.

Deadline for application is May 15, 1999.

For more information and application forms, call or email.

Henderson Institute, Inc.
(204) 367-9632, aneen@mb.sympatico.ca

Community

Pine Falls School Annual Spring Tea

Pine Falls School Annual Spring Tea was well attended on Friday, April 23, in the school gym.

Everyone was welcomed by Pine Falls School Principal Eugene Bailey, who praised the school for its excellence and spoke very highly of parents and families for their involvement within the school.

The theme for this year's tea, "Spring in the Americas", was a celebration of the Pan Am Games. Colourful drawings and crafts depicting the American countries, were on display, as well as photos of students activities throughout the year.

Coffee, sandwiches, and dainties were served by our handsomely clad grade 7 and 8 students. Job well done, guys!

The entertainment segment was a wonderful presentation of songs and dance by Kindergarten to Grade 4 students, followed by a

performance by the Drama Club and finally a gymnastic routine. All were representative of the American culture and Pan Am Games.

Scrumptious baked goods and creative crafts were available for sale as well as a large selection of white elephant items and silent auction baskets.

Sixteen donated door prizes were awarded during the tea and seventeen silent auction baskets were drawn for.

The winners of the Spring Tea Raffle were: 1st prize - 15 speed youth mountain bike - Trey Guimond, 2nd prize - personal cd player - Dylan Johnson, 3rd prize - food hamper - Josh Fountain.

Congratulations to all the winners.

Thank you to all of the teachers & staff and students and their families for all of their time dedicated towards the tea and for their many contributions.

12th Annual Pine Falls Ducks Unlimited Dinner

The mission of Ducks Unlimited Canada - Our mission is to conserve wetlands and associated habitats for the benefit of North America's waterfowl, which in turn provide healthy environments for wildlife and people.

The 12th Annual Pine Falls Ducks Unlimited dinner, which was held on Sunday, April 25th, 1999, was a great success. While final figures are not yet available, the event brought in in excess of \$20,000.00. Everyone who attended the dinner enjoyed a wonderful meal prepared by Laurent Raymond and crew from the Papertown. Local business and individuals donated prizes or sponsored Ducks Unlimited merchandise, which was used for a silent auction and alive auction with decoys, prints, furniture, collectibles, sports equipment, and other exciting prizes. As well, throughout the evening there were a number of special raffles and door prizes. Everyone who attended enjoyed the food, raffles and camaraderie which are the trademarks of a "Du Event".

This year's auction had three local artists who donated a piece of their work to the event. Charlie Niedermayer from Pine Falls (his famous Niedermayer knife), Wendy Wach from Belair (a milestone creation, a wolf of tyndal stone), and Frank A. Waits from Grand Marais (animation realism). Special thank you goes to these three people.

A special thank you also to Sharon Conte and Brent Osis for over ten years of volunteering and working so hard for the Pine Falls Committee. This annual event would not be possible without our volunteer committee and the overwhelming generosity of the following sponsors and donors. Donors & Sponsors: Atakaki Wilderness Camp, Beach Bums Cafe, Birchwood Motor Hotel, Bison Diversfield Inc., Broadlands Mall, Campbell Financial, Celebrations, Charlie Niedermayer, Clark's Corner, Country Mile Mercantile, DMD Electric, Darrell Tarrant, Dave's New & Used Furniture, Deals for Dollars, Dr. Dan Drysdale, Dockside Resort and Restaurant, Don's Service, Doris's Grocery,



Canards Illimités Canada
Ducks Unlimited Canada

Dwight Reinhart Golf Services, Frank A. Waits, Grand Pines Golf Course, Great Falls Foods, Gusta Seed and Sod Farms, Hillside Building Supplies, In Focus Optometric Group, Jim Chapel Trucking, Ken's Eavestrouthing, Manitou Lodge, Midway Foods, Mr. Pic's Restaurant, Northern Stores, Osis Building Supplies, Papertown Motor Hotel, Papineau Motors, Peter's Pro Hardware, Pine Falls Paper Company, Pine Falls Service Centre, Pine Pharmacy, Powerview Agencies (Vince Harbottle) Powerview Auto Supplies, Powerview Fabrics, Riverview Self Serve, Royal Bank Pine Falls, Saffie's General Store, South Interlake Credit Union, The Rusty Nail, Traverse Bay Corner, Trainor Trucking, Tundra Wild Rice, Wendy Wach, Wilson Kim and Laurie, Yves Normandin Trucking.

H₂Oyeah!

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NO PAYMENTS FOR 6 MONTHS

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EASTMAN RINGETTE ASSOCIATION INVITES APPLICATIONS FOR HEAD COACH

on the following teams:
AA DEBS, AA BELLES, AA JUNIORS, AA TWEEN EXHIBITION

Send complete resume of qualifications and goals to:
EASTMAN RINGETTE ASSOCIATION
Janet Oakley
Box 3494
Steinbach, Mb
ROA 2A0

Deadline for applications is May 10, 1999

WATER TOWN

Box 3000, Lac du Bonnet, Manitoba R0E 1A0
Phone 204-345-8663 Fax 204-345-8945
Web: watertown.mb.ca

DORAL

Aluminaire Alumacraft Fishing Boats
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Showercraft Boat Trailers
MERCURY MerCruiser

Activities

Mom's the keyword on-line this Mother's Day

She brought you into this world. Then kept you fed, clean and warm; wiped your runny nose; offered unsolicited advice that turned out to be worthwhile; encouraged you to always do your best; and just generally loved you. So, lie a bow around your finger to remind you to thank Mom this Mother's Day for all she's done for you.

Showing Mom just how much you care is a whole lot easier now, thanks to the World Wide Web. You can send her a card, buy her perfume or order her a magazine subscription - all with a few clicks of a mouse. If you live far away from home, you can also keep in touch via e-mail.

May 9th is fast approaching, so here's how you can cover all of your bases on-line this Mother's Day:

First, the card

The best way to tell Mom you love her, short of sending her on a two-week vacation to Hawaii, is with words. So, for something different, this year why not try setting your words to music? Visit <http://insider.msn.com/greetings/01/mother> and choose from a collection of electronic greeting cards.



Keyword "Mom": Log on to the internet to find a unique Mother's Day gift this year.

Next, a scent-imental gesture

What woman doesn't love flowers? Especially from her children! Head to <http://www.virtualflowers.com> to send a virtual bouquet, or, if you prefer the real thing, visit <http://www.fld.com> for a scent-sational gift that Mom will love.

Mmmmmmm

Even though she probably complains about the extra padding she's acquired over the years, the most scrumptious way to say "Thanks Mom" is with

chocolate. And you don't have to travel to the far corners of the earth to get the very best. Just visit any of the decadent on-line sweet boutiques, such as the Belgian Chocolate Shop at <http://www.giflex.com/belgian> and order a delectable delight for Mom. You can even have it delivered right to her door.

Forget the picture; send her a thousand words. Gardening, romance, biography, history - you know what Mom's hobbies and interests are, so get

her a book that will tickle her fancy. For millions of books at one convenient location, visit the ChaptersGLOBE web site at <http://www.chaptersglob.com>. You can even read book reviews of your final selections before you make the purchase.

E-mail - the free gift that keeps on giving

On a tight budget or want to give Mom a gift that lasts until next year? How about setting her up with her own personal e-mail account? You can do this using free web-based e-mail like Microsoft's Hotmail, available at <http://msn.ca>. And because Hotmail is web-based, Mom can keep in touch with you from any computer with internet access.

The Internet makes this Mother's Day fun whether you are sending or receiving a greeting or gift. So mark May 9th in your calendar and log on to the Internet to explore the many ways to say "I love you" to good ol' Mom.

Get active your way, every day - for life!

Marilva Zarecki, Home Economist

People need to be active to be healthy. Regular physical activity improves health and helps prevent disease, which allows you to get the most out of life. Our modern lifestyle with all its conveniences can be dangerous for our health. Sitting around in front of the TV or computer, taking the car for even a short trip to the store, using elevators or escalators instead of stairs, all contribute to our inactivity. Research indicates physical inactivity is as dangerous to our health as smoking.

Improving your health through regular physical activity is easier than you think. Getting started is often the hardest part but the key is to build physical activity into your daily routine. Take a look at a typical day in the life of some average Canadians - just like you - who have chosen to build physical activity into their daily routines.

John had a heart attack and Marie has arthritis; both are 55+. They needed to put physical activity back in their lives. Their doctors suggested walking would be good for both of them, so they thought about giving it a try together. Here's how they chose to incorporate regular physical activity into their day.

In the morning they usually walk in the park for 20 minutes. In the winter, they go to the mall and walk there, making sure to walk up the stairs to the second level whenever possible. They use elevators a lot less now than they used to.

In the afternoon, they go to their local health club and join in physical activity.

After three months of regular physical activity, you will notice a difference. Some of the benefits will be: better posture and balance, weight control, stronger muscles and bones, more energy, reduced, and continued independent living later in life.

sessions with other seniors for about 30 minutes. Marie really likes the line dancing even though her arthritis prevents her from doing all the steps. John likes to lift light weights and encourages Marie to do it with him. Sometimes she does it for 10 minutes. Other times they do Tai Chi.

Household chores help make up the rest of their 60 minutes of daily physical activity. John and Marie have found they feel better and they expect this will allow them to maintain their independence as they get older.

Physical activity doesn't have to be hard to improve your health. Scientists say, "accumulate 60 minutes of physical activity every day to stay healthy or improve your health". This goal can be reached by building physical activities into your daily routine. You can add up your activities during the day in periods of at least 10 minutes each. Start slowly and build up. If you're already doing some light activities, move up to more moderate ones. Remember, every little bit counts. A little is good, but more is better, if you want to achieve health benefits.

Some light weight activities (60 minutes) include: light walking, easy gardening, stretching. Moderate effort activities (30-60 minutes) include: brisk walking, biking, raking leaves, swimming, dancing, water aerobics.

After three months of regular physical activity, you will notice a difference. Some of the benefits will be: better posture and balance, weight control, stronger muscles and bones, more energy, reduced, and continued independent living later in life.

Registration for Les P'tits Loups Inc.

Les P'tits Loups Inc., the St. Georges mini-school, is now accepting applications for registration until May 4th. If you would like to register your 3 or 4 year old child for the 1999-2000 school year, please contact Rachel Rusk at 367-2705.

Inscription pour Les P'tits Loups Inc.

Les P'tis Loups Inc., la pr maternelle de St-Georges, accepte pr sentement des inscriptions pour les enfants d'age 3 ou 4 pour l'ann e scolaire 1999-2000. Pour s'inscrire, s'il - vous - pla t contactez Rachel Rusk au 367-2705 avant le 4 mai.

Cooking

Beef Marinades for Quick Tenderness



Quick marinades tenderize steaks in under 30 minutes.

Marinate? Too late! This is the initial reaction of today's time crunched cooks. But now there is a new product that can tenderize a steak in the time it takes to prepare the vegetables.

Under a variety of brand names, (Beef Round Up Marinade, Masters Choice Beef Marinade, Butchers Pride Beef Marinade, Our Butcher's Choice Steak and Kebabs Marinade and Magic Creations), these quick marinades are available in small pouches, which can usually be found on display near the meat case. Sometimes, these pouches will be wrapped with a cut of beef as a special promotion, providing an opportunity to "sample" the product.

Jim Reynolds, Ontario Retail Merchandising Manager with the Beef Information Centre has been actively involved developing new ways to help consumers get beef meals on the table in minutes. "We began by implementing a new naming system in which cuts suitable for marinating are identified," he explains referring to a new system introduced last year. "But we recognized that marinating

SILVER HAVEN MEALS

Open to all seniors 55 and up. You are welcome to bring a guest. All meals are \$4.00. Meals are at 12:00 noon on Mondays, Wednesday, and Fridays. Your name must be on the list the day before by calling Silver Haven at 367-4620 or by calling Bernice at 367-8369.

Friday, April 30
Coleslaw, shepherds pie, brussel sprouts, banana cream pie.

Monday, May 3
Soup, roast turkey, mashed potatoes, stuffing, gravy, green beans, fruit cocktail.

Wed., May 5
Soup, Salisbury steak, hash browns, carrots and celery, cookies.

competition," says Reynolds.

"The marinade is also suitable for stir-fry strips where you will be adding distinctive spices to the wok." In some stores, the marinades are being offered in a variety of flavours such as southwest barbecue, tex-mex and mesquite.

The real bonus of the quick marinade is that many flavourful, inexpensive cuts of beef that may have been previously overlooked, can now fit into a rush hour menu. Marinating steaks such as inside and outside round, eye of round, sirloin tip, and flank, are lean, tasty and less expensive than the grilling steaks. Yet with 30 minutes of marinating, these steaks can be grilled to perfection.

Reynolds advises that the next time you purchase a steak that offers an quick marinade package as a bonus, give it a try. "Once you discover how easy it is to enjoy an inexpensive steak dinner, you may find yourself cooking steak more often."

SPICE UP YOUR STEAK
Here are some great toppings to give your steak a little extra sizzle. Spread the toppings over the steak and grill steak to desired doneness.
Lemon Basil Rub
Combine 1 tsp (5 mL) each of dried lemon peel, lemon pepper, garlic powder and basil.
Tex-Mex Rub
Combine 1 tsp (5 mL) each of chili powder, oregano, and garlic powder and ½ tsp (2 mL) cumin.
Herb Rub
Combine 1 tsp (5 mL) thyme with ½ tsp (2 mL) each of rosemary, sage and black pepper.

The basic marinade is designed to enhance the natural taste of beef without adding a strong competing flavour in its own right. This low flavour profile increases the marinade's versatility. "You can use the marinade on steak and then add your favourite seasoning rubs or barbecue sauces without any flavour

needs to be quicker and more convenient."

According to Reynolds, naturally occurring compounds found in some fruits, have long been identified as having meat tenderizing properties. The challenge has been to package these active ingredients in a convenient form. As a result of the combined efforts of the beef industry, spice companies and retailers, quick marinades are becoming readily available across the country.

"Using natural tenderizing ingredients - bromelain, papain and ficin - found in pineapple, papaya and figs, these marinades can tenderize in under 30 minutes," explains Reynolds. "In addition the quick marinades are convenient. Just mix the contents of the package with water and pour the marinade over the steak. No ingredients to purchase, no measuring, no utensils to wash."

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ADVERTISING WORKS!!!

If you would like more information on how your business advertisement could reach 1200 homes from the Beaches to Lac du Bonnet Call the Voice at 367-4466 For rates, deadlines, and all your printing needs.

the VOICE

Powers Greenhouse

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- PERENNIALS
- BEDDING PLANTS
- Trees
- Shrubs
- Top Soil
- Fertilizer



"All your Gardening Needs & More..."

Grand Opening May 1st

Come & See our

Mother's Day selection

Greetings My Friends,

Hi my name is Glenn Courchene and I make any kind of dreamcatchers. Like Staffs, Little & Drums, Small dreamcatchers, medium dreamcatchers, large dreamcatchers and I also make all sorts of colours.

If you wish to purchase a dreamcatcher contact Glenn Courchene at 367-2589. Leave a message and I will call you back.

The Prices for a dreamcatcher are:

Small Dreamcatcher	\$10.00
Medium Dreamcatcher	\$20.00
Large Dreamcatcher	\$25.00
Small Dreamcatcher Drums	\$20.00
Large Dreamcatcher Staffs	\$25.00
Small Double Dreamcatcher	\$25.00
Large Double Dreamcatcher	\$30.00

Rusty Nail Tavern

presents...



CHASE

Country Rock Band

Friday, April 30
Saturday, May 1

NO COVER CHARGE

Tell Mom you Love her!

By placing an advertisement in the Voice. You can let mom know how much you appreciate all her hard work.

It's simple! Just call the office at 367-4466 or drop by at 18 Pine Street in Pine Plaza.

Classified ads as low as \$4.50.



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WE MARKET PURE DRINKING WATER

HOME OR OFFICE DELIVERY IN
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REFILLS & BOTTLE EXCHANGE AVAILABLE

SPRING SPECIAL during May only

Cook & Cold Water Cooler
\$199.00

CHEVREFILS GREENHOUSE

Open for season May 1st

- Sail in Bags
- Hanging Baskets
- all kinds
- Seed Potatoes
- Vegetable Seeds
- Skunks
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Annuals, perennials, and vegetables of all kinds

Greenhouse located along Hwy. 11 (former Poltras Greenhouse)

367-8578

9 a.m. - 9 p.m.
Seven days a week



Le Petit Soliel

Mini-School/Pre-School

OPEN HOUSE & PRE-REGISTRATION

May 6, 1999, 6:30 - 8:00pm

Pine Falls School (High School Entrance)

We offer a fun, structured Pre-school program for 3 and 4 year old children.

3 year olds (By Dec. 31, 1999) Mon & Wed. AM
4 year olds (By Dec. 31, 1999) Tues. & Thurs. AM & Tuesday & Thursday PM

For more info. contact Tanya @ 367-8870 or Mini-School @ 367-8082

Health

Healing Touch Workshop Comes to the Blue Water District

What is Healing Touch?
Healing Touch is an energy technique. It is based upon the assumption that we are not simply our physical bodies but there is also energy in and around our bodies. When we become stressed, overworked or upset this energy sometimes becomes congested or blocked. Healing touch is a gentle, non invasive technique that can be used to rebalance the energy, returning the feeling of well being and relaxation.

What will I learn if I participate in this workshop?
This is an introductory course which will give you the

background and history of Healing Touch and its rootedness in the Christian faith. We will learn the basics of the healing touch technique which can be used to benefit ourselves and to help others. For those who took the course in October there will be some review and some different techniques taught.

Who is going to lead the workshop? Lorraine Stryuk, a physiotherapist from Vancouver will teach the course. She and other physiotherapists use this technique in hospitals and with clients outside the hospital setting. Lorraine has recently graduated

with a Master's in Pastoral Studies.

When is the course? May 7, 8, 9 Friday evening from 7-9:30 we will learn the theory and history of the technique and begin to learn some hands on procedures. Saturday from 9:30 a.m. - 6:00 p.m. we will learn various techniques. For those who are able we will conclude with a worship service on Sunday morning at 11:00 a.m.

How do I register or get more information? This course is hosted by Pine Falls United Church. Please call Donna Frederick at 367-8486 or Cindy Terry at 367-2633. There is a limited registration.

MediAlert: Simple Steps to Life Saving Results

You hear the sound of sirens. Lights flash before your eyes as you fall unconscious again. You are unaware you're in an ambulance on route to the emergency room. The paramedics don't know about your drug allergies and you can't tell them.

An emergency situation - it can happen to you. That is why services provided by the Canadian MediAlert Foundation are so critical. MediAlert can assist in speeding up diagnosis and treatment if you have a medical condition that should be known in the event of an emergency.

"In an emergency situation, the right treatment at the right time can mean the difference between life and death. When time is critical, MediAlert helps us assess the patient and determine a specific course of treatment," states Dr. Michael Murray, President of the Canadian Association of Emergency Physicians.

For over 38 years, MediAlert has been protecting and saving the lives of its members by providing health care professionals vital medical information when it's needed the most - in an emergency.

MediAlert protects almost one million Canadians 24-hours a day, in 140 languages, anywhere in the world.

"MediAlert is your medical history. It's the story you can't tell me when you're unconscious," states Norm Roberge, Level II Paramedic, Toronto Ambulance.

"MediAlert assists me in coordinating a timely patient assessment. Its potential in narrowing down the number of possible medical problems in any given emergency situation is priceless."

This May, MediAlert is promoting the benefits of wearing their internationally recognized bracelet and necklace as part of its "May Month" initiative. For the past 33 years, MediAlert's "May Month" has reached-out to the estimated one in five Canadians who have medical conditions that should be known in an emergency.

MediAlert services include a lifetime membership, a bracelet or necklace custom engraved with a person's medical conditions, member ID number, and a 24-hour emergency hotline number. Members also receive free lifetime

updates of medical records and a wallet card that lists medications and the names and phone numbers of physicians and emergency contacts.

Established in 1961, the Canadian MediAlert Foundation is a registered charity committed to protecting and saving the lives of its members. MediAlert services benefit Canadians living with heart disease, diabetes, asthma, epilepsy, or suffering from food and drug allergies.

For more information or to become a member of MediAlert, please call toll-free (Mon. to Friday, 8:00 a.m. to 7:30 p.m. EST) 1-800-668-1507, or visit MediAlert's web site at www.medialert.ca



Health Connections

Submitted by Health Educator Karen McDougall, Winnipeg River Health District

Healthy Families.. Healthy Community Wellness Event

Choices...Choices

Our community wellness event being held Saturday, May 8, 1999 at the Lac du Bonnet Senior School will offer you a wide variety of health related topics from which to choose. Here are a sample of those choices.

Slim Hopes: Developing Healthy Body Images. If you are raising daughters, you might want to prepare yourself with some strategies, for helping girls and young women combat the very destructive body stereotypes with which young women are bombarded today. Kathleen Harrison, Dietitian with the Women's Health Clinic in Winnipeg will be the facilitator for this timely topic.

If you are a coach, an amateur athlete, or a parent of an amateur athlete, the session on **Sports Nutrition** might provide you with some food for thought. Join Dietitian Dale Kornelsen, to learn how to achieve peak athletic performance through smart food choices. There tends to be a lot of misinformation about his

subject, and Dale will help to dispel the myths.

As parents, we try hard to keep our families healthy and free from harm. May 8th will be a perfect opportunity to hear well-known and respected speaker. Dr. Dexter Harvey, explain how we can lower our family's risk for some of those all-too familiar chronic diseases (Cancer, heart diseases, diabetes, kidney disease and more). So join Dr. Harvey - Coordinator of the Alliance for Prevention on Chronic Disease - for **Prevention of Chronic Disease.**

Teens might be interested in **The Dating Game**, during this session - planned exclusively for teens - join Public Health Nurse Jodene Toews to learn how to make dating a positive experience.

For only \$10 per person (includes lunch) you can choose from these or many other topics. Pre-registration required by May 1st. Registration forms available at various locations in surrounding communities. So "be there or be square".

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WINNIPEG RIVER
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Brokenhead Ojibway First Nation

**WORKSHOP
ON
SPECIAL FOREST PRODUCTS**

Sponsored by the
Manitoba Model Forest, Canadian Forest Service, Winnipeg River Brokenhead Community Futures Development Corporation and the Brokenhead Ojibway First Nation.

May 19, 1999 Raindate: May 20, 1999
@ Brokenhead Ojibway First Nation - Historic Village Site
8:30 am - 4:30 pm
REGISTRATION FEE: \$10.00 - Limited to 100

IMPORTANT: WORKSHOP IS OUTDOORS - DRESS ACCORDINGLY

SPEAKERS

- Dave Buck, Keewatin Community College, edibles - mushrooms, berries, teas, etc.
- Ron Scott, Keewatin Community College, eco tourism.
- Garry Raven, Hollow Water First Nation and Mark Thomson, Sakgeeng First Nation, medicinal plants etc.

AGENDA

Morning: Dave Buck and Ron Scott
Lunch: Provided by Sponsors
Afternoon: Garry Raven and Mark Thomson followed by a field trip on identification and discussions..

There is a possibility of further training if interest is shown.
TO REGISTER: Contact Bev Dubé @ 204-367-5232 Fax: 367-8897 e-mail: bdube@mb.sympatico.ca

South Interlake Credit Union is pleased to announce that we have a great part-time opportunity for the months of June, July & August

**Member Service Representative
Pine Falls Branch**

We are seeking a bright, confident individual who loves to deal with people. Experience with handling cash, knowledge of basic mathematical functions, computer data entry ability and a very friendly attitude will make this ideal candidate a true winner with our membership.

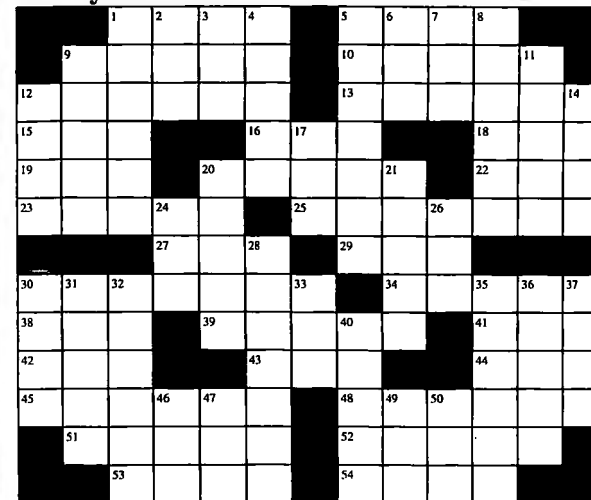
Please forward your resume to:
Linda Monforton
Human Resources & Marketing
South Interlake Credit Union
98 Centre Ave.
Box 130, Stonewall, Manitoba
R0C 2Z0
Phone: 467-2147
Fax: 467-2689

**South Interlake
Credit Union Limited**

Relax

THE VOICE WEEKLY CROSSWORD

Moody Manitoba



48. Ball game
51. Weird
52. Smell
53. Scorch
54. Tidings

DOWN

- Big black birds
- Cultivate
- Stray
- French river
- Manitoba Hydro, e.g.
- Poet Cohen, to some
- Nathan, for short
- Arbitrarily penalize
- Sources of Manitoba Cu, Zn and Ni
- Pig part

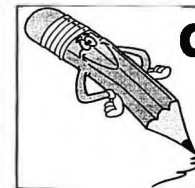
- Italian Capital
- Toddlers
- Hours, abbr.
- Blue Jay pitcher, once
- Battles
- Toronto time, abbr.
- Aussie Ostrich?
- Vesuvius or Etna, e.g.
- Erode
- Rajah's wife
- Purple perennials
- No seats left
- Manitoba's flower
- Spelunker
- Jelling agent
- Manitoba coat of arms feature
- Fin Flon commodity
- Coastal inlet
- Lyric poem
- Intimidate

LAST WEEKS ANSWER

C	O	S	H	A	D	S	B	A	R	R
A	L	E	E	N	A	N	A	R	I	A
R	E	A	R	A	M	I	L	L	I	L
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J	E	S	T	A	R	T	E	N	O	L
A	S	I	S	M	R	S	S	E	N	D

ACROSS

- Flightless bird
- Arm bone
- New Zealand aboriginal
- Bombers and Wheat Kings, e.g.
- Assiniboine and Red, e.g.
- Purpose
- Small integer
- Wpg. Jets league, once
- Aussie icon, for short
- Males
- Type feature
- Chop
- Item of value
- Osborne and Maryland, e.g.
- Machinist's tool
- Tuberous veggie
- Shields and Lawrence, e.g.
- Desert shrub
- Corn part
- Charleswood and Tuxedo, e.g.
- Annoy
- Cuckoo
- Taro root treat
- Egg cells
- Falcon Lake or Hecla Island, e.g.



CRYPTIC PUZZLE

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

BTCS DFPDP BG T RGGC TFH JP KTCCD
LGM RGGCNDJ.

-PMQNVNHPD

LAST WEEK'S SOLUTION

WE HAVE TWO EARS
AND ONE MOUTH SO
THAT WE CAN LISTEN
TWICE AS MUCH AS WE
SPEAK.

-EPICTETUS

HOROSCOPE

(April 29-May 5)

ARIES March 21 - April
Be sure to stay on top of things and finish what you start. Letting things slide now could cause problems later. Your imagination soars and lets you escape a dull routine. Other people want to help you but are unsure how you'll respond, so be gracious and accept their advice and support in the spirit it is offered.

TAURUS April 20 - May 20
Personal and professional pressures may be building up, but hang on, you will come out ahead. You keep things in perspective with help from family and friends. Due to your enthusiasm, people will take your side. A special night out or trip will boost your spirits.

GEMINI May 21 - June 20
See yourself as others do, and see others in a realistic light. Don't let your heart overrule your better judgement. Now is not the time to take things for granted. Make sure you read the fine print and check out the details. Draw inspiration and solutions from past successes to deal with current problems.

CANCER June 21 - July 22
You have time to catch up on things as well as enjoy your accomplishments. Do more listening than talking - idle talk can come back to haunt you. Your attitude improves, and you could be the one others turn to for support. Be helpful but refuse to get drawn into a bad situation.

LEO July 23 - Aug. 22
Take on added responsibilities: soon distractions will dwindle to a minimum, and you'll have plenty of time and energy for important matters. Keep plans simple for the immediate future; anything too elaborate could backfire. Do your research for best results.

VIRGO August 23 - September 22
You know the right time to say the right thing. Someone who has been opposing you could move to your side. You could reunite with old friends. Be sure to take care of yourself and don't forget your needs. Listening to a friend or loved on who needs to talk could score points as well as give you a new perspective.

LIBRA Sept. 23 - Oct. 22
You have more energy and enthusiasm, but refuse to get drawn in over your head. You may be frustrated with those who need more help than you can give. Know when to back off from a situation. Stay calm and keep a close eye on situations for your best advantage.

SCORPIO Oct. 23 - Nov. 21
Trust your instincts. Someone you consider a friend may be interested in getting ahead at your expense. Keep an eye on your budget; check receipts and charges. Don't neglect domestic chores and responsibilities. Loved ones will come through when they're needed most.

SAGITTARIUS Nov. 22 - Dec. 21
You have the time and the information to find the source of a problem and clear it up. Strive to see the big picture and refuse to get bogged down with small details. Don't be too proud to accept help from friends and family members. Take a small break and get away to collect your thoughts.

CAPRICORN Dec. 22 - Jan. 19
Ask questions and be persistent in order to get the answers you need. Support from a friend or family member could have strings attached: be aware and decide if you want to pay that price. An older person offers helpful advice, while a younger person's enthusiasm proves contagious.

AQUARIUS Jan. 20 - Feb. 18
Make an effort to balance work and family. Going to extremes with either one will cause a problems. Do things with a group rather than alone. There's safety in numbers - and fun, too. Taking a moderate risk could lead to a big reward. Try to keep a secret, though it may be hard. You'll be glad you did.

PISCES Feb. 19 - March 20
Be aware of what's going on around you - much is occurring behind the scenes, and there are clues. Do something romantic and fun. Now is the time to take the initiative and be bold. Travel and education, perhaps together, could be on the horizon. Catch up on phone calls and errands.

Feature

Don't kid around; child-proof your home

Parents know that raising kids is full-time job. Children are continuously exploring the world, touching, smelling and tasting everything around them. It's impossible to watch them constantly. That's why child-proofing your home is a top priority for many Canadian households.

Home safety begins with young children being taught not to play with major appliances and older children learning safety rules and proper machine use.

"It's important for parents to make their children aware of how appliances work

as well as the dangers associated with them," says Paul Bogner, Director of Marketing, Inglis Limited, Canada's largest supplier of major home appliances. "Taking simple precautions with the major appliances that most people have in their home can make a big difference in a child's safety."

Many improvements have been made in major appliance safety, including child-proof locks on dishwashers to prevent children from changing the cycle selection after it's begun. Other helpful hints include:

- Unplug appliances

when not in use. Roaming fingers can easily turn on a toaster, kettle or other electrical appliance.

- Teach kids not to pull on electrical cords to disconnect an appliance. Pulling could cause electrical damage and cord weakness, increasing the chance of fire. In addition, don't let cords hang low so a child can grab and pull the appliance down.

- Remove knobs from gas or electrical ranges so little hands cannot easily turn on range elements.

- Caution kids not to insert toys or objects in electrical outlets or ground plugs. To cut down the risk, insert safety plugs in all unused sockets. Otherwise, children risk electric shock or third degree

burns. Also, teach them not to stick metallic objects such as knives into the toaster or microwave.

- Warn children not to place plastic or rubber items such as toys in the clothes dryer. Plastic or rubber can melt and cause a fire. Use the drying cycle called Air or Fluff (no heat), just in case.

- Teach children the potential hazards of sitting on a clothes dryer or over door, touching a hot range top, using the oven door as a step or climbing into an automatic clothes dryer.

- Keep pan and pot handles pointing toward the centre of the range, away from little hands and loose clothing. Handles sticking out risk being snagged on clothing, pulled off the range and having hot contents spilled.

- Promptly remove sharp objects such as knives out of the dishwasher away from toddlers' reach or place on the top rack.

- Be careful where you place items such as hot dishes from a dishwasher, hot water from a kettle or a hot dish right out of the oven or microwave, as they could easily scald a child if touched.

- Keep a fire extinguisher close to the range in case of grease or electrical fire.

- Remove, block or chain shut appliance doors when discarding old units such as ranges, refrigerators, freezers or clothes washers and dryers.
- Even with precaution, supervision is still an important part of child safety. "With these simple steps, parents can significantly improve the level of safety in the home," says Paul Bogner. Playing it safe is playing it smart.

PUBLIC NOTICE
THE WINNIPEG RIVER PLANNING DISTRICT
REGARDING BY-LAW 37/98

The Public is hereby advised that the By-Law No. 37/98 being a By-law to amend the Winnipeg River Planning District Development Plan as amended, has been approved by the Minister of Rural Development. A copy of the amendment and supporting material may be inspected by any person between regular office hours from 8:30 a.m. to 4:30 p.m. Monday to Friday at the office of the Winnipeg River Planning District located in the R.M. of Alexander Administration Building in St. Georges, Manitoba.

Jim Norrie
Secretary-Treasurer
Winnipeg River Planning District

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Alastair Campbell Macgregor Ross

Peacefully, our dad left us at Easter, Tuesday, April 6, 1999 on his journey to be together again with our mom, Eleanor, who passed away at Easter, 21 years ago.

Dad was a person who lived life his way and who, in his own words, had a good life with no regrets and no unfulfilled desires. His needs were met, just as he met all of ours. He loved his family and stressed that all things will "work out" as long as we're together. He was able to leave his mark in our world through the many lives he touched with the volunteer work he so enjoyed: Cubs, church, home and school organizations, the CONTACT Organization, and thousands of hours with the Children's Hospital and most recently the Intensive Care Unit, both at the Health Sciences Centre. Some of you will remember the countless hours he and Mom devoted to organizing and building tennis courts with their friends in Pine Falls and Seven Sisters.

Amongst all of you who will miss Dad and celebrate his journey are his two sons, Alastair (Thelma), Ian (Carol), grandsons, Scott and Craig of Oakville, Ont.; his brothers, Don and Bob of Vancouver and Vancouver Island; their children and families.

Dad was born July 11, 1913 in Winnipeg. He and Mom attended Young United Church, where they were choir members. He attended St. John's, Kelvin and Gordon Bell schools. Dad's (Hydro) career started with WECCO (Winnipeg Electric Company, now Manitoba Hydro) and spanned all the Winnipeg River Plants, most notably Seven Sisters, Great Falls and Pine Falls, as Control Room Operator. He enjoyed his work and his colleagues. Through his association and hard work with the Unions, he played a large role in securing pensions and benefits for Hydro employees throughout our province.

Dad will also be remembered for countless hours he and people like him spent organizing/setting up Home and School Organizations throughout our province. Of Dad's many awards, one he was very proud of was the 1993 Samuel R. Laycock Award on its 50th anniversary, for Dad's work with the Home and School Association of Manitoba.

Dad truly enjoyed our world. His family and friends joined in celebrating his new life on Saturday, April 10 at 3:00 pm at Chapel Lawn Funeral Home, 4000 Portage Avenue, Winnipeg. Interment followed in the Chapel Lawn Memorial Gardens. A gathering of friends and family followed in the Chapel Lawn Reception Centre.

LORD SELKIRK SCHOOL DIVISION NO. 11
requires

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 current driver's abstract will be received up to and including May 7th, 1999. Resumes must include prior work history and three references from past employers.

Successful applicants will be required to successfully complete a training course on their own time, obtain the proper class of license and supply current criminal record check. Only successful applicants will be contacted.

Resumes, complete with driver's 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

LORD SELKIRK SCHOOL DIVISION IS A SMOKE FREE DIVISION

AGASSIZ SCHOOL DIVISION #13

Applications are invited for the following teaching positions for the 1999-2000 school year commencing August 30, 1999.

Beausejour Elementary School - Beausejour MB

- Full time Kindergarten position
- Full time Multi-age Classroom (Grade 1-3) position. Contact Anne Longston, Principal at 1-204-268-2664 for further information.

Whitemouth School - Whitemouth, MB

- Full time Grade 7 Language Arts, Social Studies and Science. Contact Bill Hamilton, Principal at 1-204-348-2595 for further information.

Lac du Bonnet Senior School - Lac du Bonnet, MB

- Full time Senior Years Math and Science. Contact Walt Friesen, Principal at 1-204-345-2585 for further information.

Powerview School - Powerview, MB

- Full time Bilingual Resource
- Full time Senior Years Math, Chemistry and Physics. Contact Paul Magnan, Principal at 1-204-367-2296 for further information.

Applications for the above positions stating qualifications, experience and references must be received no later than Thursday, April 29th, 1999 by:

Mr. W. Klassen, Superintendent of Schools

Agassiz School Division #13

Box 1206, Beausejour, MB R0E 0C0

Phone: 1-204-268-6506 Fax: 1-204-268-4149

Only those candidates selected for an interview will be contacted.

Classifieds

MEMORIAM

MEMORIAM

CARD OF THANKS

IN MEMORIAM

FOR RENT

Remembrance: Kathleen Tardiff (April 28, 1998)

As I sit here and enjoy the day. Memories of Mom come shining through. It was a sad day when you passed away. But Oh how I remember all those caring days, A Mother of light with a loving husband and eleven grand-children and one great grandchild. She left us all with a greatest fear. What will happen to all of us without her?

"Easily" she answered, by strength, power and love you will survive. A loving mother who fought cancer for many years. Living with the fear and pain through all her hidden tears. She did not want to be remembered for her pain and illness. Rather for her years of love and caring she made her business. She chose the man of her life - she calls him Mr. Right. Yes, her husband our Dad and Grandpa, the man who would carry on in her foot steps. For that we love you dearly. Memories of Mom and the time that has passed will stay with us forever until the day we die.

Love Ovide, kids, grandchildren, and great grandchild.



We would like to thank all our friends and family, who helped to make our wedding social and shower possible. Their time and effort is greatly appreciated by us both. We would also like to express our gratitude to all the people who came out to our social making it a great success. We are especially grateful for all the terrific gifts that we received at the shower and we extend our thanks to everyone who contributed.

Thank you everyone,

Sincerely,

Southida and Larry Sharpe

WANTED TO RENT

Accommodations for Pine Falls Paper forestry students during the period of May 3 - Aug. 27/99. Accommodations will be required every second Thurs-Sun. Please contact Vince Kuzdak (5271) or Scott Longridge (5317) for details.

3 Bedroom house in Pine Falls or Powerview, late August/early September occupancy. Contact 367-4370.

EMPLOYMENT

STUDENTS LOOKING FOR SUMMER EMPLOYMENT. We will supply the law mower (riding and/or push) the necessary tools such as rakes, etc. We are honest and reliable. If you require further information, please phone 367-2966 and ask for Percy Raven or Ryan Bird. Expected Wages \$20.00 for the first hour and \$5.00 for every additional half hour.

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UNDER THE PLANNING ACT
NOTICE OF PUBLIC HEARING
REGARDING BY-LAW 09/99

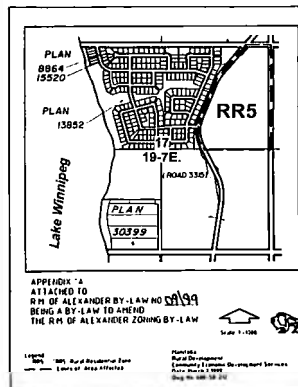
The Council of the Rural Municipality of Alexander under the authority of The Planning Act will hold a PUBLIC HEARING at the office of the Municipality at St. Georges, Manitoba on the 11th day of May, 1999 at 11:00a.m., at which time and place the Council will receive representations and objections from any persons who wish to make them in respect to By-law No. 09/00 to amend the R.M. of Alexander Zoning By-Law No. 01/98 as amended.

A copy of the above noted By-law of the Rural Municipality of Alexander and supporting material may be inspected by any person during regular office hours from 8:30 a.m. to 4:30 p.m. Monday to Friday at the office of the Municipality at St. Georges, Manitoba.

The general intent of By-law 09/99 of the Rural Municipality of Alexander is to amend R.M. of Alexander Zoning By-law Map No. 2-17 in order that that area described as follows:

Pt. of the NE 1/4 Section 17, Township 19, Range 7 E.P.M. at present designated "RD" Resource Development Zone be redesignated "RR5" Rural Residential Zone.

and as shown outlined by a heavy broken line on Appendix "A" below.



Rose-Marie Blanchette
Chief Administrative Officer
R.M. of Alexander

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 A physiotherapist can give you guidelines for a graduated exercise program to have you climbing those mountains again.
 A helpful hint from the Canadian Physiotherapy Association

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 Pine Falls Health Complex - 37 Maple Street
 PO Box 932, Pine Falls, MB
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