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The Voice

62¢ plus PST & GST

Vol. 7 #19 THURSDAY, MAY 13, 1999 Pine Falls, MB



Pine Falls Council Grand Knight Ron Pachkowski presents a cheque for \$24,000 to Notre Dame du Laus Parish Priest, Father Chartier, to pay off the balance of the debt of the church building maintenance fund.

Knights of Columbus pay off church debt

by Ron Pachkowski

For many years, the communities surrounding Pine Falls have had some exposure to an organization of Catholic men who call themselves Knights; Knights of Columbus to be exact. Although many may see the organization as an exclusive Catholic men's group shrouded in secrecy, especially with regards to entrance into its ranks, the organization is much more than what meets the eye. No, this article is not a campaign blitz to gain more members; just a brief introduction to who we are and what we do. The council, as we call it, has been around locally since it was founded in 1956. Its members are men from the local Catholic Churches. Our council is not alone as there are others in Lac Du Bonnet, Beausejour and Tyndall/Garson. Add to that a few thousand more throughout North America alone. For those

who are not aware, the Knights of Columbus is an international organization.

As Knights, we have done our best to serve our community since 1956. Some of the young adults of this area may remember the 7 team softball league the Knights developed and ran in the late seventies while others know only too well the monetary support given to Sunnywood Manor Personal Care Home, Pineview Lodge Seniors Home, and more recently the Seniors Manor in Powerview; to mention a few. From the toy drives and community bingo's of the 60's, to the current annual Christmas Hamper campaign and walking Way Of The Cross on Good Friday, Knights have always tried to contribute as much support to activities in its local communities as possible. The Knights of Columbus would like to thank the local communities for supporting our efforts by

participating in our fund raising activities throughout the year.

In recent years, the council moved its home location to the church in Powerview where the parish graciously offered the council a rent free location to conduct its meetings and hold some of its various fraternal functions. In appreciation of this, and to show the order's commitment to its Catholic roots, Pine Falls Council 4244 of the Knights of Columbus has announced that it will assist Notre Dame Du Laus's efforts to renovate its church by paying off the balance of the debt of approximately \$24,000 in its Building Maintenance Fund.

As can be seen in this brief article, the Knights of Columbus are and will continue to be a local organization deeply rooted in its commitment to serve the Catholic Church, families and youth within the local communities. . . . we are those men you call Knights.

Community Caring Award for Susan Derk

Susan Derk, who, until mid April was the community health Director at the Pine Falls Health Complex, is one of four Manitoba recipients of the Manitoba Association of Registered Nurses community Caring Award. The award will be presented at MARN's Annual Awards Dinner at The International Inn June 3.

The award is based on "individual activities that have enhanced the health and/or social, economic, cultural, or environmental well-being of people in the community; and made a difference in the lives of people within their community".

In announcing the award, Linda Neyedly, MARN Director of Communications said, "Ms. Derk has been involved in several community initiatives, including the development of nutrition, health promotion, and wellness programs; securing transportation for disabled seniors; spearheading the implementation of a fully-staffed dialysis unit; organizing healing circles in First Nations communities; and upgrading a village park.

Derk was nominated by Pine Falls United Church Minister Rev. Cindy Terry. In her four page letter to MARN, Rev. Terry wrote,

"Our area suffers from racial and cultural tensions with years of history. There is a great deal of mistrust and misunderstanding between communities. Rather than ignore this problem as has been done in the past, or pretend that it would go away on its own, Susan worked diligently to try to build bridges between our communities. She strived to get First Nation involvement on decision making boards and communities. She cultivates meaningful contacts with leaders in each community.

To increase cultural understanding Susan initiated three healing circles, one in each of the first nations communities in our area. Staff from the Health Complex were required to attend at least one circle. Community members were also welcome to attend. Local Native leaders explained the history of relations

between peoples in the area. First nations elders taught basic spiritual techniques such as smudging, the pipe ceremony, and the medicine wheel. Susan encouraged and enabled the interface between Aboriginal medicine and Western medicine in the hospital setting which brought great comfort to ill people and helped to build trust and strong bridges.

Specifically, in health care, Susan saw the great need for a Dialysis Unit for this area. People, many of whom are First Nation, had to travel to Winnipeg several times a week and this posed great stress and difficulties for people. She proposed the project and saw it through to successful completion and implementation. Today this community has a fully staffed six unit facility which greatly enhances the quality of life for those needing dialysis."

A letter in support, from Paul Barnard, Pine Falls Paper Company Vice President, Employee Relations, also touched on friction within the community and Derk's role in dealing with the problem. "Our community is culturally, socially, economically and politically diverse. This diversity, as opposed to being a source of wealth, has historically been at the core of much despair and anger between and amongst community members. These negative daily emotions were showing themselves clearly particularly amongst our youth in our crime, suicide and dropout rates.

It has only been in the past year and a half that community members from all walks of life have really started to pull together to work on improving our community health and wellness. The community grassroots mobilization required leadership - it was Susan who provided much of this leadership. To sustain these community initiatives to the point where they were making a difference in peoples lives required commitment and energy - it was Susan who provided much of this dedication to success."

Susan Derk is living in Churchill where she is Director of Patient Care Services at the Churchill Health Centre.

Opinion


YOUR VIEW:
 Letters to the Editor

 Box 4000
 Pine Falls, MB
 R0E 1M0
 email: thevoice@granite.mb.ca
 fax (204) 367-4078

Federal Constituency Boundary change proposed

Dear Editor:

The Prime Ministers Task Force for Western Canada recently met with about 25 community leaders in Lac du Bonnet where the RM of Alexander had the opportunity to express our views and have a frank and open exchange about the interest of our communities on the eastern side of the province. It became clear that in addition to the need for greater investments for infrastructure in Manitoba there should be regular dialogue between local municipal Reeves and Mayors and our elected federal politicians.

The government of Canada must be a more active partner, not only in direct relations with the province, where problems are often unresolved because of federal/provincial finger pointing, but in regular communications with first level responders in the community. We believe that the RM's should have bi-lateral and

separate relations with the government of Canada and not have provinces speaking to the federal government on our behalf. Greater federal investment in Pine Falls, Lac du Bonnet, Whitemouth or Beausejour will benefit all of us and we need to work together to ensure that all level of government work together for the common good.

I want to thank the Member of Parliament David Iftody who chaired these federal meetings with colleagues from who showed an interest in and listened to the concerns of the Eastman region. The RM of Alexander is an important and integral part of the Eastman region and until the boundary changes in 1997, we were well served by our proper inclusion in Provencher. These boundary changes have severed the RM of Alexander from its historical economic and social relations with other communities on the Winnipeg River system. It is

impossible to have federal services from Churchill (where we are now foolishly grafted) to serve when our residents are some 500 miles away.

Although we are not currently part of the federal riding of Provencher both the Pine Falls Paper Co., and the RM are still serviced through the office of David Iftody in Lac du Bonnet. Indeed, even people in Bird River vote in Provencher while the remainder of the RM residents vote in Churchill. We are therefore in the process of preparing a petition to the house of commons and ask the Member of Parliament for Provencher to assist in preparing a formal presentation to elections Canada where we will seek an amendment to the legislation and relocate the RM of Alexander to its rightful place in Provencher.

George Harbottle,
 Reeve, RM of
 Alexander

Reader protests Powerview School Art project

A letter from Marilyn Dean to Mr. Magnon - May 6, 1999

Dear Mr. Magnon:

A grade 8 student from Powerview School was in Art Class and was given two choices of projects to make in this class. One of the projects was to make a hand gun. I saw this hand gun and from a distance could be mistaken as a real gun. In view of the disasters in Colorado and Alberta, I would think that encouraging young people to make and retain a hand gun of any sort would be viewed as anything but appropriate. If any of these children carry this fake gun around at school, are you or anybody else going to be able to

tell from a distance that this is a fake gun, or maybe you will assume that it is a fake gun, when in fact it may be a real gun being brought into our school.

Can you, in all good conscience, encourage this sort of art expression, and who will take the responsibility if one of these young persons brings a real gun to school and in fact takes someone's life because the gun the child was carrying was thought to be an art project?

Further, Section 87 of the Criminal Code of Canada states: Everyone who carries or has in his/her possession a

weapon or imitation thereof, for a purpose dangerous to the public peace or for the purpose of committing an offence, is guilty of an indictable offence and liable to imprisonment for a term not exceeding ten years.

For example if one of these children pulls out this "gun" and points it at another child, does this child know instantly that this gun is fake, no, therefore this "gun" is dangerous to the public peace.

Yours truly,
 Marilyn Dean
 Powerview, Mb

Publisher/Editor
 Charles Norman
Production Manager
 Lori Pachkowsky
Art Director
 Lori Pachkowsky
Sports Editor
 Grant Pachkowsky
Contributors:
 George Bayly, George Lalor

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 P.O. Box 4000
 Pine Falls Mb., R0E 1M0
 e-mail: thevoice@granite.mb.ca
 PH. 367-4466 FAX 367-4078

theC
VOICE

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

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.I.: 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. 756-3596
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 each month 7:30 p.m. Legion. Meet 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, R0E 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. 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.
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 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
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 635-2625 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: Pin 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 Guimond (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.

Community



The Police Beat

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

Comments, Questions and Queries

For those of you who were shocked or upset about last week's animal lover question, you'll be glad to know that no one decided to carry on the topic. I apologize if it upset anyone but I thought hard about it before answering that question and decided to address it just in case it was a legitimate question. Personally I think someone may have been having some fun at my expense but better safe than sorry. On to this week's ponderings which, although tamer, are as interesting as always.

Q - Last week you talked about beer in the park, what about near beer like O'Doules and Labatt's .05? - thirsty in Powerview

A - Good question and yes you can consume these non-alcoholic beverages in public places. They are not defined as liquor under the Liquor Control

Act, this is why you can buy it at grocery stores etc.

Q - Does Powerview have any ghost cars? - anonymous

A - Ghost cars? You must be a big Starsky & Hutch fan eh? I'm just kidding but I haven't heard that term in a long time. To answer your question, yes we do have unmarked car capabilities at Powerview Detachment and if you drive carefully, the kind of car will remain a mystery.

Q - If someone attacks you and you fight back in self defence, can you be charged with assault? - unsigned

A - Using reasonable force to defend yourself would not constitute an offence, the key words here being reasonable force. Reasonable force in simple terminology is just enough to stop the person attacking you. If you fight this person off and then decide to beat them to a

pulp for interrupting your evening, then you may be in a position where you crossed the line and will be susceptible to charges. As always your common sense is your best guide in this type of situation.

Q - If you're collecting welfare and have a job under the table, can you be charged with anything? - anonymous, Powerview

A - If you are a recipient of Social Assistance and are not declaring extra income that you may be receiving you are committing a fraud and can be charged with that offence under Section 380 of the Criminal Code. The social programs offered by our provinces and country are one of the things that make our country great and their abuse will be taken seriously.

Finally, to the person who delivered the letter about their friend's problem. This is a very important issue and needs to be addressed. Your next step must be to bring forward the tape. I assure you we will handle this in a confidential manner. Feel free to bring someone you trust with you.

That's it for this week. keep

talking to me.

Domestic Violence
 Spring is in the air and some people believe in the tradition that this is when love blooms with the flowers. This may be true but unfortunately in the end we are still human and despite being in love we are still susceptible to our emotions, one of the strongest being anger. All too often when anger surfaces between people in relationships, physical violence occurs. I'm not naive enough to think that there are perfect relationships and the thought of a couple that never disagrees or argues is kind of eerie, however this does not excuse violent acts between couples.

The problem has grown to the point where a few years ago the Justice system introduced zero tolerance legislation with respect to assaults between couples. Zero tolerance means that when a complaint of spousal assault is made, the Police take the burden of charging the offender out of the victim's hands and lay the charge on behalf of the Crown. Some people are under the impression that only men commit this crime

but this is not the case, women also get physically violent with their spouses but men rarely come forward with a complaint. Perhaps it is an ego issue but we know this happens through anonymous studies made by social agencies. In any case, once a complaint is lodged the offender is always arrested and if released from custody, this is done on an order with a no contact or communication condition with the victim. If there are children in the family and there has been no violence directed towards them, they are not included in the order. Custody is a civil family court matter and Police will not be involved. It is a sad fact that we probably only hear about 50% of the actual domestic violence that occurs. With this in mind there are people you can contact for assistance without the Police becoming involved including numerous crisis centres and safehouses. Even local counsellors and clergy can provide advice and support if you approach them with this kind of problem. It is truly a tragedy to hurt someone we profess to love but it happens and no one has to just sit there and take it. If you are a victim of domestic violence, male or female, get some help, be it from the Police or elsewhere. Statistics reveal that this is hardly ever a one time event and usually only gets worse.

Boy, sometimes I'm such a downer, but awareness is important and sometimes half the battle. With that out of the way, let love bloom.
 Play Safe

Police Week...

This year May 9th to 16th marks Police Week, which is dedicated to strengthening Police-Community ties.

This special week reminds us that Police-Community cooperation is the key to safer homes and safer communities. The Powerview RCMP is hosting an "Open House" on May 16th, 1999 starting at 10am to 4pm, in order to highlight the services and technology members can provide to the communities they serve.

Also on the day, a "Silent Auction" of recovered, unclaimed bicycles will be conducted with this year's proceeds being donated to our local Scouts Canada Group.

We invite all to attend. Looking forward to seeing you on May 16th.

For more information contact Cst. Rhea Gravel at 367-2222.

Energy Corner - safety tips from Manitoba Hydro

Cleaning up at the cottage - Keep safety in mind

Another cottage season is upon us in Manitoba and time to make the most of that all too short summer. But before you settle into a season filled with days at the beach and nights beneath the stars, there's a few chores that need to be done.

Pack a few new light bulbs, garbage bags, weatherstripping and caulking for the first trip of the year. Sometimes when power is turned back on, older light bulbs burn out from the surge of electricity. Inspect cords on lamps and appliances and replace any that may have been damaged by four-legged winter visitors.

Cold weather may have caused the cottage to shift, so check the condition of weatherstripping and caulking around windows and doors. A tight seal will make your cottage more comfortable on those chilly August nights.

Make your way onto the roof and check for loose shingles, antennas, guy wires and bricks around the chimney. Spring is a good time to clean the chimney and take last year's leaves out of the eaves. Be extra careful not to make contact with overhead power lines while on the roof.

If a new flag pole is in your landscaping plan, check for power lines in the area first. As a general guide, antenna should always be installed far enough away from a power line

that they cannot fall across it. When the chores are done, gather the firewood and pick a spot for your evening bonfire that is far from any overhead lines. A large fire could damage a line and cause a power outage.

Electrical wiring requires specific knowledge, training and experience. If you have a project in mind for your cottage, let Manitoba Hydro help with the details or call a qualified electrician for advice.

Students, summer jobs and safety an essential trio

It's the time of year when young people around the province are starting summer jobs; many of them for the first time. Make sure they have everything they need for that first day, including a good understanding of how to stay safe on the job.

Each job includes special

safety precautions, but contact with overhead power lines is dangerous no matter where you work. Maintain at least three metres or 10 feet of clearance at all times. More clearance is required to familiarize yourself and new workers with the locations of power lines in your work area. Look up to remind yourself of the danger.

If you're working on a farm for the season, remember to lower dump truck boxes, spayer booms, cultivator wings and grain augers before moving through the yard. Find a safer route if a power line is in your path. Never attempt to lift a line with lumber or a pole.

At a construction site, mark the location of overhead power lines with signs along the ground. Always call before you dig or trench and mark the locations of buried lines to warn other workers of the potential dangers.

Heavy equipment operators count on a second set of eyes to stay safe while a job is being done. A spotter can direct you away from potential dangers as you work. Paying attention to your equipment and overhead power lines should be the spotter's only responsibility.

TEACHER ASSISTANT NEEDED at Le Petit Soleil Mini-School Inc.

*Must have Grade 12
 * CCW qualifications and bilingualism are an asset
 * Full-time position (19 1/2 hrs./wk.)
 * Send resumes to:
 Tanya Magnan
 Le Petit Soleil Mini-school
 Box 580, Pine Falls, MB R0E 1M0

Closing date for applications is Friday, May 28, 1999.

Is your
 subscription due?
 Check your
 mailing label.

1 yr. Subscription
 \$28.50

News

Manitoba Youth Job Centre

Another summer is quickly approaching, and along with it comes the need for more employment opportunities for students and youth. My role, as the Manitoba Youth Job Centre Manager, is to help fulfill this need. The MYJC office is located at 40 Park Avenue within the Lac du Bonnet New Directions School, and is sponsored by Manitoba Education and Training along with the Lac du Bonnet/Pinawa Recreation Commission. My name is Scott Brady and I will be working with both future employees and employers to help create employment opportunities throughout the community. Just to tell you a little bit about myself, I will be graduating next spring from the University of Manitoba with a Bachelor of Commerce

(Honors) Degree. I grew up in Pinawa and believe that hiring students is a great opportunity for employers to incorporate innovative and motivated individuals into their workforce. For those individuals not familiar with the MYJC duties and responsibilities, we offer a free referral and placement service for students and unemployed youth to summer job positions. This provides these individuals with the opportunity to gain valuable work experience while earning extra money. The MYJC also helps students develop and refine resume writing abilities, job search techniques, and interview preparation skills. Our program also educates individuals about employment programs and provides career counselling. As well as providing many

services to students/youth, we also provide services to employers. The centre aids employers by providing a free matching and referral service, whereby possible job candidates are matched with jobs in which they have the appropriate skill base. Our office also serves to raise awareness of the skills and employment potential of youthful individuals. By employing young people, businesses help to ensure that students/youth develop the appropriate life and working skills that they are going to need to become productive members of our society. Both employers and students/youth are more than welcome to drop in and visit me, or phone me at 345-6916 if they have any questions or concerns. My office hours during the week are between 9:00 A.M. and 5:00 P.M. Remember, the earlier you register the greater your chances will be at either finding or creating employment!

What are you doing for the Millennium?

When your grandchildren ask what you did to mark the passage of the new millennium, what will you say? Will you tell them you recognized this momentous occasion with a fantastic party? Or will you tell them you were part of something special - something that really mattered to you and your community. Lavish celebrations and parties are fun, but fleeting. Witnessing the passage of 2,000 years of time deserves something that lasts. You want to leave your mark, to say "I was there - and I mattered". What kind of mark are you going to leave? If you're looking for a memorable and meaningful way to mark the millennium, Canada's community foundations have the answer. It's called the Catalogue of Possibilities and it's full of hundreds of examples of "gifts" we can give to our communities to make them stronger, more vibrant places to live. The gifts can be of time, money and energy. They can signify our hopes, values and priorities for the future. The Catalogue of Possibilities is part of Our Millennium, a national initiative that invites Canadians to make a "millennium gift" of their choice to their community. "The gift ideas listed in the Catalogue of Possibilities are about much more than one night of festivities," says Betsy Marton of Our Millennium. "They are about truly marking the millennium, making our presence known and felt for years to come". The possibilities are endless. Your gift can involve: youth and children, arts and culture, environment, connections, recreation, heritage, learning, safety, care and support. Let your imagination be your guide! The Catalogue of Possibilities is a starting point to get groups thinking about a gift that's right for them. The examples in the catalogue are meant to inspire families, neighbours, co-workers, book clubs, play groups - any group you can come up with their own gift. What kinds of gifts can you give? The sky is the limit! Gifts can be large or small. Think about what is important to you now and in the future. For example, "Create a neighbourhood study centre with other parents where kids or teens can do homework together. Have your bridge club support local artists by organizing impromptu galleries in restaurants or offices. Talk with seniors about creating a "volunteer grandparents" program to share your wisdom and companionship with local children. Build a community playground with your neighbours. Work with your school friends on a contest to create a coat of arms for your community. Get your biking neighbours together to organize a neighbourhood bike safety session. Get your office to spend a day doing odd jobs for seniors or people who need support. How do I get the Catalogue of Possibilities? The Catalogue of Possibilities can be downloaded off the internet at www.ourmillennium.ca or picked up at your local Community Foundation office. For the price of postage, you can also receive a catalogue by mail. Call our Millennium at 1-877-880-6455.

WELCOME BACK
Manitoba Campgrounds Open
Parks Reservation Service
May Lone Weekend - Liquor Free
Park Vehicle Permits

THE 1999 MANITOBA BUDGET
10% MORE FOR HEALTH CARE
An additional \$194 million brings our total health care budget to \$2.1 billion.
Health: Our Top Priority
Budget Highlights include:

Notre Dame du Laus Parish news
A Special Mass to mark the end of catechism classes will be celebration Monday, May 17th at 6:30 pm, in the N-D-du-Laus Church.

News

Summer recreation program

Plans are underway to offer a super-charged summer, filled with activities and opportunities for everyone. This program, known as the "Rippling River Summer Program", is open to all communities in the surrounding area including: Powerview, Sagkeeng, Pine Falls St. Georges, Silver Falls, Little Black River, Great Falls and the Beaches. In order to get this program started there will be two Community Registration and Information Evenings. The purpose of these cooperative evenings is to offer all the information in a one-stop-shop environment, so that you are able to register for activities that interest you and also help plan your summer. In addition, there will be a number of other community groups participating as a way to share details on their respective programs/activities. The Community Registration and Information Evenings are scheduled for:

Tuesday, May 25th, 7:00 p.m. - 9:00 p.m.; and
Wednesday, May 26th, 7:00 p.m. - 9:00 p.m.
The location for both Evenings is the Powerview School Gymnasium. Efforts have been made to contact all community groups and organizations to see if they would like to participate in this information and registration event - we know we have missed some clubs and apologize in advance. If we have not yet contacted your group or organization we would be thankful if you would contact Wings of Power @ 367-9641 (days) or Tanya Magnon @ 367-8870 (evenings) to let us know whether you would like to participate. This would be a great way to advertise locally. Examples of some of the groups contacted are: Sailing Club, Swimming Lessons, Bible Camp, French Camp, Wings of Power, A. C. A. Camp, Library Allard, Knights of Columbus, Youth Lacrosse Club, St. Georges

Health Connections

Submitted by Health Educator Karen McDougall, Winnipeg River Health District
Go for green.... naturally
Walking, cycling, running, playing sports, going to aerobics class... We all know that these activities are good for us. Well, great news for gardeners - putting around in the yard is also a good way to add physical activity into your daily routine. So, attention all potential green thumbs, head outside to the garden for a workout that won't seem like work! The name "Rippling River" is symbolic of the river connecting all our communities and from a hope that a program such as this will contain a rippling and contagious spirit of fun and cooperation amongst and between our communities.

Rabies on the increase

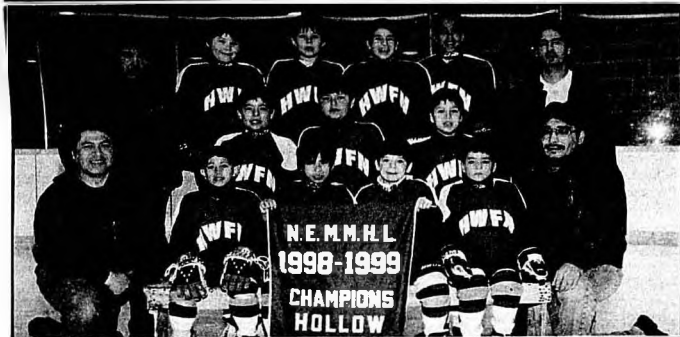
Manitoba is considered to have wildlife persistently infected with rabies. The primary reservoir is the skunk. Annual rate of infection in domestic animals closely parallels the number of skunk positively identified in any particular year. The number of identified cases in skunk was 139 last year, up from 45 in 1997 and 18 in 1996. The disease follows a six or seven year cycle. While the last human death from rabies was over thirty years ago, (Ontario, 1967), the disease is serious, and fatal if not treated. Unusual behaviour in animals is an indication of a rabid animal, for example, a skunk abroad in daylight is unusual, and a possible indication that the animal is rabid. The Manitoba Department of Agriculture recommends the vaccination of pets as a preventative. The most common cause of human exposure involves rabid domestic animals. In North America the most common domestic animal to contract rabies is the cat. In rural areas vaccination every year is recommended. The department also recommends that pets not be allowed to roam free. Humans are frequently exposed to rabies through handling a pet which has fought with a rabid animal. If any saliva from a rabid animal is left on a pet's fur there is a danger of exposure. Contact with wild animals, alive or dead, should also be avoided. If bitten by a wild or suspect animal, Manitoba Agriculture recommends immediate and extensive washing bite wounds for ten minutes with a twenty percent soap and water solution. If this is done into the depth of the bite the risk of developing rabies is said to be reduced by 90%. If possible keep the animal for laboratory investigation. (Handle with gloves or a shovel). Last, but most important, -report the incident to your doctor.

Did you know... That gardening is the second most popular physical activity in Canada, attracting 72% of Canadian adults? Walking is number one. That a diverse native plant garden is easy to maintain using organic practices - no need for chemical pesticides, herbicides or chemical fertilizers. The result? No chemical contamination of the environment caused by your garden. That at least 99% of the bugs and insects species we encounter in the garden are actually beneficial to the garden: they pollinate plants, eat other bugs, and provide food for birds. That residential water use increases by approximately 50% in the summer, due to lawn and garden watering and car washing. In other words half of our average household water use is for landscaping.

RABIES CLINIC
Sunday, May 16
1:00 - 5:00 pm
Powerview School
Community Service of LAC DU BONNET VETERINARY SERVICE AND BEAUJOUR ANIMAL HOSPITAL
Conducted by: Dr. Marco Lopez & staff
Appointments 345-2535 or 268-2177
Pets must be in good health and may be vaccinated against other diseases at the same time.

EASTMAN SPORT DEVELOPMENT ASSOCIATION ANNUAL GENERAL MEETING
THURSDAY, MAY 27, 1999 7:00PM
LAKE TRAIL FAMILY RESTAURANT
934 DUGALD ROAD, ANOLA
For more information call 268-2172
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, May 14
Coleslaw, Fish, scalloped potatoes, banana cream pie
Monday, May 17
Beef barley soup, spanish sausage & spaghetti, butterscotch pie
Wednesday, May 19
Cabbage soup, roast turkey, apple cake.

Sports



Front Row: Marcel Hardisty (Coach), Brendan Moneyas, Arnold Flett, Dylan McKinnon, Aaron Favon, Clayton Favel (TRN) 2nd Row: Clement Fontaine, Kyle Williams, Terrance Bushie Back Row: Joey Moneyas (Mgr.) Kyle Hardisty, Evan Seymour, Randy Ducharme, Daniel Moneyas, Donovan Fontaine (Head Coach)

MASH unbeaten

If there was an award for the most improved team it would have to go to the MASH Squirts No. 1 hockey team. Last year they did not win a single game, (they tied one). This year they won all ten league games, and all games in three tournaments, with a league goals for and against record of 214 to 53.

The record is all the more impressive because this is only the second season of organized hockey in the MASH region. MASH is an acronym for Manigotagan, Aghaming, Seymourville and Hollow Water.

There are now three MASH teams, two squirts and one novice. They practice on the ice of the Manigotagan curling rink, and play their home games in the Sagkeeng Multiplex Arena.

Three weeks ago, Saturday afternoon of April 24, the club held its annual banquet and awards celebration in the Hollow Water School. Thirty six youngsters were honoured and received awards. All awards were for participation in the club. None of the players were singled out for special awards.

The banquet was opened by

one of the club coaches, Donovan Fontaine, who introduced the Master of Ceremonies, Naomi Clark.

One of the objectives of the banquet was to recognize people from the area who have "made it". Naomi Clark is from Manigotagan. She is director of operations of Native Communications which broadcasts on 105.5 FM. She

proved to be a very capable MC. She said it was "great to be back in the area and great to see old friends and family." She said she was very thankful to be invited to be part of "this special occasion".

After an opening prayer by Reverend Murray Martin, the 250 guests sat down to an excellent buffet meal catered by Diane and Bunny Bostrom of Manigotagan.

After dinner, the first guest speaker, Kimbi Daniels spoke. Daniels is a former NHL player, who played for Hartford, Boston, and Philadelphia. He was in the area for a recreational hockey tournament in the Sagkeeng Arena with the Sagkeeng North Stars. He talked of what it takes to make it - dedication and hard work. "It doesn't matter what colour your skin is - hard work gets you there," He said.

After coffee and desert the main guest speaker, Ted Nolan, was introduced. Nolan was the recipient for the 1997 Adams Trophy for NHL coach of the year. He said he did not like to "eat and run", but was scheduled to speak again that evening - in Thompson. He stressed the importance of getting a good education as a basis for the future.

Guest speakers were

presented with paintings and star blankets by Hollow Water Band Councillor Marcel Hardisty on behalf of all four communities.

The main presentations of the evening, to the hockey players themselves were presented team manager Laura Hardisty and Coach Tim Johnston for Squirts 2, By Joe Moneyas and Coach Donovan Fontaine for Squirts 1. Fontaine also made the presentations to the Novice team.

The school was presented with team trophies and banner for display in the school, jackets were presented to the coaches, and a brand new pair of skates, donated by parents of the players, was presented to Donovan Fontaine.

The local drum group, the Black Island Singers gave the players an honour song.

The event was wound up by hollow Water Minor Hockey Association president, Lillian Bushie who thanked Businesses for their sponsorship, and the volunteers for all their work - especially Margaret Bushie who ran fund raising bingos throughout the season. She thanked the Manigotagan Curling Club for the use of their rink for hockey practices, and thanked the players for "The exciting hockey all year."



PUBLIC NOTICE

Scoping of Issues, Minimum Filing Requirements and Procedures for a Public Hearing in Respect of Manitoba Hydro's Possible Acquisition of All Issued and Outstanding Shares of Centra Gas Manitoba Inc.

BACKGROUND: The Public Utilities Board (the "Board") has been advised that Westcoast Energy Inc. ("Westcoast") has signed a Letter of Intent with Manitoba Hydro ("Hydro") concerning the possible acquisition by Hydro of all issued and outstanding shares of Centra Gas Manitoba Inc. ("Centra"), an indirect wholly-owned subsidiary of Westcoast.

The Board has been further advised that all requisite approvals related to this transaction will be sought as soon as a definitive agreement is executed by the parties.

SCOPE OF HEARING: Section 82(1)(b) of the Public Utilities Board Act provides that Board approval is required for this type of transaction. However, the legislation does not define the scope and criteria for review and approval.

To assist the Board in establishing the scope of its review of this transaction, the Board is requesting comments from all interested parties, including individuals, organizations and businesses, in the following areas:

- What issues should be included in the Board's review of the transaction?
- What minimum filing requirements should be included with the request for approval of the transaction?

PUBLIC HEARING PROCESS: The Board will use its existing Rules of Practice and Procedures for the public hearing process when considering the Application for approval of this transaction. The Board's Rules of Practice and Procedures include the proceedings being open to the public and also include provision for members of the public to present their views to the Board, either orally or in writing. A further Public Notice will follow the Board's receipt of the Application.

DEADLINE: Please provide your written submission on the above matters to the attention of the Acting Secretary of the Board by Tuesday, May 18, 1999:

Acting Secretary
The Public Utilities Board
2nd Floor, 280 Smith Street
Winnipeg, Manitoba R3C 1K2

Should you have any questions in respect of this Notice, please contact the Board's Acting Secretary at 945-2461.

BOARD ORDER: Following a review of the submissions received, the Board will issue an Order establishing the scope, minimum filing requirements and timetable for a public hearing process to review the request for approval of this transaction.

DATED this 30th day of April, 1999.

H.M. Singh
Acting Secretary
The Public Utilities Board

2nd Floor
280 Smith Street
Winnipeg, Manitoba
R3C 1K2



Could your family benefit from a
FULL-TIME KINDERGARTEN
program?



Do you need
DAYCARE
before and after school?



École communautaire de Saint-Georges is a public school offering:

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- ◆ Daycare service before and after classes right in the school
- ◆ School bus transportation to and from school
- ◆ Low teacher pupil ratio allowing more teacher time for special needs students
- ◆ French language instruction to K to 12 students following the prescribed provincial curriculum
- ◆ Caring teachers and support staff committed to excellence
- ◆ Learning in a family-atmosphere

École communautaire de Saint-Georges also offers an integration program called "phase d'accueil" that provides instruction and support for children with limited or no skills in French.

Come to our open-house Monday May 17th 1999

Bienvenue chez nous!

Meet staff and parents, come see what's happening at École communautaire de Saint-Georges!

Enroll now for the year 1999-2000!

For more information please contact the principal, at

367-4224



History

Pine Falls - Postwar Years

by George Bayly

After World War II, during 1946 to 1947, the Company cleared the bush on the south side of Maple Street and built fifteen new houses on Elm, Poplar, and Cherry Streets to accommodate men who had returned from the war, some with brides. At the same time, the old wooden sidewalks which lined every street in town were torn up and replaced with cement. In 1946, the Company named the streets after tree species instead of identifying houses by block and lot number. Then, in 1950, to the delight of every kid in town who owned a bicycle, the Company began to pave the streets with asphalt. Swarms of kids could be seen whizzing through town on that wonderful smooth black surface. (I was one of them).

Many residents will remember the dynamite blasts which resounded throughout town as construction workers planted charges to excavate the foundation for the new Hudson Bay Company store. The foundation had to be carved from solid rock over

which it was built. The new Bay opened for business on April 5, 1949, with Mr. Martin Mills as Manger. He and Mrs. Mills and their two sons Billy and Kenny lived in one of the two newly built Hudson Bay houses on Cherry Street. The other Bay house was occupied by Store Comptroller Herb Figures and family.

Into the fifties, folks attended the local theatre "The Chateau" in great numbers as Manitoba was a long way from the television era. There patrons viewing "Movie-tone" of "Pathe" newsreels to see Sir Edmund Hillary climb Mt. Everest, Roger Bannister run the four minute mile, to see the frightening spectacle of the first hydrogen bomb test in the Pacific, the Coronation of Queen Elizabeth II in 1953, or watch Bill Haley "Rock around the Clock" in 1954.

When Mr. T.E. Silver retired in 1948, he was succeeded by Mr. Ralph Hayes who served as Mill Manager until 1953 when he was promoted to Assistant Production Manager at Head Office, Toronto. Arriving in town to replace him was Mr. Bob Fraser, his wife and four children, Reid, Tony, Michael, and Peter. At this time, Mr. Jerry Carey was the mill Supt., Mr. Leo Sequin, Office Manager, Mr. Frank Lidstone, Employment Supt., Mr. John Irvine, Head Time Office; Mr. Art Kruger, Mill Accountant; Mrs. E. Sterling, Mill Manger Secretary; Irene (Lidstone) Dyckuk, General Office Steno; and the office custodian was Mr. Simon Schipperheyn, the jolly Dutchman who loved his role as Santa at the annual Office Christmas party.

For more than forty years, Mr. W. M. "Scotty" Lauchlan, originally from Lanarkshire, Scotland, and Electrical Supt., with wife Laurs, lived at 26 Cedar Street. They had two sons - Doug and Ian. In 1951, Doug Lauchlan, who had represented Pine Falls for several years in the Tuxis and Older Boys' Parliament of Manitoba and N.W. Ontario was elected Premier of the Parliament. Doug, a third year Arts student

at the time, was escorted into the legislature by Prof. Fletcher Argue, the Lt. Governor of the Parliament. Doug's younger brother Ian served as a page boy during the session which was held December 26 to 29, 1950. Doug studied Theology at United College, Winnipeg, and upon graduation in 1955, he won three scholarships and the prize in church history. While at Pine Falls High School, Doug was President of the Student Council, and at University, he was class valedictorian and served on U.M.S.U. for two years. In 1955, he became the Minister of Charleswood United Church before moving to Alberta where he hosted a ministry on the air and later became President of a college in Calgary. In the 1980s, he briefly returned to Manitoba to lead the Liberal Party of Manitoba. Ian Lauchlan was also a successful scholar who graduated from the University of Manitoba, then did post-secondary work at the University of Michigan at Ann Arbor, receiving his doctorate in Nuclear Physics. For most of his career, he worked at Ontario Hydro's Nuclear station at Pickering, Ontario.

Following the death of her father in February of 1952, Elizabeth ascended the throne with the Coronation taking place on June 2, 1953. Margaret Huhn (wife of Rev. Robert L. Burton), and the daughter of Grace and the late Jack Huhn, at age 16, was chosen to represent the C.G.I.T. of Manitoba and N.W. Ontario at the Coronation. Her tour would include historical site throughout England and Scotland, attendance at a Commonwealth youth rally, and a view of the Coronation procession.

On June 2, 1953, Valerie, a daughter for Glen "Spud" and the late Dorothy Guinn was born at 5:00 a.m. just as Elizabeth was entering Westminster Abbey for her Coronation. She received a silver spoon sent to her by Governor-General Vincent Massey on behalf of Queen Elizabeth II.

In December of 1952, the team of Tom McCulloch, skip, Don McDonald third, Roland Cyr, second, and Bruce

Halpin, lead, entered the Manitoba High School Bonselpiel, Winnipeg and won 8 out of 9 games to win the Dan Davidson Trophy. Jim Roman's rink of Ed Ford, Bert Albertson, and Wayne Anderson won 4 games in the Free Press Event before being knocked out in the 8s. The third Pine Falls rink of Berk Crawford, Jeep Beaulieu Carl Smorang, and Art Ganchow made a good showing in their first year in the bonselpiel.

Mr. D.A. Ross was one of the candidates running against Dr. E.D.R. Bissett in the ride of Springfield in the federal election of 1930, and in later years he donated a trophy emblematic of the Northeastern Manitoba Baseball championship. In August of 1953, the Pine Falls team won the trophy for the second year in succession, defeating Beausejour in the semi-finals, then beating Tyndall in the final series, 3 games to 1. Some players on the team were Ray Dugard, George Sharpe, Joe Reichart, Don McDonald, Wayne Windsor, Bob Sequin, and coach Bill McDonald.

That same summer, at the Annual Northeastern Golf Tournament, pro Art Land just failed to shatter a club record when he three-putted two greens to come in with a score of 68, which was good enough to win the Manitoba Paper Company trophy and top money. Runner-up pro was Les Bevan of the St. Charles Golf Club, and at third was Elmhurst pro, Joe Tachan. Joe Reichart and Bill McGuire were 2nd and 3rd in the 2nd Flight, while Art Brown was first in the 3rd Flight. Club President Dick Willett presented the Manitoba Paper Company trophy to local pro Art Land.

Over the fireplace in the former lounge of the Manitou Lodge, there are two plaques which were placed there in memory of the first two Mill Mangers: Mr. C.C. Irvine, 1926 - 1945, and Mr. T.E. Silver, 1946 - 1948. They were donated by the Pine Falls Winter Club which functioned from 1947 to 1950, its original aim, to raise funds to finance the construction of a covered arena. In March 1954, Mr. Bill Hibbert penned an article for the Abitibi in which he

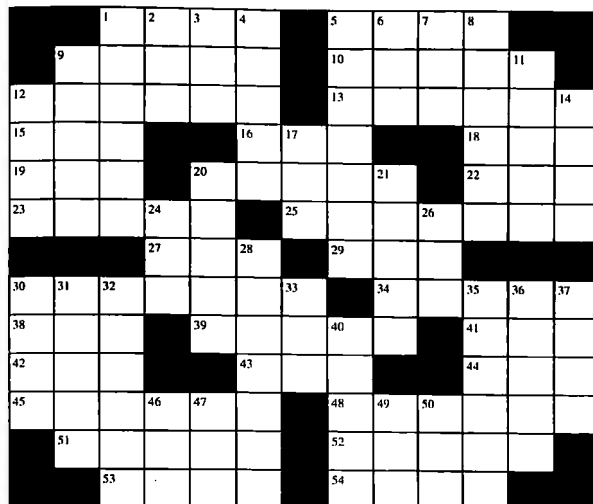
named the officers and Committee members of the Winter Club. They were: President Jerry Carey, Vice-Pres. Roy Perry, Sec. Treas. Bill Hibbert, - Executive Committee members: Joe Tremblay, Percy Gardiner, Jim McNair, Henry Halpin, Os Jacob, Nick Smorang, John Hutchison, Stan Powell, L. "Buff" Seebach, Bill Jackson, Frank Lidstone, Jim Desilets, and Ken Walton. Members decreased in years prior to 1954 were Ben Van Malsen, Fred Mastin, Don McCulloch, and R. Farmer.

The Pine Falls High School Graduation exercises of June 4, 1954 were chaired by School Trustee Glen Stewart, and following the Invocation by United Church Minister, Rev. C. King, he introduced the Valedictorian, Tanis Cavers who saw graduates at an archway through which the past and future flow together - what is in the past we take with us as we move forward. The Class Histories and prophecies were delivered by Beryl Burkett with "all the skill of Hans Christian Anderson" Her humorous tales kept the audience laughing throughout her presentation. The L.O.O.F. and Rebekah Lodges Good Citizenship Awards were presented by Mrs. Dave Brewster and Mr. Dick Willett to Marie Romano - Grade 9; Ian Lauchlan - Grade 10; Tanis Cavers - Grade 11; and Beryl Burkett - Grade 12. Beryl's parents, Mr. and Mrs. Burkett were the chefs at the Manitou Lodge. Mr. Harvey Windsor (Bill's father), announced the Trades and Labour awards which would be presented in the fall to the two students in Grade 11 and 12 who received the highest standings. Because the Departmental Exams results were not known until August, no presentations could be made. The Graduates were: Grade 12: Beryl Burkett, and Edward Ford; Grade 11 - Joan Huhn, Margaret Huhn, Kathleen Richardson, Eleanor Stelamm, Tanis Cavers, Craig Warrian, Don Dimock, Carl Smorang, and Walter Parisien. And Pine Falls' versatile dance band, as usual, played at the dance which followed the exercises. The Stardusters were enjoyed by all.

Relax

THE VOICE WEEKLY CROSSWORD

Beautiful BC



- 45. Mystery
- 48. Crownsnest and Kicking Horse, e.g.
- 51. Philosophical
- 52. Change
- 53. Angry
- 54. Lascivious Look

DOWN

- 1. Colourful fabric
- 2. Limb
- 3. de Janeiro
- 4. Selkirk or Cascade, e.g.
- 5. BC's flower
- 6. Dhabi
- 7. CD
- 8. Collection of star systems
- 9. Insane

- 11. boom
- 12. Satisfy
- 14. Son of Adam and Eve
- 17. Second sight, for short
- 20. Premium tea
- 21. Examine
- 24. Abner, for one
- 26. Downwind
- 28. Hug
- 30. Identical
- 31. BC's twice Grey Cub winners
- 32. Confesses
- 33. French monetary unit
- 35. Joe Kapp, e.g.
- 36. More faithful
- 37. Birds
- 40. Neighbour of India
- 46. Gunk
- 47. Russian space ship
- 49. Brewery product
- 50. Female Saint, abbr.

LAST WEEKS ANSWER

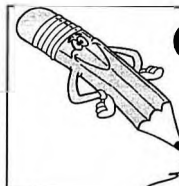


ACROSS

- 1. Legendary BC painter
- 5. Sock repair
- 9. Lady of Spain
- 10. Woodwind instruments
- 12. Coho or Sockeye, e.g.
- 13. Clay soils
- 15. American cuckoo
- 16. Gaw preceider

- 18. One, in St. Denis
- 19. Partner of tac and toe
- 20. Mexican monetary units
- 22. Lighted
- 23. School in Ste. Scholastique
- 25. Westcoast Indians ceremonial feast
- 27. Isaac, for short
- 29. Collectable

- 30. Whistler or Apex activities, e.g.
- 34. Profundity
- 38. Assistance
- 39. Black
- 41. Part of the verb "to be"
- 42. Mother, colloquially
- 43. Bitter herb
- 44. BC flag feature



CRYPTIC PUZZLE

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

BZ CYDXFVG'W HCTHVWB FW XV TBHJDYB
 DG BKHXL KFGZ MFXN DG VHBG VGB.
 -KDJYVJK W. PVTQBW

LAST WEEK'S SOLUTION

IF YOU SIT DOWN AND
 ODN'T SEE A FISH AT
 THE TABLE,
 THE FISH IS YOU.

-KEN FLATON

HOROSCOPE

(May 13 - May 19)



ARIES March 21 - April
 Group demands may take center stage. You'll be able to accomplish a lot that way, but there are times it's better to work alone. Try to resolve a dispute and find a common ground in order to keep things moving. Watch finances and finish up paperwork



TAURUS April 20 - May 20
 Things will come into clearer focus. You'll know who your supporters are and who really opposes you. Patience and humor will bring people in authority around to your side. You may need to step back and study the situation for a while before making your next move.



GEMINI May 21 - June 20
 Now is the time to make big plans and dream big dreams. Don't worry if they seem impractical or far-fetched some just may come true. Learn from the past. Keep in touch with a friend or family member who might be ill of confined.



CANCER June 21 - July 22
 Get an outline and establish a deadline in order to make sure an important task gets finished. This will increase your accomplishments and keep you in the spotlight. It may be a good time to try something different. Keep your health and exercise resolutions.



LEO July 23 - Aug. 22
 People working behind the scenes may try to thwart your plans. Make sure you have all the facts and figures to counter them and make a case for your actions. You may need to cut costs and stick closer to a budget. Make sure you take time out for yourself.



VIRGO August 23 - September 22
 Personal and professional responsibilities increase and you may start to feel overwhelmed. Take a deep breath and plunge ahead. You'll get your confidence back and be ready for anything. Don't let expenses get away from you. Pay attention to the details.



LIBRA Sept. 23 - Oct. 22
 Conflicting thoughts and emotions have to be answered. It may be best to go back to your old ways of doing things for a while. An unpleasant or time-consuming task still needs to be done. A Rer that's out of the way, relax with friends or loved ones.



SCORPIO Oct. 23 - Nov. 21
 Start lining up powerful allies. Make sure you spell out for them the benefits and risks involved. Being up-front and truthful now saves bad feelings later. You're in the middle of a difficult situation, but you're up to the challenge. You'll get a surprise boost.



SAGITTARIUS Nov. 22 - Dec. 21
 Focus on current situations and solutions. Refuse to get drawn into the middle of a fight that really doesn't involve you. Do your research - the answer you want is in the details. Work hard at keeping promises to others. Remember that patience pays in the long run.



CAPRICORN Dec. 22 - Jan. 19
 Keep a close rein on finances, budgets and money. You may be tempted to go overboard, but check to see what it could mean in the long run. Finish up existing projects before starting new ones. Take some time for yourself, even if it's just a few hours.



AQUARIUS Jan. 20 - Feb. 18
 Set a slow and steady pace for best results. This could be a good time to make decisions concerning long-range plans. Try new things and consider other viewpoints. Someone who has supported you in the past needs the favor returned.



PISCES Feb. 19 - March 20
 Your actions speak louder than your words. Others will be watching closely. Stay calm and controlled for the best results. Don't be intimidated by a deadline. You'll make it with time to spare. Get all the information you can before making a costly decision.

NOTICE OF TENDER

OAKBANK-SPRINGFIELD PERSONAL CARE HOME AND PRIMARY HEALTH CENTRE OAKBANK, MANITOBA

Sealed tenders plainly marked as to content and addressed to the NORTH EASTMAN HEALTH ASSOCIATION, INC. will be received at the office of the architect on or before 2:00 p.m. Winnipeg time, Friday, June 4, 1999. This project is a Manitoba Bid Depository project.

All pre-qualified bidders shall submit Tenders in accordance with the Manitoba Bid Depository System of the Winnipeg Construction Association, 290 Burnell Street, Winnipeg, Manitoba R3C 2A7 under all rules and regulations of the Bid Depository System. All bidders shall abide by all such rules whether a member of the Association or not.

Subcontract and subtrade tenders will be due on June 1 and 2, 1999 (respectively) at 2:00 p.m. Winnipeg time at the Winnipeg Construction Association, 290 Burnell Street, Winnipeg, Manitoba.

Plans, Specifications and Instructions to bidders for these General Contractors and Mechanical and Electrical Subcontractors who have now been pre-qualified may be obtained from the Architect's office on Wednesday, May 11, 1999 upon receipt of a certified cheque for deposit in the amount of two hundred dollars (\$200.00).

Each tender must be accompanied by a BID BOND taken out with an approved Bonding Company for not less than 10% of the submitted tender sum. The successful bidder will be required to furnish a contract PERFORMANCE BOND and LABOUR/MATERIAL BOND in accordance with the specifications.

The lowest or any Tender will not necessarily be accepted.



Health

Just what exactly is the Mediterranean diet?

Marilyn Zarecki, Home Economist Manitoba Agriculture, Beausejour, 268-6015

In cookbooks, food columns and elsewhere, the "Mediterranean diet" has had its place in the sun, thanks to assiduous promotion by the olive oil and wine industries and many nutritionists. The basic idea is not bad at all, because it emphasizes fruits and vegetables, a semi-vegetarian diet, and a low intake of saturated fats, plus wine with meals, which (like moderate intake of any alcoholic beverage) does protect the heart.

But the truth is, nobody knows what the Mediterranean diet is. Is France a Mediterranean country? Parts of it are. What about northern Italy? Butter and cream are almost as common as olive oil there. In Greece, Spain, France and Italy, meat consumption has gone up in recent decades. The

shops are full of creamy pastries and ice creams.

Is the Mediterranean diet what rich people eat or poor people? What people eat now, or what they ate two generations ago? The European Community has boosted prosperity, as well as encouraged agribusiness—factors that greatly affect what people eat. Is the Mediterranean diet just any diet that utilizes olive oil and wine? Olive oil is a fine oil, but not essential for good health. Wine is not essential either.

The Oldways Preservation and Exchange Trust Foundation, an educational group, has also promoted the Mediterranean diet. Its definition, which is less vague than most, is similar to what we have long recommended, except that Oldways advocates olive oil as the fat of choice and advises you to drink red wine. (In Japan, olive oil and red wine are unknown, or were until

recently, and yet the Japanese have the longest life expectancy in the world.)

What do all healthy diets have in common? Lots of fruits, whole grains, and vegetables, with small amounts of meat and fish. Dairy products should be fat-free or low in fat; saturated fat (from animal products) should be minimal. Portion control is important too. What once made the Mediterranean diet so healthy in places such as Crete may not have been olive oil and red wine.

A new French study has found that one type of Mediterranean diet is very effective in preventing second heart attacks. What was special about this diet? Based on the traditional Crete diet, it focused particularly on the polyunsaturated fatty acid called alpha-linolenic acid, which in the study was supplied by canola oil.

Source: University of California, Berkeley

Tai Chi - Promoting good health and a long life

Marilyn Zarecki, Home Economist Manitoba Agriculture, Beausejour, 268-6015

If you want to explore a gentler form of physical activity, or if the idea of getting sweaty in the gym doesn't appeal to you, why not look at Tai Chi? The Taoist Tai Chi Society of Winnipeg explained that Tai Chi is an ancient Chinese discipline requiring focused attention and concentration, without overexertion. Utilizing all the major skeletal muscle groups, Tai Chi includes a combination of "postures" or a series of movements that alternate between stretching and full contraction of the muscles. In all, the required 108 movements are taught incrementally and can be mastered within three months.

Tai Chi requires no equipment other than comfortable, loose fitting clothing and a comfortable pair

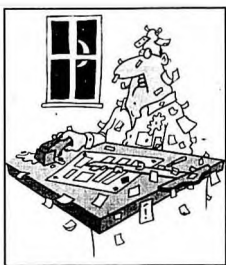
of shoes. It is suitable for any age group, particularly seniors, because the movements are slow and sustained.

Tai Chi offers a number of benefits including: improved physical conditioning; higher energy and endurance levels; and improvements in joint flexibility, posture, balance, coordination and fine motor control. Because of the focused attention needed to do Tai Chi, it improves concentration. Studies also suggest it may reduce high blood pressure and ease lower back pain. All of these effects combine to make Tai Chi a means of reducing stress and preventing stress-related diseases. Learning Tai Chi is learning to RELAX!

For more information or to find out about classes in your area, call the Winnipeg Branch of the Taoist Tai Chi Society at (204) 453-1349. Rural callers may leave a message and staff will call back.

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the VOICE

Classifieds

CARD OF THANKS

Thanks,
To the good samaritan who on Monday, May 10, at 11:30pm stopped and helped my friend and myself, as we were stuck down Stead Road with a shredded flat tire. As previous attempts to stop any oncoming traffic failed we are very grateful to you for your assistance. Thank you so much.
Jalon Friesen

IN MEMORIAM

Ted Harrison
May 15, 1998
In loving memory of my husband.
In a country cemetery where the gentle breezes blow, sleeps the one I loved so dearly: Whom I lost one year ago. My the winds of love blow softly, and whisper so you can hear, I will always love and miss you, and wish that you were here. They say time heals all pain and sorrow and helps us to forget, But time has only shown me, how much I miss you yet. I wait for the day that God will call my name, Then we'll be reunited never to part again.
Lovingly remembered and sadly missed by your loving wife Jean, children, grandchildren, and great-grandchildren
Wings of Power

BIRTHDAY



May 11th
Happy 90th Birthday
Amy Mulligan
The family of Amy would like to extend warmest birthday wishes to her. May God bless you with joy, peace, and good health.
Love from your family

HOUSE FOR SALE

Silver Falls, 4 Bedroom, 2400 sq. ft. house for sale on River lot. Asking 130's. Call Ron at 367-8225.

House for Sale - 4 Birch Pine Falls, 1500 sq. ft., not including finished basement. Attached garage & workshop, 4 bedroom, 1 in basement, 2 full baths, eating area in kitchen, formal dining room, built in dishwasher, deck w/patio, rec. room, central air and vac., wood heat and forced air, storage shed in back, all window coverings. Call 367-4813.

BIRTHDAY



May 19th
Happy 17th Birthday
Pool-Bear!
Love Mother & family

BUSINESS

30 Years Experience dry wall, taping, texture and painting. Call 1-204-885-7679.

REAL ESTATE FOR SALE

VICTORIA BEACH
Originally CNR Station, 5 BR, on 1 acre lot, Lot 11, Atchaf Rd. Phone Helen Trainor Realty 756-2257 or fax 756-2726.

Business Directory

BUSINESS DIRECTORY

Ad must run for 13 weeks.
1 Column inch ad \$3.50
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4 Column inches \$14.00
For more information on placing your business here, please call the Voice at 367-4466.

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Summer Employment Opportunity Economic Development Officer

Duties: The Economic Development Officer will work with, and report to, local community representatives. Duties will include undertaking of a pre-feasibility study for a recreational ferry service on the east-side of Lake Winnipeg, investigating the potential for a cooperative, community-driven approach to development by the communities of Bisset, Manigotagan and Seymourville, and an assessment of the impact May forest fires may have had on local business enterprises.
Qualifications: The Economic Development Officer will be a student enrolled in a post-secondary program related to business administration or community economic development. The student requires a driver's license and vehicle and is willing to work flexible hours.
The job is from May 17th to September 4th, 40 hours of work per week with a wage rate ranging from \$8 - \$10 depending upon qualifications.
Please send resume by May 13th to:
Bisset & Area Working Group
c/o Winnipeg River Brokenhead CFDC
Box 505, Lac du Bonnet, MB, R0E 1A0
Fax (204) 345-6334
Email info@wrbcfdc.mb.ca

Employment Opportunities

File Clerk/Receptionist (Part time 20-22 hrs per week \$8/hour)
Duties: The File Clerk/Receptionist will provide general administrative support to the organization. This position is responsible for reception, filing and clerical duties.

Qualifications: This position requires excellent communication, organizational and typing skills as well as a working knowledge of general office procedures and filing systems. Familiarity with computers would be an asset.

Client Services Officer (Full time 37.5 hours per week \$25,000 per year)
Duties: Under the direction of the Business Development Manager, the Client Services Officer will assist with the administration and delivery of the Self-Employment Assistance Program which includes responding to inquiries, client counselling, preliminary business plan prevention, monitoring client progress, liaison with government agencies, program promotion and innovation.

Qualifications: This position requires someone who likes to work individually with clients and keep on top of the 'paperwork' in a fast-paced work environment. The Client Services Officer will have excellent organizational, communication and research skills. He/she has an aptitude for entrepreneurship and can assist in preparation of a business plan. We are looking for someone with some post-secondary education related to business administration.

Please send resume by May 20th to:
Winnipeg River Brokenhead CFDC
Box 505, Lac du Bonnet, MB R0E 1A0
Fax (204) 345-6334
Email info@wrbcfdc.mb.ca

NOTICE MANITOBA HIGHWAYS AND TRANSPORTATION NAVIGABLE WATERS PROTECTION ACT R.S.C. 1985, CHAPTER N-22

Manitoba Highways and Transportation hereby gives notice that an application has been made to the Minister of Fisheries and Oceans under the Navigable Waters Protection Act for the approval of the plans and site of the work described herein. Under Section 9 of the said Act, Manitoba Highways and Transportation has deposited with the Minister of Fisheries and Oceans and in the office of the District Registrar of the Land Registry District of Winnipeg at Winnipeg under Railway Deposit Number 1056 a description of the site and plans of the repairs to an existing bridge on Provincial Road 315 over the Bird River in Township 17, Range 13 EPM in the Rural Municipality of Alexander in Manitoba.

Written objections based on the effect of the work on marine navigation should be directed not later than one month from the date of this notice to: Regional Director, Canadian Coast Guard, Department of Fisheries and Oceans, 201 Front Street North, Suite 703, Sarnia, Ontario, N7T 8B1.

Dated at Winnipeg, this 4th day of May, 1999.
Joseph Romeo P. Eng,
Senior Environment Engineer

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Jenny Terrio Baturin
 B.Sc (PT), MCPA



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A helpful hint from the Canadian Physiotherapy Association.



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