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oice

Vol. 8 #2

THURSDAY, JUNE 10, 1999 *Pine Falls, MB*

Natural Gas Market study begins

North Eastman Regional Gas Cooperative has contracted Campbell Ryder Engineering Limited of Edmonton, Alberta to undertake a feasibility study to determine viability of the proposed pipeline to provide natural gas for its members. Of particular importance is ascertaining if natural gas can be delivered at competitive and sustainable rates to the members of the Co-op. At this time the RM of Reynolds, LGID of Pinawa, RM of Whitemouth, RM of Lae Du Bonnet, RM of Brokenhead, RM of Alexander and Village of Powerview, The Gas Co-op is also being supported by Sun Gro Horticultural Inc., A.E.C.L. Whiteshell Laboratories, Pine Falls Paper Company Limited and Economic Development Authority of Whiteshell. While Eastman Regional Development is serving in administrative capacity for the gas Co-op, support services are also provided by Winnipeg River Brokenhead Community Futures Development Corporation.

Eastman recently visited the Eastman region conducting field work for the study. During the visit, they met with Directors of the Co-op and staff of the member Rural Municipalities. They also met with potential businesses and organizations for whom supply of natural gas could help realize economic benefits.

Ryder reported that there has been a very positive interest by all the potential stakeholders. Given his experience with similar projects, he reiterated, there will be economic spin-offs in terms of employment, sub-contracts and procurement of materials and supplies from Eastman companies. Upon completion, there would still remain the need for hiring inspectors, administrators and mechanical personnel to ensure supply of gas and maintenance of the infrastructure.

For the Eastman region, supply of natural gas at competitive prices is one more means of ensuring that the region become an attractive place for investment and business opportunities. Ryder informed, a small local com-

Jack Orr and Brian Ryder, representatives from Campbell Ryder,

cont'd on page 5...*The condemned Sagkeeng Elementary School - Its replacement is getting national attention*

Sagkeeng/Wing Construction controversy heats up

The failure of the partnership agreement between Sagkeeng and Wing Construction for the construction of an elementary school to replace the condemned building opposite the Band Office is getting national attention.

Questions are being asked in the House of Commons. Construction associations from Ontario west are getting involved in lobbying, and the Na-

tional Post is covering the story.

In parliament, opposition DIAND (Department of Indian Affairs and Northern Development) critic, Mike Scott, has been asking questions about a cover-up, and has promised to keep questioning DIAND Minister Jane Stewart until the issue is resolved.

The Canadian Construction Association,

along with provincial association from Ontario, Manitoba, Saskatchewan, and British Columbia, are not only lobbying the minister, but also all 600 First Nations across Canada.

The story began with a partnership agreement between Wing Construction and the Sagkeeng First Nation to build a replacement for the elementary school, (and possibly future projects).

cont'd on page 4...

Safety

Bicycle Safety

The Voice has had two submissions on Bicycle Safety, one from Cst. Hernandez who gave a course at the schools and another from Debbie Yell who took the course by Cst. Hernandez

Just a friendly reminder about bike safety for those of you who were not at the school bike safety lectures last week. Here is a synopsis of what was covered:

- 1- Check the serviceability of your bicycle. Ensure before you ride that your bike is in good working order.
- 2- Always wear a helmet in order to reduce potential injuries.
- 3- Obey all traffic signs. Cyclists must share the roads with other vehicles and are subject to the same laws of the road.
- 4- Use hand signals to help communicate your intentions to others.
- 5- Ride in single file on the right hand side of the road. Cyclists must ride in the same direction as other traffic.



- 6- Carry parcels or cargo in a bike basket, rack or in a knapsack. This will allow you to maintain control of the bike with both hands, except when signalling.
- 7- Do not have more than one person on a bike. Bicycles are only equipped for one rider unless they are specifically built for more. (ie-bicycle built for two)
- 8- Do not attempt stunt or trick riding. This should only be done by professionals in controlled environments.
- 9- Never "hitch" a ride by holding onto a vehicle. This is very dangerous and can lead to serious injury, even death.

These are just some safety rules to remember when riding your bicycles but most importantly use your common sense. Ride safe, have fun and enjoy the summer.

by Debbie Yell

With the school year coming to an end, children will soon want to explore the neighborhood on their bikes. Now is the time to review bike safety rules, as the majority of bicycle injuries occur in the neighborhood-less than five blocks from home! The good news is that wearing a helmet properly can prevent up to 85 per cent of serious head injuries.

North Eastman Public Health, Wings of Power, Pine Falls RCMP, Pine Falls School, Powerview School and Ecole St. Georges along with Safe Kids Canada (a national child safety organization) engaged in the campaign called "Rally for Road Safety". It was sponsored by Johnson & Johnson. Safe kids week was May 31-June 6 and the campaign included a skit by major helmet head and major bike smart and a presentation by the local RCMP. The students from grades k-5 made posters and 19 prizes were awarded.

* Ride a bike that fits properly. A child should be able to straddle a bike frame while standing with both feet flat on the ground.

- * Know and obey the rules of the road and traffic signs.
- * Realize that driveways are dangerous intersections. Stop before crossing, look left, ahead, right and left again.
- * Always wear a bicycle helmet. It should cover the top of the forehead and should not slide forward or backward. The helmet and straps should be snug.
- * Make sure children under nine ride with an adult. Younger children don't have the ability to make safe judgements about traffic.
- * For more information on childhood injury prevention call Safe Kids Canada at 1-888-SAFE TIPS.

Community Billboard - ph 367-4466

LIBRARY ALLARD: Library Hours: Tuesday: 10:00 am to 5:00 pm Wednesday: 10:00 am to 5:00 pm to 5:00 pm

THURSDAY: 10:00 am to 5:00 pm & 5:00 pm to 8:00 pm

FRIDAY: 10:00 am to 5:00 pm Saturday: 10:00 am to 5:00 pm

KNIGHTS OF COLUMBUS: Meetings every second Tuesday of the month 7:30 in the basement at the Powerview Church

SILVER HAVEN CLUB: Enbridge - every 4th and 5th Monday of the Month at 8:30 pm - What ever Thursday of the month at 8:30 pm

WINNIPEG RIVER W&L: meetings 2nd Tuesday of every month 7:00 pm Library Allard, St Georges

PINE FALLS HEALTH AUXILIARY: 16 meetings on the first Tuesday of every month at 8:30 pm

COTTAGE COUNTRY BUSINESS ASSOC.: Meetings Every first Monday of the month at 7:00 pm 1st floor through May Ph: 256-2396

ALCOHOLICS ANONYMOUS: Sun Rise Group Meetings every Monday, Wednesday and Friday 7:30 pm to 8:30 pm Last Friday of the month open to the public

ELC: 1st & 3rd Mondays 7:30 pm to 9:00 pm

PINE FALLS LEGION: Meetings held 2nd Thursday of the month 7:30 pm Legend Most coffee held at Legion on Friday from 5:30 to 5:50

PINE FALLS MASONIC LODGE # 154: meetings on 1st and 3rd Monday of the month in the Pine Falls 1st floor 8:00 am to 9:30 am

BADMINTON: Pine Falls School Gym, Sunday at 10:00 am Wednesdays 7:00 - 10:00 pm

POWVIEW WAREHOUSE PICKUP: every Wed. Wed. 10:00 am to 12:00 pm at the store of Powview

P.A.A. MEETING: every 4th Thursday of each month at 7:00 pm

VILLAGE OF POWVIEW MEETINGS: every second Tuesday of each month

WINNIPEG RIVER SENIOR SERVICE INC.: Executive office: Tina Pollock, Office: Pine Falls Health Complex, Telephone: 367-9128 Hours: 9:00 am - 3:00 pm Monday

FAMILY CARE GIVER SUPPORT GROUP: at the United Church & Pine Falls, last Thursday of the month at 7:00 pm

AA & ALANON: The Beaches Family groups, Thursday at 8:00 pm, Sun Rise Centre, Victoria Beach 7:45 hrs. 256-2018 or 256-2101

PINE FALLS LIBRARY: Library hrs will be from 10 pm to 11:30 pm Monday - Thursday

HAPPY TODS DAY CARE: The Happy Tod's Place, Inc. 1st Flr. 724 Pine Falls, 804-1100 - 367-2001 hold hours meetings on the last Monday of each month 7:00 am on the Parkway

SENIOR SCENE INC.: at 404th Rd. Victoria Beach & Glenora Meetings every 2nd Tuesday of the month, 1st & 3rd Tuesdays 10 am, Wood Carving Wed 1 pm, Movies Tue 7 pm, carpet bowling, Fri 7 pm, Bingo, Fri 7:15 pm Call 256-6458 for more information regarding activities

MENTAL ILLNESS SUPPORT GROUP: Meetings held every 2nd Wednesday of the month at the Wings of Power office on Lakeshore

LAKESHORE AL-ATENE GROUP: Meets Thursdays 6:00 pm - 7:00 pm 1st on the Beaches Health Centre 89 Lakeshore St. Starts Sept 10th Call Kathie 367-8237 or Kiki at 343-6329

SUNRISE SINGERS: Meet every Monday evening 7:30 pm in the Pine Falls United Church. New members welcome. Choir master - Henry Peters joins us every Wednesday

BEACHES HELP CENTRE: 256-6477, Wed 1-4 pm, Fri 10:00 am

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

Church Services

NOTRE DAME DU LAUS: POWVIEWIVE - Sat Evening 7:30 pm (English), Sun 8:30 am (French), 10:30 am (English), VET-41 - Sat 5:00 pm

PINE FALLS UNITED CHURCH: Sunday service Sunday school 10:00 am Rev. Cindy Terry: Office Hours: Tues - Fri 10:00 to Noon Tel. 367-2633

PINE FALLS ANGLICAN CHURCH OF THE ADVENT: Ph: 367-5347 Rev. the Rev. Brian Rountree: Sunday Service at 9:00 am

ST. THERESA'S: Masses at Notre-Dame-de-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 am Morning prayer 11 am - 1st, 2nd and 3rd Sundays

TRINITY EVANGELICAL LUTHERAN CHURCH: Thelby, 1st and 2nd and 1st St. John's Evangelical Lutheran Church, Greenwald on Hwy 12, 1 & 2 mi north of junction with 317, Sunday church school 10 am, worship 11 am, afternoon devotions, For info call 655-2625 or 754-8882

CHRISTIAN FAITH FELLOWSHIP: - Bible study 7:30 pm Thurs - Church Service at 10:00 am Sunday School at 10:00 am

HOUSE OF PRAYER FULL GOSPEL: - 2:30 every Sunday, 3rd & 4th Ave. on Hwy 50

ST. MARGUERITE R.C. MISSION: Pine Rd. Traverse Bay, 11:30 am Sunday Additional Masses on June thru Labour Day 7:30 pm Saturday

ST. ALEXANDER R.C. CHURCH: located at Siskiwit 1st Nations Sunday Mass 10:30 am

ST. THERESA R.C. MISSION: 66 Glenora Ave., Grand Marais, Mass on Community Service 7:30 pm Saturday 1st Sat. of Nov. to last Saturday of April Mass through October Mass 10 am Sunday

SAGEKEEN CHRISTIAN FELLOWSHIP CHURCH: Lloyd Diamond (Pastor) Siskiwit South Shore, Service Thursdays 7:30 pm and Sundays 2:00 pm

CHRIST CHURCH ANGLICAN: Sunday 2:30 pm in Hollow Water

RCMP News



The Police Beat

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

Comments, Questions and Queries

Well it's been two weeks since I've sat down to put key-boards to computer screen and I thought I would have too compress the question and answer portion of the column due to sheer numbers. I thought wrong. It must be the warm weather keeping people busy with other activities, at least that's what my ego likes to think. At any rate there's only two questions this week so let's get at it.

Q - I'm always seeing kids who I know are not 18 smoking cigarettes. Isn't illegal for kids under 18 to have cigarettes? - Concerned, Pine Falls

A - Good question but no it is not illegal for someone under 18 to possess tobacco products. However it is illegal for businesses to sell tobacco products to minors as prescribed in the Tobacco Sale To Young Persons Act. For business owners and their employees this should be noted as the fines get progressively more severe as the number of offences increases. First offence, up to \$1000, second offence, up to \$2000, third offence, up to \$10000, fourth and subsequent offences, up to \$50000. As you can see this could get a little hard on the profit margin, so if there is a doubt, ask for ID.

Q - Are fire crackers legal in Canada? - Mrs. Rita FONTAINE, Powerview

A - First of all, this is the second week that Mrs. FONTAINE has put her name

do not have to be lengthy but I'd like to know if you are satisfied with the Police service being provided. I will take a couple of weeks, maybe three to gather responses to this and publish them all at once. Knowing your opinion is important to the way we provide our services, so it is important to take a few moments, jot down some thoughts on this and get it in to me.

Off the Cuff

As I alluded to last week, this is most definitely not a one man show, it is a Detachment effort. This week Cst. HERNANDEZ took the time to help me out by putting to paper a message on bike safety based on workshops he recently held at the local schools (see page 2.)

On a final note, for any of you sports fans, the Detachment slow pitch team will be playing 0 and 4 record. We're definitely showing some consistency and are having a great effect on league morale by letting everyone kick the tar out of us. What could be better than heating the cops? Watch out though, we're just pacing ourselves and the worm could definitely turn. The most important thing though is having fun and we're having a blast.

That's it for this week, now I'd like to conduct a little informal survey. Your answers

Play Safe

Join the Torch Run

Come join the RCMP on June 11, 1999 in the annual Law Enforcement Torch Run for Special Olympic.

The event will begin at 10:00am and everyone is welcome to join in. The distance is approximately 3.5 km and will end up at the RCMP detachment for refreshments.

Run, Rollerblade, Bike... Pledge forms are available as well as official t-shirts (cost of \$15.00 or free if you raise over \$100.00 in pledges) For more information please contact Cst. Lisa Bothe at 367-8728.

<p>Publisher/Editor Charles Norman Production Manager Art Director Lori Pachkowsky Sports Editor: Grant Pachkowsky Contributors: George Bayly, George Lalor Lindsay Suberland</p>	<p>SUBSCRIPTIONS \$30.00 in Manitoba \$34.20 in Canada \$45.60 all other areas (prices include PST & GST) P.O. Box 4000 Pine Falls MB., R0E 1M0 e-mail: thevoice@granite.mb.ca PH. 367-4466 FAX 367-4078 <i>2nd class mail #02311/408-99 (Postage paid in Pine Falls)</i></p>	<p>the Voice The voice is an independent weekly newspaper published on Thursdays in Pine Falls, MB. Advertising deadline is Monday at 4:00 pm.</p>
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Sailing club to host practice regatta

The Winnipeg River Sailing Club in St. Georges will be hosting a practice regatta for the Manitoba Sailing Team and local members. It will be held on Saturday June 12th, and Sunday, June 13th at 10am. The Winnipeg River sailing club has many promising sailors, including Manitoba Female Sailor of the Year for 1998.

We urge the public to come out and watch our young and old sailors compete. If you feel you would like to participate in this exciting sport call Susan at 367-8088 or Pat at 367-8005.

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JEFF GOLDBLUM KELLY PRESTON

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\$100 Reward

Some one is upset with Country Mile Convenience store owner Glen Hlopina. Hlopina does not know who it is, but he would certainly like to find out.

Whoever it is, he was upset enough to paint graffiti all over the Country Mile's \$3,000 sign on Highway 59. As a result Hlopina is also very upset with the person or persons unknown.

He is offering \$100 reward to anyone who can lead him to the culprit.

Sagkeong/Wing Construction Controversy -from pg.1

Wing construction proceeded with the design of the school and the placing of foundations on the strength of a Sagkeong Band Council Resolution stating that the funding was in place for the project. Funding was not in place. Wing Construction operating partner Don Wing has accused then Chief Jerry Fontaine and the previous Council of Fraud. The accusation is being investigated by the RCMP. Jerry Fontaine has denied the allegations and says the foundations were not properly built. Wing says he has independent consultants who have verified that the work was sound.

Under the Indian Act Wing Construction cannot sue Sagkeong for the two million dollars he claims is owing to the company, thus the matter cannot be resolved in the courts.

Wing is facing bankruptcy as a result of the loss, and is trying to get DIAND to meet the obligation. The construction industry is concerned that, if the issue is not resolved, it will be impossible for construction companies to carry out work for First Nations if there is no guarantee that they will be paid. It would also prevent any future partnerships with First Nations. Hence the letter campaign to all 600 First Nations, regional and national aboriginal leaders, to solicit their support for resolution by DIAND Minister, Jane Stewart.

Los P'tits Loups Year End Party Natural Gas - from pg. 1



(l-r) Nicole Rusk, Renisha Kuminawash, Gisèle Avanthus (Teacher), David Boulet, Gabrielle Desveau (Missing - Vince Clark & Jasmine Clark)

Les P'tits Loups Inc. had their year end party on Thursday, May 27, 1999 in St. Georges. It started with a short ceremony where grad hats, certificates and gifts were handed out to the children. Next, everyone headed outside for an exciting treasure hunt. Afterwards, there were various activities for the children to choose from... face painting, a bubble center, a fish pond as well as two pools for them to splash in and cool off. There was also plenty of food and refreshments for everyone. The weather cooperated and everybody had a great time! We are all looking forward to next year. Hope you all have a great summer!

Les P'tits Loups fête la fin d'année

Le pré-maternel, Les P'tits Loups Inc. ont célébré la fin d'année scolaire le jeudi 27 mai, 1999. L'après-midi a commencé par une petite cérémonie où les diplômés ont reçu des chapeaux de graduation, des certificats et de petits cadeaux. Ensuite, tous le monde sont allés dehors pour une chasse au trésor. La chasse terminée, les enfants avaient le choix d'une variété d'activités... se faire peindre le visage, faire des bulles de savon, aller à la pêche ou même sauter et se rafraîchir dans les piscines. De plus, il y avait une bonne collation et des rafraîchissements en quantité. Même le beau temps nous souriait donc tous les enfants et leurs invités ont eu du plaisir. Déjà, nous avons hâte à l'année prochaines! Bonnes vacances à tous!


Rusty Nail Tavern



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Garden

Garden Talk...

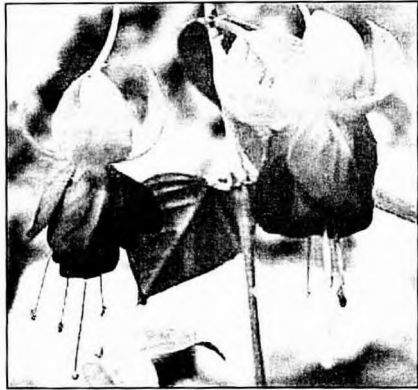
Growing Fuchsia's

Growing Fuchsia (Outdoors)

Fuchsia makes a good subject for a hanging pot in cool, shaded or partially shaded conditions. The most ornamental hanging pots contain three or four plants. Pinching will make the plants fill in. Use a moist, well drained, soil mix but do not allow it to dry out. Weak fertilizer can be given once every two weeks. Over fertilization produces excessively large plants which dry out rapidly due to a large leaf area. Fuchsia is actually a shrub requiring a winter rest period. In September begin to withhold water and allow the soil to become drier, but not completely dry. When leaves and flowers drop, provide cold but above freezing storage conditions. Do not let the soil dry out completely during the rest period. In mid April the plant may be pruned, placed in a well lit area, and watered regularly to restart it.

Fuchsia may be propagated by seed or cuttings. The seed germinates in 21 to 28 days at temperatures between 70 and 75 degrees. Firm down the growing media then sow the seed on top. Cover the seed with a thin layer of media and firm it down again. Take soft wood cuttings, with 4 pairs of leaves, from green growths in spring. Make the cut just below a node. Remove the bottom pair of leaves and insert

the cutting into the rooting medium as far as the base of the lowest pair of leaves. Roots form in 9 to 10 days with bot-



tom heat, 60 degree temperatures and high humidity. Shade the cuttings from strong sunlight and do not leave them in the rooting media too long.

Growing Fuchsia (Indoors)

Fuchsia is a good plant for a hanging pot. In the house they need bright light but outside provide some shade. Provide an evenly moist soil and use a house plant fertilizer according to label directions. Fuchsia prefers cool temperatures, preferably below 70 de-

grees. Ideal temperatures are 60 to 65 degrees during the day and 50 to 55 degrees at night. Plants grown outside during the summer must be brought inside before the first fall frost. Excessively large plants may be cut back to 6 inch stubs in late fall or early winter. Fuchsia may be rested during the

winter. Resting plants are pruned back and run quite dry until February, when normal watering is begun. Hot and dry weather causes flower bud drop.

Propagation is by seed or stem tip cuttings.

Fuchsia Insects (Indoors)

Mealybugs: look like white pulls of cotton. They suck plant juices and heavy infestations will coat the leaves with sticky honeydew. Use house plant insect sprays ac-

ording to label directions.

Mites are very small and are hard to see without a magnifying glass. Heavy infestations can cover the leaves with very fine webbing. The plants gradually lose their green color and appear dusty or speckled. Use a house plant insect spray according to label directions.

Aphids suck plant juices and are usually found at the stem tips. A heavy infestation will coat the leaves with sticky honeydew. A black, sooty mold can grow on the honeydew. The insects can be green, white, pink or black.

Whitefly is named for the adult, a small, white fly. The immature whitefly is a small, almost translucent scale-like insect. This insect is hard to control. Use a house plant spray specially formulated for whitefly.

Fuchsia Insects (Outdoors)

Aphids suck plant juices and coat the leaves with sticky honeydew. These insects can be controlled with applications of rotenone, acephate, Sevin, or Diazinon dust.

Mites can be a problem when the plants are grown indoors and out. The leaves of infested plants look dusty, lose their green color and may be covered with fine webbing. The mites will be controlled with applications of Diazinon dust.

Whiteflies are a serious problem on indoor plants. While the plants are outside, spray with acephate.

News

"Peer Counsellors" graduation



(l-r) Cynthia Fontaine, Celena Guimond, Joy Jock, Dena Henderson

Four Sagkeeng women graduated from a Peer Counsellor Breast Feeding course last week. Cynthia Fontaine, Celena Guimond, Joy Jock, and Dena Henderson received certificates from Sagkeeng Public Health Nurse Carol Fontaine at a ceremony held in the Fort Alexander Catholic Church on Tuesday June 1.

At first glance it seems a little strange to make a big thing out of the most natural way, and

until fairly recently, the only way of feeding a baby, but the benefits to the baby - and the mother are impressive.

Just one benefit, the fact that breast feeding cut the risk of diabetes in half, is enough to justify the program, especially among First Nations where diabetes is reaching epidemic proportions.

The fact is that many mothers do not know enough about the benefits of breast feeding, hence the need for the program, and for the Peer Counsellors, to get the message across.

Breast feeding transfers the mother's immunities to the baby and reduces the chance of developing allergies. It is natural. Mothers milk is tailor made for the baby. It is easier for the baby to digest, it is convenient, and safe. It also costs a lot less than formula. A breast fed baby is fifteen times less likely to be hospitalised during its first four months of life.

The list goes on. Breast feeding protects against meningitis, colitis and Crohn's disease, ear infections, diarrhoea, respiratory infections, childhood lymphoma, and Sudden Infant Death syndrome. For the mother it reduces the risk of ovarian and breast cancer, osteoporosis later in life, and is a 98% effective form of family planning.

At the ceremony, Elder Verna Prince, who gave the opening prayer in Ojibway and English, spoke of her observations on the bonding resulting from breast feeding, and of the closeness of the family unit where breast feeding is the norm.

The Sagkeeng peer Counselling Program is the result of research work carried out by University of Manitoba researcher Dr. Pat Marten. Earlier this year Dr. Marten received her PhD in Community Health as a result of her work with the Sagkeeng First Nation. In the seven years that she has been involved, breast feeding in Sagkeeng has increased from 20% to close to 60%.

One of the first programs planned by Peer Counsellors is setting up a breast feeding support group. Dena Henderson said it is one thing that a mother and baby can do together.

MANITOBA



MANITOBA MODEL FOREST INC.

Notice of Annual General Meeting

June 24, 1999 @ 5:00pm
@ The Manitou Lodge, Pine Falls, Manitoba

To register or for more information please contact:
Beverly Dubé
Phone: 367-5232
Fax: 367-8897
Email: bdue@mb.sympatico.ca

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Cable TV sold?

The local cable television company, Winnipeg River CATV, which is in receivership, is now being managed by Regional Cable out of their Western office in Edmonton.

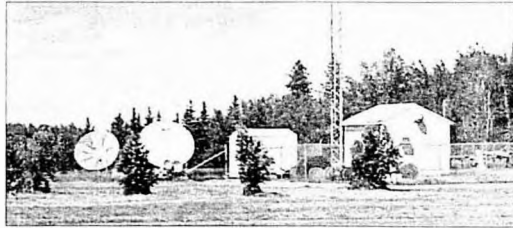
Regional Cable Western General Manager, Fred Hosker told The Voice that his company has signed an asset purchase agreement with the receiver, but that any purchase has to be approved by the CRTC - a process that can take up to two months or more.

Regional Cable operates more than a thousand rural cable systems in seven provinces, including one in Oak Bank and

one in Lac du Bonnet. These systems are being maintained by a technician working out of Winnipeg, as is the Pine Falls system.

Regional Cable has no local staff, and does not plan to have any. At present there is no one to manage the public access channel, thus there will be no ad channel and no Lions Club Bingo for the time being.

Hosker said the CRTC does not require that small cable systems have a public access channel but he is hoping to find someone local to take on the responsibility.



Winnipeg River CATV facilities on the Winnipeg River

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387-4477

LAC DU BONNET
345-8777



Heart Foundation award for Pine Falls School

Friday May 14, the Pine Falls School received an award for raising \$21,000 in fifteen years of participation in the "Jump Rope for Heart" program. The \$21,000 does not include the \$1,727 raised this year.

The Pine Falls School was one of only five honoured this year.

The program works like a walkathon, with kindergarten to grade six student collecting pledges prior to the event.

This year, sixty students participated in teams of six. Each team has to keep one person skipping for a total of three hours.

Mrs. Paukovic said the kids really enjoy the program and appreciate the support of the community.

NOTICE

The Regularly scheduled Wednesday evening Bingo has been temporarily postponed due to reasons beyond our control with the local cable company.

Regularly scheduled Bingo's will commence this Fall. Please watch for further details on the ad channel and this publication.

Winnipeg River Lions Club
Pineview Minor Hockey

RIPPLING RIVER NEWS...

submitted by Jann Amundson & Vanessa James

Hello again! Well the Rippling River Summer Program is well underway and the response from the community has been great. We would like to take a minute to clarify a few activities offered through our program.

The Pre-Fall Fitness weeks are scheduled for the last two weeks of August and are made up of activities ranging from a community scavenger hunt to Martial Arts. The idea behind these nights is to give people of all ages the chance to participate in different recreational experiences.

We would also like to remind everyone that registration is still available for the Soccer, Baseball, Gymnastics and Wrestling weeks. For those of you who missed our program, each sport will be featured for one week during the months of July and August. The featured sport will run from Monday to Friday (6-7:30pm). All children will be divided into groups according to age. The participants will be provided with a brief overview of the skills and rules involved with each sport and the chance to play with peers from the surrounding communities. The cost of these programs, including the Pre-Fall Fitness, is \$5 person or \$15/family.

If anyone is interested in registering for the Waterslide Day that will take place on July 9 please call and let us know soon. This event offers the community the chance to en-

joy a day at the Skinner's Wet-n-Wild waterpark with other friends and families from your area. The price will be \$10 person or \$30 family and will go towards covering the cost of the entry fee and the transportation provided.

Remember registration or information on the these events or any activities listed below is available through your community Recreational Leaders, Jann and Vanessa, by phone (367-9641) or dropping by the Wings of Power office.

LIST OF ACTIVITIES AVAILABLE IN YOUR COMMUNITY THIS SUMMER:

- Swimming lessons (PRA members: \$20 child non-PRA members: \$40 child)
- Sailing (member: \$50 non-member:\$75)
- Lacrosse (\$20)
- Golf
- Soccer (\$5 child \$15 family)
- Baseball (\$5 child \$15 family)
- Gymnastics (\$5 child \$15 family)
- Wrestling (\$5 child \$15 family)
- Water-skiing (no cost)
- Pre-fall Fitness (\$5 person \$15 family)

There are also many camps offered in our area including French, Vacation Bible and A.C.A (athletics, computers and activities) camp.

RECREATION ASSISTANTS NEEDED

The Rippling River Summer Program is looking for energetic individuals to fill the position of recreation assistants. Responsibilities include the management and assistance of recreational activities throughout the summer. This position requires a mature and independent individual attending secondary school with the desire and ability to work well with children. All interested people should have a fun and outgoing personality. These characteristics will have positive effects on the children they are working with and will create an interesting and fun atmosphere for everyone. The chosen candidate will work closely with the recreational leaders, forming a team to follow and meet all program objectives.

Please submit resumes and covering letters to Summer Program Coordinating Committee

c/o Wings of Power, Box 66, Pine Falls, MB, R0E 1M0 or drop them off at the Wings of Power building at Pine St. (the old Catholic church) Deadline for receiving applications is June 24, 1999.

Notre Dame du Laus Parish news

Important Notice - Mass Schedule Change

In Powerview, as of this Sunday (June 13th) till the September long weekend, there will be only one Sunday morning Mass at 9:30 am (in English). The 7:30 p.m. Saturday Mass remains the same for a few more weeks. Please advise others.

In Stead, as of this Sunday (June 13th), till the September long weekend, the weekend Mass will be celebrated on Sundays at 11:30 a.m. instead of 5:00 p.m. on Saturdays.

Congratulations to all the young people who received Holy Communion, the Bread of Life, for the first time last Sunday (June 6th). The First Communicants were: Brandee Burwash, Hilary Chevreffils, Edward Damen, Jafin Desloves, David Desmarais, Denis Duff, Lyndon Duff, Jessica Fontaine, Mathieu Gravel, Tylor Houston, Dylan Johnson, Jaco Meilleur, Chelsea Nault, Sheldon Palmquist, Tasha Simard, Kyle Sokoloski, Elizabeth Vincent and Jessica Thomson (Stead).

With the help of their parents, their catechism teachers and the parish sacramental preparation team, they have been preparing for this very special day. The special preparation which began a few weeks before Easter, consisted in attending a series of special meetings at the church, a reconciliation celebration (Sunday, April 18th), and completing two workbooks (with the help of their parents): "Living Reconciliation" and "Living Eucharist".

May Jesus continue to deepen in their hearts the desire to receive him and follow him.

A Special Thank You to all who helped in the sacramental preparation of our children.

Feature

Go North young men! - Part II

by Lindsay Sutherland

Don and I decided to stay an extra night in Edmonton. We felt that we needed to beef up on some more real food before taking off for Yellowknife and its hidden treasures. So here I sit and write with a drink beside me while Don and Todd tell stories of their party exploits at University.

Today was very uneventful as we just did our laundry and Todd showed us around the city. Neither Don nor I have a single cent to be spending on shopping so our trip to the mall was just to kill time.

No money, no job, in an old beat up car on the way to Yellowknife. It sounds ridiculous. My parents couldn't protest enough when I told them of my half-baked scheme. I just laughed. That irritated them more than anything else. I think I would have liked to see their faces if they had seen Don's 1987 Ford LTD.

Leaving Regina yesterday already seems longer ago than it has been. In Saskatchewan, your field of vision has two equally sized portions to it - one half was the tremendously large and deep bright blue sky and the other was the secure blanket of farm land. The post winter brown still dominated the land which awaited the spring greens and golds. It was around 20 minutes outside of the city limits when our conversation came to a halt. Those sun baked plains seem to have that effect.

"Ok," I said, "let's put on some tunes." I reached for the car radio and turned the knob. There was no sound.

"How does this thing work, Don," I asked fiddling with everything.

"It doesn't," he laughed.
"We are headed up to Yellowknife over God knows how many kilometres and we don't have a radio that works?"

"Well, no, not exactly. I have my portable stereo in the back seat but it has no batteries."

"AT least we have something," I answered back, "so I don't have to listen to you all the way." I said jokingly.

We arrived in Saskatoon two hours later after, possibly, the most boring stretch of land that this country has to offer. We laughed out loud when we passed the ski hill. Blackstrap was no higher than a ten story apartment block.

Don suggested that we stop at the Husky station to pick up some batteries for the radio.

"Sure," I added, "who's gonna buy them?" Me or you?
"Don't worry about them," he said, "I'll take care of them."

I got out to stretch out my legs and to dig out the portable stereo from underneath our bags. Don seemed to be taking a long time in there. I found the stereo finally and laid it on top of our stuff in the back where it would be easy to reach. While closing the car door, I saw the cord was hanging out. In one swift motion I tried to flick it back in, in that fraction of a second before the door slammed shut. I didn't make it. My thumb got trapped in the door which sent a lightning bolt of pain through me. I cursed loudly. I turned quickly hoping nobody had seen. Unfortunately, Don was leaving the Husky just in time. He stumbled and fell into a crouched position unable to walk with merciless laughter.

We got in the car. Don had stopped laughing and he wiped his eyes.

"Did you get the batteries at least," I asked.

He tried to answer but all that came out was more laughter.

"What do I owe you?"

"Don't worry about it," he finally responded.

"What do you mean, don't worry about it? Tell me what I owe for half."

"You don't owe anything," he said nonchalantly waving his hand.

"Well how much did you pay? I'll pay half."

"I didn't pay anything," he said as if I was stupid.

"What... how did you...? You stole them?"

"Well, duh! They have no right charging prices like that for something that is so cheap to make."

"I can't believe this!" My laughter came out almost as a crackle. "Let me get something straight here, Robin Hood," I paused.

"you are a student at the University of Saskatchewan, right?"

"Yeah."

"First year law?"

"Yeah."

"You want to be a lawyer?"

"Yup."

"Criminal or civil law?"

"Not sure yet."

I drew a long pause and asked finally, "and you steal because you don't find the cost justified? Is that accurate to say?"

"Something like that," Don said smirking.

"And you don't see anything wrong with that?" He didn't answer. He just grinned. "You'll do well in the legal profession, buddy." We both laughed and he changed the subject. Consequently we left Saskatoon without much delay.

Just outside of North Battleford, the land of Five Litre Mustangs with tinted windows and horrid Country Music Stations, I looked through my wallet. There was not a lot of cash there. I'm not sure how much Don has, but we had better get to Yellowknife soon and find work or I'll be mighty thin before long. It is going to be a tight race between the dispensable savings and that first cheque. Edmonton isn't too far from Yellowknife according to the map. We'll be there soon.

In the morning we'll head on further north with working on our minds. We'll say so long to Todd and Edmonton.

PUBLIC NOTICE

The Council of the Village of Powerview under the authority of the Municipal Act will hold a public meeting in the Powerview Arena, No. 32 - Vincent Street in the Village of Powerview, Manitoba on Tuesday, June 29, 1999 at 7:00p.m. The purpose of the meeting is for Council to make a presentation and allow any interested person to ask questions about the proposed merger of Powerview and Pine Falls.

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

Community

Great Falls opens Operating Centre



Lac du Bonnet MLA, Darren Praznik, Employee Representative, Don Palmer and Hydro President Bob Brennan cutting the ribbon at the official opening of the new Operating Centre of the Winnipeg River Operating System in Great Falls last Friday.

Manitoba Hydro celebrated the official opening of a new 3.6 million dollar operating centre at the Great Falls Generating Station last Friday afternoon, June 4.

Cutting the ribbon were: Manitoba Hydro President and C.E.O., Bob Brennan, Lac du Bonnet M.L.A. Darren Praznik, and Employee Representative, Don Pommer.

The operating centre houses about fifty of the 77 Hydro employees who operate the four Manitoba Hydro generating stations on the Winnipeg River. The four generating stations, Great Falls, Pine Falls, McArthur Falls and Seven Sisters are managed from Great Falls. The other two Winnipeg River generating stations, Point du Bois and slave Falls are owned by Winnipeg Hydro.

The new operating centre now includes administration, stores and maintenance operations which had been scattered around the Great Falls site in six different locations.

Construction at Great Falls began in 1919, was held up for a while for financial

reasons, and finally got under way in 1921. By December 28, 1923, Three days behind schedule, the generating station was producing power.

The amount of power generated by a hydro-electric project depends on the flow of water through the dam, and the difference in water levels upstream and downstream of the dam. To maximise this difference in water level, five different water falls were incorporated. Three of them were within 1200 metres of each other, and called Grand du Bonnet Falls with a total fall of 11 metres. The dam was built high enough to flood Little du Bonnet Falls upstream, adding another three metres. The downstream level was lowered another four metres by removing Whitemud Falls three kilometres downstream. The massive rock excavation to remove Whitemud Falls was completed in October 1923.

The Great Falls Generating Station now produces up to a billion kilowatt hours of electricity per year - up from 44 million in its first year of operation in 1923.

AGASSIZ SCHOOL DIVISION NO. 13 TENDERS

Tenders will be received by the undersigned until 12:-- noon, Friday, June 25th, 1999, for the following goods and services. This will be for a three year period commencing July 1st, 1999.

GASOLINE AND OIL AND/OR DIESEL FUEL

Gasoline and Oil and/or Diesel Fuel for School Buses at Beausejour, Hadashville, Lac du Bonnet, Powerview, Tyndall and Whitemud. Bus tanks to be filled at the Supplier's pumps. Prices to be quoted is posted pump price less discount for gasoline and/or diesel fuel. Price per litre for canned and price per litre in drums of #30 and 10W30 Multi Grade Motor Oil.

Prices quoted should include Federal Sales Tax and specify any Provincial Taxes to be added.

HEATING OIL

Heating Oil for the 1999-2000 school year delivered to Garson School and Lac du Bonnet Centennial School. Prices quoted should include Provincial Taxes. Tenders will be accepted on individual building or both buildings.

For Form of Tenders, apply to the Agassiz School Division Office, 75 Fifth Street South, Beausejour, Manitoba, R0E 0C0.

Lowest or any tender not necessarily accepted.

Please mark the envelope as to type of tender enclosed.

Glen E. Hirst
Transportation and Maintenance Supervisor
AGASSIZ SCHOOL DIVISION NO. 13
P.O. Box 1206
Beausejour, Manitoba R0E 0C0

Health

Kicking the tobacco habit together



Now that the weather's warmer, you've probably dusted off the golf clubs or taken a walk around the block to enjoy a summer evening. Have you noticed anything different with friends and family this year? Is your husband's breathing a little heavier? Is your buddy not making it around 18 holes as quickly as he used to? Summer always reminds us it's time to get in shape and yet one third of all Canadians are still regular smokers. Why not make this the summer to help a friend or family member kick the tobacco habit once and for all.

If you've seen someone try to quit, you know it's not easy. Going "cold turkey" is the most common method but it is also the least effective. According to Dr. Robert Reid, at the University of Ottawa Heart Institute, other options for quitting smoking, such as nicotine patches, are far more effective. But that's not all. In a recent study, he found that nicotine replacement therapies are most effective when linked with counselling. "We want to give smokers their best chance to quit," says Dr. Reid. "And that's why the Heart Institute has joined forces with the Nicotrol patch to develop the Stop Smoking Now! program. It's an individualized program that includes free support materials and a Canada wide telephone counselling service with a nurse specially trained in addiction counselling.

The next time someone is quitting smoking, remember the support you can offer as a friend or family member is just as important as the quitting method they choose. The First Step - They're Thinking of Quitting. If someone you know is thinking of quitting, remember these heart smart tips from Nicotrol:

•No need for nags

Remember positive change happens when we have a positive attitude. Your friend has to want to quit for himself and not for you.

•Be understanding
Keep in mind that people smoke for many reasons, like coping with stress or dealing with difficult situations. If mom is thinking of quitting let her know that you understand it will be difficult and you will support her in trying to adopt a healthier lifestyle.

•Seek out the "C's" Convenience and Counselling

Help your friend or family member find all the options available for help. Some stop smoking systems are easily available off the shelf in your drugstore and professional counselling is only a phone call away. You can get advice about starting on a stop smoking program by calling toll free 1-888-730-4636.

•And Now... They're ready to quit!
Once your friend or family member has decided to quit smoking, here is how you can help.

•Celebrate the day

Plan a fun activity for the designated quitting day. If your sister is trying to quit, treat her to a day spent in her favourite way. Maybe a game of tennis or a massage!

•Be a support system

Find ways to support your friend in a positive way. Maybe offer to be her exercise buddy. Why not get her a free day pass for your gym. She might end up joining. Or organize a designated dinner date when you can relax and chat about the week's stresses.

•Be forgiving

This is a difficult time for your loved one. Try to be forgiving of irritable or edgy moods and steer clear of situations that should be avoided.

Create a smoke free zone

When your friend first quits offer to help clean the house and the car. Nicotrol and the stop smoking now program suggest that you rid both places of all smoking reminders as a symbol of disposing of an old way of life.

**NOTICE OF PUBLIC MEETINGS
Lake Winnipeg Shoreline Erosion Advisory Group**

The Lake Winnipeg Shoreline Erosion Advisory Group has been appointed by the Government of Manitoba to undertake an independent review and make recommendations regarding erosion along Lake Winnipeg. The Group's Terms of Reference are as follows:

- gathering and disseminating information on erosion processes and practical shoreline protection options;
- initiating a third party assessment of the accuracy and integrity of Manitoba Hydro's reporting of Lake Winnipeg water level data and methodology;
- receiving and responding to concerns and questions from the public regarding erosion; and
- advising the Province and stakeholders on matters regarding erosion.

Public meetings will be held to hear and ultimately respond to concerns and questions from the public regarding erosion as follows:

COMMUNITY	DATE	LOCATION
Gimli	Tues., June 8	Gimli Recreational Center
Riverton	Wed., June 9	Riverton Recreational Complex
Selkirk	Thurs., June 10	Smitty's Family Restaurant
Victoria Beach	Mon., June 14	Victoria Beach Seniors Scene
Scamlerbury	Tues., June 15	Brokenhead Community Hall
Grand Marais	Wed., June 16	Grand Marais Recreational Assoc.
Winnipeg	Thurs., June 17	Holiday Inn South

The Advisory Group is looking to receive information on issues, experience and concerns with shoreline erosion, including: experience with individual and group shoreline protection measures, accounts of shoreline erosion events, estimates of property damage, environmental and other impacts of shoreline erosion.

- All meetings will commence at 3:00 p.m. and conclude at 9:00 p.m.
- Persons wishing to appear before the Advisory Group should register in advance by contacting the office so that a mutually agreed upon time and location can be established.
- Oral presentations will be limited to 15 minutes.
- Advance copies of all presentations submitted to the Advisory Group office would be preferred.
- No presentation will be offered by the Advisory Group during the course of the public meetings, however informational material will be available for viewing.

Lake Winnipeg Shoreline Erosion Advisory Group
200-905 Waverley Street
Winnipeg, Manitoba
R3T 5P4
204-982-3567
Fax: 204-982-3565



A healthy start is a strong foundation for lifelong health.

Programs and services for children and youth

An investment in the health of our children for today and tomorrow.

- In the 1999 Budget, the Government of Canada demonstrated its commitment to improve the health of pregnant women and their babies.
- The Canada Prenatal Nutrition Program already funds 280 community-based projects across Canada, and in 400 First Nations and Inuit communities. The Program offers 20,000 pregnant women the support they need to give their babies a healthy start in life.
- Now with additional funding of \$75 million over three years, more than 35,000 Canadian women whose health or whose baby's health is at risk will benefit from this investment in communities all across Canada.
- The new funding will make it possible to increase efforts to prevent Fetal Alcohol Syndrome, the leading cause of preventable birth defects in children.
- There are a lot of other ways to give our children a good start in life. For details about his and all of the other services for children, call for your free copy of the Guide to Federal Programs and Services for Children and Youth.

For a copy of the Guide or other materials you may find useful about the health of your children, please call

1800 O-Canada
(1 800 622-6232),
or TTY:

1 800 465-7735
or visit our Web site at:

www.canada.gc.ca



News

Manitoba Youth Job Centre

by Scott Brady

Well, June is here and I am still looking for University students to register for some full-time positions. If anyone out there has just finished their exams from Red River Community College, give me a call and I will help you find a summer job! For those individuals not familiar with the centres activities, here is a short questionnaire to help you understand the services that the centre provides.

1. Who is eligible for the Manitoba Youth Job Centre's services?

- a) students (any age)
- b) youth (between the ages of 16 and 24)
- c) employers looking for workers
- d) all of the above

The answer to this question is D. Students and youth must be registered with the MYJC in order to use its services. For those individuals not familiar with the term 'youth', a 'youth' is an individual who is not intending to return to an educational institution in the fall. Employers may also call the office to place any job orders they have, including full/part-time or casual employment.

2. What can Scott tell us about job search techniques?

- a) How to prepare a resume and cover letter

- b) where and how to look for summer jobs
- c) how to prepare for an interview
- d) A.B.C. and much more...

The answer to this question is also D. It is very important to use proper job search techniques when looking for employment. Students are encouraged to take the initiative when looking for both part-time and full-time employment. First of all, don't be afraid to use the contacts that you have developed throughout your academic or athletic career to help you find employment opportunities. Second of all... don't give up!! Most people have to send out several resumes before they even get an interview, so don't be disappointed if the first few jobs that you apply for don't lead to full-time positions.

3. What is the Odd Job Squad?

- a) your key to work experience
- b) your key to future refer-

ences
 c) your key to extra money by working only a few small jobs throughout the summer
 d) all of the above
 The answer to this final question is D. The Odd Job Squad is a group of students between the ages of 12 and 16, willing to do casual or short-term work. This is a great opportunity for students who have spare time and don't want to commit to a full or part-time position. Students are encouraged to come down and apply for the Odd Job Squad, or pick up a registration form from the office at their respective schools.

The above questionnaire has been used to educate individuals about the Manitoba Youth Job Centre and some of the services that we provide. If you have any questions or just need help finding casual or part-time positions, please come down to my office at New Directions or give me (Scott) a call at 345-6916. (e-mail: ldb_myjc@hotmail.com)

Pinnacle Entertainment

would like to thank the following for all of their help with our "Spring into Summer Bash on May Long Weekend. We couldn't have done it without your help

Rita & Albert Lamoureux
 Patti Lamoureux
 Laurie Wilson
 Gary Wilson
 Gary Wilson Jr.
 Rod Augstin
 Powerview Fabrics
 Broadlands Mall
 Art & Diane Franks
 Matt Prychyn
 Reid Breton
 Leann Boyes
 Dick Hurts
 Nanci Breton
 Yves Normandin Trucking
 Powerview MMF
 Cnag & Malee Berthelette
 Chris Bruneau
 Sal Omie
 Ron & Michelle Bruneau
 Powers Greenhouse
 True Value Hardware Ltd
 Broke n' Bustled Band
 Ilene Dover
 Powerview School
 Albert Gross
 Molson
 Coca Cola
 Blaine Kent
 Canuck Amusements
 Mike Lussier
 Phil & Jean Lussier
 Charlie Sammons
 RM of Alexander

Thank you for your support

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Jobs, Upskilling & Skill Training

ANNUAL GENERAL MEETING

THURSDAY, JUNE 17, 1999

Sports Club

#4 Pine Road, Victoria Beach, Manitoba

6:30 p.m.

For further information call 345-2686

MERCURY OUTBOARDS
WaterTown
 INC.
 Box 5071, Lakeshore, Manitoba, R2E 1A9
 Phone 204-343-6683 Fax 204-343-6935
 Web: water-town.mb.ca

DORAL Campion
 Mercury Four Stroke
 The Quiet Revolution
 Incredible Fuel Economy

Alumarine Alumacraft
 Fishing Boats

WEERES
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 Shorelandr
 Boat Trailers

MERCURY
 The Water Calls

Cooking

Community Kitchen



Making veal at home



If you are looking for a new and interesting flavour to add to your BBQ this summer then look no further than these marinated veal kabob recipes. Whether you prefer the taste of tropical Caribbean or tangy Thai, these marinades, will compliment veal's mild flavour.

These marinated veal kabobs use the versatile veal cubes. You can find these at your local grocery store labeled as cubes or stewing cubes. If you cannot find these you can easily make your own by cutting 1 inch thick pieces from loin or round steaks. You can use either grain fed or mild fed veal for this recipe. If you want the meat to absorb more of the marinade flavour then simply keep the veal in the marinade for a longer period of time. The natural acids in the marinades also help to tenderize the veal by breaking down the meat fibers.

For extra eye appeal use colourful vegetables like green, red, and yellow peppers, mushrooms, red onion, and zucchini. Pineapple and mango are wonderful compliments to the tropical Caribbean marinade. Try these

marinated veal kabobs at your next BBQ and you will be sure to impress your guests.

Veal should be grilled over medium coals to prevent charring on the outside before the center is cooked. Also avoid frequent turning of the meat and use tongs, rather than a fork, to avoid piercing the meat and releasing the juices. A helpful hint for these kabobs is to soak the wooden skewers in water for 10 minutes to prevent burning.

Marinated Veal Kabobs

Preparation Time - 25 mins.
 Cooking Time: 10 mins.
 1 lb Veal Cubes - 500g, Assorted vegetable of fruit chunks (eg. peppers, zucchini, pineapple)

Caribbean Marinade

1/2 cup pineapple juice concentrate (125ml)
 2 tsp. each of soy sauce and brown sugar (30ml)
 1 tsp cumin (5ml) pinch of cayenne

Thai Marinade:

3 tsp. peanut butter (45ml)
 2 tsp. each of soy sauce, lemon juice, lime juice (30ml)

it can dry out if you happen to over cook it.

This recipe is so versatile and is a simple solution to your dinner dilemma. With very little effort you can create a meal the whole family will love. Serve this delicious veal parmigiana with your favourite pasta and salad or serve on a crusty bun with grilled onions, mushrooms and green peppers. For those watching their fat and calorie intake simply omit the mozzarella cheese topping.

Here is a helpful hint to ensure that your veal slices will be tender, use a meat hammer to tenderize both sides of each slice before you coat the slices in the breading mixtures. By using the meat hammer you will break down the meat fibers to provide a more tender and delicious piece of veal.

Veal Parmigiana

Preparation time 12 minutes
 Cooking time 15 minutes
 1/2 cup breadcrumbs 125ml
 1/2 cup grated parmesan cheese
 2tbsp flour, seasoned 30 ml with salt and pepper
 1 egg, beaten
 2 tsp vegetable oil 30 ml
 1 lb veal slices 500g
 1 cup tomato or spaghetti sauce
 pinch each dried thyme and cayenne

1/2 cup grated mozzarella cheese

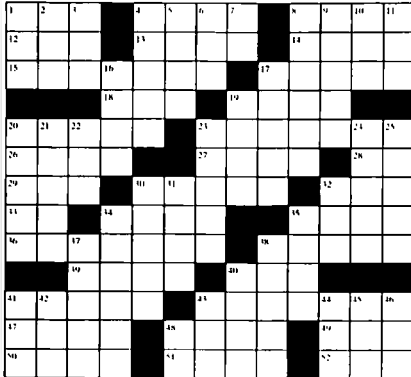
Combine breadcrumbs and parmesan cheese in a shallow dish. Coat veal slices in seasoned flour, then in beaten egg, then in breadcrumbs and parmesan cheese mixtures. Heat a small amount of the oil in a non-stick pan at a medium high heat. Fry veal slices 3 to 4 minutes on each side, until browned and veal is cooked through. Remove to serving dish and keep warm. Repeat with remaining slices. Add tomato sauce to skillet with thyme and cayenne and heat to boiling. Simmer 5 minutes and serve over veal slices, sprinkling with mozzarella cheese if desired.

Makes 4 servings

Calories: 400, Protein 24g, Fat 17g, Carbohydrates 25g

Relax

**THE VOICE WEEKLY CROSSWORD
Cradle of Confederation**



- 10. Cry
- 11. Environmental Protection
- 16. Tobias, for short
- 17. Skin infections
- 19. Colored
- 20. Word in PEI motto
- 21. H
- 22. Royal Military College
- 23. Cold shoulders
- 24. Smart
- 25. Slipper, PEI flower
- 30. Ballroom dance
- 31. Cons' opposite
- 32. Operate
- 34. PEI's Confederation
- 35. Desire
- 37. Sea eagles
- 38. Herbivorous quadruped
- 40. Normandy battlefield
- 41. Health
- 42. Palm leaf paper
- 43. Bunco
- 44. Doctrine
- 45. Shoe size
- 46. Tell on
- 48. Tantalum symbol

ACROSS

- 1. Sjb
- 4. Irish PEI special
- 8. Church part
- 12. PEI flag feature
- 13. Selfs
- 14. Shorten
- 15. Malpeques
- 17. Diver's gear
- 18. Lyric
- 19. Car part
- 20. Apparels
- 23. Hallucinatory
- 26. Hoary
- 27. Necessity
- 28. The, in St. Pierre
- 29. And the rest, abbr.
- 30. Principal PEI, crop
- 32. PEI soil color
- 33. Alternating current, for short
- 34. Pointed remark
- 35. Author Montgomery's first name

DOWN

- 36. Cooler
- 38. Good looking guys
- 39. Teases
- 40. Variety of lettuce
- 41. Civic, e.g.
- 43. First European on PEI
- 47. Cassini, for one
- 48. Foot parts
- 49. Main
- 50. Foundation
- 51. Montgomery heroine
- 52. Converged

LAST WEEKS ANSWER



Did you Know?


- * A crocodile always grows new teeth to replace the old teeth!
- * The sun is 330,330 times larger than the earth!
- * Clinophobia is the fear of beds!
- * A 'jiffy' is an actual unit of time for 1/100th of a second!
- * Porcupines float in water!
- * Pinocchio is Italian for "pine head"!
- * The sentence "The quick brown fox jumps over the lazy dog." uses every letter of the alphabet!
- * The average life span of a major league baseball is 5-7 pitches!
- * The only 15 letter word that can be spelled without repeating a letter is "uncopyrightable"!
- * The longest recorded flight of a chicken is 13 seconds!
- * The sloth (a mammal) moves so slowly that green algae can grow undisturbed on it's fur!
- * Cat's urine glows under a black-light!

Relax


WEEKLY HOROSCOPE

for the week of
June 10 - June 16


ARIES March 21 - April

 You have a tough job to do, but you are up to the task. You may be feeling down as a result, but spending time with an older friend or relative will perk up your spirits. Pay attention to the details for the best results. Other people may demand attention - know how much you can give.


TAURUS April 20 - May 20

 You may need to compromise now in order to achieve a more important goal later. You're on the right road for success, just stick with it and remember to play by the rules. Take time to stop and smell the roses. Then make some time for romance or friendship.


GEMINI May 21 - June 20

 You'll get farther and accomplish more with teamwork. Start setting goals and set them high - you'll be able to accomplish them. Others want something from you, but you are forced to figure out what it is. A friend rallies to your side when it's needed most.


CANCER June 21 - July 22

 You may feel that life is moving too fast. Don't take on problems that aren't rightfully yours. Let the guilty party clean up his/her own mess for once. Long range plans look unsettled, but the situation will improve. Take time to visit a friend or relative.

LEO July 23 - Aug. 22

 Let people know where you stand concerning a delicate situation or problem, but don't be overbearing or pushy. Telling the whole truth will put you in a better position to come out ahead in the end. You could be traveling soon for pleasure and profit.


VIRGO August 23 - September 22

 Now is the time to step back and do some planning. Doing the groundwork now makes things easier later. You will be tempted, so self-discipline is important. Focus your time and talents on what's really important. Hold back and let others make the first move.


LIBRA Sept. 23 - Oct. 22

 You're in a mood to take action and achieve results. Refuse to get sidetracked by people who don't share your enthusiasm. Those on the sidelines look to you for inspiration and will join in once you get things rolling. Remember a friend or coworker in need.


SCORPIO Oct. 23 - Nov. 21

 Pieces of a puzzle are beginning to fall into place. A long term project is nearing an end, and you're in line for honors. Keep a close watch on plans and budgets; success is in the small print. A friend or loved one is proud of you but may have trouble showing it.


SAGITTARIUS Nov. 22 - Dec. 21

 Work may be getting you down, but it's got to be done. If you stay cheerful and focused, people in power will notice. Don't cut corners or take the easy way out. You may need to compromise with friends and family members on a nagging question.


CAPRICORN Dec. 22 - Jan. 19

 An idea that seems radical or unrealistic may be just what you need to jumpstart your imagination. You need to say what's on your mind. Others will listen, and you'll get support from an unexpected source. Someone wants to help you reach for the stars.

AQUARIUS Jan. 20 - Feb. 18

 New situations may be daunting, but you learn quickly and will come out ahead. Study the fine print. Don't let in without knowing all the facts. People may not be telling you everything. Friends and family want to help, you just have to let them.

PISCES Feb. 19 - March 20

 You can't buy happiness or respect. People are working behind the scenes on your behalf. Hold true to your beliefs, even if it means taking an unpopular stand. Loosen the purse strings and treat yourself to a small luxury or gift - but don't forget a special occasion that's coming up.

CRYPTIC PUZZLE

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

Z B . B X Z B C B Q .

Q D P X P F T C B

Q X G .

- G B Z H

LAST WEEK'S SOLUTION

DON'T BE SO
HUMBLE - YOU ARE
NOT THAT GREAT.

-GOLD MEIR



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Getting Back Into Shape?
 Remember, after extensive immobility or just simply limited activity, you aren't what you used to be.
 A physiotherapist can give you guidelines for a graduated exercise program to have you climbing those mountains again.
 Jenny Terrio Baturin
 B.Sc (PT), MCPA

 A helpful hint from the Canadian Physiotherapy Association.

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Pineview National Ringette girls would like to say a great big thank you to all our sponsors for the great support they have given us this past year.



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We apologize if we have forgotten someone as it was our intent to thank each and everyone of you. Thank you to all the community for supporting our meat sale, 50/50 draws, silent auction, etc. Your enthusiastic support was greatly appreciated, especially the thumbs up we received from all of you and all your "Good Luck Wishes".

We have the greatest community in Manitoba

Alanna Forsyth, D'Arcy Lower, Crystal Tardiff, Amy Martin, Melanie Dugard, Teresa Wilcott, Abbey Forsyth, Stacy Lower, Kari MacLellan, Giselle Keenan, and Courtney Martin.

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