

## Community

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200 Vaughan St. (cont.)  
Winnipeg, Mb.  
R3C1T5  
(legal deposit)

\$1.00 Tax Included

# the voice

Vol. 8 #5

WINGS OF JULY 1, 1999 Pine Falls, MB



Single engine Otter, similar to the one that crashed near Little Grand Rapids on Friday

## Tragic air crash at Little Grand Rapids

At approximately 1:50pm Friday afternoon, June 25, a Blue Water Aviation single engine Otter, piloted by Ed Gaffray, with Henry Zimmerman as a passenger, crashed on take-off on mud flats close to a lake approximately 30 miles West of Little Grand Rapids. The crash claimed the life of Henry Zimmerman and seriously injured Ed Gaffray.

The Emergency Locator Transmitter, carried by all aircraft, was automatically activated, the

signal was picked up by satellite and relayed to Canadian Forces Base, Trenton, Ontario. Canadian Air force Seventeen Wing in Winnipeg were notified, and almost immediately had a Search and Rescue Hercules airborne and on its way to the site. Fifty minutes after take off the Hercules, using a homing device known as an Electronic Localizer Transmitter, had located the Otter, and parachuted down two Search and Rescue Technicians who immediately

began to administer First Aid.

A Manitoba Department of Natural Resources Helicopter, in the area fighting forest fires, was sent to the crash site, Ed Gaffray, and the two Search and Rescue Technicians, were evacuated. Ed Gaffray was taken to the Health Sciences in Winnipeg. Blue Water Aviation, Dave Martin said Gaffray "was pretty badly banged up, had some broken bones, but was OK".

Cont'd on pg. 4...

## Treaty Payments on Assembly Agenda

First item on the agenda at the Birds Hill Park First Nations General Assembly August 27 - 29 is the raising of treaty payments from \$5,000 to \$5,000. The intent is that the money would come from current band funding, with no additional cost to the Canadian taxpayer. The proposal ties in with the general theme of decentralization of band funds, which is also on the agenda. A proposal for a native ombudsman, band elections, and other problems facing First Nations, are also going to be discussed at the three day event.

The Assembly is being organized by the Accountability Coalition. Not only Band Members from across Canada are invited, but so are Metis members, Chiefs and Councillors, City, Provincial, and Federal Politicians, and any interested Canadian Taxpayer.

## New Manager at the mill

Following the Resignation of Pine Falls Paper Company Executive Vice President Al Wingate, Denis Beausejour, currently Tembec Vice President and General Manager - Newsprint Operations, will assume responsibility for Tembec's Pine Falls operation. He will become Vice President and General Manager of the Pine Falls Paper Company effective August 1. An executive committee will handle the day-to-day operations of the mill for the month of July.

## Community Survey

Do you ever wish someone would listen to your ideas and needs? Do you wish there was a place that cared about your opinion? There is! Wings of Power is conducting surveys to find out what you think about your community and they need your help. All you have to do is complete a confidential survey. Come out to "Survey Night" and change your community by filling in your survey. Survey night is July 8, at Wings of Power (6:00 to 8:30 pm) Bring your whole family! We will be playing a movie for children and refreshments will be served - All free of charge! All children must be accompanied by an adult. Wings of Power is located between the Fire Hall and the Post Office. If you have any questions call Andrea at 367 9641.

News

# More on Sagkeeng's Breast Feeding Program

In The Voice Article on The Sagkeeng Breast Feeding Peer Counsellor Graduation published in the June 10 issue we neglected to mention the contribution of Linda Romphf.

Sagkeeng Public Health nurse Carol Fontaine said Linda Romphf did a superb job of training the counsellors, and always kept sessions interesting and informative. "She relates well to mothers and established a good rapport with Peer Counsellors." She said "Linda provided liaison between counsellors and the Fort Alexander Health Centre, and is maintaining regular contact with the new counsellors."

Romphf took her training in Texas, and based the Sagkeeng program on a similar program in Texas. This program is the first in Manitoba. A second program is expected to begin in Sagkeeng next year.

Linda Romphf has been active in the LaLeche League for many years, and is in the process of writing examinations for her professional Lactation Consultant certification.

Breast Feeding over bottle feeding has impressive benefits to both the mother and the baby. Breast Feeding cuts the risk of diabetes in half - especially important among First Nation people where diabetes is reaching epidemic proportions. Mothers' immunities are transferred to the baby, the chance of developing allergies is reduced, it is easier for the baby to digest, costs a lot less and a

breast fed baby is fifteen times less likely to be hospitalized during it's first four months of life.

It protects against meningitis, colitis, and Crohn's disease, ear infections, diarrhoea, 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 means of birth control.

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

Carol Fontaine says a special acknowledgement should go to the mothers who participated in the project and showed commitment to their babies which in turn will reap many benefits for themselves, their babies and their community.

Wings of Power is taking advantage of Sagkeeng's Peer Counsellors, and bringing the program to a wider community. Tuesday evening Sagkeeng Peer Counsellor Cynthia Fontaine joined an information night at the Wings of Power location on Pine Street in Pine Falls. Eight people showed up to listen to Fontaine on the benefits of breast feeding for both mothers and babies, and to see two breast feeding educational videos.

Community Billboard - ph 367-4466

**LIBRARY ALLARD:** Library Hours: Tuesday: 10:30am to 5:00pm Wednesday: 1:00pm to 5:00pm to 8:00pm Thursday: 1:00pm to 5:00pm to 8:00pm Friday: 1:00pm to 5:00pm Saturday: 10:00am to 4:00pm

**KNIGHTS OF COLUMBUS:** Meetings every 2nd 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. - West-end of Thunder of the month at 1:00 p.m.

**WINNIEP RIVER W.L.:** meetings third Tuesday of every month, 7:00 p.m. Library, Allard, St Georges

**PINE FALLS LIBRARY AUXILIARY:** Meetings on the first Tuesday of every month at 1:30 pm

**COTTAGE COUNTY BUSINESS ASSOC.:** Meetings first Monday of the month at 7:00 p.m. October through May 4th 256-2566

**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. See website for location, Church & Basement

**PINE FALLS LEGION -** Meetings held 2nd Thursday of the month - 7:00 p.m. Legion. Meet outside hall at Legion on Friday from 4:30 to 5:30

**PINE FALLS MASONIC LODGE #154 -** meets on 3rd and 5th Mondays of the month in the Pine Falls United Church. Except 4th & 6th

**BADMINTON -** Pine Falls School Gym. Sunday at Wednesday nights, 7:00 - 10:00 pm

**POWERVIEW GARBAGE PICKUP -** every Wed. Recyclable pickup every 1st, 3rd, 5th, Thurs. of each month 7:00 a.m. MEETING every 4th Thursday of each month at 7:00 p.m.

**VILLAGE OF POWERVIEW MEETINGS -** every second Tuesday of each month

**WINNIEP RIVER SENIOR SERVICE INC. -** Coordinator: Tina Pollock, Office: Pine Falls Health Complex, Telephone: 367-9128. Hours: 9:00am - 3:00pm Monday - Friday. Services: Transportation, Home Maintenance, Fruit Cakes, Volunteering 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 Beehive family group. Thursday at 8:00pm in Pine Falls, 800-1160. 367-2601 hold weekly meetings on the 1st Monday of each month. 7:00 p.m. at the Pavilion

**SENIOR SCENE INC. -** 41 North Rd. Victoria Beach. General Meetings every 2nd Monday of the month. 3rd Tuesday. 10am. Book of Carving Wed 1 pm. Movies Tue 7pm. Support bowling Tue 2 pm. Bingo Fri 7:15 pm. Call 256-6468 for more information regarding activities

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

**LAKESHORE ALATEEN GROUP:** Call Kathie 367-8325 at Lakeland 145-6520

**SUNRISE SINGERS:** Meetings: Monday evening 7:30pm in the Pine Falls United Church & New members welcome. Choir master - Henry Peters pointers Gwen Webb

**BEACHES HELP CENTRE -** 256-6472, Wed 1-4pm, Fri 10am-1pm

**POWERVIEW PARENT ADVISORY COUNCIL -** Meetings: 1st Thursday of Every Month

Church Services

**NOTRE DAME DU LAUS:** POWERVIEW - Sat. Evening 7:30pm (English), Sun. 8:30am (French), 10:30am (English)

**ST. JUD:** Sat. 5:00pm

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

**PINE FALLS ANGLICAN CHURCH OF THE ADVENT:** Ph. 367-8347. Rectory, the Rev. Brian Kuntze: 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 am Morning prayer 11 am - 1st, 3rd and 5th Sundays

**SUNNY HILLS ANGLICAN LUTHERAN CHURCH:** Thelberg, 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 734-3682

**CHRISTIAN FAITH FELLOWSHIP -** Bible study 7:30 pm

**THURS. -** Church Service at 10:30 a.m. Sunday School at 10:00 a.m.

**HOUSE OF PRAYER FULL GOSPEL -** 2:30 every Sunday, Swantonburg, Mb. on Hwy. 59

**ST. MARGUERITE R.C. MISSION Pitt Rd. -** Fraserburg Bay, 11:30 a.m. Sunday Additional Mass and June thru Labour Day 7:30 pm on Saturdays

**Closed November 1 - April 30th**

**ST. ALEXANDER R.C. CHURCH:** located at Sagkeeng Nat. Villages. Sunday Mass 10:30 a.m.

**ST. THERESA R.C. MISSION:** 68 Glenelg Ave., Grand Marais. Mass or Communion 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 -** David 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.

RCMP News



# The Police Beat

C.J. (Carl) Dinsdale, C.S.T. Powerview Detachment

## Comments, Questions and Queries

Just a couple of questions this week but rest assured they are interesting and once again I was put to task and had to research a little. Thankfully the RCMP has a huge network of resources and I was able to call experts in the areas of both questions, specifically the Technological Crime Section in Winnipeg and Selkirk Highway Patrol. The vast size of the RCMP enables us at the Powerview Detachment tap into resources and experts from sea to sea and this is definitely handy from time to time. On to this week's questions.

**Q -** My 14 year old son is down loading porn material off the Internet and sending it to his friends via E-mail. Is he committing any offences? - anonymous, Powerview

**A -** At this point in time there is no legislation regulating what is on the Internet and many people believe that this is the way it should remain, a free bastion of free expression. That may be so but once you remove something from cyberspace, in this case downloading it, you are deemed to be in possession and the Canadian Criminal Code now can apply to this material. It is not an offence to possess pornographic material, unless it is child pornography. If your son is E-mailing this down loaded pornography to other minors, being under 18 years of age, he is committing the offence of Corruption of Morals under section 163 of the Criminal Code. Now comes the lecture to the parents. As this young person's guardians you are responsible for his morals therefore if you know he is visiting pornographic sites you should be taking away his Internet access or talking to a computer expert to install a blocker program on your Internet server. This type of program is password coded and will not let your son get into sites depicting violence, hate or pornography. This whole situation could get ugly should one of his friend's

parents lodge a complaint about someone distributing porn to their kids. Then if the porn is traced back to your family computer under your name everyone will be investigated if your son did not fuss up. As the subscriber you are also responsible for how your Internet account is being used and if an investigation reveals it is being used for an illegal activity, your provider will yank your service in a heartbeat.

**Q -** Is it legal to drive in bare feet? - curious, Powerview

**A -** The person who asked me this question was under the impression that it was, or at one point in time had been an offence to drive barefoot. To be totally honest I was under that impression also, at least that was what I recall hearing as a teen learning to drive in Manitoba. In fact I received a warning for it when I was sixteen in Portage la Prairie. However, when I went to research it, I could not find any section in the Highway Traffic Act that prohibits a person from driving in bare feet. This is when I called the Selkirk Highway Patrol and the member there stated there was no such section but he himself said he was under that impression at one time until a wife's tale. He did direct me to the Highway Traffic Act to research section 182 that prohibits the obstruction of the vehicle's controls. This section states it is an offence for the driver to allow anything to obstruct the use of any of the vehicle's controls. If you had an accident and the investigation revealed that your shoes had gotten in behind the brake pedal, obstructing it's use, you would be held responsible for the accident and susceptible to charges. So, if you are going to drive barefoot, ensure your footwear is not left in the floor area in front of the driver's seat, place them

in a safe location. That wraps it up this week, keep your questions and comments coming.

## Off the Cuffs

I haven't got anything specific to reach about this week and no material from other Detachment members, so I'll just ramble a bit.

All the local high school graduations are over and it was extremely pleasing to see the festivities well organized and free of any trouble or tragedy. On behalf of the entire Powerview Detachment, I would like to congratulate the graduates and wish them the best of luck in their future endeavours. This is not just the end of school, it is a new beginning and there are countless opportunities out there that will enable you to leave your mark on the world. Hopefully these future marks are more meaningful and profound than the spray paint on the roads around town.

It's Canada Day today and I hope that everybody has an opportunity to celebrate this wonderful country of ours. It is a day to show our pride and get together with friends and family to enjoy Canada's birthday. While I hope everyone has fun, please be responsible and look out for each other.

Anybody who has been spending time outside lately knows that the mosquitoes are getting thick. They are also beginning to bother local wildlife, forcing deer and moose out onto the roadways to get away from them. Please keep this in mind when driving on our local highways, especially around dusk. I'm sure I don't have to tell anyone what kind of damage these animals can do to cars and people.

Finally, a couple more things you should avoid saying if you get stopped:

"Boy that was great driving officer, you must of been doing 150 to keep up with me."

"You're not going to look in the trunk, are you?"

There you go, if you've got any humorous police stories or jokes, let me hear them.

Play Safe

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## News

## Beaches Trade Show '99

by Monika J. Evans

On June 12, 1999, the second annual Trade Show was held at Walter Whyte School from 10:00am to 4:00pm. There were a total of 41 exhibitors and five hundred persons attended the show.

Some of the businesses there were two local realtors, Beaches and Carolan and Company, staff members from Natural Resources, Manitoba Model Forest Network, the Birchwood Inn, a Bed and Breakfast "Inn Among the Oaks", Pine Greenhouses, Hillside Power Products, Premier Insurance many more.

Local artisans, such as Audrey Batchelor were also exhibiting and selling their creations. Among the items she displayed, was a lovely birdbath done in mosaic which was quite an eye catcher.

There were lots of freebies to be had. Manitoba Model Forest were giving away free pine trees, and if you went early enough, also free hats. Pine Greenhouses also were giving

away Manitoba Maples and another type of tree. From Carolan and Company we received lovely cookies which were very welcome and a lovely little doll which looks like the little girl on their sign. Nearly every booth had a free draw. Brochures for most products were also available.

There was a silent auction with many prizes available. Ticket sales were very brisk and the young people selling them were kept quite busy.

Volunteer groups also were well represented. The Victoria Senior Scene and the H.E.L.P. Centre shared a table. The Senior Scene was the area. Dee Rickner and several volunteers of the H.E.L.P. Centre handing out brochures, business cards and a survey to seniors. Dee spent most of her day telling interested persons about the role of the HELP Centre. A pair of tickets to see the "Sisters of Holy Rock" was offered for their free draw.

The Allard Library and the Friends of the Eastman Beaches Library were represented. In Sep-

tember, the Beaches Branch should be up and running and we all look forward to its opening.

Refreshments were served up by the volunteers from the nursery school. There were hot dogs, soft drinks and other snacks available.

The draws for the Silent Auction and the free draws were held at the end of the Trade Show.

This year the first sign for the Trade Show was as far away as Libau. I look forward next year to having one as far as the turn off from the Perimeter onto Highway 59. Beaches Tradeshow 2000 should be really something to

## Crash at Little Grand Rapids

-from pg. 1

Little Grand Rapids RCMP Detachment were notified and flew to the site to recover the body of Henry Zimmerman. He was transported to Little Grand Rapids, and moved to Winnipeg the next day.

Another Blue Water aircraft had flown to the lake earlier in the

look forward to.

Bob Kovachik, Principal of Walter Whyte School informed me that the new asphalt pad for the elementary students should be poured and completed for this fall school season. Greg and Sharon Johnsson, of Johnsson Construction, will be doing the pad at cost for the school which is truly appreciated. A thanks also goes out to Desi Patzer who made the basketball hoops at the high school. These funds were raised from both Trade Shows. Mr. Kovachik would like to greatly thank all of the exhibitors for their contributions.

day. It's pilot had aborted take-off after noticing problems preparing to take-off for the return to Silver Falls. He radioed Silver Falls and Ed Gaffray, with mechanic Henry Zimmerman took off to investigate. When they arrived the first pilot returned to Silver Falls with the second aircraft. Gaffray and Zimmerman stayed to find the cause of the problem and fix it.

Apparently suspecting fuel problems the Otter's fuel system was drained, (twice), and the aircraft was checked out by four times taxiing the aircraft up to take-off speed across the lake. Finding no problems they took off, but crashed almost immediately after take-off.

The cause of the crash is under investigation by the Transportation Safety Board, who were out at the site on Monday. Peter Hildebrand of the Safety Board said it will probably be several months before a report is issued. He said there was no obvious structural cause of the crash. The aircraft crashed on mud flats close to the lake and at right angles to the direction of flight.

## Beaches

## 'Round and about the Beaches

by Monika J. Evans

## Happy 1st of July 2000!

Now you are probably thinking to yourselves that this woman is spaced out or at the least, very confused -- well, you're wrong on both counts. I know what I'm talking about, and on July 1, 2000, I hope that I will see you that day and we will celebrate together!

Last Saturday afternoon, at the request of Cliff Sterling, a number of local cottage owner associations' representatives met at the Seniors Scene in Victoria Beach, to put our heads together as to how we planned to celebrate Canada Day 2000. He had sent a letter to all the associations, and, those of us present decided it would be a great idea to have a community picnic. A committee calling itself the "Eastern Beaches Y2K Celebration Committee" was formed. We started planning this get-together which will give us all a chance to meet our neighbours from Patricia Beach to Victoria Beach, covering both sides of Highway 59.

This, of course, will be a

humongous undertaking, requiring tons of volunteers, but it will also be great fun. We need your help and hope that you will participate.

Cliff Sterling was elected Chairman, Bob Evans - Vice-Chairman, Treasurer - Dee Rickner and Secretary - Rene Desmet. Several committees were also formed, a Publicity Committee, a Food and Beverage Committee, a Financial Committee and a Site Committee. Our committees will be looking into costs of sites where we plan to have the picnic, ways of funding this event and the publicity persons will be putting up posters and placing ads in the local papers.

I remember that when I first relocated to Winnipeg in 1987, I spent the first six months now knowing a soul in our garden home complex. I would nod to my neighbours in greeting, but that was the extent of our contact. When spring finally came and weather drove us outdoors, we started talking to each other. My cat Tiger had nominated him-

self as ambassador to the area and everyone knew me as "Tiger's Mommy". I figured that if people were happy to meet a gregarious cat, how much happier they would be to meet someone who could talk to you and be a future friend. My neighbour and I planned a "July 1st Neighbourhood Party" and passed around a notice to everyone to come and join in. We were a little worried that people would be going away that day to visit family and friends, but amazingly enough, when 11:00 am came, neighbours started pouring out of their homes carrying barbecues and coolers. We introduced ourselves and had the most amazing day together! Some of us remained friends for years to come. The next year we held our second party and it was as popular as the first one.

I'm sure that all of you have some memories of celebrating July 1st in your neighbourhood as kids. It was so much fun and you felt very patriotic celebrating Canada Day. Well, we want to do it again, and there are two main things to celebrate, the Millennium and Canada Day!

There will be games to play and prizes both for kids and adults, food and drink, entertainment, not to forget the fireworks, and anything else that we and you can think of that you would like to do.

If you would like to receive any further information regarding this worthwhile endeavour, please call some of the persons listed below for more information: Cliff Sterling at 756-3617; Bob Evans at 756-6602 or Dee Rickner at 754-6258.

Our next Committee meeting will be on July 10, 1999 at 10am, at the Seniors Scene, Lot 1 Ateah Road, Victoria Beach. Hope to see you there!

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Motor Inn

ECHOES

presents...

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## Community



(l-r) Award recipients at the AGM: Business of the Year - Rick Buckner, Youth Entrepreneur Duncan Jessiman, Community Business Award, Jim Hall on behalf of the Cottage Country Business Association

## Highlights of Community Futures AGM

This year's Winnipeg River Brokenhead Community Futures Development Corporation Annual General Meeting was held at the Dockside Reson, Victoria Beach, Monday June 28.

Chairman Lorne Kiely said the organisation is truly a community organisation and emphasised the partnerships created with regional organisations by the organisation during the past year.

Kiely said that with Western Diversification, Manitoba Education and Training, and JUST training corporation they have completed an "Idea Centre" at their office in Lac du Bonnet. They have also established, also in Lac du Bonnet, a Canada - Manitoba Business Centre in Partnership with Western Diversification and Manitoba Industry

Trade and Tourism. Both of these facilities provide business related information and resources to members of the community.

Community Futures also administers the Self-Employment Assistance program, and a Mobile Job bank in Bissett in cooperation with Manitoba Education and the Manitoba Department of Labour.

He said Community Futures works with Friends of Old Pinawa, Manitoba Model Forest, La Verendrye Trail Association, the Lac du Bonnet and Blue Water Chambers of Commerce, the St. Georges Economic Development Corporation, North Eastman Regional Business Forum, North Eastman Gas coop and others.

In a slide presentation to the meeting Community Futures staff outlined some of the

projects undertaken during the year.

The organisation also administers the 3.75 million dollar Whiteshell community adjustment program to assist in economic development following the closure of Whiteshell Laboratories. A grant of 415,000 was given to the La Verendrye Trail Association. All management functions have now been transferred to the association. A Canada - Manitoba business Centre was opened in February to add to assistance available to entrepreneurs. The organisation published a regional profile high-

lighting communities and industries in the region. The Bissett Mobile Job bank began work on a pre-feasibility study of a proposal to set up ferry service from Seymourville and Gull Harbour, and a joint community development corporation for Manigotagan, Bissett and Seymourville.

Community Futures also administers The youth entrepreneur Program, The entrepreneurs with disabilities program and the Self-Employment Assistance Program, all of them funded by Western Diversification.

## Community Futures announces Warren D Besel Memorial Award

The Winnipeg River Brokenhead Community Futures Development Corporation announced the Warren D Besel Memorial Award at its AGM Monday, June 28.

Warren Besel served on the Board of Directors of Community Futures for eight years, most recently as Secretary Treasurer. He was a member of the Investment Review Committee and the Personnel Committee.

Warren Besel grew up in Whitemouth, attended the University of Manitoba, obtaining degrees in Economics and Law. He was called to the bar in 1978. He served as Secretary Treasurer for the Village of Lac du Bonnet from 1980 to 1982, and maintained a law office on Saturdays in Whitemouth during that time. In 1982 he opened his permanent law practise in Lac du Bonnet providing services in law, financial and tax advice.

He served the community he lived in by participating with the Friends of Old Pinawa, acting as Secretary Treasurer for the Ashley Kovari Foundation, and volunteering his services for the development of the Lac du Bonnet Community Centre and the creation of the Bonny Vista Foundation. He was active in the Agassiz Ski Club.

The Warren D Besel Memorial Award will recognize a local business or business person's outstanding effort in contributing to their community. Community councils, chambers of commerce, or WRB representatives can nominate persons or businesses.

Qualifications are: A business operating within the Winnipeg River Brokenhead area, that has, over time contributed tirelessly and selflessly to their community, relays an attitude of ownership and pride in their community, and a proven record of working with the community to make the community a better place.

A committee of the Community Futures Board of Directors will select the award winner based on the person or business that most closely fits these qualifications.

## Garden

### Garden Talk... July Garden Tips

#### July Tips

• Daylily flower pods are edible — they can be stewed or added to stir-frys. They have a slightly bitter, but pleasant, flavor.

• If you know someone who is "turning over a new leaf" by starting an exercise program or going on a new diet, give them flowers or a houseplant as a visual reminder of your support for their effort.

• Mushrooms or toadstools usually grow in decomposing organic matter, such as a buried root, stump, or board. These fungi are beneficial because they help to break down woody debris and add humus to the soil. But mushrooms in the lawn can be a nuisance, and the decayed organic material can result in depressions in the yard. There are no chemical controls for toadstools since the fungus often grows so deep that chemicals do not penetrate entirely. Sooner or later, the infestation exhausts its food supply and dies out.

• The praying mantis is a generalist predator that eats both "good" and "bad" insects, nonselectively, so it is not particularly effective as a biological insect control. Other predators are better investments.

• When your soil tests "high" in a nutrient, it means that nutrient should not be included in the fertilizer you add. The soil already has enough of that nutrient to supply plant needs. For example, if your soil tests high in phosphorus, plant needs will be supplied by the phosphorus already in the soil. Adding phosphorus will not increase plant performance and is a waste of phosphorus. Excessive levels of some

nutrients actually harm plants. Too much phosphorus in the soil can induce an iron deficiency in plants.

• Use an old pair of jeans to make a sack or carryall. Cut below the knee, and sew the cut leg to form a small sack. Cut two,



18-inch pieces of twill tape for ties. Sew ties to the open end of the sack. Tie the sack to your lawn mower handle for carrying sticks, cans, and other trash. For a large sack, sew at hip level and use a rope through the belt loops for carrying.

• Remove the cloth or plastic cover from an old umbrella, open the frame, and place the handle in the soil near a plant for an instant trellis.

• Fish add natural fertilizer to the water, so when you change the water in your aquarium, use it to water your plants.

• Begin to cut and dry herbs and flowers.

• This month is a good time to take cuttings from indoor plants, herbs, and ground covers.

• Organic mulch materials decompose rapidly in hot, moist weather. Add additional mulch where needed.

• Train and trim plants on arbors. Take care to ensure ties do not girdle branches.

• Red or yellow lights attract fewer night-flying insects than white or blue bulbs. Use them on your deck or patio.

• A few buckets strategically placed in the garden will help you deal with garden refuse. Use one for compostables and another for things destined for the trash. Unlike other cut flowers, roses last longest when cut late in the day.

water from the hose. Severely infested annual plants should be removed and destroyed. Mild infestations can be controlled with pesticides.

• July is a good time to begin looking for native and cultivated plants from which you can collect seed pods to use for decorating this fall and winter. Be on the lookout for such material as thistles, cattails, dried corn tassels, and seed pods from locust, redbud, and chaste tree. Check the soil moisture of container-grown vegetables and flowers daily. As the temperature rises, some plants may need watered twice daily.

• Water your plants several hours before applying pesticides, especially during dry weather. Drought-stressed plants have less water in their plant tissues; the chemicals that enter the leaves will consequently be more concentrated and may burn the leaves.

• Continue attracting insect-eating birds to the garden area by providing them a fresh water source.

• Dry flowers now for use in arrangements next winter. Early season blooms are better for this purpose than those that develop in late summer. Flowers for drying should be cut during midday, in the late-bud or early bloom stage.

• A cool basement will work for temporary cut flower storage. Remember to mist arrangements several times a day.

• High temperatures accelerate respiration and evaporation from cut flowers. Your refrigerator may be used to temporarily hold floral arrangements if the temperature is no less than 40 degrees F, and if no fruit is stored in the cooler. Temperatures below 40 degrees F and ethylene gas given off by ripening fruit can injure the petals of many flowers.

• Control mosquitoes by eliminating all sources of stagnant water.

• The larvae of fireflies (lighting bugs) aid gardeners by eating mites, slugs, snails, soft-bodied insects, and larvae.

• Ouch! Thorny rose stems are a problem when arranging cut flowers, but leave the thorns on to get maximum life from cut blooms. Research in the Netherlands revealed that removing leaves and thorns from the bottom six to eight inches of rose stems decreased their vase life as compared to defoliated, but not dehorned blooms.

• Hot, dry weather brings out red spiders mites. Inspect roses, evergreens, and marigolds in particular for pale-green coloration.

• Hold a white sheet of paper underneath a leaf and briskly tap it. Tiny, crawling mites will drop onto the paper if they are present on the leaf. If infestation is light, discourage mites with a forceful, direct spray of water.

News

## Manitoba Youth Job Centre

by Scott Brady

On Monday, June 21 the Grade 7 and 8 Powerview students were given a short presentation regarding the Odd Job Squad that I am intending to set up for the Pinefalls/Powerview area. Individuals are reminded that the Odd Job Squad applicants should be between the ages of 12 and 16. Events for the Odd Job Squad will be planned for later on in the summer. These activities may include a car wash, hot dog sales and possibly a Student Labour Raffle. I encourage all students that are interested in gaining some extra spending money and work experience to sign up. Students who register with the centre will also be referred to potential employers who want students to fill in for short-term or casual positions. Grade 7 and 8 application forms for the Odd Job Squad should be submitted to Mrs. Jones or handed in at the General Office by this Friday. Any students who are out there and need help with their resume should come down to New Directions and schedule a meeting with me to help update their resume writing skills. Students that are preparing for job interviews should also drop by the centre, or call me, if they want to sign up for a mock interview or just need information on how to prepare for their interview. Any students interested in these services should call me at 345-6916 or e-mail me at [ldb\\_mvjc@hotmail.com](mailto:ldb_mvjc@hotmail.com).

Some tips that may be helpful in getting through that nerve racking interview are:

Shake hands firmly. Whether you realize it or not, a firm handshake suggests strength of character which in turn effects how that interviewer is going to react towards you. Remember, first impressions count!

Smile! Nobody wants to hire a frowner. A smile improves how you look and helps encourage a positive relationship between you and the interviewer.

Show enthusiasm and present a positive attitude. Be thinking of how you can present yourself in a positive light and how you can highlight your skills and abilities for the specific position that you are applying for. Never talk negatively about yourself or others in an interview.

Show that you are knowledgeable about the company. A guaranteed question that you are going to get in an interview is "What do you know about our organization?" Being able to answer this question shows that you are interested in the position and lets the employer know that you have obviously thought about how you can contribute to the company.

Listen attentively, don't chew gum, get plenty of rest... Okay, all of those 'good manners' that our parents taught us apply here as well. Avoid visual and mental distractions.

Never show up late for an interview. Disrespecting the interviewers time is a big mistake when going to an interview! Make sure that you know the correct location and time of the interview. Be sure to show up at least 5 to 10 minutes early. This will also help you calm any uneasy nerves that you may have before the interview.



(l-r) Remi Dupont, Daniel Bonekamp, Mark Watling, Ian Barkhouse, Greg Watling, (missing - Mitchell Harry) standing in front of the Brandon Sportsplex.

## Local athletes in Provincial Competition

On Saturday, June 19, 1999 five students from Power view School and one from Pine Falls School put on a great performance at the Manitoba Inter-Regional Track and Field Championships in Brandon bringing home three ribbons and two medals for the Eastman team.

Mitchell Harry, Remi Dupont, Ian Barkhouse, Daniel Bonekamp, Greg Watling, and Mark Watling all came back with valuable experience in a large Provincial Meet and an urge to train and compete on a more regular basis in the years to come.

Mark placed sixth in the High Jump (BM) and fifth in the 4x100 relay (BM). Greg achieved eighth in the 1600M (MM), sixth in the 800M

and 400M (MM), fifth in the 4x100 (MM) and 4x400 (M Co-ed) Relays. Remi came to sixth in the 1600M (BM) and fourth in the 3000M (BM). Ian placed sixth in the Hershey Ball Throw (Ribbon), fifth in the 4x100 (MM) and 4x400 (M Co-ed) Relays, revving up to second in the Hershey Standing Long Jump (Ribbon), and first in the Hershey 50M (Ribbon). Daniel sped up to fifth in the 4x100M Relay (BM), fourth in the 100M and 200M (BM), and accelerated to a third place in the 400M (BM) (Medal), and another third in the 4x400M (B Co-ed) (Medal).

Congratulations boy!

Note: (BM) is Bantam Men, (MM) is Midget Men.

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Sports

## Powerview Racing Team

Powerview School Coach Scott Radley brought a team of five runners to the Manitoba Marathon held Sunday, June 20, 1999. The Powerview Racing Team: Adam Chevretils, God McCloud, Raymond Avantiway, Greg Watling, and Bev Dufour ran exceptionally well, coming in fifth overall for their division with a time of 3:44:10 for the marathon distance of 26.2 miles. The run was exceptionally invigorating for each of the team members. Exhilaration on their faces was there for everyone to see, as one by one, they completed each marathon leg. Adam ran Leg 1: 5.8 miles (9.28km), God ran Leg 2, 4.8 miles (7.68km), Raymond ran Leg 3: 4.2 miles (6.72km), Greg ran Leg 4: 6.0 miles (9.6km), and Bev ran the last leg, Leg 5: 5.4 miles (8.64km) into University Stadium.



(l-r) Coach Scott Radley, God McCloud, Greg Watling, Bev Dufour, Raymond Avantiway, Adam Chevretils - Powerview School's representatives at the Manitoba Marathon on Sunday, June 20

## Sagkeeng Cubs now 7-3-1- in Winnipeg Fastball League

by Cheemo Geemo

Cubs local fastball team are now on a four game winning streak as they defeat the top teams in the league. Their first game was on Wednesday, the 16th against Vassar who beat the Cubs in their previous match by a score of 11-2. This second game was 8-0 in favour of the Cubs who pounded the Vassar pitcher in five innings. They then traveled to the Charlie Krupp Stadium on Thursday the 17th to seek revenge on the Lockport Red Devils who trounced the Cubs in their first game by a score of 8-0 in five innings. The second game belonged to the Cubs as they defeated the Red Devils 6-1 in a full seven inning game. After a three day lay off the Cubs went up against Jets squad on Monday the 21st who tied the Cubs in their first game, 3-3. This second match was just as close as the first but was won by Cubs by a close score of 4-3 in seven innings. This win puts the Cubs in first place with the Lockport Red

Devils. The Cubs have a total of 67 runs for and 40 runs against.

They play a double header on Sunday, July 4th at Leonard Rupert diamond in Pine Falls against the Hollow Water Mallards beginning at 2:00pm. These two teams will again go at it on the 7th at John Blumberg softball complex (6:30pm). Following this game they will again meet the tops teams in the league, Red Devils on July 12th at Lockport -7pm, Vassar on the 14th at Blumberg (6:30pm), Jets on the 19th at Krupp (7pm), Gasoline Alley on the 26th (8:30pm), Jets on August 4th at Krupp (8:30pm), Red Devils on the 9th, at Krupp (7pm), and lastly the Vassar team on the 11th at Krupp (7:30pm).

The Cubs will then host their third Annual Men's Fastball Tournament on July 30th, 31st and August 1st at the Leonard Rupert Memorial Diamond and the Industrial in Powerview, Manitoba.

This is the Sagkeeng Cubs third

year in the Winnipeg Fastball League and they have yet to capture the League Championship. In 1997 the Cubs went to the finals and lost a close series to the Selkirk Mariners. The following years weren't as good as they lost in the final round of the play-offs to the Lockport Red Devils who went on to win the League in 1998.

The Sagkeeng Cubs would like to take this opportunity to welcome spectator's to come and support the team in the remainder of their games.

## PINEVIEW MIXED SLO-PITCH LEAGUE STANDINGS

TEAM	W	L	Pts
Whipmasters	8	1	16
Muskrats	8	3	16
Diamond Heads	6	3	12
Hardbodies	7	1	14
Desperados	5	4	10
Bunch of Indians	5	3	10
Powerview Fire	4	5	8
LBR Slammers	4	3	8
Swingers	3	7	6
5 Star Shooters	2	6	4
Diehards	3	4	6
Mohawks	2	7	4
Da Beers	0	9	0

## Rippling River Upcoming Events

**Sailing School**  
June 28 - July 2

**Youth Tennis**  
July 4, 2-4:00pm  
Village Green Courts

**Play Days**  
July 6 & 8, Canada Day  
Celebration  
Powerview School Grounds  
\*\*\*meet in foyer by gymnasium\*\*\*

**Waterslide Day**  
July 9, 9:00am - 3:00pm

**Youth Activity**  
July 9, 7:00 - 10:00pm  
Powerview Arena:  
rollerblading/skateboarding  
Powerview Gym: badminton

**Youth Beach Volleyball**  
July 10, 10-12pm  
Powerview School

**Community Bontle**  
July 10, Village Green  
Begins at dusk

### SILVER HAVEN MEALS

Open to all seniors 55 and up. You are welcome to bring a guest. All meals are \$4.50. Meals are at 12:00 noon on Mondays, Wednesdays, and Fridays. Your name must be on the list the day before by calling Silver Haven at 367-4620 or by calling Bernice at 367-8369.

#### Monday, July 5

Soup, turkey pot pie, celery and carrots, green dessert.

#### Wed., July 7

Soup, hot pork sandwiches, mashed potatoes, gravy, peas and carrots, rice pudding.

#### Friday, July 9

Salad, chicken cutlets, noodles, stir fry vegetables, fruit flan

## RIPPLING RIVER NEWS...

submitted by Jann Aamundson & Vanessa James

Now that school is finished and home work is the last thing on your mind, we would like to take a minute to tell you about one of the exciting activities we will be offering this summer. Youth excursions are short trips within the area offering the chance to experience something different. They will take place every Sunday throughout the month of August and are available for anyone between the ages of 12 - 18. One of the excursions this summer will be a short trip to a local camp where we will rock climb for the afternoon. Beautiful scenery, natural rock to climb and the peaceful sounds of nature all around. I know we are going to enjoy this day are you? Just keep in mind this experience and others may never come your way again. So, if you are looking for something new and exciting to do this summer and are interested in finding out more about this and other excursions give Jann or Vanessa a call at 367-9641.

## Rippling River Playday Calendar

*Playdays were designed to give the children of the community a chance to explore a variety of workdays and experiences through activities. These activities include games, crafts, music, drama and special events. A different theme each week allows new creative play experiences for your child's enjoyment. Snacks are provided and parental participation is welcome. The playdays are free of charge, so give your child a summer to remember.*

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
<b>DATES</b>	July 6 & 8	July 13 & 15	July 20 & 22	July 27 & 29
<b>THEMES</b>	Canada Day Celebration	Environment Days	Aboriginal Days	Pan Am Games Festival
<b>LOCATION</b>	Powerview School Grounds	Industrial Ball Diamond	To Be Announced	Pine Falls School Grounds
<b>TIMES</b>	Ages 5-8: 9-11:30am Ages 9-12 1-3pm	Ages 5-8: 9-11:30am Ages 9-12 1-3pm	Ages 5-8: 9-11:30am Ages 9-12 1-3pm	Ages 5-8: 9-11:30am Ages 9-12 1-3pm
	WEEK 5	WEEK 6	WEEK 7	WEEK 8
<b>DATES</b>	August 3 & 5	August 10 & 12	August 17 & 19	August 24 & 26
<b>THEMES</b>	Space Days	Crazy Carnival	Pre-4P Party	Hawaiian Beach Bash
<b>LOCATION</b>	Powerview School Grounds	Powerview Arena	St. Georges School Grounds	Pine Falls Pool
<b>TIMES</b>	Ages 5-8: 9-11:30am Ages 9-12 1-3pm	Ages 5-8: 9-11:30am Ages 9-12 1-3pm	Ages 5-8: 9-11:30am Ages 9-12 1-3pm	Ages 5-8: 9-11:30am Ages 9-12 1-3pm

## Interlake Picnic brought good competition and fun

by Walter Romanchuk

Ideal weather conditions and excellent organization helped make the Interlake Seniors' Day Picnic at Stonewall on June 23 a fun place to be.

Alex Kraevce, president of the host club officially opened proceedings, followed by greetings from Emma Geisler, newly elected president of the Regional Council.

The days activities included a tour of Quarry Park and the Interpretive Centre, games such as lawn bowling, floor shuffle board, cribbage, bingo, darts, miniature golf and a barbecue luncheon.

Top finishers in games received ribbons. Cash prizes were awarded to the winners in bingo. Gimli had the largest representation with 28. Club representatives from Ashern and Victoria Beach were furthest away. Kleas Tiel, 90 from Teulon was the most senior senior in attendance.

Emma Geisler and Margaret Yule, co-vice president of the Regional Council shared the honors of presenting awards following games. The picnic was sponsored by the Interlake Senior Regional Council and held in conjunction with June being Senior Month in Manitoba.



Andrea Cockerill of Wings of Power receives a cheque for \$3750.00 in granting for the Prevention of Fetal Alcohol Syndrome Fetal Alcohol Effects Program from M.L.A. Doreen Pruzick.

## Funding for education on the effects of Alcohol on the unborn

Wings of Power has received \$3750.00 in granting money from the Community - Based Initiatives Grant for the Prevention of Fetal Alcohol Syndrome (FAS) Fetal Alcohol Effect (FAE) Program. Wings of Power is developing a FAS/FAE Awareness and Education Project. Along with other community members, Wings of Power would like to make FAS/FAE more of a public issue by focusing on the education of the effects of alcohol on the unborn. Education and awareness are the key in the prevention of many issues. The more educated community members are the better informed they will be in making choices concerning the use of alcohol. If you have any questions regarding this new program or any ideas please contact Andrea at 367-9641.

## THE PINE FALLS PAPER COMPANY LIMITED is looking for a TEMPORARY PART-TIME OFFICE EMPLOYEE

The Pine Falls Paper Company has an exciting opportunity available for someone with a healthy appetite for challenge and change. The employees at Pine Falls Paper Company are no strangers to accepting many new and varied responsibilities - a tremendous task for which they have proven ready and able.

We currently have the need for a talented individual to join us in a temporary capacity. Therefore, we are looking for people who would be able to work when required and have the ability to learn and perform well the responsibilities of a number of different positions.

If you have a solid grounding in Windows based computer applications, an understanding of accounting procedures, developed communication and problem solving skills, and looking for a pace, well... which is pretty darn hectic, then this could be the opportunity for you.

If this challenge is of interest, we invite you to forward your resume with a covering letter to Kathy Oakes, Human Resources, Pine Falls Paper Company, Box 10, Pine Falls, Mb R0E 1M0. Closing date for receiving applications is July 9/99.





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## Health

## Behaviour change could increase lifespan

For the past four years, Canada has been ranked the number one country in the world to live. Clearly, Canadians believe in and are committed to longevity, prosperity and good health. We all know what it takes to be healthy. We know that exercising regularly, sleeping eight hours a night and eating breakfast every day are integral to our health, yet so many of us have trouble changing unhealthy behaviours and following healthy habits.

Understanding why we don't follow healthy habits and how we can motivate ourselves to make positive changes, is what the emerging field of health psychology is all about. Over the past decade, behavioural scientists have focused on developing a variety of new approaches to understand how people can be motivated, encouraged and assisted to start and maintain important health habits.

Research suggests that people can successfully learn to regulate their own behaviour, but it helps to set the conditions. "People are more likely to change their behaviour for good if they see important and immediate into their life-style, and they get the right kinds of support," says Dr. Robert Reid, Senior Consultant, Health Promotion at the University of Ottawa Heart Institute.

Health habits are also often interlinked. For example, the Heart Check Risk Factor Survey conducted at the University of Ottawa Heart Institute, found that 3,105 women between the ages of 30 and 69 surveyed, those who skipped breakfast had higher cholesterol levels, weighed more, and were less active than women who ate breakfast everyday.

Psychological principles, such as motivation, goal setting, problem solving, feedback and the relationship between behaviours and the environment, provide insight on how this can be done. Health professionals can be more effective in helping their

patients achieve behaviour change goals if they utilize health psychology principles, says Dr. Reid.

Dr. Reid's own research over the past 10 years has focused on how people change important behaviours linked to the prevention of heart disease and cancer, such as eating, smoking, exercise and coping with stress. He offers the following tips on how to make successful changes to health and habits:

## Seven Healthy Habits

Think about why you want to change. Focus on what's important to you - not necessarily what you think other people expect. Make a list of the benefits you expect if you are successful.

Keep track of the behaviour you want to change. For example, if you want to change your eating habits, monitor your intake for a few days. Make a note of the time and location of your meals. Look for patterns and specific things that can be improved.

Talk to people who have already successfully made the change. Ask them what worked for them. Think about whether their ideas might work for you. For example, if the goal is to eat breakfast more regularly, it helps to understand what is considered a healthy breakfast and to establish concrete ways that will help to maintain this new habit, such as getting out of bed 15 minutes earlier.

Make a firm commitment. Set a date not too far into the future (within one or two weeks) when you will get started.

Set goals and monitor your progress. Larger goals should be broken down into smaller steps that can be accomplished in relatively short periods of time. For example, if your goal is to lose 15 pounds over a 10 week period, weekly weight loss goals of 1-2 pounds might make sense.

Make a plan. Think about what might stop you from mak-

ing the changes you want. Write out a strategy about how you will overcome the barriers to the change you envision. For example, if you plan to walk everyday at lunch, what will you do if the weather is bad? An indoor activity can serve as a back up.

Get help from other people. Health professionals, support groups, community organizations, friends, co-workers and family can provide support to

give you new ideas to keep your healthy habits on track.

Dr. Robert Reid presented this compelling research in Vancouver to more than 500 dietitians and health professionals from across Canada, the United States and Mexico, at the 13th Kellogg Nutrition Symposium, as part of the special joint conference of The Dietitians of Canada and The American Dietetic Association.



## Health Connections

Submitted by Health Educator  
Koren McDougall, Winnipeg River Health District

## On the Road Again

Now that summer is here, many people will be travelling. Wherever you go and however long you plan to be, the pleasure of your travel experience can be enhanced by eating well. It helps to think about eating well on the road, in the same way you think about it at home. Don't let travel and a change of pace keep you from a healthy routine of regular balanced meals. Here are some tips provided by dietitian Kathleen Harrison of the Women's Health Clinic:

- Include two or three carbohydrate foods (starches, fruit, or vegetables) and a protein food (meat, poultry, fish, eggs, cheese, peanut butter, dried beans, peas or lentils) at each meal. A balanced combination of carbohydrate and protein helps to keep us feeling energetic and satisfied until the next meal. You won't be distracted from enjoying your sight-seeing by cravings or hunger pangs.

- At home and away, listen to your body's signals. Eat when you are hungry, and stop eating when you are comfortably full and satisfied. Overeating tends to make you lethargic and tired just when you want to be at your best to enjoy your vacation.

- Avoid "Montezuma's Revenge". One of the best ways to gain an appreciation of another culture is through its cuisine. However, when visiting foreign countries, you can avoid diarrhea by carefully observing food and water precautions. In some countries, it's wise to drink only sealed bottled water, and to avoid raw food that has been washed in tap water. Avoiding food served by street vendors is also a good safety precaution.

- Avoid constipation. Contrary to what most people believe, diarrhea is not the most common traveller's ailment. In fact, the opposite is true. The combination of changes in your normal schedule, different foods, jet lag, and just being away from home can lead to constipation. Preventative measures include: eating regular meals that include high fibre foods - fruits, vegetables, and whole grains - and drinking 8-10 glasses of cold water each day. Air travel dehydrates you, so you'll need to compensate by drinking even more water while you are aloft. Another important preventative measure is physical activity. If your travel plans dictate long periods of inactivity, you may want to schedule in some activity - even short sessions are better than nothing. If possible, avoid laxatives because they can prolong irregularity, and they are unpredictable.

## Feature

## Go North young men - Part V

by Lindsay Sutherland

Last night we had to stop in Fort St. John, B.C. It had been a long day of driving following our decision to abandon Yellowknife and start anew on the road to Whitehorse.

"The Resiliency of Hope Tour" detoured yesterday morning at Valleyfield, Alberta.

We awoke early this morning and went to the Canada Employment Centre in Fort St. John just to see what the demand was like there. Surprisingly, there were lots of jobs listed. Unfortunately, though, they weren't as high paying as we would like. The jobs listed couldn't deflect our focus of making the big bucks and finalise this summer's quest. We have our sights set on mining, logging or construction.

Whitehorse shouldn't be any different from Yellowknife we figure, so the lower paying jobs didn't interest us much and we decided to hastily leave our 'Blue Parrot Hotel' room which was in bad need of renovations. There wasn't too much exciting until we got well into the Rockies. I've never seen anything so majestic. The blue and white mountains seemed unreal to me. Don had already driven through the Rockies on a ski trip with his family when he was younger so he wasn't as inspired as I was. He decided to nap.

The sharp curves, the greenness of the lakes, the mountain goats standing on the edge of the steep inclines, everything had me absolutely mesmerised. I was an experimenter to behold, to cherish.

There was a fine mist of rain that fell adding to the eerie mystique that I felt from the overly picturesque scenery.

I had passed an older couple in an old VW van along the highway which had German licence plates. As I passed, I noticed a video camera attached in the middle of the dashboard pointed at the beauty. I wondered how much they could possibly watch over again once at home.

In any event, Don slept as I drove on in awe. Even if we don't find work, I thought to myself, it was worth the trip just seeing this marvel of nature.

The old LTD was driving nicely. I interrupted Don's sleep for a question.

"Don, do you have a credit card?"

"No," he answered without opening his eyes. "Do you?"

"No. I always felt too irresponsible to own one. Why don't you have one?"

"Same thing," he said and rolled facing the window.

"So what happens if our car breaks down and we don't have enough money for repairs?" Don sat up and looked at me.

"I guess we're screwed."

"I guess we are," we laughed another hearty stress relieving laugh and joked some more about what poor sorry fools we were.

It's funny, you know, how things work in life. Nature truly does work in weird and unusual ways because it wasn't more than thirty minutes after

that conversation that we were on a long and slow ascent somewhere in the remote mountains when I noticed that the gas pedal wasn't reacting with my insistence. At first, I thought it was due to the slow climb, but that feeling I had learned. No sir. Something was wrong.

"Don, you better wake up," I told Don nervously. "I think there's a problem."

"Yeah, right," he said without budging, "nice try."

"I'm not joking. This isn't funny. I'm going to have to stop the car. We're losing power here. Something isn't right."

By pure coincidence, there happened to be a service station within a half of a kilometre of where I first alerted Don. By pure irony, it wasn't open because there aren't enough tourists foolish enough to travel at this time of the year.

I pulled in and stopped the engine.

"What do you know about cars," I asked Don as we sat in the immobile vehicle.

"About the same as I know about performing surgery. Nothing."

"Well, that makes two

of us."

We decided to get out and take a look under the hood. Neither of us had any clue of what to look for. If you had asked us about Emile Durkheim's social theory of Structural Functionalism, we could have been able to respond. If you wanted to know how the hypothalamus acts as a thermometer for caloric intake, we may have been able to give you an intelligent answer. But engines, we never took that during our Arts degrees at university.

We opened up the hood. Nothing appeared mangled or broken or violently out of place. Well that's positive I thought out loud. That covers our expertise. Now what?

Just then, as if by the grace of God, salvation came our way in the form of the German couple in the VW van that I had passed earlier. We waved to them standing in front of the ailing cream coloured LTD with its hood up. The heavens were smiling down on us. Divine providence. The German couple, however, simply waved back with warm smiles and continued on driving.

"What the..."

Northern Lights Artisans  
Arts & Crafts Sale

We have an exciting line up of arts and craft people from across Manitoba. Quality, Variety and Creativity.

Place: Victoria Beach Sports Club (accessible by car for this event). Please use David Rd. from Hwy. 59.

Saturday July 3 and Sunday July 4

Community

# Kitchen



## Cooking

### Preserving Berries

#### Freezing Berries

Spring berries are some of the most flavorful and colorful fruits. Their season is often short, so if you do not have time to preserve them as jams, jellies, vinegars, and syrups now, simply freeze them for later recipes. When freezing any food, pack it to allow for 10% expansion (food is mostly water and water expands when turning to ice)

#### Blackberries, Boysenberries, Marionberries, Tayberries, Loganberries, Raspberries

Both blackberries and raspberries have eight chromosomes so crosses are easily made. The hybrids resemble their parent plants but often have improved flavor, color, or thornlessness. They are all frozen the same way.

Rinse fruit and drain. If you wish to have pourable frozen berries, blott them dry on towels, freeze initially on cookie sheets, then seal in air-tight freezer containers or freezer bags. Alternatively, berries can be packed in sugar syrup, packed in dry sugar, or packed without sugar directly in freezer containers or freezer bags.

#### Blueberries & Huckleberries

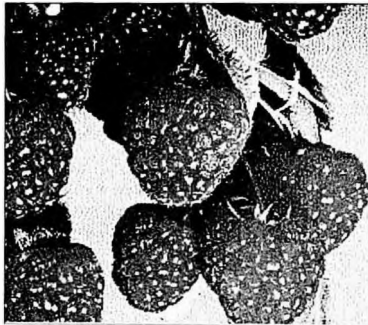
Rinse and drain. These can be packed directly in sugar-syrup or dry sugar, or without sugar, but they will be more intact when thawed if the skin is first tenderized. To tenderize the skin, steam for 1 minute then plunge imme-

diately into cool water. After tenderizing, pack for freezing as above.

#### Strawberries

Rinse and drain, remove hulls. Strawberries can be frozen

and bring to a boil; boil 1 minute. Remove from heat, skim off foam and ladle into clean hot jars. Process 10 minutes in boiling water canner. Alternatively this can be put into a clean, hot bottle, corked



whole or sliced. They can be packed in syrup, dry sugar, or without sugar. Strawberries do not hold their shape well when frozen. They will hold their color better if packed in sugar.

#### Berry Syrup

If you are unfamiliar with making your own berry fruit juice, consult the basic canning sources.

- 1 1/4 c fruit juice
- 1 1/2 c sugar
- 1/4 c white corn syrup
- 1 Tbl lemon juice (optional)

Combine all in a saucepan

and stored in the refrigerator 2 weeks.

#### Drying Berries

If berries are seedy, when dried they tend to be mostly crunch and very little flesh. Strawberries have small seeds and dry acceptably. The seeds can be removed from blackberries and the purce used in leathers. If you are unsure how to use a food dryer, consult your local home economist or the Department of Agriculture.

#### Yogurt fruit leather

8 oz plain yogurt

- 2 Tbl sugar
- 6 cups berries or berry purce

Place all ingredients into blender until just combined. (Too many air bubbles alter the leather consistency.) Dry for 8 to 10 hours. (140F minimum temp.) following your dryer's instructions. Store in airtight container at room temperature for a short time, or freeze for long term storage. Yogurt Fruit Drops can be made using this recipe by dropping 1 tsp amounts on the dryer trays. Drying time for drops is shorter.

#### Berry Vinegars

Berries have concentrated color pigments that make lovely vinegars. Berry vinegars on fruit salads are classic summer gourmet treats. Berry vinegars can also be used to flavor and color club soda for a not-too-sweet hot weather beverage.

#### Raspberry vinegar

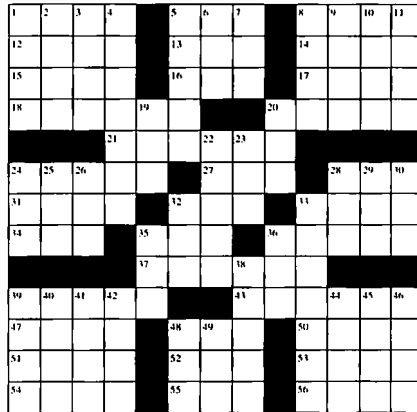
- 3 qts raspberries
- 1 pint white wine vinegar
- sugar (amount determined later)

Place fruit in glass bowl and crush it to release juices. Add the vinegar. Cover and let stand approximately 20 hours in a cool, dark place. Strain through several layers of cheesecloth, or a coffee filter, or a jelly bag. Measure the liquid then mix with an equal amount of sugar. Place in a saucepan and bring to a boil then simmer 10 minutes. Remove from heat. Let stand, covered, overnight. Slowly decant the vinegar into bottles that have been freshly washed in the dishwasher. Let the bottles rest in the dishwasher rack upside down until you are ready to fill each one; this decreases the amount of molds and yeasts that can enter the jar. Discard the sediment. Cap and store in a cool, dark place.

## Relax

### THE VOICE WEEKLY CROSSWORD

#### Out With the Ins



- 20. Sign, in a way
- 22. Jack \_\_\_\_\_, Canadian conservationist
- 23. Brew
- 24. Wagur
- 25. Before, poetic
- 26. A kind of rummy
- 28. Evildoing
- 29. Fimis
- 30. Lettuce
- 32. Aussie bird
- 33. Ted \_\_\_\_\_, Redwing great
- 35. Hustle and bustle
- 36. Hurry
- 38. Wave or storm
- 39. Choose
- 40. English of 47 Across
- 41. St. Filipo \_\_\_\_\_
- 42. 13-19
- 44. Adjutant
- 45. Talon
- 46. Old English rock piles
- 48. Swiss river
- 49. \_\_\_\_\_ Lanka

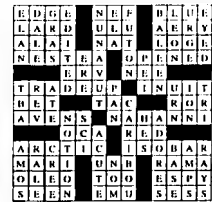
#### ACROSS

- 1. Brazen
- 5. Capita or annum preceder
- 8. Roughen and redden
- 12. Moises or Philipe
- 13. Film across MacGraw
- 14. In one preceder, sometimes
- 15. Garlands
- 16. Gremlin
- 17. Asian country
- 18. Paul or Paul Jr.
- 20. Harold \_\_\_\_\_, politician
- 27. Kind
- 28. Unit of time, for short
- 31. Emerald Isle
- 32. Compass point, abbr.
- 33. Linoleum, for short
- 34. Large integer
- 35. Soul, in Saint Sauver des Monts.
- 36. Newfoundland lake
- 37. Canadian movie actress
- 39. Ford product, once
- 43. Put in writing

#### DOWN

- 1. Ointment
- 2. Flowering evergreens
- 3. Dormouse
- 4. Rubbish receptacle
- 5. Manitoba Lake
- 6. Dutch \_\_\_\_\_ disease
- 7. Roue
- 8. Place in Alberta
- 9. Comet
- 10. Jai \_\_\_\_\_
- 11. Bics
- 19. Baker-Finch or Fleming

#### LAST WEEKS ANSWER



### Did you Know?

★ About 3000 years ago, most Egyptians died by the time they were 30!

★ More people use blue toothbrushes, than red ones!

★ A sneeze travels out your mouth at over 100 m.p.h.!

★ Your ribs move about 5 million times a year, every time you breathe!

★ In the White House, there are 13,092 knives, forks and spoons!

★ Slugs have 4 noses!

★ Recycling one glass jar, saves enough energy to watch T.V for 3 hours!

★ Lightning strikes about 6,000 times per minute on this planet!

★ Owls are one of the only birds who can see the color blue!

★ The average American/Canadian drinks about 600 sodas a year!

★ It was once against the law to slam your car door in a city in Switzerland!

★ There wasn't a single pony in the Pony Express, just horses!


★ Honeybees have a type of hair on their eyes!

## Relax


### WEEKLY HOROSCOPE

for the week of  
July 1- July 7


#### ARIES March 21 - April

 Keep things moving smoothly for best results. Come out on top by letting little annoyances slide and staying focused on the end results. People will see your skills and accomplishments in a new light. Don't be surprised when a new ally offers support.


#### TAURUS April 20 - May 20

 Forget those past hurts and disappointments - look for better things to come. Stay positive and remember that true friends will stay with you no matter what happens. It's been a tough month, but you should be receptive when friends and family try to make amends.


#### GEMINI May 21 - June 20

 It's time to rest and recharge your batteries. Getting away from work and personal stresses gives you a new perspective. Changing your surroundings could change your outlook. Look to an old friend for the wisdom you need in a tough situation.


#### CANCER June 21 - July 22

 Take precautions, but also strive to see things realistically. Not all fears are valid. Strive to look for the best in people. You may learn a lot about yourself. Keep some secrets and don't reveal all you know.


#### LEO July 23 - Aug. 22

 You have the energy and drive necessary to get things done. Now is the time to take on added projects. Don't get sidetracked by fears and doubts. Things fall your way this week, and someone you saw as an opponent comes over to your side.

#### VIRGO August 23 - September 22


 Home and family provide a needed refuge from outside concerns. Don't take advantage of those close to you. Good ideas may come from an unlikely source. A low key attitude works best now, so be willing to wait things out and don't force issues.

#### LIBRA Sept. 23 - Oct. 22


 Be aware of minor setbacks and small obstacles. Take time to deal with them before they grow into major problems. Remembering past mistakes keeps you from moving ahead.

Take a positive attitude in your feelings about people and situations.


#### SCORPIO Oct. 23 - Nov. 21

 You begin to see the payoff from past efforts, and your hard work is rewarded. Be patient with friends and family. If you're in need of assistance, don't pussyfoot around. Take charge and ask for what you want. Be sure to make time for yourself.


#### SAGITTARIUS Nov. 22 - Dec. 21

 Be aware of what's going on around you because many things could be happening behind the scenes or on the edges. Watch for signs and signals. You may need to give a little now in order to gain a lot later. You'll know what to do and when to do it.


#### CAPRICORN Dec. 22 - Jan. 19

 A social event or a night on the town could be just the thing to boost your mood and lift your spirits. Accept people as they are, don't always look for hidden meanings and messages. Look at the big picture and leave the details for another time.

#### AQUARIUS Jan. 20 - Feb. 18

 Take an honest appraisal of yourself. Seeing yourself as others do could prevent you from making a serious blunder. Trust your instincts in dealing with home and work issues. Be sure to cover your bases and study the details. Call an old friend.

#### PISCES Feb. 19 - March 20

 It may seem like you're spending a lot for a little, but you'll see the value in the end result. Focus on small tasks that are all part of a larger picture. It might feel like drudgery, but you'll have a better view of the situation. The time to take sides may be coming soon.

### 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 W C V D Q F D

P G D R H P S J K

C L P Q W N V L P K D B P

- M L N L X D B Q Y L A

#### LAST WEEK'S SOLUTION

WE DIDN'T LOSE THE GAME; WE JUST RAN OUT OF TIME.

-VINCE LAMBARDI



## Activity Page



### Those Spotted Dogs

From starring in movies to helping out around fire stations, Dalmatians are well-known. The white dogs with black or brown spots are born with all-white fur. Their spots don't show up until they get older.



Although Dalmatians have been around for hundreds of years, no one knows for sure where they came from. Most stories say they came from Dalmatia, which is in western Yugoslavia. Dalmatians grow to about 19 to 23 inches high and weigh from 35 to 55 pounds.

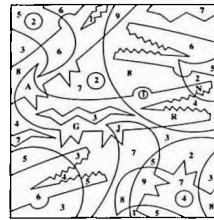
Dalmatians are known for being kept in fire stations. This started in London, England, where Dalmatians were used to chase rats out of the fire stations and the horse stables. They also helped guide the horse-drawn fire wagons down the street. Today, some fire stations still keep Dalmatians as pets.

#### Do Dalmatians make good pets?

- Dalmatians are very energetic and need a lot of exercise.
- Even with short hair, the dogs shed quite a bit.
- Dalmatians love being around people.
- They love water and can swim well.
- Dalmatians are smart and get bored easily.

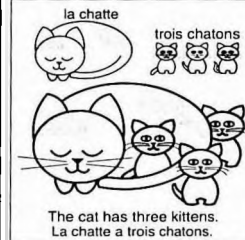


### HIDDEN PICTURE



Color in each space that contains a letter.

### Learn Some French

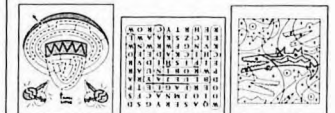
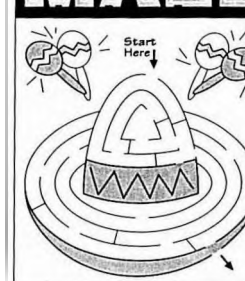


### SEEK AND FIND

FIND THESE WORDS IN THE PUZZLE BELOW.  
BEEF JAY CARIBBEAN CHICKADEE CROW EAGLE FENCE HAWK OWL KAYAK RUBEN SPARROW WARRIORS

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

### MAZE



**Classifieds**

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**RATE: \$4.50 for the first 25 words. 15 cents per additional word. Classified advertising must be paid prior to publication.**

**DEADLINE MONDAY 4:00 PM**

*Be sure to check your advertisement upon first publication.*

*The Voice cannot be held responsible for subsequent errors in advertising.*

**OBITUARY OBITUARY**

**Helen Lillian Lazaruk (nee Fiel)**

On Tuesday, June 22, 1999 at the Pine Falls Hospital, Pine Falls, Manitoba. Helen Lazaruk aged 84 years, beloved wife of the late Stanley Lazaruk of Pine Falls, Manitoba.

Helen was born on January 23, 1915 in Russell, Manitoba. She was active in the CWL for many years. She loved to curl, cook and they owned a grocery store for 32 years. Her illness slowed her down for the last 10 years but Helen was determined to carry on.

She leaves to cherish her memory her son Gene (Susan), granddaughter Lynn Chevretils (Rene), great granddaughter Alissa all of Pine Falls and granddaughter Joanne (Sheldon Gesell) of Winnipeg and brother Mike of Rossburn, Man.

She leaves to cherish her memory her son Gene (Susan), granddaughter Lynn Chevretils (Rene), great granddaughter Alissa all of Pine Falls and granddaughter Joanne (Sheldon Gesell) of Winnipeg and brother Mike of Rossburn, Man.

Helen was predeceased by her husband Stanley in 1991 and infant son in 1941 and her daughter Juliana in May of 1999 as well as a brother Pete and sisters Jean and Ann.

Cremation has taken place and a Memorial Mass was held on Monday, June 28, 1999 at 11:00 am from the Notre Dame du Laus RC Church, Powerview, Manitoba.

The family would like to thank the Doctors and staff of the Pine Falls Hospital for the excellent care and to the homecare workers who made it possible for Helen to stay in her own home until just recently. We love each and every one of you.

If friends so desire memorial donations may be made to the Sunnywood Manor, Pine Falls, Manitoba.

Russell Funeral Homes Ltd & Crematorium of Beausejour, Manitoba in care of arrangements, 1-204-268-2263.

**HELP WANTED**

Cook position available, experience preferred. Apply at Broadlands Mall Restaurant "Just over the Dam".

1540V-1

**GENERAL ASSEMBLY**

**GENERAL ASSEMBLY OF ALL FIRST NATIONS**  
August 27-29, 1999  
Bird's Hill Park, MB

Friday - August 27th, 1999 at 1:00pm - Opening Ceremony - Prayer (Elder).

- Topics to be discussed:
1. Treaty money raised from \$5.00 to \$5,000.
  2. Native Ombudsman
  3. Decentralization of band funds/Treaty rights/Inherent rights.
  4. Housing/Education/Medical Services
  5. Bill C-31/Elections
  6. Indian Affairs/Assembly of First Nations/Assembly of all Chiefs
  7. Prohibition of Natives
  8. Residential Schools
  9. Child Welfare System
  10. Working with the Leaders on self-government!

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Metis Members  
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Weekend Pass for Park \$5.00

Tent per night \$10.00  
For more information contact Brenda Everett 204-367-2352

**IN MEMORIAM**

**Ben Wolchuk**  
July 4th, 1999

*In loving memory of my dear husband, our Dad and Grandpa.*

*Six years ago you were called away. Today brings memories of that sad day. As days go by and yours do too. We treasure the memory we have of you.*

*Forever loved and greatly missed, your wife Pauline, and family.*

**CARD OF THANKS**

We would like to extend our thanks to everyone for their expressions of sympathy by way of prayers, flowers, cards and food delivered to the house during the recent loss of our Mother and Nana, Winnie Woods.

Special thanks are extended to the Reverends Brian Rountree and Cindy Terry, lay minister Janice Knutson, Edna Fortier for the bible reading, and organist Dorinda Watson for the lovely Memorial Service; to the R.C.L. Branch #64 Ladies Auxiliary for providing lunch; and to "daughter" Gloria Borody for being our hostess at the house.

Your support during our time of loss is greatly appreciated. We are very fortunate to be part of this wonderful community we live in.

*Arlie and Bill McGuire and families*

**BIRTHDAY**

We would like to wish **Florette Vincent-Boulet** a **Happy 65th Birthday!**

Love from All your Kids

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251V-2

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25pd-1

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