

Community**\$5000 FOR WINGS OF POWER**

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**Garden****GROWING HOUSEPLANTS FROM SEEDS**

...Pg. 7

**Nature****MONARCH OF THE INSECT WORLD**

...Pg. 9

2001 Vaughan St.,
Winnipeg, Mb.
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(legal deposit)**\$1.00** Tax Included

Voice

Vol. 8 #8

THURSDAY, JULY 22, 1999

Pine Falls, MB

*One of the participants in the Grand Entry of Sagkeewing's PowWow Saturday afternoon*

Treaty Days '99

Just about every Sagkeewing group came together last week to organize this year's Treaty Days, celebrating the signing of Treaty Number One, 128 years ago. (Aug. 3, 1871)

The week opened with three days of discussions on aspects of the treaty, its present and future impact, culminating with a "Treaty Summit" on Wednesday and Thursday. On Wednesday there were also discussions on residential schools.

Thursday to Sunday evenings entertainment included a comedian, a juggler a hypnotist, a magic show, a fiddler, and an Elvis impersonator. Saturday evening ended with a country band and a social. Sunday evening Juno Award winner, Gospel Singer, Steve Bell entertained.

There was a host of other activities throughout the week. The major event was a traditional Pow Wow.

Because there were so many different organizations involved in the celebration The Voice has not been able to get together details of all the events. Winners of the Marathon were: Men's, Dale Swampy, Youth, Adam Prince, Women's, Annette Paizen. First place in the Fish Derby was taken by Ian Sinclair who collected \$400 for a 5.7 lb. Catfish. See pg. 10 for fish derby results Complete details will be carried in next week's Voice.

Lac du Bonnet upset by MTS tax break

"Really dirty pool" - RM Reeve.

Dorothy Boznianin, Reeve of the RM of Lac du Bonnet, described the last minute passage of a bill removing the ability of municipalities to tax utilities as "really dirty pool". The bill, Bill 47, was given first and second reading on July 12, sent to committee, and given third and final reading the next day, the day the legislature shut down for the summer.

The bill was retroactive to two weeks before the first by-law was passed, (by the Town of Grand Rapids in 1966, Lac du Bonnet passed their by-law January 27 last year).

The by-law required that generators, transformers, transmission lines, poles, wires, cables, structures, and all other plant, machinery, appliances, tanks and containers concerned with the generation and transmission of electricity and the transmission of telephone or other communication signals be taxable.

After the passage of the Lac du Bonnet by-law, the municipality asked the Municipal Assessment board to assess the property in question. After a period of delays the two municipalities took the issue to court in order to get the court to force the assessment board to do what the municipality says they are required to do under the Municipal Act. The first hearing was scheduled for February this year, it was postponed to June, and again to September.

"In the meantime," said Boznianin, "they rammed this legislation through to block us. They pushed the bill through in two days without any consultation."

The block to the municipal taxation of utilities does not appear to be permanent. Rural Development Minister Len Derkach said time is needed for a thorough review of the issues involved. "Removing the discretionary authority

cont'd on pg. 4...

Letters



YOUR VIEW:
Letters to the Editor

Box 4000
Pine Falls, MB
R0E 1M0
Phone: 367-4466
Fax: 367-4078
small: thevoice@granite.mb.ca

Hydro responds to Lake Regulation editorial

To the Editor:
Your story on June 16 edition "Lake Winnipeg Regulation" provides some context and history to the regulation of the lake but leaves out some important perspectives and gets some facts wrong. We would appreciate the opportunity to add to this story and clarify some details.

Your historical review of the regulation of Lake Winnipeg omits the fact that Lake Winnipeg regulation had been sought by property owners around the lake for some time as a means of preventing overland flooding that occurred from time to time in high water years, with disastrous results. Property owners supporting lake controls were particularly vocal after the 1950 flood on the Red River that resulted in overland flooding in many parts of the south basin of Lake Winnipeg.

The provincial government established the Lakes of Winnipeg and Manitoba Study Board to study regulation of the lake for flood control purposes but they concluded that such a project was not economically feasible for flood control reasons alone. Subsequently, when Water Commission hearings were held in the early 1970s to discuss the issue of regulating the lake for hydroelectric development, there continued to be support from many property owners for controlling high water levels on the lake. Of course, there were many other views and perspectives heard in the public meetings as well.

In addition to the construction of the Jenpeg Generating Station, that controls most of the outflow from the lake, additional channels were put in place to enable more water to be moved out of the lake in high water conditions or when required for hy-

droelectric production. One of the benefits of this additional outflow capacity (able to move up to 50% more water out of the lake than the natural outlets) is that there has been limited overland flooding on Lake Winnipeg since regulation, even in years of comparable high water.

The regulation of Lake Winnipeg for hydroelectric purposes in 1976 had the additional benefit of reducing the effects of flooding around the lake. The magnitude and duration of flood events have been reduced.

The story indicates that in order to provide for hydroelectric purposes, the average level of the lake has to be higher than in the past. Although this is a popularly-held view, it is not the case. Since regulation, the high water levels are not as high on the lake and the low levels are not as low. The average water level on Lake Winnipeg prior to Lake Winnipeg regulation is the same as the average level after regulation, 713.4 feet above sea level. Even in the fall months, the average lake levels are not higher now than they were prior to regulation. The effect of Lake Winnipeg regulation for hydroelectric purposes has been to provide the province's electricity users with a dependable supply of water from the lake in virtually all years (most critically in years when water conditions are below average.)

Manitoba Hydro's interest in Lake Winnipeg is not in storing per se, but in ensuring that there are minimum water levels in the lake and in using the additional outflow capacity afforded by the excavated channels to move water out of the lake to generate electricity at the right time to meet the needs of Manitobans.

We appreciate the opportunity to share this information with your readers.

Yours truly,
G.P. Schneider, Manager, Public Affairs

Community Billboard - ph 367-4466

LIBRARY ALLARD: Library Hours: Tuesday: 10:00am to 5:00pm Wednesday: 1:00pm to 5:00pm 6:30pm to 8:00pm
Thursday: 1:00pm to 5:00pm 6:30pm to 8:00pm
Friday: 10:00am to 10:00pm Saturday: 10:00am to 4:00pm
KNIGHTS OF COLUMBUS: Meetings every second Tuesday of the month 7:30 in the basement of the Powerview Church.

SILVER HAVEN CLUB: Cribbage - every 4th and 5th Monday of the month at 7:30pm - 9:00pm every Thursday of the month at 7:30pm
WINNIPEG RIVER W.I.L.S. meetings third Tuesday of every month, 7:00pm, Library-Allard, St Georges
PINE FALLS HEALTH AUXILIARY: Meetings on the first Tuesday of every month at 4:30pm
COTTAGE COUNTRY BUSINESS ASSOC.: Meetings every first Monday of the month at 7:00pm, Church through May 17th 256-2566

ALCOHOLICS ANONYMOUS: - Sun Bro Groups - Meet every Monday, Wednesday and Friday 7:30pm to 8:30pm at Lake Fradon on the north side of the parking lot at St. Georges Catholic Church basement
PINE FALLS LEGION: - Meetings held 2nd Thursday of the month 7:30pm - Legion, Matt Ruffell held at Legion on Fridays from 7:30 to 8:30

PINE FALLS SONIC LODGE #154: - meets on the second Friday of every month in the Pine Falls United Church except Jan & Feb
BADMINTON: - Pine Falls School Gym, Sunday 10:00am to 12:00pm
POWVIEW GARBAGE PICKUP: every Wed. 6:00am - 6:30am pickup every 1st & 3rd Thurs. of each month
P.A.A. MEETING: every 4th Thursday of each month at 7:00pm

VILLAGE OF POWVIEW MEETINGS: every second Tuesday of each month
WINNIPEG RIVER SENIOR SERVICE INC.: (Canadian nature) - Pine Falls, Health Complex, Telephone: 367-9128, Hours: 9:00am - 3:00pm Monday - Friday. Services: Transportation, Home Maintenance, Food Care, Volunteer Help, Information

FAMILY CARE GIVER SUPPORT GROUP: at the United Church in Pine Falls, last Thursday of the month at 7:00pm
AA MEETINGS: - The Rowles family group, Thursdays at 8:00pm, Senior Service Victoria Branch - 4 Aylesh Road, 256-8000/28 or 256-2101
PINE FALLS LIBRARY: - Library hours will be from 5pm until 5pm, Monday - Thursday

HAPPY TOYS DAY CARE: - The Happy Toy Place Inc., 100, Box 773 Pine Falls, R0E 1M0 - 367-2001, hold board meetings on the last Monday of each month, 7:00pm at the library

SENIOR SERVICE INC. #1 Aylesh Rd., Victoria Beach: General Meetings every 2nd Tuesday of the month, Art Classes Wed. 10 am, Wood Carving Wed 1pm, Movies Tue 7pm, carpet binding, Fri 2pm, Bingo Fri 7-11pm Call 256-6468 for more information regarding activities

MENTAL ILLNESS SUPPORT GROUP: Meets twice a week every 2nd Wednesday at 7pm at the Wings of Peace office
LAKESHORE AL-TEEN GROUP: Call Kathy 367-8237 or Vickie at 345-6520

SUNRISE SINGERS: Meet every Monday evening 7:00pm at the Pine Falls United Church. New members welcome. Choir meets every 3rd Monday evening 7:00pm
REACHES HELP CENTRE: 256-6271, Wed 1-4pm, Fri 10am-1pm

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

RCMP News



The Police Beat

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

Comments, Questions and Queries

Three new and interesting questions this week so without further ado, here we go.

Q - Why do all cops have mustaches? - Anonymous, Saglekeing First Nation

A - You are probably right in that more members have mustaches than don't, but I wouldn't say "all" cops have them. Some members, especially the female members, may take a little offense to that kind of generalization. As far as why a lot of us do grow mustaches, I couldn't really tell you why. Perhaps it is because at one point in time during training, members were not allowed to have any facial hair and upon graduation they were going to have a mustache just because there was no drill instructor around to say they couldn't. Or maybe there is something in a member's psychological profile that makes us prone to growing one, but I really don't know. I do know that it was also very common for soldiers to grow mustaches when I was in the army so it might just be that it looks good with a uniform. At any rate I really don't know why we grow them, but if there are any psych majors out there that wish to enlighten me, by all means do so.

Q - A white guy from Pine Falls was banned from the Reserve by a BCR (Band Council Resolution) for messing around with married women. Can we stop him from coming onto the Reserve and is he breaking any laws by coming onto the Reserve after being banned? - Anonymous, Saglekeing First Nation

A - Wow! Talk about your proverbial can of worms, this is it. First of all a Band Council Resolution is technically not supposed to be used as a legal document for enforcement purposes. It was designed to be used as an administrative form to record decisions made by a Chief and Council. I know over the years it has evolved from that and now people are under the impression that they carry a lot more weight than they actually do. Secondly, under section 30 of the Indian Act it is illegal to trespass on an Indian Reserve, but the Act does not give a definition for the meaning of trespass as it relates to the Act. This makes enforcement of the section very touchy and is best left up to the Saglekeing First Nation Police to enforce. We are not here to police people's moral indiscretions that do not break any laws, such as adultery. Therefore if this person is an invited guest of a Band member, regardless of the reason for the visit, it is not trespassing that we could enforce.

Q - On some of the streets in Pine Falls, such as where Balsam enters Maple, there are no traffic signs such as a yield or stop. Should there not be stop signs on these side streets that enter Maple, which I presume is a through street? - W. JANSSON

A - Thank you for the question and I agree there should at least be a yield on streets that enter Maple, which is in fact a through street. This is a concern that you should bring to the attention of the Mill, as they are still administering the town of Pine Falls. I'm sure that if you raise a

valid concern to whom ever is there at the town site, it will be addressed. If in the mean time you witness driving that you think is dangerous, get the plate number of the car, time, date and place it occurred and let us know. We can then bring it to the attention of the driver in question.

Thank you for the questions, as always they proved to be interesting to read and respond to. Over the past months I have asked repeatedly for the public's opinion on how the Detachment is doing and so far I have had no responses. Am I to assume that everyone is completely satisfied with how we are doing business and nothing should be changed or addressed? They say that if it isn't broken, don't fix it so you tell me, is there anything to fix? Don't get me wrong, we've altered things to address concerns noted in your weekly questions, but I'm looking for straight forward suggestions and comments on how we are doing overall and suggestions on what we should be concentrating our time on. Take some time, think about it and drop me a line.

Off the Cuffs

Have you ever heard the expression "It only takes one person to ruin it for everyone"? Well let me tell you about a little problem we encountered last Saturday night, that no doubt, a lot of you already know about. There was a young man on a high performance 4 wheeler that, for the better part of an hour, raced around the streets of Powerview and Pine Falls at high rates of speed in a very reckless manner, helmetless to boot. We attempted to get this young man to stop and he responded to our efforts with the one finger sa-

lute and increased speed. Eventually we contained the rider to the Powerview village limits and then quit looking for him in hopes he would slow down and lower the risk of injury or death to himself or other members of the public, which apparently worked. Now, because of this incident it is glaringly obvious that there is a need for more enforcement of the Off Road Vehicles Act in and around our communities. A lot of you know that we have been lenient with riders that we stop and have been giving a lot of people warnings instead of tickets, but this is obviously not working. Here is fair warning to get your machines registered, wear your helmets, be of legal riding age and ride where it is legal in a legal fashion. This one young man has managed to paint all riders with a black mark and we will be looking a little harder at the ATVs being ridden in our area, enough said.

On a brighter note, in talking to several people from Saglekeing, I've been told that the Treaty Days celebrations, held last week, went off without a hitch and was enjoyed by all. It is great to see that this celebration of history and tradition is still being enjoyed and carried on in such a grand manner.

We are also well into the summer and have not had any tragedies on or around our waterways. Considering how many people are enjoying water activities, this is a pretty good track record and we hope to see it continue right until freeze up. During the summer we will have the opportunity to get on the water and do some enforcement of the Small Vessel Regs, so be prepared and have all the mandatory safety equipment we will be looking for.

That wraps up this week, now let's have some fun.

Publisher/Editor
Charles Norman
Production Manager:
Art Director
Lori Pachkowsky
Seeds Editor:
Grant Pachkowsky
Contributors:
George Bayly, George Lalar
Lindsay Suberland

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P.O. Box 4000
Pine Falls Mb., R0E 1M0
e-mail: thevoice@granite.mb.ca
PH. 367-4466 FAX 367-4078
2nd class mail #02315408-99 (Postage paid in Pine Falls)

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News

Lac du Bonnet upset by MTS Tax Break - from pg. 1

of municipalities to impose taxation on utility distribution systems will allow for a comprehensive investigation of relevant taxation policy and other important questions."

He said new technology in telecommunications has to be addressed and the government has to make sure they are not creating an unfair advantage or disadvantage to competing utilities. "Rather than a patchwork, taxation should be consistent throughout the province." He said.

The City of Winnipeg is also getting into the act. Councillor Clements is incensed at the prospect of MTS, now a private company being exempt from municipal taxes. Last Friday City Councilors passed a resolution calling for a renewal of its request to the province to amend the City of Winnipeg Act to allow the taxation of utility companies.

June Kirby, of MTS said they do pay taxes, last year at total of 3.7 million dollars. 2.3 million to Winnipeg and the balance to municipalities outside the city. Municipal officials claim that this is only a fraction of what they should be paying

if they were properly assessed. Hydro, as a crown corporation, pays grants in lieu of taxes, municipalities say grants have been in place for years and have not been raised with inflation.

The RM of Lac du Bonnet and the Town of Grand Rapids have been negotiating with Hydro. "They wrote to us to say they would throw us a few crumbs if we would let this whole thing blow over," Bozianian said. It has been reported that Grand Rapids has made a deal with Hydro for a one time payment in excess of \$600,000 and \$266,000 per year, indexed to inflation.

Bozianian is especially upset at MTS getting a tax break "I object to the government treating MTS the same as a crown corporation." She said. "They are a private company."

Responding to a comment by Glen Schnieder of Manitoba Hydro that taxation of generating stations would represent a huge windfall to three or four municipalities at the expense of all hydro customers, Bozianian said "we don't want to gouge anybody, we just want our fair share."

More evidence of very serious concerns relating to vaccines

The Association for Vaccine Damaged Children and The Eagle Foundation are calling for the Canadian government to immediately remove the Hepatitis B vaccine from the Canadian vaccination schedule, as well as all other vaccines that contain thimerosal. Thimerosal, a mercury derivative, has been banned as of October 22, 1998 by the U.S. FDA due to the fact that thimerosal is a highly toxic substance which has cumulative effects in the body, that can lead to long term brain damage. It has been used as a preservative in the Hepatitis B, and other vaccines, as well as many adult vaccines. Considering the current childhood vaccination program, this might well put a child's mercury level over the FDA approved maximum limits. In light of the mounting lawsuits and the congressional hearings of the House of Representatives on the safety of the Hepatitis B vaccine, it would be prudent for our government to call for a moratorium and err on the side of safety until long term studies have been completed.

Earlier this year, the U.S. House of Representatives held a congressional hearing on the safety of Hepatitis B vaccine. In their submitted testimony, the executive director of the Association of American Physicians and Surgeons (AAPS), Dr. Jane Orient, M.C. proclaimed "vaccine policy is flawed," and decisions "are being made by small committees whose members have incestuous ties" with the pharmaceutical industry. She also states that "children younger than 14 are three times more likely to die or suffer adverse reactions after receiving Hepatitis B vaccine than to catch the disease." Dr. Orient has accused schools of practising medicine without a license.

In light of the controversy of Hepatitis B vaccine by the scientific and medical community in the U.S., we would like our government to act responsibly and halt this vaccine program until they thoroughly scrutinize this issue. Anything less than this could be construed as scientific fraud being perpetrated upon our children.

For further information please contact Association for Vaccine Damaged Children Leona Rew (204) 896-0971 or Mary James (204)895-9192 or Rose Stevens (204) 256-2422.

News

Supreme Court rules on off-reserve voting

by Vic Savino

A few columns back, last November, I "bookmarked" the upcoming decision of the Supreme Court in the Corbiere case as one case to watch in relation to the rights of off-reserve Indians. Well, on May 20 1999, the Court came down with its decision and its real doozy.

The Court has ruled that the section of the Indian Act that restricts the right to vote to on-reserve band members is unconstitutional, void and of no force and in effect, zippo. It has given the federal government, through Parliament, until November 20, 2000 (18 months from the date of the decision) to consult with the affected interests and clean up its act (the Indian Act, that is). If Parliament doesn't act by then, or if they decide to just leave it alone, then as of November 20, 2000 the section of the Act that limits the definition of "elector" to those band members "ordinarily resident on the reserve" will automatically be amended so as to strike those words from the law.

This is an enormously big decision. It is an offspring of Bill C-31 and its impacts will at least equal those of Bill C-31 itself. The decision necessitates a fundamental reworking of the relationship between First Nation on-reserve leadership and their citizens living on-reserve and their off-reserve compatriots. It will also result in a fundamental change in the funding relationship between Ottawa and First Nations.

Most important of all, this decision considerably enhances the political and social rights of those members of First Nations who for one reason or another have been living off-reserve. The Court acknowledges that the "choice" to live off-reserve isn't always a voluntary one, with acute housing shortages, lack of on-reserve economic opportunities and previous unconstitutional provisions of the Indian Act stripping people of their Indian and band member status, being major factors.

How did this happen, you ask?

Well, many moons ago a gentleman by the name of John Corbiere of the Batchewana Band went to court on behalf of many off-reserve members of his band who were excluded from voting in band elections and referenda dealing with communal assets of the First Nation. This is not a Section 35, Aboriginal and treaty rights case, but rather a Section 15 of the Charter of Rights case dealing with equality rights.

Batchewana, like many First Nations has a long history of an inadequate land base to support its burgeoning population. This First Nation is located right in the heart of the city of Sault Ste Marie, Ontario, and with the land base and housing shortages, many band

members live and are housed in the surrounding urban area of the Sault (the birthplace by the way of both my Mom and former INAC Minister Ron Irwin). In the old days (from 1902, when the band held its first Indian Act elections, until 1962) they just ignored Section 77(1) of the Act and allowed people living off-reserve in the area to vote. However, from the 1960s on, the department and the First Nation's government have been enforcing the residency requirements for electors.

That change sparked a sense of injustice in the many band members who couldn't vote any more because they couldn't reside on the reserve. The numbers here are interesting. Just prior to 1985 and Bill C-31, 71 percent of the 543 band members resided on reserve. By 1991, with the enormous influx of new Bill C-31 members, only 33 percent of 1426 band members resided on reserve. Approximately 85 percent of the increase in band membership since 1985 is a direct result of Bill C-31.

At the trial level, Justice Barry Strayer (who is now on the Federal Court of Appeal) found that Section 77(1) violated the equality guarantees of the Charter. He restricted his decision, however, to what he viewed to be the unique historical circumstances of Batchewana. The Federal Court of Appeal upheld Justice Strayer, and they, too, tried to restrict and circumscribe their decision to the "unique" circumstances of Batchewana. In the Supreme Court, however, they weren't having any of the "limited to this fact situation" approach. They even took the very unusual step of restating the constitutional question from the narrow one limited only to Batchewana, to the broader question of the constitutionality of the voting restrictions, generally, across Canada.

Section 15 of the Charter of Rights and Freedoms deems every individual to be equal before and under the law and to have the right to equal protection and benefit of the law without discrimination. Most of us view discrimination in terms of the "prohibited grounds," you know, race, colour, national or ethnic origin, religion, sex, age, mental or physical disability. But the Supreme Court has not limited its discrimination findings to the prohibited grounds, but rather has been liberal in its interpretation of equality guarantees and has recognized certain "analogous" grounds of discrimination (eg. "sexual orientation" has been added by the Court and it came down with a big decision on same sex marriages on the same day as this one).

In this case the Court recognizes a brand new analogous ground, namely "Aboriginal residency." The bottom line is, if you are Aboriginal and you are treated differently under

the law because of where you live, the Court may find discrimination and rule the law in question unconstitutional.

This decision deals with political rights within First Nations. However, it also opens the door to other challenges of laws that treat off-reserve First Nation members differently.

This case will be most troubling to the federal government. Not only do they have the immediate task of trying to legislate an electoral system that does not discriminate, but they are going to have a tough time justifying programs that are extended to on-reserve Indians but not to off-reserve. The Court is foreshadowing, in my opinion, finally forcing the feds to take responsibility for all Aboriginal peoples, not just those who live on-reserve. This, of course, has huge implications for the treasury, and the feds had better start budgeting for it.

The decision applies to the 288 First Nations who conduct their elections under section 74 of the Indian Act. For the roughly equal number of First Nations that have "custom elections" codes, it would, in my opinion, apply equally to them if there are distinctions based on residency on or off the reserve. Unless, of course, those First Nations can demonstrate that holding it unconstitutional would violate Section 25 of the Charter in that interpreting the Charter in this way would "abrogate, derogate from any Aboriginal, treaty or other rights or freedoms that pertain to the Aboriginal peoples of Canada". However, judging from the Court's discussion of Section 25 in this case, that would be an uphill battle.

So, the off-reserve residency eat is out of the bag, so to speak. Look for big changes in that area in the coming years. Now with this question decided by our top court, what will happen with the legions of non-status Indians who are denied Aboriginal rights and are voiceless and without a pot to pee in in rural and urban areas of this vast land. Oh where is Harry the Dog when we need him? Sizing up his people's next Charter challenge I suspect.

Meegweitch, dear readers, and till next time, arrivadecei.

p.s. If you want to download the decision on your computer, go to the Supreme Court of Canada page at www.scc-esc.gc.ca/services.htm and click on "Links to Judgments" and then click on "Recent Judgments" then click on "Corbiere vs Canada etc." It's 43 pages.

*Vic Savino is the lead lawyer at Savino and Company in Winnipeg and has specialized in Aboriginal law for over 20 years.

Papertown

Motor Inn

ECHOES

presents...

Groovetown

Thursday, Friday, Saturday
July 22, 23 & 24th

NO COVER

Community

Drug bust clarification

Further to the story in *The Voice* last week, the RCMP have confirmed that the four month investigation that led to the seizure of marijuana with a street value of 1.5 million dollars, and the arrest of four people was not the result of information received from the general public.

The investigation began with a landlord in Molson asking the RCMP to check on his property because he suspected that his tenants had left without paying the rent. When

the RCMP investigated they found evidence of the production of marijuana. The successful investigation from that point on was the result of excellent police work, primarily on the part of Constable Tom Wallach of the Whitemouth detachment, and not as the result of information received from the public.

The fear has been expressed that citizens mentioned in *The Voice* story could be suspected of informing on those charged, and thus possibly be subject to retaliation.



North Eastman Health Association Inc.
Call for Nominations - District Health Advisory Councils
"Taking Charge of your Health"
An opportunity to get involved with the Health of your Community

Resulting from vacancies associated with the respective two councils, the North Eastman Health Association Inc. is seeking nominations for membership to participate on both District Health Advisory Councils (North & South). The DHAC - North is seeking four members (2 residing in the communities of Powerview-St. Georges/Pine Falls and 2 residing from remainder of District). The DHAC-South is seeking five members (2 residing in Beauséjour, 1 residing in Whitemouth/Hadassville, 1 residing in Oakbank/Springfield and 1 residing in Seven Sisters. Nominations must be supported by fifteen signatures from residents of the respective districts and three character reference letters. The DHAC-North extends north of Highway #44 to the 53rd parallel. The westerly boundary shall be Lake Winnipeg and to the east of the Ontario border. The DHAC-South shall have a northerly boundary of Highway #44, a northerly boundary of the TransCanada Highway inclusive of all of the RMs of Reynolds and Springfield. The westerly boundary shall be the Red River to the East of the Ontario border.

As a volunteer member, you will:

- Be committed to a collaborative approach to health planning and delivery;
- Be interested in the health of the community;
- Provide a linkage with NEHA and the community;
- Be an ongoing participant in the Community Health Assessment;
- Bring positive health attitudes and activities into the community; and
- Be a resident of the District Health Advisory Council area.

In an advisory capacity, the District Health Advisory Councils identify local health needs and priorities and provide a community perspective on health issues.

You qualify if:

- You have an interest in health;
- You are a resident of the District; and
- You are not a health care provider who is working within the North Eastman region

The term of the appointment will be for three years.

Application forms are available through the NEHA

Corporate Office located at:

North Eastman Health Association Inc.
 W.B. Lewis Business Centre
 24 Aberdeen Avenue
 P.O. Box 339
 Pinawa, MB R0E 1L0

All completed application forms should be returned to the above address, **no later than July 30th, 1999.**

If you have any questions, please contact Mr. Todd Stepieniuk, Chief Executive Officer at the NEHA Corporate Office at (204) 753-2012 or toll free 877-753-2012.



Rita Stoll of the Pine Falls District Health Care Foundation presents a cheque for \$5000.00 to Andrea Cockwell of Wings of Power

\$5000 for Wings of Power

The Pine Falls District Health Care Foundation has made a \$5000.00 donation to the Wings of Power Program. The Pine Falls District Health Care Foundation was created to support hospital, personal care homes, ambulance services and other non-profit charitable, educational and cultural organizations. It is the mandate of The Foundation to assist in maintaining and promoting the good health for all the residents served in the area. Wings of Power is a community based grassroots program comprised of local people from all walks of life who have come together to find ways to empower families to enhance wellness, learning and growth opportunities for children in our community. Wings of Power has four pillars to its program: Nutrition, Literacy & Language, Early Intervention, and Parenting. The Foundation's generous donation is supporting the Breakfast Program which is part of the Nutrition Pillar. Through the Breakfast Program students from Kindergarten to grade eight at Powerview School receive Nutritional Snacks each weekday morning. Ensuring that all students are not hungry and have proper nutrition gives them a better chance to succeed in school. Anyone interested in learning more about Wings of Power and its programs is invited to call Andrea at 367-9641.

Garden

Garden Talk... *Growing houseplants from seed*

Growing Houseplants from Seed



By: Tom Ward

Most people acquire houseplants as gifts either as whole plants or in the form of slips for rooting. Commercial producers start houseplants from seed - and you can do the same. Starting them from seed is an easy, economical and satisfying way to acquire a variety of interesting houseplants. After planting, moisten the medium without disturbing the seeds. Keep the seeds moist until they germinate. To keep the moisture level high, cover the pots or pans with a sheet of glass or place them in clear plastic bags and tie. For seeds that take a relatively long time to germinate, you may have to add water occasionally to keep the medium damp.

Many houseplants will take more than 3 weeks to germinate - so be patient. The seeds can be kept in the dark or given indirect light, but it is important

ing ferns from spores is not difficult. All you do is buy the spores, and plant them just as you would fine seeds, sprinkling the spores over the surface of the medium. The medium should be damp as for seeds. In the case of spores, however, keep the plastic or glass cover on after the plants start to grow - because ferns benefit from humid conditions. As the fern approaches transplanting size (on average, 5-8 cm or 2-3 in.) gradually remove the plastic or glass to expose the plants to room conditions. Transplant as for seeds.

Courtesy of Horticultural Extension.

You can start houseplants from seed indoors the same way you start vegetables and annual flowers for transplanting to your garden. Plants that can be easily started from seed include flowering maple, asparagus ferns (not true ferns), palms, crotons, false aralias, and freesia, though

there are many, many more.

From Seeds to Seedlings:

Seeds can be started in pots or seed pans. For the growing medium, prepare a mixture of sand and peat moss in equal portions by volume. Use fine sand and peat moss for small seeds. Larger seeds can often be started in slightly coarser mixtures that can include vermiculite or perlite. It is also possible to start seeds in commercial sterilized potting soil; if this is used, pack the soil down firmly, sprinkle the seeds evenly over the surface of the soil, then sieve a small quantity of the soil mixture over the seeds. This will assure that the seeds are in close contact with the soil.

As a general guideline, plant at a depth that is twice the diameter of the seed. Very small seeds such as begonia seeds are left uncovered.

Operation Kids

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 July 31st, 1999, 1-4pm

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 (12:30pm Barbeque)

Ages 5 - 12
 All free of Charge

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 under the Big Tent!



Non-Seed Plants:

Ferns are started from spores, which are very small - the size of dust particles. Start-

Beaches

'Round and about the Beaches

By Monika J. Evans
Sunday Morning

During the months of July and August, I spend every possible Sunday morning attending the Church service at the Lester Beach Fire Hall on Second Street. I look forward to the sign being posted to let everyone know that the services will be starting for another season, and to bring your own lawnchair.

The firehall looks anything but a Church. It is an open building with a concrete floor, complete with embedded footprints. Three bare, overhead bulbs hanging from the ceiling as the source of lighting. The overhead garage door is opened during services and there is a large picture window behind the portable podium which also contributes some light. When a large crowd is present, several of the men will pull out the pumper trailer to make room.

The walls are decorated with forgotten firemen coats, seven yellow and one each of red and orange helmets complete with visors, boots, shovels and several axes. Overhead are hoses, electrical wires and other paraphernalia. The lovely organ seems to be completely out of place, but so nice to have since its music contributes so much to the services.

During the past summer, and again this year, Lillian Martin has kindly provided the music to accompany the singing. This season, also, Mr. Helmut Penner is providing lovely flute music as an accompaniment to the organ. During some of the services there are other musical presentations, either instrumental or vocal, or both.

Since the Church is non-denominational, each Sunday there is a different speaker. The services last from 45 min-

utes to one hour, depending on the Minister. The congregation is varied, there are sometimes a few children or young people present, but mostly the fifties plus are in attendance. The average congregation for the past four weeks has been between 30 and 35 members. The singing is very lovely with quite a bit of harmonization. At least four hymns are sung during the service, and sometimes more. There is a feeling of welcome that projects out of the doors. There is not collection taken.

Being out in the open, as these services are, sometimes there are some distractions such as a stirring of a breeze, the smell of flowers and new mown grass. Last summer a bird had made a nest in the pine tree, which had a bird-house attached to it, right outside the large window, and it

was hard to concentrate on the Minister when the birds were constantly flying in and out with food for their babies. Auditory distractions, such as the clicking off and on of the electrical transformer, birdsongs, pedestrian traffic going by can also be a bit of a problem. Pesky mosquitos and flies are just brushed aside and not even considered as such.

There is no dress code. If someone is attired in a suit and tie, you can bet that it is the Minister. Casual clothing is the norm and all are welcome.

I truly enjoy the services and really miss them during the winter. It is a good way to spend an hour of my Sunday, from 11:00 a.m. to Noon, and I leave there feeling renewed and refreshed in spirit for the following week.

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Nature

Monarch of the Insect World

There are trees in central Mexico which erupt into a burst of colour whenever the sun's rays touch them. The colour comes from hundreds of thousands, perhaps millions of monarch butterflies taking to the air to soak up the warmth of the sun.

Mike Waldram of the Manitoba Model Forest says it's an experience which is very hard to put into words. "It's such a phenomenal thing - it takes your breath away."

Monarch butterflies spend the winter in Mexico, Florida, and Southern California, most of them are relatively small area in mountainous country about 300 km West of Mexico City. They cluster together for warmth until the sun emerges from the clouds when they explode into the burst of colour, but, to Waldram, that is only part of the spectacle. "They cover the whole tree, it's so incredible, boughs are weighed down from the weight of them. I've never seen anything like it."

The winter spectacle is only part of the miracle of the monarch butterfly. After spending the winter in Mexico they migrate North to the Northern United States and Canada. By the time they arrive here they have gone through four or five generations. On the return trip an individual may do the whole journey, or there may take time in the Southern States for a second generation, no one is really sure.

It was only twenty five years ago that the Mexican hibernation site was found. Since then there has been a great deal of research. It proved rather difficult to discover where the Mexican monarchs had come from, tiny wing tags were tried, but were not very satisfactory. In the first place they can only last for one generation, and the likelihood of a tag being returned to a researcher is very small. More recently isotopes of carbon and hydrogen have been used. Concentration of these isotopes vary depending on latitude, thus analysis for

them can provide a good indication of where they originated.

The Manitoba Model Forest is twinned with the Monarch Butterfly Model Forest in Mexico, established to ensure the protection of the monarch, and at the same time to ensure that local residents realise some benefit from the more and more tourist travelling to the mountains to see the spectacle for themselves. The Manitoba Model Forest helps provide expertise and information to its Mexican twin.

Two Manitobans will be spending next winter in the Mexican model forest. Angela Bidnost and her husband, Lance Letain. They will be helping establish an eco-tourist industry, which will include training for guiding. They will be looking at the capacity of the region in terms of the numbers of tourists, at the infrastructure required, and the economic spin-offs for the local people. Part of their job will be to establish a waste management plan, i.e. cleaning up after the tourists. Throughout, their prime concern will be protection of the Monarch Butterfly habitat.



Monarch Butterfly

Thank you for the Surprise...

The Surprise 25th Anniversary Yard Celebration, (not party) turned out to be very pleasant. All the family and friends that could show up to be with us was just great. Some people could not attend but still sent a monetary donation toward "a new kitchen set", thank you very much.

There was obviously a lot of work put into this by numerous people and it certainly showed. The decorating, the singing to us, the speeches, the food, the games and all of those old pictures.

Wendy, Allan and our own children, thank you very much.

Wayne & Sandy Martin

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- You have received maternity or parental benefits in the last 60 months.

If you are unemployed, and if any of these situations apply to you and you have a viable business idea, please join us for an information session.

Self-Employment Assistance Program

Call to register for an information session! 345-8691

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Funded entirely by Manitoba Education and Training



Rippling River

RIPLING RIVER NEWS...

Submitted by Jann Amundson & Vanessa James

We are now going into our third week of the Rippling River Summer Program and we are feeling very comfortable in our new positions. Due to the rain, on Thursday July 15th, our nature playday was held at the Powerview School with another camp. This gave us the chance to see the French

Camp in full swing and it was obvious that it was well planned and that all the children were having tons of fun. Although we had to compromise our day, everything went well and both groups still had a blast. We have another fun filled week ahead and we would like to fill you in on all the great experiences coming your way. From July 26 to the 30th, we have our first sport week for all of those who are registered.

Rippling River Upcoming Events

Youth Night Activity

July 23, 7pm-10pm

Powerview Arena:

Hollerblading/Skateboarding

Powerview Gym: Badminton

Youth Volleyball

July 24, 10-12pm

Powerview School

Community Bonfire

July 24, 8-11pm

Point across from

St. Georges Beach

Youth Tennis

July 25, 2-4pm

Village Green

Baseball Week

July 26 - 30

Monday to Friday,

6:00pm - 7:30pm

Playdays

July 27 & 29

Pan Am Games Festival

Pine Falls School

Youth Night

July 30, 7pm - 10pm

Floor Hockey

Sagkeong Treaty Days Fish Derby results

Sagkeong Fire Department 1999, 5th Annual Fishing Derby. 1st Place - Ian Sinclair, 5.7lbs Channel Cat (Catfish) Prize \$400.00, trophy, rod & tackle. 2nd Place - Mark Bunn - 4.0lbs (Sunfish), Prize \$200.00, trophy, rod & tackle. 3rd Place - David Swampy, 3.8lbs (Sunfish), Prize - \$100.00, trophy, rod & tackle. Top Kid - Brock Swampy, 3.6lbs (Sunfish), Prize - \$50.00, rod & tackle.

There was also 90 consolation prizes that varied from walkmans to golf clubs. Sagkeong Fire Department would like to thank all the people who participated in the event. Also a big thank you to all organizations for all the donations.

PINEVIEW MIXED SLO-PITCH LEAGUE STANDINGS

TEAM	W	L	Pts.
Whipmasters	12	1	24
Hardbodies	10	3	20
Diamond Heads	10	4	20
Muskrats	9	4	18
LBRS Slammers	8	6	16
Desperados	7	8	14
Powerview Fire	8	5	16
Diehards	6	8	12
Swingers	5	8	10
5 Star Shooters	4	10	8
Mohawks	3	10	6
Da Beers	0	14	0

THURSDAY, JULY 27th

6:00	Hardbodies	vs	Whipmasters	I
6:00	Diamond Hd's	vs	Muskrats	R
7:15	Slammers	vs	Whipmasters	I
7:15	Hardbodies	vs	Diamond Heads	R



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News

Maskwa Snowmobile Meeting

Maskwa Executive for 98-99

President - Norm Vincent.
Vice & Snowway Rep. - Ian Cyr.
Secretary & Director - Tanis Thomas.
Treasurer & Alternative Snowways Rep - Henry Dube.
Groomer Operator - Marcel Roy.
Membership & Director - Kevin Alarie.
Directors - Mike Dupont, Omer Vincent, Kelly Kemball, Joel Johnson, Mike Oman, Eric Carlson, Bob Vincent, Rene Caya, Justin Brown, Kevin Oman.

Meeting called to order at 7:05pm.

Present at Meeting

Henry Dube, Tanis Thomas, Mike Dupont, Kevin Alarie, Bob Vincent, Rene Caya, Kevin Oman, Ian Cyr, Kevin Rogers, Eric Carlson.

Missing

Omer Vincent, Kelly Kemball, Justin Brown, Norm Vincent, Joel Johnson, Mike Oman.

Minutes as read; mentioned by Kevin Alarie and seconded by Kevin Rogers.

BBQ Delight Draw

Kevin Alarie came up with the suggestion of putting on a summer draw for a "BBQers Delight". The draw prizes and tickets are being done by Janet and Kevin Alarie. The draw will be made at the Maskwa booth set up at the 4P Festival, Sunday, September 5th, 1999.

All club members are asked to sell tickets. Tickets can be picked up at the Alarie's.
Table at the 4P Festival

Ian Cyr has donated his time to sit at the table during the 4P weekend. Anyone wished to volunteer to help Ian, may do so by contacting him. We are planning to have information on our club, a schedule of events for the winter season, a sample of club jackets that can be ordered. Snowpasses will be available, as well as Maskwa membership cards.

General Business

Paul Bourgeois trial is complete. Kevin is working on some signs. The brusher for the tractor is being fixed in Stembach. Ian

cheaper than M.P.I.

Snowway & Snowman Report

Update given by Ian Cyr. Snow passes are staying at \$40.00 before December and \$50.00 after December 1st.

A S.T.O.P. Program is being initiated in Thompson and the Eastern Region for next year. There will be 10 officers from the Eastern Region and 10 snowmobilers. Each team will consist of 1 officer and 1 snowmobiler. Together they will patrol the areas checking for registration, snow passes, and any other violations. The checks will be random and can happen at any time.

If anyone has any questions, comments, ideas or winter activities or would like to volunteer, please contact Ians at 467-9532 or Janet at 467-8362.

Meeting was adjourned at 9:00pm.

NOW HEAR THIS SHAWN MILLER

Licensed Hearing Instrument Specialist will be at the
PINE FALLS HOSPITAL
on Maple Street Pine Falls, Manitoba

Thursday, July 29th, 1999
10:00 a.m. to 2:00 p.m.

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Workers Compensation Board of Manitoba

Payments to Surviving Spouses

SURVIVING SPOUSES OF A WORKER WHO DIED AS A RESULT OF A WORKPLACE INJURY MAY BE ELIGIBLE FOR A ONE-TIME PAYMENT OF \$83,000 FROM THE WORKERS COMPENSATION BOARD OF MANITOBA (WCB).

TO BE ELIGIBLE, A SURVIVING SPOUSE MUST:

■ have been receiving benefits from the WCB of Manitoba prior to July 1985 as a result of your spouse's workplace-related fatal accident or occupational disease; and

■ have had your benefits terminated because you remarried or entered into a common-law relationship before July 1985.

A recent legislative change in Manitoba allows the WCB of Manitoba to offer a payment of \$83,000 to eligible surviving spouses.

If you believe you are eligible, or if you know someone else who may qualify, please contact the WCB of Manitoba by phone, mail or e-mail at the address provided below.

Workers Compensation Board of Manitoba
323 Broadway, Winnipeg, MB R3C 4W3
PHONE: (204) 954-4922

TOLL-FREE (Canada): 1-800-362-3340

E-MAIL: claimst@wcb.mb.ca

If you apply for the payment, you will be asked to provide proof of eligibility and to complete a WCB application and release form.



Feature

Go North young men - Part VIII

After a couple of weeks of rejections from restaurants and resorts we decided that it was time to leave Whitehorse. No good could become of our stay in Whitehorse. Stress and tension was building between us. It was time to leave. I felt plagued by a dichotomy of emotions. We were leaving the most awe inspiring country, a majestic land of splendour and beauty with nothing in our hearts but despair. And more importantly, nothing in our pockets but lint.

We had already decided what our next move was following a rejection at a resort just outside of town. The owner, I think, saw through our phoney resumes. Don and I decided to add a few restaurant jobs to our resumes going back in time to when we lived in Quebec city. Who would have guessed that the owner of a desolate mountain resort 45 kilometres outside of Whitehorse would have been from Quebec city? Lionel knew that there was no Chez Martin in Quebec city. Amongst other things, he also knew that Le Vogue wasn't a restaurant. It was, in fact, our favorite bar. What were the odds?

On the short trip back into town, our plans changed radically. "What do you say we head down to Prince George, B.C.," Don asked me following Lionel's inquisition at the resort. "I hear there is a paper mill there and lots of logging in that area."

"What have we got to lose?"

And just like that, we left Whitehorse thirteen days after arriving. We may have been adventurous and ignorant but we weren't blind. Unemployment isn't hard to spot. Back on the road again.

We left Whitehorse without eating that morning since it was too early for the res-

taurants to be open. The old LTD rolled us in hungry to Watson Lake later that afternoon and rolled us out of it without eating. There are no bank machines in Watson Lake. All we had left went into the gas tank. I put in my last five dollars and Donald put in twenty six. That was it. That was all we had. The next town with a bank machine wouldn't be until Fort Nelson, B.C. My father was supposed to have deposited my Income Tax Return the previous day so I was expecting to have money eventually. It didn't do us too much good, however, in the middle of the barren Rocky Mountains.

Just outside of Fort Nelson B.C. that Sunday evening our hunger reminded us that we hadn't eaten that morning.

"Man am I hungry," Don said.

"Yeah, you know, I figured it out that it has been 18 hours since we last ate. That's got to be a record for me."

"I know that I've never gone 18 hours without eating before!"

"Well, in about twenty minutes we'll be in Fort Nelson and we'll get to a bank machine and I'll withdraw my Income Tax Return and we'll eat like kings."

Without delay as we got into town, I ran into the CIBC automated teller and eagerly pushed the buttons that would feed us. I entered all of the information that was required of me. That's when I read those hideous words: "Sorry. Funds in this account total \$1.83. Do you wish to make another transaction?"

My body fell limp. My head hit the plastic CIBC sign above the machine. No money. I had spoken with my father two

nights ago. He never delays. What happened?

Slowly and sadly, I walked out to the car. Don could guess it without asking. My body language told all.

"So, neither of us has a credit card. Neither of us has a cent. Both of us are famished. Now what?"

"I'm not sure," I answered. "My dad, probably didn't realise that I was serious when I told him that I needed that money in order to eat."

"Yeah, he probably didn't realise what an idiot his son actually is."

"I'm too hungry to laugh at that."

Like a sad dog with his tail between its legs, we decided that our only option was to ask someone what we could possibly do in Fort Nelson. How could two poor transients scrape up a meal?

Next to the bank was an Esso station. We went in and embarrassingly told the female employee our predicament. She told us, while examining us with wonder, that there was a youth hostel (which she pronounced *'hous-tile'* instead of *'hous-till'*) just down the road. Apparently, according to her, at the *'hous-tile'*, we could get fed there.

Back in the car, Don asked me, "do you suppose that there is a god who is giving us signs as to our fate when a lady tells us that there is a youth *'hous-tile'* around the corner?"

"Probably. Let's hope it's not a sign."

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 26

Soup, chicken fingers, noodles, corn on the cob, strawberry short cake.

Wed., July 28

Coleslaw, tea biscuits, beef stew, apple crisp

Friday, July 30

Soup, pizza (cheese, bacon, green onion, tomato, peppers), tapioca pudding

Powerview Chinese Restaurant

Will be Closed
July 19-29 for holidays

Will Open
July 30th

Call 367-2117

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Cooking

Community Kitchen



All the Beef facts you need to know

What are Canada's top grades?

Canada's top grades are A, AA and AAA. The difference between the three grades is the degree of marbling with the AAA grade having the most marbling. These three grades account for over 70% of beef produced in Canada. Look for these grades in your retail flyer and at the meat counter or ask your meat manager or butcher.

Is colour an indication of freshness?

Over 80% of consumers select beef based on its bright red colour. However, variations in colour can be due to many factors, including the type of packaging and is not necessarily an indicator of freshness. The best indicator of freshness is the "packaged on" date or the "best before" date. Freeze ground beef if you do not plan on using it within 24 hours.

Why is ground beef sometimes dark in the centre of the package? Is colouring added to meat or is this old meat in the centre?

Government regulations prohibit the use of colouring, additives or preservatives in fresh beef. When beef is first cut it is a dark reddish purple colour, but within minutes its surface "blooms" and turns a bright red colour in the presence of oxygen. However, if the oxygen can't get to the meat, such as the centre of the ground beef package, or if the

packaging material doesn't allow oxygen penetrations (such as vacuum packaging) the meat can remain dark.

What is the difference between lean, medium and regular ground beef?

According to government regulations, lean ground beef can have up to 17% fat, medium up to 23% fat and regular up to 30% fat. Extra lean ground beef has up to 10% fat. At the present time, ground pork, chicken and turkey are not required by law to be labelled as to fat content (lean, medium or regular). Therefore, if these grinds are not specifically labelled as lean, medium or regular, their fat content is unknown and could be higher than 30%. If labelled, their fat content must adhere to the standards set out for ground beef. For example, if the package is labelled "lean ground chicken", the chicken must contain no more than 17% fat, the same as lean ground beef. Be sure to look for the terms lean, medium and regular on all ground meats and poultry.

Can I age my beef in my refrigerator? I have heard that aging improves beef's tenderness.

Beef's tenderness improves with age, but aging cannot be accomplished safely in a home refrigerator.

The term aging refers the length of time beef cuts are stored under controlled conditions of temperature and humidity before they are packaged for the meat counter. Aging allows naturally

occurring enzymes within the meat to slowly break down some of the connective tissues that contribute to toughness.

Aging times can vary from 3 to 21 days, so it is important to ask about your store's aging policy.

I left a steak on the counter to defrost and forgot about it. Is it still safe to eat?

The Beef Information Centre recommends that you always defrost meat in the refrigerator, not on counter. Room temperature will allow the growth of bacteria on the surface of the meat, even while the inside remains frozen. In fact, at room temperature, bacteria can double every 15 to 20 minutes. Since you have no way of knowing the amount of bacteria that could have developed on the steak during its time on the counter, we would recommend that you not eat it. For more information on food safety, visit www.foodsafety.gov.

How long can I store beef?

Storage times vary with cut. The larger the cut, the longer the storage period. Store in the original wrapper in coldest part of the fridge. Overwrap for freezer storage.

Why do steaks and ground meats turn white and get dried out in the freezer?

This condition is known as "freezer burn" and is caused by inadequate packaging. The clear plastic wrapping used for retail cuts of beef on styrofoam trays is not suitable for the freezer. It allows for the passage of oxygen. To maintain quality on packages

to be frozen for longer than a week, overwrap meat in packaging designed for the freezer (i.e. plastic wrap, freezer bags, butcher paper etc.).

My freezer has just quit and my meat is starting to thaw. Is it safe?

As long as your meat is still partially frozen, it can be safely re-frozen. If the meat has completely thawed, but is still very cold, cook it and freeze it as cooked beef. If the meat has thawed and at room temperature it must be discarded.

Why does ground beef remain pink when I make cabbage rolls? I know that it has been thoroughly cooked.

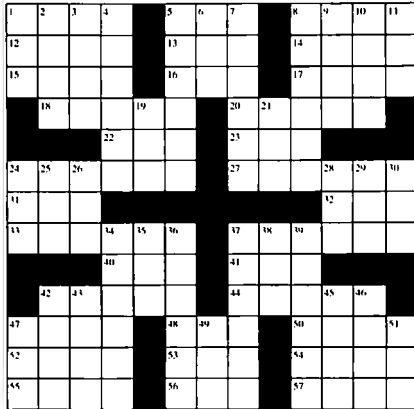
Naturally occurring nitrates in the cabbage are responsible for the pink appearance in cooked ground beef. Bacon will have the same effect if cooked with the raw product. Cooking ground beef until no pink remains is an important indicator of doneness, except in those rare instances where the beef has been cooked in the presence of nitrates.

Is beef safe? I am concerned about antibiotics and pesticides.

Under the Canadian Food Inspection Agency's inspection program, trained meat inspectors ensure that every side of beef is healthy and wholesome. In addition, beef is randomly tested for antibiotics, pesticides and hormones. The most recent results show no violations in the meat for any of these substances. Both regular and "organic" beef must pass the same meat inspection standards.

Relax

**THE VOICE WEEKLY CROSSWORD
Of Fiddlehead Fame**



ACROSS

- 1. Expression of sorrow
- 5. N.B.'s Stompin' _____
- 8. Bruise
- 12. Big rig
- 13. Black Cuckoo
- 14. Region
- 15. Vessel
- 16. Dry
- 17. Perjurer
- 18. _____ MCKenna, former, N.B. Premier
- 20. Parcelled out
- 22. Haw's opposite
- 23. Fed
- 24. Insightful
- 27. N.B. writer, Bliss _____
- 31. Golf score
- 32. Wonder
- 33. Sci Fi writer Isaac _____
- 37. N.B.'s first family?
- 40. Aristotle, to his pals

- 41. Compass point
- 42. Music term for slowly
- 44. N.B.'s Reversing _____
- 47. Himalayan monster
- 48. Mauna _____
- 50. N.B. flag feature
- 52. Afterwards
- 53. Sea eagle
- 54. Destroy
- 55. Word in N.B. motto
- 56. Vietnamese New Year
- 57. Majority

DOWN

- 1. Serpent
- 2. Plant part
- 3. Middle easter ruler
- 4. Silo contents
- 5. Assigned work
- 6. Ace
- 7. Early New Brunswickers

- 8. N.B. actor _____ Pidgeon
- 9. Neighbour of Huron
- 10. N.B. mineral resource
- 11. Sailor
- 19. Modern
- 21. 7th Greek letter
- 24. Watering place
- 25. Possesses
- 26. Country address?
- 28. May, in Riviere Verte
- 29. Barley part
- 30. Not pos
- 34. Maritime
- 35. Organization, for short
- 36. N.B.'s official flower
- 37. Baby
- 38. Ribonucleic acid, for short
- 39. Lambskin
- 42. TV talk show host
- 43. On top
- 45. Type preceder
- 46. Turfs
- 47. Colloquial yes
- 49. Mineral source
- 51. Denial

**LAST WEEKS
ANSWER**



Did you Know?

- ★ Bats always turn left when exiting a cave!
- ★ The praying mantis is the only insect that can turn its head!
- ★ In Tokyo, they sell toupees for dogs!
- ★ There are over 58 million dogs in the U.S!
- ★ Dogs and cats consume over \$11 billion worth of pet food a year!
- ★ Fingernails grow nearly 4 times faster than toenails!
- ★ You blink over 10,000,000 times a year!

- ★ Baby robins eat 14 feet of earthworms every day!
- ★ In England, in the 1880's, "Pants" was considered a dirty word!


- ★ Most dust particles in your house are made from dead skin!
- ★ The blesbok, a South African antelope, is almost the same color as grapejuice!

Relax


WEEKLY HOROSCOPE

*for the week of
July 22 - July 28*


ARIES March 21 - April

 This is the week to seriously think about that move you've been considering. The first step is evaluating your finances. Don't get too deep in the process until you know if your finances can take it. Also, does your partner really want to move?


TAURUS April 20 - May 20

 Work may not seem to go well this week. The big problem is that there is so much going on. Evaluate the work you've done and don't dwell on the things that didn't go so well. Instead, concentrate on and take pride in the ones that went great.


GEMINI May 21 - June 20

 Avoid boredom this week. You've been thinking about being adventurous; this is the week to go for it. Don't forget you promised a friend some help on a project. It may not seem vital to you, but it's very important to someone else.


CANCER June 21 - July 22

 This may not be an easy week. However, you should remember a couple of things. Silence sometimes speaks louder than words. And, whatever you do, don't overreact to problems at work and don't let people get under your skin.


LEO July 23 - Aug. 22

 You know that idea you've had concerning a situation or problem at work? This is your week to pitch it. Once you make the pitch, be quietly confident about your idea, and others may just come to share your opinion. Don't get pushy.


VIRGO August 23 - September 22

 Be patient with your partner this week and don't jump to conclusions. You may not know the whole story. If you're beginning to feel as if you have bitten off more than you can chew, now is the time to step back and reevaluate your life.


LIBRA Sept. 23 - Oct. 22

 Your best route this week is to be direct. But at the same time, you will need to be sensitive to other people's ideas and emotions. Ignore the shortcomings of friends and family this week. Be sure to keep from getting upset over something insignificant.


SCORPIO Oct. 23 - Nov. 21

 Common sense will reap benefits for you this week. Try not to blame a problems on others, but instead, use your common sense to work it out. Also, you have to remember that you can ask for help instead of doing it all on your own.


SAGITTARIUS Nov. 22 - Dec. 21

 Use your ambitions for your own good this week and make something happen. You may be becoming restless within your surroundings, and this is just the time to find something new... a new home, a different hobby or a new interest.

CAPRICORN Dec. 22 - Jan. 19

 Saturday will be your best day this week. You'll get a lot accomplished allowing time for that home repair or chore you've been putting off. When the jobs are done, reward yourself with a shopping trip or a night out.

AQUARIUS Jan. 20 - Feb. 18

 Tough money decisions may be just around the corner for you. Don't rely on friends and family for advice. Seek out the advice of a professional and trust his/her instincts. Be sure to dress smart this week for work or any special events.

PISCES Feb. 19 - March 20

 Keep your eyes open for a bargain this week. It may be just the thing to take your mind off family discord. Stay away from getting involved in a long conversation at home. Even though you didn't start it, it could end up making you look bad.

**CRYPTIC
PUZZLE**

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

Z BYCX DZVFXW
DYGTX DYHX
JKLP LPW MYNLP
Z KLCX XCXH
FPYMP
-MLBJ QZTPXW

**LAST WEEK'S
SOLUTION**

FORGIVE YOUR ENEMIES, BUT NEVER FORGET THEIR NAMES.

-JOHN F. KENNEDY



Activity Page



SEEK AND FIND
FIND THESE WORDS IN THE PUZZLE BELOW.

APPLIANCE	DIRECTIONS	PROGRAM
COSTUME	MARKET	SCRIPT
CURTAIN	MASK	STAGE
	FLAY	THEATRE

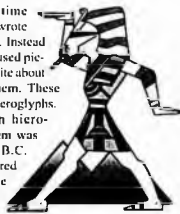
THE WORDS READ UP, DOWN AND ACROSS.

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

Writing Symbols

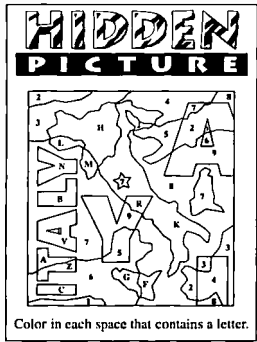
A very long time ago in Egypt, people wrote in a special language. Instead of using words, they used pictures or symbols to write about the things around them. These symbols are called hieroglyphs.

The Egyptian hieroglyphic writing system was started about 3000 B.C. and has several hundred picture signs. There were two kinds of hieroglyphs. The first kind was an ideogram. An ideogram was a drawing of an object, such as an animal, or something that's like the item that was drawn. The other hieroglyphic symbol was called a phonogram. The phonograms were used to sound out words. Most words and messages were written using both ideograms and phonograms. Hieroglyphs could be written vertically or horizontally, usually from right to left.



Hieroglyphic writing was very elaborate, forming beautiful carvings and paintings. Because of this, hieroglyphs were used as decoration in temples or tombs.

If you have access to the Internet, visit www.2.torstar.com/rom/egypt/ to translate your name or send a message to a friend using hieroglyphs like those used so long ago.



Learn Some French

le pilote des lunettes protectrices

The pilot is wearing goggles.
Le pilote porte des lunettes protectrices.

ANSWERS

Classifieds

EMPLOYMENT EMPLOYMENT

EMPLOYMENT OPPORTUNITY

The Village of Powerview invites applications for 1 cleaning staff position. Successful applicant must be willing and able to perform light cleaning duties two days a week for one hour apiece. Applications will be accepted by the undersigned until 4:30pm, Friday, August 6th, 1999.

Dated this 14th day of July, 1999

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

EMPLOYMENT EMPLOYMENT

Child and Family Services Worker - HS4,

Part-time, Manitoba Family Services, Regional Operations, Pine Falls. Advertisement No. 631.
Salary Range: \$17,589 - \$24,416.
Closing Date: July 28, 1999.
Qualification: Bachelor of Social Work degree, plus two years experience in managing a caseload is required. Acceptable combinations of education and experience will be considered at a commensurate salary level. Candidates must have experience working in helping capacity in a rural community, providing outreach services to prevent family disruption, and working with resistant families as well as those who have experienced significant disruption. Experience in assessing whether children are at risk is also available. Knowledge of the Child and Family Services Act and Regulations, prior experience working with a Child and Family Services Agency, experience in teaching parenting skills, experience in intervening with children at risk and computer skills would be desirable. Candidates must have the use of a vehicle and be willing to travel. Must be available to work evenings, weekends and statutory holidays upon occasion. Applicants will be subject to a satisfactory criminal records check, child abuse registry and prior contact check.

Duties: Department of Family Services, Eastman Region, requires a half-time Child and Family Services Worker based in Pine Falls to work with children, families and communities to protect children at risk of abuse or neglect, to prevent family disruption and to promote family and community health and well-being.

"We thank all who apply and advise that only those selected for further consideration will be contacted."
Apply in writing to:
Manitoba Family Services
Human Resource Services
605-234 Donald Street,
Winnipeg, Manitoba R3C 1M8
Fax: (204) 326-4852
Employment Equity is a factor in selection. Applicants are requested to indicate in their coverlet letter or resume if they are from any of the following groups: women, aboriginal people, visible minorities and persons with disabilities.

TRUCK FOR SALE

1997 Ford F150 Lariat, 4.6 V8, 2 wheel drive, extended cab, green, loaded, leather interior, safetied, 79,000kms. \$20,900 obo. Call 204-453-0503 or 204-955-9726 2xpd-1

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Why buy new? 1995 Safari SLT extended mini van. Excellent condition. Low miles, still on warranty, loaded, all wheel drive, command start, dual air and heat, reclining buckets, etc. Non smoker \$15,900.00 call 367-4928.

AUTO FOR SALE

1990 Eagle Talon, safetied, dark blue, PW. PDL, air, cruise, std. am/fm cass., new trans axle, clutch, timing belts. \$4,900.00 call 367-4928.

BIRTH



Our Fraternal Twin girls arrived April 13, 1999, Gemini Zoe Cyr, weighing 6lbs, and Quincy Ali Cyr weighing 6lbs, 4 oz. Their older sister, Trinity Hope Cyr took some time to adjust but loves them very much. She is a big help and will very soon be 3 years old.

Guy and myself would like to send a most sincere thank you and love to all our friends, family and new friends along with neighbours for their help and gifts. Thank you to Kerri Smith-Young for putting on the Baby Shower and for Wendy Cyr and Nicole Esser for their wonderful meals and baking. There are so many people who thought of us and the children, it was very supportive and special to us. We could not believe how lucky we are to be living here among such special people. We had so many people offer themselves to help out. I appreciate the offers and will in the months ahead probably take up a few of them. Probably, when I need a nap or just a break. So far so good.

The sleepless nights and stressful times are worth it when you see their beautiful smiles and how they are changing week by week. We will laugh about it together as a family some day not too far away.

Thank you to my mom, Gloria Grayson and Guy's parents, Fred and Eunice Cyr.

*All our love,
Guy Cyr and Robin Rody*

TENDERS

NOTICE OF TENDER FOR THE MANITOBA HOUSING AUTHORITY, is requesting tenders for Contract Caretakers in the following community, ST. GEORGES. Tender documents for the submission of a tender must be completed. These are available at the Manitoba Housing Authority 202-237 Manitoba Avenue, Selkirk, MB. The closing date for this tender is Friday, July 30, 1999. For more information, call 1-204-785-5228.

EMPLOYMENT

Wanted - Waiter/Waitress, Full & Part Time, apply at Manitou Lodge Pine Falls or call Peter for more info. 367-2252.

Wanted - Front Desk Agent, Full & Part Time, Apply at Manitou Lodge Pine Falls or call Peter for more info. 367-2252

Wanted Bartender/Waitress. Apply at the Rusty Nail or call Leann or Rachelle at 367-4317.

2xmsv-1

In the above birth announcement last week we missed Kerri Smith-Young's name for putting on the baby shower for Guy Cyr & Robin Rody. We sincerely apologize for this oversight.

Classifieds

REAL ESTATE REAL ESTATE REAL ESTATE


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 Res: (204) 367-8597

7 GAGNE AVE. ST. GEORGES

3 Bedroom Bungalow on well treed large private lot. Home has new siding, Tri-Pane windows, large kitchen with oak cabinets, etc. Detached garage and a large insulated shop. Needs a little T.L.C. But Priced to Sell.




RIVER PROPERTY WITH VIEW OF GREATFALLS DAM

3 Bedroom - 1 1/2 Acre home on 1.17 Acre Lot with large garage. Home has full insulated basement, Tri-pane windows, 2 baths, etc. MUST SEE! PRICE REDUCED!



HILLSIDE BEACH

3 Bedroom cottage with all amenities. Owner is motivated. PRICED TO SELL!



Lot 13/14 Church Street in Powerview. Lot is 100 ft. x 120 ft. with sewer & water. PRICE REDUCED.	Lot 2 Aspen Drive. Year round cottage/home on large lot. Close to Lee River. Home has 3 bedrooms, large deck, attached gazebo. PRICE REDUCED.
Lot 3 Birch Street, Leisure Falls, 3 Bedroom Bungalow. Has some upgrades, detached 26 ft. x 24 ft. garage.	Commercial Property in Powerview. Business Area is 26 ft. x 19 ft. Attached home has 3 bedrooms. High traffic area - Great for Business. REDUCED!!!

Grand Pines Golf Club & Recreational Complex
 Large corner lot with water & sewer, lot frontage is .58 acres.
 Priced to Sell!

EMPLOYMENT OPPORTUNITY

ST. GEORGES UTILITIES WATER CO-OP.
 Box 148, St. Georges, Mb
 ROE 1V0 is looking for a part-time pump-house maintenance man. Responsibilities to send water samples, testing, backflushing, small maintenance, monitoring system daily, job sharing. Wages to be negotiated. Applications should be submitted to above address before July 30/99.

Board of Directors
 7/24/99

DALE HAVEN APTS.
 One - 1BR Apartment, Immediate Possession. One - 1 BR Apartment available August 1st, parking and utilities included. Call (days) 367-8386 (eve.) 367-4922.

AUTO FOR SALE

For Sale - 1987 Mustang convertible. Automatic, AC, P.W, PDL, CD, Cruise, Tilt steering, Safetied, Original top, Blue on blue, very good condition. Call 345-8748 after 6pm.

FOR SALE

LOT FOR SALE
 Waterfront lot along the Winnipeg River. Phone 367-8537.

TO GIVE AWAY

Guinea pig w/cage, water bottle, etc., to good home, approx. value \$100.00. Call Tanya at 367-4376

Oil furnace w/w blower, excellent condition. Oil space heater, call Omer Vincent 367-2708. Open to offers.

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For information on how your business can appear in the Voice Business Directory call 367-4466 for our low thirteen week rates.

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FOR RENT

House for Rent
 Three Bedroom house for rent. 2 bath, garage, fridge and stove, 1 acre lot, \$550.00/month plus utilities. Available August 15th. Call Laurie at 367-2122.

2xmw-2

DALE HAVEN APTS.
 One - 1BR Apartment, Immediate Possession. One - 1 BR Apartment available August 1st, parking and utilities included. Call (days) 367-8386 (eve.) 367-4922.

FOR SALE

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SUBWAY



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.

A helpful hint from the Canadian Physiotherapy Association

Phone/Fax 204-367-4811
 Pine Falls Health Complex - 37 Maple Street
 PO Box 932, Pine Falls, MB
 R0E 1M0

Jenny Tariff Baturin
 B.Sc. (PT), MCPA

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