

## News

**NEW  
CEMETERY  
OPENS**

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## Garden

**FALL LAWN &  
GARDEN  
CLEAN-UP**

...Pg. 9

## Cooking

**TAKE YOUR  
STRESS  
AND  
STUFF IT!**

...Pg. 14

200 Vaughan St. (near 2180)  
Winnipeg, Mb.  
R2C1T5  
Attn: Senals Dept.

**\$1.00** Tax Included

# the voice

Vol. 8 #19 THURSDAY, OCTOBER 7, 1999 Pine Falls, MB



New owners and staff of Midway Foods (l-r) Lori & Don Robb, Brian Fontaine, Doris Gulokow, Grace Dube, Andrea Bruneau, Chad Hanlan - Missyng - Aubrey Popineau

## New owners at Midway

Effective Monday October 4, new owners took over Midway foods from Omar Vincen.

The new ownership is a joint venture between Don and Lori Robb, who will be running the store, and Chad and Chantal Hanlan, who will be running the sausage kitchen, now known as the LOV Sausage Kitchen.

Don Robb has been in the grocery business for more than twenty years. First with the Hudson Bay Company's Northern Stores, then with its successor, the North West Company. He met his wife, Lori when working for the Hudson Bay Company in Pinawa. They have two

children, David, 18, and Alaina, 16. They have spent 12 years in North Western Ontario (Nakina, Schrieber and Red Lake). They have also lived in Saskatchewan, (Lac la Ronge), in the North West Territories, (Rankin Inlet), and in Pine Falls.

Chad Hanlan, who is married to Chantal, Omar Vincen's daughter, has been working in the Midway store for several years, most of it in sausage making. Chad and Chantal have two sons, Dylan 2, and Hunter, 5 months.

Don Robb said he doesn't plan to make any changes, but will continue to provide "the best

service that everybody is used to here - with fresh meat every day". Chad said they will continue custom butchering and sausage making of wild game.

Lori Robb, who seems to be something of a history buff, said she plans to do a title search of the Midway store to find out who has owned the store previously. Alongside an early photograph of the store on the back wall of the store she plans to have a write-up of the store's history. She would like to hear from any of the area's older residents who may be able to shed some light on the story behind the store.

## Layoffs at Sagkeeng

With the exception of two - perhaps three - all Sagkeeng band employees will be laid off effective October 30. The Sagkeeng Education Authority will not be affected.

This was only part of the bad news heard by about 100 band members, mostly elders and students, at a Sagkeeng general assembly, Tuesday October 5.

The meeting was called by Sagkeeng's Third Party Management team, Jess Leung and Frank Abraham. Those at the meeting also learned that Sagkeeng has a deficit of 10.3 million dollars. The good news was that welfare payments will continue. Chief Ron Fontaine told the meeting that the elementary school will be completed, hopefully in the spring of next year.

The function of the Third Party Managers is to be reviewed in six months. In the meantime they are to develop a cash flow program to allow for a minimum level of programs and services until the end of the financial year, refinance existing loans and arrange

further term loan financing to cover shortage of working capital and current payables. The new debt is to be financed over the next ten years and the existing deficit over the subsequent ten years.

The management team will also establish, by the end of the year, an administration system which will provide accurate financial reporting and identify staffing and suitable computer equipment needed for the administration system.

The team will be working with the Chief and Council to review financial information, arrange for monthly meetings with Sagkeeng band members, develop and implement an administration by-law and an appropriate management system to control all programs. Their task will also be to ensure that the Sagkeeng's financial resources are spent in a manner which provides for the greatest social and economic benefit to Sagkeeng members.

The Third Party Management team will be reporting on a regular basis to DIAND.

## Operation Impact...

Winnipeg River RCMP Detachment reports a successful "Operation Impact" conducted on October 2, 1999. The primary purpose of operation impact is to reduce high-risk accident-causing behaviour through education and enforcement. In excess of 100 vehicles were checked resulting in the apprehension of 3 impaired drivers, 3 charges for driving with no drivers licence, 2 charges for possession of liquor, 1 charge for driving while suspended and 1 charge for not wearing a seat belt. Police also issued 20 warnings.

Opinion

Today's NDP for Today's Manitobans



From the Publisher's Desk  
**Charles Norman**

It was a little disconcerting to hear the leader of today's NDP for today's Manitobans thank Howard Pawley on election night.

Gary Doer served for two years in the Pawley cabinet. It is not something for the leader of today's NDP to brag about.

Howard Pawley is reported to have been a closet communist, and a secret admirer of Stalin and they way he maintained party control of government. Whether this is true or not, he certainly, while Attorney General in the Schreyer cabinet, secretly travelled to Chile to meet with the then communist president Salvador Allende.

As premier, he established that executive assistants of cabinet minister would be appointed by the president of the NDP. Their function was to report back on the activities of their ministers. Pawley also set up an inner cabinet of four to vet any proposals from ministers before they proceeded for decision to the full cabinet. One member of this inner cadre of comrades was Roland Penner who quit the Communist Party of Canada to run for the NDP. At least he said he quit.

Today's NDP for today's Manitobans was a good election slogan, reminiscent of British Labour Prime minister Tony Blair's "Third Wave" Blair has managed to rid the British Labour Party of its far left ideologues. Had he not done so he would not be prime minister today. In the process he has managed to govern without the class hatreds that have damaged the country for the last hundred years.

Hopefully today's NDP will govern the province the way they promised, especially with economic restraint, and without the profligate spending of the Pawley government that mortgaged the future of the next generation. The first test will be to see who appoints cabinet ministers executive assistants.

Thanks Glenn Hibbert

Many thanks to Glenn Hibbert for generously donating his time and effort this past season, on upkeep and repairs in the Village Green.

We used and enjoyed the Village Green a lot this summer. It makes a big difference to children using the playground equipment to have repairs made when needed.

We appreciate Glenn's hard work very much.

Louis Barnett

Community Billboard - pb 367-4466

**LIBRARY ALLARD:** Library Hours: *Tuesday:* 10:30am to 3:00pm *Wednesday:* 1:00pm to 6:30pm to 8:00pm

*Thursday:* 1:00pm to 5:00pm & 5:00pm to 8:00pm *Friday:* 1:00pm to 5:00pm *Saturday:* 10:30am to 4:00pm

**KNIGHTS OF COLUMBUS:** Meetings every second Tuesday of the month 7:30 in the basement of the Powersyrs Church.

**SILVER HAVEN CLUB:** Crabbage - every 4th and 5th Monday of the Month at 1:30 p.m. - Whist - every Thursday of the month at 1:30 p.m.

**WINNIPEG RIVER W.I.L.** meetings third Tuesday of every month 7:00 p.m. Library - 5th & George

**PINE FALLS HEALTH AUXILIARY:** Meetings on the first Tuesday of every month at 1:30 p.m. **COTTAGE COUNTRY BUSINESS ASSOC.:** Meeting Every first Monday of the month at 7:00 p.m. October through May Ph. 756-2506

**ALCOHOLICS ANONYMOUS:** - Sun Rev 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. Location at 50 George's Catholic Church Basement

**PINE FALLS REGION:** - Meetings held 2nd Thursday of the month 7:30 p.m. Legwork - New officers held at Legwork on Fridays from 4:30 to 5:30.

**PINE FALLS MASONIC LODGE # 154:** meets on second and Friday of every month in the Pine Falls United Church Except on 4th Fri.

**BADMINTON:** - Pine Falls School Gym, Sunday & Wednesday nights, 7:00 - 10:00 p.m.

**POWERVIEW GARBAGE PICKUP:** every Wed Recycle club pickup every 1st & 3rd Thurs of each month.

**P.A.A. MEETING:** every 1st Tuesday of each month at 7:00 p.m.

**VILLAGE OF POWERVIEW MEETINGS:** every second Tuesday of each month.

**WINNIPEG RIVER SENIOR SERVICE INC.** Conventions - 2nd Fri. held. Office: Pine Falls Health Complex Telephone: 367-9126. Hours: 9:00am - 1:00pm Monday-Friday. Services: Transportation, Home Maintenance, Food Cans, Volunteer Help, Information

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

**AA & ALANON:** - The Beech has family group, Thursday at 8:00pm. Senior Service, Victoria Beach - 1st Ateach Rev. 7:45-9:00pm at 756-2506

**PINE FALLS LIBRARY:** Library hrs. will be from 3 p.m. until 5pm Monday-Thursday.

**HAPPY TOTS DAY CARE:** - The Happy Tots Place Inc. PO Box 773 Pine Falls, ROE 1M0 - 367-2601 hold hours meetings on the last Monday of each month 7:00 p.m. at the

**SENIOR SCENE INC.** #1, Birch Rd., Victoria Beach. General Meetings every 2nd Tuesday of the month Art Classes Wed 10 am, Wood Carving Wed 1 pm. Movies Tue. 7 pm carpet bowling, Fri. 2 pm. Bingo Fri. 2:15 pm. Call 756-6646 for more information regarding activities.

**MENTAL ILLNESS SUPPORT GROUP:** Meetings held every 2nd Wednesday at 7pm at the Wings of Power office at LAKESHORE AL-ATEEN GROUP: Call Kathy 367-8237 or 1846 at 345-6320.

**SUNRISE SINGERS:** Meet every Monday evening 7:45pm in the Pine Falls United Church. New members welcome. Choir master - Henry Peters pianist Gwyn Welch

**REACHES HELP CENTRE:** 756-6471, Wed 1-4pm, Fri 10am-1pm

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

News

New cemetery opens

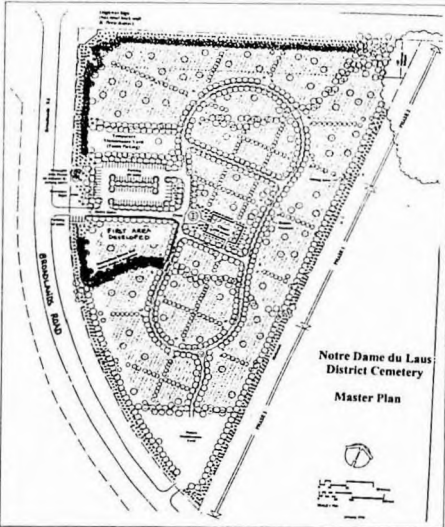
After almost ten years of effort on the part of many people in the area, the region finally has a new cemetery. The Pine Falls cemetery is full, and is now closed except for those who have reserved plots.

After a failed attempt to establish a cemetery in Silver Falls, Father Chartier, Notre Dame du Laus Parish Priest, was approached. (in 1994) to take on the job. The parish board took on the project, spearheaded by Maurice Desaulniers and Father Chartier.

In '95 Chevrefils Farms (Albert and Lionel Chevrefils) donated the land. At first things began to move smoothly. Conditional approval of the subdivision was approved in September '95, and zoning was approved in June '96, but a major glitch occurred with the re-

Road and Highway 304. Trees include ash, maple, white spruce, Colorado spruce, silver willow and poplar. Red lilac, Buffalo berry and choke cherries will be added later. Future plans call for a chapel, natural and professional landscaping, and a parking lot. There will be space for over 5,000 plots. The cemetery was designed by Hildeman, Thomas, Frank and Cram, of Winnipeg.

The cemetery, Notre Dame du Laus Non-Denominational District Cemetery is owned by the Notre Dame du Laus Parish, but is open to all denominations. Plots can be obtained by contacting Notre Dame du Laus at 367 2700. More information is available from the parish office.



Master Plan for the Notre Dame du Laus Non-Denominational District Cemetery.

Hepatitis B Vaccine Informational Meeting On Safety of Hepatitis B Vaccine.

7:30pm, Thursday, October 14 at Powerview School

Grade four students are to be receiving the controversial vaccine in the schools this year. Make sure you have enough information to give informed consent.

Church Services

**NOTRE DAME DU LAUS: POWERVIEW:** - Sat. Evening 7:30 pm (English), Sun. 8:30 pm (French), 10:30 am (English); STEAD - Sat 5:00 pm

**PINE FALLS UNITED CHURCH:** Sunday services: Sunday school 11:00 am Rev. Cindy Terry; Office Hours: Tues - Fri 10:00 to Noon Tel: 367-2613

**PINE FALLS ANGLICAN CHURCH OF THE ADVENT:** Ph 367-3347 Rev. Rev. Brian Rountrive. Sunday Service at 9:00 am

**ST. THERESA'S:** Masses at Notre Dame du Laus

**ST. GEORGES:** Mass Sundays at 8:00 am and 10:00 am

**ST. JUDE'S ANGLICAN CHURCH:** Grand Marais Holy Eucharist - 2nd and 4th Sundays, 11 a.m. Morning prayer 11 a.m. - 1st, 3rd and 5th Sundays

**TRINITY EVANGELICAL LUTHERAN CHURCH:** Thurlberg, 1 mi east and 1 mi. South of junction 12 and 304. St. John's Evangelical Lutheran Church, Greenwood on Hwy. 12, 1 1/2 mi. north of junction with 317. Sunday church school 10 a.m., worship 11 a.m. (alternate locations). For info call 635-2625 or 754-8862

**CHRISTIAN FAITH FELLOWSHIP:** - Bible study 7:30 p.m. Thurs. - Church Services at 10:30 am, Sunday School at 10:00 am.

**HOUSE OF PEACE FULL GOSPEL:** - 3:30 every Sunday. Scattered hrs. on Hwy. 29

**ST. MARGUERITE R.C. MISSION:** Pitt Rd. - Traverse Bar, 11:30 a.m. Sunday. Additional Mass mid-June thru Labour Day 7:30 p.m. Saturdays

Closed November 1 - April 30th.

**ST. ALEXANDER R.C. CHURCH:** located at Sageshen's 1st Nations Sunday Mass 10:30 a.m.

**ST. THERESA R.C. MISSION:** 6000th Ave., Grand Marais. Mass or Community Service 7:30 p.m. Sat. 1st Sat. of Nov. to last Saturday of April. May through October Mass 10am Sun

**SAGESHEN'S CHRISTIAN FELLOWSHIP CHURCH:** Lloyd Guimond (Pastor) Sageshen's South Shore. Service Thursday 7:30 p.m. and Sunday 2:00 p.m.

**CHRIST CHURCH ANGLICAN:** Sunday 2:30 p.m. in Hollow Water.

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

## News/Letters

## 'Round and about the beaches

by Monika I. Evans

## Healthy Life Style Seminar

During the morning of September 24, 1999, I attended the above mentioned seminar sponsored by the H.F.L.P. (Helping East Lake People) Centre and organized by the Coordinator, Dee Rickner. The seminar was held at the Seniors Scene on 1 Ateali Road at Victoria Beach. Over thirty people had registered prior to the event and there were approximately that many people in attendance. The cost of the seminar was a mere \$5.00 which covered the cost of the coffee and the treats offered during the coffee break.

The first presenter was Irene Ginter from Pine Falls. Irene and Ken Ginter are well known in the area since they are Paramedics for the Pine Falls District Ambulance.

Irene spent quite a while discussing what happens when you have a heart attack and how you are treated upon the arrival of the Emergency Medical Team. She handed out excellent photocopies which showed the chambers of the heart and how they are affected.

She then went on to explain how we can take control of our lives and to learn what to do to stay healthy. First we have to know the risk factors which we cannot change such as the family history (if anyone in your family, e.g. mother or father have a history of heart disease), age or diabetes. You then have to know those risk factors that you can change, such as smoking (second hand smoke doubles or triples your chances of having a stroke); a high fat diet; high blood cholesterol; high blood pressure; obesity and stress.

We were then informed of the signals of a heart attack. Mostly she discussed the signals that indicate a woman was having an attack since they are not necessarily as strong an indicator as those experienced by men. Some symptoms are the same but others are much more ambiguous such as a vague discomfort in your chest that does not go away; heaviness, pressure, squeezing or other discomforts in your chest, shoulders, arms, neck or jaw, which does not go away; if you are pale or ashen looking; have a feeling of impending doom; and/or feelings of extreme anxiety, denial or fear. If you feel this way, tell someone right away or call for emergency help. Sadly, women often deny these feelings and seek help too late.

Irene spoke about how to lower your bad cholesterol by eating a healthy diet low in fat and high in fibre. Maintaining a healthy body weight is heart smart. Be smoke free. Engage in daily physical activities such as walking, dancing or swimming. Take time to relax. All this will help you maintain a healthy lifestyle.

Irene answered questions throughout her talk. After she finished her discussion, the participants gave her a round of applause in thanks for the great presentation.

We then broke for coffee. We were treated to a lovely assortment of five different types of muffins baked by Dee Rickner. Coffee, orange juice, fresh fruit and cheese were also provided. This break gave us time to mingle with the other participants.

After the break we were introduced to Cpl. Tom Cooney, Grand Marais RCMP and Cst. Chris Blain, Victoria Beach Police.

Their presentation was dealing with personal, home and cottage safety. Those of us in the Beaches area will be glad to know that the 911 service will soon be a reality.

Cpl. Cooney told the participants about a problem which is quite prevalent in the area, crank calls. A caller will dial your number and then hang up when you answer the phone. This could happen quite a few times. It could well be someone who wants to break into your home and wants to see if you are there. If this is happening to you and you have a touch tone phone, look on page 19 on the bottom of the page of your Eastern telephone book. There it explains how you can use the call trace by punching in \*57. If you have a rotary dial, you can dial 1157 for this service.

We were also warned in using the Interac at local businesses. If we are not careful, someone could watch over our shoulder and get our access code and help themselves to our money.

I was able to get my hands on a publication jointly produced by the RCMP and

can't next page...

### Ladies Curling Fall General Meeting & Registration

Tuesday, October 19th, 7pm  
Pine Falls Curling Club Lounge  
Lounge facilities will be open.  
Each team please bring munchies!

### MASKWA MEMBERSHIP General Meeting

Papertown Motor Hotel  
Wednesday, October 13th,  
7:30pm

#### AGENDA

2000 Calendar of Events  
Elections  
General Information  
Private Insurance  
Snowpasses

## Community

'Round and about the Beaches  
Parish News

The Sacrament of Anointing of the Sick will be celebrated within a special Mass, on Sunday, October 17th, at 3:30 p.m., in the N-Du-Laus Church. Through this sacrament Christ strengthens the faithful who are afflicted by illness of any kind, providing them with the strongest means of support.

The celebration of this sacrament consists especially in the laying on of hands by the priest, the offering of the prayer of the faith, and the anointing of the sick with oil made holy by God's blessing. This rite signifies the grace of the sacrament and confers it.

All who seek spiritual or/and physical healing are most welcome to receive the Sacrament of Anointing. Do you know of any shut-ins or physically challenged people who might want to attend? Ask them and offer them a ride! Everyone is welcome.

Catechism classes for children grades 1 thru 6 are held on Monday evenings from 6:30 to 7:30 p.m. All the youth from Powerview, Pine Falls, Saint-Georges and surrounding areas, are welcome to attend the classes. Please remind others.

### WINNIPEG RIVER PLANNING DISTRICT - UNDER THE PLANNING ACT NOTICE OF PUBLIC HEARING REGARDING BY-LAW 42/99

The Board of the Winnipeg River Planning District under the authority of the Planning Act will hold a PUBLIC HEARING at the R.M. of Alexander Administration Office on October 19, 1999 at 6:30pm at which time and place the Board will receive presentations from any persons who wish to make them in respect of the following amendments to By-Law No. 14/90 as amended, and known as the Winnipeg River Planning District Development Plan as amended. A copy of the following amendments and supporting material may be inspected by any person between during regular office hours from 8:30am to 4:30pm, Monday to Friday at the office of the Winnipeg River Planning District located in the RM of Alexander Administration Building in St. Georges, Manitoba. Copies may be made and extracts taken therefrom, upon request. For additional information please contact Jim Norrie, Secretary-Treasurer, Winnipeg River Planning District, Phone (204) 367-2235.

#### 1) 2.3 - Zoning Agricultural Areas

Section 2.3 is hereby amended by adding thereto immediately after the third paragraph thereof the following:

"Recreational uses such as golf courses and travel trailer parks may be permitted as Conditional Uses in Agricultural Zones provided that these uses do not conflict with agricultural operations."

#### 2) 3.3 Zoning - Natural Resource Areas

Section 3.3 is hereby amended by adding thereto immediately after the first paragraph thereof, the following:

Section 3.3 is hereby amended by adding thereto immediately after the first paragraph thereof, the following:

"Recreational uses such as golf courses and travel trailer parks may be permitted as Conditional Uses in Resource Development Zones provided that these uses do not conflict with natural resource and agricultural uses."

Jim Norrie  
Secretary-Treasurer  
Winnipeg River Planning District

'Round and about the Beaches  
-from previous page

CMIC called "How to Look our Crime: Protecting your Home against Burglary". It gives many a good hint of how to protect your home and keep our burglars. I am sure that you would be able to get a copy if you get in touch with Cpl. Cooney or your local RCMP office.

At the end of this session we were treated to two short videos which showed how to burglar-proof your home. Both were very educational.

Just as a final warning, we were told that as far as cottagers are concerned, the most busy season for break-ins is right now. Burglars are looking for electronic equipment such as TV sets, VCR, radios, CD players which have not yet been taken away since the cottagers are coming back for one or more weekends before the end of the season. If you don't want to lose it, take it with you or make your cottage look as though someone is there. It is worth the extra effort to keep your belongings.

Just a little note: If you have been looking for a different radio station, one that plays the good old oldies that make you want to grab your partner and dance, have I got a station for you! I was walking Snoopy late last week and cruising the radio dial when, lo and behold, I stumbled across the most delightful music by such stars as Bing Crosby, Patti Paige, Perry Como, Luis Armstrong, you name em and they were being played. What an auditory delight! The station is Starlight 1290 AM CFST and they play these goodies 24 hours per day.

## Waterfront Drive-Inn

Fall & Winter Hours  
Thursday to Sunday  
4pm-9pm

### Fall Special

Medium Pizza

2L Pepsi

\$9.99



367-8818

Located in McDougall Place in St. Georges

### Pine Falls Curling Club Registration

Ladies: Wednesday Nights, Contact Natalie Osis 367-9070

- If you want to curl and you don't have a team or would simply like to spare please call and give your name.
- 1999/2000 curling fees: \$100.00 +PRA membership
- Special rates for 1st time curlers and students

Mens: Tuesday and/or Thursday Nights Contact: Dan Nault at 367-8013

Halloween Bonspiel: October 29,30&31, Contact Dan Nault at 367-8013



If there is enough interest in junior curling then a formal program will be established.

Please contact Rick at 367-8423 with name and phone number if interested.

## Feature

# MURDER MYSTERY

## Avenge her - a Murder Mystery episode 8 - The Green Room

By *Lindsay Sutherland*

*This story is inspired by Colin Bateman's  
Directing Jack*

Last week, Jake was captured in his new hide-out. The power was suddenly cut in the building while he was about to discover the importance of his dead friend Royce's last words. "Avenge her". Jake thinks that Royce had actually said "avenger", the name of a CD Royce had passed onto Jake. He still doesn't know the contents of the CD except that it's a CD Rom.

I opened my eyes finally after what seemed to be a long time. My whole body ached from being shocked. Underneath me was an old mattress which I curiously studied while coming to life. My hands were handcuffed behind me. The green walls around me were new to me though they looked fifty years old. I definitely wasn't at home.

Over my shoulder, about ten feet away was another mattress. And other than that and the man seated upright on it, the room was empty.

"Good morning, Mr. Hopper," he said to me seeing I was coming to my senses.

"Good... Lincoln Miller? Is that you?"

"Indeed it is, Jake. How are you feeling?" I responded honestly that my body felt as though it were fried in a micro-wave. I looked closer at him to confirm his identity. Lincoln Miller wasn't dressed in the usual attire that he wore while opposing the Premier in the Legislature. He was

dressed in old jeans and a sweatshirt.

"You look a little dishevelled, Mr. Miller, sir."

"Well, you'll have to excuse me, Jake, I'm not used to being kidnapped," he responded dryly not appreciating the comedy in my voice.

"Good point. Speaking of being kidnapped, Lincoln... who is it that brought us here?"

"I'm not sure. They blindfolded me when they abducted me and any time I'm outside of this room they put it back on."

"Do you know why they want you?" I asked. Lincoln didn't look to worry while responding to this. "Probably for the same reasons as you."

"How do you figure that? I mean, my wife and friend are dead and I was merely trying to find out the reasons why and how while avoiding the police at the same time."

"Well," he answered calmly, "your friend just so happened to be my son."

"Royce was your son? I had no idea! I can't believe it!"

"Nor can I."

For the next hour and a half, Lincoln and I talked about Royce's life and death and the relationship Royce had with his family. Throughout our conversation there was no sign of our captors. There was nothing to indicate that we weren't alone. Lincoln shared stories of Royce's youth at the cottage and how he and his son

were very close. He told me that he learned of Royce's and my wife's death by the newscasts on the radio while in the kidnappers' car. He was, as he reminded me, blindfolded.

The events around Royce's death were unclear to me and I wasn't very useful in helping his father out with answering questions. I rose to my feet and paced. We equally couldn't figure out what the motivation for was for both of our captures. If anything, I expected to be captured by the police. Things weren't adding up. It didn't make any sense. I told Lincoln about the two undercover policemen who were killed by the two unknown assailants outside my house the night I returned to get my belongings. He didn't seem too surprised for some reason.

As for his situation, there had been no ransom demanded of Lincoln's family as far as I had known and his son appeared to be an average college art student. Why would Royce be killed? Why the kidnapping? We had no idea.

Time rolled on and we grew hungry. It had been more than a few hours since we had eaten. In total, I had spent four or five conscious hours with Lincoln in the room. Apparently, I had spent three or four hours of unconsciousness as well.

I studied the room and it's peeling green paint. There was

no possibility of escaping. The door was deadbolted solidly from the outside and there were no windows. It was the door or nothing.

Suddenly, we heard footsteps outside the room. It sounded as though there were four or five people. Keys fumbled in the deadbolt lock. It became unhitched and the door was ajar.

"You guys hungry? a voice asked.

"Of course we are," responded Lincoln.

Then, to my sheer amazement, the door opened wide to reveal my police officer friend, Myles Rottello.

"Myles! Boy am I glad to..." He cut me off.

"You were supposed to get him to talk, Miller," he barked at Lincoln. "That's why I put you in here." At this point Lincoln raised his feet. Myles unlocked Lincoln's handcuffs. He turned and they stood nose to nose. Four giant men entered the room behind Myles. They looked like offensive linemen for the Pittsburgh Steelers.

"I tried," Lincoln responded.

"You didn't try hard enough. I heard the whole bloody thing," Myles snapped back. "Now, because of your inability to extract answers, we have to do it a different way." Myles turned and looked at me. His expression changed from a frown to a smirk.

"You were always famous for getting in trouble at school, Jake. You were always pissing somebody off. You even did it as an adult with your job at the Manitoba Times. You always were a screw-up, Hopper. Now, however," he paused and drew a breath, "I don't think you can afford it. You'll have to tell us what you know. Drag him out here, boys."

## Sports

## Blades steal game with late rally

by *Grant Pachkowski*

The Southeast Blades used a third period rally to lift the team to a victory over the Winnipeg South Blues, Wednesday, September 29th. The Blades exploded for three goals in the final eleven minutes to overshadow an otherwise lacklustre performance to snatch victory from the jaws of defeat. Cullen Revel scored the winner with just 1:33 left in regulation time to give the Blades their fourth win of this young season in front of 254 people at the Sagkeeng Multi-plex.

The Blades did not put in their best effort and were guilty of many breakdowns in the defensive zone and only the superb goaltending of Bill Flett kept them in the game to set up the third period heroics. Flett was called upon on many occasions to make big saves to hold Southeast in the game. The Blades were badly out played in the first period, but escaped with a 1-1 tie, a score that flattered the home side. It got so bad that the best chance on a Blades two man advantage belonged to the Blues. Phil Cherneski opened the scoring converting a centering pass from Norm Fay, but Winnipeg South answered with a goal by Blake Forsyth with under three minutes to go in the first. The Blades held a 16-7 advantage on shots on goal in the opening frame. The Blues controlled play

in the second period as well as building a 4-2 lead on goals by Matko Malbassa, Brian Goren, and David Bruni. Noah White replied for the Blades.

The Blades came on in the third period as Cherneski brought them within a goal on a three on two break at 9:09. Lee Nystrom scored on a 2 on 1 using Cherneski as a decoy and sliding it along the ice to tie the game at four with just under seven minutes remaining.

The Blades pressed in the dying minutes and Cullen Revel pounced on a Kuzma Kurakin rebound and put the puck into an

open net to give the Blades a 5-4 come from behind victory.

Although he wasn't all pleased Blades coach Heavy Evason said "We didn't play very well in the first two periods, but the way we came back against a good team is promising. We picked up the two points despite not playing 60 minutes."

Notes: Norm Fay remains in the top ten in league scoring. Defenceman Matt Suchodolski is in the top ten in scoring among defencemen. The Sagkeeng Hawks AAA Bantams made their debut October 3rd at the Multi-plex, this is the inaugural season for the Hawks who are coached by Paul Guimond.

## MJHL Standings as of October 3, 1999

Addison Division	GP	W	L	SOL	GF	GA	PTS.
St. Boniface	10	6	4	0	40	45	12
Winkler	8	5	2	0	26	22	11
Southeast	7	4	2	0	41	42	9
St. James	9	4	5	0	28	32	8
Selkirk	5	3	1	0	20	20	7
Winnipeg	6	2	4	0	23	21	4
Allard Division	GP	W	L	SOL	GF	GA	PTS.
OCN Blizzard	10	9	1	0	60	30	18
Portage	9	5	3	1	44	28	11
Dauphin	8	4	1	0	34	33	9
Wayway	8	3	5	1	16	33	6
Neepeewa	8	2	5	4	36	40	5
Swan Valley	9	2	6	0	23	44	5

## Pineview Minor Hockey

The 1999-2000 season will be in full swing shortly. The ice is in at the Pine Falls arena and kids are already using the ice to practice skating. There is ice available for public skating and open ice for using your sticks. You must wear a helmet for open ice. Hockey practices will start the week of October 12th, 1999. Your coaches will contact you.

Registration had taken place and we have a total of 71 children registered. The squirts have 18 children and will probably have 2 teams. The Novice have 16, the AAtoms have 17, PeeWees have 12 and the Bantams have 8. The Bantam team will probably be combining with Lac du Bonnet. There will be no midget team this year.

## PINEVIEW CANTEN

Another season of winter sports is upon us along with volunteering in our local area canteens. This year one representative from each organization that receives reduced ice rates will be responsible for scheduling the canteen. The weeks have been divided up based on registration numbers. The following dates have been chosen by the representatives:

October 22, 1999 - November 28, 1999	Ringette
November 29, 1999 - January 1, 2000	Curling
January 2, 2000 - February 13, 2000	Hockey
February 14, 2000 - March 12, 2000	Curling

Each paying member is required to work 2, 3 hour shifts in the canteen. By doing this, the hourly ice rental rates can be kept reasonable for all user groups. This is why it is important to support the canteen and commit to working your shifts when called upon.

If you are no longer involved in activities at the arena but still enjoy coming in to work at the canteen please call Tammy at 367-8908. We'd love to have your help.




Box 3000 Lac du Bonnet, Manitoba R0E 1A0  
Phone 204-345-6663 Fax 204-345-6945  
Web: watertown.mb.ca

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## Community

WINGS  
OF  
POWERUnderstanding  
Grief

Mourning and the complex stages of the grieving process are necessary. It is healthy and normal for a person who is experiencing a loss to experience intense emotions and swift mood changes. It takes time to heal. The period of grieving depends upon the situation and varies greatly from person to person. Grieving is not a weakness; it is a necessity. Refusing to grieve is not courageous and may cause you a great deal of harm later.

Grieving helps us to come to terms with our loss and to re-focus our energies toward the future. A loss could include the death of a loved one, unemployment or moving.

How to Cope with  
Your Own Grief

**\* Be with caring people.** Spend time with family, friends, neighbors, co-workers, and people, such as members of a self-help group, who have been through the experience of loss and grief.

**\* Take enough time.** Everyone reacts differently to loss. It is hard to estimate a "normal" grieving period; it probably will take longer than you expect.

**\* Express your feelings.** Let yourself feel sadness, anger and other feelings. Find a

way to express these feelings through talking, weeping, etc.

**\* Accept a changed life.** Recognize that you may be less attentive to your work and personal relationships for some time. Your routines may need to change - this is a natural outcome of loss and grief.

**\* Reach out for help.** Don't always rely on others to make the first move; they may be concerned about allowing you your privacy. Let people know when you need companionship and support.

**\* Take care of your physical health.** Be aware of any physical signs of stress or illness you may develop. Speak with your doctor if you feel your grief is affecting your health.

**\* Support others in their grief.** Offer support to other family members and friends who may have experienced the same loss and are grieving.

**\* Come to terms with your loss.** Move towards acceptance of the loss. Work through feelings of bitterness and blame which may get in the way of moving forward in your life.

**\* Make a new beginning.** As the sense of grief becomes less intense, return to interests and activities that you may have dropped and think about doing something new.

**\* Postpone major life**

**changes.** Consider waiting before making big decisions such as moving, remarrying or having another child. Your judgment may not be the best while you are mourning, and the changes may add to the stress you are already experiencing.

Living with Loss  
Support Group

Wings of Power and the Mental Health Association are offering a Living with Loss Support Group for anyone interested in learning more about the process of living with a loss so healing can occur. As humans we deal with loss every day, whether it is small or large. It is important to understand that when loss occurs we go through a process of understanding the loss and the impact it has on our lives. Mary

Ann Haddad will facilitate this 6 week group. The group starts October 13, 1999 from 7:00 p.m. to 9:00 p.m. The group will take place at Wings of Power. There is no cost for attending the Living with Loss program. Please phone Mary Ann at (204)878-2055 or Andrea at 367-9641 to register or if you have any questions.

Are you expecting a  
baby?

Wings of Power and Public Health would like to offer pre-natal classes for expectant parents. The classes would most likely be held in November. A minimum number of parents interested is required. If you are interested in prenatal classes please phone Andrea at 367-9641.

# Country Concepts

## Grand Opening

**October 23**  
**9:30am - 5:30pm**  
in the  
Pine Falls Post Office Building

*Free Rose with every  
purchase*

**367-2248**



## Garden

Garden Talk...  
Fall Lawn & Garden Clean-up

## By: Grant Wood

Compost provides a great source of amendment to your soil. Remember when your cleaning up annual flower beds in the fall the plant debris can be composted.

## Gardens:

Remove and dispose of any diseased old growth in your vegetable garden - such as blighted potatoes, mildewed peas and smut on corn cobs. If your carrots have aster yellows disease, dispose of the old carrot leaves, but also remove perennial weeds such as dandelions and sowthistle, on which the disease often overwinters.

If you wish to add organic matter to your garden, thoroughly work compost and manure into the soil in the fall after harvest. The organic matter will be less likely to cause disease if it is added and incorporated in the fall. Adding organic matter such as manure to the soil increases the likelihood of potatoes developing scab and rhizoctonia fungal diseases. If you have these disease problems, use resistant potato varieties or grow some other vegetable for a year or two before planting potatoes.

In the fall, many of us are tired of working outside in our yards and gardens; but there are still some important tasks to be done in the fall.

## Lawns:

To assure that your lawn's growth slows down in preparation for winter, do not fertilize after August 15.

Use the bagger on your mower from September 1 until your lawn no longer needs cutting. Grass clippings that fall down into the thatch this late in the season do not have time to break down; as a result, they can support unwanted fungal growth. The bagger will also pick up those fall leaves that tend to accumulate in the sheltered areas; if left on the lawn they



tend to compact, leaving your lawn susceptible to fungal attack (such as snow mold) in the spring.

## Flower Beds:

Clean up annual flower beds in the fall. Plant debris can be composted - or burned if there is a disease problem. If your town or city has a bylaw that prohibits burning, place unwanted plant material in a plastic bag, tie the bag, and dispose of it in the garbage.

For winter protection in your perennial border, leave the plants standing if they have little or no disease problems. They will hold snow and protect the overwintering roots and crowns. - If there has been a disease problem in your perennials, remove the dead plant material in the fall and burn or dispose of it; this will help to reduce the infection next year. You can also reduce mildew problems on plants such as delphinium, monkshood and monarda by removing and disposing of old infected growth.

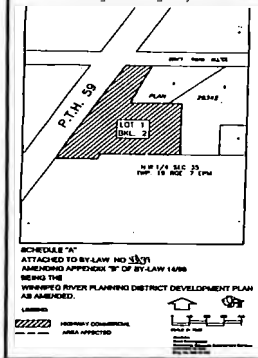
WINNIPEG RIVER PLANNING  
DISTRICT - UNDER THE  
PLANNING ACT  
NOTICE OF PUBLIC HEARING  
REGARDING BY-LAW 43/99

The Board of the Winnipeg River Planning District under the authority of the Planning Act will hold a PUBLIC HEARING at the R.M. of Alexander Administration Office on October 19, 1999 at 8:45pm at which time and place the Board will receive presentations from any persons who wish to make them in respect of the following amendments to By-Law No. 14/90 as amended, and known as the Winnipeg River Planning District Development Plan as amended. A copy of the following amendment and supporting material may be inspected by any person between during regular office hours from 8:30am to 4:30pm, Monday to Friday at the office of the Winnipeg River Planning District located in the RM of Alexander Administration Building in St. Georges, Manitoba. Copies may be made and extracts taken therefrom, upon request. For additional information please contact Jim Nowe, Secretary-Treasurer, Winnipeg River Planning District, Phone (204) 367-2235.

## 1) Appendix B

Appendix B, attached to and being part of the Winnipeg River Planning District Development Plan as amended, is hereby further amended as follows:

Lot 1, Block 2, Plan 26342 being part of NW 1/4 35-19-7EPM and shown outlined by a heavy broken line on schedule "A" attached hereto, presently designated "Seasonal Recreational" be hereby redesignated "Highway Commercial"



## Nature

## Everything you need to know about the black bear but were afraid to ask them

### A Bear of Many Colours

The name, the American black bear, is a misnomer given the many colour phases of this bear. While in eastern North America, most black bears are, in fact, black, such is not the case as one moves westward across the continent.

It is the one bear species which seems to have the greatest capacity to live in close proximity to man.

#### Population and Distribution

The American black bear is the most widespread and numerous bear in North America (see map). It is estimated that there are somewhere between 400,000 and 750,000 black bears throughout North America.

Its range extends from the northern tree limit of the Arctic far to the south through most of Canada and the United States. It is found as far south as the range of the Sierra Madre Mountains which are located in north-western Mexico.

Its preferred habitat includes forests with occasional open areas such as meadows. This includes the hardwood forests along the eastern side of North America as well as the coniferous forests found in the more central and western parts of the continent. The only habitat from which is excluded are those areas where heavy de-forestation has occurred.

This area encompasses 32 American states; all the provinces and territories of Canada excepting Prince Edward Island; and 5 Mexican states.

### Vital Statistics

The American black bear is a large mammal whose size and weight show high variability depending on food availability, climatic conditions, etc.

In general, adult black bears range from 89 to 102 centimeters (35 to 40 inches) tall when on all fours and have a length of 140 to 180 centimeters (4 1/2 to 6 feet).

The weight of a black bear, which is

highly variable, ranges from 57 to 272 kilograms (125 to 600 pounds) with males within a geographic area on average about a third larger than females. The largest American black bear to date was found in Riding Mountain National Park in Manitoba, Canada. It weighed in at 365 kilograms (805 pounds).

The lifespan of black bears in the wild can be twenty-five years or more.

### Physical Characteristics



Black bears have a heavy body, short tail, rounded ears, plantigrade feet (i.e., both heel and toe make contact with the ground when walking in a manner similar to humans), and a hind foot with five toes. They are much quicker than their appearance would suggest with recorded speeds being in excess of 40 kilometers per hour (over 25 miles per hour) for a short distance.

Black bears lack the distinct shoulder hump of the brown/grizzly bear and the claws on the front paws are much shorter and generally not visible from a distance. Their curved claws are highly adapted to tree climbing and all black bears are agile tree climbers.

While members of the order Carnivora, they have evolved primarily into vegetarians with accompanying changes in their dental structure and digestive tract.

The fur colour of the black bear is often, in fact, black but colour phases can also

include light brown, dark brown, cinnamon, beige, and even a blue-white colour. There is evidence to suggest that in areas of relatively high rainfall, black bears predominate while in the drier inland areas of the continent, brown and blond bears are more common.

The Kermode bear, often referred to as the ghost bear, has beautiful cream-coloured fur. It is found only on three small, isolated islands found off the western coast of British Columbia. The brown eyes and black nose of these bears eliminate any possibility that the Kermode bears are an albino race.

### Diet and Food Sources

Black bears, like most wild creatures, seek foods which will return the highest nutritional and protein value for the least expenditure of energy. Seasonal availability and geographic location are the biggest factors determining the primary food sources of bears.

Eating virtually anything edible, it has been determined that more than 75% of their diet consists of vegetable matter including berries, flowers, grasses and sedges, herbs, tubers and roots,

and nuts of all kinds. For the remaining portion of their diet, animal matter such as decaying animal carcasses, fish, small marine animals, ants and other insects, honey, elk and moose calves and a variety of other small mammals (e.g., ground squirrels, marmots, etc.) are consumed.

Black bears like to feed in the cool of the evening or in the early morning. During the heat of the day, they will often seek shade in the dense underbrush.

### Home Range

The size of the home range of an individual black bear will vary with the concentration of high energy food sources. Thus, the more concentrated the food sources, the smaller the range necessary to maintain an animal.

In general, females will have a home range which is 6.5 to 26 square kilometers (2

*cont'd next page...*

## Nature

## The Black Bear

1/2 to 10 square miles) while males will normally have a home range which is four times larger at 26 to 124 square kilometers (10 to 40 square miles). The range of every adult bear is composed of an individual territory part of which constitutes its exclusive domain while the rest it co-habits with other bears. The home range of a mature male bear will often overlap the home range of several female bears.

Characteristically, a home range does not constitute one large area but rather is composed of several smaller food source areas connected by travel lanes. Open areas are usually avoided by black bears as they prefer wooded cover. Stream and creek beds are often used as travel lanes because of the thick undergrowth and a barrier-free escape route. This is particularly true in areas where there is heavy urban build-up.

### Reproduction

Female black bears normally mature at 3 to 5 years of age with some waiting even later for their first mating. Copulation normally takes place in a manner similar to members of the canine (dog) family.

In warmer climates, mating may take place as early as May or June while in more northern (and therefore colder) locations, mating may be delayed until July or early August. Females will normally mate with several males over the two to three weeks of the breeding season. Females will normally breed every other year.

Through a remarkable process referred to as delayed implantation, the fertilized ovum divides a few times and then floats free within the uterus for about six months with its development arrested. Sometime around the denning period, the embryo will attach itself to the uterine wall and after a period of eight weeks (January/February), the cubs will be born while the mother is still in hibernation.

Delayed implantation clearly serves an important survival need for the mother. Should she not have enough fat reserves to carry her through the winter, the embryo will not implant and it is simply reabsorbed by her body.

The number of cubs born ranges from one to a maximum of four with two cubs being average. As a rule, the number of cubs a female will have increases as she gets older.

Again, climate and food supply are important determinants of the size of the litter.

At birth, the cubs are blind, hairless and very tiny. They weigh from 240 to 330 grams (8 1/2 to 11 1/2 ounces). Virtually helpless, they are, however, able to move sufficiently to suckle on their mother who remains asleep. Her milk is calorically very rich containing over 20% fat. In contrast, human milk only contains about 4% fat.

Within the next five weeks, the cubs will develop rapidly on this rich diet such that they will be able to follow their mother when she leaves the den.

### Baby and Adolescent Mortality

The survival of bear cubs is extremely tenuous with predation by adult male bears being quite common. Also, wolves, bobcats, eagles, mountain lions and, in more urban areas dog packs have been known to kill young cubs who become separated from their mother's side.

While the mother is foraging, the cubs are often placed under the shelter of a thicket or in a nearby tree. In the event of danger, the cubs will stay in the tree while their mother either takes guard on the forest ground below or climbs the tree after them.

The cubs will stay with their mother for the entire first year. They are generally weaned between July and September of their first year and stay with their mother through the first full winter. Their survival is totally dependent on the skill of the mother in both protecting them and teaching them the basics of what to eat, where and how to get it, where to den, and how to cope with danger.

As adolescents, the young bears are still in extreme danger. Normally they are driven off by their mother as she prepares to breed once more. They must now become rapidly self sufficient if they are to stay alive and find sufficient food to build up their fat reserves to last over the long winter. Occasionally, young bears will spend a period of time together after they have been driven off by their mothers.

### Hibernation

During late summer and early fall, all bears have, as a survival imperative, the need to gain as much weight as possible. Through the harvesting of locally available nut crops, berries, etc., black bears normally make very large weight gains. Such gains may be as

much as 14 kilograms (30 pounds) per week. At such times, foraging may occur around the clock with only short rest periods.

Most black bears, including all who live in areas with severe weather climates, will hibernate for between four and seven months. Where the weather is much more temperate and the period without food available is quite short, black bears may either not hibernate or they may simply nest in a thicket or other sheltered area for brief periods of time.

In northern areas, the arrival of colder weather and/or snow precipitates the bear undergoing a remarkable metabolic transformation as it prepares for hibernation. Liberation is an energy-saving process bears have developed to allow them to survive long periods when there is insufficient food available to maintain their body mass. As they stop eating and become increasingly lethargic, the bear will enter a cave; dig out a den; or hole up in a dense brush pile, hollow log or tree cavity.

While hibernating, a bear's heart rate drops from between forty to seventy beats per minute to only eight to twelve beats per minute and its metabolism slows down by half. Unlike many other animals who hibernate, its body temperature only undergoes a minor reduction of 3 to 7 degrees Centigrade (5 to 9 degrees Fahrenheit).

During the entire period of hibernation, the black bear will neither pass urea or solid fecal waste. While urea poisoning causing death would occur in all other animals, bears have developed a unique process of recycling the urea into usable proteins.

Most black bears vacate their winter dens over a one to two month period commencing in April or May. Both the climatic conditions (snow cover and temperature) and physiological factors such as the bear's age, the status of its health and its remaining fat reserves affect the exact timing of emergence from its den. Normally, adult males emerge first. Females with newborn cubs are usually the last to leave their dens.

During the hibernation period, all bears lose a great deal of weight. Adult males and adolescent bears lose between 15% and 30% of their weight while it is not uncommon for a female cub with newborn cubs to have lost as much as 40% of her weight.

The black bear will then resume its normal foraging pattern as it completes the cycle of life.

Minutes

Minutes of the RM of Alexander held September 23, 1999 at 10:00am

Present: George Harbottle - Reeve, Diane Sourisseau - Councilor Ward I, Bill Pasalun - Councilor Ward II, Ed Forsyth - Councilor Ward III, Len Truchin - Councilor Ward IV

Also Present: Rose-Marie Blanche, Chief Administrative Officer, Gary Halky, Public Works Foreman, Jim Norris, Assistant Administrator

CALL TO ORDER With a quorum present Reeve Harbottle called the meeting to order at 10:00 A.M.

Agenda Res #500/99 MOTION: Ed Forsyth - Len Truchin HE IT RESOLVED that the Agenda be adopted as amended ALL IN FAVOUR - CARRIED

Minutes Res #501/99 MOTION: Bill Pasalun - Diane Sourisseau HE IT RESOLVED that the minutes of the Regular Meeting of August 24, 1999 be adopted as circulated ALL IN FAVOUR - CARRIED

REPORTS OF STANDING COMMITTEES WARD I - Councilor Sourisseau reported on her attendance at the Johnny's Drive Meeting held on Sept 5; and on her attendance at the Public Works Committee Meeting held on Sept. 8, 1999

WARD II - Councilor Harbottle reported on his attendance at the Pine Falls Ambulance Meeting held on Aug 30; the meeting with J.R. Cousin Consulting held on Sept 2; the Public Works Committee Meeting held on Sept 8; and on his attendance at the Pine Falls Ambulance Meeting held on Sept. 12, 1999

WARD III - Councilor Forsyth reported on his attendance at the Natural Gas Committee Meeting held on Sept 8; the meeting with J.R. Cousin Consulting held on Sept 2; the Public Works Committee Meeting held on Sept 8; and on his attendance at the Culture, Heritage and Citizenship Meeting held at 3:00 PM on Sept. 8, 1999

WARD IV - Councilor Truchin reported on his attendance at the Auglen Park Association Meeting held on Aug 28; and on his attendance at the Public Works Committee Meeting held on Sept. 8, 1999

REVEE - Reeve Harbottle reported on his attendance at the Auglen Park Association Meeting held on Aug 28; the W.K.B.V. Meeting held on Aug 30; the meeting with J.R. Cousin Consulting held at 3:00 on Sept 2; the School Tax Meeting held at 4:30 PM on Sept. 2; the 4P Parade held on Sept 5; the Johnny's Drive Meeting held on Sept 5; the Public Works Committee Meeting held on Sept 8; and on his attendance at the W.R.B.V. Investment Review held on Sept. 13, 1999

CHIEF ADMINISTRATIVE OFFICER - The C.A.O. reported on her attendance at the Meeting with Sunrise Engineering held at 9:00 A.M. on Sept. 2; the meeting with J.R. Cousin Consulting held at 3:00 PM on Sept. 2; and on her attendance at the Public Works Committee Meeting held on Sept. 8, 1999

HEARING DELEGATIONS 10:30 A.M. - Ron Benson - Manitoba Resource Recovery Corporation

11:00 A.M. - Mr. Benson attended the Council Meeting to provide Council additional information regarding the installation of EcoCentres which would process a recycling program for oil, air filters and oil containers

11:00 A.M. - Variation Hearing - Lot 3, Tall Timber Lodge (Gilbert & Marie-Paule Delaney)

At 11:00 A.M. a Variation Hearing concerning Lot 3, Tall Timber Lodge was conducted by Council. Mr. and Mrs. Delaney were in attendance in support of their application. Correspondence from R. Clifton of the W.R.P.D. was also reviewed. No objections were received and See Unfinished Business (Res #509/99)

11:05 A.M. - Variation Hearing - Lot 14, Plan 21185 (William & Arlene Reynolds)

At 11:05 A.M. a Variation Hearing concerning Lot 14, Plan 21185 was conducted by Council. Mr. and Mrs.

Reynolds were in attendance in support of their application. Correspondence from R. Clifton of the W.R.P.D. was also reviewed. No objections were received and no other representations were made. See Unfinished Business (Res #510/99)

11:10 A.M. - Variation Hearing - Lot 1, Block 2, Plan 10259 (Anthony Rowan)

At 11:10 A.M. a Variation Hearing concerning Lot 1, Block 2, Plan 10259 was conducted by Council. Correspondence from R. Clifton of the W.R.P.D. was also reviewed. No objections were received and no other representations were made. See Unfinished Business (Res #511/99)

11:15 A.M. - Variation Hearing - Lot 3, Block 2, Plan 15424 (George Harbottle)

\*Reeve Harbottle excused himself from his chair and left the Council Chambers during deliberations regarding his variation application. Deputy Reeve Forsyth assumed the role of Reeve

At 11:15 A.M. a Variation Hearing concerning Lot 3, Block 2, Plan 15424 was conducted by Council. Correspondence from R. Clifton of the W.R.P.D. was also reviewed. No objections were received and no other representations were made. See Unfinished Business (Res #512/99)

\*Reeve Harbottle returned to the Council Chambers and resumed his chair

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\*Reeve Harbottle returned to the Council Chambers and resumed his chair

Res #503/99 MOTION: Ed Forsyth - Diane Sourisseau HE IT RESOLVED that the Council of Pasalun and Truchin be authorized to attend a M.P.S.C. Recycling Training Workshop in Steinbach on November 1, 1999, AND BE IT FURTHER RESOLVED that the amount of \$100.00 be paid to Councilors attending as per Council Indemnity By-Law 1/99. ALL IN FAVOUR - CARRIED

10.0 M.A.R. June 99 Minutes Rec'd as Info. R-4-99

Res 7/99 & Meeting Notice Rec'd as Info. R-4-99

11.A.M. Miscellaneous Info. Rec'd as Info. M-14-99

Aug. 23/99 Rec'd as Info. M-14-99

21/ Rollins Letter of Acknowledgment Rec'd as Info. M-14-99

13.F. Avouit St. Georges Nurseries Rec'd as Info. M-14-99

Aug 24/99 Grounds - P.P.P. Rec'd as Info. M-14-99

14.R. Hampden Road Request Rec'd as Info. M-14-99

Aug 20/99 Egon L.D.I.J. Rec'd as Info. M-14-99

15.R. Monzau Shoulder Paving Reps. Rec'd as Info. R-9-99

Aug 24/99 Saffie Road Rec'd as Info. R-9-99

16.H. Snell Sustainable Forest Rec'd as Info. P-9-99

Aug 27/99 Management Plan Rec'd as Info. P-9-99

17.H. Rider Natural Gas Study Rec'd as Info. P-14-99

18.R.C.M.P. Police Stats. R.R.M.P. Rec'd as Info. P-14-99

Aug 29/99 Acadia Bonnet School Taxes - Reps. Rec'd as Info. T-14-99

19.I. Lemire 49 Lester Boulevard S.H.B. Community Rec'd as Info. Aug 99/99

21.A.M.M. 1990 Provincial Election Rec'd as Info. A-14-99

Aug 22/99 21/1 Letter Rec'd as Info. T-14-99

Aug 30/99 Roll #0130182700 Rec'd as Info. P-5-2-99

23.I. Tramble Shield Developments Rec'd as Info. P-5-2-99

Aug 24/99 R.M. of Alexander Public Report Rec'd as Info. P-5-2-99

25.K. Fitchett Transverse Hay Loggins Expniture PW-14-99

27.K. Carter Reply PW-14-99

28.R.C.M.P. RCMP Overview Reply P-14-99

Aug 25/99 Construction Dist. Information Rec'd as Info. R-8-99

29.M. Watson Public Meeting Notice Rec'd as Info. R-8-99

Aug 20/99 R.M. of St. Andrews (Garzebo - Lot 6) Rusty to Check Split Point Road B-12-99

30.E. Hejicic Meeting Reply C-9-99

31.S. Taylor Meeting Reply C-9-99

32.P. Mah Meeting Reply C-9-99

33.G. Tranzley Shield Developments Rec'd as Info. S-2-99

34.C. Tranzley Shield Developments Rec'd as Info. S-2-99

35.C. Tranzley Shield Developments Rec'd as Info. S-2-99

36.T.J. Schukowsky Engineer Inspection Reply PW-14-99

37.G. Carter Geriatric Subdivision Pine Falls District Reply PW-14-99

38.R.C.M.P. Ambulance PW-14-99

39.R.C.M.P. Police Stats Rec'd as Info. P-14-99

40.M. Watson Construction Dist. Information Rec'd as Info. R-8-99

41.E. Hejicic Public Meeting Notice Rec'd as Info. R-8-99

42.S. Taylor Meeting Reply C-9-99

43.P. Mah Meeting Reply C-9-99

44.G. Tranzley Shield Developments Rec'd as Info. S-2-99

45.C. Tranzley Shield Developments Rec'd as Info. S-2-99

46.T.J. Schukowsky Engineer Inspection Reply PW-14-99

47.G. Carter Geriatric Subdivision Pine Falls District Reply PW-14-99

48.R.C.M.P. Ambulance PW-14-99

49.R.C.M.P. Police Stats Rec'd as Info. P-14-99

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51.E. Hejicic Public Meeting Notice Rec'd as Info. R-8-99

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53.P. Mah Meeting Reply C-9-99

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65.C. Tranzley Shield Developments Rec'd as Info. S-2-99

66.T.J. Schukowsky Engineer Inspection Reply PW-14-99

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72.S. Taylor Meeting Reply C-9-99

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74.G. Tranzley Shield Developments Rec'd as Info. S-2-99

75.C. Tranzley Shield Developments Rec'd as Info. S-2-99

76.T.J. Schukowsky Engineer Inspection Reply PW-14-99

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93.P. Mah Meeting Reply C-9-99

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95.C. Tranzley Shield Developments Rec'd as Info. S-2-99

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97.G. Carter Geriatric Subdivision Pine Falls District Reply PW-14-99

98.R.C.M.P. Ambulance PW-14-99

99.R.C.M.P. Police Stats Rec'd as Info. P-14-99

100.M. Watson Construction Dist. Information Rec'd as Info. R-8-99

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107.G. Carter Geriatric Subdivision Pine Falls District Reply PW-14-99

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145.C. Tranzley Shield Developments Rec'd as Info. S-2-99

146.T.J. Schukowsky Engineer Inspection Reply PW-14-99

147.G. Carter Geriatric Subdivision Pine Falls District Reply PW-14-99

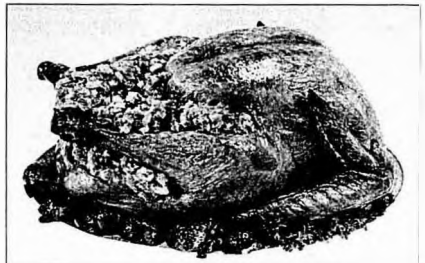
148.R.C.M.P. Ambulance PW-14-99

149.R.C.M.P. Police Stats Rec'd as Info. P-14-99

150.M. Watson Construction Dist. Information Rec'd as Info. R-8

# Cooking

## Community Kitchen

### Take your stress and stuff it

Everyone loves Thanksgiving. But let's face it - sometimes the pressure of treating your family and friends to a five course meal (you make only once a year), can shake the confidence of even experienced cooks.

This Thanksgiving, keep it simple and delicious with these crowd pleasing recipes from OXO. Celebrating a century of cooking this October, OXO knows how to please the most important crowd - your family.

"Canadians had their first taste of OXO on October 3, 1899," said Geoff Craig, category manager for Lipton. "A century later, this brand continues to be an essential ingredient for today's cooks, especially at Thanksgiving."

**Classic Turkey Stuffing**  
Preparation Time: 15 minutes. Enough for a 10-12 lb turkey.  
1/4 cup margarine

1 large onion, chopped  
2 cloves garlic, minced  
4 stalks celery, chopped

1 tsp. each: dried sage, rosemary thyme.  
8 cups bread cubes  
3/4 cup boiling water  
1 OXO chicken bouillon cube or packet

Salt and pepper to taste  
Melt margarine in a large saucepan. Add onions, garlic and celery. Cook and stir until softened. Stir in sage, rosemary and thyme. Add bread crumbs and stir well. Dissolve cube in boiling water; drizzle over bread cubes; mix well. Season with salt and pepper.

**OXO Birthday Tip:** Take a hint from one of Canada's first convenience foods. Reduce prep time by cubing bread and chopping vegetables the day before. Just cover and stash veggies in refrigerator until needed. Store bread cubes separately in a plastic bag at room temperature.

**Best-ever Gravy**  
While lettering the turkey sit (your bird needs to rest for 15-20 minutes before carving),

multi-task by making your own home made gravy.  
Preparation Time: 10 minutes  
2 tbsp. drippings from turkey or margarine  
2 tbsp. all purpose flour  
2 OXO chicken bouillon cubes or packets  
2 cups boiling water  
1/2 tsp. dried thyme  
In a small saucepan, combine pan drippings from turkey and flour. Stir and cook until bubbly (do not allow to brown). Add OXO cubes dissolved in boiling water and thyme. Cook and stir until thickened. Simmer 3-5 minutes, stirring occasionally. Want extra flavour? Just add a bit more OXO.  
Makes approximately 2 cups.

**Gravy Grips:** If you're like most thanksgiving cooks, you would sell your soul for smooth gravy. After 100 years of cooking, the experts at OXO know the secret - patience, patience, patience! Gradually mix in bouillon mixture to flour and turkey drippings while whisking.

**20 Minute Turkey Pie**  
It just wouldn't be thanksgiving without leftovers. But that doesn't mean eating turkey sandwiches until December. Try this tantalizing turkey pie - your family will thank you.  
Preparation Time: 20 minutes

2 cups turkey, cooked and chopped  
2 OXO chicken bouillon cubes or packets  
1/4 cup hot water  
2 cups raw vegetables - carrots, onion, celery, others may be

added  
1/4 cup flour  
1/4 cup cooking oil  
1/4 tsp poultry seasoning, salt and pepper to taste, single or double crust for 9" pie.  
Chop vegetables; cook until tender and set aside. In a large sauce pan, heat old and add flour, stirring constantly for two minutes. Dissolve OXO Chicken into 1/4 cup hot water and add oil and flour. Add poultry seasoning, salt, pepper and cook until thick. Stir in meat and vegetables. Line 9" pie plate with crust, add filling mixture, top with second crust, seal edges and cut steam vents into top. Bake on bottom rack at 400F for 50-60 minutes until crust is brown and filling mixture, bake at 400F for 30-40 minutes until browned and bubbly.

\*Chicken can be substituted for turkey.

**Time saver tip:** Save time on your next grocery store trip by adding frozen pie crusts and prepacked veggies to your cart.

**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, October 11**  
Soup, roast chicken, mashed potatoes, veggies, strawberry jello.

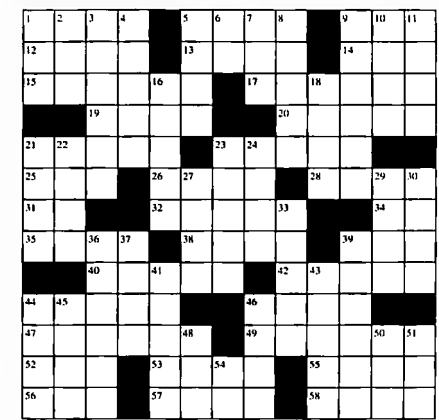
**Wednesday, October 13**  
Soup, Mary's macaroni and Margaret's meat balls, tarts.

**Friday, October 15**  
Watergate salad, pickered.

## Relax

# THE VOICE WEEKLY CROSSWORD

### Name That Towno



- ACROSS**
- Engrossed
  - Suburb, for short
  - Oner
  - Egyptian Queen, for short
  - State
  - Badger, so to speak
  - About stars
  - Place in Newfoundland
  - Island
  - Middays
  - Joiner's cry
  - Korean city
  - Capital or human follower
  - Opaque gemstone
  - Trumpet section
  - Vinyl recording for short
  - Untrue
  - Credit rating
  - Aced
  - Eastern Leader
  - Multiple Listing Service, for short
  - Place in Nova Scotia

- Painful infections
- Ghastly pale
- Baby carriage
- Place in Manitoba
- Hauling
- Man's given name
- Swedish furniture maker
- Resonate
- Nursing service, for short
- Receptors
- Contendere

- batfield  
11. Selfs  
16. Detached  
18. Cause to turn tail  
21. Venus de \_\_\_\_\_  
22. Popular sports network, abbr.  
23. Place in BC  
24. Actress \_\_\_\_\_ Lancaster  
27. Duo  
29. Shroud  
30. Spunk  
33. Place in Ontario  
36. Racial  
37. Thee, in Hanover  
39. Place in Ontario  
41. Release  
43. Containing oats  
44. Assist a wrongdoer  
45. Market  
46. Pesetas, for short  
48. Scene of Mohawk uprising  
50. Gretzky milieu, for short  
51. Sticky stuff  
54. Trauma centre, for short

### LAST WEEKS ANSWER



## Did you Know?

★ The roaring lion in the MGM logo was named Volney and lived at the Memphis Zoo.

★ The national flower of Greenland is the Willow Herb.

★ Cornell University's motto — "I would found an institution where any person can find instruction in any study" — is the only motto among Ivy League schools *not* in Latin.

★ 1961 was the most recent year that could be written both upside-down and rightside-up and appear the same. The next year that this will be possible will be 6009!

★ Kermit the Frog has 11 points on his collar around his neck.

★ Cleveland spelled backwards is "DNA level C".

★ Certain sounds in the English language are real germ spreaders, particularly the sounds of f, p, t, d, and s.

★ The Angel of Independence in Mexico City was built by Salvador Rivas Mercado. The face of the angel is a portrait of his daughter.

## Relax

### WEEKLY HOROSCOPE

for the week of  
October 7 - October 13

#### ARIES March 21 - April



Be sure to keep caught up on projects. Letting little things slide means they'll grow into big problems. A friend or colleague is irritating, but it's not intentional. A friend or family member says just the right thing at the right time.

#### TAURUS April 20 - May 20



Pay attention to your instincts. A career decision may need to be made sooner than you expected. You may have some opposition, but don't get caught up in trying to get even. Your inner strength surfaces. Take time for friends and family.

#### GEMINI May 21 - June 20



You'll get a chance to be creative. Taking the extra time to do the job right the first time pays off. Be aware that other people's feelings and plans must be considered. Brush off small disappointments and be patient. Take time for travel or an evening out.

#### CANCER June 21 - July 22



A close friend or family member seeks advice and guidance from you. Be receptive and diplomatic. People in authority will be impressed by your actions. Problems could be simmering under the surface at work and home. Be aware and take precautions.

#### LEO July 23 - Aug. 22



Now could be the right time to mix business with pleasure. A colleague's plans may include you, so be aware of what's happening behind the scenes. Discuss things with a close friend or family member. They'll be there when you need them.

#### VIRGO August 23 - September 22



Take time off by yourself and get your thoughts in order. You'll get new insights into yourself and others. A friend or colleague may feel like fighting, but don't get drawn into a battle. Keep an eye on finances and budgets. A friend's problems cause concern.

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



A colleague is still bothered by something you did in the past. Offering an apology is a good way to start ironing out differences. Counter workplace stress by keeping home and family life simple and orderly. A small indulgence helps rather than hurts.

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



Be aware of your own shortcomings before trying to correct others. Be realistic about what can be accomplished and how long it will take. See the big picture for best results. A health problem could be resolved with the proper treatment and attention.

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



Be on the lookout for bargains and deals. You get more accomplished in less time through cooperation rather than control. Activities with friends or family members perk you up and give you a more positive outlook. Remember health, diet plans.

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



A surprise gift could smooth ruffled feathers at work or at home. Being understanding wins people to your side. Be willing to compromise and others will do the same. Your moderation and restraint are admired, but you can give in to temptation occasionally.

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



Rely on your intuition. Advice from others may be more for their purposes than yours. Express your feelings and let the chips fall where they may. Go easy on spending and scrutinize expenses. Be aware of limits on health and activities.

#### PISCES Feb. 19 - March 20



Now is the time to keep emotions under wraps and present a calm exterior. Your composure irritates some, appeals to others. Don't get sidetracked—keep heading toward your goal. An elder colleague or family member offers useful advice.

### CRYPTIC PUZZLE

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

Y BXXC ZDWF ZX

VFFG SXHT WXHZ

PJHZ DP KJFL SXH'TF

DL CFFG KYZFT.

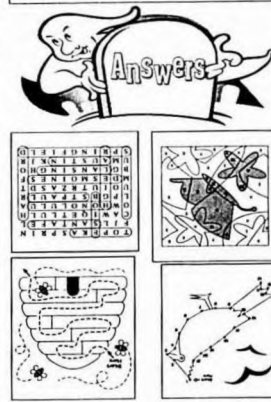
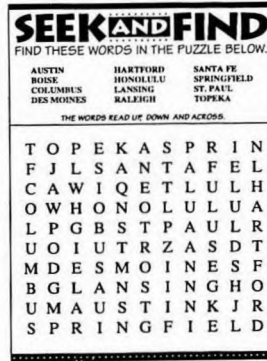
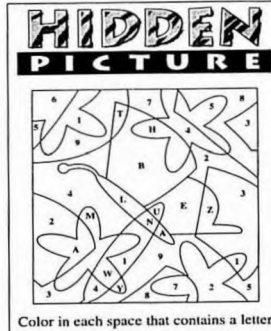
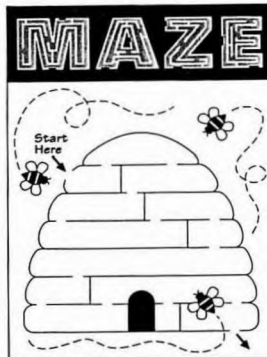
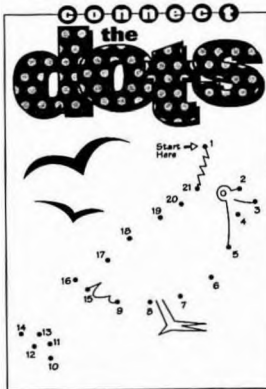
-PDCLFS BXMM

### LAST WEEK'S SOLUTION

IF A MAN DOES HIS BEST,  
WHAT ELSE IS THERE?

- GEORGE S. PATTON

## Activity Page



## Classifieds

### MEMORIAM

**Olle Sleeman**  
October 6th, 1998

In loving memory of our dear mother and grandmother who passed away 1 year ago today. May the winds of love blow softly and whisper so you can hear - Your family will always love you and wish that you were here. Missing you is the headache that never goes away.

Always remembered and Sadly missed,  
Your son *Sonny*, Marica, granddaughter *Lonnie* (Notham)

### VINCENT'S AUTO

Vincent's Auto Offers to do-it-yourself customers, special discounts. Please call before 10:00am for same day parts service, 367-4330. Open Mondays 9:00am - 10:00pm, Tuesday - Friday 7:30pm - 10:00pm and Saturdays 10:00am - 5:00pm.

### CARD OF THANKS

Thank you, We would like to express our sincere gratitude to everyone who extended their sympathy during our time of grief. Would like to especially say thanks to the Ambulance attendants and the RCMP. Also a special thanks to all the people in our communities who sent us cards, flowers, food, mass offerings for Beaulieu. Thank you to all who participated in making the funeral service so memorable.  
**Marguerite Beaulieu and family**

### EMPLOYMENT

**HAPPY TOTS PLACE INC.**  
Licensed Child Daycare Centre  
**Requires Cook/Cleaner**  
Forward resumes to Box 773, Pine Falls, MB, R0E 1M0 or drop off at 5 Walnut from 8am - 5pm Monday to Friday. Closing Date is October 22, 1999. 24xix-1

### LOST

1 Small pair of rimless pewter frame glasses in Powerview, if found please call 367-9128.

### CARD OF THANKS

Our family would like to thank, Sagkeeng First Nation, Sagkeeng Child & Family Services, Fort Alexander Health Centre, George M. Guimond Care Centre, Linda & Gerald Twoheart, Wilfred Canard, Theresa Gerard, Laforte family, Rev. Andrew Sinclair, Rev. Nancy Bruyere, Jake Kent & gospel singers, Virginia Fontaine Addictions Foundation, Rose Fontaine, Abraham family, Kent family, Letander family, Ron & Lena Harry, Anita Harper, Verna Gerard, Barb Gervais, Leona Guimond & family, Bird family, Alexander family, Martin James, Sagkeeng First Nation Public Works, Edward (Buck) Bruyere, Bob Prince, Selkirk Mental Hospital and staff, Percy & Rose Alexander.

Thank you  
*The Boyd family*

### JOB OPPORTUNITY

Wanted - House Keeping, please apply at the Manitou Lodge or call Peter at 367-2252 for more information. 24xix-1

### OBITUARY



**Charles William Boyd**

In memory of Charles William Boyd born on October 6, 1922 at Pine Falls, Manitoba. Charlie passed on at September 28, 1999 at Selkirk, Manitoba at the age of 76 years.

Services were held at Christ Church Anglican, Fort Alexander, Manitoba on Friday, October 1, 1999 at 2pm. Officiating clergy was Rev. Andrew Sinclair and Rev. Nancy Bruyere. Active Pall Bearers were Gregory Prince, John Boyd, Nelson Boyd, William Boyd, Harvey Alexander and Nonnan A. Fontaine.

## Business Directory

### Health Directory



**BRENDA J. PAULS**  
M.B.E.D.S.S.C.

- Individual, Relationship & Family Counselling
- Employee Assistance Program Specialist
- Critical Incident Stress Debriefings

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Fax (204) 345-6842

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Complete/Partial Dentures  
Repairs while you wait  
Relines (one hour)  
Extractions/Restorations  
Arranged

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Beausejour  
District Health Centre  
Lac du Bonnet  
2nd & 4th Tuesday of each month  
**268-3488**

### DR. ARNOLD ANDERSON

**LAB ON SITE**  
**Optomelrist**  
Contact Lenses  
and Eyeglass Fittings

### MANITOU LODGE PINE FALLS

**367-2390**  
Monday - Friday  
9:00 a.m. - 5:00 p.m.  
Open noon hrs. Tue., Wed., & Fri.  
Examinations done on Thursday

*Your business  
Here!*

## Business Directory

**KEMBALL ENTERPRISE**  
22 Laura St. Powerview, MB

• Simply Natural  
Water Depot  
Phone: 367-2260

**MAGK  
Financial  
Solutions Ltd.**  
Steve Kulyk

Office located on top  
of Pine Falls Post Office  
Pine Falls: 367-4244  
Winnipeg: 924-4638

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**367-2611**  
Downtown 367-2517

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all occasions  
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247-2262 or leave a message.

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R0E 1V0  
Phone/Fax: 367-9715  
E-Mail: trlways@mb.sympatico.ca  
We'll take you there!

**Diane Dubé & Kim Terditt**  
**MTC**  
Insurance Services  
2 McDougall Ave.,  
Box 160  
St. Georges, MB  
R0E 1V0  
Phone/Fax 204-367-9068

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Saturday  
8 am. - 5:30 p.m.  
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- order ahead*  
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Call us to look after everything for you  
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*Specific Skills*  
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Relaxation Massage  
Member: AMTWP (insured)  
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jphillip@granite.mb.ca  
*"For instant relief, try sleeping down."*  
Lily Tomlin

### Hotel & Restaurant

**Papertown  
Motor Inn**  
Modern Rooms, Deluxe Jacuzzi  
Rooms Available, Licensed  
family dining room, banquet  
facilities, VLTs, Beer Store  
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