

# the Voice

Vol. 8 #26 FRIDAY, NOVEMBER 25, 1999 Pine Falls, MB

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The Inland

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## New look at Lester Beach

George Limerick has driven sheet piling along the 420 foot waterfront of his property on Lester Beach. Not everyone is pleased with the result.

One neighbour, Bill Eisler says the heat reflected from the new steel wall will make the beach very uncomfortable for the up to 3,000 or so people who use the beach on a summer weekend. He is also concerned about the effect on the flow of ground-water and on the wells of the people who live above Limerick's property.

Some are also complaining that the sheet piling is not even on his

property, and that even though the original title extended all the way to the lake, when Limerick purchased the property the standard "public reserve" would come into effect.

The Winnipeg River Planning District told The Voice that the requirement for a public reserve only comes into effect when the property is subdivided. Since Limerick has not subdivided he still owns the land in the original title which is actually the high water mark on a particular date in the early years of the century.

Limerick said he had very little choice. While his property is constantly changing, with

some years sand being blown in and other years being eroded by wave action, the November '97 storm took 45 feet of his property. Since then he has been looking for the best protection. Rip rap would have been much, much less expensive he said, but his engineers told him that it to be effective it would have to extend 27 feet onto the beach. He chose to follow the more expensive route.

Ground water will continue to flow in much the same way it does now, but will flow under the sheet piling which extends about fifteen feet into the sand.

## Platinum at English Brook?

The latest rage in the mining industry are the Platinum Group Elements, (PGEs).

PGEs are used in automobile manufacturing (Catalyst converters, electronics and energy production, and demand has been growing steadily. The metals are in short supply and command high prices. Demand is about to accelerate rapidly and will far outstrip the current sources of supply.

The new demand will come from fuel cells which produce electricity directly from hydrogen and oxygen from the air. The only waste products are pure water and a small amount of heat.

Because of the practically zero emissions, automobile makers are seriously looking at replacing the conventional internal combustion engine with fuel cells. Chrysler is committed to produce 40,000 of them by the year 2004.

The problem is that there is not nearly enough platinum to go round. There are currently 400 million automobiles world wide, and that is expected to double in the next ten years. The already serious environmental problem will only get worse. Hence the interest in fuel cells.

PGEs can be found in greenstone belts like the geologic formation from Red Lake Ontario through Bissett to Lake Winnipeg. They can be found in Ultramafic intrusions in the greenstone. Two possible intrusions occur in this area, in the Bird Lake region and east of Hollow Water, at the English Brook intrusion in the Rice Lake Belt.

Most of the area has already been staked, and a great deal of exploration activity can be expected by the owners of those claims.

## No Voice next week

Effective Tuesday, December 7th, the Voice will be published on Tuesdays.

Letters



**YOUR VIEW:**  
Letters to the Editor

small: thevoice@granite.mb.ca

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**Door to return to deficit financing - Praznik**

Dear Editor:  
I am writing to respond to the new N.D.P. government's review of the Province's finances. It would appear to me that Mr. Doer is attempting to set up the Province politically for significant spending increases and a return to deficit financing.

The review, conducted by Deloitte & Touche LLP, was not an audit but a review based on the unaudited numbers provided by every government department. They contain the "wish list" of every possible expenditure the departments could or would like to make between now and the end of the fiscal year. Also included in it, of course, was the one time emergency payment to hard-pressed farmers which was intended to come from the rainy day fund for which the fund, as established, was intended.

I can tell your readers that during the course of almost every year I served in cabinet, we had to make in-year budget adjustments to keep the budget on track and, since the enactment of Manitoba's Balance Budget Law, in balance by the end of the fiscal year. Sometimes the adjustments were easy, sometimes more difficult, but they were always made.

In the two years I served as Minister of Health, an additional \$100 million per year was requested and added to my budget during the year to meet emerging requirements. These included such things as new drugs under the Pharmacare Program and fee settlements for emergency room doctors in our hospitals. In every case, the revenue needed to pay for these additions were found from

either savings in other departments or larger than expected revenues. Since 1995, the budget was always balanced at the end of the year!

On September 21st, Mr. Doer and his New Democrats were elected to govern and, if they stand by their commitments, to maintain a balanced budget. It is now their responsibility to do what we did while in government: manage the budget during the course of the year and ensure it is balanced by the 31st of March!

It should be remembered that the Balanced Budget Law provides for a 20% reduction in the salary of the Premier and every member of Cabinet if the budget is not balanced. Under the law, new governments have grace period for their first year in power. If the Filmon government had been re-elected, this year's budget would have to have been balanced or everyone of us in Cabinet would have lost 20% of our salary. Will Mr. Doer's New Democrats now have the same discipline, or will they use their one year grace period to fulfill every spending wish made to them and so rack up a significant deficit for our children to repay?

If they do, it should send a clear message to all Manitobans that Mr. Doer is not committed to balanced budgets but really would like to return to the days of free spending, deficits and the resulting tax increases to pay for it. Of course, only time and the actions of Mr. Doer will tell.

Sincerely yours,  
Dorren Praznik, M.L.A.  
Lea du Bonnet, Constituency

**Community Billboard - ph 367-4466**

**LIBRARY ALLARD:** Library hours: Tuesday: 10:30 AM to 5:00 PM Wednesday - Thursday: 1:00 PM to 5:00 PM 6:00 PM to 8:00 PM Friday: 1:00 PM to 5:00 PM Saturday: 10:30 AM to 4:00 PM

**BEACHES LIBRARY:** Library Hours: Tuesday: 1-5pm, Thursday: 4-5pm, Saturday: 11am - 5pm

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

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

**WINNEPEG RIVER WALK:** Meetings third Tuesday of every month: 7:00 pm. Library: Allard, St Georges.

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

**COTTAGE COUNTRY BUSINESS ASSOC.:** Meeting - Every first Monday of the month at 7:00 p.m. October through May 19: 7:00-25:00

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

**LOCATED AT St Georges Catholic Church & Basement**

**PINE FALLS LEGION:** Meetings held 2nd Thursday of the month 7:30 pm. Legion. Meet ladies held at Legion on Fridays from 4:30 to 5:30

**PINE FALLS MASONIC LODGE #154:** - meets on every 2nd Friday of every month in the Pine Falls United Church at 7:00 pm.

**EDMONTON:** - Pine Falls School Gym, Sunday at 10:00 am. - 10:00 pm

**POWERRVIEW GARBAGE PICKUP:** every Wed. Recycleable pickup every 1st and 3rd Thurs. of each month

**R.A.A. MEETING:** every 1st Tuesday of each month at 7:00 pm

**VILLAGE OF POWERRVIEW MEETINGS:** every second Tuesday of each month

**WINNEPEG RIVER SENIOR SERVICE INC.:** Charitable motor: Pine Falls Health Centre, Pine Falls Complex, Telephone: 367-9128. Hours: 9:00 am - 2:00 pm. Monday - Friday. Services: Transportation, Home Maintenance, Food, Care, Volunteer Help, Information

**FAMILY CARE GIVER SUPPORT GROUP:** at the United Church, Pine Falls. Last Thursday of the month at 7:00 pm

**A&A ALANON:** - The Beaches Family Group, Thursday at 10:00 am, Senior Centre, Victoria Beach - 1 Astor Road, 25a, 500/18 or 756-2101

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

**HAPPY TOTS DAY CARE:** - The Happy Tots Place, Inc. P.O. Box 771 Pine Falls, R0E 1M0 - 367-2601 hold board meetings on the last Monday of each month 7:00 pm at the library

**SENIOR SCENE INC.:** At Astor Rd., Victoria Beach & General Meetings every 2nd Tuesday of the month. Art Classes Wed. 10:00 am, Wood Carving Wed. 1 pm, Movies Tue. 7 pm, carpet binding, Fri. 2 pm, Bingo Fri. 7:15 pm. Call 256-6468 for more information regarding activities

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

**LAKESHORE ALZHEIMER GROUP:** Call Katie 367-8397 or Lila at 345-8520

**SUNRISE SINGERS:** Meet every Monday evening 7:00pm at the Pine Falls United Church. New members welcome - Choir master - Henry Peters please contact Gwen Welch

**BEACHES HELP CENTRE:** 756-6421, Wed. 1-4pm. Fri. 10am-1pm

**POWERRVIEW PARENT ADVISORY COUNCIL:** Meetings 1st Thursday of every month

**GREAT FALLS HALL WALKERS:** - Tuesdays & Thursdays from 10am - 11am

**RCMP News**



**The Police Beat**

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

**Comments, Questions and Queries**

Where would we be with out the internal combustion engine? I've been writing this column for almost a year and rarely has a week gone by without a question about some sort of gas powered conveyance. Cars, ATVs, skidoos, boats, you name it, the readers want to know. Imagine how boring life must have been 100 years ago, when travelling meant the once a month trip to town in a horse drawn cart or sleigh. I'm not complaining here, I'll take any kind of submission I can get, but I never realized or thought about what a mobile society we are and how dependent we are on our cars. Enough philosophizing, on to this week's questions.

**Q -** How many people can sit in the front seat of a car? I know the newer cars have bucket seats in the front and are therefore limited to two people, but a lot of the older cars have room for three people. Someone said that the Headingly RCMP stated that only two people are allowed in the front seat. My teenage son has an older car and I am therefore concerned that he may get a ticket. - Anonymous

**A -** The Headingly RCMP are right on the money here, sort of. Section 182(3) of the Highway Traffic Act states "No driver of a motor vehicle shall permit more than two passengers to sit on the

front or driver's seat of the vehicle while it is being driven on a highway, or permit any passenger to sit where it would obstruct the view of the driver." The key words here are "driver" and "passengers", meaning the driver can have two passengers in the front seat, provided there is an operational seatbelt for both and they do not obstruct the driver's view. In older cars with bench seats, there was usually three designated sitting positions in the front seat, one for the driver and then two passengers. The general rule of thumb here is that you can carry only carry as many people as there are seatbelts for and they must be wearing those seatbelts.

**Q -** Can a person be charged for sitting too close to the driver of a car? (Cuddling???)  
Anonymous

**A -** This directly relates to the first question and the answer is yes, a person could be charged for "cuddling" with the driver, if it interferes with the driver's view or the control of the vehicle in any way. In the event of an accident that was caused by "cuddling", the passenger could be charged, but the driver would certainly be charged with Careless Driving as he or she obviously was not concentrating on the road, which should be your only priority when controlling 3000

pounds of metal and glass.  
**Q -** What is the law concerning drivers dimming their high beams when approaching other vehicles? - Randy GUIMOND

**A -** This has got to be one of the most annoying things when you are driving at night. Now, I realize we're all human and sometimes forget that the high beams are on, but usually a quick flick of the beams from the approaching driver reminds us. The law concerning the use of high beams is found in Section 113 of the Highway Traffic Act and it states that high beams must be dimmed no less than 450 metres from an approaching vehicle and can not be used if you are following within 60 metres of a vehicle. As I said, people are sometimes forgetful so give them a quick flick to remind them but avoid getting angry and going to high beams yourself just as you're about to pass the oncoming vehicle, this is startling and can lead to an accident. If a driver won't take the hint, or his beams are not adjusted properly, keep your eyes on the right hand side of the road to maintain your lane and the light will be less annoying.

I had received a fourth, full page submission from a reader, hand written in blue ink, but unfortunately I can't make it out. I've asked all the doctors, but they assure me it isn't one of theirs. The few words that I can make out sound critical and it is important that I receive criticism. I can't please everybody all of the time, so if you don't agree with something I've written or just want to tell me I'mink, let me have it. To this writer, who had attached a copy of November 12th's column with some sections highlighted, please resubmit your comment typed or printed as I sincerely want to hear what you have to say, especially if it's criticism.

That wraps up this week's Q and A, keep sending me what's on your mind.  
**Off the Cuffs**

The fall is one of my favourite seasons and this year I seem to have lucked out into an extended autumn. One of the reasons I like fall is that it is the season for hunting. I realize not everyone is a hunting advocate and that

is understandable, but most people will agree that if you are going to hunt, doing it in a legal and ethical manner is best. The use of a high powered rifle is advantage enough. The reason I mention hunting at all is that early Tuesday morning I was on Highway 304 south of Powerview and noting fresh car tracks, pulled into a gravel pit area. I found no less than six piles of deer remains and one of a moose. One of the deer remains was that of a buck and the hide was not frozen, but had a little frost on it. This was at 8:30 AM, so it does not take a rocket scientist to deduce that this animal was shot sometime during the night, in other words it was poached, probably using jack lighting techniques. Part of the ethics of hunting is being able to take an animal because you were quiet enough and smart enough to get close for a clean shot. Any motion can shoot an animal frozen in the beam of a spotlight, that's what makes it so detestable. If you can't get your game during the day in a safe, legal and ethical manner, go to the grocery store and buy some hamburger. It requires about the same level of hunting skill that jack lighting requires and you'll probably be better rested. Hunting seasons and bag limits are in place to ensure that the game animals will be around for all future hunting generations to come. As far as discharging a high powered rifle at night, well that's just plain stupid. You can not see beyond your target and a rifle bullet can travel miles before it runs out of steam, endangering anyone or anything in its path. If you are travelling around at night and see a suspicious light in the bush or on a back road, find a phone and contact the RCMP or call the T.P.P. (Turn In Poachers) line at 1-800-792-0076. Do not approach them, remember they might have rifles with them and poachers have been known to try to shoot their way out of arrests. The penalties for poaching are quite severe and some people are desperate to avoid the consequences of getting caught. That's enough ranting and raving for this week.

Last week I gave you a scenario for thought, and hopefully some answers, from the readers. Sadly no one has responded yet. Put on your thinking caps and let me know what you think. If you missed last week's scenario, you can get a copy from the Voice office in Pine Falls.

**Christmas Carolling**

The Winnipeg River Ministerial, consisting of churches along the Winnipeg River from Silver Falls, Powerview, Pine Falls and Fort Alexander, welcomes you to join us in a celebration of Christmas in Song. The Christmas Carolling will be in the Multipurpose Room in the Powerview School on Sunday, December 5th at 2pm. Free admission, refreshments served.

Christmas Service of Remembrance on Thursday, December 9th, 7pm at Pine Falls United Church. Please bring ornament for the memory tree!

11th Annual Christmas Craft Sale at Pine Falls School Gym on November 27th from 10am to 3pm. Call 367-8722 for more information

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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**

# Eddy Berthelette gets bravery award

Last March, Eddy Berthelette, from Powerview, now living in Courtenay BC, was awarded a Silver Medal from the Lieutenant Governor of British Columbia at the eighty-sixth Annual Honour, Rescue and Bravery Awards Ceremony of the British Columbia Life-saving Society, March 21.

The British Columbia Life-Saving Society awards ceremony recognises bravery and volunteerism. The Society's mandate is to reduce water related deaths and injuries. It has been educating the public and training life-savers and lifeguards since 1908.

In September last year, Berthelette had rescued an eight year old girl from drowning at Stotan Falls on the Puntledge River in British Columbia. Berthelette, who frequently swims on the river was swimming with a friend nearby and noticed that increased water flow that afternoon had created a whirlpool at the base of the falls. He, himself had some difficulty. He was sucked under by the whirlpool, but then "spit up" again shortly after. His friend, who was a weaker swimmer, panicked in the same spot, and was held under by the current. She was pulled out by Berthelette.

Now aware of the danger, Berthelette kept an eye on two children swimming in the same place. One of them went through OK, but the other was also held under. Berthelette was on the spot to effect the rescue. He later called the local community newspaper, the Courtenay Echo, to warn people of the changed conditions at the falls.

Eddy Berthelette has been diagnosed with pancreatic cancer and has been given only a few months to live. His brother, Craig is organising a social, "An evening with Eddy Berthelette" for his many friends and relatives. The social will be held in the Great Falls Community Centre, Saturday December 11, from 8:00 pm to 1:00 am. Tickets are \$10.00 and can be obtained from Craig Berthelette 367-2896, Ian Cyr 367-8084 or Papineau Motors.



*Eddy Berthelette gets Life Saving Award from British Columbia Lieutenant Governor on March 21st.*

## An evening with Eddy Berthelette

Great Falls Community Hall  
Saturday, December 11th, 1999  
8:00 p.m. to 1:00 a.m.

★ Silent Auction ★

\$10.00 per person

Tickets available at  
Papineau Motors (Ron or Ed)  
Craig at 367-2896 or  
Ian Cyr at 367-8084

### Thank You....

Gene & Susan Lazaruk would like to thank all our local customers over the past 15 years, we have enjoyed serving you and will miss our day to day or time to time visits with you all. Lazaruk's Riverview Self Serve has been around since 1956, when Stan & Helen first started running it, they dedicated their lives to serving the public. They sold to us in 1984 and watched many changes and now it is time for us to step back and watch many more. Good luck to Curtis & Connie Dancyt we wish you well.

## Remembrance

*November 8th was Aboriginal Veterans Day. The following poems were written by Sagkeeng High School students in recognition of that event.*

### Remembrance Day A Time to Remember

**by Michelle Thomson**  
Remembrance Day is a time to Remember. Remember all the people who went to war. Remember all the people who never came back. Remember all the people who came back, but were somehow different in many ways. Remember all the days that families sat and waited patiently. Remember all the families that cried and cried in sorrow when they learned their families would never return. Remember all the families that cried and cried for joy when their loved ones came back. Remembrance Day is a time to remember.

### Freedom's Flower

**by Justin Courchene**  
The flower of freedom oh how it blooms  
On the field of blood it was brought fourth  
To remind us of losses great and small  
It serves as a victory for one and all  
Now it sits pinned on a man  
We shall wear it with great pride  
To honour the memory of those who died  
For freedom of all they fought and fell  
To send thy enemy to the pit of hell!  
For it was their great crimes we paid so dear  
Now we wear the Flower of Freedom

### The Wife of a Soldier

**by Joseph Abraham**  
Who would cry the most at the moon or at the darkness?  
The one who is fighting the war or the one who was left alone.  
By day she puts her pride to work and holds her tears  
By night she sleeps on wet pillows  
She works day and night with an aching heart  
Put to work for the great cause called victory and freedom  
With children or without they both wait hoping for the return of their man  
When will it end is what rages in her mind  
What day or year she questions herself furiously  
Her life during the war is constantly the same each day  
When the news finally breaks out in cheers  
They return home and she tearfully cries in happiness as she holds him  
With the end of the war I'd have to say that the wife of the soldier cried the most.

### Clear Nights by Jeremy Montour

Clear summer nights are like heaven saying you did something right. A night sky that is full of stars is a sky full of love. As long as there's a clear night sky you will always have a clear head and a heart to match. There's a star in the night for everybody to see it all you have to do is look in the night and find it. It will be the brightest in your eyes and it will guide you when you need it. So remember to look up on the next clear night if you ever need a helping hand. Clear nights are a very special time in life. I pray for these nights and when they do come I pray for what they brought. The clear night is God telling us what we have, and what we lost. The fallen stars from the past, when you look there's a bright star for everybody. Our great war heroes and ancestors all watch from above. The clear nights are how we can all remember what our people fought for. So next time you look into a clear night sky think of how special life really is. One day you will become a bright star on a clear night.



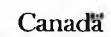
### Information on the Government of Canada - for you!

**Toll-free and on the Internet**  
Did you know there's a single toll free number and a Web site to provide all the information you need about Government of Canada programs, services, products and new initiatives?  
Call the number below and speak to our friendly, bilingual information officers. Or visit our easy-to-navigate Canada Site, with its links to over 450 Government of Canada sites.  
All the information you need - at your fingertips!

**1 800 O-Canada**  
(1 800 622-4322) 8:00 a.m. - 8:00 p.m. EST  
[www.canada.gc.ca](http://www.canada.gc.ca)



TTY/TDD: 1 800 449-7735



11th Annual Christmas Craft Sale

Pine Falls School Gym  
November 27th  
10am to 3pm  
For details phone 367-8722

Beanie Babies will be available

## Community



## WINGS OF POWER

Winter is about to arrive on our door step. It is the time of year where everyone is trying on last years winter clothing. The Nothing More than a quarter store will gratefully accept any used winter clothing for children or adults. We do have some winter clothing on hand; so feel free to drop by, have a coffee and browse. In these times recycling is very important. So do you your part for the environment and recycle your clothes! We are currently very low on things like sheets and blankets. If you have old comforters or blankets you no longer use or need please drop them by Wings of Power. The store hours are Monday 1 p.m. to 4 p.m. and Wednesday morning from 9-12. If these times are not good for you but you would like to take a look give us a call at 367-9641.

## Drug and Alcohol Awareness

Last week Wings of Power held two information sessions on Drug and Alcohol awareness. We would like to thank the R.C.M.P. and Roger Lavalee for taking the time to come out and speak to us. As a lot of us already know, drug and alcohol abuse is a tremendous problem in our community. A large percentage of the

calls the R.C.M.P. answer are drug and alcohol related.

## What Can parents do?

- Encourage your child's independence. Support the kind of experiences and learning that helps your children to have belief in themselves. Having a child who believes in their own judgment goes a long way towards diffusing peer pressure.

- Remember that you are your child's strongest role model. Your children are very likely to follow in your footsteps. If you make healthy lifestyle choices, then you are setting a great example!

- Start talking to your kids about drug and alcohol issues long before they come into contact with these things. Children need open discussion and guidance before running into the opportunity to use drugs or alcohol. Get the facts and communicate them to your children.

- Make rules! Establish clear and reasonable rules. Be prepared to adapt the rules as your child matures. Be clear about what is right and wrong.

- Be there! Encourage and participate in family activities. Use positive reinforcement. Point out and praise the positive aspects of

your child. Try to relate to your child. Walk a mile in his/her shoes and remember how you felt when you were their age.

## Warning Signs!

If you look at your child and see signs of drug use start talking! Think out your approach before hand. Address the problem calmly but with a firm manner. Ask your child how they feel about it. Reject the behavior but not the child.

## A few of the signs of alcohol and drug use are:

- Changes in school performance. Low grades or poor attendance are often a signal to the parents and teachers that something is going on.

- Changes in their physical appearance. Red eyes, less attention given to cleanliness are some common warning signs.

- Watch your child's sleeping habits. A radical change in sleep patterns may reflect drug usage.

- Changes in their friends. Know where your child is and who they are with.

- Changes in behavior are quite common. It can be anything from moodiness and depression to hyperactivity. If you feel your child has too much knowledge about the drug culture start asking questions. Lying and attempts to be secretive about where they are going and who they will be with should sound off an alarm system in the parents head.

- Physical evidence is the biggest tip off. Hash pipes, burnt knives, rolling papers in your child's possession is basically a statement that your child is using drugs. So do not be too quick to buy the old I am holding it for a friend story!

## Coming up at Wings of Power

On December 7th from 7 to 9 p.m. Kimlee Morrisseau will be the guest speaker. The theme is Exposure:

environmental links to breast cancer. How toxins and radiation in the environment are affecting our health is one of the topics that will be explored. If you would like to attend, but have difficulty getting a ride or a baby-sitter, call Sharon or Crystal at Wings of Power.

Caregiver and Kids is still running Tuesdays and Thursday from 1:30 to 4. This is basically a pre-school play group and is a wonderful chance for parents to have a coffee and a little conversation while their children play. We usually have snacks and juice on hand for the tots and coffee for the parents. If you would like to take some time out and meet other parents in our community, please drop by and check us out! There is no registration or fee and new faces are always welcome.

We are currently working on starting up a pre-school story hour. Anyone who would be interested in bringing their children or helping out (or both) please give us a call.

## Picture Perfect Gifts!

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Limit one special offer per subject.



Northern

Pine Falls  
Thursday & Friday  
December 2nd & 3rd

## TENDER NOTICE

BEAUSEJOUR HEALTH CENTRE  
REDEVELOPMENT  
BEAUSEJOUR, MANITOBA

Sealed tenders for the following project will be received by Nejmarch Architect Inc., 2-54 Adelaide Street, Winnipeg, MB R3A 0V7 up to 2:00 p.m. C.S.T. on Friday, December 10, 1999

The scope of work includes renovation of 1150 m<sup>2</sup> of the existing hospital, and construction of approximately 2910 m<sup>2</sup> of new building area. Foundations for the new and existing building areas are one storey, wood frame structures, with partial basement and crawlspace.

All tenders to comply with the Manitoba Bid Depository System Inc., operated by the Winnipeg Construction Association. Sub bid-trades close at 2:00 p.m., Tuesday, December 7, 1999. Sub trades close at 2:00 p.m. Wednesday, December 8, 1999. Tenders to close in Winnipeg.

Pre-qualified General Contractors and any Mechanical and Electrical subcontractors may obtain plans and specifications at the office of the Architect beginning Thursday, November 18, 1999, upon deposit of \$200.00 certified cheque or money order payable to North Eastman Health Association Inc.

A Bid Bond of 10% (ten percent) of the Tender Price, with Consent of Surety, to accompany tenders. The lowest or any tender not necessarily accepted.

Address all inquiries by fax only to:

NEJMARCH ARCHITECT  
2-54 Adelaide Street, Winnipeg, MB R3A 0V7  
Attention: Vic Giesbrecht  
Fax: 204-947-3789

## News

## Arson at the Pine Falls Golf Course - Again



## RCMP seeking public's help

On the evening of Monday, November 22, a fire was deliberately set on the north side of a storage building close to the Pine Falls golf course. The building contains tee benches, an old tractor and other miscellaneous items.

Witnesses noticed the fire very soon after it began and notified the RCMP who called the Pine Falls Fire Department. Fire Chief Willy Kembal was in the fire hall at the time the call came through and was on the scene almost immediately. He said fire trucks were at the fire within a few minutes and by this time the fire, which had been started on an outside wall, was up to the eaves of the building. The fire department had the fire under control very quickly and there was little damage to the contents of the building.

The witnesses also saw a vehicle leaving the scene.

Powerview RCMP are asking the public to come forward if they have any information relative to the case, either by calling Constable Jason Martin at 367-222, or Crime Stoppers at 1-800-782-8477.

Linda's  
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Walk-ins Welcome!

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WHEELCHAIR ACCESS

We would like to welcome Carolyn Finck to our staff of professionals. Bring this coupon in and receive 10% off services with Carolyn. Expires Dec 31, 1999.

## Sandbag News

### Team Standings

1. Alex Kalynchuk	19
2. Jos Vincent	14
3. Edgar Vincent	12
4. Ginette Vincent	7
5. Philip Bouthillier	5
6. Victor Vincent	5

### High Score Women

1. Hermine Dupont	7600
2. Jeanne Lavoie	6320
3. Juliette Desautels	6140

### High Score Men

1. Alex Kalynchuk	8350
2. Edgar Vincent	7300
3. Jos Vincent	6970

### 300's

Collette Vincent	5
Rejan Belanger	4
Eugenie Vincent	3
Hermine Dupont	1
Don Ogg	1
Margie Nault	1
Lindy Kaminawaish	1
Irene St. Pierre	1
Eliane Boulet	1



### Next Home Game

Saturday, November 27th, 7:30pm vs.

Norway House North Stars

### Away Games

Saturday December 4th, 7:30pm vs. Beausejour Stars

Sunday, December 5th, 7:30pm vs. WiseGuys

## Sports

### Maskwa Snowmobile Club

submitted by  
Gord Sokoloski, Pres.

On November 8, 1999 the new executive & directors meet to go through the ongoing affairs of the club for the upcoming season. Our first event of the season will be the "Boxing Day Derby" on December 26, 1999. This event will be starting at the Papertown Motor Inn and Kelly Kembal at 367-9294 is the contact person.

A new section of local trail called the Bourgeois Trail is in the final stages of being prepared and signed. The connector route from Powerview to the main trail system is being relocated around a section of private property that is now closed to the public. Snowmobiler's are warned to watch for the new signs and fence wire across the old trail in the field across from the Papertown Motor Inn.

The new season looks to be an exciting time for our area: with new trails, the turning of the century, the Maskwa's 35th anniversary, there will be a lot to do for everybody. The Maskwa Club will be working with the Trans Canada Trail Committee for this area to develop the trail and

### Sports News?

Any sports organizations interested in publishing their news in the Voice. Just fax your news to 367-4078 or drop by the office from 8:30am to 4:30pm.

Figure Skating, Ringette, Hockey, Badminton, Curling - let us know what's happening.

facilities. Ken Cowie chairs this group and Marcel Pitre is our representative. Our club memberships are the same as last year, namely \$20.00 for single and \$25.00 for family. Snopasses are \$40.00 before December 1, 1999 and \$50.00 after that. The club and a number of individuals have purchased and have made available a rescue sleigh in the event that someone is hurt on our trail systems. Plans for the operation and storage of this sleigh are now being finalized. The tractor and brusher are ready to go once we have enough frost to freeze the trails. When the snow arrives our two full time operators, Marcel Roy and Warren Kane will be busy with the groomer putting out trails into top condition. Come January 2000 we hope to have enough snow to run our Falcon Lake and Ladies Day runs. The dates for these runs will be announced at a later date. Our executive

### 5 Pin News

#### Week #5

by Janelle Carlson

The ladies high games were Sharon Tremain 255, Donna Boyer 241, Annie Myranski 236, and Heather Adams 218.

The men's high games were Graham Gauthier 251 & 221, Bill Lavallee 250, Todd Jesseau 244, Carl Palmquist 237, Jerry Gauthier 224, 213, Dwayne Duff 222 and Albert Lamoureux 209.

The female bowler of the week was Annie Myranski for her game of 236 which was 109 pins over her average.

The male bowler of the week was Graham Gauthier for his game of 251 which was 97 pins over his average.

The Legion Special was won by the Breakaway Team for their three game total of 3405.

This week's only High Triple Game was Graham Gauthier 649.

this year is President Gord Sokoloski, Vice-President Kevin Alarie, Treasurer Henry Dube, Secretary Tanis Rogers, Co-secretary Janet Alarie; Snoways Rep Mike Dupont and Co-rep Kevin Alarie. If anyone has any questions or needs any information in relation to our club or trails, please feel free to contact any one of the executive. Don't forget snowmobilers that the RCMP and DNR will be out on the trails to patrol and assist the public. The Maskwa Snowmobile Club endorses and supports the efforts and reminds the public that snowmobiling and drinking on the trails is a very Unwise thing to do. You must be a licensed and insured driver to use the trails and you can lose this privilege the same way as if you were driving a car on the highway while under the influence of drugs or alcohol.

We hope that everyone has a safe and enjoyable snowmobiling season. Remember "Speed Kills".

## Sports

### Blades down Blizzard

by Grant Pachkowsky

The Southeast Blades hosted the defending MJHL Champions OCN Blizzard on Friday, November 19 and eked out an exciting 4-3 victory over the Blizzard before their largest crowd of the season of over 600.

It was an emotional night as the Blades honoured the late Raymond Guimond in a touching pregame ceremony. The night was dedicated to the devoted Blades fan.

Kuzma Kurakin scored the winner with just 1:42 to play on a breakaway. Kurakin was sprang free on a great effort by Noah Whyte who dove to top the puck ahead while being checked. Whyte enjoyed his best game in a Blades uniform as he was all over the ice and

put in a solid effort easily being the best player on either side.

OCN grabbed a 1-0 lead 9 minutes into the game on a goal by Justin Seaborg. The lead was short lived as Norm Fay picked up a loose puck and went top shelf to tie the game just two minutes later. The teams ended the period 1-1 and the highlight of the first was a big hit at centre ice as Christ L'ontaine ran over an OCN forward.

OCN capitalized on a Blades turnover at 2:59 at the second period as Rocky Wapoose gave the visitors a 2-1 lead. Noah Whyte tied the game on a beautiful backhand deke at 11:51 making it 2-2. Just 10 seconds later OCN restored their lead as Darcy Johnson pounced on another Blades giveaway

### Kings get big win after less than memorable road trip

by Garnet Sleeman

Kings were looking to bounce back after two losses in Norway House. Pine Falls entertained the Beausejour Stars this past Sunday, looking to get back into the win column.

Pine Falls looking to get off to an early lead and did exactly that. Kings scored early on a pretty play as Shawn Tardiff and Tyson Papineau worked the puck down low, and got the puck to Justin Brown who wasted no time in the slot to give the Kings an early 1-0 lead.

The Kings then struck again as Papineau and Tardiff combined again with Tardiff getting the goal and giving the Kings a 2-0 lead. Pine Falls then closed out the first with a goal by Jay Seymour with .37 seconds left in the first with Sheldon Einfeld getting the assist.

The Kings second period was less than exciting as they came out flat. Pine Falls took a 4-0 lead on a power play and his second of the night by Shawn Tardiff with the assists going to Tyson Papineau and Randolph Druzyk. I guess everyone figured that the game was over as they left goalie Jason Boisjoli to fend for himself as Beausejour then scored three unanswered goals to make it a 4-3 game going into the third. As you can imagine Coach Brown was less than impressed with the Kings effort in the second and he let the players know about it.

and OCN took a 3-2 lead to the third period. Norm Fay scored on a two man advantage at 4:27 of the third. Shane Hintz was solid making key saves when he had to and that set up the late game heroics for the Blades.

Noah Whyte had this to say after the game, "I was really pumped up to play tonight as I was inspired by the pregame ceremony." "This was a big game against a first place club and it was nice to play well, I didn't think I had played very well in the last couple of games and I really tried to focus on being mentally prepared for this game". Whyte added.

Coach Evason was pleased with his team. "We got contributions from everybody tonight. The thing I liked most about tonight is that after we made mistakes we rallied back and when it was gut check time the guys really came to play." "They really responded in a tough tough game and they're learning how to win."

### Blues edge Blades

Sunday, November 21, the Blades travelled to Winnipeg to take on the Winnipeg South Blues and came out on the short end of a 3-1 decision. David Bruni, Anders Strohm and Charles Brown into an empty net scored for South Winnipeg. Kuzma Kurakin scored the only goal for Southeast. The Blades were badly outplayed in this game and only the outstanding goaltending of Shane Hintz kept it close. The Blades lost Kuzma Kurakin (groin) and Steve Moore (shoulder) in this game and were pretty banged up.

Notes: The Blades will honour Heavy Evason on Friday, November 26th at the Multiplex.

### Rumour Mill

With Saturday's win Pine Falls equalled their win total of last year as their record now stands at 3-5 as they try to climb up to the .500 mark. This week's "Wake me up" hit of the game unfortunately goes to the Stars on Justin Brown as the ref clearly must have been looking at the boys drinking brews upstairs instead of the game.

G.M. Rodych's possible trade for Simon Wylie fell through as Pine Falls didn't want to part with their Cabbage Patch Kid (Shawn Tardiff). It's also reported that the Kings could have back in the line-up Randy Nault and Mike Oman for this Saturday's game against Norway House.

Sources spotted Southeast Blade Steve

Moore buying Coach Brown cold ones upstairs trying to convince Brown to swing a trade for him after the game.

Captain Cam Sokoloski was seen trying to coax Roy McMullen out of retirement. Word is Cam is starting to feel a little old, and is trying to bring someone his age to play with him. I was told to let the girls know that Buddy Love is no longer that but, goes by the name "Killer".

Pine Falls entertains Norway House Saturday, November 27th, the Kings hope to have a full house in attendance to help give them that extra advantage against a very tough, and talented Norway House squad. Hope to see you there!

## Beaches

### 'Round and about the Beaches

by Monika J. Evans

Last week was a rather eventful one. I spent some time in Pine Falls on Monday, first trying to convince the doctor at the clinic, that, yes you can get poison ivy in November. He took one look at my forearm and agreed with me that it was that. I then went to the drug store and again had to show my rash. Naturally, everyone who wants to know how I got it. If I knew, I wouldn't have it. I was clearing a small patch to make a flower garden and might have grabbed a root with my gloves. Somehow it transmitted itself to my skin and spread, and spread. It's the only thing I can think of, since I recognize the plant and the berries, but roots - who would have known?

I had contact with that noxious weed the week before and tried a whole mess of home medicines. It was suggested by a friend that tea from the bark of the chokecherry tree drunk five times a day should eliminate the problem. I drank the tea, but I still itched! Evenings I would soak my arms in baking soda and hot water. I'd sit there for over an hour, and when I was finished - I still itched! I rubbed on hydrogen peroxide, rubbing alcohol, prescription and nonprescription cream - and I still itched!

I've now gone through steroid pills, antihistamines, and cortizone cream. For a few days I felt a bit better, and didn't itch. Now today, I have finished the pills, I still put on the cream - and I still itch! Tomorrow I'm going back to the doctor, and hopefully, he will have some-

thing to stop the itch!

On Thursday my husband and I headed to town to treat my Mother-in-law and her two sisters to lunch. One of the sisters was visiting from Vancouver and we wanted to treat the three of them. Our first thought had been to go to Maxime's on St. Mary's since it is one of our favourite restaurants. The restaurant is elegant, the food excellent and plenty, and the service quick and efficient.

On the previous Tuesday, while shopping at Superstore on McPhillips, I overheard two of the cashiers talking about a most terrific smorgasboard being offered at the McPhillips Recreation Casino. The price sounded quite reasonable and the woman said the food was very good. A call to my Mother-in-law and McPhillips Station it was.

We walked into the Casino and were greeted by an animated Phillias Phogg in a balloon which rises and lowers. I was looking around as to who was controlling the voice, but couldn't locate anyone.

The renovations to the Casino have been very extensive. We walked a long way through giant arches into the main area. In the central hall there are two huge staircases leading to the upper floor. The ceilings are white with red and gold accents. The overall effect is breathtaking. Between the two staircases is a gigantic Christmas tree decked in Victorian splendour.

The restaurant was quite busy when we got there and we ended up waiting for about ten minutes before being seated.

The area is large and decorated with burgandy coloured booths along the walls and tables out on the main floor. The waitress looking after our table was just excellent.

The food was incredible. For \$6.49 per person, we were offered two types of soup, a large variety of salads, including pasta, lettuce, mixed vegetables, etc. The main entrees consisted of primerib, ribs, and chicken, or your could have manicotti and meatballs. The vegetables were a mixture of cauliflower and broccoli, and roasted potatoes were also available. Just after I had loaded up on my main food, I noticed the seafood section. There was an offering of all the shrimps

you could possibly want, scallops on the shell, and beautiful salmon chunks served with dill sauce. Two seafood salads were also available. I had been kidding about having octopus or squid, and I do believe there were some in the salad. I saw the little tentacles and tried one or two. This feast is offered daily from 10:00am to 4:00pm.

The dessert offerings were superb. There was all types of fruit available such as large, fresh strawberries, melon, cantaloupe and watermelon. Pies and cakes were also in abundance. We all left feeling downright stuffed.

We spent a little time at the nickel machines. Bob and I had errands to run so we left the three octogenarians happily feeding the one-arm bandits. It was a fun filled day for all of us.



#### MARKETING COORDINATOR La Verendrye Trail Association

The La Verendrye Trail Association is a regionally based organization whose mandate is to promote tourism in North Eastman Manitoba. We are seeking an enthusiastic, self-motivated, and organized individual for the position of Marketing Coordinator. Winnipeg River Brokenhead Community Futures Development Corporation will administer the position.

The Marketing Coordinator will be responsible for promoting and marketing the La Verendrye Trail region, coordinating events and the introduction of tour programs, promoting tourism development, and networking with business partners and stakeholders.

The successful candidate will have demonstrated promotion and marketing skills, and experience coordinating special events. Knowledge of the tourism industry is required. Excellent oral and written communication skills, a commitment to teamwork, and the ability to work independently are essential.

The position is located in Lac du Bonnet and will require some local travel. Salary is in the range of \$25,000 - \$32,000 commensurate with qualifications and experience.

Please forward resume by December 10, 1999 to La Verendrye Trail Hiring Committee, Box 505, Lac du Bonnet, MB R0E 1A0, fax (204) 345-6334 or e-mail info@wrbcldc.mb.ca

## Community

### Gift Baskets

Marilva Zarecki, Home Economist

Do you struggle with gift giving ideas because you want to give something that is both unique and useful? The answer to your problem may be in gift baskets. Gift ideas become unlimited once you begin creating one-of-a-kind theme baskets for that special person in mind. This is a gift that is not only fun to receive but also fun to put together. The recipient will know it is truly a gift from the heart. What better way to express warm wishes for a person than to give a personalized basket containing items he or she will love.

The main ingredients when creating baskets are:

Find the appropriate basket to hold the chosen items.

Choose a "theme" by thinking about the person to whom you wish to give. What sort of hobbies or interests does he/she have?

Include both store bought and handmade items. By making some of the contents yourself, you can be sure of the quality while, at the same time, not putting a huge dent in your budget.

Once you have found the perfect basket in size and shape, you may choose to leave it as is or dress it up. You can decorate and make it look more festive by adding a colorful lining, some pretty bows, or even some paint. A fabric-lined basket adds that extra touch but a few lay-

ers of colored tissue paper, shredded cellophane, or even crepe paper will serve just as well. Whatever packing material you chose be generous with it. You should be able to see it among the gift items.

Wrapping can be the most difficult part of making a gift basket since some can be quite awkward. If you want the contents of the basket to be a surprise, tuck a few sheets of tissue paper loosely over the top of the gift.

Christmas tends to be the most popular time of year for giving "goodwill baskets". These are simply cardboard boxes covered with fabric or paper and homemade items piled in. Make small soft toys from scraps of fabric, warm scarves from leftover yard, and a couple jars of jams or preserves and soon you will have quite a collection of items, and you won't even have missed the few dollars they cost. Once your basket is filled, take it over to the nearest organization that helps the needs and your basket will add a bright spot to someone's day.

Creating gift baskets is one of the fastest growing types of business in North America. This is an opportunity for entrepreneurs to be as creative as they desire. The more creative you are, the more you will prosper!

### We Want You To Share in Our Financial Success

The Board of Directors has approved a distribution of earnings for 1999 equal to 7.05% on Common Shares and 4.42% on Surplus Shares.

From the beginning of our share program in 1994 to December 1999, South Interlake Credit Union will have returned \$1,071,241.00 of profit to you, the shareholders. The more shares you hold, the greater your share of the distribution. The stock dividend has been no less than 2% over our average 7 year deposit rate in each year. Your share holding as of December 31st is used to calculate eligibility. It is important that you purchase any additional shares you may wish to hold as of December 1999.

Individual accounts require 6 shares for \$30 per year.  
Join, Business & Agricultural accounts require 12 shares for \$60 per year.  
You may also buy an additional 24 shares for \$120 per year.

**Did You Know.... Your Shares are transferable for investment in your South Interlake Credit Union RRSP, subject to your RRSP limit?**

We invite you in to see our friendly Member Service Representatives and they will be pleased to discuss your investment.



**South Interlake**  
Credit Union Limited

*Watch for the exciting new changes to our Share Program.*

### Maureen Singers Christmas Concert

Sunday, December 12th  
2:30pm at the  
Pine Falls United Church  
Silver Collection

Sponsored by  
Manitou Rapids Arts Council

Everyone Welcome



## Feature

## Blue Lake and Rocky Shore - Reflections of Summer

by George Bayle

"Land of the silver birch - home of the beaver" - I can recall many summers ago when I was a young boy, seated in front of a blazing campfire on a rocky point on Lake of the Woods and singing those lines. The sun had set and the moon had cast its glimmering reflection on the glassy waters of Indian Bay. During quiet moments, loons called to us in their eerie plaintive wail. Our song continued: "Blue lake and rocky shore, I will return once more - Boom buddie oom boom, boom buddie oom boom boom."

Pioneer Camp, on that part of Lake of the Woods known as Shoal Lake, was a glorious place to spend three weeks of the summer. In the early fifties, the camp, which was situated on an island, was accessible only by rail, and then by boat. The Greater Winnipeg Water District train ran alongside the aqueduct on a narrow gauge track from the station on Plinquet St. in St. Boniface, to the intake at Waugh on Shoal Lake. The train hauled carloads of enthusiastic boys and girls to the dock at Waugh where they would board a World War II landing craft which had been converted to a passenger shuttle boat. Several trips were made to get over to the island camp, a voyage of more than one hour. There were no roads to the area and the only inhabitants were the aboriginal people who had settled the region eons before white explorers had laid eyes on the beauty of the rugged landscape. To reach our island, we had to navigate through narrow channels and around numerous shoals between islands. I re-

member one particular journey to the island in late July when a heavy mist lay on the water. The pilot of our craft, an Australian known as Aussie, had travelled the route dozens of times, but on this particular day, he got lost. Suddenly, without warning, a point of land loomed out of the mist in front of us. Aussie quickly reversed engines and slowly we backed away from the rocks. He and other camp leaders then huddled together to decide what to do next until one of them stood before us and asked everyone to be quiet and bow our heads as he offered a prayer beseeching God to deliver us from the predicament. No sooner had he finished his invocation, than we heard the putt putt of an outboard motor, and out of the fog appeared a local native in his fishing boat. When he learned that we were lost he smiled and said, "Follow me" and we did, right to the main dock at Pioneer Camp. We thanked the aboriginal gentleman, our saviour that day, and off he went, disappearing into the fog once more. Whether or not divine intervention saved us that day is debateable, but I still marvel at the timing of the appearance of our rescuer.

In my lifetime, I feel fortunate to have had two great canoeing instructors - the first of course being my father, and the second, Bill "Paddles" Mason, who went on to be well-known film maker and naturalist. Bill took us on many two or three day canoe trips from the main island to other parts of Lake of the Woods. During the 50s, many kids from Pine Falls attended the camp; enough in fact

to have a Pioneer Camp meeting in town with the Camp Director, Chuck Tipp, in attendance. Other campers from Pine Falls were Laird Irvine, Lanny Cavers, Make Cavers, Hewie Jacob, Dennis Low, Gordon Sokoloski, and at the girls session were Brenda "Bunny" Miller, Margie Rigg, Judy Farmer and Brooke Harrison.

We who live in Manitoba are blessed with beautiful natural surroundings which are easily reached even by those of us who live in Winnipeg. The Whiteshell Provincial Park with the beauty of the Winnipeg River and its many lakes, provides a truly magnificent setting in which to spend a relaxing holiday. Every year I try to spend a few days in that area at one of the campsites. This past summer, I took my little friend T.J. Deakin, and we set up our tent at Big Whiteshell Lake where we spent the days swimming or fishing from the rocks opposite Bruce Island. Every night, a bear visited the campground and the campsite of those foolish people who left food containers out as in invitation for the nocturnal beast to partake of a midnight snack. The Conservation officers set up a bear trap but could not catch the animal. For the very adventurous types, there are marvellous canoe routes throughout the park, such as the trip from the Winnipeg River to George Lake into Forbes Lake, Echo Lake, Saddle Lake, Crowduck Lake, and into Big Whiteshell lake. During the depression, my father was stationed at Slave Falls as Forest Ranger, and he and my mother and sister Edith made many ca-

noe trips in that area.

Our Whiteshell Park is still beautiful but let's not take anything for granted. Overdevelopment will destroy the pristine quality of our wilderness regions. Our government should institute the same policy as the Ontario government has put in place in Algonquin Park: no roads or cottages, no motorboards, only canoes - in other words limited access to designated camping areas.

One serene summer night, a few years ago, as I paddled back to the campsite and admired the bright red glow of the sunset and its reflection on the lake, the relaxing calm of the evening was violently shattered by a swarm of sea-doo crafts which suddenly appeared from around a point. They buzzed and swooped around me like pesky insects while spreading a billowing of exhaust over the water which gradually floated to shore and into the swimming area where several children were having an evening swim. There should be one designated area where several children were having an evening swim. There should be one designated lake where these people can take their motorized toys and buzz around to their hearts content without disrupting the peace and quiet which most of us appreciate. In our lakes one can see evidence of man's encroachment: oil slicks, soap suds, and non-biodegradable containers. Let's take a cue from Ontario and ban motorized boats and limit access to our magnificent lakes. There are just too many inconsiderate people who have no respect for, nor any desire to preserve, our outdoor beauty spots.

## Health

## Glaucoma... Check it out!

Over 200,000 people in Canada have glaucoma and half of them don't know it. That's scary, because although glaucoma can usually be controlled if caught early, if damage occurs, it cannot be reversed.

Jim Sanders was born with congenital glaucoma and received treatment right from birth. He credits this treatment with preserving some useful vision for 36 years. But as CNIB vice-president of client services and technology, he meets many people with glaucoma who ask, "Why didn't anybody tell me to get my eyes checked?" The CNIB sees over 800 new clients a year who are experiencing severe vision loss or blindness from glaucoma.

That is the rationale for Mission for Sight, a glaucoma awareness program sponsored by Alcon Canada (makers of eye care products), the CNIB and Shoppers Drug Mart/Pharmaprix. The program's goals are to alert people to the need for vision testing and to encourage those diagnosed with glaucoma to take their medications as prescribed.

"The word seems to have got out that if you have a family member with breast or prostate cancer, you should get checked out. Well, the same is true for glaucoma," says Jim.

Last year a national research poll found that the majority of Canadians have no idea that glaucoma is the second leading cause of blindness after macular degeneration. Even more people were unaware of the risk factors.

While glaucoma can affect anyone, it's particularly prevalent among the following groups:

Older people  
Short-sighted people  
Black people  
People with diabetes  
People with high blood pressure  
People with a family history of glaucoma

Eye care professionals recommend regular eye checks if you have any of the indicators listed above. Don't wait until you have symptoms, because even people with 20/20 vision can have glaucoma.

There are two kinds of glaucoma. The most common kind has no symptoms until people begin to notice that their side vision is going. The other kind is much less common: it can start as sudden pain over one eye, with visual disturbances. This is a medical emergency and should be treated very quickly.

The good news about glaucoma is that if it's caught early enough, the treatment often allows people to function normally.

## Want to Start Your Own Business!

## Self-Employment Program

- You are presently receiving employment insurance (E.I.) benefits
- You have received E.I. benefits in the last 36 months
- 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

Delivered by Winnipeg River Brokenhead  
Community Futures  
Development Corporation

Funded entirely by  
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## L.O.V. Sausage Ltd.

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Call 367-2536 or 367-2276

even continue to drive in many cases. The usual test is quick and painless, and can be done in most eye care practitioners' offices.

Doctors usually prescribe eye drops to treat glaucoma. In some cases, laser treatment or surgery may be recommended.

"As a vision care leader, it is important for Alcon to help educate Canadians about the various diseases and disorders that can needlessly rob them of their vision. We are pleased to be working with the CNIB in that effort," says Jeffrey Newnham, General Manager of Alcon Canada.

The E.A. Baker Foundation for the Prevention of Blindness, part of the CNIB, raises money for research on preventing glaucoma as well as other causes of blindness.

To order brochures on glaucoma or other eye conditions, call the CNIB's toll free information line at 1-800-513-7813.

## 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, Wednesday, 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.

## Friday, November 26

Coleslaw, meatloaf, baked potatoes, gravy, burrsel sprouts, cranberry muffins.

## Monday, November 29

Soup, roast turkey, mashed potatoes, stuffing, gravy, green beans, fruit cocktail.

## Wednesday, December 1

Soup, Salisbury steak, hash browns, carrots and celery, cookies.

**Health**



**Health Connections**

Health Educator, Karen McDougall  
North Eastman Health Association

**Hepatitis B: What Parents Needs to Know**

**H**epatitis B is on the increase in Canada. Because of the seriousness of this disease, immunization against Hepatitis B is now being offered each year to all Grade 4 students in Manitoba.

Hepatitis B is one of several viral infections that can affect the liver. The disease may be mild with no symptoms, but can also be extremely serious. Up to 10% of adults, and 90% of newborns who contract Hepatitis B become carriers - that is, they feel well, but can continue to spread the disease. They can also develop permanent liver damage or liver cancer. In fact, the Hepatitis B virus causes about 80% of all liver cancers.

**How Common is Hepatitis B?**

Hepatitis B currently affects 250,000 Canadians. In Manitoba, approximately 56 new cases are reported each year. In addition, there are many more people who have Hepatitis B, but are unaware of their infection. Hepatitis B is 200 times more common, and 100 times more infectious than the HIV virus.

**How Can it Be Controlled?**

Attempts to control the spread of Hepatitis B, by immunizing only people at high risk for the disease have not worked. Today in Canada, nearly 40% of new cases of Hepatitis B occur in the general population, in people with not risk factors for the disease (that is, in people who have not received multiple blood products; are not health care workers; are not actively homosexual men; and are not injection drug users). In an attempt to further control the spread of this disease, Canadian health authorities have adopted the recommendations of the World Health Organization, in regards to Hepatitis B immunization being offered to all grade 4 students.

**Why Grade 4 Students?**

Giving the vaccines to students in Grade 4 has several important advantages: (1) for children up to age 10, the infant dose rather than the adult dose of vaccine can be used; (2) giving the vaccine before adolescence protects young people from Hepatitis B before they are exposed to the risks of infection, and well before they become employed in occupations which may expose them to infectious body fluids; (3) giving the vaccine to young people now will stop the continued "escape" of Hepatitis B infection into the general population. The immunization involves a series of 3 injections given by a public health nurse at school. Only children whose families have given permission will be immunized. If you have any questions about Hepatitis B or any other immunization, please contact your local public health nurse for Pine Falls at 367-2224.

**Term Position for**

**Townsite Clerk/Administrator  
Pine Falls, Manitoba**

The Townsite of Pine Falls is currently in the process of re-organization.

Due to unforeseen delays, the re-organization process has been delayed and in the interim Pine Falls Paper Company is transferring the authority of administering and servicing the community to an elected Advisory Council to be in effect February 1, 2000. Initially the position will take over the townsite administrative duties from PEPC, however the position of Townsite Clerk/Administrator will then report directly to the Pine Falls Advisory Council and will be responsible for, but not limited to, the following:

- Setting up office systems and files
- Bookkeeping: accounts receivable, payables, billing, reconciling, bank deposits
- Attending meetings, taking minutes, record resolutions
- Handling inquiries
- Preparing service charges and utility billings; collecting same
- Carry out directives of the Advisory Council, including conducting business as may be required for townsite operation and maintenance
- Research and apply for provincial or federal funding as may be available for townsite operations
- Office manager, receptionist, handle all correspondence, etc.

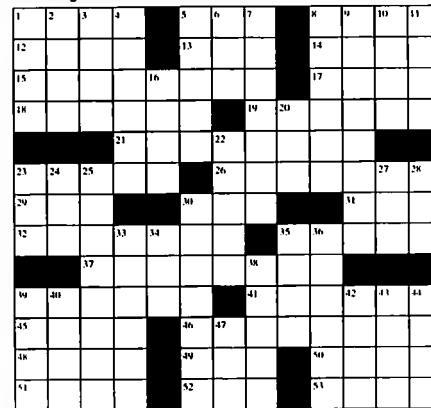
The successful incumbent will have the following qualifications:

- Ability to work with municipal and provincial guidelines and legislation as they may apply to townsite planning and operations
- Must work well with people - excellent written and oral communication skill
- Must project a positive public image of the community
- Must be a self-starter and able to work independently without supervision; well organized
- Must be fully competent in computer word processing and spreadsheet applications

This is an exciting and challenging opportunity which requires an individual with high energy, innovation and a commitment to improving the community in which we live, work and play. Interested applicants can apply by forwarding a resume and covering letter to **Community 2000 Steering Committee, Box 10, Pine Falls, MB R0E 1M0** no later than December 1st, 1999. Resumes may also be forwarded via Fax: 367-9169 or e-mail to [jhabing@pfp.mb.ca](mailto:jhabing@pfp.mb.ca) For further information please contact: Mary Power at 367-2730 after 5:00 p.m. or Judy Habling at 367-5223 during regular office hours.

**Relax**

**THE VOICE WEEKLY CROSSWORD  
Hollywood North**



- 24. Expression of pleasure
- 25. Cohug actress, Marie
- 27. Organization, for short
- 28. Remit
- 30. Expressionless face
- 33. Family of St. Thomas
- 34. Bitter herb
- 35. Benefit
- 36. Utilitarian
- 38. Writer, Ben
- 39. Paltrow film
- 40. Cullible, var.
- 42. Heart
- 43. Oak or Pine, e.g.
- 44. South Dakota, for short
- 47. Bar or metric preceder

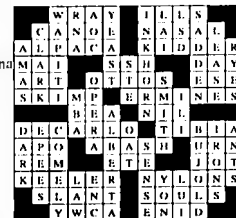
**ACROSS**

- 1. Cry loudly
- 5. Bank machine, for short
- 8. Tube
- 12. Jai
- 13. Toronto Raptors league
- 14. Mollusk genus
- 15. London actress, Kate
- 17. Rotary Head Digital Audio Tape, abbr.
- 18. Stringed instruments
- 19. Forbidden things
- 21. Leave off
- 23. Satan's purlicue
- 26. Mainmast platform
- 29. Swiss river
- 30. Depression
- 31. Epoch
- 32. Edmonton actress, Norma
- 35. obese
- 37. Crushes
- 39. Resulted
- 41. Builds
- 45. African nation

**DOWN**

- 1. Bank in Bonsecours
- 2. Sheltered
- 3. Divider
- 4. Toronto actress, Bea
- 5. Acute anxiety
- 6. To be announced, abbr.
- 7. Vamp?
- 8. Winnipeg actress, Deanna
- 9. Unfinished i
- 10. Aloha
- 11. Children
- 16. Atoms
- 20. Friend, in Frontenac
- 22. Eastern rulers
- 23. Possesses

**LAST WEEKS  
ANSWER**



**Did you Know?**

★ The words raccar and kayak are the same both ways.

★ The word "monosyllabic" actually has five syllables in it

★ Dwarf Mistletoe or Witches Brew - a Jack Pine parasite can throw its spores fifty feet.

★ Europeans first learned of Aspirin nearly 500 years ago. When Jacques Cartier met with Aboriginal people on his first visit to Canada he explained through sign language that he had a headache. He was given a tea made from willow bark which immediately cured the headache. He reported it in the ship's log but no one paid any attention. It was nearly 400 years later before it was "rediscovered" in Europe. Aspirin - Acetylsalicylic Acid (ASA) gets its name from Salic latin for willow.

★ The oldest underground mine in Western Canada is an adit in the rock bordering Lake Winnipeg close to Hollywood Water. It is more than 100 years old.


★ Columbus thought the circumference of the world was 18,000 miles, it is actually 25,000 miles, which is why he thought North America was China.

## Relax


### WEEKLY HOROSCOPE

for the week of  
November 25 - December 1


#### ARIES March 21 - April

 You can find an escape route if you really want out. Be patient and do some planning, and you will find doors opening to you. You may be facing financial difficulties in the not-too-distant future. You can overcome the problems.


#### TAURUS April 20 - May 20

 Don't settle for second best—it will only cause you problems in the future. A few more dollars now will be well worth your time, effort and stress later. You may find that a distant relative needs your support and understanding.


#### GEMINI May 21 - June 20

 You'll have a deeper understanding and heightened awareness of everything around you this week, so this may not be the greatest time to get involved in some emotional projects. Hold off on those until you have your emotions under control.


#### CANCER June 21 - July 22

 Your motto this week is "The only thing worse than a bad decision is indecision." Remember it throughout the week at home and at work. Make up your mind, then stick to it. Even if you're wrong, don't apologize—go on.


#### LEO July 23 - Aug. 22

 Be patient. The answer may come from a very unlikely source, such as a competitor. Once you figure things out, you'll be so glad your patience paid off. Maybe you ought to try being patient about other events and people, too.


#### VIRGO August 23 - September 22

 Serious problems are hounding a close personal friend. That means he/she is behaving very out of character. It's best if you didn't make certain decisions this week concerning him/her. And you'll want to stay open-minded about the personality change.


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

 Lashing out is not the answer. It is very important that you keep your temper under control. Remember what happened the last time you "lost it." This is not the week to blow your diet. With the holidays right around the corner, it's best to wait.


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

 Expanding your ideas and ideals should be the goal of your week. You'll gain a lot with travel, reading or study. Don't let your location hold you back. Instead, put your resourcefulness and ingenuity to use. You can expand your future.


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

 A certain obligation may seem to be holding you back. Find a way to work around it, and you'll be able to get duties and extracurricular activities done. Plan on spending time with a sibling or child this weekend. Keep your promises.


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

 Lifestyle changes could bring extra tension. There's no turning back on this one—you'll just have to face it and move ahead. The best thing is that those around you will be more understanding and supportive than you ever thought possible.

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

 Be frugal this week. It's certainly not the time to go off the deep end when it comes to spending. Your friends are not expecting big, luxurious gifts. They would rather you give from the heart. Your extravagance makes them feel uncomfortable.

#### PISCES Feb. 19 - March 20

 Don't let a close friend discourage you from meeting your goals. He/she is envious of your current situation, and that makes him/her even more green when it comes to your future. Instead, lead with your heart and listen to your head.

### CRYPTIC PUZZLE

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

ZB XCW DVF'Q BGGP

V JWFPSPG HGCHRG.

QJGF BGGP KWTQ

CFG.

-LCQJGS QGSGTV

### LAST WEEK'S SOLUTION

IF YOU CAN'T CONVINCE THEM, CONFUSE THEM.

- HARRY S. TRUMAN

## Activity Page



### FIND THE TWINS

WHICH TWO ARE EXACTLY ALIKE?



### CONNECT the dots



### MAZE

### HIDDEN PICTURE

Color in each space that contains a letter.

### SEEK AND FIND

FIND THESE WORDS IN THE PUZZLE BELOW.

BLAM	EXTRM	SUREM
LEAM	NOVEM	SEAM
DEAM	MEAM	TEAM
FAHAM	SCHEM	

THE WORDS READ UP, DOWN, AND ACROSS.

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

### ANSWERS

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

**Classifieds**

**CARD OF THANKS**

We would like to express our sincere gratitude to everyone who extended their sympathy during our time of grief. A special thanks to everyone who sent flowers, baking, and cards. A big thank you to Dr. Nieman and staff at the Pine Falls Hospital, and all the staff at the Sunnywood Manor for taking such great care of Mum.

*The family of Netice Palmer*

**CARD OF THANKS**

We would like to extend our heartfelt thanks to all our friends and neighbours for their expressions of sympathy in the form of prayers, flowers, cards and food delivered to the house during the recent loss of our Spouse and Mother, Arlie McGuire. Special thanks are extended to the Reverends Cindy Terry and Brian Rountree; to Allan Burdoy for his wonderful words of remembrance; to organist Dorenda Watson; and to the United Church Womens Group, Order of the Eastern Star and Royal Canadian Legion Auxiliary members who provided the luncheon following the Memorial Service. Together these people created a beautiful and very appropriate final tribute to Arlie. In addition, we wish to acknowledge and thank a very special lady, Reverend Cindy Terry, who was a tremendous support to Mom during the past year, as well as to all of us during the past six weeks when Mom's health really began to fail. Thanks are also extended to Dr. Rudy Nieman and the staff of the Pine Falls General Hospital who looked after Mom during her final weeks. Your terrific support during our time of loss, as well as throughout Arlie's long illness, is greatly appreciated and will always be remembered. Thank you.

*Bill McGuire,  
Janet & Paul LaForest,  
Susan & Gerry Blisshavn.*

**BIRTH**

**Lazaruk/Chevrefils**

Jacob Ryan was born at St. Boniface hospital on October 19/99. Proud parents are Lynn & Rene Chevrefils and big sister Alissa. Jacob weighed 2lbs. 9ozs. and was 15 1/2 inches. He was a fighter from the start. Jacob was in NICU at St. Boniface for a month only to gain weight and now he is home at 4 lbs.

Proud grandparents are Gene & Susan Lazaruk and Sylvio & Jeannett Chevrefils.

Thank you to Dr. Taylor & Dr. Sheers, also to all the staff at St. Boniface NICU.

**SEEKING LOCATION**

Picture Frame Art Shop considering locating in Pine Falls area. Would appreciate inquiries to determine if there is a market. Call for more information 367-8250 or 1-204-231-2669.

**BIRTHDAY**



**Happy Birthday**

to our daughter Darion who turned 7 on November 24, 1999

*Love Always,  
Mommy & Daddy, and your little sisters.*



**FREE CLASSIFIEDS - Buy, Sell & Trade**

All items under \$100.00 advertised free in our classified section. One week only! Private sales only.

**Business Directory**

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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: 924-4658

**POWerview AGENCIES**  
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For all your insurance needs ph. **367-4455**

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jphillips@granite.mb.ca  
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Lily Tomlin

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Jenny Terrio Baturin, Physiotherapist  
Doctor's referral not required

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Pine Falls Health Complex  
37 Maple Street  
PO Box 932, Pine Falls, MB  
R0E 1M0  
  
**Jenny Terrio Baturin**  
B.Sc (PT),  
MCPA

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