



# The REVIEW

PINE FALLS, MANITOBA

50¢

VOLUME NO. 4 ISSUE NO. 33

WEDNESDAY, MAY 3, 1989

## History book launching gala event *Full house anxious to see, admire and purchase copies*

by Marlene Watson

Community residents were hungry for the first glance at the historical book *From the Beaches to the Falls* when over 300 people jammed the Legion Hall in Pine Falls on Friday evening for the book launching party.

The St. Georges Historical Society decorated the stage with a real life reproduction of the book logo (drawn by Tim Trudell), complete with birch bark canoe, evergreen trees, rabbits, gophers, painted sun backdrop and lifelike birds flying high.

Jacques Dupont, Celeste Chevretil, and Albert Dupont added even more to the lifelike scene when they dressed in frontier style and sat around the campfire which was also on stage.

The first glimpse of the book was not divulged until after opening remarks from the emcee, Rob Mitchell of CKRC, Warren Sinnock of the Historical Project Committee, Abitibi mill manager Fernand Pitre, Powerview Mayor Elie Trudell, Reeve Lawing of the LGD of Alexander, and MIA Darren Praznik.

The golden covered first Collector's Edition was held high and Rob Mitchell auctioned the

See BOOK / page 10



It was standing room only in the Legion Hall on the evening of the historical book launching. The red leather hard covered

book contains over 600 pages of community history and 1500 pictures.

## Woodlands captures gold safety award

by Marlene Watson

Over 100 Abitibi-Price Woodlands employees and their spouses enjoyed a free evening of drink, dance, and supper in celebration of capturing the gold award for the safest Woodlands operation in all of Abitibi.

Bill Pauli, the general manager of Abitibi Woodlands operations in Ontario and Manitoba was present at the celebration to congratulate Pine Falls and formally present the gold award.

"Pine Falls Woodlands has shown steady improvement in accident prevention this decade with numerous innovative programs," said Pauli. "I know you will continue to succeed and there would be nothing more enjoyable than to share the gold award again next

year." Pauli was referring to the fact that Pine Falls won the award with a total accident frequency rate of 44.94 in 1988 and their record to date in 1989 stands at 37.04. Pauli also noted that there were no injuries recorded on the Pine Falls operations from August 26, 1988 to year end.

Pine Falls woods manager Dave Chown thanked Pauli and his wife Betty for trouping out from Toronto and taking time out of their busy lives to join the celebration.

Chown stated he was proud to be a part of the gold award for the first time in his Woodlands' career which started in 1965. Chown noted the Pine Falls Woodlands is the acknowledged leaders in the See WOODLANDS / page 14

## Rescue vehicle, jaws could cost upwards of \$65,000

by Marlene Watson

A community leaders' meeting held April 20 revealed that the multi-purpose rescue vehicle and Jaws of Life equipment (mobile command post) could cost upwards of \$65,000.

The figure announced came from a proposal outlined by Pine Falls and District Ambulance bookkeeper Ken Gunter, who based the vehicle and equipment list on what he felt was needed in the area, and prices secured from ABC Safety of Winnipeg.

A representative from the provincial fire commissioner's office noted that at present a mobile command post proposal from Morris, Manitoba carried a price tag of \$90,000.

A joint emergency program (JEP) financial grant applica-

tion will cover 50 percent of the total cost of the command post, and is a once in a lifetime grant monies offer for communities applying.

Winnipeg River Lions Club representative, Mel Mitchell stated that the club has committed \$7,500 of their fundraising dollars towards the purchase of a rescue vehicle and Jaws of Life. Other clubs have already turned over fundraising dollars to either the Lions Club or the ambulance board for such a community purchase. Community leaders also made sug-

gestions that the RM of Victoria Beach and the RM of St. Clements could be approached to cost share the purchase alone with Pine Falls, Powerview and the LGD of Alexander, as well as the surrounding reserves.

Discussion regarding where the command post would be situated resulted in a majority vote to house it alongside the Pine Falls and District Ambulance at the two bay garage located at the Pine Falls General Hospital. It was also agreed that the LGD of Alexander See RESCUE / page 2

## Car wash/gas station approved

submitted by Jack Coote  
Public Relations

- After the Pine Falls Town Advisory Committee met on April 20, 1989, final approval for the car wash/gas station was announced and will be constructed on Hwy No. 11 adjacent to the Liquor Commission. It is expected to be in operation by mid summer.
- 24 unit condominium — has not been approved due mainly to the added consumption of water from our filter plant. A consultant's report shows that we are over the maximum capacity of our filter plant during the summer months and that future development in the area should not take place until the problem of water supply is addressed.

- Town landscaping — 45 basswood trees have been ordered to replace some of the trees that had to be removed due to disease and wind damage. Basswood trees are a fairly fast growing tree that will provide good shade.
  - Door to door salesmen — it should be noted that any sales on a door-to-door basis requires a special permit which can be obtained at the main office. If any residents are contacted at their door please ask for proof that they have obtained the proper permit.
- This is one way we can control the pressures exhibited by some sales people and also control the numbers of people canvassing our town.

## Village of Powerview council briefs

by Marlene Watson

- Six topics were discussed during the April 11 Village of Powerview council meeting regarding delegate Rosaire Dion, water and sewer connection for 1989, the purchase of a new grader/loader, increase in the water purchase rate, increase in interest rate on unpaid taxes, as well as new items for the Public Works garage.
- Six water and sewer hook ups are to be completed by Public Works foreman Louis Fenech during the 1989 year. They are Enfield's property on Art Avenue, Dion's property on Betty Street, the lot beside Leo Tardiff on Betty Street, a valve leak on Art Avenue near Atanasovich's property, Bob Nault's property on Laura, and Dion's property (Hercie) on Betty Street.
- Discussions were held concerning the tractor/loader, whether to purchase outright or rent with the option to purchase. The outright purchase was quoted at \$42,175, whereas the rental option was quoted as \$777.53/month for 60 months.
- It was agreed that a five-year capital expenditure program would be instituted for 1990. An amount of \$10,000 annually will be put towards the purchase of a new tractor/loader in 1995.
- Alan Tardiff also mentioned at this time that council should begin considering the purchase of a new garbage truck.
- Effective May 1, 1989, the water purchase rate from Abitibi-Price Inc. will increase from 90 cents/1000 U.S. gallons, to 95 cents/1000 U.S. gallons.
- All taxes unpaid after the third day of November will

- be subject to a penalty of one and one-quarter percent per month, an increase by one-quarter percent over last year. Taxes left unpaid by the end of the year are added to the tax roll for the following year.
- The accounts payable for the month of March recorded approval of payment for a toilet and sink at the Public Works garage (\$226.61) as well as coffee supplies (\$102.72). Bills for the month from general operating funds totalled \$6,764.46.

## Rescue vehicle, jaws could cost upwards of \$65,000

continued from page 1  
ander would own and license the command post, but the unit would be managed and maintained by the ambulance board.

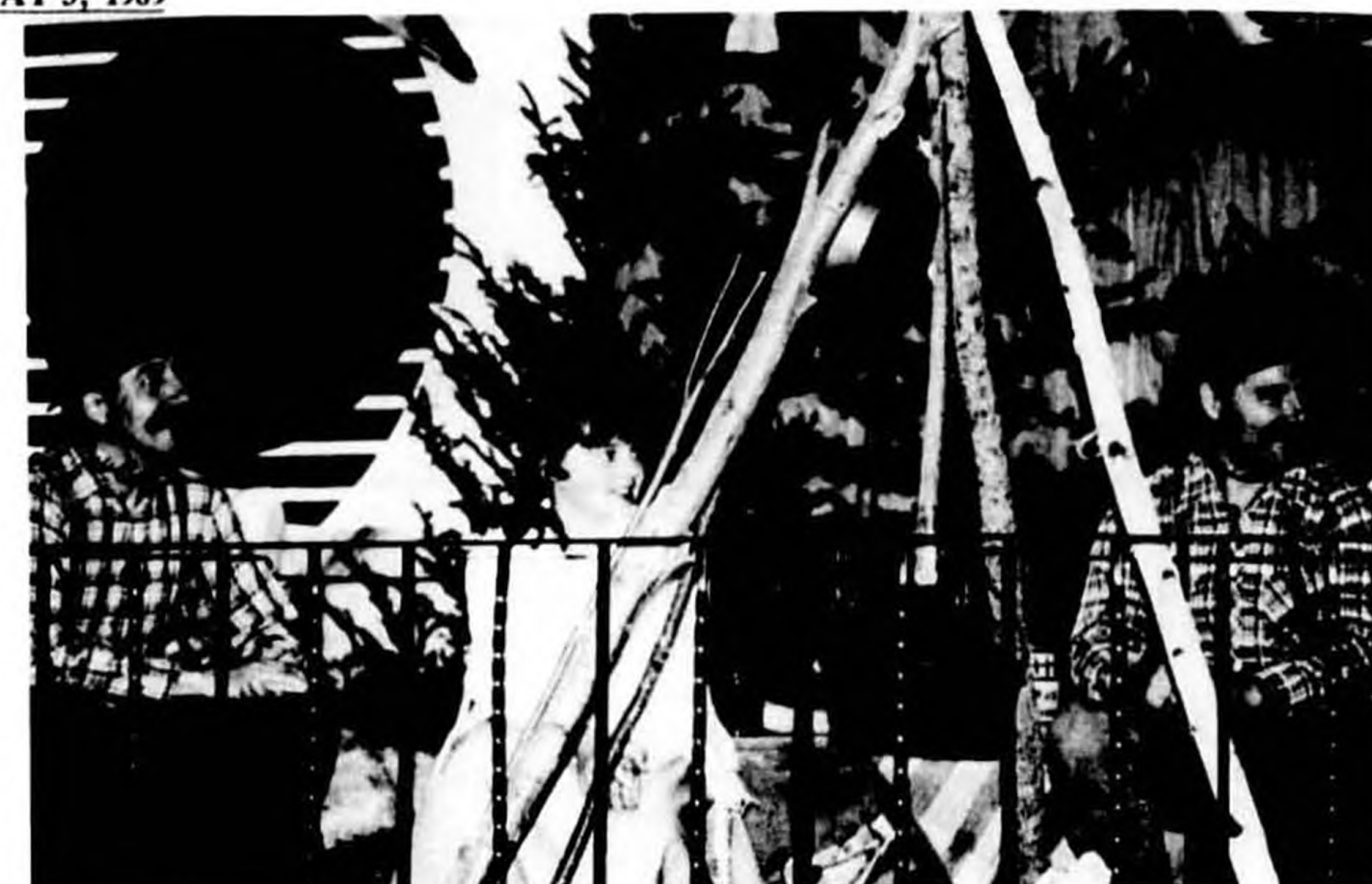
The command post is expected to answer to every motor vehicle accident (approximately 10-15 per year), as well as every house fire call because of its ability to generate lighting.

The LGD of Alexander will appoint a committee comprised of members from Abitibi-Price (Mel Jaster), the Fire Department (Fire Chief Willie Kembell), the RCMP (Mel Mitchell), the ambulance board

(Ken and Irene Gunter), the LGD of Alexander (Peter Raymond and Reeve Lowing), the Village of Powerview (Juanita Smith), and representatives from the Emergency Measures Organization as well as someone from the provincial fire commissioner's office.

The mobile command post committee will examine equipment proposals from the fire department, the ambulance board, and the emergency preparedness community group, to make a final decision on what is needed so that the grant application can be filed.

**Le Petit Soleil Nursery School  
PRE-REGISTRATION  
ON MAY 15, 7:00 P.M.  
at the  
St. Georges Community Centre.**



**Lifelike replica of book cover logo**

The St. Georges Historical Society worked hard to decorate the Legion Hall stage with a lifelike replica of the cover logo for the book "From the Beaches to the Falls". To the side of the logo scene sat Jacques Dupont, Celeste Chevreffils and Albert Dupont around the old fashioned campfire. This bit of fun added to the festivities of the historical book launching evening.

## New scholarship program

A new scholarship program has been announced for children of Abitibi-Price employees (including children of deceased, retired and long-term disability employees).

Scholarship recipients will be selected for both academic and future potential. It will require a 75% average, letters of reference, student involvement in extra-curricular activities and achievements. Students must submit confirmation of admission to their post-secondary institution of choice with application.

This new program will provide 24 students from across Canada with an opportunity to obtain higher education after completing high school. Scholarship selection will be made by independent administrators — the Association of Universities and Colleges of Canada and the Citizens' Scholarship Foundation of America.

Brochures outlining the details of the scholarship program are available from Judy Habing, Employee Relations, Abitibi-Price Inc., Box 10, Pine Falls, Man. R0E 1M0; phone 367-2452. Interested students must make a request for applications, and these requests must be submitted to Toronto prior to June 1, 1989.

### POWVIEW SCHOOL PRESENTS...

**The Trial of the Big, Bad Wolf**  
by Val Cheatham

MAY 11 and 12, 1989  
8:00 p.m.



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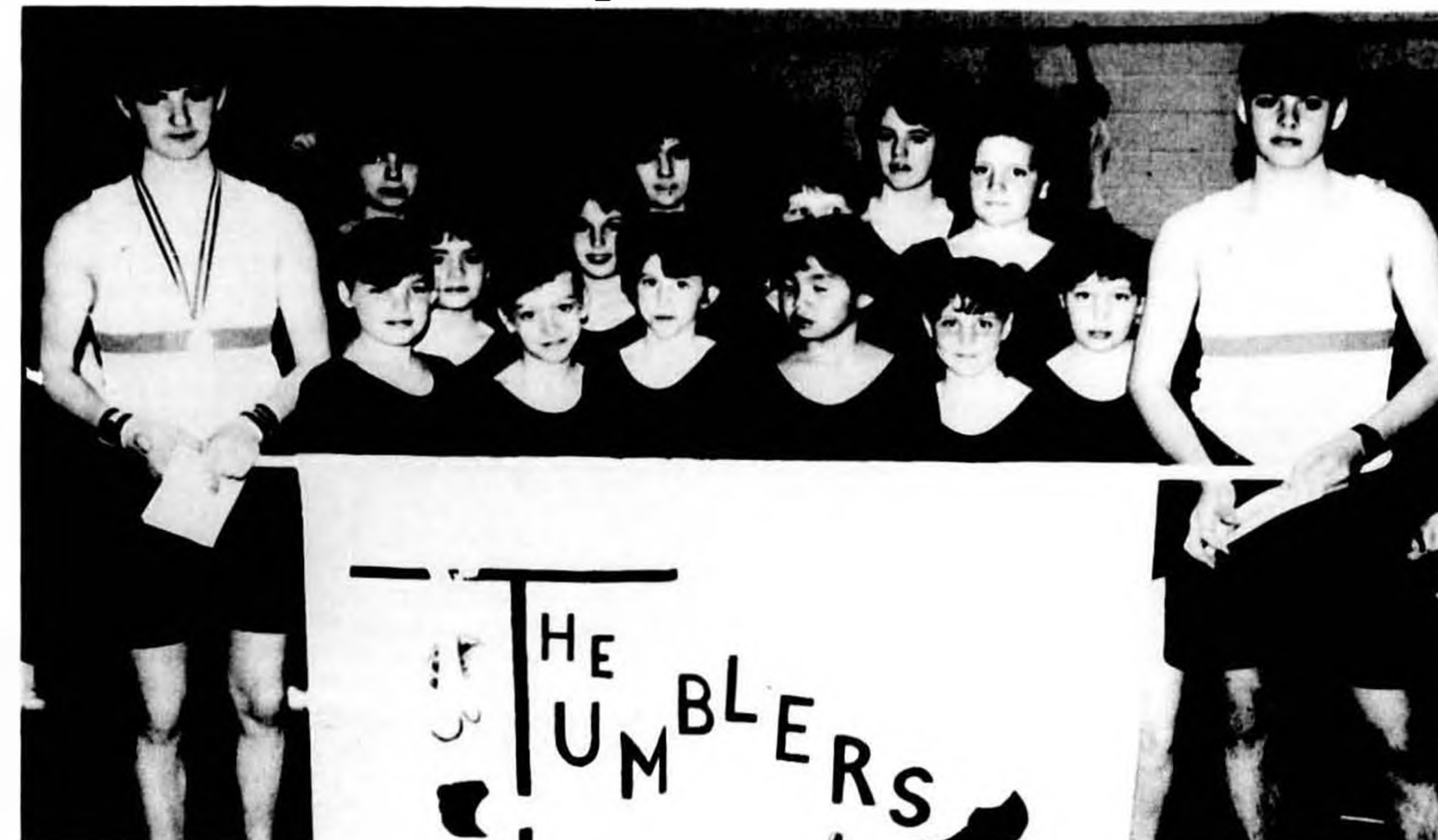
## Dube and Cuthbert claim provincial victories

by Marlene Watson

Laurie Dube performed an excellent floor routine at the provincial gymnastics meet to score 7.40 and capture first place, and Karalyn Cuthbert landed one of her best vaults to score 7.80 to also claim first place.

Dube and Cuthbert competed at the eight- and nine-year-old levels, with Dube in the intermediate program and Cuthbert in the beginner.

The over 200 participants at the April 22 Beausejour competition came from all over Manitoba except the city of Winnipeg, and included a full day of four women's and five men's events, all judged on a possible 10 point total.



**Provincial gymnastics meet**

The Tumblers Gymnastics Club had a group of 19 participants at the 1989 provincial gymnastics meet held in Beausejour. Front row (l-r): Coach Steve Windsor, second all round, Laurie Dube, first place in floor exercise; Lainece Gielmas, fourth place floor; Karalyn Cuthbert, first place vault; Kristen Courchene; Stephanie Dube, sixth place floor; Coleen Chevreffils, and Chris Berthelette, fourth all round. Back and centre row (l-r): Jennifer Courchene, Derna Watson; Kristen Paukovic, second in vault; Ginnette Dion, fifth in floor; Nicole Pappineau; Jay Pappineau; and Kelly Pinnell. Michele Breton also competed capturing sixth place ribbons in both the floor and the vault. Also missing: Kathleen Cox, Melissa Dube, Rene Duff.



Steve Windsor concentrates before executing a ring routine at the provincial gymnast's competition. Windsor competed in five events and finished second overall.

Pine Falls coach Steve Windsor competed in all five of the men's events, taking second place overall with first place ribbons in floor exercise (8.18 score) and the pommel horse (6.10 score), second place finishes in the vault with an 8.20 score and the parallel bars with a score of 8.10, and a third place finish in the rings with a 7.60.

Newcomer Chris Berthelette also competed alongside Windsor placing fourth overall with scores of 8.10 in vault (third), 7.53 in the rings (fourth), 7.40 in the floor exercise (fourth), 5.20 in the pommel horse (fourth) and 7.45 in the parallel bars (fifth).

The Tumblers Gymnastics Club of Pine Falls had 17 female competitors registered for the provincials, all of them entered in the floor exercises and for the first time at competition, the vault.

Outside of Dube and Cuthbert's first place showings, Kristen Paukovic vaulted to a 6.80 score to capture second place in the 10- and 11-year-old intermediate division. Lainece Gielmas scored a 7.20 in the eight- and nine-year-old intermediate floor exercise division to capture fourth spot, and Ginnette Dion competed at the advanced level (12 and over) to score a 6.65 in the floor exer-

cises for a fifth place finish. Michele Breton received double ribbons, placing sixth in both the floor and the vault with scores of 6.45 and 6.00 respectively. Breton competed in the 12 and over beginner program. Stephanie Dube also brought home a sixth place ribbon for her 7.40 performance in the eight- and nine-year-old beginner floor exercise.

All female beginners and all men's competitions were held during the morning at the Beausejour gymnasium, and the intermediate and advanced competitors took to the floor during the afternoon.

Opening ceremonies complete with team banners and introductions took place during the noon hour. A sit down dinner for over 400 participants and families was served at 6:00 p.m. and a sock hop followed the dinner.

All ribbon presentations were awarded immediately following the morning competitions and the afternoon competitions.

A speaker from the Manitoba Gymnastics Association noted at the opening ceremonies that gymnastics had grown in the province from 1000 competitors in 1988 to 4600 registered in 1989. He congratulated the clubs assembled on promoting and encouraging the sport in the province.

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## The Book of Exodus

The title of this book is derived from the Septuagint version, and is significant of the principle transaction which it records, namely, the exodus or departure of the Israelites from Egypt. The book comprises a history of the events which took place during a period of one hundred and forty-five years, from the year of the world 2409 to 2513 inclusive, from the death of Joseph to the erection of the tabernacle. Twenty-five passages are said to be quoted from Exodus by our Saviour and his apostles, in express words and nineteen allusions to the sense are made in the New Testament. That Moses was the author of this book there can be no doubt, although the period at which it was written cannot with certainty be determined. As, however, it is a history of matters of fact, it was doubtless written after the giving of the law on Mount Sinai and the freeing of the tabernacle, for events cannot be historically related until they have actually taken place, and the author of this book was evidently an eye and ear witness of the events he has narrated.

The Book of Exodus records the cruel persecution of the Israelites in Egypt under Pharaoh Rameses II, the birth exposure and preservation of Moses, his subsequent flight into Midian, his call and mission to Pharaoh, Amenophis II, the miracles performed by him and his brother Aaron, the ten plagues also miraculously inflicted on the Egyptians, the institution of the passover, and the departure of the children of Israel from Egypt, their passage across the Red Sea, and the destruction of the Egyptian army; the subsequent journeyings of the Israelites in the desert, their solitary and frequent murmuring against God, the promulgation of the law from Mount Sinai, and the erection of the tabernacle. This is, of course, on the supposition that the southerners of the Israelites in Egypt was for 215 years, the 430 being computed from the giving of the promise to Abraham.

The scope of the Book of Exodus is to preserve the memorial of the departure of the Israelites from the land of Egypt, and to represent the Church of God afflicted and preserved, together with the providential care of God toward her, and the judgements inflicted on her enemies. It plainly points out the accomplishment of the Divine promises and prophecies delivered to Abraham, that his posterity would be very numerous, and that they would be afflicted in a land not their own, whence they should depart in the fourth generation, with great substance.

Further, in Israel passing from Egypt through the Red Sea, the Wilderness and Jordan, to the promised land, this book shadows forth the state of the Church in the wilderness of this world until her arrival at the heavenly Canaan — an eternal rest. St. Paul, in 1 Cor. x. 1, etc. as well as in various parts of his Epistle to the Hebrews, has shown that these things prefigured and were applicable to the Christian Church.



## Warren speaks . . .

Battle heating up about 'zapped food'

(First of two-part series)

The war-of-words about irradiated food started some years ago across Canada, but right now the battle is becoming downright mean and nasty, particularly in Manitoba.

Opponents were fit to be tied when last September, Jake Epp (then health minister) rejected a parliamentary committee recommendation for more study about food irradiation before it was deemed safe. Their anger was heightened when they realized that food purchased in supermarkets or eaten in restaurants containing less than 10 percent irradiated ingredients does not have to be labelled as such under an amendment to federal Food and Drug Directorate regulations.

The main opposition to the speedy, widespread introduction of so-called "zapped foods" in this province is an organization known as Concerned Citizens of Manitoba Inc., which has grown from a group of people worried about AECL programs in Pinawa to a province-wide network ready and eager to make noises about a variety of public issues.

On the other hand, we have Atomic Energy of Canada scientists and PR people. They are steaming ahead, knowing that their whole financial future (at least from government funding)

depends on how much they can prove to Ottawa that they are a viable operation able to market their ideas to the world. They have a scant six months to do so, a deadline imposed by the self-same Jake Epp, now minister of energy.

All this leaves the consuming public bewildered and between.

Lorna Kopelow, a bouncy, concerned teacher who calls both Dugald and Anita home these days, is one spokesperson for the Concerned Citizens' group.

- She cites a number of concerns:
- No research showing the long-term effects of consuming irradiated food;
  - No legislation requiring that meat from animals fed irradiated food to be so labelled;
  - Federal government action which seems to indicate "we may have already lost," she says, noting that the day after Epp rejected the committee demand for more study, AECL went ahead and signed a \$5-million contract with Thailand to build an irradiation plant in that country.
  - No research showing the long-term effects of consuming irradiated food;
  - No legislation requiring that meat from animals fed irradiated food to be so labelled;
  - Federal government action which seems to indicate "we may have already lost," she says, noting that the day after Epp rejected the committee demand for more study, AECL went ahead and signed a \$5-million contract with Thailand to build an irradiation plant in that country.

And to prove they mean business, the Concerned Citizens — non-profit, self-financed — are rounding up supporters with a series of claims about zapped food, which we will deal with next week in this column.

Their chief argument seems to centre on the fact that a number of countries have actually banned the process, among them (according to Lorna Kopelow): "New Zealand, Sweden, West Germany and Britain."

They now offer, from their office (204 Arnold Ave., Winnipeg, R3L 0W5) free posters for Manitoba grocery stores stating:

"We do not knowingly sell irradiated food."

They are also planning a major series of demonstrations and boycotts against grocery stores and supermarkets who sell irradiated food when the various and sundry products become available in Canada.

### Winnipeg River Review

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### EDITORIAL COMMENT

## 4-H cleanup campaign a great idea

The provincial government can be congratulated for coming up with a great scheme to clean up the highways in Manitoba and put money into the hands of 4-H clubs across the province.

The project, sponsored at the price of \$15.00 per kilometer by the Department of Highways and Transportation and Manitoba Agriculture, allots 12 kilometer stretches of highway to various 4-H clubs throughout Manitoba and is done on the same day by all groups, Saturday, April 29.

The Department of Highways provides garbage bags, safety vests, highway signs, and strict rules to abide by for safe garbage collection along both sides of the allotted highways.

The 4-H clubs conduct the campaign for six hours and are careful to separate the recyclable items from the burnables. The full garbage bags are then left along the highway route for pick up by the Department of Highways two days later on May 1.

Observing the number of full bags dotting the highway from Powerview to Silver Falls told the story of just how necessary this undertaking was and revealed to residents the scope of our "litter bugging".

In 1988, one hundred and eighty-two 4-H clubs collected 14,760 bags of garbage over 2,286 kilometers raising \$34,287.00. Locally in 1989, thanks to the organization of 4-H director Audrey Morrison, 17 children worked six hours along a 12 kilometer stretch of highway to earn \$180.

That works out to less than \$2.00 per hour payment from the province for residential children providing fruitful labour to earn funding for their organization.

With this unique project, the government manages to keep highway clean up costs at a minimum and at the same time provides needed money to the non-profit 4-H groups.

This idea can be further expanded at the municipal level, somewhat similar to the clean up program instituted by the RM of Victoria Beach, who for the past several years have hired children between the ages of seven and 12 at a fee of \$5.00 per week to retrieve garbage from specified areas of the beach resort.

The RMVB provides garbage pails and pails to each of the 20 children hired and asks them to cover their individual areas at least one hour per day, seven days per week. This idea costs the RMVB about \$1000 per season, a pretty small clean up budget that warrants big results. At the same time, the young children earn spending money for the summer.

Two great ideas, by the province and the RMVB, that keep children busy providing a community service for low costs.

M.W.

Boycotts? Isn't that unfair?

"No way," she told me in a recent interview. "We have to impress upon the stores and the public that there is no profit there is no harm, that this indeed might be an unnecessary technology."

And, if you think that last year's sidewalk cookie war was rough stuff, expect the battle to heat up in the next few months in Manitoba. (For the uninitiated, AECL's Larry Christie offered irradiated chocolate-chip cookies to passersby on the street in Winnipeg last year; the Concerned Citizens responded by offering homemade, non-irradiated chocolate-chip cookies!)

Proponents of the zapping process point out that the benefits of irradiated food include a reduction in the incidence of disease-causing bacteria and parasites, and a reduction in losses from food spoilage from "field to table."

But, beneath the obvious arguments, lie the sub-conflicts: Anti-nuclear activists use food-irradiation issues as a cover to advance their political views, but AECL uses the process to push its bid for continued funding; other critics, in the holistic, organic or "natural" food industries view the emergence of irradiated food as a threat to their pocketbook; supporters point to the advantages to be gained over food spoilage in Third World countries. Whom do you believe?

(Next week: the arguments, pro and con.)

## Woodlands captures gold safety award

continued from page 1



Bill Pauls (right), the general manager of Abitibi-Price Woodlands operations in Manitoba and Ontario, attended the Pine Falls celebration party to present Roger Nault (left) and Bob Bull (centre) with the Gold Award for the safest woodlands operations in 1988.



The Abitibi-Price Woodlands Gold Award safety award ceremony included a warm send off for Bill Snell (left) who is leaving the woods department after 9 years to begin his new position in the paper mill as woodroom superintendent. Steve Tobak (right), a resident of Lac du Bonnet and employee of Abitibi-Price woodlands, presented Snell with a miniature truck award, an exact color and style replica of the truck Snell had driven over the years.



Art Cyr (left) accepted the Housekeeping Award on behalf of the Woods Garage from Bob Bull (right) and Roger Nault (centre).

field of safety and also stated "you can't do better in North America than working in Abitibi Woodlands".

Shown assisted in the presentation of five year accident free awards to Denten Normand, Rene Guetre, Gordon Asmundson, Victor Dupont, Norman Fiebelkorn, and Joe Viallet.

The annual presentation of the housekeeping award went to the woods garage and was accepted by Art Cyr.

### Snell receives send off to mill operation

The celebration ceremony also included a special Woodlands send off to Bill Snell who is leaving his position with the woods department to join the ranks as woodroom superintendent of the paper mill.

Orille Nault presented Snell with a trophy replica of an orange truck, similar to the one he drove while employed with the Woodlands. "This is to put in his trophy case so he can look back at it and think of some of the equipment he had while driving," said Nault who added, "while in the Woodlands, Bill did quite a bit of travelling and he will miss that in his new appointment."

Rene Guetre had words of praise for Snell, whom he described as a real gentleman and always had a smile for everybody. "He's one of a kind and a terrific hockey player and baseball player, especially on our team." Guetre presented Snell with a backpack filled with humorous items, such as toilet paper, stale pizza and a can of fruit cocktail, to remind him of the evenings spent overnight in his woodlands truck.

Roger Nault presented Snell with a plaque in appreciation for what he'd done for the Woodlands. "We want to recognize your efforts because

you are a hell of a conscious worker and you know how to deal with people."

Lionel Vincent presented Snell with a good sized pair of brand new cowboy boots saying, "Bill doesn't have too much missing on top so we wanted to equip him with something for the bottom. He left a big pair of shoes to fill and we wish him the best of luck."

Snell accepted the many awards and said it had been a good nine years in the Pine Falls Woodlands. "What I learned and is most important, when you combine commitment and know how and participation, you get a lot of good results."

"I've been proud to be a part of the Woodlands team and I congratulate you on the gold award and thank you very much."

### La leche league meeting

"Are there foods I should avoid if I breastfeed my baby? This and many other questions will be answered with the latest medical research and personal experience at the Beausejour La Leche League meeting on Friday, May 12, 1989 at 1:00 p.m. in the Beausejour area. The discussion will include suggestions about nutrition for nursing mothers and their families, as well as information about weaning the breastfed baby.

For further information about meetings, for breastfeeding help, or to obtain a copy of *The Womanly Art of Breastfeeding* call Susan at 348-7739.

## PINEVIEW BASEBALL REGISTRATION



Boys between the age 8-15 interested in playing organized baseball please register at the Pine Falls Sports Shop or the South Interlake Credit Union BEFORE SATURDAY, MAY 6, 1989.

Pine Falls Sports Shop ..... 367-2810  
South Interlake Credit Union ..... 367-4477  
Cost: \$10.00.

Girls interested in forming a baseball league please contact the above numbers.

Anyone interested in being an assistant coach please contact the above numbers.

## 4-H clubs cleanup roadsides

by Marlene Watson

The local 4-H clubs united to spend Saturday, April 29 conducting a highway clean up campaign from the Len Rupert Memorial ball diamond in Powerview to Silver Falls.

It was an all day affair, beginning at 9:00 a.m. and lasting until 3:00 p.m. Three car-loads of boys and girls worked hard to collect garbage along the highway and in the ditches, being careful to separate recyclable items such as glass and metal containers, from throw aways.

Residents may have noticed the large green garbage bags dotting the edges of highway from Powerview to Silver Falls, standing as an example of just how much trash actually litters our countryside.

Sponsored by the Department of Highways and Transportation and Manitoba Agriculture, all 4-H clubs across Manitoba were given stretches of 12 kilometers and paid an amount of \$15.00 per kilometer for conducting the campaign on both sides of the road.

Safety vests were provided for two leaders of each club, as were the garbage bags that once full, were picked up by the Department of Highways on Monday, May 1. The department also provided road signs entitled "Highway Clean Up Campaign" which were posted on existing road signs and moved as the group travelled farther along the 12 kilometer stretch.

4-H director, Audrey Morrison led the local campaign and did most of the pre-organizational work by completing the proper forms to qualify for participation in the program.

Sharon Cyr, Linda Gremer and Nellie Oman were the other three adult chaperones who provided cars and highway supervision throughout the day for the 17 children participating.



Hard work and many hours of labour paid off for both the Department of Highways and 4-H Clubs in the province. The Winnipeg River 4-H Club enlisted 15 of their members on Saturday, April 29 for a highway clean up campaign from Powerview to Silver Falls. Left to right: Kerri Morrison, Synnove Gehlman, Leila Laurila and Robin Fontaine were only four of the 17 members who worked a six-hour day cleaning.

## 50th Wedding Anniversary Supper and Entertainment Evening

in honor of  
**John and Clara Bracken**

Saturday, May 20, 1989  
6:30 p.m. — supper, Great Falls Community Hall

Tickets available from  
Pat Krupp 367-2586, Bill Bracken 367-2128  
\$12.00 per person

## CARD OF THANKS

I would like to thank the ambulance for the ride to the Health Sciences Centre, also Dr. Siddall and staff for their care. I would like to thank everyone who gave flowers, cards, etc. and for their prayers while I was in the hospital.  
Alma Hibbert

## Church Directory

**ST. THERESA'S PARISH**  
Pine Falls  
Sundays  
10:00 a.m. — Mass  
4:30 p.m. — Mass  
**PINE FALLS UNITED CHURCH**  
Reverend Pat Hall  
Sunday — 11:00 a.m.

**Father Barre**  
from Bosco Homes  
will be in Powerview on  
**Sunday, May 7**  
He will be speaking at 8:00 a.m. mass  
and at 10:00 a.m. mass.  
Special meeting for youth at 2:00 p.m.  
in Powerview School Gym  
Put luck supper at 5:00 p.m. followed by a talk  
at 7:00 p.m.  
The lives of many youths have been changed  
because of Fr. Barre's ministry.

## CALENDAR OF EVENTS

- Knights of Columbus meetings** — Every second Tuesday of the month. Mass at 7:00 p.m., meetings at 7:30 p.m. No meetings held during the months of July and August.
- Sunrise AA Group** — Held in Powerview Arena basement at Du Pont and Vincent Street. Meeting held 7:30 p.m. Monday, Wednesday and Friday. All meetings are closed to public except last Friday of the month. Call Lawrence 367-2794. Date 367-2792, Debbie 367-2418.
- Pine Falls Masonic Lodge No. 154** — Meets at 8:00 p.m. second Friday of every month September through May at the Pine Falls United Church.
- Winnipeg River Lions Club** — Every fourth Wednesday, 6:30 p.m. — Golden Leisure Club, Pine Falls.
- Winnipeg River Lions Club** — Every second Wednesday of the month, 7:00 p.m., Golden Leisure Club, Pine Falls. Supper meeting.
- Cribbage tournament** — First and second Monday of every month, 1:30 p.m., Golden Leisure Club, Pine Falls.
- Pine Falls Legion Wednesday night bingo** — Legion Hall. Doors open at 7:00 p.m. Regular program starts at 8:00 p.m.
- Scout meetings** — 7:00 p.m., Wednesdays at the United Church.
- Club meetings** — 7:00 p.m., Wednesdays at the Powerview gym.
- Winnipeg River 4-H Club monthly meetings** — Every first Monday of the month, 7:00 p.m., Powerview School.
- Pine Falls Badminton Club** — Every Wednesday and Sunday, 7:00-10:00 p.m., Pine Falls School gym. For more info, call Andy Kalkb 367-8632 or Alice Loucks 367-2392.
- Local Chapter of TOPS** — (Take Off Pounds Sensibly) every Monday. Weigh-ins start at 7:00 p.m. Meeting to start at 7:30 p.m., Golden Leisure Club, Pine Falls.
- Bagpipe lessons** — Every Wednesday evening, 6:00-7:00 p.m., Pine Falls School, by Pipe Master Bill MacLeod.
- Community pipe band project** — All welcome, juniors and adults.
- Adult Day Care** — Meeting every first Tuesday of every month, 8:00 p.m., at the Pine Falls Hospital board room.
- AA-Anon meetings** — Monday, 10:00 a.m. in AA club room, Powerview Arena.
- Le Petit Soleil** — Parents meeting every third Monday, 7:30 p.m., Le Petit Soleil, St. Georges Community Centre.
- Alford Library hours** — Open Tues. 10:30 a.m. — 4:30 p.m.; Wed. and Thurs. 1:00 — 4:30 p.m.; 6:30 — 8:00 p.m.; Fri. 1:00 — 4:30 p.m.; and Sat. 10:30 a.m. — 12:30 p.m.
- Sun Country Arts and Crafts Inc.** — Meets every first Sunday of the month at 11:00 a.m. at the Victoria Beach Sports Club, "Seniors Room".
- Brownies** — Every Thursday, 6:30-8:00 p.m., Pine Falls United Church.
- Guides** — Every Thursday, 4:30-6:30 p.m., Pine Falls United Church.
- Winnipeg River Historical Project** — Meets the first Wednesday of every month starting November 2, 1988, 7:00 p.m.
- Club Rendons Nous** — Cribbage tournament every third Monday of the month, 1:30 p.m., St. Georges Church basement.
- Pine Falls Public Library** — Open Mondays and Thursdays, 7:00-8:00 p.m.; Pine Falls School. Come out and borrow some books!
- A.A. Meetings** — Monday at Thursday, 8:00-9:00 p.m. Christ Anglican Church, Fort Alexander.
- Pine Falls Judo Club** — Meets Monday evenings, 6:00-8:00 p.m. at the Pine Falls School.
- Winnipeg River Women's Institute** — Every third Tuesday, 7:00 p.m., Library, Alford, St. Georges. Everyone welcome.
- Pine Falls Health Auxiliaries** — Every fourth Tuesday of the month, 2:00 p.m., Pine Falls General Hospital board room, Pine Falls.
- Great Falls Women's Institute** — Every first Thursday of the month, 7:00 p.m., Great Falls Hall.
- 4P Festival meeting** — Every first Monday of the month, 7:30 p.m., Townsite Office, Pine Falls.
- Three Bears Day Care board of directors** — Last Tuesday of every month at 7:00 p.m. in the day care room.
- Committee for the Public Awareness of Family Violence** — Meets the fourth Tuesday of every month, 7:00 p.m., multi-purpose room of the Pine Falls Hospital.

## Drama club's Boeing-Boeing: A great production

by Marlene Watson

The Pine Falls Drama Club staged one of their best productions ever with Boeing-Boeing and received a standing ovation from the over 170 residents who turned out on opening night.

The two-act, three scene play held audiences captive throughout, and director Kerri Borys can be credited with bringing out the best in the six characters, especially Keith Clark who was unquestionably dynamic.

Clark took on the main character role of Robert, a long lost friend of the Parisian bachelor Bernard (played by Dwayne Dueck), who was carrying on love affairs with three women at once.

Clark drew laughter from the crowd every time he chanced upon the stage and brought realism to his role as helpful friend when all three women appeared in Bernard's apartment at once.

Robert covers up for his friend on every occasion, and for most of the play manages to keep Bernard's lovers from discovering one another, but his helplessness leads him to fall in love with one of the women, the German air hostess played by Karen Wright.

Wright's opening night performance was most convincing for a first timer on the stage. Wright demonstrated good energy including a voice that carried.

Dwayne Dueck, the most experienced actor of the cast, excelled at making the audience believe he was truly frantic about being caught in the web of his little love triangle. Dueck played with the audience's emotions and helped to sweep them into the very core of the drama.

Kim Arsenault performed for the first time as the Parisian air hostess, and she progressed from initial onstage nerves to relaxed actress, convincing the audience of her frustration with Bernard's feeble excuses and lack of marriage commitment.

Gail Fortier was the third woman in Bernard's life and her stage experience showed through when she was able to add a southern drawl to her dialogue as the American air hostess.

Cory Jesseau took the role of Claude, Bernard's faithful butler, and it was particularly enjoyable to watch Jesseau, Fortier and Dueck carry on physical tasks while speaking with a fluency matching professionalism.

The only fault of the play would have to come in the lighting and stage department. It was disappointing to see both the extreme left and right corners of the stage in darkness causing audience visibility problems.

The floor at the center doorway entrance should have been secured properly because it detracted from the natural flow when it was stepped on causing a loud noise and movement. Also another loose board was noticed at the front door entrance.

The rest of the overall stage was superbly done and the furniture selection was more than suitable. Also, centre stage lighting was most adequate, and sound effects of phone and doorbell were dubbed in perfectly.

The cost of the overall stage was superbly done and the furniture selection was more than suitable. Also, centre stage lighting was most adequate, and sound effects of phone and doorbell were dubbed in perfectly.

The production received only positive comments during the intermission as well as after the performance, and the standing ovation was proof that it was a huge success.

Congratulations to the Pine Falls Drama Club, whose talent and hard work was most appreciated.



A scene from Boeing-Boeing

The Parisian air hostess Jacqueline (played by Kim Arsenault) closes her eyes in despair at the man's feeble excuses her fiance Bernard (centre, Dwayne Dueck) tries to make her believe, while Robert (Keith Clark) assists his friend to continue in the three-time love life.



The cast of the Pine Falls Drama Club's successful production Boeing-Boeing (from left): Cory Jesseau, Karen Wright, Keith Clark, Kim Arsenault, Gail Fortier and Dwayne Dueck.

**THANK YOU**  
To  
**Mrs. Wanda Sparkes**  
for all your time and effort in teaching the studying skills course to our students from Pine Falls Home and School Association.

**THREE BEARS DAY CARE**  
**Annual Meeting and Fall Registration**  
will be held  
**Tuesday, May 30, 1989**  
at 7:00 p.m. in the Day Care Centre  
Registration will be on a first come - first served basis.

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Elmer Knutson on Bilingualism & Meech Lake  
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STRAITCLAIR LEGION  
STRAITCLAIR, MAN.  
**THURS., MAY 11, 7:30 P.M.**  
TOWN HALL  
HARTNEY, MAN.  
**FRI., MAY 12, 7:30 P.M.**  
COMMUNITY CLUB,  
ANGLA, MAN.  
**SAT., MAY 13, 7:30 P.M.**  
WINKLER MOTOR INN  
WINKLER, MAN.

## PF Bowling League winds up season

by Sharon Mignon  
All 18 teams had one more shot at the play-off trophies. Out of the eight teams competing in "A" group for the Johansson Trophy, four teams went into the semi-finals.

The scores for "A" group semi-finals were High Rollers 4852, Strike Force 4425, Challengers 4420 and Harrison 4308. High Rollers and Strike Force advanced to the finals where the Strike Force team (Claire and Trevor Sokoloski, Gordon Sokoloski, Lillian and Zeb Meilleur) won the Johansson Trophy with their four game total of 4563. The High Rollers (Margo Gunter, Evelyn and George Dodds, Terri and Pat Papineau) were the runner-up with their score of 4224.

Ten teams competed in "B" group for the Marg Ford Trophy and four teams went into the semi-finals. The scores were Gutter Blasters 4414, Lessard 4388, Rita's Raiders 4383 and Lane Jumpers 4107. The Gutter Blasters and Lessard advanced to the finals where the Gutter Blasters (Kim and Cam Sokoloski), Gail Farmer, Tom Allison and Susie Tardiff) won the Marg Ford Trophy with their four game total of 4406. The Lessard team (Howard and Jackie May, Flo Walker, Mona and Emile Lessard) were the runner-up with their score of 4128.

Some of the high games bowled in the play-offs were Tom Allison 325-252, Terri Papineau 284-267-257-246-234, Pat Papineau 276-250-240,

Evelyn Dodds 265, Claire Sokoloski 263, Lillian Meilleur 259-258-235, Margo Gunter 259, Gerry Gauthier 256, Ken Dankowski 249, Trevor Sokoloski 245, Lyle Velie 244, George Dodds 242-233, Zeb Meilleur 239, Gordon Sokoloski 237, and Emile Lessard 233.

Congratulations to all the winners and thanks to all the bowlers who participated in the league. Hope to see all of you at our 49th annual bowling banquet and dance on Saturday, May 13. Anyone wishing to purchase tickets, please contact Pete Richardson 8376 or Jeanette Doyle 2204 by May 5.

## Powerview area seniors club meets

The meeting of May 27 was a real good start and a lot was discussed on the formation of the club and goals to be achieved. Part of an interim executive was voted in and the balance at a later date.

On May 8 at 2:00 p.m. in the Powerview Church basement a resource senior coordinator from the provincial government will come to explain the organization of a club and the grants available to projects to be undertaken.

Your attendance is of great importance to the success of your club. Come and bring a friend or two.

Your CALENDAR OF EVENTS  
Page 565  
Manitoba  
Yellow Pages™

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## Pyteke Blaauw returns for history book launching

by Marlene Watson  
Pyteke Blaauw, looking somewhat slimmer but no less energetic, returned to Pine Falls for the eventful *From the Beaches to the Falls* historical book launching party held Friday, April 28.

Blaauw received praises from project committee co-workers and a spontaneous round of applause from the over 300 community residents gathered in the Legion Hall for the big night.

"I love you all and consider you kindred spirits," was Blaauw's opening remarks when she walked the stage to receive her personalized copy of the historical book. She added it was very hard for her to return to the community and closed her short speech by saying, "I have missed you and am still missing you."

In Thunder Bay, Pyteke is still very busy "working full

time but getting paid part time" for unlimited energy poured into the Lakehead Unitarian Fellowship. She is the director of religious education, a position that calls her to organize Sunday School and weekly workshops.

"I am involved with Friends of Refugees and Amnesty International," said Pyteke who describes the Fellowship as secular with a very broad public attendance.

"The Fellowship covers many areas, from helping parents raise children, to helping people search for who they are and where they are. It approaches spiritualism without too much emotion, and most of the talking is done by lay people."

Pyteke describes her new work as challenging, but says it is not the same as in Pine Falls. "I still climb the same way and

I find myself travelling all over the country attending conferences."

Pyteke is also involved slightly with the arts scene, particularly the children's component of the art gallery, assisting artists to acquire exhibition space.

### About the Blaauw family

Mark Blaauw is now in Grade 11 and works as a gas attendant after school hours. He has given up hockey, but participates in badminton extensively. "Thanks to interest sparked by the Loucks and Kulyks," said Pyteke. Another sport in Mark's life is golf.

Roxanna Blaauw is presently attending Grade 8 and just finished a great season of ringette. She plays with an all star travelling team from Thunder Bay that made the provincials this season. Roxanna also keeps physically fit and conditions her ringette skills through bicycling and jogging.

Finances are funded by steady babysitting jobs, and Pyteke noted that Roxanna is becoming an excellent artist.

Jessica Blaauw attends Grade 3 classes and follows in her big sister's footsteps with interest in ringette. Jessica's paper route keeps her busy and provides spending money.

Pyteke was sad to report that their dog Chicklets is gone. "Chicklets was 19 years old last Monday, but he had cancer in his paw and we had to put him down."

Bert still carries his love of sailing, reported Pyteke who noted the family had purchased a 28 foot sail boat. "That's now our cottage." The family will be off to high sea adventure come summer because Pyteke said she will not work in the summertime. "June, July and August will be spent on the sailboat."

Pyteke and the Blaauw children spent a few days in Pine Falls renewing friendships and enjoying the Pine Falls drama production, Boeing-Boeing.



Pyteke Blaauw (left) was back in town for the historical book launching evening at the insistence of co-committee worker Loreen Carlson (right). Blaauw received many thanks from the historical project committee for her initial push to get the book started in 1984.

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## Sonny's Chicken House replaces Chicken Delight

by Marlene Watson  
The familiar Chicken Delight will be no more in Pine Falls, but will be replaced by Sonny's Chicken House but will be still owned and operated by manager Sonny Sleeman.

The change occurred on Monday, May 1, as Sleeman chose not to renew his franchise with Chicken Delight. "The new franchise agreement contained clauses that I couldn't come to terms with and they wouldn't renew it the way I wanted so I'm going my own way," said Sleeman.

Sonny Sleeman has been in the Chicken Delight franchise business for the past 11 years ever since he arrived in Pine Falls and took over the business from a partner he was working with.

The menu of chicken, ribs and pizza will remain the same, but the taste will be originally designed by Sleeman himself. "We will now offer chicken coatings, rib seasonings, and our own pizza dough and sauce designed ourselves." Sleeman also noted that the takeout and dine restaurant will now switch to homemade hamburgers, but continue with McCain french fries.

Sonny's Chicken House will still have the services of Bunny Breton as the commissary manager. Breton has been with Sleeman since day one 11 years ago. Clare St. Croix has also worked with Sleeman for the past 11 years, and Janet Guinn has been employed for the past seven years.

Sleeman's wife Marcia does the book work and paperwork, and son Garnet also works in the store, with daughter Lonnie helping out on occasion.

The restaurant carries on an extensive catering service and will continue to do so, having served 1000 people at the Abitibi-Price 5000 tonnes party held several years ago. Weddings, socials, anniversaries and parties are just a few of the catering events Sleeman covers.

The name Sonny's Chicken House was a combination of two ideas. Sleeman noted he is most commonly known to local residents as Sonny Chicken, but he says all the kids call the restaurant the Chicken House, so he combined the two.

The Chicken Delight logo sign which had adorned the front of the restaurant building was changed on May 1, and the road signs will be painted over in the next two weeks to reflect the new names.

## POWERVIEW SCHOOL Spring Tea and Open House

THURSDAY, MAY 11, 1989  
9:00 a.m. - 3:30 p.m.  
TEA: 1:00 - 3:00 p.m.  
BAKE SALE: 2:00 p.m.

### White Elephant Sale Art Displays Raffles

Various classes will be presenting projects, displays and skits representing Our Past, Our Present, Our Future

Don't miss it!

### LES DANSEURS DE LA RIVIERE-ROUGE

Will be at Powerview School on May 11 in conjunction with the Spring Tea. Students from Grades 4 to 9 French Immersion and English Programs will participate in Traditional Franco-Manitobans Folk Dance Workshops which will be presented all day in the gym.

## Starting in early 1980s Conception of the history book was a gradual process

**REPORTER'S NOTE:** Taken from the book launching speech delivered by Warren Sinnock. The idea of a history book was a gradual process that began in the early 1980's. The Manitowish Rapids Arts Council considered setting up an archive of the area history and preserving it on tape. Many of the people of the area recalled actual events and times, but once a few tapes were done it became clear that a more permanent and public means should be made available.

The St. Georges Historical Society joined forces with the arts council in early 1984 and formed the Winnipeg River Historical Project (WRHP). That same year the WRHP signed an agreement with Intercollegiate Press to print and publish the history book.

For such a project, expense money was needed and after some discussion we realized it would require a great deal of money. A budget had to be drawn up, revised a couple of times, and finally it went through. We were in business.

We held meetings in the reading room of Library Allard, but we soon realized we needed an office. The Pine Falls United Church offered a room in the basement, a gift from heaven.

So here we were, with an office, a borrowed typewriter and filing cabinet, a party line telephone and a cheque book. We were on our way.

Spearheading the project and working tirelessly is thanks mainly to some dedicated, never say die, volunteers from the areas of Victoria Beach, Fort Alexander, Pine Falls, Powerview, St. Georges, Silver and Great Falls, as well as the Chevrefils and Broadlands districts.

Area representatives are myself (Warren Sinnock, president) coordinating Great Falls with assistance from the Great Falls Women's Institute; Rene Vincent, Emmanuel Bouvier and Jean Dupont of St. Georges (Jean also was responsible for our use of the museum and allowed us access to it for the silk screening of the shirts we sold at the festival each fall); Loreen Carlson as first vice-president and as representative for the Broadlands area she was assisted by her son Eric; Dess Trudell responsible for Powerview, also second vice-president and editor of the completed work and contact person with Intercollegiate Press; Gordon Hanson for Pine Falls; Jeanne Lavoie, Dave and Angeline Dufour for Chevrefils District; and Bert and Helen Trainor for the beaches.



Dess Trudell received many words of praise from project co-workers and was touted as being more than their Girl Friday, but the anchor of the team.

### Maurice Dupont a valuable treasurer

Also involved in the most important way is Maurice Dupont as treasurer. He did all the working for our group, as the time came for securing \$72,000.00 for printing all these books.

The book deposits that had been received were not enough, so Maurice Dupont's job also meant going to the councils of Abitibi-Price, Village of Powerview and the LGD of Alexander for back up letters, so we could borrow from the Caisse Populaire. That's doing it on faith!

Our secretaries were Lucy Papineau-Carlson, who worked with us that first few months, then Jillian Papineau filled in until we could persuade Peggy McMullin to act as secretary. During Peg's tenure, she had a son and then decided motherhood did not require her to bring up children in the library, as by now she was due to have a second child. Norma Johansson took over the secretary's job and it is still with us. Shellagh Geer acted as public relations executive, and in the early years of our group, she kept the public informed of our progress, and encouraged participation.

The woman who started the ball rolling though was a very community oriented and dynamic lady, Pyteke Blaauw. As president of the arts council, she got the first summer student Leah Pitre-Boulet involved, typing and transcribing all the tapes and interviews, indexing and assisting in any way that the WRHP asked of her.

Blaauw became a spokesperson for the book, as she gave it space in *The Review*. Because of her belief that the book should represent the people and have a history book of a wide

and diverse area.

Our book took almost six years to write, is 608 pages long, with over 400 family stories and 1500 pictures. It was a family effort for many of us, and for some families it was especially exciting, as members began finding long lost relatives and renewing family ties.

Of the many who started out with us in those early days of 1984, there has remained a few hard working volunteers to see the project to its end.

Thanks also to people like Dave Parker for enlarging photos, to Tim Trudell for designing the logo which we

See CONCEPTION / page 11

## Praise for the history book

by Marlene Watson

The recently launched historical book, *From the Beaches to the Falls* contains over 600 pages of exciting facts and stories, and can be touted as everything the project committee warned us it would be and more.

The first 200 pages tell readers the historical beginnings of such communities as Fort Alexander, Great Falls, the LGD of Alexander, Albert Beach, Lester Beach, Victoria Beach, Wanasing Beach, Broadlands, St. Georges, Pine Falls, and the Village of Powerview.

Organizations, clubs, businesses, schools, churches, sports groups and World Wars I and II active service personnel are only some of the area's

historical facts divulged in these first 200 pages.

The final 400 pages outline in alphabetical order individual family stories, and as MLA Darren Praznik stated at the book launching party, "perhaps residents will find some juicy stories about their parents and grandparents that they didn't already know."

Some family stories are short and some are long, but they are all guaranteed interesting and will provide several nights of enjoyable reading. The numerous pictures tell some interesting tales of their own.

Approximately 300 books are left unsold and can be purchased from project committee members, Maurice Dupont (367-8239) or Warren Sinnock (367-2581).

## Book launching meets with much enthusiasm

continued from page 1

heart, we thank you people assembled for making this project real. You are the ones responsible."

Carlson also praised the efforts of Dess Trudell, "She was more than our 'Girl Friday', she was our anchor."

### Blaauw in attendance at launching

Pyteke Blaauw, one of the initiators of the project, returned from Thunder Bay for the book launching at the insistence of Loreen Carlson, and Carlson called her on stage to receive her personalized copy, referring to Blaauw as a "lady dynamo."

Blaauw received a large round of applause before delivering a short speech announcing her love of the people in the community. "It's hard for me to be back here and I appreciate your kindness. We are all kindred spirits and I have missed you and will go on missing you."

Before the large crowd stood in line to collect their own copies of the book, Fran Thompson of St. Georges was called to receive the first book in acknowledgement of her distinction of being the first resident to place a \$20 deposit when book selling campaigns got underway.

The crowd was anxious to retrieve their copies and milled around for a good hour over luncheon and coffee (supplied by project committee members and families). Residents were engrossed in conversation and pleasure over what they were witnessing within the 600 pages of the long awaited book *From the Beaches to the Falls*.

One thousand books in total were ordered from the publisher and 600 of those books left the Legion Hall that evening, with an additional 100 books set aside to be mailed to persons with advance deposits.

### Winnipeg River Historical Project

wishes to thank everyone who attended their book launch celebration and auction. The turnout far surpassed our expectations. As a result we will be selling the remaining books on Monday, May 8th, 7:00 to 8:00 p.m., at the Pine Falls United Church office.

Mother's Day is just around the corner, and the history book would make a beautiful keepsake. A gift with extra special meaning.

If you still haven't picked up your book, now is the time. Or call Warren Sinnock at 367-2581, Dess Trudell at 367-8403 or Maurice Dupont at 367-8239 for more information.

Thanks again for your wonderful support.

## The farmers' corner Farm insurance — Know your risks

by R.C. (Jerry) Moffat  
Agricultural Representative  
Manitoba Agriculture  
Beausejour, 268-1411

### General observations and comments relating to this spring's soil fertility levels

1. Based on last fall's soil samples, nitrogen levels in stubble fields are generally considerably higher than average.
2. Soil nitrogen levels are related to last summer's drought. Generally residual nitrogen is higher where the drought was most restrictive to crop growth. In this district, nitrogen levels are lower than the provincial average, i.e. for Manitoba 95 lbs N/acre in the soil, Beausejour avg. 49 lbs N/acre.
3. Within any area considerable variability exists amongst fields. Provincially, approximately 20% of the fields still require about 70-100 lbs of nitrogen per acre for optimum yields in Beausejour district require 70-100 lbs N/acre.
4. Fields which receive high levels of nitrogen fertilizer for the 1988 crop and suffered drought will likely have high levels of soil nitrogen for the 1989 crop.
5. Fields which tested high in soil nitrogen prior to the 1988 crop and suffered drought are likely high in nitrogen for the 1989 crop.
6. Confidence can be placed in soil test results from fields testing high in nitrogen last fall only if fields were properly sampled and samples were properly dried and handled.
7. There is no reason to suspect soil nitrogen levels decreased over winter.
8. Over-fertilization with nitrogen can lead to increased lodging and disease problems for the 1989 crop — adding higher than recommended rates of potash and phosphate fertilizer will not

### balance high nitrogen levels and reduce the possibility of lodging and disease

Producers should ensure their fields have adequate sulphur, particularly for canola production, in order to capitalize on the high soil nitrogen.

Unless crop rotations are a problem, annual legumes should not be grown on high nitrogen fields. This leads to a waste of the nitrogen resource in the soil.

Crops grown on fields low in nitrogen in the top six inches but high in the 6 to 24 inch depth should not be affected by an early season nitrogen deficiency. With adequate moisture crop roots will tap the nitrogen in the lower depth.

Farmers should monitor their crops very early in the growing season, particularly crops on fields which have not been soil tested and have not received nitrogen fertilizer. If deficiencies are apparent early in the growing season, then additional nitrogen can be broadcast onto the crop. (For further information on post-emergent application of nitrogen fertilizer see fact-sheet *Nitrogen Fertilization in Crop Production* available at this office.)

Farmers who have not tested last fall should be encouraged to spring soil test. Maximum turn-around time for results is seven days. We have soil test kits and tools at this office which are available rental free. If you want to get your soil custom sampled, call the Agri-Food Soil Sampler, Pat Horosko at 268-3583, or leave your name at this office, 268-1411.

Generally, grass fields for seed or forage tested low in nitrogen last fall in spite of poor yields and nitrogen fertilization in 1988.

**Upcoming events**  
**Bull Evaluation Clinic** scheduled for Wednesday, May 10, at the Lac du Bonnet Veterinary Clinic. The Lac du Bonnet Vet Board has just purchased a new semen tester, which will be used to serve the Board's district clients. Anyone wishing to get their bull(s) semen tested on May 10, should arrange scheduling with Dr. John Coppins at 345-2037.

**HYDRAUL**  
Our reliable multi purpose transmission, differential and hydraulic fluid features built in anti-wear additives.

**ESSOLUBE XD-3**  
Canada's best selling heavy duty oil. Trusted and dependable, this multigrade heavy duty engine oil is available in nine grades. 15W-40 and 10W-30 meet the API "CE" classification.

TALK TO YOUR BIRD ABOUT TIRE AND OTHER BRANDS ON QUALITY OILS, GREASES AND LUBRICANTS. CHECK AVAILABILITY EXCLUSIVELY FROM YOUR BIRD AGENT.

### There are more risks associated with farming than perhaps any other occupation.

Farmers face unpredictable changes and variations in weather, prices, technology and markets.

Many of these risks, however, can be reduced or even eliminated through various kinds of insurance.

Peter Blawat, a farm management specialist with Manitoba Agriculture, says it is important farmers understand their insurance coverage.

"You should know and understand the risks that are covered in your policy. If you don't understand any part, ask your agent to explain it," he said.

Blawat said to watch for exclusions and be aware of restrictive clauses which may void the insurance.

Farmers buying insurance also need to know something about risk management, he said.

"There are three ways to look at risk," said Blawat. "You can minimize risk by diversifying the farm into grain and livestock, you can shift the

period, paying bills can become a major problem.

"Insuring his or her ability to earn income is something every farmer should consider," he said.

Blawat said farmers have to consider the farm their major source of income, and then ask themselves if they can afford to lose that source of income and still maintain their lifestyle and pay the bills.

"Insurance gives you protection from unmanageable losses," he said.

For further information on farm insurance, a new series of fact sheets is available from local Manitoba Agriculture offices.

**ROYAL BANK**  
*Customer Appreciation Day*  
**WED., MAY 10, 1989**  
Come in for coffee and donuts and ask any of our staff about our many services.  
Door Prizes

**HEAVY DUTY SAVINGS**

**HEAVY DUTY LUBE SALE.**

**HYDRAUL**  
Our reliable multi purpose transmission, differential and hydraulic fluid features built in anti-wear additives.

**ESSOLUBE XD-3**  
Canada's best selling heavy duty oil. Trusted and dependable, this multigrade heavy duty engine oil is available in nine grades. 15W-40 and 10W-30 meet the API "CE" classification.

**UNITOL**  
A popular hard working, high performance grease. Superior film strength, excellent sealing properties and rust protection.

**ESSOLUBE HDX PLUS**  
Our performance proven heavy duty engine oil recommended for gasoline and moderate diesel engine service. Developed with a friction modified formulation for improved fuel economy in the 5W-30 & 10W-30 grades.

Sale ends May 31, 1989  
**Lloyd Emberly**  
Lac du Bonnet  
Phone 345-2285

**Esso**

## Conception

continued from page 10

Have used on all our stationery, t-shirts, placemats and on the cover of the book. To Anne Cavers for her businesslike manner of helping us get down to business, typing and identifying photos, then spending a lot of time proofing the galleys, and the final pages. Anne was always ready and willing to help us.

If I have forgotten anyone, I am sorry, but we must also not forget to thank the members of our families who were at home through the times of our absence. We thank you for your patience.

This is the end of the story. It is April 28, 1989 and the book is here!



Find it all at page 192  
Manitoba Yellow Pages™

# Review Classifieds

## FOR SALE

**MISCELLANEOUS** — Gotta 90, need space, 1-72 VW bug, good shape, roof vent, mag wheels (4), winter tires, price \$950.00, 1-83 200 x three wheeler, good shape, \$950.00, 1 vacuum carpet cleaner, value \$350.00, new, price \$150.00, 1 12 volt fuel pump, 2 years old, \$100.00 — Phil Cyr, phone 367-2643. 34-1xc

**BUILDING LOTS** — Six choice waterfront building lots located on the Winnipeg River near Pine Falls, paved access, water, and hydro available, 2 to 4 acre lots. Phone 367-2744 or 367-2953. 34-2xc

## FOR SALE

**MUST SELL** — 1981 mobile home 14' x 70', three bedroom, heated porch, fenced, sodded yard. Must be seen \$25,000.00 (O.B.O.) Call Leo or Della at 367-2334. 31-4x

**VAN** — 1979 E-150 Ford Van Vantasy, conversion, 4 captain chairs with bed seat, P.S., cruise, 351, \$3500.00. Phone 367-2551. 34-1xc

**HOUSE** — Powerview, 3 bdrm bi-level, 2 1/2 baths, 6" walls, double attached garage, paved driveway, large lot. Phone 367-8063. 34-1x

**1983 FORD F-150** — \$2,650. OBO. Phone 367-2102. 34-1xpd

## FOR SALE

**1986 MUSTANG LX** — Hatchback, mint cond., 4 cylinder, automatic, cruise and more. Phone 367-8915. 33-3xpd

**PRIVATE SALE** — 31 Vincent Assoc., Powerview, 3 bedroom bungalow, large living room, rec room, utility room, 24' x 14' garage, 10' x 20' deck, across from schools and rink. Best offer. Call Suzie or Larry at 367-8073. 34-1x

**HOUSE** — Cozy 2 bedroom home located in St. Georges. Good starter home. Well landscaped lot approx. 80' x 120'. 8' x 10' shed. House includes washer and dryer, fridge and stove, curtains and blinds. Asking \$26,000. For more information please call Cecy at 367-8501. 32-4xpd

**PRIVATE SALE** — 31 Vincent Assoc., Powerview, 3 bedroom bungalow, large living room, rec room, utility room, 24' x 14' garage, 10' x 20' deck, across from schools and rink. \$65,000 (O.B.O.) Call Suzie or Larry at 367-8073. 34-1x

**CLASSICAL GUITAR** — And case, excellent condition \$295.00. Phone 345-8215. 34-1xpd

**14 1/2' VANGUARD TRI-HULL** — Walk thru windshield, sleeper seats, complete top. 50 HP Merc. Heavy hauler trailer. \$3900. Phone 345-6435 after 5:00 p.m. 34-2xpd

**TREED LOT** — In town, Lac du Bonnet. Phone 345-2920. 31-4x

**HOUSE** — In town, Lac du Bonnet. Phone 345-2920. 31-4x

**HOUSE** — 1 1/2 stores, to be moved. Good condition. Best offer. Phone 265-3316. 33-4xpd

**ELECTRIC STOVE** — 24" McLeary's, set of table lamps and matching swag lamp, single toasty seats, complete top. 50 HP Merc. Heavy hauler trailer. \$3900. Phone 345-6435 after 5:00 p.m. 34-2xpd

**HOUSE** — 3 bdrm bungalow, 1024 sq. ft. Surface foundation on 83 acre lot along Hwy 211 with view of Winnipeg River. Close to priv. boat launch facility. Owner may consider holding mortgage with sizable down payment. Phone 1-345-2449. 34-2x

**1985 YAMAHA** — Yamaha XZ12ND Venture Royale, brown 1250 CC A-M cassette deck, 6808 kilometers, original owner. Phone 1-861-4687. 34-3xpd

**RAILWAY TIES** — Excellent ranch quality sorted, bundled, loaded, \$3.15 to \$4.25, located between Rivers and Carberry, phone Brandon 725-2627, office hours. 34-1xpd

**HOUSE** — 1350 sq. ft., 2 bedrooms. House in Seven Sisters. Phone 345-7164. 32-4xpd

**IRVIN GOODON INDUSTRIES LTD.** — In Boswell, Manitoba has a wide selection of quality pole type buildings to suit your every need — machine sheds, shops, hay shelters, airplane hangers, cattle and calf shelters, light industrial and commercial buildings. Phone 204-534-2468 or toll free 1-800-665-0470. 34-1xpd

**340 HP PARTS** — Heads, cam, intake, rods, gaskets, new Technic turntable, S.L. B. D 27. Price negotiable. See Russ, 105 Leslie anytime. 34-1xpd

**26 RUN NO. 43 MF DRILL** — Grass seed attachment, shielded. Phone 348-2250, Whitemouth. 34-2xpd

**1971 GMC** — 1/2-ton, runs good. \$300. Phone 345-8422. 34-1xpd

**BMX BIKE** — Child's black and silver BMX bike. \$30. Phone 345-2605 after 4:00 p.m. 34-2xc

## FOR SALE

**1979 MOTORCYCLE** — Honda "Twinstar", low mileage, very good condition, windshield, new battery. \$800. OBO. Phone evenings 367-2919. 34-2x

**1986 GMC PICK UP** — Excellent motor, 2 excellent tires. \$900. OBO. 1 wood stove with pipes and adapters. \$150. Phone 367-8898. 34-1xpd

**BMX BIKE** — Boys BMX freestyle bike \$50. OBO. Phone 345-8437 after 5:00 p.m. 34-1xc

**CHESTERFIELD** — Krollier, in good condition. Colonial style. \$150. Phone Lorraine McIntosh at 345-2340. 34-1xc

**CAMPER** — 8 ft. Coachmen Cadet slide in camper, sleeps 5, 3 way fridge, postbox and furnace, sink, good cond. Phone 345-8296. \$2,400.00 O.B.O. 33-1xpd

**CLASSICAL GUITAR** — And case, excellent condition \$295.00. Phone 345-8215. 34-1xpd

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## The REVIEW

All classified advertising is strictly cash and no advertisements will be published until payment is received. Advertisers should check advertisement on first running date for possible errors. The Review assumes no responsibility for errors in subsequent insertions if it has not been made known to us.

**Classified Advertising Rates** — Three dollars (\$3.00) for the first 20 words, additional words — 07 each.

• In Memoriams, Cards of Thanks — \$3.00 for the first 30 words, 07 for each additional word.

• Announcements (Birth, Engagement, etc.) — \$3.00 flat rate.

**DEADLINE FOR ALL ADVERTISEMENTS FRIDAY CLOSING.**

**Phone 367-2513**

**OFFICE HOURS:** Monday to Friday 9:00 a.m. — 4:00 p.m. Closed Saturdays

## FOR SALE

**1973 LINCOLN MARK IV** — Silver exterior, burgundy interior, loaded, good condition. \$2200. OBO. Must see. Phone 268-2707 evenings. 34-1xpd

**12' LUND** — Fishing boat with seats. \$600. Phone 345-6435 after 5:00 p.m. 34-2xpd

**YAMAHA FLUTE** — 3 years old. Asking \$125.00. Phone 345-8802. 34-1xpd

**BMX BIKES** — Two 2-year-old BMX bikes, very good condition, \$50.00 each. Phone 345-8018 after 6:00 p.m. 33-2xpd

**CONSTRUCTION EQUIPMENT** — D-8 Caterpillar with cable dozer and blade, ser. no. 8B8353, in good running condition. D-8 Caterpillar with farm implement, hydraulic hook-up, \$9,600.00 for both. W-9 gas tractor \$450.00. Phone evenings 268-2711, Beausejour. 33-2xpd

**HUMUS ELECTRIC TOILET** — Model H-5. Ideal cottage use for family of five, summer and winter. \$450.00. Phone 1-837-7726 or weekends. phone 345-6418. 34-1xpd

**MINI TRAIL BIKE** — Kawasaki M1-T 75CC-2 stroke. Needs some work. \$125. OBO. 1982 Honda XL808 trail street. Excellent condition. \$400. OBO. Phone 884-2509. 34-1xpd

**1975 CADILLAC ELDORADO** — 500 motor, loaded. Low mileage on new CV joints. Great condition. Asking \$3000. OBO. Phone 345-8870. 34-3xpd

**1976 MERCURY OUTBOARD** — 20 HP, long shaft. Excellent condition. Low hours. \$600. Phone 224-3522 or 345-2011. 34-1xpd

**BULL** — Three year old, 7/8 Charolais, polled. \$1200, 3-cows w/Jan. calves at foot. \$1000 each pair. Phone 367-8579. 34-1xpd

**REAL ESTATE** — Licenced restaurant volume 400M + business and equipment. Lease building or purchase all. Landry's For Real Estate, Inc. 474 Scott Street, Fort Frances, Ont., P9A 1H2. Phone (807)274-7738. 34-1xpd

# Review Classifieds

## FOR SALE

**WINDOWS & DOORS** — High quality for the best price in the country. Complete selection of prefinished or natural wood windows, steel doors or interior doors. Dual, triple or Lowe E and Argon filled windows for maximum R-value. For 15 years know-how call Rac collect 1-529-2183 or visit our showroom. Corner Window & Door, Cartwright, now called Duncalf & Co. Window & Door. pd.

**CCWII** — Needed to teach at English French nursery school starting September 5, 1989. Send resume to: Le Peni Soleil, St. Georges, Man. R0E 1X0 before May 31, 1989. 34-2x

**PRIMARY CARE PHYSICIANS REQUIRED** — The Morgentaler Clinic is expanding to include complete reproductive health care. Physicians required for Primary Care Services. Terms negotiable. Send enquiries to 883 Corston Avenue, Winnipeg R3M 0W7. pd.

**JOURNEYSMAN MECHANIC** — (M-F) required to work at an aggressive GM dealership in southwestern Manitoba. Automotive transmission experience preferred, wages negotiable with experience. Apply to Box 370, Virden, Manitoba, R0M 2E0. Attention: Darren or phone 748-3811. pd.

**SEED DRILL** — Small seed drill with grass seed attachment and hang up narrow set. Phone 753-2598 evenings. 34-1xpd

**DUCK BOAT** — 8' or 10' duck boat. Phone 345-2272. 33-2x

**SCRAPSTEEL** — Wanted! Scrap steel from your farm. Top prices paid. Call Industrial Metals, 550 Messier Street, Winnipeg, Phone 234-1908. pd.

**5 ACRES OR MORE** — With or without home. Cleared land preferred. Lac du Bonnet area. Phone 372-6021 or 372-6296. 34-1xpd

**BUILDING SUPPLY** — Responsible, hardworking sales and yard person. Location Northern Alberta. Send resume to: Frontier Lumber Ltd., Box 294, Spirit River, Alberta, T0H 3G0. 34-1xpd

**1932, 1933, 1934 FORDS** — Body shell or whole car any condition including rusted, bent or shot. I pay cash. Phone Walter (204)534-6640, 10:00 to 11:00 p.m. collect. pd.

**HIGHWAY DRIVERS** — Arnold Bros. Transport requires drivers for single and double team operations. Minimum 2 years experience with a clear abstract. Phone Cliff Jones at 1-800-665-8085. 34-1xpd

**MINIATURE GOLF COURSES** — D-8 Caterpillar with cable dozer and blade, ser. no. 8B8353, in good running condition. D-8 Caterpillar with farm implement, hydraulic hook-up, \$9,600.00 for both. W-9 gas tractor \$450.00. Phone evenings 268-2711, Beausejour. 33-2xpd

**FOR SALE OR RENT** — Mobile home — 2 BR, with porch, located on waterfront lot. Includes stove, fridge, an conditioner. Available March 1. Call 1-345-8608 or 345-2424. R-TFN 34-1xpd

**WANTED TO RENT** — Alfalfa fields — Established alfalfa fields. Also, clean a section for additional alfalfa. Multi year rental option desired. Provide particulars to Box 154, Pinawa. 32-3xpd

**LOST** — PUPPY — Tan colored large puppy, blue collar, rabies tag No. 186. If found or seen call Donna, 367-4578 or 367-2892. 34-1xpd

**TO GIVE AWAY** — FEMALE CATS — 2 unspayed female young cats. Phone 345-2605 after 4:00 p.m. 34-1xc

## HELP WANTED

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**SEMI-HELP** — Little Churchill Lodge, remote fly in fishing lodge, N.E. of Thompson, requires four summer help involving cabin help, waitress, laundry, cooks. From last week to May through August. Phone 1-425-5527 or write to Box 369-905, Corston Avenue, Winnipeg, R3M 3V3. 32-3xpd

**ATTENTION!** — Watkins Products are close at hand. Please phone Dianne Kruk, Brokenhead, 265-3331. 34-2xc

**GOLF CARS AND TRAILER** — New and used Columbia and Yamaha warrants. Complete sales and service. Spring specials on now! Call Curry Bros. Ltd., Manitoba, Manitoba. Phone 242-2646. pd.

**SOLID WOOD FURNITURE** — Eaver's Unpainted Furniture, 625 Wall Street, Winnipeg, has dressers, chairs, tables, bookcases, stools, desks all in stock. Ready for your color. 1-800-392-1385. pd.

**KNITTING MACHINES** — Bond knitting machines. Demonstration on Saturdays, May 6/89 at Rambov Crafts, 11 Park Avenue, 1 dB. Will be taking orders for delivery by Mother's Day. For more information phone 345-8445. 34-1x

**SMALL CHINESE ELM TREES** — 50 cents each, good for shade, shelter or hedges, delivery can be arranged, min. 50. Phone evenings 1-326-9361. pd.

**REAL ESTATE** — Free booklet. Concrete or wood for your basement? Before you decide get all the facts. Phone Foundation Focus, 1-800-663-7774. pd.

**ARTHRITIC PAIN?** — Aching back? Stiff joints? Sleeping hands? "Beulah Oil" helps!! Sold at Dan's Foods in Lac du Bonnet, Man. 21-40xpd.

**52 BILLION DOLLAR** — After-Market truck industry. Our roll-out cargo drawer is now the most durable and practical product since the canopy. Our first ad received an overwhelming response across Canada. No obligation other than to phone 1-800-663-4173 for package/info. pd.

**CUSTOM HOME-WATCH** — International Inc. selling protected franchises, most areas. New concept. \$1950 to \$3950 includes all supplies. Earn \$50/hr plus. Suite M.F.F. 821 McCartney Road, Kelowna, B.C., V1Z 1R9. Phone (604)769-4329. pd.

**Card of Thanks** — We would like to thank all those who came to support our grad wash. The entire profit of \$654 will be going towards our grad expenses. It was greatly appreciated by all. A special thanks to Old Dutch, Mark's Clarks, Power Falls, Autobody and Blackwood Beverage for your donation. The "89" Grad Class Powerview School

## MISCELLANEOUS

**SPRING CLEANING** — Will do your spring cleaning, raking, grass cutting, clean yards, etc. Phone Sat. or Sun. 367-8290 or Mon. Fri. after 6:00 p.m. Call collect 338-9987. 34-4xpd

**GRAIN DEALERS** — ??? More \$\$\$ for your grain? Join the progressive farmers already marketing their crops with Linear Agra Manitoba Limited. We handle all grades of cereals, oilseeds and specialty crops for up to date information on producers or dealer cans, deferred delivery contracts etc? Call Mike Walton or Jim Owen collect 1-204-745-6747. pd.

**PERSONAL** — For romantic relationships or marriage. Personal Encounters, Canada's most successful introductory service. We can introduce you to other singles of your choice. Phone 947-0705 Winnipeg. Daily 1:00 to 8:00 p.m. pd.

**FAST MONEY** — Collect big cheques at home. Success guaranteed. No direct selling. Very little effort. Write Selective Line Publishing, Box 1258, Roblin, Manitoba, R0L 1P0. pd.

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**CUSTOM HOME-WATCH** — International Inc. selling protected franchises, most areas. New concept. \$1950 to \$3950 includes all supplies. Earn \$50/hr plus. Suite M.F.F. 821 McCartney Road, Kelowna, B.C., V1Z 1R9. Phone (604)769-4329. pd.

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**WARREN BESEL** — Wills & Estates 345-8145

## MISCELLANEOUS

**J.J. RIVERSIDE MANUFACTURING LTD.** — Construction and agricultural equipment sales and service. 6524 Henderson Hwy., recommissioned farm tractors, 8N, 9N Ferguson, potato planters. Phone 1-757-9176. 34-1xpd

**GRAIN DEALERS** — ??? More \$\$\$ for your grain? Join the progressive farmers already marketing their crops with Linear Agra Manitoba Limited. We handle all grades of cereals, oilseeds and specialty crops for up to date information on producers or dealer cans, deferred delivery contracts etc? Call Mike Walton or Jim Owen collect 1-204-745-6747. pd.

**PERSONAL** — For romantic relationships or marriage. Personal Encounters, Canada's most successful introductory service. We can introduce you to other singles of your choice. Phone 947-0705 Winnipeg. Daily 1:00 to 8:00 p.m. pd.

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**KNITTING MACHINES** — Bond knitting machines. Demonstration on Saturdays, May 6/89 at Rambov Crafts, 11 Park Avenue, 1 dB. Will be taking orders for delivery by Mother's Day. For more information phone 345-8445. 34-1x

**SMALL CHINESE ELM TREES** — 50 cents each, good for shade, shelter or hedges, delivery can be arranged, min. 50. Phone evenings 1-326-9361. pd.

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**52 BILLION DOLLAR** — After-Market truck industry. Our roll-out cargo drawer is now the most durable and practical product since the canopy. Our first ad received an overwhelming response across Canada. No obligation other than

## FOCUS ON:

### Soluble, insoluble and combination of both

by Marilyn Zarecki  
Home Economist  
Beausejour, 268-1411

There are two kinds of fibre — soluble and insoluble. There are foods that contain one or the other and a third group that contains both.

**Soluble Fibre** — Soluble in water, these are gummy fibres found in pectins, gums, and mucilages — that is, in foods such as legumes (dried beans like kidney beans and lentils) and grains such as oats (especially oat bran) and rye.

When these foods are eaten, the soluble fibres swell and form a gel-like structure that traps nutrients like sugars and starch, which then take longer to be absorbed into the blood. This effect is beneficial for everyone, because blood sugar and, thereby, energy levels are stabilized, but it is particularly beneficial for diabetics.

Another benefit of soluble fibres is that they bind with bile salts. Bile salts come from cholesterol, so the higher the soluble fibre in the diet (especially from oat bran), the lower the cholesterol.

**Insoluble Fibres** — These consist mainly of a substance called cellulose and are insoluble in water. They include fibres such as wheat bran and other cereal fibres, which help promote regularity of the bowels by holding water in the stool. This makes the stool bulkier, enabling it to pass out of the body more easily. Because these fibres work in conjunction with

water, a person who increases the amount of these fibres in his or her diet must also drink more water, or constipation will be the unpleasant result.

**Soluble-Insoluble Combination** — Some foods contain a mixture of both types of fibre. Most notable of these are fruits and vegetables.

#### Tips on fibre

- Increase your fibre intake gradually, or you will have abdominal discomfort. In other words, if you eat eight bran muffins in one day, your bloated stomach is going to be a real pain!
- As with all changes in eating habits, begin gradually and adapt the changes to your taste in foods. Eating a whole slew of unfamiliar foods at once may result in a temporary change, but chances are you'll be back eating the same old foods in no time. So if you hate hot cereal but love the flavor of rye bread, you're well advised to get soluble fibre in your favorite sandwich instead of trying to force down some rib-hugging gritel at breakfast time!
- Eat fresh fruits and vegetables rather than their juices to enjoy all their fibre potential.
- Eat whole grain breads such as rye, whole wheat, bran, and oatmeal rather than white.
- Add nuts and seeds (in small amounts because of their high fat content) to salads and keep them handy along with dried fruit as healthy snacks.
- Use bran (either the oat or wheat variety) as a filler for hamburgers and meat loaf, a topping in casseroles, and for breadcrumbs when cooking.
- Try to eat fibres from both the soluble and insoluble groups throughout the day. For example, have oatmeal at breakfast, fruit as a morning snack, and a bran muffin in the afternoon.

## 4-H news

by Roberta Winnemuller  
4-H Program Assistant  
Manitoba Agriculture  
Beausejour, 268-1411

Busy, busy, busy is what our 4-H'ers are at this time of year. Lac du Bonnet 4-H Club held a very successful achievement night on April 19, at the Lac du Bonnet Curling rink. I commend the leaders on a job well done and also to the members. It is very gratifying to see such excellent project work. Brokenhead Busy Bunch 4-H Club will hold their achievement on Thursday, April 27, at the Brokenhead hall. Whitesmouth 4-H Combined Club achievement will be on May 5, at the curling club in Whitesmouth. Beausejour Brilliant 4-H Club achievement will be May 8, at the Brokenhead River Park. Winnipeg River 4-H club achievement will be May 10, in Power-view Curling Club. There will be three other club achievements later in the summer and early fall. Keep up the good work.

Some of our 4-H members participated in Regional Communications Day held Saturday, April 22, in Steinbach. Our senior demonstration team took second place and will now compete at the provincial level on May 6 in Winnipeg. The team consists of Jeanette Moir and Laura McDougald and their topic is *Handy Helpers*. Good luck girls!

In the public speaking junior section, Penny Byron of Lac du Bonnet 4-H Club placed second. Her topic was *Rules*. Congratulations to her. Carrie Brown of the Brokenhead Busy Bunch 4-H Club was a first place winner in the intermediate section and her topic was *In Defense*. Now Carrie will carry on to provincials, May 12 and 13 in Brandon. Good luck to you, Carrie!

In creative writing part of communications some of our members placed well. Congratulations to the following:

## Busy, busy, busy

### Short Story Fiction: Intermediate

3rd place winner, Kerry Malkoske, Whitesmouth Combined Club

Senior — 1st place winner, Lisa Winnemuller, Brokenhead Beef Club

2nd place winner, Bridget Hartwich, Whitesmouth Combined Club

3rd place winner, Lynda Malkoske, Whitesmouth Combined Club

Poetry Intermediate

2nd place winner, Anita Winnemuller, Brokenhead Beef Club

3rd place winner, Sherry-Ann Grycki, Brokenhead Beef Club

Senior 1st place winner, Jason Brown, Brokenhead Busy Bunch

The communications program appreciates the support of

our members in the program and hopes to for continued interest.

Our next big event will be our District Rally to be held June 3, 1989, in Beausejour. More news will be announced later.

Our next District Council meeting will be held on Thursday, May 4, at 7:30 p.m. in the Brokenhead Hall. Hope to see all the representatives from the clubs there.

### 4-H ACHIEVEMENT

by Cassandra Watson  
The Winnipeg River 4-H Club achievement day will be held on May 10, 1989 at the Powerview arena. Project viewing to commence at 7:00 p.m. and the program will begin at 7:30 p.m. Everyone is welcome. Admission is free. Refreshments will be served. Come out and help us celebrate our special day.



### Camera winner

Tammy Kins (right) of the South Interlake Credit Union presented March 31 show winner Gail Farmer with a Polaroid impulse camera, as part of a three month American Express promotional campaign conducted exclusively with Credit Union partners.

## MIXED SLO-PITCH TOURNAMENT

SAT. & SUN., JUNE 10 & 11

ENTRY FEE: \$100.00 per team  
6 men & 4 women / 3 games guaranteed  
First 16 paid entries accepted

SOCIAL: SAT., JUNE 10  
Pine Falls Arena, 9:00 p.m. - 1:00 a.m.

To enter, please phone  
Wayne Rudd 367-2686  
or Alan Smith 367-2795

Sponsored by Winnipeg River Lions Club

## COTTAGE RAFFLE

Three bedroom cottage shell and lot

(200 amp service, insulated floor, large deck, sunroom, 300 ft. from lake on beautiful Traverse Bay)

Second prize — \$1,000.00; Third prize — \$500.00  
Fourth prize — five draws of \$100.00 each

Only 1,200 tickets printed Tickets: \$50.00 each  
Draw date June 24, 1989 Lottery License 20413

Sponsored by the Seniors' Club of Victoria Beach/Traverse Bay Inc. Proceeds for seniors drop-in centre

Tickets available from most members.

Tickets will be available at a ticket table at Mr. Pic's  
FRIDAY, MAY 5 and SATURDAY, MAY 6

## Praznik excited about rural development concept

by Noreen Ostash  
M.A. Darren Praznik sees good things happening and hopes to be doing in the riding.

In town for the dedication of the Allan Johnson Lake on Friday, Praznik spoke with The Leader about several issues.

Praznik is excited about the rural development concept. It will mean looking at rural economic development, updating and refining the system so that the communities get more from the dollars being expended.

He prefers the loan concept being used in the Community Futures program rather than the present grant system. It is not fair to provide free grant money to assist an established business's competitor(s) in the marketplace. He would rather see new businesses getting the help they need to be successful

on their own.

The preliminary engineering report on the Winnipeg River bridge is just about ready for discussion, Praznik said. That will move the project one step closer to construction.

On school tax reform, Praznik said that the province has been held up by the physical demands of entering information into the MACS computer system. Now that the information is in, they can start to look at what happens to others when changes are made.

The one thing the government wants to avoid is drastic changes for those who are building intensive and have not been paying school or municipal taxes on those buildings. The buildings have all been assessed now so those comparisons can be done.

Praznik arranged for members of the provincial

Catholic Women's League to tour the Underground Research Lab. The executive had met with cabinet present resolutions coming out of their annual meeting. One of the resolutions dealt with their objection to the radioactive wastes being stored at URL.

The visit reassured the women that there is no place for the wastes to be stored and that stories that they are down there are false.

There is always a lot more to be done, Praznik said, but he is pleased at the money and jobs that have come into the constituency. The ski resort at Stead, the expansion of the woodroom at Abitibi, the opening of Western Beef at Beausejour with its requirement for local grown beef, and the new United Grain Growers elevator are all examples of private investment in the community.

The time for grants is in community endeavours, like sports complexes, the upgrading of the town deck, museums, and libraries, Praznik said. These are the groups which need the capital funding. He is hoping that viable projects will come forward and qualify for Western Diversification money.

## Minister says gov. committed to rural growth

by Noreen Ostash

The excitement over his appointment to Minister of Rural Development has the Hon. Jack Penner's eyes dancing.

The restructured department will pull together a functional unit which will help rural Manitoba grow, Penner said. The portfolio now includes conservation districts, water resources, and regional development, as well as municipal affairs.

Penner said the potential is exciting and it ties in with the work he was doing with the Keystone Agricultural Producers before he was elected. Hesitant to comment on issues outside his department, the former Minister of Natural Resources said that more Natural Resources personnel would be coming to Lac du Bonnet.

Penner said he was pleased with the local initiatives regarding snowmobile trails and their maintenance, but he would rather the matter be pursued with the new minister.

In Lac du Bonnet for the dedication of the Allan Johnson Lake, Penner said that rural development will depend on co-operation between agriculture, industry, and resource based industries like forest products and mining.

Palliser Furniture is very involved in this area, working with small pulp cutting operators to ensure that they have a consistent wood supply for their expanded operations, he said.

The provincial government is committed to seeing rural Manitoba grow, Penner said.

## Hort-Line now open

Horticultural advice for home gardeners is just a phone call away thanks to Manitoba Agriculture's Hort-Line.

Dr. Gary Platford, the department's plant pathologist, says the phone line will open May 1 to answer questions on vegetables or flower gardens, trees, shrubs and lawns.

The Hort-Line number in Winnipeg is 945-3827. Platford said it will be open weekdays from 8:30 a.m. to 4:30 p.m., with an answering machine available to take messages during the noon-hour and off-hours.

Last year, the Hort-Line received over 1900 calls, said Platford. Nearly 40 percent of those calls were regarding tree and shrub care.

The Hort-Line is operated out of the Plant Pathology Laboratory in the Agricultural Services Building, 545 University Crescent on the University of Manitoba campus.

Platford said the public can also make arrangements through the Hort-Line to bring in samples for further analysis.

Both Stephen and Jonathan

## Cooper boys will host judo demonstration

by Marlene Watson

The Selkirk and Pine Falls judo club will be hosting a judo demonstration and mini tournament at the Pine Falls gymnasium on Saturday, May 6.

The 11:00 a.m. till 2:30 p.m. exercise will include demonstrations of judo throws, holds, arm locks, and chokes by top blue, brown and black belts from both the Pine Falls and Selkirk judo clubs.

Stephen, Jonathan, and Charlton Cooper will be part of the demonstration and tournament and they encourage community residents to attend. Coffee and doughnuts will be served and there will be minimal door charge.

Jonathan Cooper has brought home two gold and one silver medal from competitions he has attended in Calgary, Portage and the University of Manitoba over the past month.

Stephen Cooper fought to a silver finish at Calgary, but was unable to partake in the Portage and U of M tournaments because of exams.

Charlton received three silver medals for his participation in the Portage, U of M tournament, and most recently a competition in Dryden.

Other Pine Falls Judo Club members who attended Portage and U of M were Chris Schmidt (bronze and silver medal respectively), Chris Dawson, Darren Lemire and Sean Guimond.

The upcoming Saturday tournament will feature fights in every belt and age category of all the members of the Pine Falls Club versus a sizeable membership from Selkirk.

Stephen and Jonathan will begin training for Edmonton nationals

Both Stephen and Jonathan

will begin extensive training in preparation for a national judo competition to be held in Edmonton on July 9. They will be travelling with the Manitoba team under the guidance of May Oye.

The national competition is the toughest and highest calibre tournament of its kind in the country with participation from Prince Edward Island and other provinces that don't usually attend competitions held throughout the year in the west.

Training for the Cooper boys will include two hard working sessions per week in Winnipeg, two sessions per week in Selkirk, and one session per week in Pine Falls. The boys will also be expected to run 10 miles per week, follow a special diet and do weight training.

If either of the boys places first, second or third at the nationals, they will be considered for the Canadian team. The national competition also awards prize money with \$2,000 for first place, \$1,500 for second, and money awarded down the line to an eighth place finish.

The International Judo Federation national competition is for participants from the age of 16-20 and is a prelude to the senior Olympic competition.

Both Cooper boys are anxious for the Edmonton tournament, and Jonathan has strategy outlined to defeat the one person from Vancouver who beat him from the gold at the Calgary competition held in February 1989. "He likes to fight low so I have to work at an attack at the feet."

For now, residents can see both boys in action at the local level by attending the Saturday judo demonstration and tournament on May 6 from 11:00 a.m. to 2:30 p.m.

## CASEY'S NEW BAR

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### COUNTRY MUSIC NIGHT

Every Wednesday

Prizes for all Western attire ★ Spot Dances  
Best Dressed Couples ★ Come and join the fun

Music by Diane Richter



## MIXED SLOW PITCH TOURNAMENT and RUPERT PARK FUNDRAISING SOCIAL

Presented by the Powerview Fire and Pine Falls Cardinals

### BALL

Begins Sunday, May 21 and Monday, May 22

\$150.00 entry fee (10 social tickets included)

\$1,200.00 prize money

First 16 teams paid

Contact: Denton (367-8647) or Suzie (367-2836)

### SOCIAL

Sunday, May 21 at Pine Falls Arena

8:00 p.m. to 1:00 a.m.

Tickets available from any Powerview Fire or Pine Falls Cardinal \$7.00 each

## No frills for TM-ER

*It's a fight for survival after feds renege promised funds*

by Noreen Ostash

It is a no frills time for Tourism Manitoba — Eastern Region as it tries to adjust to the announcement that federal grants for 1988 and 1989 are definitely not forthcoming.

Survival means cutting office hours to three days a week with the coordinator taking on the annual membership drive and cutting all the frills from the programs that will still be offered.

"We are not impressed at being left holding the bag. I resent being caught in the middle and short changed," said TM-ER board chairman Dave Studham.

Studham was responding to the news that the federal government would not be paying the grants through the federal-provincial tourism agreement.

Studham said that TM-ER, like the other tourism regions, had submitted their budgets for approval in early 1988 and 1989. Because they never heard back from anyone regarding the 1988 budget, they went ahead with their plans to publish the 1989 Fun Country.

At no time has there been feedback to the regions telling them in what way they do not meet the criteria. No one has known what was going on. Everyone agrees the original agreement was poorly worded.

There were problems with the interpretation of what constituted out of province marketing. The provincial market for Eastern Region is Winnipeg, so the association was writing off part of its Fun Country publication which is distributed both out of province and into the United States.

Studham said he had expected that the local member of

parliament would be working for them, but the silence suggests that that is not the case. Studham says he does not think the federal government does not seem to understand the ramifications of yanking out the grant money when commitments have been made. Other regions have had to close their offices and lay off staff.

Eastern Region has been able to hang on by making reductions to the office hours to Monday through Wednesday and paring the workload the essential.

Studham said that Travel Manitoba has been most sympathetic and cooperative. The early provision of provincial funds is what has allowed the office to survive.

Coordinator Elinore Burkowski says that her summer programming includes delivering the hospitality training package the province has put together to members who

### Golfer Goofs

A husband and wife were playing golf together. At the 8th hole the wife paused and asked her husband, "If I died, would you get married again?"

"Honey, that's a hard question to answer," the husband replied.

"Would you marry a golfer?" she asked.

"I don't know," he fidgeted.

Coming down the 9th fairway, she asked, "Would you let her use my golf clubs?"

"Of course not," was the spluttered reply. "She's lefthanded!"

want training for themselves and their staff.

A full time student position has been granted for the summer and Burkowski hopes to have the employee do some community research before the hospitality package is delivered. The information gathered would be turned over to members after it was compiled.

Burkowski is working on the membership drive and will be attending trade shows, festivals and events where the board feels the presence of the TM-ER booth is important.

"We'll be okay if we can get through the summer," Burkowski said. "There will have to be other cost cutting measures, but we should be able to make it."



### Fires to extinguish

Orville Nault (left) presented Bill Snell with a homemade fire extinguisher saying, "You are going to miss putting out fires but we know you will have a few fires to put out in the mill!"

## Winnipeg River WI news

Tuesday, April 18, 1989, the W.R.W.I. held their monthly meeting at Library Allard.

Following the meeting at 8:00 p.m., our program was *Recycling*. Guest speaker: Lance Morrison from Manitoba Soft Drink Recycling Inc.

Recycling plastic soft drink bottles and aluminum cans may not put a very big dent in the amount of garbage. We, the consumer, pay to get rid of, but it makes "cents" in more ways than one.

Plastic soft drink bottles are returned to a petroleum state and made into other plastic

articles.

Aluminum cans are melted down, formed into a sheet for manufacturing drink cans again. The can of pop you're drinking could have been recycled fifty times.

Manitoba Soft Drink Recycling Inc. pays you for your plastic soft drink bottles and aluminum cans by the pound. You, your local club or organization can raise money for a project by collecting these containers. This also helps to conserve our raw materials, energy, and at the same time keep our recreation areas and

roadways free of litter. It will also lessen the amount of garbage hauled to our land fill sites and/or burning of the same.

Free brochures are available at Library Allard or from Manitoba Soft Drink Recycling Inc. Toll free 1-800-982-7554.

Our next meeting is May 16, 1989, 7:00 p.m., Library Allard, program 8:00 p.m. *Funeral Planning*. Guest speaker: Marlene Sobering from Sobering Funeral Chapel, Beauséjour. Everyone welcome to attend. For more information call Edith 367-8538. *For Home and Country.*

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