

The REVIEW

PINE FALLS, MANITOBA

50¢

VOLUME NO. 4 ISSUE NO. 38

WEDNESDAY, JUNE 7, 1989

Sunnywood Manor Personal Care Home project underway

The Manitoba Health Services Commission has given approval to award the contract for the construction of a 20 bed personal care home addition and the renovation of the Medical Clinic Entrance at the Pine Falls Health Complex.

The contractor for the project is Red Lake Construction Co. Ltd. of Winnipeg, whose tender of \$1,267,000.00 was the lowest of several bids. Total capital costs for the project, including equipment, consultant's fees, provision for contingency and interim financing, are estimated to be \$1,631,000.00. The project is expected to start

in June, and take an estimated 32 weeks to completion.

Of this amount, the owner-sponsored space costs will be \$173,576.00, which will have to be paid out of the Personal Care Home Donation Fund.

Additionally, the owner will be required to provide \$55-60,000.00 working capital prior to opening, as well as furnishing the solarium and supplying any other amenity which may be desired (i.e. donor board, lounge television, organ or piano, etc.). The care home donation fund to May 31, 1989 amounted to \$234,336.17.

PAA-PFRA reach decision on Arena membership dues

by Marlene Watson

After three meetings, the Pine Falls Recreation Association and the Powerview Athletic Association reached an equitable decision regarding arena membership fees.

For the upcoming 1989-90 winter season, all families with children using both arenas will have membership fees split equally between the PAA and the PFRA.

PFRA collects \$132.00 per year from employees of Abitibi-Price using the payroll deduc-

tion system. Of this total, \$66.00 is used for the pool operation.

The PFRA has agreed to forward half of the arena membership fees (\$33.00) to the PAA for all Abitibi employees with children in the Pineview Minor Hockey League, the Pineview Ringette Association, and the Dancing Blades Figure Skating Club. In turn, the PAA will secure their membership fees at children's registration nights and forward half of the \$66.00 fee. See PAA-PFRA / page 8

Young boy plays with bear cubs

BY Marlene Watson

Pine Falls conservation officer Barry Zachedniak was quite alarmed when a resident phoned in a report about a five year old boy playing with two bear cubs.

The incident occurred Sunday afternoon (May 28) on number seven tee off the Pine Falls golf course. The young boy did not realize the danger he was in, as Zachedniak said if the mother bear had been close by she would have attacked.

"A mother bear will do anything and everything to pro-

tect her young," said Zachedniak, who stated that Natural Resources would not set a bear trap at the golf course because if a cub was caught inside, we could never get near the trap if the mother was near. "We'd have to shoot the sow to get close to the cage."

Zachedniak's advice to residents is, "Let the bears alone, and don't ever get between a mother and her cubs. A mother bear will fight to the death to save her young, even if it means challenging a male bear."



Phil Jeans carried the Special Olympic torch and Don Chenel run alongside him through Powerview as Dennis Strongquill (left)

Torch run nets \$1,200

Cst. Pierre Blais, co-organizer of the Law Enforcement Torch Run in Pine Falls, reported approximately \$1,200.00 in pledges were brought in locally, with final figures not yet totalled.

Eight RCMP runners started the relay that began in front of the Manitou Lodge in Pine Falls at 1:00 p.m. on June 1. Powerview detachment had five runners, Phil Jeans, Dennis Strongquill, Larry Munro, Ken

Parker and Pierre Blais. Two runners from Grand Marais detachment, Don Chenel and Andre Desveaux, and Winnipeg Airport RCMP Crpl. Al Pilon, rounded out the remaining participants.

The relay travelled through Pine Falls, Powerview and St. Georges, announced by an RCMP cruiser with sirens blaring and lights flashing and driven by Cst. Mark Fox. Michele Alexiuk, a public servant out of Winnipeg RCMP headquarters, drove the van which transported the runners to Lac du Bonnet, where the group was joined by two Lac du Bonnet RCMP officers and one conservation officer for the run through Lac du Bonnet.

The larger group then drove to Beausejour (joined by three more constables) for the run through that community, then were driven to Tyndall and Garson for the leg race there. Transportation was then pro-

vided to the community of East St. Paul, where two community police officers ran with the group through that community.

Following the run through East St. Paul, all participants were driven to Winnipeg where the torch was turned over to Winnipeg City Police. While some of the runners ran alongside the city police, others motored to the University of Manitoba to participate in the run of the last two kilometers.

Six hundred and fifty-eight officers ran the final two kilometer leg and provided the spectacular entrance into the University of Manitoba gymnasium, the site of the Manitoba Special Olympics and official opening ceremonies.

The runners were greeted by athletes, special guests, and parents, and stayed long enough to enjoy refreshments and food, before returning home after the conclusion of the opening ceremonies.

"That young boy was lucky this time, because if the mother bear had seen him, she would have charged him for sure."

The incident marks the first bear report of the season for the Pine Falls Natural Resources office. Upon investigation, Zachedniak learned another larger bear had been spotted at the golf course a few weeks ago.

"The bears won't be moving too far because the cubs are so young," he said.

The message is clear, beware of bears.

Red Lake link will take time and money

by Noreen Ostash

Determination to get a road connecting Red Lake, Ontario, and Lac du Bonnet continues to grow as members of both communities get together to lobby for the necessary dollars.

M.L.A. Darren Praznik, Reeve Leo Drabys and Deputy Reeve Eugene Obirek met with representatives from the communities of Red Lake, Balmertown, and Cochenour, MP Bob Nault and MPP Frank Mielsch at a meeting held in Balmertown on Saturday afternoon.

A feasibility and cost study done in 1986 was based on a second grade highway with all new construction through to Werner Lake. The estimated \$60 million cost kept the road from being given any serious consideration.

Sixty percent of Ontario's \$2 billion highways budget is being spent in the Toronto area, so the rest of the province is making do with upgrading and repair work.

While there are some like committee co-chairman Hans Schaedel who believe the community rates a second grade road which would be able to handle the ambulance trips into Winnipeg and the recreation vehicles coming into Red Lake, most of those present would like to see a trail connecting the existing bush roads as an interim measure. Once the connection is made, they believe work on the upgrading will soon follow.

Frank Mielsch agreed to get the location of existing roads and the estimated cost of making a connection, using the roads that have been built by pulp and timber operators. He will then see about accessing funds for some of the preliminary studies.

At the last joint meeting held in Kenora in October, 1988, government bureaucrats indicated that the road would take several years to make the priority list and then another several years to make its way to the top.

The politicians said it would take time, but encouraged the group to keep lobbying. The Ontario residents want a second road out of the community in the event of an emergency such as the forest fire which trapped thousands of people in the communities when it cut off road access. Businesses want a shorter route for access to emergency medical service and family visiting.

The road would provide access to the proposed Woodland Wilderness Park, cottage development at Werner Lake and new tourist facilities along the way.

development at Werner Lake and new tourist facilities along the way.

Praznik said that the road would provide a closer link between Tanco Mines and those in Red Lake in the event of a mine disaster. These linkages would be even more important if Falconbridge decides to go ahead and develop the chromite deposits in eastern Manitoba. Chromite deposits in the area are the largest in the free world outside South Africa. Security of supply may make the development of these rather low grade deposits worthwhile.

When asked what Manitoba will be investing, Praznik said that the results of the engineering study done on the Winnipeg River bridge have not yet come in, but preliminary estimates are somewhere between five and six million dollars.

Bob Nault, MP for Kenora-Dryden, said that while the issue is a provincial jurisdiction, he supports the concept and is willing to discuss any federal interests with Manitoba M.P.s, the Hon. Jake Epp and David Bjornson.

Nault said that Ontario Hydro is planning a couple of projects in Northern Ontario that might tie in. He doubted that the road would be advantageous as a connecting link between the Underground Research Laboratory and Whiteshell Research and the site of Ontario Hydro's radioactive waste disposal site which will be located considerably east of the Red Lake area.

Since the October meeting, the Ontario representatives have gone to Northern Ontario Municipal Association to get support for the proposed road.

Bill Blower, councillor for the township of Red Lake, said that they sold the idea as a road in. He, like many of the others, sees the route as the beginning of a circle tour that would attract the mobile market.

Nault said they did not want any surprises from the Manitoba side. He wanted some assurance that the cottagers, tourist camp operators, developers, Parks and Environment Branch would not object to the increased traffic through Nopiming Park.

Obirek has agreed to co-chair the committee with Schaedel, now that Drabys is leaving. Drabys said he sees the road as a benefit to both provinces and would like to see the committee continue meeting. The next meeting is scheduled for Lac du Bonnet in October.

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Marion Mitchell appointed to Sport Advisory Board

Pine Falls sports organizer Marion Mitchell has been appointed to the Sport Policy Advisory Committee for Manitoba, minister responsible for Sport, the Honourable Jim Ernst, and Lac du Bonnet M.L.A. Darren Praznik recently announced.

"Marion is well-known in the sports community throughout the province and brings much experience to the committee," said Praznik.

He noted that Mitchell was

the inspiration and part of the driving force behind the committee for the Beausejour-Pinawa 1988 Manitoba Summer Games.

The advisory committee, which was recently announced by the minister, will be responsible for guiding the development of a provincial sport policy and will address the role and responsibility of government in sport.

The ten-member committee is chaired by Don Mackenzie of Winnipeg.

W.I. news

Our May meeting proved to be another interesting evening, well attended eleven members and one guest.

Diane Bradbury, our delegate for the provincial convention gave her report of the convention. A very informative three days that she recommends everyone attend.

The program for the evening was funeral planning, presented by Marlene Sobering. As she expressed, funerals are for the living, not only the ones who have left us. She reassured us that now is a beneficial time to inform ourselves about a fact of life just as important as all the

births, baptisms, confirmations, weddings, etc.

Plans for our outing, June 20, 1989, a pool side gathering at the home of Sharon Ogg's. We are all looking forward to it and hope the weather cooperates.

The Winnipeg River Women's Institute does not meet in July or August.

Our fall schedule: September 19, 1989 — organ donations: October 17, 1989 — United Nations: November 21, 1989 — annual meeting.

Looking forward to seeing you then! For more information call Edith 367-8538.



Lucky bicycle draw winner

Lucky draw winner, eight year old Richard Adams is the proud recipient of a new bicycle donated by The Bay Northern Stores, after he participated in the Bicycle Rodeo hosted in Powerview and sponsored by the RCMP and the Kawawiyak Friendship Centre. Powerview RCMP staff Sergeant Don Murphy (left) noted the one hour rodeo had 30 participants who each received a certificate, a badge, and growth chart as provided by the RCMP. Cst. Brian Jack provided the instruction for the children who were

asked to travel with their bikes through six separate paths covering such informational areas as yield, stop, circle 8, pilot course, and left hand turn depots. Secretary Donna Davis (centre) said the Kawawiyak Friendship Centre secured the volunteer manpower for each station, namely, herself, Andrea Bruneau, Mandi Dankowski, Letha Fraser, Kim Anderson, and Matt Chevrefils. The Bay Manager Art Pargeter (right) presented the bicycle to the new owner, Richard Adams.

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Warren speaks . . .

Forced retirement a laughable game

The pompous Supreme Court of Canada, which has been proving its lack of law courage for the past couple years over the issue of language rights, has now been given the job of deciding whether legislation dictating mandatory retirement is legal.

Mind you, there is a direct conflict of interest in the court's decision here because the Chief Justice Brian Dickson turned 73 late in May — so where does that leave him when it comes to bringing down a verdict?

I'm damned if some bunch of academics in white-and-red robes in Ottawa is going to tell me when to quit...and I suspect that (outside of government officials and the usual line-up of bureaucratic Yes-Boys) that most people on the Canadian prairies agree with me. Are they going to tell my 89-year-old mother-in-law in Wauchope, Sask., that she has to stop growing her own vegetables? Are they going to suggest that the family doctor who has done the rounds in many a small Manitoba community should pack it in because the grand voice in Ottawa has spoken?

More to the point, are they going to rule that every Western Canadian farmer over the age of 65 has to retire? If so, pray tell, perhaps they will tell that self-same farmer on what pot-at-the-end-of-the-rainbow he is supposed to live out the next 30 years of his life.

It is a question that has to be answered, but not by the Supreme Court. It is a social question, not a legal question.

The Winnipeg River Review

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SUBSCRIPTION \$15.00 per year
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\$16.00 all other areas
\$35.00 per year, foreign subscriptions



Postage paid in Pine Falls.
An independent weekly newspaper, printed and published Wednesdays
except when the newspaper is closed for the day.
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EDITOR'S COMMENT

The Tories play it safe

When it comes to budgets, revenues and expenditures, it appears that governments, and finance ministers in particular, think differently than do business people.

Clayton Manness' Tory budget tabled yesterday appears to have made not only the Tories look good, but the Liberals and NDP seem happy, too!

At a time when it would have been relatively easy to leave personal income taxes as they were, and use this revenue to reduce the provincial deficit, the Tories chose to play it safe and reduce personal income tax.

A government's philosophy must be that of deficit spending is okay but you're a real winner and a financial genius if your deficit is less than last time round.

Last year the provincial Tories took Manitoba taxpayers another \$152 million into the red. This year we'll only sink another \$65 million.

From this vantage point it may be the lowest deficit in a decade, but we're still sinking further in debt, aren't we?

How much longer can our governments, at the national and provincial levels, keep digging us further in debt?

What right have we to burden future generations with a massive debt over their heads, right from the time of their birth?

At this early stage the budget appears to be a fair and reasonable one. Our only criticism would be that Finance Minister Manness should have budgeted for a zero deficit.

It's a budget that the Liberals and NDP can't argue against and it's a budget that could put the Tories in a favorable light in the eyes of the voters.

Is there going to be a fall election?

R.P.

POLICE REPORT

Neighbors watched as two men stole a bicycle in Pine Falls at 9:00 a.m. on May 31, and immediately reported the incident to the Powerview RCMP.

Police located two Winnipeg men at Fort Alexander who were responsible for the theft and discovered they had already sold the bicycle for \$25.00, but the bicycle was recovered.

These same two men were driving a vehicle which had been reported stolen in Winnipeg at 4:00 a.m. that same morning. Both the 22 year old men had been charged by the Winnipeg Police Department for robbery, after holding up the owner of the stolen car and choking him and threatening him with a screwdriver to get the car away from him.

Both men were charged with theft of a bicycle and possession of stolen property. In addition, the driver was charged with refusing a breathalyzer and driving while suspended.

The two men also reportedly tried to sell a small quantity of drugs at the Pine Falls school.

Chief Justice Dickson (a Manitoban, I remind you) says this decision will be the most important ever taken by the Supreme Court of Canada over the past 10 years.

We should all tell Chief Justice Dickson that the Supreme Court of Canada has no right making such a decision. If a Canadian wants to work past the age of 65, he or she has every right so to do.

Tell me, who set the artificial number of 65 years of age? Early-retirement packages and all the rest of it are full well and good, but for those of us who want (or have) to work past the pensionable age, then we have the individual right as Canadians to do so.

Or don't you think so?

NEIGHBORLY NEWS

by Fred McGuinness



'Thump!'

When I hear the sound of a bird hitting a window, I don't even look up from my oatmeal. I just call out to the Queen of Cuisine that the juncos are back.

We can read the seasons by arrivals, and in a very few instances, by departures. That cheery, up-beat, here-I-am tone of the birds when they arrive in April and May far outshadows the manner in which they ooze away come autumn. Then, if someone asks if you've seen a robin or a kingbird lately, or heard the thrasher, you soon conclude that your summertime friends have suddenly remembered a pressing need to vamoose in advance of the heavy weather.

Once we've logged in the first horned lark in February, and the first bluebird and crow around St. Patrick's Day, then there's a brief lull before the homestead rings with the sounds of summer.

In a standard year (as my year standard?) in April we will welcome the following visitors: ducks, meadowlarks, killdeer, robins, and mourning doves. Not can I overlook the northern several times per day, and whose average arrival date is the first day of the month.

Our particular interest is in birds that will stop at our place, preferably to nest. We'll always look up at geese overhead, but they don't visit. Ducks do however, and we always have at least one mallard hen who takes up dryland housekeeping for reasons too mysterious for mere humans to comprehend.

The real songbirds don't want to hang around waiting for the foliage to appear, so they stay in warmer climes until there is sufficient leaf growth to hide their nests. Once those buds begin to pop, the tree-nesters arrive in a rush.

We have three favorites: robin, kingbird, and brown thrasher. In their way, each is highly distinctive.

Robins are bold and chummy. They want to be near humans. When the first settlers arrived on the prairies, there wasn't a robin to be seen, for they didn't favor those legendary seas of grass. Instead, they waited for the homesteaders to build their homes and barns, and plant their trees. Once this was done, humans and robins have been together ever since.

As much as we like this species we must admit that it has some goofy members. A year ago we tried without success to get one of them to stop attacking its reflection in a lower-level window. A farm friend of mine occasionally had to put sacks over the rear-view mirrors on his pick-up for the same reason. A couple of seasons ago one robin at our

The Winnipeg River Review

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Community saddened over loss of Lawrence Berthelette

by Marlene Watson

A massive heart attack claimed the life of Lawrence Berthelette suddenly on Sunday, June 4, afternoon, and he will be sorely missed by many community residents.

A reformed alcoholic for the past 28 years, Berthelette was living testimony to his cause, the fight against alcoholism. He never turned a deaf ear to anyone who needed him, always available for counselling and support.

Sagkeeng Alcure councillor Steve Courchene spoke of Berthelette as a dedicated A.A. member, offering his volunteer time as a speaker at the Rehab for many years.

The centre hired him as a counsellor in July of last year, but health problems forced him to retire. "He always kept in contact with the people he had worked with. One of his last

tasks was supervision of the A.A. Roundup held in October 1988 at the Great Falls Community Hall," said Courchene, who added Berthelette also lent himself as a counsellor to the staff at the centre.

Another counsellor at the Rehab Centre, Annette Siegel, had these words to say about Lawrence Berthelette. "He was a very kind and considerate person, always putting other people before himself, and always there when you needed a helping hand. He counselled the staff as well as the clients, and was a good listener, really making you feel at ease.

"Clients really enjoyed him, because he was very sincere with his work. He was always smiling, always bringing joy to people, even when they were down, he would take the time to bring them out of their shell. Berthelette was also known

for his love of music, voyageur style, and dressed the part many times to travel with friends to the Festival du Voyageur in Winnipeg, as well as performing costumed dance and song ensembles alongside friend Fleurette Vincent for the school children.

People will always remember the familiar *Kenny Rogers* face of whitened beard and hair, as he made daily jaunts throughout the communities on his bicycle. He greeted all with a smile and a wave, and journeyed far and wide to oversee the many members he brought into the A.A. fold.

The community echoes Annette Siegel's words. "If we had more considerate persons like him we'd have a better society. We'll sure miss him." Funeral services were held at the Notre Dame du Laus church in Powerview on Tuesday, June 6 at 2:00 p.m.



Church Directory

ST. THERESA'S PARISH
Pine Falls
Sunday
10:00 a.m. — Mass
4:30 p.m. — Mass

PINE FALLS UNITED CHURCH
Reverend Pat Hall
Sunday — 11:00 a.m.

PAROISSE NOUVEAU-NOME DU LAUS PARISH
Powerview
Sunday
8:00 a.m. — our Mass (French)
10:00 a.m. — our Mass (English)
10:00 a.m. — Sunday School in Hall

Over 30 children enjoy barbeque windup

The village green in Pine Falls provided the setting for the Petit Soleil Mini School wind up party. The over 30 children enjoyed barbequed hot dogs and juice after playing vigorously for one hour on the play structure. Certificates were given to each child and thank you gifts were presented to teachers, Huquette Nolin and Carolyn Boisjoly. The party also included a visit from Ernie of Sessame Street who handed out windmills on a stick.

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THE BOOK OF RUTH

The Book of Ruth is generally considered as an appendix to that of Judges and as an introduction to that of Samuel; it is therefore, with great propriety, placed between the books of Judges and Samuel. In the ancient Jewish canon of the Old Testament Judges and Ruth formed one book, because the transactions which it contained happened in the time of the Judges. The book derives its name from Ruth the Moabitess, whose history it relates, and whom the Chaldee paraphrast supposes to have been the daughter of Eglon, king of Moab. This conjecture, however, is wholly unsupported by scripture, not is it at all likely that a king's daughter would abandon her native country to seek bread in another land, and marry a stranger.

Like the Book of Judges, Ruth has been ascribed to Hezekiah and also to Ezra, but the most probable and, indeed, generally received opinion is that of the Jews, who state it to have been written by the prophet Samuel. From the genealogy recorded in ch. iv. 17-22, it is evident that this history could not have been reduced into its present form before the time of Samuel.

The scope of this book is partly to show the genealogy of King David through the line of Ruth, a heathen proselyte to the Jewish religion, and the wife of Boaz, whose adoption into the line of Christ has generally been considered as a pre-annunciation of the admission of the Gentiles into the Christian Church. It had been forbidden to the Jews that the Messiah should be of the tribe of Judah, and it was afterward further revealed that he should be of the family of David, and therefore it was necessary, for the full understanding of these prophecies, that the history of the family in that tribe should be written before these prophecies were revealed, in order to prevent the least suspicion of fraud or design. And thus this book, these prophecies and their accomplishment serve to illustrate each other. A further design of this book is to evidence the care from a state of the deepest adversity to one of the highest prosperity.

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CALENDAR OF EVENTS

- Le Petit Soleil** — Parents' meeting is every third Monday, 7:30 p.m., Le Petit Soleil, St. Georges Community Centre.
- Allard 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.
- Club Readings - Nuts** — 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 to 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 Allard, 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.
- AP 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.
- 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.
- Winnipeg River 4-11 Club monthly meetings** — Every first Monday of the month, 7:00 p.m., Powerview School.
- 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.
- 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.
- Local Chapter of T.O.P.E.U.** — (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.
- Surprise A.A. 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, Dave 367-2792, Debbie 367-2418.
- Adult Day Care** — Meeting every first Tuesday of every month, 8:00 p.m., at the Pine Falls Hospital board room.
- At-Home meetings** — Monday, 10:00 a.m. in AA club room, Powerview Arena.

SPRING IS FOR GARDENING

Landscaping — Investment in your future

by Gerry Oliver

Canadian Garden Council
Many homeowners are unaware that proper, attractive landscaping of their home, is an investment in real financial terms.

Studies in both Canada and the United States have shown that homeowners can increase the return on their homes, by up to 14 percent — a substantial amount of money, in today's house market.

A well-landscaped home offers immediate curb-appeal, which should also allow quick sale of the house — another advantage with real dollar value.

While home value is a consideration with landscaping, a second real value is the emotional effect a well-landscaped yard will have on the owners.

There is great pride and a sense of achievement for the homeowner when successfully surrounded with the beauty of nature.

Research has shown, that

humans respond to green and colour around them in a positive manner. Patients in hospitals stay less time, when able to see or relate to green. Most people become restful and more relaxed when surrounded by nature.

Each year more people are taking up gardening. Whether on a large scale or something very small, there is a sense of pride in seeing plants grow and either flower or fruit. More people spend time landscaping their homes now, than renovating other areas of the home, according to studies.

Much of this time is spent developing a warm, welcoming front yard. People want their guests to feel comfortable from the moment they step on the property.

Much time and money is now available for relaxing and entertaining. Areas of the home which service these needs, take precedence over others. Yards are becoming one of these important areas, and the trend toward landscaping by homeowners follows along with the commitment seen in other areas of the home.

Whether homeowners want a daily hands-on commitment, or one that is basically care-free

A blueprint for rural development will soon be in Premier Filmon's hands

A blueprint for rural development, prepared by rural residents, will soon be in the hands of Premier Filmon and his cabinet. This material is now being prepared by a committee organized by the Manitoba Community Newspapers Association (MCNA).

This announcement was made in Portage la Prairie by Ian MacKenzie, retired publisher of the *Portage Graphic*, and chairman of the MCNA committee which conducted the seminar. A New Agenda for Rural Manitoba. On March 16 close to 300 rural residents gathered at Neepawa for a full day of talks and discussions on various aspects of the rural economy and the attendant social problems. The seminar was jointly sponsored by MCNA and the Government of Manitoba.

In this announcement, MacKenzie stated that while MCNA was pleased with every aspect of the seminar it was felt necessary to widen the involvement of rural associations in the interpretation of the findings. For this purpose a broadly-based committee of rural

residents was established, and now is studying copies of the Neepawa proceedings, and the tabulated responses to a questionnaire distributed to those who attended the seminar.

Our function, as editors and publishers, was to begin a process of examining rural issues, and encourage public involvement in the search for solutions. That was phase one. Phase two arises from a request made by the premier. Premier Filmon has asked us to reduce a great deal of material to petition form, and for this purpose we recruited leading representatives of rural society. We hope they will be able to make their presentation to the premier late in June.

Members of the committee include: Joyce Johnson, Rivers, president-elect of the Women's Institute; Lindsay Johnson, Ashern, senior director, Interlake 4-11 Council; Ian MacKenzie, Portage la Prairie, MCNA; Harry Mardon, Winnipeg, past-president Manitoba Chamber of Commerce; Manson Moir, Tilston, president, Union of Manitoba Municipalities; John Moss, Gimli, superintendent, Evergreen School Division; Ross Sheardown, Hamiota, administrator, Hamiota Health Centre; Fred McGuinness, Brandon, is the chairman.

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Spruce budworm a threat to forests

by Noreen Ostash

EDITOR'S NOTE: This is the first in a two-part series on the bacterial pesticide spraying program the province of Manitoba has introduced to combat the spruce budworm in timber and cottage-recreational areas in eastern Manitoba.

In an effort to keep Manitoba's forests green, Natural Resources has embarked upon a biological pesticide spraying program on 5200 hectares of forested land.

Infestations of the spruce budworm have been identified in the timber stands around Winnipeg, Quinceval, Manitowish, Happy and Long Lake. The extensive spring burns have heightened Abitibi's future dependency on these cutting areas and the company wants the stands protected.

The recreation areas at Bird River - Falabi Falls, Beresford, Booster, Flanders, Dorothy, Falcon and West Hawk lakes have a huge real estate investment in the green white spruce and balsam fir around the cottages. This will be the third year the townsites and golf course at Falcon Lake have been sprayed and the second marina is to be included.

The damage is done to the trees when the larvae feed on the vegetative buds and developing shoots. During severe infestations, the new foliage plus some old foliage is destroyed and three mortality can occur. Repeated loss of new foliage over a number of years reduces the trees' vigor and makes them more susceptible to secondary insect diseases. White spruce can be destroyed by five to six years of heavy feeding, while balsam can be destroyed after three years of damage.

The province has been using the "environmentally compatible" *Bacillus thuringiensis* (Bt) insecticide since it introduced its revitalized spraying program in 1986.

Dr. Barry Tyler of Abbott Laboratories explained to *The Leader* that Bt is not a chemical. It is a naturally occurring bacteria that is harmful only to a specific group of insects whose stomach chemistry is basic. When the larvae are feeding voraciously on the new shoots, the Bt is ingested. In this basic environment, the *Bacillus thuringiensis* becomes a toxin which feeds on the larvae. This causes ulcerations in the stomach. The larvae cannot feed and so they die.

Mammals and most other creatures have an acidic digestive tract. Natural predators, especially birds, can continue to feed on the larvae. Because nature has staggered the developmental times, the impact of the Bt on non-target butterflies and moths is

minimal unless they are in their larval stage and feeding at the time of application.

Bt break down rapidly when exposed to ultraviolet light and the air, so spraying time is critical. The temperature must be warm enough that the spruce budworm larvae are feeding strongly to ingest enough Bt to create the ulcerations.

Coordination critical

Larry Matwee, project coordinator, said that the province decided not to use the broad spectrum chemical sprays when Bt came on the market. Chemical sprays kill on contact, so all insects, harmful or helpful were being killed off.

In the past, infestations were confined mostly to areas accessible for pulp or recreation. Now that valued trees are infested, the government has decided to pull together an application team from within the department which will specialize in this type of project.

Mike Slivitzky, provincial forester and chief navigator on the team, says it is the aim of the province to keep trees green, not kill bugs. The key is to identify and start the spraying program before an infestation becomes severe in an area.

The heavy feeding can be completed within a week. By mid-June the larvae have spun their cocoons and the cycle is complete for another year. Therefore each site is different and must be checked to see if it is "open" and still requiring treatment.

Because the Bt are only effective for 24 hours, a ground team is checking the weather conditions and the developmental stage of the larvae in the target areas. The applications at a rate of 1.78 litres per hectare are done only when the wind is between five to twenty kilometers per hour to minimize spray drift.

The team has been working for the past two months to be ready for the spraying program schedule to start when the conditions are right. Survey crews have collected samples to assess whether or not a predicted bud infestation has survived the winter and natural predators and still needs to be sprayed.

This team decided that the spraying program will come a little later.

Spraying is only done Monday to Friday noon in the residential areas, further decreasing the working window for the team. If they miss the active feed stage, they do not spray and the area is left to the following year.

Next week the second in this series will deal with the actual spraying program, the work, the equipment and the techniques.



Executive members of the Pine Falls Recreation Association and the Powerview Athletic Association were pleased to reach a decision on arena membership fees. Clockwise (l-r): PAA executive members, Claudette McLeod, Bev Dube, Yvon Grenier and Nellie Oman; PFRA members, Bob Pfejferle, Don Murphy and Mel Jaster.

PAA-PFRA reach decision

Continued from page 1

A careful study of children using both facilities last year revealed approximately 35 families in total did not pay any membership fees. If these monies can be collected in the 1989-90 season, revenue of \$2,310 will be split between the organizations.

Membership analysis of the 1988-89 season (Families with children using both facilities)

Compiled by Mel Jaster of Ahitibi-Price

P.F.R.A. members	107 x \$33.00 =	\$3,531
Powerview members	26 x \$33.00 =	858
Uncollected members	35 x \$33.00 =	1,155
Total		\$5,545
Powerview will gain:		
From P.F.R.A.	\$3,531	
To P.F.R.A.	(858)	
Plus uncollected	1,155	
Total		\$3,828
Pine Falls will lose:		
To Powerview	(\$3,531)	
From Powerview	858	
Plus uncollected	1,155	
Total		(\$1,518)

The PAA executive will now investigate and prepare a system for PAA members to pay the \$66.00 fee over a period of months, similar to the payroll deduction method.

To ensure that all families with children using the facilities are paying members, PFRA membership lists will be provided at registration nights, and those families who are not on the list will be expected to forward \$66.00 to either the PFRA or the PAA, the choice will be theirs.

As the children receive free ice rental and use both facilities on an equal basis, the newly agreed system of membership allotment was welcomed by the PAA executive who found last season's operation costs quite high with the longer season due to artificial ice.

Ideas Examined for increased annual revenue

Both executives agreed that more revenue could be forthcoming from the business sections in the surrounding communities through the sale of

advertising sign space in both arenas.

PFRA President Don Murphy felt advertising space could be sold to businesses for a tentative price of \$300.00 per year for signs erected in both arenas (\$150.00 per arena).

"We should stipulate that signs must go in both arenas at once, and have the businesses sign a two year contract for the space," suggested Murphy. PAA President Yvon Grenier and Murphy will be joining forces to formulate a letter which will be sent to community merchants.

Both organizations agreed to bring in new equipment the canteens such as a popcorn and slush machines for added revenue.

Another idea to lower operation costs came from Bob Pfejferle's suggestion to have one arena start up and close earlier than the other, but alternate the arrangement each year. The peak time for both facilities comes in the December, January, February months, with November and March the quieter months.

Thank you

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Powerview Fire off to Good start in season's action

by T.J. Catcher

The new look Powerview Fire has ten players returning from last year's team, including Ian Cyr, Norman Dube, Trevor Thomas, Kyle Kemball, Todd Kemball, Paul Magnan, Danny Moneyas, Denten Normand, Grant Pachkowsky, and Neil Bushie. Joining the team this year are ex-Pine Falls Cardinals, Mike Dupont, Robert McMullen, Claude Nault and Cam Sokolowski, as well as Hole River Phillies Charlie Moneyas and Roy Hardisty. First year fastball players are Peter McMullen, newcomer Dean Sherritt and first base coach Gavin Frederick.

The home opener was played at Rupert Park on May 23 against last year's first place team, McKay United.

Powerview Fire v.s. McKay United

The Powerview Fire played

Winnipeg Fastball League standing

Team	GP	RF	RA	W	L	T
Stie	4	25	7	4	0	8
Penguins	5	19	9	4	1	8
Lockport						
Red						
Devils	6	32	22	4	2	8
Powerview Fire	5	25	11	3	2	6
Redmen	6	15	9	3	3	6
Thrusters						
Niners	7	19	29	4	4	6
McKay						
United	4	15	15	2	2	4
Raiders	5	21	22	2	3	4
Vendome	6	25	28	2	4	4
Trappers	6	14	24	2	4	4
Sagekeeng	6	10	32	1	5	2

Powerview Fire team statistics batting averages

	Hits	At Bats	Avg
Ian Cyr	3	15	.200
Norman			
Dube	2	7	.286
Mike Dupont	3	9	.333
Trevor			
Thomas	4	13	.308
Kyle Kemball	1	10	.100
Todd			
Kemball	1	12	.083
Paul Magnan	2	8	.250
Peter			
McMullen	2	5	.400
Roberi			
McMullen	1	9	.111
Charlie			
Moneyas	0	3	.000
Danny			
Moneyas	4	11	.364
Denten			
Normand	5	11	.455
Claude Nault	0	6	.000
Grant			
Pachkowsky	0	3	.000
Dean Sherritt	0	2	.000
Cam			
Sokolowski	2	9	.222
Team overall	30	133	.226

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errorless ball behind the two-hit pitching of Kyle Kemball enroute to an 8-1 victory over McKay United. Ian Cyr collected 2 of the Fire's 6 hits. Kemball was taken deep to centre field, by McKay's first baseman to account for McKay's only run. Kyle Kemball, after playing winter ball in New Zealand, chalked up 7 strike outs in his impressive first start of the season.

Double header Sunday, May 28

The Thirsty Niners brought the broom to Rupert Park and took both games, the first was a 1-0 squeaker. The Fire managed only 3 hits. Kyle Kemball turned in another solid game, but had to take the loss when Thirsty Niners' clean up hitter lifted a hanging dropball over the left field fence.

In the second game, the Thirsty Niners got to Fire starting pitcher, Neil Bushie early, scoring 3 runs in the second inning, as Bushie couldn't find the groove. They increased the lead to 7-0 by the top of the fifth inning. The Fire rallied for 4 runs in the bottom of the fifth, as Mike Dupont doubled in 3 runs. Paul Magnan singled in Dupont to cap the 4 run inning. The Fire couldn't complete the come back, and had to take a 7-4 loss.

Tuesday, May 30

The Sagekeeng Aeros came to Rupert Park hungry for the team's first victory, but came up on the losing end of a 5-1 score. Kyle Kemball recorded his second victory of the year, allowing only 2 hits, while striking out 10 batters. Richard Bruyere of Sagekeeng took the loss despite pitching a strong game giving up only 3 hits, while striking out 10. The Powerview Fire scored all 5 runs in the second inning, on 3 hits, 2 walks and 2 Sagekeeng errors. The Aeros scored in the fourth inning breaking up Kemball's shutout bid.

The victory evened the Fire's record to 2 and 2.

Thursday, June 1

The Powerview Fire's first road game was against Shakey's Raiders, a team that beat the Fire last year by scores of 7-0 and 8-0. The Raiders scored 2 runs in the first inning to take an early 2-0 lead. The Fire quickly fought back scoring 1 run in the second inning and tied the game in the third inning. The Fire blew the game open in the fourth, scoring 5 runs, then adding 1 more in the fifth, to take a commanding 8-2



Norman Dube slides into home plate to begin of Winnipeg in the season's game opener at Len Powerview Fire's 8-1 rally over McKay United at Rupert Memorial Ball Park.

lead. The Raiders took advantage of Fire errors to score 1 run in the fifth and a 2 run homerun in the sixth inning, to cut the lead to 8-5 going into the final inning. The Raiders kept the pressure on loading the bases with 2 outs in the bottom of the seventh inning. Kyle Kemball ended the game striking out Raiders' Don Fitkowski with a hard raising fastball.

The Fire pounded out 12 hits as Denten Normand went 2 for

3 with 2 runs scored. Danny Moneyas and rookie Peter McMullen each went 2 for 3 with 2 stolen bases and 3 runs scored.

The victory was especially pleasing for the Powerview Fire, as the Raider's were a team that wanted the Fire out of the league because they weren't competitive enough last year.

The Powerview Fire's next outing is a night game against

the Penguins at Charlie Krupp on Tuesday, June 6 at 8:45 p.m. The Fire also travel to Sargent Park No. 2 to play the Redmen on Thursday, June 15, at 7:00 p.m. start.

The Powerview Fire will be running a beer gardens on Saturday, June 10 and Sunday, June 11 at Rupert Park, in cooperation with the Lions Mixed Slowpitch tournament. Come on out and support your team.

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Your CALENDAR OF EVENTS
Page 565
Manitoba
Yellow Pages™

FOCUS ON:

How to recognize a fad diet

by Marilyn Zarecki
Home Economist
Manitoba Agriculture
Beausejour, 268-1411

Most Canadians are worried about their weight. For those wanting to lose weight, the market offers a wide range of diets and diet products. Fad diets have special appeal to overweight individuals because they claim to offer a quick and easy solution to a difficult problem. These diets however, are not effective in promoting long term weight loss and can be dangerous to health.

How can you recognize a fad diet?

- A fad diet will:
- Recommend a change in regular eating habits and normal food behaviour, for example, maintaining an unusual eating schedule;
- Promote a particular food or combination of foods as having special virtues, such as garlic improving stamina and preventing fatigue;
- Eliminate certain foods from the diet and declare that they are harmful, for example, eliminating breads and cereals from the diet;
- Place emphasis on so-called natural, health, or organic foods;
- Rely on testimonials of individuals instead of the results of scientific experiment;
- Encourage you to recognize physical signs and treat yourself without consulting a physician;
- Make false claims, such as promising that you will lose a certain amount of weight in a very short period of time.

Do fad diets work?

All diets, balanced or unbalanced will produce weight loss if the total daily caloric intake is less than what it was at the start of the diet. However, fad diets offer only temporary weight loss because people don't follow them long term. This creates the yo-yo effect

(lose, gain, lose, gain) which does not promote permanent weight loss.

To recognize a successful weight reduction program, you should be able to answer yes to the following statements:

- The program includes a variety of foods from all the four food groups;
 - The program provides at least 4000KJ (1000 calories) daily;
 - The program allows a gradual weight loss of 0.5 kg to 1 kg (1-2 lb) per week;
 - The program relies on food and not on protein, vitamin and mineral supplements;
 - The program allows flexibility in your lifestyle;
 - The program recommends physical activity three times per week.
- Before you begin to follow a weight loss diet, be sure to ask the above questions. Only a nutritious, balanced eating plan combined with exercise will lead to permanent weight loss and health.

— taken from *Manitoba on the Move*

The little person...

A small boy, about ten years old or so, came into the restaurant and sat at the counter. The waitress came over and put a glass of water in front of him. "How much is an ice cream sundae?" he asked. "Fifty cents," replied the waitress.

The little fellow pulled his hand out of his pocket and studied a number of coins clutched in it. "How much is a dish of plain ice cream?" he asked.

There were many people waiting at the counter and the waitress was slightly impatient. "Thirty-five cents," she said brusquely. Again he counted the coins. "I'll have the plain ice cream," he said.

The waitress took his money, brought the ice cream, put it in front of him and walked away. When she came back a few minutes later, the boy was gone. She stared at the empty dish and swallowed hard at what she saw. There, placed neatly beside the empty dish were two nickles and five pennies — her tip.

That was some time ago, but she still keeps the seven-cent reminder that the little person is just as important as the big one — especially to himself.

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The farmers' corner

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

Postemergence application of nitrogen

Where farmers held back on the recommended levels of nitrogen this spring, due to drier than normal seed beds, they may still gain excellent response from top dressing the extra nitrogen needed for optimum yields. With recent showers, we can expect very rapid growth in early June.

Research has shown good response to nitrogen applied to cereal crops as late as the four leaf stage.

If urea (46-0-0) is used, gaseous losses of nitrogen can occur because the urea needs time to dissolve into the soil. The loss is worse during hot, dry and windy conditions. We would recommend using 34-0-0 because it is the best formulation if the dry product cannot be worked into the soil (i.e. pasture, hay, or top dressing crops). It is only slightly more expensive and is available at some dealerships.

Granular fertilizer, i.e. 34-0-0 or 46-0-0, should not be applied to wet (follage tatter rain or in heavy dew).

Some crop damage (leaf burn) may occur with nitrogen solution (28-0-0) when sprayed on leaf surfaces. This formulation is not recommended to top dress canola, flax, corn and sunflower. Cereals, however, can be safely sprayed with 28-0-0 at 40 lbs. actual N per acre without serious damage or reduction in yield increase. Leaf burn is minimal under cool, wet conditions.

When using 28-0-0 as a top dressing try to do the following: strip band spray, not a broadcast spray; time just before a rain if possible; avoid spraying when weather is hot and has low humidity; avoid overlapping.

Manitoba Cattle Producers Association "Check off" program

The "check off" is a fee deducted by livestock dealers on all cattle purchased, then the monies are remitted to the Manitoba Cattle Producers' Association, which is an elected organization representing all

cattle producers. The "check off" monies are spent by the association for many purposes, including the local and national market reports daily which are available at no charge by phoning 1-944-1197.

The M.C.P.A. produces a newsletter to keep members informed on association activities.

They supply funding to the Veterinary Infectious Disease Organization to develop prevention and treatment programs for beef industry health concerns such as scours, shipping fever and pneumonia complex.

They sponsor an annual meeting, and contribute to the national beef campaign which promotes the increased consumption of beef products.

Any producer not wishing to support the association can opt out of the "check off" by forwarding a written request to be M.C.P.A. office, ninth floor, 433 Main Street, Winnipeg, R3B 1B3. The present "check off" is about \$1.00 per head sold. We have Manitoba Cattle Producers' Association brochures available at the office which explain the many activities of the association.

Facts about sodium

Why is sodium important to my health?

Sodium is an important regulator of the fluid balance in your body. It attracts water into the blood vessels to help maintain normal blood volume and pressure and also helps nerves and muscles to function normally. We get most of our sodium from table salt, which is actually made up of sodium and chloride. Although we need small amounts of sodium to help keep us healthy, eating excessive amount may not be wise. That's because for some people, too much sodium may contribute to high blood pressure. And this could lead to heart and kidney disease, or stroke.

CARD OF THANKS

On behalf of Louise, Merriel, Barbara and Fraser we extend our heartfelt thanks to our friends and neighbors who gave us their helping hands and endless love and understanding during our time of deep sorrow. Thank you all who sent cards, donations and food. Our sincere thanks to the Pine Falls Masonic Lodge. To the Rev. Pat Hall who gave us spiritual comfort. To the Ladies of the U.C.W. and Rebekah Lodge for the lovely lunch they served. To Dr. Goodwill, the nurses and staff of the Pine Falls General Hospital for their care, for help and understanding from Abithi Price. We thank you all.
Louise Willet



Find it all at page 192
Manitoba
Yellow Pages™



At the Pine Falls Natural Resources warehouse, crews work around the clock to wash, dry, patch, splice and box fire hoses for the Eastman Region, as well as the Whiteshell and Interlake regions during peak fire activity weeks. Since the facility opened in the fall of 1986, 12,000 hoses have been processed.

Pine Falls selected as regional hose repair depot

by Marlene Watson

In the fall of 1986, the Pine Falls Natural Resources warehouse was selected as the forest fire hose cleaning and repair depot for the Eastern Region.

During the spring and summer of 1987, expansion of the hose washing and pressure testing system included the installation and wiring of two new forced air electric furnaces in the hose drying building. New tables were also constructed for the repairing and boxing of hoses.

Since 1986, 12,000 fire hoses have been washed, dried, patched and/or spliced, and boxed. The Pine Falls facility is operated around the clock with 3-8 hour shifts. In order to augment the washing and drying of hoses, 3-5 person crews have been trained on the patching and splicing of hose, with each crew working on a rotating basis.

The hose operation in Pine Falls has grown to include other

regions, most notable, the Whiteshell and Interlake during peak fire activity. The peak capacity per day for washing and testing is 150-200 hose lengths, and the crews can patch and splice up to 32 hoses per day.

Having already processed 3000 lengths of hose in 1989, and with the forest fire season

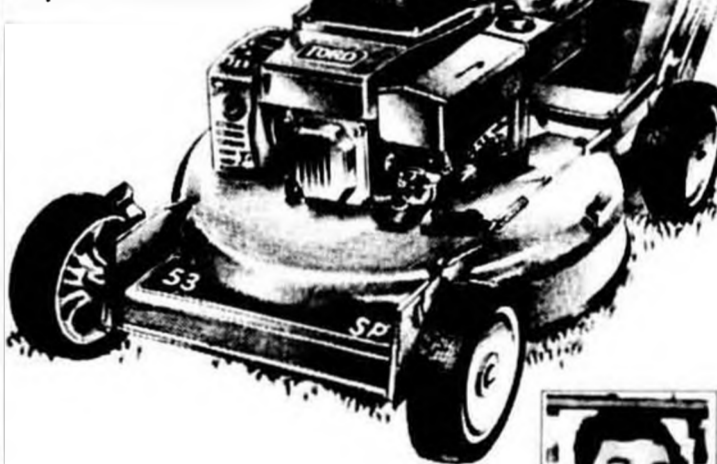
pointing to a busy summer, further expansion of the facility is planned to create a larger working area in the patching and splicing building.

The facility is located on Hwy. 11 just east of the 304 junction, behind the LGD public works building and the Winnipeg River Planning District Office.

Guaranteed to start on the first or second pull.

SPECIAL ON TORO MOWERS

STARTING AT
\$369.00



- Only Toro offers the Starting Guarantee
- Toro OHV 4-cycle and 2-cycle lawn mowers are guaranteed to start on the first or second pull for five years or Toro will fix 'em, free. Guaranteed.



John Jacob

ST. OUENS SMALL ENGINE REPAIR

Located 2 miles east of Beausejour and 2 miles south on St. Ouens Road
10 years of sales and service



Review Classifieds

FOR SALE

HOUSE TRAILER — 10 feet x 50 feet, fridge and stove incl., asking \$700.00. Phone 367-2057. 1FN

HOME — 3 bdrm home, double lot, double door garage, fenced yard. Located in Powerview. Asking \$55,000. For more information phone 367-8922. 38-2spd

PRIVATE SALE — 31 Vincent Ave., 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 Sizie or Larry at 367-8073. 34-1x

HOUSE — Ideal starter home situated on a large tree lot in St. Georges. Three bedrooms, new forced air electric furnace, new storage shed, low taxes, affordably priced in the \$30's. If interested call 367-8992. 39-1x

FOR SALE

MOBILE HOME — 14 x 70, with fridge, stove, and electric furnace \$15,000.00. O.B.O. Call David or Colette — 367-8603. 39-4spd

MISCELLANEOUS — one Chevrolet truck, 2 years old, \$800.00; one mini bike, \$100.00; one '67 Newport Chrysler, ex. cond., \$1,500.00; one '64 Mercury Meteor, \$1,000.00; one '68 Chrysler convertible, not driven for 14 yrs., asking \$10,000.00; two 18 ft. freighter canoes, \$500.00 each; one 16 ft. two man canoe, \$350.00. Phone 348-2495, Seven Sisters. 39-2spd

RIVERFRONT LOT — 1.3 acres, on Lorraine's Close, south of St. Georges. Phone 367-8063. 31-1FN

'81 MOBILE HOME — 14' x 70', three bedrooms, spacious front kitchen, heated porch, fenced yard, utility shed, washer, dryer, fridge, stove and drapes. Must sell immediately. \$24,900.00. O.B.O. leave message, Leo, 367-2334. 39-1x

FOR SALE

FARMLAND — Pine Falls area, 320 acres, planted in wheat, barley and alfalfa seed. With tractor, combine, fall crop and more. \$120,000.00 or purchase without equipment on fall crop. Call 367-8079. \$65,000.00 call Jerry 367-8079. 38-2xc

MOBILE HOME — 14 x 65 mobile home with 7 x 20 screened porch and 12 x 27 addition. Electric furnace, air cond. and all appliances. Remove from property, only \$13,500.00. Call Jerry 367-8079. 38-2xc

HOUSE — Powerview, 3 bdrm bi-level, 2 1/2 baths, 6" walls, double attached garage, paved driveway, large lot. Phone 367-8063. 36-1FN

LAMPS — 36" high hanging figurine oil lamps, white and gold etc. Phone 345-6421. 39-2xc

'74 VALIANT — 4 door, 6 cyl., automatic, runs good. \$400.00. O.B.O. Phone 345-6181. 39-1x

DINING ROOM SET — Maple dining room set, like new \$1,140. 4 captain chairs, \$795.00. Phone 345-6374. 39-1x

MISCELLANEOUS — 16 HP Sears, 3 years old, \$1,995.00; 11 HP Gibson, 1 year old, will take tiller, blower, etc., 42" mower deck included. \$1,799.00. Phone John, 268-2741 before 6:00 p.m. 39-1x

FENCE POSTS — Pentapressure treated fence posts, 1" x 6" at \$2.25, 4" x 6" at \$2.50, and 4" x 4" at \$2.75. Also corrugated posts and rough lumber on order. Phone Les Kurbis, 265-3343. 39-1x

MISCELLANEOUS — 1/2 HP Jacuzzi water pump, completely overhauled; 4 burner elec. stove, 24", good work order. Best offer. Phone 345-2995. 39-1x

PONTIAC GRAND AM — 1988 Pontiac Grand AM LE, loaded, all power options, candy braided wine, grey interior. Phone 345-6385. 39-1x

COTTAGE — Modern lakelot cottage. 1 1/2 acre double lot, 15 miles north east of LdB, heated pool, dish, many other extras. Phone 345-8402. 39-4spd

CAMPER — 19' camper trailer, sleeps 6, fridge, stove, bathroom, furnace, canopy, \$2,000.00. Phone 345-8825. 38-1x

MISCELLANEOUS — Two upholstered tufted gold swivel rockers \$55.00 each. One chrome table with arbutine top, 2 leaves 6' x 3' and 6 chairs, \$25.00. One 2 burner coleman propane camp stove, \$30.00. Phone 345-2486. 38-1x

'74 CHRYSLER NEWPORT — good running condition. Asking \$800.00 or best offer. Call after 5:00 p.m., 345-2189. 39-1x

BOAT MOTOR — One new Mercury Thruster T-21 trolling motor, with warranty \$300.00. Phone 345-6283. 38-2xc

PRIVATE SALE — In the \$40's, 2 m. north of LdB, close to Wpg. River, .668 sq. ft., two bedroom, full basement home, 6 x 22 attached-screen porch. Elec. FA furnace, wood heater, low taxes, 90 x 240 nicely treed lot and garden. Phone 345-8807. 39-1x

FOR SALE

COUGAR XR-7 — 1978 Cougar XR-7. Two door, excellent running cond., perfect for second car. Phone 367-2020. 38-2xpd

HOME — Conv two bedroom home in St. Georges, good starter home includes fridge and stove, washer and dryer, curtains and blinds, 8' x 10' shed. Well land scaped lot approx. 80' x 130', small garden. Asking \$26,000.00, if interested call Gerry at 367-8501. 39-6xpd

'47 BOAT — Fiberglass anchor boat, 50 HP Mercury, sleeping seats and Galikin trailer, very good cond., open to offers. Phone 345-2353. 38-2xc

MISCELLANEOUS — 9ft Spin aluminum satellite dish with remote control, \$800.00. O.B.O. Associate 16 ft. Fiberglass self cleaning stove, \$600.00. O.B.O. Call 1-238-0341. 39-2xpd

LIVESTOCK — Yearlings Hereford bulls, easy calving herd sires, Victoria Dale Farms, SchKirK. Phone 482-5547 or 482-4822. 36-4x

COTTAGE — completely furnished 3 bedroom insulated cottage with well, running cold water, pool, well treed. 1 acre lot, riding mower, located in Anglen Park near Poplar Bay Campground. \$29,000.00. O.B.O. Phone 345-8901 or 582-8595. 39-1x

MISCELLANEOUS — 1 wood office desk, \$50.00, 3 plastic and metal stacking chairs, \$15.00 each; \$22.00, 1 sec. chair, \$50.00, 1 metal typing stand, \$50.00, 1 Xerox memowriter, \$250.00, 1 1/2 hp Melita coffee maker, \$25.00. All in good to excellent condition. Call 345-8145 or 345-8513, Lac du Bonnet. 39-1x

FIBERGLASS CAP — For a willow-styled half ton Slider windbreak front and side in good cond., \$250.00. O.B.O. Phone 345-6331 after 5:00 p.m. 39-1x

MOBILE HOME AND GARAGE — On a beautiful treed one-acre lot, new carpet and other improvements. Five minutes from Whiteshell Park. Ideal for starter, summer or retirement home. Location also ideal business site. Must be seen to be appreciated. \$22,000.00. O.B.O. Phone 1-348-7523 after 6:00 p.m. 38-1x

PRIVATE SALE — 11 Birch Street, Pine Falls, 3 bedroom, two storey, large living room, separate dining room, veranda, garage. Phone 1-837-1074 after 6:00 p.m. 36-4xpd

ORGAN — One Hammond drawing organ with various rhythms, exc. cond. Phone 345-8329. 38-2xc

'82 YAMAHA — 750 Secc, very good cond., shaft drive, anti dive brakes, helmet inc., \$1000.00. Phone 753-2498. 39-1x

'80 MUSTANG — 6 cyl., 4 spd., AM-FM cassette deck, new tires, AM-FM cassette deck, new tires and clutch, exc. cond. inside and out. \$2,975.00. Phone 753-2776. 38-1x

MISCELLANEOUS — Oats grown from certified seed, no wild oats, 98 percent germination, Case No. 10, 7 1/2 A mower, exc. cond., \$250.00. Phone 268-1317. 38-2xc

FOR SALE

ALFALFA — approx. 170-180 acres standing alfalfa for hay, in LdB area. For further info, call Mrs. Anne Charles 858-2757. 38-4xpd

CONDOS — Park Wood Place Condos, only \$177,500.00. 1000 Park Blvd., Victoria, B.C. Enjoy beautiful Beacon Hill Park. Extra's incl. fireplace, laundry. Call collect. Roy Stevenson, 1-604-384-1989. 39-1xpd

THREE BEDROOM BUNGALOW — 20 acres fenced, bedroom bungalow, double garage, cattle shelter, 3 m. west of Neepawa on Hwy. 16, Call 476-2485. 39-1xpd

GOLF CARS AND TRAILERS — for sale. New and used Columbia and Yantha. Complete sales and service, good selection of 4 wheelers. Call Curly Bros. Ltd., Manitow, Manitoba, 242-2646. pd

MISCELLANEOUS — Winnipeg Carpet Warehouse. Cash and carry only. Great lot rec room or cottages. No wax vinyl flooring or rubber back carpet from \$3.98 sq. yd. Lawn turf from \$2.98 sq. yd. Kanga back carpet from \$12.49 sq. yd. Plus 100's of carpet and vinyl roll ends at clearout prices. Open weekdays till 8:00 p.m., Saturdays till 5:00 p.m. A & R Carpet Barn, 50 Archibald Street, South of Nairn, Winnipeg, Phone 233-1061. 39-1xpd

MISCELLANEOUS — Solid wood furniture, 625 Wall Street, Wpg. Has dressers, chairs, tables, bookcases, stools, desks, all in stock. Ready for your colour. Phone 1-800-392-1385. 39-1xpd

WINDOWS AND DOORS — High quality for the best price in the country. Complete selection of prefinished or natural wood windows, steel doors or interior wood windows. Dual, triple or low E and argon filled windows for maximum R-value. For 15 years know how call Rae collect 1-529-2183 or visit our showroom. Corner Window and Door, Cartwright, now called Donalite & Co. Window & Door, Manitow. 39-1xpd

PETS — Golden Cocker Spaniel pups. Pure of breed, family tree included. Choice of two litters. Checked by vet. \$130.00 each. Call 822-4965. South of Morden. pd

FOR SALE

MISCELLANEOUS — Four piece living room suite, couch, love seat, chair and ottoman, good condition, \$500.00. O.B.O. Seven piece dining room set, table with two leafs, six chairs, good condition \$350.00. McClarys almond color easy clean oven excellent condition \$450.00. McClarys fridge almond, two wooden end tables, \$10.00 each. Portable dishwasher, \$100.00. Call 367-2701. 39-1x

HOUSE — In Powerview, large 5 bedroom bi-level, large fenced in lot, small garden and small work shed. Serious inquiries only. For more information phone, 367-2974 anytime. 39-2xpd

MISCELLANEOUS — Brand new 12 HP Holens riding mower, 3 year warranty, \$2595.00, used Panasonic EP-1300 photocopier and stand or new 3M photocopier. Take your pick, \$1,700.00. Phone 242-2380 work, 242-2388 home, Manitow. pd

TRAMPOLINES — 14' diameter, *Fun Spot*, \$690.00. Warranty. Money back guarantee. Mail order — join many who've saved hundreds of dollars. Delivery \$35.00. Call: Trampis Inc., toll free 1-800-387-6214. 39-1x

SWEEEPERS — 3 Elgin Pelican Street Sweepers. High dumps. 1 dual broom \$15,500. 2 single broom \$12,500. All in Avone shape. Phone Winnipeg, 256-8112 after 6:00 p.m. pd

IRVIN GOODON INDUSTRIES LTD. — In Boissevain, Manitoba has a wide selection of quality pole type buildings to suit your every need — machine sheds, shops, hay shelters, airplane hangars, cattle and calf shelters, light industrial and commercial buildings. Phone 204-534-2468 or toll free 1-800-665-0470. 39-1xpd

STEEL BUILDINGS — Quonsets and straight wall. Many sizes to choose from. First come, first served. Call: Future 1-800-782-7861. 1xpd

FOR RENT

HOME — Three bedroom, fully furnished, year around home, in Victoria Beach, available Sept. Phone 367-4549. 39-1xpd

COTTAGE — Three bedroom, cottage at Victoria Beach, available in August, 5 min. from sandy beach, phone 367-4549. 39-1xpd

MOBILE HOME — 3 bedroom mobile home in St. Georges. Must be seen to be appreciated. Available July 1. Call Gerry at 257-1881 after 5:00 p.m. 37-1xpd

WANTED

DONATION — of beds, bedding, phone 367-2215 or 367-2216, for pick up. 39-1xpd

OPERATORS — for boom type pulpwood loaders for 1989-90 hauling season. Experience preferred — accommodation supplied. Phone Green Leaf Ent. Ltd., Elm Flon, Man., 204-687-7738. 39-4x

USED CRIB — and high chair in good condition wanted. Ask for Zen at 367-2950. 39-1xpd

EXERCISE BIKE — Phone 367-8545. 37-2x

SCRAP STEEL — Wanted. Scrap steel from your farm. Top prices paid. Call Industrial Metals, 550 Messier Street, Wpg. Call 233-1908. 38-4x

SCRAP METAL — Mandak Metals, home of the real car shredder. Purchasers of all types of scrap metal. Your scrap is our business. Toll free 1-800-665-0445, Selkirk. pd

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CHILD CARE WORKER — Three Bears Day Care requires a full-time child care worker. Position starts July 3, 1989. Experience and training preferred. Please forward resume to: Attention: Director, P.O. Box 773, Pine Falls, Man. R0E 1M0. Deadline for applications Fridays, June 16, 1989. 38-4x

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HELP WANTED

RAISE CHINCHILLAS — for extra income. Start in basement, garage. Full time income potential, guaranteed market, continuous instructions. Canadian Chinchilla, Box 1884, St. Mary's, Ont., N0M 2V0. Call 519-229-6117. pd

VIDEO FRANCHISE — Manitoba's largest video retail chain is seeking individuals who desire to own their own business!! — Custom tailored stores — Training and turnkey operation — ongoing support — protected territory — mass purchasing power — substantial discounts — latest releases. Financing available. Contact — Geoffrey G. Hirose, 1-204-475-2200. pd

BODY TONING — Demonstrator set of six body toning tables. Like new condition. Canadian made. One year warranty. \$17,000.00. Phone 345-8329. 39-1xpd

555 DO YOU NEED 555 — Big earnings at home. No selling. No phone. No experience. Send self addressed No. 10 stamped envelope to, Ikonagan Enterprise, Box 5241, Georgia Street, Vancouver BC, V6H 3X2. 38-2xpd

AUCTION

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What's quick, easy, inexpensive — and brings results as well — A Classified Ad!

FOR SALE

ALFALFA — approx. 170-180 acres standing alfalfa for hay, in LdB area. For further info, call Mrs. Anne Charles 858-2757. 38-4xpd

CONDOS — Park Wood Place Condos, only \$177,500.00. 1000 Park Blvd., Victoria, B.C. Enjoy beautiful Beacon Hill Park. Extra's incl. fireplace, laundry. Call collect. Roy Stevenson, 1-604-384-1989. 39-1xpd

THREE BEDROOM BUNGALOW — 20 acres fenced, bedroom bungalow, double garage, cattle shelter, 3 m. west of Neepawa on Hwy. 16, Call 476-2485. 39-1xpd

GOLF CARS AND TRAILERS — for sale. New and used Columbia and Yantha. Complete sales and service, good selection of 4 wheelers. Call Curly Bros. Ltd., Manitow, Manitoba, 242-2646. pd

MISCELLANEOUS — Winnipeg Carpet Warehouse. Cash and carry only. Great lot rec room or cottages. No wax vinyl flooring or rubber back carpet from \$3.98 sq. yd. Lawn turf from \$2.98 sq. yd. Kanga back carpet from \$12.49 sq. yd. Plus 100's of carpet and vinyl roll ends at clearout prices. Open weekdays till 8:00 p.m., Saturdays till 5:00 p.m. A & R Carpet Barn, 50 Archibald Street, South of Nairn, Winnipeg, Phone 233-1061. 39-1xpd

MISCELLANEOUS — Solid wood furniture, 625 Wall Street, Wpg. Has dressers, chairs, tables, bookcases, stools, desks, all in stock. Ready for your colour. Phone 1-800-392-1385. 39-1xpd

WINDOWS AND DOORS — High quality for the best price in the country. Complete selection of prefinished or natural wood windows, steel doors or interior wood windows. Dual, triple or low E and argon filled windows for maximum R-value. For 15 years know how call Rae collect 1-529-2183 or visit our showroom. Corner Window and Door, Cartwright, now called Donalite & Co. Window & Door, Manitow. 39-1xpd

PETS — Golden Cocker Spaniel pups. Pure of breed, family tree included. Choice of two litters. Checked by vet. \$130.00 each. Call 822-4965. South of Morden. pd

FOR RENT

HOME — Three bedroom, fully furnished, year around home, in Victoria Beach, available Sept. Phone 367-4549. 39-1xpd

COTTAGE — Three bedroom, cottage at Victoria Beach, available in August, 5 min. from sandy beach, phone 367-4549. 39-1xpd

MOBILE HOME — 3 bedroom mobile home in St. Georges. Must be seen to be appreciated. Available July 1. Call Gerry at 257-1881 after 5:00 p.m. 37-1xpd

WANTED

DONATION — of beds, bedding, phone 367-2215 or 367-2216, for pick up. 39-1xpd

OPERATORS — for boom type pulpwood loaders for 1989-90 hauling season. Experience preferred — accommodation supplied. Phone Green Leaf Ent. Ltd., Elm Flon, Man., 204-687-7738. 39-4x

USED CRIB

Classifieds

HELP WANTED

SERVING PERSONNEL — Serving personnel and short order cook positions available at the motor hotel located in a resort area 50 miles south of Thompson. Salary and excellent fringe benefits. Phone 1-677-9351. pd.

HOSPITAL PERSONNEL REQUIRED — Lynn Lake Hospital requires the following personnel: Summer relief registered nurses and licensed practical nurses. Deadline for applications — June 30, 1989. Please apply to: Mrs. Joan Cox, director of nursing, Lynn Lake Hospital, Box 2030, Lynn Lake, Manitoba, R0H 0W0. Director of nursing — qualifications five years experience in nursing, emergency and/or obstetrical experience — Nursing administration certificate or willing to take introduction to nursing administration course — experience in management preferred. This individual must be able to function independently and to plan, organize, direct and control all activities of the nursing department, central supply room and day to day operations of pharmacy. Position to start September 1, 1989 or sooner if possible. Closing date for application — July 1, 1989. Please apply to: Ms. Jean McDonald, administrator, Lynn Lake Hospital, Box 2030, Lynn Lake, Man., R0H 0W0.

GARAGE SALES

YARD SALE — and furniture sale; household, yard and misc. items. Friday, June 9 from 3:00 p.m. to 9:00 p.m. and Saturday, June 10 from 10:00 a.m. to 5:00 p.m. at Jo Fourmier's, 2 1/2 m. north east on Hwy. 502, to stop sign then straight ahead on gravel road. Signs will be posted. Rain or shine. 39-1xpd

GARAGE SALE — 1 mile north of Lac du Bonnet on PR No. 502. Watch for signs. Saturday, June 10, 11:00 a.m. - 4:00 p.m. 39-1xc

YARD SALE — 125 Leslie St., Lac du Bonnet, Saturday, June 10 at 10:00 a.m. 39-1xpd

GARAGE SALE — three family garage sale, Saturday and Sunday, June 10 and 11, 10:00 a.m. till 4:00 p.m., Great Falls. 39-1xc

GARAGE SALE — Location: Landerville Road on Hwy. 317, 3 1/2 miles from town, turn on Maple Creek Road 2 miles north, 1/2 mile east. Watch for signs. Phone 345-8578 starting at 9:00 a.m. all day Saturday and Sunday, June 10 and 11, 1989. Sale includes: some dishes, brand new drapes, pressure cooker, solid copper planter, preserver jars, lawn chairs and many more. Like new — 1 stereo system, Hitachi with 5010 AM/FM receiver 50 w., cassette deck with metal dolby direct driver turntable HT-405, Avanti 3-way speakers, \$550; 1 Raven acoustic electric guitar, 2 pickups, red/black, very good cond., \$50.00; 1 Norman Hardshell guitar case (brand new), \$50.00; 1 guitar speaker amplifier with mini-base and tremolo, brand new, \$175.00; 1 model S case tractor, brand new rear tires, 300 hp., very good running cond., \$500.00; some carpenter and garden tools; 5 Micheli's P. 185 x 13; 4 General P. 205/70/14; 1 Ford hydraulic ram; 1 set car ramps; 1 complete pressure tank; 1 submersible pump, 1/2 hp. (Silver Eagle); 1 plastic well cribbing, 30" x 20". 39-1xpd

EMPLOYMENT OPPORTUNITIES

LICENSED AUTOMOTIVE TECHNICIAN — Licensed automotive technician. Candidate must be self-motivated and capable of working unsupervised. G.M. and flat rate experience preferred. Send applications to: Chapman Motors, Box 220, Killarney, MB, R0K 1G4 or phone (204) 523-4674. pd.

PUBLIC WORKS FOREMAN — The rural municipality of Louise requires a public works foreman. The public works foreman is responsible for the management and supervision of the public works employees and the public works operation of the municipality of Louise. Applicants must possess a good knowledge of equipment and road maintenance, Organizational and communicative skills together with management and public relations abilities will be requirements for this position. Salary is commensurate on experience and qualifications. Please forward resumes including a minimum of two (2) letters of reference prior to Friday, June 9, 1989 to: R.J. Porter, Secretary-Treasurer, Rural Municipality of Louise, Box 310, Crystal City, MB R0K 0N0. pd.

EDITORIAL STAFF — Publisher of community newspapers in the N.W.T. seeks senior editorial staff. We need individuals with expertise in copy editing, newspaper production and supervising reporters. Resumes to: Annelies Pool, Managing Editor, Northern News Services, Box 2820, Yellowknife, N.W.T., X1A 2R1. (403)873-4031. pd.

HELP WANTED

DEALERS WANTED — To sell Watkins products. Full or part time. Ideal way of making extra income. Phone 268-3556 after 5:00 p.m. 36-4xpd

HOUSEWIVES — Mothers and interested persons needed immediately to sell toys and gifts for National Home Party Plan. No investment, deliveries or money collection. Phone (519)258-7905. pd.

MISCELLANEOUS

WEDDING PLANS? — Want a fancy cake for your special day? Why not rent? Can also supply the real thing! For more info call Vivian at 345-2755. 39-1xpd

SAW SHARPENING — Hand saws, carbide blades, mower blades, axes, knives, chain saw chains, scissors. Drop off at Whitemouth Hardware or phone 268-3556 after 5:00 p.m. 36-4xpd

PERSONAL — Single Parents interested in forming an over 25 single or single parents social and support group in LdB area? Phone Bruce 345-2059 38-2xpd

PERSONAL — Christian books, Videos, music, Mailorder direct. Best sellers, best prices. For you. Or start a business/ministry. Catalogue \$2.00. TouchStone Promotions, 8039 36 Ave., Edmonton, Alta., T6K 3S6. pd.

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

PROFESSIONAL WRESTLERS

— available for fairs, exhibitions and fund raisers — contact Keystone Wrestling Alliance, c/o Bob Holliday, 90 Hindley Avenue, Winnipeg 255-1457. 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.

IN MEMORIAMs

DUPONT, Cyril — In loving memory of our Dad and Peper, Cyril Dupont.

One year has come and gone since you went away. The Lord opened his arms and took you today. He took you to a place where it is best. A peaceful smile on your face a nice place to rest. Daddy, we still miss you, your smiles and your laughter. We will always love you, as your memory grows dearer. With great love and sadness Your family

CHURCH CAMP — Come this summer to Rock Lake United Church Camp. Meet new friends and experience nature first hand. Contact Hilda Gosnell, 1-825-2646. pd.

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4-H Clubs collect 15,205 bags of roadside trash

Manitoba's 4-H clubs recently collected 15,205 bags of trash and nearly \$33,000 during the Third Annual Provincial Highway Clean-Up Campaign. Volunteers cleaned 2,194 kilometers of highway earning \$15 per kilometre for 4-H clubs.

"This type of community service is an excellent fundraiser for clubs," said Dori Gingera, Chief of Manitoba Agriculture's 4-H and Youth Section. "They can use the money for their own activities or they can donate it to community groups or the 4-H foundation."

The 4-H Highway Clean-Up Campaign was sponsored by Manitoba Highways and Transportation and supervised by Manitoba Agriculture.

LETTERS TO THE EDITOR

Dear sir,
Since leaving Pine Falls and moving to B.C. I have had two things that are outstanding. Last year while mouse hunting I shot my first grizzly. It was frightening. I wasn't too brave but I had no choice but to take it. The reason is that I was frightened is that three years ago we were out and got an elk and a moose. We took the elk out that same night and went back for the moose a day later. When we got there the grizzly was there before us. My partner put four shots to the head with a 30.06 caliber rifle at close range, but the bear got him on one side of his face before it died. What a mess. After dressing the bear for a rug the taxidermist said all bullets were just inside the skull, and that was the same kind of gun I

have. This year we went fishing about a mile or so from shore at Bella Coola and I snagged the most ugly creature I have ever seen in my life. You get in the Merus that you get in Manitoba are ugly but they're beautiful compared to this thing. It was about two metres long, a fin from the head to tail, large mouth with thick lips covered with warty protrusions, green with large dark spots from head to tail. It was called a wolf eel! I also had the pleasure of meeting Eli Martel's daughter at the old time fiddlers contest dance. Every once in a while I meet people that at one time or another had lived in Pine Falls area like the past mill manager, etc.

Yours truly
Al Thomas

SUMMERTIME HELP WANTED

Reporter / Photographer for Winnipeg River Review

- Work out of your own home or our office
- Meet the community

WHAT'S NEEDED

- Good command of English language
- Ability to take photographs (camera supplied)
- Your own transportation

WHAT THE JOB OFFERS

- A chance to exercise writing skills
- A chance to meet and learn about the people in the community
- An opportunity to understand the political process

APPLY IN PERSON OR SUBMIT APPLICATIONS TO:

The Editor
Winnipeg River Review
P.O. Box 910
Lac du Bonnet, Manitoba R0E 1A0;
or phone 345-8611 for appointment

Clients lose excess inches at Body Sculpture

by Marlene Watson
Several satisfied customers taking sessions at the newly opened Body Sculptures by Sherry rave about the inches they've lost after only a few visits.

One female recorded a loss of twenty inches overall, while others brag about the clothes they can now fit. Although weight loss is not dramatic, fat is being turned into muscle, and the recorded inch reductions are amazing.

Most women interviewed said floor exercises were not possible because of neck and lower back strain, but workouts on the seven exercise tables at Body Sculptures provides all the benefits without the strain.

A group of three women who have visited the new salon four times over the last two weeks, said they enjoyed the one hour spent on the tables. One of the three women said the group finds the evening session very relaxing after a day's work.

"After our session we go out for coffee, then I go home and have a jacuzzi, and I sleep much better."

Another woman of the three said she has already lost six and a half inches overall after only four visits, "I am fitting clothes that I haven't worn for a long time. My husband has noticed and that makes me feel good."

Another satisfied customer said she lost three inches on her thighs and recommends the salon for anyone with arthritis or circulatory problems, "I would never consider doing floor exercises, but I am certainly enjoying the comfortable workout at Body Sculptures."

Exercise tables are therapeutic hospital beds

Sherry Charles, owner and operator of the Body Sculptures in St. Georges, said the tables have only been available to the public in the last four years. "They are actually therapeutic beds of the type used in hospitals."

Sherry's first introduction to the exercise tables came when she cured in a Deloraine ladies bonspiel in 1987. "I bought a sweatshirt from this man and he told me about the toning tables. I told him that once he had his shop to phone me, and my husband and I would go see him."

One day the phone call came, and Sherry and her husband Albert Charles visited the salon in Deloraine and began preparations to start one of their own. They both received three weeks of instruction in Winnipeg on how to position clients on the tables and how to operate them.

Once a rented location was secured in the St. Georges Community Club, one week of interior renovations followed and the business opened on April 25. One hundred and fifty clients, both male and female, now visit the salon that can handle up to 90 clients per day, seven days per week.

Seven tables form the exercise routine

Seven different exercise tables round out the routine. Two tables of different movements exercise the hip, waistline and abdominal areas. A sit up table works on the abdomen, waist and stomach. The stretch table is used for the mid-drift area, and the side to side table exercises the waist and lower back. Legs and inner/outer thighs get a workout on the leg table, and the seventh table, called the circulating table, is used either at the start of the one hour session (if the client is leaving the salon for work afterwards), or at the end of the session.

The circulating table increases the client's blood flow, but does not speed up the heart rate. "It takes the tension out of muscles and at the same time gets rid of waste fluids retained in the body," said Sherry. The circulating table is flat and produces a vibrating motion that massages the whole body.

The one-hour visit allows the client eight minutes on each padded leather table, and Sherry, Albert or employee Anita Vincent, are on hand to ensure clients follow the position and workout routine in either the beginner, intermediate or advanced program.

Sherry noted it is important for the supervising person to be with the client at all times. For the best results, Sherry recommends three to five visits to the salon during the first week and two visits per week after that until the body is toned. Once toned, one visit, she said, per week would suffice to maintain the toning.

Clients took their own appointments on a first come first served basis with a minimum program of eight hourly sessions. Another choice for a lower cost is a 16 session program. The Charles' have also instituted what they call a family plan of a three-month program, allowing for four visits per week. The cost of this plan per visit equals half the price of the minimum eight visit plan, and can be used by any member of one family.

The salon is open seven days per week from 8:00 a.m. until 11:00 p.m. "We will even open at 5:30 in the morning if a client requests it, as we are here to serve our customers," said Sherry.

After speaking with a full room of satisfied customers one Tuesday evening, they say,



The feet are strapped into the foot rests that rotate to provide a mechanical workout on the leg table, one of seven muscle toning tables at the newly opened Body Sculptures.

"You have to try it to believe it."

Body Sculptures by Sherry

offers one free visit with no obligation. With summer and bathing suit season only a

month away, now would be the time to take advantage of inch loss the easy way.

Hazardous organic pollutants analyzed at Whiteshell Research

by Noreen Ostash

As environmental concerns gain priority, industry is looking for facilities to analyze approximately 140 hazardous organic pollutants they produce.

They want good facilities that will meet the new government standards and a quality assurance program which will separate and quantify the pollutants so they know what they are dealing with. The need for monitoring is rising faster than the capability of the analytical facilities across the country.

Whiteshell Research is working toward the registration of its hazardous organic waste facility as an analytical lab in July of this year. Various industries in Ontario will be using the services the facility can provide.

Industries such as the ten pulp and paper mills in North-west Ontario and Manitoba produce enough work to keep the Whiteshell facility busy full-time, should they choose to.

Solvent is used to dissolve the organic pollutants from soils, water and oil. The preparation of the pollutants for analysis takes from one to three days, depending on how many times

it has to go through the reducing cycle.

The final analysis is done by using helium gas to move the residues through glass tubes which are lined with a chemical compound. The wastes are bound to the chemicals and the computer checks through its library of over 20,000 compounds in order to make an identification.

Under the direction of Dr. Roy Taylor, Whiteshell has played an important part in the development and refining of the equipment used and continues to modify the equipment they are working with. One small lab, the size of an average classroom contains over a

quarter of a million dollars worth of sophisticated computerized equipment.

By virtue of the cost and the expertise needed to operate the equipment, the lab will stay small. While staff is busy doing commercial work, research and development must be set aside.

As Canada moves toward sustainable development, the need for more monitoring and processing of the hazardous organic wastes presently being released into the environment grows. Research is looking at both what is hazardous and what can be done about reducing or removing the negative effects upon the environment.

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Serving Eastern Manitoba
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PINE FALLS RECREATION ASSOCIATION

Annual General Meeting

TUESDAY, JUNE 20, 1989
7:00 p.m., Golden Leisure Club
Everyone welcome



Your Canada, Your Parliament, Your Business

by The Honourable Jake Epp
M.P. Provencher

And a new weekly column begins

Hello to the readers of the *Winnipeg River Review*! I am very pleased, as your member of parliament for Provencher, to have the co-operation of this paper to start and present to you, now weekly, a series of articles.

These articles, I believe, will be of interest to you as they will cover a wide range of topics, both informational and sometimes controversial, on local federal government initiatives, background and explanations to policies and programs, as well as affording an opportunity to respond — via this column — to your own questions and concerns.

This week of June 4 - 10 marks the Canadian Environment Week, and will be the focus of this first article.

Canadians are concerned about their environment more than ever before.

Recent opinion polls show nine out of ten Canadians believe swift action is needed to ensure the survival of our planet. The federal government shares this belief, and has declared the week of June 4, 1989, Canadian Environment Week.

In cooperation with environmental groups, other levels of government and the private sector, the progressive conservative government will help individuals, families, and groups find ways to clean up their environment and keep it that way.

This year's theme, *Our Common Future: It's in our Hands*, is very fitting. While individual Canadians have shown their concern for the environment through a new involvement in community clean-up projects and consumer awareness groups, the federal government, too, has made record progress in environmental issues.

Canadian Environment

Week will stress four broad areas of concern. First, Canadians will be encouraged to waste less and recycle more. Through federal projects such as the Environment Choice Program — one which identifies *environmentally friendly* products with a special logo — Canadian consumers will be able to purchase a wide variety of goods knowing they are made entirely of recycled materials.

Second, commuters will be asked to make better use of their motor vehicles, and urged to take public transit where possible. This will dovetail with the federal government's head-on attack against leaded gasoline and excessive exhaust emissions.

The hazardous wastes found in almost every household will receive special attention during Canadian Environment Week. Safe handling of toxic waste is essential to keeping a clean environment; and through programs like the \$50 million Environmental Partners Fund, the government encourages grassroots participation in this area. Finally, Canadians will be urged to beautify their surroundings by planting flowers, trees and shrubs, as done by Provencher resident, Ben J. Krueger of Altona.

To launch Manitoba Forestry Week in May, I had the pleasure to present Ben — a retired farmer and strawberry grower — with a conservation award, crediting his success to his shelter belts and other conservation practices.

Yes, the health of Canada's land, sea and sky is everybody's responsibility. Canadian Environment Week will help bring home that message, much like Ben Krueger's example in Altona.

To conclude, I invite your comments and questions on this or other topics of interest to you. Simply write to me: Jake

Epp, Member of Parliament for Provencher, Ottawa, Ontario, K1A 0E4. And remember, no postage is required.

Next week — *The Road to a Cleaner Canada*. Have a good week.

First Fort Maurepas Scouts attend camp

First Fort Maurepas Scouts attended the Area 6 Camp at Camp Alloway May 26-28. This included camping in the wilderness area, an 8 kilometer hike, and numerous challenge events.

The challenge events included first aid, compass, archery, canoeing, plant identification and crossing a beaver dam on

an aerial runway. Fourteen patrols participated from Pinawa, Warren, Beausejour, Fisher River, Selkirk and River Crest. Fort Maurepas placed first, second and fifth in the competitions.

Focus on the camp was to use light weight foods, one pot meals and single burner stoves. It was a very successful camp.



1989 EASTMAN SUMMER GAMES

SPORT	SITE	DATE	TECHNICAL	REGISTRATION	AGE (JAN. 1/89)
Touch Football	Lac du Bonnet	June 17	Bob Becker 345-2585	\$60.00/team	Male 16 & over
Slo-Pitch	Lac du Bonnet	June 16, 17, 18	Lee Valentonis 345-6219	\$60.00/team	Co-ed 16 & over
Track & Field	Lac du Bonnet	June 24	Dave Penner 345-2462	\$3.00	Male & female 13 & under 11 & under 9 & under
Special Olympics Track & Field	Lac du Bonnet	June 24	Merle Gadsby 326-6753	\$3.00	Male & female 21 & over 20 & under
Swimming	Pine Falls	June 25	Rita Boulet 367-8976	\$3.00	All ages
Soccer	Pine Falls	June 17	Steve Meszaros 367-8063	\$50.00/team	Co-ed 14 & under
Baseball	Pine Falls	June 18	Kyle Kernal 367-8421	\$50.00/team	Under 14
Softball	Pine Falls	June 18	Liz Gray 367-2620	\$50.00/team	Female 14 & under
Lacrosse	Pine Falls	June 18	Mike Gilbert 367-4540	\$50.00/team	Male 16 & under
Tennis	Pine Falls	June 18	Tom Windsor 367-2338	\$5.00	Male & female single — 14 & under 17 & under doubles — 18 & over
Golf	Pine Falls	June 17	Mary Powers 367-2730	19 & under — \$10.00 over 19 — \$15.00	All ages
Trap Shooting	Pine Falls	June 17	Ron Chevrelits 367-8520	\$5.00	Male & female 18 & under 19-54 55 & over
5 km Run	Pine Falls	June 18	Chrissy Johannson 367-8216	\$5.00	Open

REGISTRATION DEADLINE:
PHONE RESPECTIVE TECHNICAL ADVISOR

Send registration to:

EASTMAN SPORT DEVELOPMENT ASSOCIATION
c/o Marion Mitchell
P.O. Box 433
Pine Falls, Manitoba
R0E 1M0



For further information contact:

TOM WINDSOR, Games Chairman, 367-2338 (H), 367-2285 (B) or
MARION MITCHELL, Sport Co-ordinator, 367-8437, 268-2172

"If — a man spoke to his wife only once a month — she wouldn't recognize his voice.

Yet some people advertise only two or three times a year, and then wonder why they don't get more business."