

Pine Falls retailer elected president of Retail Assoc.

WINNIPEG — Dick Boyko, president and owner of Boyko's Pro Hardware in Pine Falls, Manitoba, was elected to lead the 1800 member Canadian Retail Hardware Association during the Annual Meeting in Winnipeg. He will serve a term of one year.

Boyko has served on the board of directors of the association for six years. During his tenure, he served as vice president and has been chairman of both the policy committee and the strategic planning committee.

Boyko purchased his store in 1976 after a career in survey and inspection for Manitoba Hydro and several private engineering firms. The store operates under Boyko's philosophy of "providing good service in a broad variety of merchandise". He is joined in the business by his wife, Margaret, who works in the store and serves as

secretary-treasurer. The couple have four grown children, three sons and a daughter.



Dick Boyko, President 1990-91, Canadian Retail Hardware Association

A past president of the Lions Club, Boyko has been active in the Pine Falls "4P Festival" (Paper-Power Pea-Pickerel) which takes place over Labour Day weekend each year. He was parade marshal of the festival for three years and was festival chairman in 1983. He is presently serving as vice chairman of the board of the Pineview Senior Citizens Lodge, has been a board member of the Pine Falls General Hospital since 1989, and served as a trustee of his Knights of Columbus Council for four years.

In commenting on Mr. Boyko's election as president of the association, its executive director, Tom Ross stated, "Dick Boyko has proved his worth many times over during his years on the board. He wants answers and he persists until he get them. I very much look forward to working with him this year."

Watch out for black bear trick-or-treater

by Charles Norman

A black bear roams the streets of Pine Falls at night, helping himself to treats. It's favourite trick is to spread garbage over residents lawns. It is not a teenager in costume.

John Bulmer, who lives on Cypress, has been called on seven times in the last three weeks. He saw it for the first time Sunday night. He said it was in fine shape and a good 200 lbs.

Bulmer has a compost heap, contained by loosely stacked concrete blocks. Crabapples in the heat first attracted the bear, who returned three times, on the fourth visit it tore the compost heap apart. After that the bear contented itself with three visits to the Bulmers' garbage can.

Art Pargeter said his wife had a Hallowe'en display on their front door step on Elm Street, which included a pumpkin. Monday morning she found the partially eaten pumpkin on the lawn.

Bill McGuire, also on Elm

Street, has seen the bear several times in the early morning. "He crosses my yard on the way to Leonard Roy's crabapple tree," he said. "He has left droppings in my yard a few times."

Another Elm Street resident, Jim McIntyre said, "He was here Saturday night, he upset my garbage cans, emptied it all over the lawn, and picked up what he wanted. I wouldn't mind so much if he'd pick up after himself."

The bear was in Brad Robertson's yard on Poplar, Sunday night, and Mrs. Pinnel saw it the same evening crossing her lawn on Beech. "It left droppings on the lawn," she said.

Mrs. Pfefferle, also on Beech said, "It woke us up one night last week. The garbage can was dumped and the screen was ripped off the window in the family room."

Pine Falls residents are advised to treat with caution trick-or-treaters dressed as black bears on Hallowe'en night.

Hallowe'en party draws big crowd of youngsters

by Charles Norman

More than 200 youngsters showed up for a Hallowe'en party last Sunday afternoon at the Legion Hall in Pine Falls, ranging in ages from babes in arms to teenagers, with costumes ranging from the elaborate to a little makeup and old clothes, they showed imagination and creativity. Dracula's and Ninja Turtles were in abundance.

Organized by Valerie Polischuk of the Ka-Wawiyak Friendship Centre, the event a repeat of a similar event two years ago, was a huge success. Youngsters danced to taped music by Craig Schmidt who donated his services, and got drinks and hot dogs courtesy of local businesses.

RCMP Constable Parkes took advantage of a temporary lull in the proceeding, while hot dogs were being eaten and the noise level had

dropped to a reasonable level, to give a talk on Hallowe'en safety.

Some of the old children did not take very well to his suggestion that an adult should accompany them on Hallowe'en night but apart from that they were attentive and receptive.

He told them to walk on the right hand side of the road, not to run across the street, to wear bright clothes and a reflector, and not to trick or treat by yourself.

Several youngsters responded to his asking them for his ideas on Hallowe'en safety a pirate suggested taking a flashlight, and Batman reminded trick-or-treaters of the block parent program.

Judges Lottie Winram, Chrissie Fountain and Beatrice Meade had a difficult time choosing winners from about two hundred or more costumes.

Winners were: Cutest: First — baby pussycat, Heather Polischuk; Second — clown, Becky Ross. Prettiest: First — princess, Cara Humer; Second — strawberry shortcake, Lisa Rheume. Funniest: First — clown, David Sharpe; Second — old man-woman, Brian Pelland, Danna Cyr. Original: gas pump, Alana Houston. Best: First — pirate, Chris Fontaine; Second — skeleton, Kristin Carrier. Ugliest: witch, Lynn Laliberte. Parent: bag lady, Anita Breton and Michael Breton. Worst: punk, April Henderson. Scariest: First — Freddy Krueger; Second — Frankenstein, Myles Wilcott.

The winner of the scariest costume category, a youngster dressed in a Freddy Krueger mask, left the party before the *Review* could discover his name. No one who was asked knew who it was behind the mask.



Strawberry Shortcake Lisa Rheume, runner-up in the Prettiest category.

What you should know about Lyme disease

by Charles Norman

With the onset of the deer hunting season, and a case of Lyme disease in St. Georges, *The Review* feels its readers should be aware of the nature of Lyme disease which is primarily spread by deer ticks. We do not wish to be alarmists, but the disease does exist in Manitoba, and if not treated early, symptoms can be very unpleasant, to say the least.

A B.C. Lyme disease support group has been contacted by 20 Manitobans, mostly in Winnipeg, who believe they have the disease. It can be treated successfully with antibiotics if treated early. If not, treatment may not be completely successful.

One victim in British Columbia, Fiona Farquharson, has had the disease for more than 10 years. She suffers from intermittent but debilitating attacks of arthritis and periodic lapses of short term memory.

When she feels an attack beginning, she makes notes of things she has to do, but then cannot remember where they are. If she does stumble across them, she doesn't remember what they mean.

The disease is not widespread in Manitoba, but since it is difficult to diagnose and symptoms are often symptoms of other diseases, it may have gone undetected.

The following information is taken from a pamphlet produced by S.C. Johnson and Sons Inc., the manufacturers of Deep Woods insect repellent. It is an excellent

summary of what is known of the disease.

What is Lyme disease?
Lyme disease is an illness which, if not promptly diagnosed and treated, can cause serious problems involving the heart, joints and nervous system. Lyme disease symptoms can be so varied that the disease has been termed "the great imitator" and is sometimes misdiagnosed. The disease is spread by the bite of a tick that can be no bigger than a pinhead. The tick can be found in the woods or in your own backyard at nearly any time of the year. Since the tick is so hard to detect, and its bite is generally painless, taking preventative measures is important.

Lyme disease has been expanding in both geographic scope and frequency. Over 13,000 cases have been documented in North America since 1980. Nearly 6,000 cases were reported in 1988, more than double the number identified in 1987. However, this number may vastly underestimate the true incidence of the disease since many cases are missed or go unreported (Lyme disease is not required to be reported in all states). Lyme disease has been identified in the U.S. in 43 states, and is also found in Europe, Asia and Australia. In Canada isolated cases have been reported in Ontario, Manitoba, Quebec and Alberta.

What are Lyme disease symptoms?

The tick bite, which is

generally painless, often goes unnoticed. Lyme disease symptoms may appear days to years after being bitten by an infected tick. Symptoms vary widely and in some cases there are no symptoms. This variance makes the disease difficult to diagnose. See your doctor if you exhibit Lyme disease symptoms.

In early stages, a red rash or lesion, called erythema migrans (EM) or erythema chronicum migrans (ECM), occurs in approximately two-thirds of Lyme disease patients, usually within a month of being bitten. *Erythema* means a red color, *chronicum* means it lasts, and *migrans* means the rash can sometimes migrate to other areas of the body or spread in size. This rash, which is often found at the location of the tick bite, can be uniformly red or take on a *bull's-eye* appearance with a clearer centre. The rash is commonly about four inches in diameter but can vary greatly in size, from one inch in diameter to coverage of an entire body part. One or more of these rashes may appear. They are often circular, but vary in shape as well as size. The rash can last for a few days or for more than a month and may be painless or can feel painful, itchy or hot to the touch. If such a rash occurs, consult a physician immediately, even if it disappears.

Other early symptoms of the disease include flu-like symptoms, malaise, low grade fever, fatigue, headaches and

see **LYME DISEASE 12.**



Funniest costume

David Sharpe, winner in the Funniest category at last Sunday's Hallowe'en party.

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"I didn't put rocks in your boy's bag — those are my wife's fudge cookies!"

Pumpkins, not turnips, made best jack-o-lantern

by Charles Norman

Beginning as a Celtic festival at the end of summer, Samhain, it was one of the two main annual Celtic festivals. The other being Beltane, on May Day. The two heralded the beginning and end of summer.

On Samhain, the souls of the dead were supposed to visit their homes, hence the association with ghosts and other supernatural manifestations.

With the advent of Christianity the event came to be celebrated on All Hallows Eve, the eve of All Saints Day, November 1. Some of the original pre-Christian symbols have survived. It was associated with apples, which had sacred significance. Children in Scotland would attempt to lift apples floating in a tub of water using their teeth. Success meant a lucky year.

Only a generation ago Hallowe'en would ring with the cry "Hallowe'en apples" as children went from door to door in expectation of apples, or better yet, candy coated apples.

The festival did not survive

in England, perhaps as a result of repeated invasions of Germanic tribes around 1500 years ago, but in predominantly Celtic areas of

Ireland and Scotland the custom continued. Turnips were used as Jack-o-Lanterns. With large scale immigration of the Irish to North

America, especially the United States, the tradition was brought to this side of the Atlantic. The Irish soon discovered that the pumpkin

made a better Jack-o-Lantern, and, if you're going to eat the inside, pumpkin pie tastes an awful lot better than boiled turnip.



Trying out their Hallowe'en costumes, youngsters dance to Craig Schmidt's music at the Legion Hall last Sunday afternoon.

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A home-based business — more than a dream

"So, you want to be in a business for yourself?" This is the dream of thousands of people across the province. Like many of those, you may be on your way to making that dream a reality.

Some of you are already familiar with the challenges of owning, organizing and operating the risks of your entire investment. You may know that you would rather work 80 hours a week for yourself than 40 hours a week a true entrepreneur.

Perhaps you are considering a move from employment to self-employment. Do you feel that you no longer have an opportunity for advancement of increased responsibility with your present employer? Will your job disappear with restructuring of the company? Perhaps you are presently unemployed, and need to change that situation. Maybe you have never worked — for money, that is. Do you have skills that can be turned into dollars? It is most likely that you do!

The general trend is an explosion in the growth of small business, with women going into business at a rate of five times that of men. Women are interested in self-employment. It is widely agreed that women have strengths that indicate their suitability for business (i.e. thorough in their approach, realistic, cautious, well developed people skills). However, there is agreement in all the literature that the most useful supports are missing. Training in financial mat-

ters heads the list, as does the more intangible need for women to develop confidence in their own capabilities and talents, and in the legitimacy of themselves as business owners. Access to capital is stated as a very large barrier to women, but one that can be overcome by proper training in the preparation and presentation of a business plan.

Many women also dream of selling something they enjoy making or doing — everything from catering to calligraphy and bookkeeping to beekeeping. Now may be the time to take your idea off the back burner and see if it can become a reality.

You won't be alone in making a dream come true. The number of self-employed women increased by 45% over the 1980-85 year period. Another encouraging figure is that after three years in business the success rate for women is 22% higher than for businesses started by men.

Before a business opens its doors, a lot of ground work must be done. Don't trust your memory. Record everything you do or need to know — business ideas, names of contacts, sources of information, verbal agreements, advertising ideas, inspirations etc. Keeping everything organized in a binder will probably be enough at the beginning.

The first stage in getting started is to evaluate yourself — what skills do you have that could be turned into dollars? You also need to evaluate your business opportunities — what products or services are needed? If you have an idea in mind, will there be a demand? Finally, running a home-based business cannot be done without family support. Will they be behind you?

For a copy of our free fact-sheet "A Home-Based Business — More Than A Dream" or to register for one day seminar on Entrepreneurship, call me at 268-1411.

Church Directory

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

PAROISSE NOTRE-DAME DU LAUS PARISH
Powerview, Manitoba
Phone 367-2700

Sunday Eucharist Powerview
8:00 a.m. — Français
10:00 a.m. — English
Sunday School
Stead
12:00 noon — English

Sunnywood Manor news

Hallowe'en is almost upon us. To keep in the spirit, Kathy Dugard, her daughters Simone and Justine, and niece Melanie helped the residents put up some Hallowe'en decorations. The staff also made up some scary items to hang. The past couple of baking days were spent making Hallowe'en treats. With the help of Sharon Ogg and Louise Willett, several ladies whipped up a batch of pumpkin sandwich cookies with faces, and sugar cookies with orange icing. The cookies were so good they disappeared quickly!

The Pine Falls kindergarten class came for a visit on Friday morning, October 26. The class included: Darren Gaffray, Shawn Lawlor, Tyler Moss, Christine Petrusson, Kursy Robertson, Stephanie Tardiff, Chad Houston. Jamie Reimer was missing. With the help of their teacher Jan Paukovic, the children sang a variety of songs about jack-o-lanterns, ghosts and goblins, black cats, witches and skeletons! The audience made up of the residents, some staff, and a few moms, loved it. Afterwards the children served cookies they had helped bake, then gobbled up a few themselves along with juice and milk. They spied the bean bag game, so all lined up to give it a try. The residents sure enjoyed watching these energetic, happy children as they sang and played. They will also enjoy the Hallowe'en traditions all the children made for them. On Wednesday, October 31, Eastern Star is hosting our Hallowe'en party at 2:30 p.m.

There have been a number of offers from people in the community who would like to volunteer some time at Sunnywood Manor. We are pleased there is so much interest. However, as we are in the process of setting up a volunteer program, we are not able to place everyone immediately. In the interim, we have some one-time events such as *Novemberfest* and Christmas tea and bake sale for which volunteers are needed to help plan and organize. Anyone who would like to lend a hand can contact Leah Boulet at Sunnywood Manor (367-8201).

Bingo winners for the last two weeks included Rikka Carlson, Mabel Lougheed, and Frank Ryan on October 18, and Stanford Houston and Rikka Carlson this past Thursday. Mabel Lougheed was our champion in ball darts on Monday. One afternoon, an hour was spent reminiscing about wine-making and homebrew. Some interesting recipes were mentioned such as pumpkin rum and potato champagne. The types of stills people had and a few of their hiding places caused a lot of laughs.

A big welcome to our newest resident, Bertha Martin. She joined us on October 24. Our family is sure growing.
On Friday, November 2, the Golden Wear Clothing

Shop is setting up its wares in the activity room of Sunnywood Manor. Items for sale include sweaters, blouses, skirts, dresses, slippers and slacks for both men and women. They also carry specialized geriatric clothing and staff uniforms. The shop will be open from 2:00 p.m. - 3:30 p.m.

DATE BOOK

Library Allard Hours — Tues. 10:30-4:30, Wed. and Thurs. 1:00-4:30 and 6:30-8:00, Fri. 1:00-4:30, Sat. 10:30-12:30.
Silver Haven Club — Monthly meetings every second Thursday of the month at 3:15 p.m. after whist game, Powerview Church basement, St. Georges Sand Bag League — Every Thursday at 7:30 p.m. St. Georges Parish Church.

We are currently updating our Community Calendar. If you have meeting dates or other ongoing programs you wish published in this column as a reminder to the public, please give us a call at 367-2513.

The Lac du Bonnet Leader and The Winnipeg River Review
Community Newspapers & Commercial Printers

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268-3510
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PINE FALLS GENERAL HOSPITAL AND SUNNYWOOD MANOR PERSONAL CARE HOME
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7:00 p.m. at the Sunnywood Manor Solarium
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There will be complimentary refreshments.
Please join us. Everyone is welcome.

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State of the world 1990s

The following statistics are valuable in assessing what this decade will bring, especially for people in the business of producing food.

- Though world food production went up 2.6X fold from 1950 to 1984, the per capita production of cereals has declined each year since 1984. The World Book estimates that over 700 million people do not have enough calories for an active working life. Approximately 15 million children worldwide die each year from hunger.
- In 1989, about 1.2 billion people lived in absolute poverty. Four-fifths of these people live in rural areas.
- Two billion people drink and bathe in water contaminated with deadly parasites and pathogens.
- Soil erosion is slowly undermining the productivity of an estimated one-third of the world's crop land. Each year the world's farmers are losing an estimated 24 billion tons of topsoil in excess of new soil

Computers '90 aimed at all levels of computer users

If terms like software, hardware and modems sound foreign to you, the Computers '90 Conference, December 5 and 6 in Brandon can help you become more computer literate. Manitoba Agriculture's conference coordinator Keith Kyle says the conference is structured to appeal to people with a wide range of computer knowledge. It starts with an overview of the role of computers in farm business and moves on to specific programs, Kyle said. "We have sessions for beginners taking their first look at computers and more advanced sessions for farmers looking to move up in their selection of programs."

He said farmers are just beginning to appreciate the potential of computers in their farm operations. "Computers can be used for more than record keeping, budgets, inventory and correspondence. The right programs can help farmers make informed management decisions that have a direct effect on the bottom line of their operations." If a farmer is unaware of what a computer can do, Kyle says the conference can help identify functions as well as existing limitations. As well, local computer firms will be displaying the full range of available programs, so interested farmers can compare programs on site instead of spending days

The Farmers' Corner

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

formation. At this rate, it translates to an equivalent of over half the crop soil in the USA over a 10 year period.

• The world's most intensely farmed land is irrigated. Waterlogging and salinity are reducing yields on estimated 24% of the world's irrigated crop land which totals over 600 million acres. Currently 2 1/4 to 4 million acres of previously irrigated land is abandoned each year.

• In some places we are running out of water. The Aral Sea in Russia was once the fourth largest fresh water lake in the world. It has had two-thirds of its contents irrigated onto the surrounding countryside. In the USA, vast areas are having their aquifers reduced to serious water levels.

Through all this grim information, Canadian optimistic farmers can see a challenge for more production needed, despite this year's low grain prices.

Interest free cash program

Interest free cash advances have been reinstated for the 1990/91 crop year. No interest will be charged on the first \$50,000 in advance payments. Wheat and barley only are eligible for the program. For more information check with your elevator manager.

Chloride fertilizer

In the Dakota's and Minnesota there have been reported benefits for the use of chloride fertilizer. In tests done by the University of Manitoba, the effect of chloride on wheat and barley was inconsistent. Grain yield responses to chloride fertilization were either very small or non-existent, regardless of disease incidence. Westco Fertilizers' research work, over four years of plot testing, also endorses that yield responses to chloride fertilizer was virtually non-existent.

Kyle said the conference also gives farmers a chance to compare notes. "You can often learn more by talking to another farmer about what worked than you can in several hours of training."

The two-day event features 16 seminars and hands on workshops. The sessions will explore topics such as accounting packages that work on a cash or accrual basis, GST and tax management systems and customizing a data-based program for livestock.

ANNOUNCEMENT
MOHAWK

Effective October 26, Great River Service in Great Falls has introduced a new gasoline product for sale. "HARVEST BLEND" gasoline is a blend of 90% regular unleaded gasoline and 10% Ethanol. This Ethanol enriched gasoline:

- Burns with up to 40% less harmful carbon monoxide emissions than regular unleaded gasoline.
- The Ethanol in gasoline is what helps to reduce smog levels and your car's contribution to the "Greenhouse effect".
- Ethanol is made from a renewable resource Western Canada Grain. This gives our farmers a new market for prairie grain.
- The product is manufactured in Minnedosa; support your local industry.
- The use of Ethanol enriched fuels is warranty approved by every car manufacturer in the world.

We invite all customers to try this new product. We are confident you will be satisfied with the results.
GREAT RIVER SERVICE
Great Falls, Manitoba
Phone 367-8667
We also sell regular unleaded gasoline as our other product.

A GUIDE TO YOUR NEW PHONE BOOK.

Your new Provincial Telephone Directory will be arriving soon.

When you get your new phone book, take a moment to look up these handy resource guides in the Yellow Pages:

FAX GUIDE — An alphabetical listing of fax numbers for Manitoba businesses and organizations.

LOCATOR MAP GUIDE — Section maps to help you locate rural addresses by section, township and range numbers.

CALENDAR OF EVENTS — A comprehensive and easy-to-read listing of Manitoba festivals and community events.

EASY GUIDE — A fast way to find the appropriate heading for products and services you're looking for.

TELEPHONE EXCHANGE LOCATIONS — A one-page listing of Manitoba telephone exchanges by their three-digit prefixes and communities.

MAIL ORDER & CATALOGUE SHOPPING — Busy people need a helping hand so we've expanded this heading for your convenience!

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ANNOUNCEMENT
MOHAWK

Great River service of Great Falls has recently changed fuel suppliers and are now selling gasoline under the "HARVEST FUEL" brand.

Harvest fuel is an independently owned Manitoba based oil company selling Mohawk Petroleum Products. They are selling unleaded gasoline and Ethanol enriched Harvest Blend gasoline.

Lloyd Shindruk would like all his present customers as well as new customers to support him in this new company brand.

All products are fully guaranteed and we are certain you will be satisfied with the full service.

GREAT RIVER SERVICE
Great Falls, Manitoba
Phone 367-8667

Review Classifieds

FOR SALE

CHRISTMAS DAINTIES — 10 different varieties. Order by five dozen — 40 pieces; 10 dozen — 120 pieces. Don't be disappointed. Order early. Phone Marcia at 367-8758. 9-1xpd

CADILLAC ELDORADO — 1975 Cadillac Eldorado, all new tires, good condition, asking \$1,900.00. Phone 367-8397. 9-1xpd

KITCHEN RANGE — Antique electric kitchen range, working order, ideal for cottage, asking \$80.00. O.B.O. Phone 367-8606 after 6:00 p.m. 9-2xpd

HOUSE — Located 2 miles south of Lac du Bonnet. 1 1/2 storey, 4 bdrms, large yard, treed, peaceful area, good revenue property. Asking \$39,000. Phone 253-7909. Also mobile home for sale, immediate possession available. T.F.N.

COTTAGE/HOME — New three bedroom on one-acre tiled corner lot in Anglen Park, electric heat, vinyl siding and much more. \$22,000 down O.B.O. Owner will carry mortgage below bank rates. Phone 345-6427. 7-10xpd

SHOPS AND STORAGE BUILDINGS — Manufacturer direct. Inventory reduction. Manufacturer has slashed prices on new steel frames and sheeting for a very limited amount of shop and storage buildings. Examples: 27 x 36, sugg. retail \$6,420, now \$3,777; 34 x 48, sugg. retail \$9,968, now \$5,864; 39 x 60, sugg. retail \$13,532, now \$7,960. Some larger sizes available. Above prices based on Canadian funds. Delivery available within 10 days to most areas or free storage. Call 1-800-843-8275. pd.

FOR SALE

1979 SKIDOO — Alpine, twin track, exc. work machine, good cond. Asking \$1,800 firm. Phone 753-2579. 9-2xpc

PUPPIES — Westhighland Terrier pups — 2 months old. For information phone 345-2293. 9-1x

2-HORSE TRAILER — Tandem axle house trailer, asking \$2,000.00 O.B.O. Phone 345-8940. 9-2xpd

FARM MACHINERY — 985 New Holland combine, 4 1/2 John Deere Plow, 3 PTH 12 foot IHC Diskall 310 with harrows, Morris harrows to fit 24 foot cultivator, 7 foot Farm King snowblower with hydraulic control, snowblower in lot 210 John-Deere garden tractor. Phone 265-3333. 9-1xpd

MOBILE HOME — 2-BR, located on waterfront lot. Includes attached porch, appliances, elec. forced air heat. Available Nov. 15. Rent \$375.00. Phone Bob at 345-8608 or 345-2424. 8-1x

HOUSE TRAILER — 1978 Holiday house trailer, 23 ft. long, very good condition. Two 30 lb. propane tanks, 3-way fridge, stove, oven, sleeps 6-8, shower bath. Asking \$6,500 O.B.O. Phone John Friesen, Poplar Bay Camp, 345-2993. 8-2xpd

STRAW — Flax and wheat. \$1.00/bale. Phone evenings 345-2755. 8-2xpd

FRIDGE — \$300.00. T.F.N. 345-2625.

1971 FORD HALF-TON — 8 cyl. standard, \$600.00 O.B.O. Phone 345-2410 after 6:00 p.m. 8-2xpd

PANT COAT — One ladies' sheepskin pant coat in very good condition. Size 10. \$100.00. Phone 345-2834. 9-1xpd

LIVESTOCK — Whitespots polled hereford dispersal — 1:00 p.m. CST. Monday, November 12, 1990, Manitoba Pool Livestock Yards, Brandon, Manitoba. 55 cow/calf pairs, 14 bred yearlings and 2 herd bulls. Get and service off: WTK S&H Genesis 67U — GK RGF Rustler — WTK 80U National 86Y — WTK CI Domino Buckshot 40K. For catalogues contact: Morley McKay, R.R. 1, Wawanesa, Manitoba R0K 2C0. Phone (204) 537-2489. pd.

THE NORTHWEST METIS COUNCIL requires

A PROJECT COORDINATOR
(PROPOSED 6 MONTH TERM POSITION)

TO: design and coordinate activities which will facilitate the development of a proposal for and determine the feasibility of a family support worker training program. Extensive travel will be required.

QUALIFICATIONS: Driver's license, access to a vehicle, strong background in child care and/or family counselling and related education; ability to communicate effectively both verbally and in writing; knowledge and understanding of the metis community.

SALARY: \$720.00 per week. **DEADLINE:** Nov. 12, 1990.

A RESEARCH ASSISTANT
(PROPOSED 6 MONTH TERM POSITION)

TO: assist in a study designed to determine the following: need for a family support worker training project; potential trainees; availability of resources; needs of communities affected, etc. Extensive travel will be required.

QUALIFICATIONS: driver's license, access to a vehicle, post-secondary education related to research techniques; strong communication skills; knowledge and understanding of the Metis community.

SALARY: \$400.00 per week. **DEADLINE:** Nov. 12, 1990.

FORWARD RESUME TO: Gary Anderson, Vice-President Northwest Metis Council
108 First Street N.W.
Dauphin, Manitoba R7N 1A7
Home: 787-2203, Work: 638-9485

NOTICE

IN THE MATTER OF the estate of **STEPHEN KOLANKO**, late of the Village of Powerview, in the Province of Manitoba, retired, deceased.

ALL CLAIMS against the above estate duly verified by Statutory Declaration, must be sent to the undersigned, at Box 520, Beausejour, Manitoba, R0E 0C0, on or before the 14th day of December 1990.

DATED at Beausejour, Manitoba, this 22nd day of October, 1990.

Bellian Wasylin Thompson
Solicitor for the Executors

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2:00 p.m. FRIDAYS
effective immediately

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LETTER TO THE EDITOR

Letter was ethnocentric, racist piece of garbage

The Leader
Dear Sir:
The Letter to the Editor in the Oct. 23 edition of *The Leader*, signed by Allen Peden, is one of the most ethnocentric, racist, and vitriolic pieces of garbage I've ever had occasion to lay eyes on, and meriting rebuttal, which I am requesting of you by way of this letter.

As a Christian, it has never, ever entered my heart to harbor feelings of "hatred and venom" towards any of my fellow human beings, but rather to detest and expose all manner of injustice, prejudice, oppression, and hypocrisy which I may encounter, for we "wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places." (Eph. 6:12)

As far as my not "recognizing the truth if it would hit me in the face," I can only respond by stating that I recognize the Holy Bible as the sole foundation of all truth, and from which emanates all ordinances necessary for man's spiritual and material well-being. If this country is in such a mess today, it can be directly attributed to the fact that our white policy makers have refused to institute God's brand of justice, but have rather concocted laws of their own devising, and for the furtherance of their own particular aims and aspirations. Therefore, my "tirade against the white community", as Mr. Peden would phrase it, is not directed against the white community per se, but against politicians who are and have been, for the most part, white betrayers of their Christian God.

In response to Mr. Peden's anachronistic belief that Indian people shall only be "able to stand tall and proud" if they integrate into white society, I can only state that this is a racist statement of the first degree, if I've ever heard one! Talk about fanning the flames of Indian discontent! Talk about disrespect towards Indian people and their cultural and spiritualistic beliefs!

Mr. Peden makes reference to the fact that the white man's government, over the past two decades, has initiated some positive actions for the benefit of the native population. What is so great about that? They have been doing it for their own non-indigenous population since day one! As far as "new houses having been built on every reserve complete with oil furnaces" is

concerned, the 1986 census and statistics from the Dept. of Indian and Northern Affairs reveals that 23.8% of status Indian homes lack central heating, as opposed to 5.3% for the rest of Canada! On the matter of education, we are told that 37.2% of status Indians have less than a Grade IX level of education, as opposed to 17.1% for the rest of Canada! The average adult income for status Indians is \$9,900 per annum, as opposed to \$18,200 for the rest of Canada! Federal government figures also reveal that natives can expect to live about eight years less than the national average life expectancy of 76.5 years. This is directly attributable to poor nutrition, poor housing, lack of sewage disposal and potable water, and to poor access to medical services, amongst other things. Yes, Mr. Peden, who is hardest done by, given the above "facts"?

On the question of "ignoring the preachings" of Anglican Archbishop Desmond Tutu, South African civil rights leader, I can only respond by stating that we would be very short-sighted were we to do that, given the fact that some very knowledgeable, influential, and concerned people saw fit to listen seriously to him, and award him the Nobel Peace Prize in 1984 for his campaign against apartheid.

We have the Rev. Jessie Jackson to thank for having been instrumental in obtaining the release of captured U.S. airman, Navy Lieutenant Robert O. Goodman Jr., in Syria, as well as the release of 22 Americans and 26 Cubans imprisoned on Cuba, all in 1984.

Both of these individuals are respected world-wide, except by Mr. Peden, who, it

seems, considers them only worthy of character assassination!
I take strong exception to Mr. Peden's remarks to the effect that Indian people have been subsisting on white man's "hand-outs", which amounts to nothing more on his part than a quixotic tilting against the windmills of justice and truth! These "hand-outs", so called, are in reality simply rent payments centuries overdue, being paid by a white tenant government to its Indian landlords, for having raped, along with the Americans, a whole continent of its human and natural resources, without which, I might add, the "white man's technological advances" would not have been possible.

Though the mills of justice and truth grind slowly, they grind exceedingly fine!
As far as I am concerned, by far the most unfair and unwarranted charge levied against the First Nations by Mr. Peden, is his erroneous assertion that "much of the blame for their present condition must rest with themselves." This is what happens when people are subjected to a distorted and biased view of history, through mediums such as our school system, our literature, our movies, etc., etc., and why we must now unravel the skein of historical fact, so as to arrive at a more correct perspective of things.

By way of introduction, it was Gen. Phil Sheridan, military commander of the Kansas forts, who coined the American aphorism: The only good Indian is a dead Indian", and who advocated total destruction of the Indian's commissary, the buffalo, in order to destroy him. Of the 3,700,000 buffalo exterminated from 1872 through

1874, only a mere 150,000 were killed by Indians. By 1885, the last wild buffalo had been slaughtered, and the Indian people, who had been disarmed, were reduced, in some instances, to eating their own dogs so as to avoid starvation at Indian agencies. The same attitude prevailed in this country as well, and still does.

Pte. the buffalo, had provided the Plains Indians with all necessities of life — meat for food, robes for beds, garments, tepees, bull-boys, and shields, bones for sled runners, fleshing tools, axes, and needles, horns for ladles and spoons, sinews for thread, hooves for glue, the tail to brush away flies. Nothing was wasted, for the Indian was a true conservationist.

When Indians attempted to defend themselves, the buffalo, and their territories, against extinction and conquest, they were labeled *ignorant savages*, but when white men defended their own stolen territories, they were called *loyal patriots*, and awarded medals for valor.

The fate of the buffalo was to have his bones fashioned into buttons, while Indians who refused to agree with white expansionist demands, had their bones fashioned into knife handles, with their skulls fetching upwards to \$1.25 for the manufacturing of fancy combs. Many a Kansas farmer made enough from Indian bones alone to see him through the winter! Yes, Mr. Peden, Indian people are owed an inestimable debt, wouldn't you say?

On the question of the municipality of Oka having "every legal right to expand their golf course", I can only reiterate once again by men-

tioning that moral rights take precedence over so called legal rights, notwithstanding the 1912 ruling of the supreme court of Canada, in passing, it should be noted that Mr. Peden conveniently neglected to mention that the proposed Oka golf course would encroach upon ancient Mohawk burial grounds. Hopefully, the bones shall prove too old for the white man to fashion into combs and knife handles!

Peace treaties, signed by the Iroquois with a succession of European settlers, constituted alliances between independent and sovereign nations, and hence, were symbolized by the *two row wampum*. This was a belt of white beadwork bordered by two parallel strips of purple, which, according to Mohawk historians, represented the allied European and Iroquois nations, each pursuing its own independent course of dual sovereignty. I support this view — hence my opposition to the Oka golf course.

"I did not know then how much was ended. When I look back now from this high hill of my old age, I can still see the butchered women and children lying heaped and scattered all along the crooked gulch as plain as when I saw them with eyes still young. And I can see that something else died there. It was a beautiful dream...the nation's hoop is broken and scattered. There is no center any longer, and the sacred tree is dead." — Black Elk, Ogalala Sioux

The hour draws late. The atrocities of men weigh heavy on my heart. I give my thoughts to the wind.

Sincerely,
Edouard L.J. Veronneau
Native and Metis Activist

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The NET Committee
would like to thank the following for their help and donations towards making the NET Retreat for Young People a huge success.
Bob and Mariene Jackson & staff at Clark's Northern Stores
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Coca Cola
and many other persons who contributed by means of financial aid, food donations volunteer help and the many, many prayers.
THANK YOU and GOD BLESS!

Winter Games gears up for another season

The Eastman Sport Development Association is pleased to announce the opening of registration for the 1991 Eastman Regional Winter Games. The Eastman Regional Winter Games will involve Eastman competitions in: figure skating (Canskate, Canfigureskate, Recreation Precision), ringette (Peites), co-ed volleyball (18 and over), five-pin bowling (adult and Special Olympic teams), alpine ski (all ages), cross-country ski (all ages and Special Olympic), badminton (male, female singles, mixed doubles and male and female doubles), gymnastics (7-17), junior curling (13 and under, 16 and under), and co-ed broomball (18 and over).

Sites for these events will include: Steinbach, Hazelridge, Falcon Lake, Pinawa, St. Pierre, Ste. Anne, Pine Falls, Beausjour and Lac du Bonnet, though all sites have not been finalized. Competitions will run from early January to early March, 1991.

For further information regarding specific rules, dates, sites and registration, please contact Eastman Sport Development Association at 1-268-2172/1-268-3841, Gisele Evessyn, games coordinator, or contact Marion Mitchell, executive director at 1-367-2180/1-367-8437.

Pine Falls Five Pin Bowling League news

by Evelyn Dodds
The ladies' high games were: Sharon Mignon 248, Linda Shwaluk 242, Cheryl Boissvert 237, Doris Kahle 232, Susie Tardiff 225 and Kim Sokolowski 221.
The men's high games were: Don Powell 299-258, Pete Richardson 284, Pat Papineau 271, Gerry Gauthier 246, Alan Pogson 234, Gerry Dupont 230, Pat Watson 230, Butch Boissvert 226.

The female bowler of the week was Linda Shwaluk for

Blues won't be intimidated

submitted by Blues reporter Rose Mannisto (Gottfried)
In spite of being defeated in both of their weekend games against rival teams from the C.A.S.H. League, the Blues showed their fans they can skate and play good defensive hockey.

Flames 4, Blues 3

During Saturday's game, the refereeing at the St. James Civic Centre was questionable, to say the least. The Blues took their share of penalties if not more, but they were not going to be intimidated.

Late in the first period, Glenn Kettles incurred a deep gash below the right eye, requiring 13 stitches to close, and Nicky Bonekamp suffered a pulled muscle in his neck during the second period.

Scoring for the Blues were Darrin Oneschuk and Leo Moreira in the second period, and Danny Wazny coming back in the third period to score one. Although the Blues came up short by one goal, they played well, considering this was only the third game that some of the players have played together.

Steel Kings 6, Blues 5
Playing to a hometown crowd of 280 plus fans on Sunday, the Blues played an outstanding game for the first 40 minutes. Scoring for the Blues in the first period were Leo Moreira, Danny Wazny and Paul McIntosh. Coming back in the second period, the Blues kept the Steel Kings scoreless with Michael Gottfried and Leo Moreira scoring for the Blues.

But that's when things were turned around for the Blues in the third period. They became over-confident and played a very scrambled game with the Steel Kings scoring at 12:01 and getting another three quick goals with just over five minutes left in the game. Coach Werbicki read the riot act to the team after the game, so hopefully it didn't fall on deaf ears.

The Blues are playing their first season game on Saturday, November 3, 1990 at the Lac du Bonnet Arena. The Blues play much better when their fans come out and support them. Hope to see you there. Don't forget — game time is 7:30 p.m.



Your Canada, Your Parliament, Your Business

by The Honourable Jake Epp M.P. Provencier

This is Canada Career Week and this week's column is particularly directed to Provencier's high school students.

All across the country, Canada Employment Centre, schools and students are *Getting Started*. That's the name of the EIC Publication that's helping everyone organize activities for Canada Career Week. And everyone who examines the publication will find a range of ideas to plan major career events from *start-to-finish* — which also happens to be the theme for Canada Career Week '90.

This year's *start-to-finish* theme demonstrates to young people the importance of finishing what they start — school is a prime example. The message will be: If young people want a place in our competitive labour market, they must have the appropriate education or training.

As always, the objective of Canada Career Week is to open up for young Canadians the world of new opportunities that lies ahead — a world of exciting challenges and rewarding careers. A world where individuals will have a chance to fulfill their potential. Young people will be asked: Are you preparing yourselves academically, mentally and socially for the new, and increasingly complex world of work? Are you prepared to give yourself a fighting chance by establishing education, training and career goals? And will

you work towards achieving those goals — from start-to-finish?

The message of Canada Career Week dovetails with EIC's *stay-in-school* program, a major national initiative by the Minister of State for Youth, Marcel Denis. The program will address the 30 percent high school dropout rate with labour market programs and services, getting people involved in seeking solutions and more career information to help people make decisions.

This year, an expanded *Getting Started* publication replaces the kits that were previously sent out for Canada Career Week. Schools and organizers of Career Week events are asked to fill out the coupon inside the booklet and indicate which items they need for their week's activities. Buttons have been produced, as well as posters, pamphlets and information on how to

organize career fairs, career clubs, job shadowing exercises and how to mobilize the local media.

Canada Career Week has proven a success and has grown in size every year because it is a grass roots, community-based activity. Communities, businesses, schools, Canada Employment Centres, youth groups and training associations have developed innovative ways to reach out to young people and provide information vital to their future.

Canada Career Week has taken off an important event in almost every region in the country. It has served as an ideal way to stress the importance of thinking ahead and preparing for the world of work. And your Canada Employment Centre is eager to provide you with any advice or help you need — we want to make your Canada Career Week a memorable one!

Lac du Bonnet Blues Hockey Schedule for 1990-1991

Home game Sat., Nov. 3	7:30 p.m.	St. James at LdB
Home game Thurs., Nov. 8	8:30 p.m.	Selkirk at LdB
Away game Sat., Nov. 10	8:00 p.m.	LdB at Thunder Bay
Away game Sun., Nov. 11	2:00 p.m.	LdB at Thunder Bay
Home game Sat., Nov. 24	7:30 p.m.	Warroad at LdB
Home game Sun., Nov. 25	1:30 p.m.	Warroad at LdB
Home game Sat., Dec. 1	7:30 p.m.	Thunder Bay at LdB
Home game Sun., Dec. 2	1:00 p.m.	Thunder Bay at LdB
Away game Sat., Dec. 8	8:30 p.m.	LdB at Selkirk
Away game Mon., Dec. 10	8:00 p.m.	LdB at St. Boniface
Away game Wed., Dec. 12	8:00 p.m.	LdB at Selkirk
Home game Fri., Dec. 14	8:00 p.m.	Thunder Bay at LdB
Home game Thurs., Dec. 20	8:30 p.m.	St. Boniface at LdB
Away game Sat., Dec. 29	7:30 p.m.	LdB at St. James
Home game Sat., Jan. 5	7:30 p.m.	St. Boniface at LdB
Away game Mon., Jan. 7	8:00 p.m.	LdB at St. Boniface
Home game Thurs., Jan. 10	8:30 p.m.	Selkirk at LdB
Away game Sat., Jan. 12	7:30 p.m.	LdB at Warroad
Away game Sun., Jan. 13	1:30 p.m.	LdB at Warroad
Home game Sun., Jan. 20	7:00 p.m.	St. James at LdB
Home game Sat., Jan. 26	7:30 p.m.	Selkirk at LdB
Away game Thurs., Jan. 31	7:30 p.m.	LdB at St. James
Home game Sat., Feb. 2	7:30 p.m.	St. James at LdB
Away game Mon., Feb. 4	8:00 p.m.	LdB at St. Boniface
Home game Fri., Feb. 8	8:00 p.m.	Thunder Bay at LdB
Away game Mon., Feb. 11	8:00 p.m.	LdB at St. Boniface
Away game Wed., Feb. 13	8:00 p.m.	LdB at Selkirk
Away game Thurs., Feb. 14	7:30 p.m.	LdB at St. James

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FEE: \$20.00
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ATTENTION Pine Falls O'Kings
So you've done it again!
For the years the O'Kings have donated to Pineview Minor Hockey and this year is no different.
On behalf of Pineview Minor Hockey I would like to say thanks.
Greg Robinson, President
Pineview Minor Hockey

Lyme disease

continued from page 2.

muscle or joint aches and pains. The rash and other symptoms may persist, change, or come and go.

Later stages of the disease may develop weeks or many months after being bitten. Untreated patients, including people who do not develop the rash, may develop more serious complications such as neurological or cardiac disorders including: Meningitis — inflammation around the brain and spinal cord characterized by stiffness in the neck or back, headaches, vomiting, fever, chills and spasms; Bell's palsy — facial paralysis with inability to control one's eyelid, mouth or other facial muscles; Encephalitis — a disease also spread by mosquitoes that results in inflammation of brain tissue manifested as a sudden fever, stiff neck and back, headaches and vomiting, possibly progressing to drowsiness, convulsions or paralysis; and other conditions affecting the peripheral nerves such as muscle weakness, sensory loss and atrophy in the extremities.

Cardiac abnormalities such as heart block and irregular heartbeats can also develop. Painful joints, tendons, muscles and bones may occur along with these heart and nervous system abnormalities.

A chronic, long-term manifestation of Lyme disease is arthritis, which can occur in up to 50 percent of untreated patients. The arthritis is sometimes accompanied by marked swelling and usually affects large joints such as the knee. Severe cartilage and bone erosion may result.

How is Lyme disease diagnosed and treated?

While there is currently no vaccine or guaranteed cure for Lyme disease, it can be treated with antibiotics. The earlier the disease is treated, the better the prognosis for recovery. However, successful treatment of the disease will not prevent getting Lyme disease again.

Early diagnosis is best done through identification of the rash and other symptoms which occur soon after the tick bite. Lyme disease can usually be confirmed through a blood test which detects the presence of antibodies produced by the immune system in the blood to fight the disease (your doctor may refer to this as a serology test for an antibody titer). However, it may take six to eight weeks for the antibodies to show up, therefore, a blood test done soon after contracting the disease may be negative (falsely indicating that the patient does not have Lyme disease).

Even after the disease has progressed and antibodies are present, the tests may sometimes still be negative when the patient does have the disease (a result called a *false negative*).

If a patient has the early symptoms, especially the tell-tale rash, immediate treatment is usually advised. Lyme disease can be treated at any stage, but early treatment gives the best chance for full recovery and reduces the chance of later complications.

Early treatment typically consists of orally administered antibiotics while more advanced cases may require heavier, intravenous doses of antibiotics and hospitalization. Even with treatment, symptoms may persist for some time and a full recovery is not always possible, especially if the disease is not treated early. Once you have Lyme disease, even if treated and cured, you can be reinfected and your blood test may continue to be positive (indicating that the antibodies are present).

Can Lyme disease infect pets?

Pets are also susceptible to the illness (and also may bring ticks into your house or yard). Signs of infection in animals include lameness, lethargy, swollen joints and loss of appetite. If your pet exhibits any of these signs, consult a veterinarian. Cats are less likely to exhibit signs of the infection than dogs.

Since you can't use a personal insect repellent on your pet, check your pet regularly for ticks, particularly if it's been out in woods or fields. Brush your pet while outside and use tick sprays, dips, powders and collars to help your pet avoid tick bites. Raid Flea Killer Plus can be used to treat your dog and its favorite sleeping areas for ticks (follow label instructions carefully).

If you live in an area where Lyme disease is common, you may want to have your pet checked regularly for Lyme disease. If your pet does have Lyme disease, it can be treated with antibiotics. Once an animal has had the disease, even if treated and cured, the test may continue to be positive and your pet can contract Lyme disease again.

Where is Lyme disease from?

Lyme disease has been present in some foreign countries for decades, but was not found in North America until recently. In 1969, a Wisconsin grouse hunter had symptoms of the disease; however, it was not identified until 1975 when an unusual number of children in Lyme, Connecticut, were diagnosed as having juvenile rheumatoid arthritis. Initially termed *Lyme arthritis*, it was later renamed *Lyme disease*. It wasn't until 1982 that the deer tick was confirmed as being the vector which transmits the disease.

Ticks can spread a number of diseases including Lyme disease, Rocky Mountain spotted fever, tularemia, Colorado tick fever, babesiosis, and others. Lyme disease is caused when a tick transmits a spirochete, a bacteria named *Borellia burgdorferi*, while drawing a blood meal from its host.

It is unlikely that you can get Lyme disease unless bitten by an infected tick. Insects such as mosquitoes and biting flies have shown some evidence of carrying the spirochete but have not been proven to transmit the disease. The only proven method of non-tick transmittal in humans is from pregnant women to their unborn children. In some instances, Lyme disease has resulted in miscarriages, birth defects, and other problems. Consult your doctor immediately if you are pregnant and suspect Lyme disease.

Preventative measures to help avoid tick bites

Since diagnosis is sometimes inaccurate, and there is no vaccine for Lyme disease, prevention is very important. While no one can guarantee that you will not be bitten by ticks or contract Lyme disease, here are some tips that may help protect you and your family from tick bites.

What is a tick

A tick is an arthropod (meaning it has a jointed body and limbs) that is related to spiders and mites (arachnids). There are many species of ticks, only a few of which are likely to transmit Lyme disease.

Ticks usually have a two-year life cycle during which they feed three times. In warmer climates, however, their life span may be as short as a year. They hatch from eggs into larvae, molt into nymphs, and then into adults. Ticks feed once during each stage and can bite humans or animals at any stage. Common hosts include deer and humans, birds, rabbits, lizards, horses, cattle, dogs, cats and other animals.

Ticks pick up the Lyme disease bacterium by feeding on an infected host. They can then pass it on at later feedings to new hosts. Larval ticks are unlikely to transmit Lyme disease, however, Lyme disease can be contracted from an infected tick in either the nymph or adult stage of the tick's life. In the adult stage, only the female is likely to transmit Lyme disease; the male adult may attach but does not feed and, therefore,

is unlikely to transmit the bacterium. Adult females do feed and need blood to produce the 2,500 eggs she will lay, starting the life cycle anew.

Which ticks cause Lyme disease

Several species of ticks have been found to transmit Lyme disease. The deer or bear tick (*Ixodes dammini* — found primarily in East and Central regions), the black-legged deer tick (*Ixodes scapularis* — found in the southern United States), and the Western or California black-legged tick (*Ixodes pacificus* — common in the Western United States and Canada) are all known to transmit Lyme disease. The adult ticks of these species are often dark brown to black in color, sometimes with brick red or rust brown coloration (on the female), and are very small, only about the size of a sesame seed. Immature ticks are even smaller than the adults and very difficult to detect. Not all of the bites of these ticks cause Lyme disease since the percentage of infected ticks varies by geographic region. In some locations, up to 80 percent of the deer ticks have been infected.

Proper clothing

Wear long sleeves and pants when in the woods or other tick infested areas; tuck slacks into high socks or put plastic or tape around cuffs to keep ticks from crawling under your clothing.

Wear a hat, gloves and fully-closed boots or shoes; tape your boots to your pants for extra protection. Collared shirts can help reduce the chance of a tick getting on your skin since ticks generally crawl upwards.

Wear light-colored clothing to make ticks easier to find. Wear tightly woven fabrics to make it more difficult for the tick to hold on to your clothing.

Use repellent

Apply a personal insect repellent containing DEET (N, N-diethyl-metaltoluamide), such as Deep Woods, to help protect any exposed skin, especially your legs, ankles, wrists, neck and face (avoiding lips and eyes). Spread the repellent on thoroughly to help increase its effectiveness.

Treat your clothing (avoid contact with synthetic fabrics) with insect repellent, especial-

ly at any tick entry points such as arm or leg holes.

A product containing 0.5 percent permethrin may be applied to clothing but cannot be applied to skin. It is an insecticide that kills ticks on clothing.

While outdoors

Stay on paved or well-mowed paths and avoid contact with vegetation (shrubbery, long grass, etc.)

Check frequently for ticks while outdoors.

After an outing

Look for ticks on your skin, clothing and gear.

Examine your entire body carefully, pay special attention to areas with body hair including the scalp and back of neck, especially if you have long hair.

Examine the back of your body with a mirror or have a friend help you.

Check your pets for ticks and brush them off outdoors.

What can I do if I find a tick attached to my skin?

Prompt tick removal is important to reduce chances of contracting Lyme disease; the longer a tick feeds, the greater the risk of Lyme disease transmittal. When a tick feeds, it becomes enlarged several times its original size and is gray in color, resembling a blood blister.

Never use a match, heat or chemicals on the tick. This may cause it to regurgitate or burst and expel fluid into you, increasing the risk of transmitting the disease. Salves such as petroleum jelly have not been shown to be effective at helping to remove ticks. Killing the tick before removal is not advised, since a dead tick is no easier to remove than a live one.

Remove attached ticks at once with a fine-jaw tweezers. Grasp the tick's head as close to your skin as possible and slowly pull it straight out. Do not twist or jerk the tick out, this may cause its mouth parts to break off and remain in your skin. If this happens, consult a doctor for medical removal. Do not squeeze the tick's body as this may cause it to inject fluid into you, increasing the risk of transmitting Lyme disease. Use gloves or a cloth to handle the tick — do not touch it directly with your fingers. Wash hands and apply an antiseptic to the bite area after removing the tick to guard against secondary infection. The tick may be saved for medical inspection by packing it in a covered jar. Otherwise, dispose of the tick by dropping it in alcohol or flushing it down the toilet. Record the date and place where the tick was picked up, and also the location of any bite. If you were bitten and develop any Lyme disease symptoms, consult your doctor.

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