

The

Review

PINE FALLS • POWERVIEW • ST. GEORGES

VOLUME 7 ISSUE NO. 22

55¢ (GST included)

TUESDAY, FEBRUARY 11, 1992



The long awaited sod turning for the expansion at Powerview School was accomplished with the assistance of Councillor Bev Dube, Powerview Student council President Raymond Schirle, Superintendent Waldo Klassen,

Agassiz School Board Chairman Leone Pommer, MLA Darren Praznik, Trustees Cheryl Hamilton and Barry Bence, Mayor Frank Thibedeau and Principal Steve Meszaros.

## Sod turned for school addition

by Linda J. Dalgliesh

On February 4, Powerview School held the long awaited sod turning ceremony at Powerview School. This day began a new phase in the ongoing expansion and renovations at Powerview School. Over the years, the school went from one school to two. Then they were joined. Then expansions occurred. Then huts were acquired to provide room for the expanding population.

The new project will see the construction of the larger gym with four adjoining

changing rooms. The old gym will be converted to a multipurpose room, and computer and business rooms. The former multipurpose room will be converted to a Kindergarten room and an expansion of the library. Some classrooms will be combined into an art room and staff room and four new classrooms will be constructed.

Present at the sod turning were MLA Darren Praznik, Chairman of the Agassiz School Board Leone Pommer, See **POWERVIEW** / 2

## Buy out agreement one step closer

by Linda J. Dalgliesh

Abitibi-Price has given the Pine Falls management group a written proposal affirming the verbal agreement reached two weeks ago which was discussed in the Jan. 28 *Review*.

There is one item still being discussed according to Fern Pitre. Abitibi-Price would like an agreement that if the management group does really well, then Abitibi-Price would receive the benefits. Pine Falls said that they would not agree to that unless Abitibi-Price agreed to accept some responsibility for any loss ensued by the new company. Ashok Narang is discussing this item with Abitibi-Price head office.

Fern Pitre met with the Royal Bank this past week. They were very positive about the new agreement but requested updated figures on the new plan.

They also want assurances from the provincial government that the mill will not be closed down as they go through the new environmental licencing procedures. Pitre thought that this would be forthcoming as Pine Falls in-

tends to meet all the new federal requirements for the environment as soon as feasible. The Environmental Impact Assessment would have to be ongoing during remodeling.

The provincial government is also encouraging. They were satisfied with the plans of Pine Falls for beyond the initial five years. This week Pitre will

meet with Mike Wallace and Michael Hessey, representatives for the Department of Industry, Trade and Tourism.

Pitre hopes that things will move more quickly now. Capital Canada will continue to work out details on their behalf. Pitre is taking a much deserved two weeks' vacation for golf and sunshine during the coming downtime.

## LGD of Alexander rejects promotional video proposal

by Linda J. Dalgliesh

The LGD of Alexander on January 28 at their regular council meeting decided to reject a proposal from Pineview Economic Development Group at this time to participate in a committee to prepare a promotional video of the local area. Earlier in the meeting Councillor Monty Vialoux mentioned a similar video being prepared by the Eastman Regional Development Group. Councillor Jill Papineau absented herself from

the discussion due to possible conflict of interest. She is executive director for the PEDG.

Council was tentatively interested in some form of video promotion in the future but were not in favour of supporting the PEDG as part of the video committee at this time. Councillor Nick Roman said he would not be in favour unless PEDG opened its doors to everyone. He said, "We don't know what's going on."

See **LGD** / 2

## General supt. resigning

Thor Cronshaw, general superintendent of Pine Falls mill, is resigning as of March 1. Cronshaw cites family reasons and a desire for a career change. He will be leaving with a lot of regrets because he thinks the workforce is "the greatest" and the people he works with are "super". A farewell party will be held on Feb. 28.

A measure of the respect which Cronshaw has received from mill workers is seen with a 300 name petition which is intended to dissuade Cronshaw

from his decision.

Fern Pitre said that replacing Cronshaw is an internal management decision which will be made later in the week. The management group will have to decide how to revamp their set up because of Cronshaw's resignation. Pitre said that he does not think it will affect the buy out in any way. Cronshaw said that his decision was not based on any insider information about the future of the buy out. He reiterated that he resigned for personal reasons.

# LGD-RCMP discuss boundaries, other concerns

continued from page 1

Councillor Diane Dube said the group was "limited to some businesses." She also said "a top quality, first-rate video" was needed and that "ERDC has a marketing plan and money to promote it (the video)."

The RCMP brought a delegation to the council meeting to discuss projected boundary changes for Lac du Bonnet and Powerview detachments. Lac du Bonnet covers

the eastern part of the LGD of Alexander and Powerview detachment covers the western part.

Inspector John Hess of Beausjour sub-division, Corporal Tom Forbes of Winnipeg and Corporal Rod Keeping of Powerview detachment answered questions from council before retiring into a very lengthy in-camera discussion.

During the public discussion, the officers explained that the RCMP would like to correlate the local detachment boundaries with local government district and municipal boundaries wherever possible in order to improve accountability and statistical information for their coverage area.

If a detachment works in parts of four different municipalities it is difficult to correlate crime statistics to demographic studies like the census. It is also easier for a municipality to plan for disasters if they only deal with one municipality.

The RCMP emphasized that the closest RCMP car would be dispatched to a dangerous situation regardless of the jurisdiction. It takes only moments to connect with another detachment due to modern circumstances. In normal circumstances, a resident would call the nearest detachment and depending on pri-

orities, help would be dispatched.

The RCMP said that the boundary changes would not affect service, would not decrease patrolling and would not affect dispatch time. The RCMP normally patrol and so dispatch time cannot be judged from the detachment headquarters.

Inspector Hess emphasized that RCMP coverage is provincial and is not going to be increased at this time in high population centers such as Ward 1 where a rash of crime has been occurring recently. A costly solution is to enter into a private contract with the RCMP to provide extra coverage in an area, similar to that undertaken in Niverville which pays for one RCMP officer to be in their community forty hours a week. This is called an extended policing contract.

Corporal Keeping also pointed out that increased patrols are not going to be effective unless the public cooperates and reports all suspected criminal activity to their local RCMP.

The Beaches and Stead area will be most affected by the proposed changes due to the foggy boundaries and overlapping jurisdictions currently in place.

Reports were also made to council about follow up to the very successful Planning Districts seminar held January 13, 14 in Great Falls. Speaker Dennis Young provided them with his speech overheads and a proffer of a reduced rate for the community crossroads program designed to assist local areas to set up a community round table to promote and develop their communities economically. It was decided to purchase the package and possibly be reimbursed by the Winnipeg River Planning District if they agreed.

Planning for public works for the upcoming year is delayed due to the projected down loading of two provincial roads to the local government district by the province which is still under protest. Council will meet with High-

ways Minister Al Driedger and local MLA Darren Praznik March 5 at 10:00 a.m.

The LGD of Alexander decided to voice their disapproval about proposed triple part tax notices because they were too complicated and costly. They liked the fact they were self-carboned, but nothing else.

The LGD of Alexander is currently planning their preliminary budget for the upcoming fiscal year. Talk to your local councillor about anything you would like the LGD of Alexander to consider as soon as possible.



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# Powerview students learn about excavation and construction

continued from page 1

Trustees Barry Bence and Cheryl Hamilton, Principal Steve Meszaros who oversaw the planning of the expansion, Mayor Frank Thibedeau, Councillor Rev Dube, who had spearheaded the parents who pushed for the expansion, and Powerview Student Council President Raymond Schirle. A large group of interested students also attended.

Students at Powerview School are learning about excavation and construction first hand. Teachers like Grade 1 teacher Rita Houlet, are in-

corporating the confusion into their teaching plans. Even these young students can tell you what "excavation" means.

In an effort to make the expansion as easy and as painless as possible, a building project problem solving committee was created. Yvonne Savard, Rita Boulet, Dalphina English, Darlene Cowie, Perry Chochinov, Claudette Lambert, Karen Foubert and Principal Steve Meszaros are on the committee. They deal with student safety, "don't bother the workmen", five exits which are constantly changing and

safe play areas.

MCM Architects under Glen Cockburn and contractors Red Lake Construction are looking for an August 21 deadline. Project Manager Ray Capri, Site Supervisor Walter San Clemente and Tony Bergagnini are hoping to beat that deadline to obtain a bonus. They will not be able to do the interior renovations until at least June because students are still utilizing the space. This entails added expenses to the project which was kept low by the fiercely competitive bidding.



Grade 1 students Michael Courchene, Shelly Joseph and Tracey Keenan are learning about "excavations" at Powerview School during the renovations.

**Kids & Tobacco:**  
**IT'S A CRIME!**

Congratulations to retailers who do not sell tobacco to minors.

 Council for a Tobacco-Free Manitoba

# PINE FALLS PAPER KINGS vs. WARROAD LAKERS

Sunday, February 16, 2:00 p.m. Pine Falls Arena

## Police Report

### Theft of telecommunications

The RCMP Powerview detachment wish to report that two people have been charged with theft of telecommunication following a complaint that they were receiving a cable TV signal illegally. After having their cable subscriptions terminated, the two persons simply hooked themselves back up to the service. Theft of telecommunication is a criminal offence and all complaints of this nature will be investigated and if grounds exist charges will be laid.

### Village of Powerview Office theft

The RCMP Powerview Detachment reports that a 31-year-old female has been charged with nine counts of Theft Under \$1,000.00 in connection with money which has gone missing from the Powerview Village Office. A former employee of the Village Office will appear in Pine Falls Provincial Court on Feb. 26. The investigation is continuing.

The following matters were among those investigated by the Powerview RCMP in the past week.

A resident of Little Black River reported that he went out for the evening. When he

returned he found his home had been entered and vandalized. Investigation is continuing.

A local video store owner reported several monies and nintendo games had been rented and not returned. The businessman had contacted the renter several times without results and the items were then reported stolen.

A resident of the LGD of Alexander had his chainsaw stolen after it fell of his truck at the intersection of PTH #11 PR 304. A vehicle was seen stopping and the occupant made off with the saw.

An investigation was commenced when a Powerview businessman reported finding an item stolen from his business at a pawn shop. Investigation is continuing.

A Fort Alexander resident has been charged with assault after his wife reported she had been struck.

A resident of Seymourville reported that he was the victim of a hit and run accident while his car was parked at the Marina near Seymourville.

A Fort Alexander woman has been charged with theft after a business in Lac du Bonnet reported the theft of a VCR. A vehicle matching the description given by the victim was stopped in Powerview and the VCR was recovered.



Kevin Nally of the Hospitality and Tourism Course, Lloyd Chandler of the Forestry course and Bob Babey, Agassiz Co-op Ed coordinator, discuss education options with Powerview Grade 11 students.

## GUIDE-SCOUT WEEK



by Cathleen Thurston

The week of Feb. 16-23 has been designated Guide-Scout Week by the Scouts Canada and Guides Canada organizations. It is the time which we set aside to celebrate our place in the world-wide brotherhood of Scouting.

The First Fort Maurepas Beaver Colony, Cub Pack, Scout Troop and Venturers will be gathering together to celebrate on Tuesday, Feb. 18, 6:30 p.m. at the Village Green. Please come and join us

for an evening of fun, food and fellowship. There will be hot chocolate and hot dogs for everyone as well as games, a sing-a-long and a roaring bon-

fire. So come out and share our celebration for Guide-Scout Week. A good time will be had by all!

## PF Badminton Club

On February 2, sixteen members gathered at the Pine Falls School gymnasium for a mid-winter tournament. Andy Kulyk and Tyler Pichor captured the first event by defeating Alice Loucks and Trevor Coss.

The second event was won by Leitha Fraser and Simon Avanthay. Runner up in the

second events were Larry Veilleux and Liya Ju.

The third event winners were Shawn Veilleux and Ken Patzer with a win over Christian Edwards and Michael Pinnell.

For an evening of fun and exercise, join us on Wednesday and Sunday evenings at 7:00 p.m. Pine Falls School gymnasium.

## The Garden Plot

by Cathleen Thurston

"Better late than never." I couldn't help but believe this is true as I gathered together the awards and prizes for the 1991 Winnipeg River Junior Gardeners. It has taken a while but I have finally put prize packages together and have begun delivering them to their winners.

The Junior Gardeners accomplishments are as follows:  
For participation -- Dustin and Michael Breton, Erica Head and Rebecca Sadler.

The tallest sunflower -- 11 feet 6 inches, Lianne Papineau.

The shortest sunflower -- 3 feet 6-1/2 inches, Shaun Dankowski.

Largest sunflower head -- 14 inches diameter, (tie) Sean McMullen and Lianne Papineau.

Smallest sunflower head -- 1-1/4 inches, Shaun Dankowski.

Garden competition, Group A -- first Tyrel Thurston, second Heidi Grant, third Brody Thurston.

Garden competition, Group B -- first Lianne Papineau, second Laecie Papineau, third Jason Dankowski.

Show awards, Group A -- first Brody Thurston, second Heidi Grant, third Tyrel Thurston.

Show awards, Group B -- first Jason Dankowski, second (tie) Laecie and Lianne Papineau.

Overall winner -- Lianne Papineau (the Junior Gardener with the most points when scores for all events are tallied).

Everyone received a prize and a certificate.

I'd like to congratulate all the Junior Gardeners on their awards and for the hard work they put into their gardens. It takes time, planning, preparation, hard work and lots of T.L.C. (tender loving care) to raise a garden -- and they all proved that they have what it takes to be a Junior Gardener.

It's now time to start thinking about spring and gardening. Plans are underway for the next season of Junior Gardeners. See you in the spring!

## St. Valentine's Day

is February 14th (this Friday)

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HAPPY VALENTINE'S DAY



"ANY OTHER THOUGHTS ON THE UNITY ISSUE?"

## City KKK reports are nothing new

The eastern Canadian media mafia have, once again, had a field day at the expense of a news story in Manitoba, which has been blown out of all proportion.

I'm talking about the December/January stories concerning the Ku Klux Klan and the subsequent charges of advocating and promoting genocide that have been laid against Bill Harcus, 21, formerly of Stonewall, and Theron Skryba, 25.

That was followed by other mischief charges after a telephone hot-line dealing with homophobia (fear of homosexuality) was sabotaged in Winnipeg.

Some Manitobans reeled with horror; a community newspaper in Stonewall headline: *Police Investigate Possible KKK Cell in Gimli*; and, elsewhere, media hotshots jumped onto yet-another chance to tell the rest of the country about those nuts in Manitoba.

But we have all been through this before, haven't we?

We got the anti-French tag during the language hearings, and that was changed to "rednecks" during the Meech Lake mess.

We will survive.

Actually, Ku Klux Klan organizations

## Warren Speaks

with Investigative Journalist Peter Warren



have existed on the Canadian prairies, in one way or another, since the mid-1920s when (according to the KKK newspaper of the day, *The Fiery Cross*):

"Fanatic Klansmen roaming, like Alexander for new worlds to conquer, cast their eyes upon Canada."

The history of the KKK in Manitoba was included in a magnificently-researched book, *White Hoods*, by Julian Sher, published by New Star back in 1983.

From that book we learn that in 1924, a Klansman from Oklahoma, James R. Bellamy, spent several days in Winnipeg trying to drum up KKK support. And, in fact, two years before his arrival, St. Boniface College was destroyed in a fire which killed 10 people -- a blaze for which the Klan sent out a warning message before hand, bless their little hearts!

In the 1930s, the KKK boasted an incredible 125 chapters in Saskatchewan and they carried a considerable amount of political clout.

Interestingly, the powerful Klan in Saskatchewan collapsed only after community newspapers took after them and led readers to revolt against bigotry, hatred, discrimination and much worse:

*The Western Jewish News* and the *Canadian Jewish Review* joined *Le Patriote*. And one community-newspaper editor, Gerald Dealtry, paid for an editorial in *The Saskatchewan Reporter* in 1928.

He was fined \$200 for an editorial which described Saskatoon KKK leader J.J. Maloney as "a well-known hatred breeder".

The Klan vanished as these little people with nothing better to do will vanish today...

And the city media should not make it such a big deal.

## Hefty pay raises irresponsible

We were naive enough to think that our provincial government was sincere when it said they were going to hold the line on expenditures; that education costs could only rise by three percent which would mean cutbacks in programs; they even told Manitoba Government Employees Association members there would be no increases in salaries but finally settled for three percent.

The message had been sent to all Manitobans, loud and clear, that excessive increases were history. Our government was going to be more frugal, more responsible with OUR money.

But not so!

This government is no different than Brian Mulroney and his Tories in Ottawa, or any other government, when it comes to looking after their top ranking bureaucrats -- the people right next to the politicians at the top.

According to a news article no less than 70 ministers and deputy ministers will have their salaries increased -- not three per cent, or even 10 percent -- but a whopping average of 23.2 per cent!

One deputy minister's pay increases from \$82,215 to \$94,867; another's from \$68,700 to \$84,670.

Lac du Bonnet MLA and Minister of Labour, the Hon. Darren Praznik, defended the pay raises, saying "they were needed to make Manitoba's top government salaries more competitive with federal government and City of Winnipeg managers' pay" (taken from a *Winnipeg Free Press* article, Sat., Feb. 1).

Competing with our federal government and the City of Winnipeg is the last thing we should want to do.

Our federal government has sunk us into debt so far we may never see black again and Mayor Bill Norrie is looking in at hefty tax increases in Winnipeg and cuts as well. And we want to keep up to them! It doesn't make very good economic sense.

On one hand Finance Minister Clayton Manness is telling Crown corporations to practise cost-cutting reforms carried out by his government.

Already 1,250 positions have been lost in the past two years; with more and more people bleeding UIC and welfare dry.

Yet our politicians continue defending hefty pay raises to people who already make hefty salaries.

If governments, whether federal or provincial, are serious about reducing the debt load and getting more Canadians back to work, they're going about it the wrong way.

If they want to cut back salaries, they should start at the top, where they are the highest, and work their way down.

Sacrificing health care and education for better paid bureaucrats is just not acceptable.

In fact, it is grossly irresponsible.

R.P.



## Directory Cover

Noella Fenez of Broadlands shows the new cover for the MTS Eastern Directory which highlights her picture of one of their cows admiring the sunset on the Winnipeg River.

**The  
Winnipeg River Review**

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## There's still much kindness on the Prairies

This column begins with some decidedly un-neighborly news, but there's a happy ending.

A year ago, during one of winter's coldest spells, there was a tragedy at Tisdale. A maniac named Gary Ganton murdered Joyce Espedal, then drove her two pre-school sons out to a country road and abandoned them.

What happened next is a strange stroke of fate. Bill and Audrey Van Der Byl had been in town and were returning to their farm and this time they took a different route. They spotted Bradley and Clinton Espedal in deep snow by the roadside. The temperature was minus 30C. Both boys had suffered severe frostbite.

The Van Der Byls rushed them to the Melfort Hospital. They were transferred to Saskatoon for surgery and the younger one lost all his fingers.

When Murray and Margaret Freistadt of Regina heard what had happened, they decided to do something for the Espedal boys. They established a trust fund with a target of \$10,000; within 10 months it had reached \$30,000 and is still growing.

A month ago in Tisdale, there was a meeting of all the individuals who played roles in this tragic drama. The boys were there with the new legal guardians, and the report in *The Recorder* says "both boys are as happy and full of life as all other four- and five-year-olds at this time of the year."

There was another trust fund established recently, this time at Miami, Manitoba, that is, Mrs. Hazel Collins donated \$75,000 to the Earl Thompson Collins Trust Fund, which honors her late husband. The interest from Mrs. Collins' gift will support projects "for the betterment of all the residents."

Recently at The Pas, at a conference on abuse, one of the speakers was Darlene Beck, fire chief and town administrator of Cross Lake. Her story makes compelling reading.

## Neighborly News

by Fred McGulfnness  
Box 1020  
Brandon, Man.  
R7A 6A3



Beck herself escaped from an abusive relationship, and struggled for years as a teenaged single mother to finish her Grade 12, and get her first experience in the business world. Fourteen years ago she was appointed administrator at Cross Lake. Five years ago she launched the local volunteer fire brigade with a crew of five, and under her leadership this has grown to a force of 50.

At Beauval, Geraldine Delorme is being viewed as a heroine, and with good reason.

On a northern highway she came across an overturned fuel tanker. Some persons might have been intimidated by the prospects -- both drivers were trapped inside and the tank was leaking -- but these problems didn't daunt our Geraldine. She extricated the driving team, then delivered them to safety. They were treated for cuts, bruises, and hypothermia.

Marlene Sears of Milestone wins this month's Good Samaritan medal. At 4:00 a.m. one cold morning a truck driver delivered a Wisconsin family to Marlene's motel. A husband, pregnant wife, and infant son had a number of problems, such as a broken car and no cash. Not only did Marlene give them room and meals, but her sister pitched in with more food and diapers.

There's a happy ending here. The car got fixed. The family got home. The man's mother called Marlene to say, "They were overwhelmed that there was so much kindness."

That's the Prairies for you, Ma'am.

by Shirley Finkbeiner

When I had finished reading *Sarum* by Edward Rutherford, I settled down to wait for him to write another book. It is now on the library shelf -- *Ruska, a tale of Russia*. This is a big, big book, with a span of 1800 years which means a vast number of characters and an ever shifting picture of political and social change.

It begins in A.D. 180 in a small hamlet at the edge of the forest and the steppe. The small river running near the collection of huts was known as Rus, and the hamlet became Ruska. And so, as time passed, the book traces the several families who had their roots in Ruska. Some were peasants and serfs, some were land owners, and although



many of them travelled and lived in Moscow, there always remained some tie with this small village and its quiet monastery. This is a book full of the history of Russia; the serf, the peasant, the tsars, the invasion by Greco-Italians, Kazars, and Mongols. Its span of time is so great and the story is so immense that it has to be read rather slowly and thoroughly or you will lose the threads that are so interwoven and varied...

I enjoyed *Ruska*, although I found it not as engrossing as *Sarum*. This could well be because I am not as familiar with Russian history as I am

that of Great Britain. The book gives you a compelling picture of how the great land reforms and social change affected the small land holders and how cumbersome the methods of keeping the country functioning were -- and how ineffectual. These days we see the same results and this in itself makes the reading of this huge novel fascinating. Russia is drawn as a harsh country and an exotic one; its leaders who hoped to be bold and successful, yet who destroyed the land and the people. I suspect that we all look at Russia as the great unknown -- a country of mystery in spite of what we have learned about it. This book is rich in detail of the culture of an intriguing country -- a good one to settle down with a forger the winter weather!

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## 1992 PINE FALLS Y.A.S. TOURNAMENT

SATURDAY, FEBRUARY 29, 1992 Chateau Bowling Alleys, Pine Falls, Manitoba

— ENTRY FEE: \$20.00 per team —

\$5.00 per bowler. Phone complete teams or individual names into

**Pete Richardson 367-8376**

Cut Off Date For Entries — SUNDAY, FEBRUARY 23, 1992

Any persons required to bowl to establish an average will bowl on Saturday, February 22 in Pine Falls.

### RULES:

Teams are made up of 4 bowlers (2 seniors & 2 adults/youth). Seniors are 55 and over. Adults are 20-54 years. Youth is 10 years and under. Teams total cannot exceed 700.  
There is no handicap for teams, however, an individual handicap will be added on for ladies and men's high angle and high triple games. Men's scratch will be 240 and ladies will be 225. There will be trophies awarded for these games.  
Teams will bowl 3 games. There will be awards for first, second and third place based on total points without handicap.

## Multiple Sclerosis R.A.T. program teaches youngsters about MS while motivating them to read

by Linda J. Dalgliesh

Powerview School students learned about the Multiple Sclerosis fund raising

read-a-thon on Feb. 12 from Melanie Murash. Murash introduced the children to Ronnie the Reading Rat (R.A.T. stands for read-a-thon). The program is run in conjunction with Scholastic Books.

Grant Currie was chosen to be *the brain* in a hands-on demonstration of Multiple Sclerosis. Tracey Hoyer was the *big toe* and Trisha Sammons was the blind-folded messenger or *nerve impulse* which ran into a blockage in the form of scar tissue when travelling along the rope *nerve*.

### Over 13 million books read

In the Multiple Sclerosis Society's read-a-thon program, school children read to help others — the 50,000 Canadians who have Multiple Sclerosis. Since the program began, kids across Canada have read over 13 million books to raise money to provide services for people with MS and to fund medical research.

### Motivating children to read with prizes

Murash's presentation was received well by students. The program is excellent because reading helps children in school. Motivating them to read with prizes such as two weeks at University of Manitoba's Mini University, \$500.00 for the purchase of library books, telephones, backpacks, books and pens is an excellent idea.

The brochure for the read-a-thon program has an excellent presentation of Multiple Sclerosis.



Melanie Murash, the multiple sclerosis read-a-thon coordinator uses a hands on demonstration to explain the illness. Grant Currie as "The Brain", Trisha Sammons as "The Messenger" and Tracey Hoyer as "The Big Toe" are her assistants.

### What is MS, anyway?

Everyone's body is full of nerves.

Your nerves are the things that carry messages from your brain to different parts of your body.

So, if you want to walk, your brain's nerves tell the muscles in your legs what to do. And they do it — fast!

The brain works like a telephone, sending messages down a cable. Only the cable is your spinal cord — the nerves that run through the middle of your backbone. Your brain and spinal cord are called the central nervous system.

When somebody has Multiple Sclerosis, the nerves in the central nervous system don't always work properly.

so messages may not get through as they should.

Some people with Multiple Sclerosis might not be able to walk very well, because only a part of the message gets through. Sometimes a message is blocked completely, and the person can't walk at all. Other people with MS can walk easily any time, but find it hard to throw a ball, or see properly, or talk clearly. Just about any part of the body can be affected, so different people have different problems.

Scientists are learning more and more about MS every day. With the help of people like you, they can continue to work very hard to find the cause and cure for this disease, while the Multi-

ple Sclerosis Society provides many services to help 50,000 Canadians with MS and their families.

## COMMUNITY CALENDAR

- **Great Falls Women's Institute** — Meets the first Thursday each month at 7:30 p.m. in Great Falls Hall. For more information contact Laurie at 367-8509 or Dorothy at 367-8582.
- **Golden Leisure Club** — Whist every Wednesday at 1:30 p.m.; meeting every second Wednesday of every month at 1:00 p.m.
- **Library Allard Hours** — Tuesday 10:30 a.m. - 5:00 p.m., Wednesday 12:00 - 5:00 p.m. and 6:30 - 8:00 p.m., Thursday 1:00 to 5:00 p.m. and 6:30 to 8:00 p.m., Friday 1:00 - 5:00 p.m., Saturday 10:30 a.m. - 3:00 p.m.
- **Winnipeg River Women's Institute** — Meets the third Tuesday of the month at 7:00 p.m., Library Allard in St. Georges.
- **At-Ann Serenity Group** — Meetings to be held Friday at 7:30 p.m. at the United Church, Walnut Street, Pine Falls. For anyone who lives with the problem of alcoholism or drug addiction in a friend or relative, call 367-8418 or 367-2556. All meetings are confidential.
- **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 Hall.
- **Powerview Sand Bag League** — Plays every Monday, 7:00 p.m.
- **Linn's Recycling Pick-up** — Every fourth Wednesday of the month.
- **Three Bears Day Care Parent Board meeting** — Every second Wednesday of the month at 7:00 p.m. at the Day Care. All parents welcome.
- **NESDA general meeting** — First working Monday every month, 7:00 p.m. Manitou Lodge. Anyone with a stake in our Natural Resources should attend.
- **Catechism Program** — Powerview School every Thursday evening until May 15, 1992, from 6:30 to 7:30 p.m. Everyone from Kindergarten to Grade 7 welcome. For more information contact Richard Kembell 367-2260 or Peewee Nault 367-8834.
- **Maskwa Agenda** — Children's Day — February 16, Lions Derby — February 22, St. George — March 1.
- **Keep Fit!** — Take the right steps to fight kidney disease in March. Join our dedicated team of volunteers who canvass during our annual March Door-to-Door Drive. Call The Kidney Foundation, Manitoba Branch at 268-3102.

## 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)  
12:00 noon — Stead

## Dancing Blades Figure Skating Club news

by E. Bourgeois

On February 22, 1992, 7:00 p.m., the Pine Falls arena will be packed with family and friends of the Dancing Blades Figure Skating Club. This year they will be displaying a review of all skaters from beginners (age 4-5) to the seniors. The speciality of this year's program is that the coaches and helpers are all senior girls, with the exception of Linda Friesen. They have done all the choreogra-

phy, music, and decided on costumes.

What do they have in store? The theme is "Movies": *Ninja Turtles*, *Pretty Woman*, *Cocktail* and *Robin Hood*. A product of many hours of preparation. All the while the senior girls are practising for their own solos, duets, and a most beautiful and difficult precision line. This show will be worthy of a full house audience. Plan to attend, you won't be sorry.

C.P.F. Powerview Presents...

## "Concours d'art Oratoire"

EVERYONE WELCOME!

A national French Language public speaking competition for students in Grades 3-12

LOCAL FINALS:

Wednesday, February 12

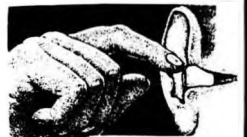
7:00 p.m., Powerview School Multipurpose Room

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# NESDA speaker talks on big game management

by Linda J. Dalglish

An interested crowd of 60 people attended a dinner for the North East Sustainable Development Association (NESDA) on Feb. 2 at Echoes in the Papertown Motor Inn. NESDA promotes educational and social activities relating to sustainable development. Part of the dinner price bought membership in NESDA.

NESDA is currently in the process of designing and building the nature trails in a grand circle in the area north of the Winnipeg River which will be used for hiking, forestry demonstrations, education, recreation, cross country skiing and so on by residents, visitors and tourists. They are also hoping to produce an educational video in the near future.

Members of the committee include president Jill Papineau, vice president Charles Norman, treasurer Lloyd Chandler, secretary Ian Phillips, trail committee Harold Peacock, fire protection Glen Pinnell, and video committee Alberta Garand and George Harbottle.

## Dr. Vince Crichton keynote speaker

The highlight of the dinner was a speech by Dr. Vince Crichton on big game management with special emphasis on moose. Crichton illustrated his talk with spectacular close up shots of moose in the wild. Crichton was almost trampled to death taking one cow moose's picture.

Crichton supports a wildlife fundraising effort called *Just for Wildlife* which produces calendars, hats, sweatshirts, T-shirts and so on. The profits go to wildlife management projects such as the Peregrine Falcon, University of Manitoba Research, and the Caribou Study in Area 26. Crichton says that private donations to wildlife groups are important because of a lack in government funding currently only \$39,000 is being spent on monitoring wildlife in all of Manitoba. The costs are high due to airplane rentals and equipment.



Dr. Vince Crichton spoke about the importance of sustaining Big Game populations with specific references to moose at the NESDA dinner on February 2.

Crichton said that in 1968 when the two terms "sustained" and "development" were first combined, it would be extremely unlikely that Abitibi-Price would be actively involved in wildlife studies like the Great Grey Owl and the caribou. Today, Abitibi-Price not only projects a good corporate image but is actively involved in these studies.

Crichton said that "we cannot continue to develop economically unless we protect wildlife and continued economic development will be needed to pay for environmental issues." He also said we need to leave a legacy we can be proud of to pass on to our future generations. The needs of the present must be met without sacrificing the needs of the future. It is hard to tell someone not to shoot a cow moose when he needs food on his table today even when it may mean he may not be able to get moose nearby in future. Presently, local residents have to travel long distances to shoot moose and often big game because of over harvesting locally. It used to

be that moose could be shot close to the Winnipeg River. This is increasingly more unusual.

Crichton emphasized the necessity for integrated management of wilderness areas to provide what is needed for forestry, tourists, natives, hunters, fisherman and campers.

Crichton said that if we are going to manage moose populations. We also have to

manage wolves and bears because they eat the moose. Wolves alone eat five and a half to six moose a year. Eighty percent of the calf crop can go to bears.

Moose ticks or winter ticks are an increasing problem. When affected the moose get brain worm damage and often can be found running in circles until they die. It can also cause loss of coat which can lead to exposure.

Crichton explained various physical and habitual characteristics of moose to the audience. He dispelled some myths and provided valuable insight into this majestic animal.

NESDA can be proud of their first major speaker and area residents benefit from the knowledge and exposure gained by these speeches. In March Janet Halpin, who is conducting an extensive geographical study on the Winnipeg River, will be presenting

some of her early conclusions and findings. Halpin is getting excellent cooperation from area residents who are concerned about the Winnipeg River, as well as from Abitibi-Price who provided her with access to all their old maps, in exchange for her cataloguing these treasures some of which are of historical interest to the Manitoba Archives and date back to the turn of the century.

## Correction

Last week in the Woman of the Year profile of Sharon Brown, inaccurate figures were given as to Sharon's volunteer time. It must still be emphasized that the amount of time Sharon spends on volunteer work is still mind boggling.

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RENEW EARLY

**The Lac du Bonnet  
Liberal Constituency Association**

will be holding its

**ANNUAL GENERAL MEETING**

**TUESDAY, FEBRUARY 18, 1992**

at the Chicken Delight Restaurant  
in Beausejour, Manitoba at 7:00 p.m.

**All Members Welcome**  
GUEST SPEAKER IN ATTENDANCE

# A salute to the Pine Falls Fire Department

*continued from last week*

## Fire alarms began with sirens, then phones, then pagers

by Linda J. Dalglish

When Pine Falls mill was first built, fire alarms consisted of the mill whistle sounding off. One long one meant the fire was in Pine Falls mill, two long ones meant it was in the townsite and three was for Powerview. When the alarm went off, firemen raced to the fire hall as quickly as possible. This usually created some degree of panic in the town.

Later, as telephones were installed in the area, a snow-ball phoning list was used, at first in conjunction with the siren and later as it was proved effective by itself.

The telephone would ring in the boiler house control room and steam engineers like Bill Eastcott, who has answered the fire telephone for over forty years answered the call. The location of the fire was noted. The steam engineer called the chief. The chief's wife would call two deputy chiefs or truck drivers. Their wives would call two more and so on until everyone was notified. If someone on the list could not be reached, they would call the next two down and so on.

Eventually, pagers were bought and issued to the top men on the list and presently the department has eleven pagers. This has improved the response time considerably. From the time the boiler house receives the call until a fire truck rolls is usually two to three minutes, only slightly

longer at night. From there, it takes four minutes to reach the mill, five minutes to Powerview, eight to ten minutes to St. Georges, twelve to fifteen minutes to Great Falls or Broadlands and twenty minutes to Anicinabe School. These are approximate times depending on traffic and road conditions. Recently, a call came to the boiler house at 1:10 a.m. and the truck reached Clark's Corner four and a half minutes later.

The panic which used to extend to the entire town is now limited to those who hear the sirens and the wives and family of firemen awakened in the middle of the night to fear, uncertainty and worry as they lay awake praying for their husband's safety until he returns to fall into bed dirty, smoky and exhausted.

Many of the wives say their husbands do not talk about the fires in any detail. They save the nightmares, and the happenings to share with the close knit fire department which becomes like a family, and a support group as well as someone with whom to laugh and have fun.

## Correction

The Review would like to apologize to Nick Bonekamp and Richard Fenez whose names were reversed in the fire department profiles.



Bill Eastcott steam engineer in the boiler room control office has manned the fire phone for forty-years. The 367-2269 line is open twenty-four hours a day all year long.



In 1954 Chief Jack Nixon had two tanker trucks — the Niagara No. 1 and the Torrent No. 2, here shown by the block pile at the Pine Falls mill.



Chief Ken and Rawny McDonald celebrate Ken's retirement and the presentation of a gold fire hat from the Provincial Fire Commissioner John Matheson in 1976.

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**SALUTES**  
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**PINE FALLS**  
**VOLUNTEER**  
**FIREFIGHTERS**



# A salute to the Pine Falls Fire Department

## Firefighters' wearing apparel began with hard hats

by Linda J. Dalgliesh

In the early days of Pine Falls Fire Department, the men went straight from work to fight the fires as soon as the alarm went off. They wore their normal working clothes. These clothes were often badly soiled and burned when fighting fires.

The men began to wear hard hats in the mill which helped in the fire fighting. Eventually, under fire chiefs like Jack Nixon, protective clothing was purchased, such as heavy oil cloth slickers, high rubber boots, fire hats, and canister type air masks which filtered the air through charcoal.

The coats which the men wear today are fire retardant.

The layered fabric will burn on the surface but when the flame is removed, they will not sustain fire and it will go out. The men would suffer from the heat before they would melt. The boots are steel shanked which is necessary in structural fires for fear of stepping on nails and other sharp objects.

The clothing is kept ready at all times at the fire station in individual open lockers. The overalls are left with the boots attached so they can be donned quickly. Everyone has his own space so there is little confusion. Each man's fire hat adjusted to his requirements is placed on a shelf above the lockers.

The men's oxygen tanks and masks and face guards protect them from smoke inhalation. The oxygen tanks last roughly thirty minutes, or ten to twelve if they are working hard or excited, depending on the size of man and how good of shape he is in. After each use the tanks and masks are checked, recharged if necessary, cleaned and carefully repacked in heavy impact plastic cases, so the men can put them on even in the dark.

The clothing smells of the smoke and sweat of dozens of fires. It is heavy, cumbersome and very hot in summer, but the men value its protective properties and rarely complain.



Firefighters' clothing is kept ready at all times for immediate action in open lockers at the Pine Falls Fire Hall.

## 66 years of memories

continued from last week

by Linda J. Dalgliesh

When I asked Hutchison if anyone had ever died in a fire, he looked at me and said simply, "I hoped you weren't going to ask me that." Deaths in fires do happen and firemen have to find a way to deal with it. It's not easy and every time they go to a fire the possibility of death either their own or the family is something which stares every fireman in the face. Chief Kemball said that there are some jobs for which he asks for volunteers and no man is sleighted for refusing. Kemball never asks a man to do something he would not do himself, whether it is a search and rescue or removing a body. But it's never easy. The men live with the danger and the sense of inadequacy and failure which occurs when in spite of everything, it's too little too late. The firefighters talk together about these things but only rarely to family and friends.

They prefer to talk about the funny things. Like the time Pete Hutchison was walking to work one morning. Vic Woolcot picked him up near the woods garage and told him the fire hall was on fire. Hutchison said, "Yeah...right!" Three quarters of an hour later, someone stopped him at work and asked him why he wasn't at the fire. Hutchison recalled, "I took an awful ribbing about that. It went the rounds of the coffee shops." It was embarrassing.

Another embarrassing moment for Hutchison was at a Powerview house fire. Hutchison who is average

height and slight was holding a two and a half inch hose over his shoulders. When they turned on the water, the pressure lifted him right off the ground. A big husky guy from the lab was standing beside him. When Hutchison was as high as his waist, he pulled him down to the ground and told him to hang on. At another fire Hutchison found himself upside down with his leg caught between the rungs of a ladder.

down a portable water pump. The parachute didn't open and the hundred pound pump bounced several times before coming to rest. When the water bomber tried to release its load, the radios were so filled with static and the visibility was so poor due to the oil fire that the bomber missed the pit but doused one hundred and fifty spectators. Pine Falls Fire Department put out the fire.

Bill Jordan was at a fire at

Fort Alexander. Several houses had been moved onto the townsite on skids, and were close together. One caught on fire. They placed a fire wall between it and the next one. A fire wall is a large metal device filled with holes through which water could be sent to protect another house. The paint started to get hot on the truck so Jordan moved around the corner. He couldn't see the

wall but he continued to turn on the water in the fire wall periodically. Ron Ryckman decided to move the wall and was straddling it when Jordan turned on the water. Ryckman's hip waders filled with water and he was wet to the armpits.

The fire stories go on and on and every firefighter has at least one good one. See if you can get them to talk.



Cliff Sawchyn recalled a situation told to him by his father-in-law Fred Mastin, the first fire chief of Pine Falls. The Pine Falls restaurant and Chinese laundry caught on fire. Johnny Johnson told the chief about a slight problem. The owner was an amateur prospector who had two cases of shot gun shells and a case of 70% diphite dynamite stored under his bed. Just as he was pulling on a mask of lifeline to go in after it, the owner and his two sons ran out the door carrying the three cases with the freight labels on fire. Fortunately, no one was hurt and the shells and dynamite were disposed of safely.

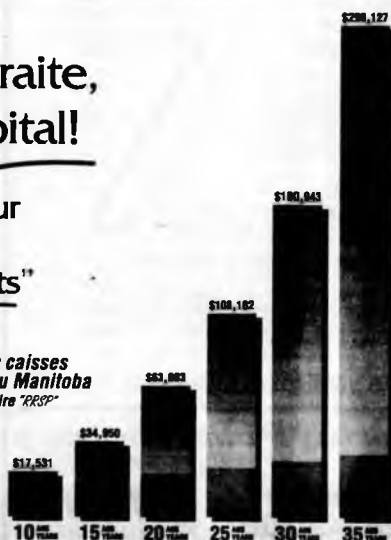
Cliff Sawchyn recalled a time when the provincial forest fighters were putting on a fire fighting demonstration with a pit filled with oil and old tires. They were using a water bomber to parachute

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## FOR SALE

**2 BDRM. HOUSE** — 2 bdrm. house for sale. Open to offers, 18 Cedar. Phone 367-2140. 21-3xpd

**CHEVY 5-TON** — 1975 C65 Chevy single axle 5-ton, 12 ft. box. In last 7,000 miles, redone motor 166, rebuilt carb., new clutch, heater core, good tires. \$4,500. Phone 345-8724. 23-1xpd

**1984 FORD RANGER XLT** — Diesel, new paint, very good condition, very clean. Asking \$4,300. Phone 345-8068, ask for Bob. 23-1x

**1982 POLARIS INDY** — 340 PXL, new drive clutch, rebuilt driven clutch, new track bearings, new sliders, new tac, new throttle cable. \$2,000 firm. Phone 345-8068, ask for Bob. 23-1x

**20" RCA TV** — Good working condition. \$175 O.B.O. Phone 345-8748. 23-1x

## FOR SALE

**1986 FORD RANGER** — V6, 5 speed, long box with liner and canopy, 103,000 km, \$4,200. Phone 367-2583. 20-2xpd

**LORNA'S PLACE** — For handicraft supplies. 15 Lansdowne, Pinawa, MB R0E 1L0. Phone 753-2775. Open Monday and Wednesday from 10:30 a.m. to 8 p.m. and Friday from 10:30 a.m. to 5 p.m. Other times on request. Handmade gifts, yarns, books and accessories. DMC embroidery floss, craft supplies. 22-TFN

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**SALE, SALE, SALE** — Sunflower bird seed, one 50 lb. bag \$7.75. Phone 853-7755. 1 & R-19-1x

**SNOWMOBILES** — 1980 Arctic Cat Panther 440, fan cooled, new rebuilt engine \$1,400 O.B.O. 1973 Ski-doo TNT 340, \$400 O.B.O.; 1977 Polaris Colt 250, \$500 O.B.O. Phone 345-2736 after 5:00 p.m. 23-1x

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**LINEN HOUSE INC.** — Down duvets regular twin \$89; double \$114; queen \$127. New from Denmark twin \$120; double \$145; queen \$158. Susan Abildgaard 1-800-661-3696. pd.

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## FOR RENT

**HOUSE FOR RENT** — House for rent in Lac du Bonnet. Phone 345-8833. 23-1x

**APARTMENT** — 2 bdrm. apartment for rent at Scott Apartments. Phone 345-8608. 21-TFN

**BASEMENT SUITE** — 1 bdrm. basement suite for rent in Lac du Bonnet, fully furnished, includes all utilities, available March 1. No pets. For more information phone 1-883-2709. 23-1x

**HOMES FOR RENT** — We have three homes for rent in the area. Shoreline Realty 345-8608.

**2 BDRM. APARTMENT** — At 30 Alexander, Pinawa, Starlight Apartments. Inquiries phone 753-2543. 12-TFN

**APARTEMENT** — Garconnières a louer, pour personnes retraitées au Foyer Vincent, 200 Rue Horace, St. Boniface. Phone 233-1925. 23-4xc

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**ENJOY TRAVELLING?** — Are you between 18-30? Do you have practical farm experience? For information contact the International Agricultural Exchange Association at 1501-17 Avenue S.W., Calgary, Alberta. T2T 0E2. pd.

## CAREER TRAINING

**CAREER TRAINING** — UIC recipients may possibly collect benefits while training. Wordprocessing specialists, data entry, secretarial, computerized accounting. Call (collect) 775-8751 now! National Training Institute, 831 Portage Ave. pd.

## FOUND

**ST. BERNARD/MALAMUTE CROSS** — Sky blue eyes, found near Winnipeg River bridge. Phone 345-2814 after 5:00 p.m. 23-1x

## BUSINESS OPPORTUNITIES

**MINI DISH SATELLITE SYSTEMS** — \$1,195.80. Channels 480 lines resolution. Unlimited income potential via network marketing. 164 Arthur Street, Dryden, Ont. P8N 1K3 (807) 223-5835. pd.

**INTERESTED IN CHILDREN'S FASHION?** — Career for you! Kids Only Clothing Club is sold through home shows. Clothes are fashionable with great features. Kids love them! Rachelle Nadeau, Box 59, Fannyville, Man. R0G 0P0. pd.

**GET RICH...SLOWLY BUT SURELY!** — Watkins will earn you thousands, working for yourself. Guaranteed products. Watkins, a sure thing! Free details. 1(204)467-8721. pd.

# Review Classifieds

## HELP WANTED

**AVON** — Avon has openings in your area. Call today, only \$17.00 starts you on your way. Call Marilyn at 367-8050. 23-3xpd

## MISCELLANEOUS

**BUSINESS SERVICES-COMPUTER TRAINING** — Self-paced DOS training system for companies on the move in the 90's. Effective, economical. Call: Westech (204) 831-8379 for information.

**SERVICES-WARRANTED: RE-BUILT TRANSMISSIONS** — All types of transmissions overhauled. Trans Auto Plus, Roblin, Man. 155 Main St., Monday - Friday, 8:00 a.m. - 5:00 p.m. Phone 937-8470. pd.

**WORKSHOPS: ATTENTION INVENTORS/ENTREPRENEURS!** — First time in Manitoba. Workshop for inventors and entrepreneurs. March 7, 1992, Delta Inn, Winnipeg. Call toll free 1-800-263-4559 for details! pd.

**PETS** — Alaskan Malamutes, CKC registered, written guarantee. Canadian championship stock, ready for homes mid-March. Marlayne Kennels, Al & Sue Collins, Portage la Prairie (204) 428-5587. pd.

**MOVING SALE** — Factory outlet "Oak or European" complete kitchens less than \$2,000. "Factory Kitchens Direct", 860 Bradford, Winnipeg. Open Monday - Friday 10:00 a.m. - 8:00 p.m. Saturday 10 a.m. - 2:00 p.m. 788-0003. pd.

**TRAVEL** — Winnipeg weekend getaway \$49/night, 2 adults, free continental, parking, children n/c. Indoor pool, restaurant, lounge. Close shopping, arena, airport. Altliner Inn, 1740 Elllice, 1-800-665-8813. pd.

## MISCELLANEOUS

**MANSEARCHING FOR HIS SISTER** — Her name was Marie Ellen Dumont. She was born in Steinbach Hospital, March 25, 1944. Any information appreciated, call 237-8410. pd.

**WOULD YOU LIKE TO CORRESPOND** — With unattached Christian people across Canada: all denominations, all nationalities, for companionship or marriage? Ashgrove, P.O. Box 205B, Chase, B.C., V0E 1M0. pd.

## COMING EVENTS

**AGRI and RANCH TRADE SHOW** — New Calgary agri and ranch trade show. April 29, 30 and May 1, 1992. Exhibits relating to agriculture, equestrian, ranching, irrigation. For more information: (403) 469-2400 or fax (403) 469-1398. pd.

## CARD OF THANKS

We wish to express our sincere thanks and appreciation to our relatives, friends and neighbors for their expressions of sympathy, in the recent loss of our wife, mother and grandmother.

You were all so very kind and we appreciated your comfort through the cards, flowers, food and visits.

Thank you to Dr. Meckin and Dr. Siddall and ambulance attendants.

May God bless you all, Gordon, Bill, Monique, Alain, Jan and Tanya Earl

# What is cholesterol?

Cholesterol is a fat-like substance found in every cell of your body. Contrary to popular belief, both cholesterol and fat are necessary for the body to function properly. They become harmful only when they are elevated in the bloodstream.

**There are two types of cholesterol:**

**Dietary cholesterol** — which is found only in products of animal origin (eg. meat, poultry, fish, shellfish, dairy products, eggs and organ meats).

**Blood (serum) cholesterol** — which comes from two sources: about 80% is produced in your own body by your liver; about 20% is influenced by your diet through excess calories, excess fat and, in some cases, excess dietary cholesterol.

**How can I help lower my blood cholesterol level by changing my eating habits?**

The most effective dietary measure in reducing blood cholesterol is to reduce saturated fat. In everyday living, the best way to do this is to reduce your total fat intake. It is also important to eat more high fiber foods (whole grain

## Corner Stone

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

bread and cereals, beans, peas, lentils, fruits and vegetables). Achieving a healthy weight can also reduce blood cholesterol levels.

**What is saturated fat?**

Saturated fat is any fat that is solid at room temperature. Examples include fat obtained from animal products, palm oil, palm kernel oil, coconut oil and hydrogenated vegeta-

ble oil. Foods containing saturated fat include meat, fish, poultry, milk products, eggs, lard, butter, shortening, margarine, non-dairy creamers, dessert toppings, chocolate bars, cookies and crackers.

**How does beef compare in fat and cholesterol content to other meats?**

Today's beef is on average 21% lower in cholesterol than it was 15 years ago. In fact, a 90 gram serving of broiled inside round steak has as little fat (3.5 g) and cholesterol (58 mg) as an equal serving of roast chicken without the skin (6.0 g fat, 68 mg cholesterol). And ounce for ounce, lean beef has the same amount of cholesterol as a serving of salmon.

# Pine Falls Five Pin Bowling League news

by Evelyn Dodds

The ladies' high games were: Eileen Robertson 258, Jan Bonekamp 255, Rita Morissette 253, Doris Kahle 250, 238, 223, Mandy Dankowski 240, 237, Cheryl Boisvert 239, Hermine Dupont 234, Yvonne Powell 234, Sharon Tremain 232, Sharon Mignon 230.

The men's high games were: Don Powell 274, 265, 234, Joel Lamoureux 263, Pat Papineau 262, 232, Raymond

Boisjoli 238, Paul Doyle 235, Pete Richardson 227.

The female bowler of the week was Eileen Robertson for her game of 258, 100 points above her average.

The male bowler of the week was Joel Lamoureux for his game of 263, 107 points above his average.

The Legion Special was won by the Top Guns for their game of 1194.

The Poitras Special was won by the Five Pins for their triple of 3461.

# St. Georges Sand Bag League news

by C. Vincent  
**Game #11**

Ladies' highest scores were: Marie Fisetle 6680, Alice Pearson 6490, Jeanne Lavoie 6460.

Men's highest scores were: Carl Vincent 8160, Ted Dupont 7270, Joe Vincent 7210.

Highest squares were: Ted Dupont 1220 and Rita Fontaine 1200.

Team standings are: Ubald Duclous 46, Joe Vincent 40, Ted Dupont 33, Alice Pearson 30, Rita Fontaine 27, Victor Vincent 27, Robert Chevrefils 17, Debbie Kemball 0.

**Game #12**

by C. Vincent

Ladies' highest scores: first Rita Fontaine 7470, second Maria Dupont 7280, third Marie Fisetle 7170.

Men's highest scores: first Victor Vincent 9220, second Joe Vincent 7900, third Robert Chevrefils 7600.

Highest square: first Florence Windsor 1330, second Henri Desautels 1380.

Teams standings: first Ubald Duclous 49, second Joe Vincent 42, third Ted Dupont 38, fourth Victor Vincent 32, fifth Rita Fontaine 32, sixth Alice Pearson 30, seventh Robert Chevrefils 17, eighth Debbie Kemball 0.

# La Leche League meeting

Breast-feeding has enjoyed a revival in recent years. The majority of mothers today are breast-feeding when they leave the hospital; however, within a few months, weeks, or sometimes even days, most of them switch to the bottle. Why? Insufficient milk supply, breast infections, embarrassment, fear of criticism from relatives, and general confusion are some of the reasons. These problems can be avoided, often very simply, if the nursing mother has helpful information and support from her peers. Should a problem arise, just being able to dial the phone number of a sympathetic, informed mother who has had breast-feeding experience is often the key to the resumption of a successful breast-feeding relationship. To provide this key is the purpose of La Leche League.

All women who have an interest in breast-feeding are invited to attend La Leche League meetings; each mother is encouraged to take from the league philosophy what seems sensible and helpful to her. The ideal time to begin attending is during pregnancy,

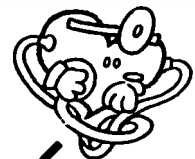
because the information received in advance may prove to be vital to a mother in the first few days or weeks after her baby arrives.

La Leche League meetings are held in homes by a trained and accredited leader who volunteers her time. La Leche League publishes information on breast-feeding and parents; leaders provide phone counselling. The information available, along with the support provided to mothers, makes this a group that mother and baby can benefit from long after breast-feeding knowledge has been acquired.

The next series of monthly meetings will begin on Friday, February 14, 1992 at 1:00 p.m. in Lac du Bonnet. *The Benefits of Breast-feeding for Mother and Baby* is the topic of the first meeting. All women and their babies are welcome to attend.

For more information, breast-feeding help, or to obtain a copy of *The Womanly Art of Breast-feeding* please phone Barb at 268-1972 or Chris at 753-8294 or Susan at 348-7789.

# A WORD ABOUT HEART HEALTH



**Learn**  
about your heart  
and your lifestyle  
Ask your doctor.



For a Heart to Heart talk, call  
**849-2014**  
Improving your odds  
against Canada's #1 killer.

# Powerview Sand Bag league news

by Jan Chychaluk  
**Game #14**

Highest scores were: men's -- Ubald Duclous 7340, Horace Nault 5840, Stan Chychaluk 5510; ladies' -- Jeanne Lavoie 7080, Fleurette Walker 6950, Sharon Berthelette 6530.

Highest squares were: Ubald Duclous 1150 and Annette Papineau 1320.

Team standings are: Phillip Bouthillier 49, Ubald Duclous 47, Jan Chychaluk 46, Horace Nault 41, Dora Pereux 31, Jeanne Lavoie 30, Fleurette Walker 25, Sharon Berthelette 12.

Good luck and see you all next week.

## Kids & Tobacco:

**IT'S A CRIME!**  
Congratulations to retailers who do not sell tobacco to minors.



Consult for a Tobacco-Free Manitoba

# Canadian tax facts

## Tax instalment system simplified

If you pay your personal income taxes by quarterly instalment, you will find the tax system a lot simpler this year.

In the past, more than one million Canadians, including self-employed workers and 400,000 senior citizens, had to calculate their quarterly payments.

For many, figuring out how much to pay every three months was complicated. Not knowing last year's income when you had to calculate your March payment added to the frustration. And if you did not pay enough, you were charged interest.

Starting with this March's payment, you will have an option. Revenue Canada will tell you how much to pay, based on your previous income. You will no longer have to figure out the amount yourself.

As long as your cheque is on time, you will not be charged interest or penalties, even if your payments fall short of what you end up owing at the end of the year. If your payments are not enough to cover this year's taxes, you will have up to April 30 of next year to pay before you are charged interest.

Of course, you can still do your own calculations. This may be to your advantage if your income will be less this year than in the past, or if you are using more deductions or credits this year than last. However, if you end up owing more than your estimate, you may be charged interest.

Revenue Canada will send you a notice in February for your March 15 and June 15 instalments, and in August and November for your September 15 and December 15 payments.

Farmers and fishermen who make one instalment payment on December 31 will receive a notice in November.

This new system is part of our ongoing work to improve and simplify service to taxpayers.

Canada's tax system -- how we are taxed and how much we are taxed -- is one of the most visible aspects of government. It determines the capacity of government to fund vital public programs, such as health care, and to support those among us who need assistance.

## Your Canada, Your Parliament, Your Business

by The Hon. Jake Epp  
M.P. Provencher



### How do our taxes compare with other countries?

Canadians pay less than people in most G-7 nations. According to an OECD study, the average Canadian production worker paid less in income tax -- including both federal and provincial income taxes -- and social security contributions in 1989 than the workers in 18 other nations. This included the U.S. and every other G-7 nation except Japan, (i.e. Canada, France, Germany, Great Britain, Italy, Japan, United States).

The share of the total personal income tax burden paid by those earning less than \$15,000 a year has been reduced by almost two-thirds. The share for those earning over \$100,000 increased from 13.7% to 16.7%.

As a result of tax reform and the Alternative Minimum Tax, more high-income Canadians are paying tax than ever before. The percentage of individuals earning over \$100,000 but paying no tax fell from 2.2% in 1984 to just 0.35% in 1988.

The number of seniors relieved of paying income tax jumped by almost 300,000 between 1987 and 1988. This represented an increase of 43.2% in the number of seniors not paying tax.

### Corporations paying fairer share of tax burden

Tax reform eliminated many of the loopholes that allowed large numbers of profitable corporations to avoid paying any corporate income tax. These reforms and the introduction of the Large Corporations Tax mean that federal corporate income tax revenues in 1990-91 were 60% higher than in 1983-84, despite the fact that corporate profits last year were 10%

lower than in 1984.

Taxpayers claiming a refund for a taxation year will no longer be compelled to file the claim within three years. This applies to all taxation years after 1984. This provision will apply, for example, to refunds of taxes overpaid through payroll deductions. Refunds will also be possible for taxpayers who discover that a deduction or non-refundable tax credit was missed when a return was previously filed, or when a taxpayer has filed to make a claim for refundable credits such as the Child Tax Credit, Federal Sales Tax Credit and the Goods and Services Tax Credit.

The department will be able to waive or cancel interest or penalties where they result from factors that are beyond the taxpayer's control, such as when a taxpayer is prevented by illness from filing a tax return by the April 30 deadline.

The appeals process will be simpler and more streamlined. It will be possible to file a notice of objection simply by writing to the Chief of Appeals at a local district office or taxation centre.

### Equalization payments

I feel sure that you were pleased to hear, last week, that our federal government has granted \$55 million more in equalization payments to Manitoba and six other provinces.

The estimated additional benefits next year as a result of these changes are:

Province	1992	5 Millions per person
Newfoundland	\$31	\$54
PEI	5	39
Nova Scotia	35	39
New Brunswick	39	54
Quebec	198	29
Manitoba	55	50
Saskatchewan	60	60

The province of Ontario, BC and Alberta do not qualify for equalization payments.

The Equalization Program is the cornerstone of fiscal federalism. It is vital to our economic union, not just to Quebec, but to Atlantic Canada which receives the highest per-capita transfers under this program, and to Manitoba and Saskatchewan.

Increased equalization payments to Canada's poorer provinces will be financed by a reallocation of budget priorities, not through an increase in taxes or the deficit.

# Community Directory

**PETER G. MUIR**  
Barrister & Solicitor  
1-74 Second St., Lac du Bonnet  
**345-2979**  
OFFICE HOURS:  
Lac du Bonnet - Thursdays  
9:00 a.m. - 5:00 p.m.  
WINNIPEG OFFICE:  
1-452-5314

**Scheel's Milk Distributors**  
Agent for  
**Co-op Dairies**  
For service you can rely on!  
**367-2906**

**Country Closet Giftware**  
18 Pine St., Pine Falls  
HOURS:  
Tuesday - Saturday,  
10:00 a.m. to 5:30 p.m.  
**367-2636**

TV-VCR-Audio-Microwave  
Sales-Service-Repairs to all makes  
**Zenith-Panasonic Dealer**  
Weekly trips to Lac du Bonnet area  
All service guaranteed  
**Whiteshell Electronics**  
26 Byng, Phenix  
**753-2223**

**Lazaruk's Riverview Self-Serve**  
Powerview 367-2473  
**New Hours:**  
Monday thru Friday  
9:00 a.m. - 5:30 p.m.  
Saturday  
9:00 a.m. - 5:00 p.m.

**Dr. A.H. Anderson Optometrist**  
Manitou Lodge, Pine Falls  
Contact Lenses and Eyeglass Fittings  
BUSINESS HOURS:  
Monday to Friday  
9:00 a.m. to 12:00 noon  
and  
1:00 p.m. to 5:00 p.m.  
Examinations done on Thursdays  
Phone **367-2390**

**PINE PHARMACY**  
Pine Falls  
Try Your Drugstore First  
OPEN: Monday - Saturday  
9:30 a.m. - 5:30 p.m.  
**367-2611**  
Dispensary 367-2517

**BOISJOLI PAINTING**  
Interior/Exterior  
• Drywall repair  
• Painting  
• Texturing  
Yves Boisjoli  
**(204) 367-8877**

**DAIEN DENTURE CLINIC**  
Denture services direct to the public  
**268-3488**  
37 Third Street South  
half block from Park Ave  
Telephone  
Hours: Mon. Fri. 8:30 a.m. - 5:00 p.m.  
Open Sat 9:00 a.m. - 1:00 p.m.  
After hours appointments can be arranged

**LAW OFFICES**  
Bellan Wasylin Thompson  
Box 530, 523 Park Avenue  
Beauséjour, Manitoba  
R0E 0C0  
**Ph. 268-2000**

**Morton & Filyk**  
Sharon C. Morton  
Blair J. Filyk  
Barristers and Solicitors  
Lac du Bonnet Every Tuesday  
at Allan Halm Agencies  
28 McArthur Avenue  
from 11:00 a.m. - 2:00 p.m.  
and  
Powerview Every Tuesday  
at Watson Place  
from 3:00 p.m. - 7:00 p.m.  
Lac du Bonnet 345-8479  
Powerview 367-4455  
or Winnipeg 1-942-4100  
205 Edmonton St., Wpg., MB R3C 1R4

**Fran's Accounting Centre**  
St. Georges Community Centre  
ACCOUNTING SERVICE  
Bookkeeping, sales records, payrolls,  
audits, financial statements  
INCOME TAX RETURNS  
Firm, personal, business and corporate  
returns professionally prepared  
Box 90, St. Georges  
**367-8756**

**Sonny's CHICKEN HOUSE**  
DINE IN • TAKE OUT  
CATERING  
8 Maple Street, Pine Falls, MB  
**367-2496 or 367-4448**

**LUCY'S Hair Care Centre**  
Mon. - Fri. - 9:00 a.m. - 5:00 p.m.  
Sat. - 8:00 a.m. - 4:00 p.m.  
**367-8842**  
Free Coffee

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