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Art Services Dept

The **innipeg** River **Echo**

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Pine Falls
Powerview
Sagkeeng
St. Georges
Grand Falls
Lac du Bonnet
Beaches
Little Black River
Manigotagan and Bissett

Vol. 1, No. 18

Tuesday, September 26, 2000

\$1.00 tax included

\$16,000 drug seizure

by Charles Norman

Acting on an anonymous tip last weekend, RCMP officers from the Powerview detachment confiscated sixteen full-grown marijuana plants from a bush area near Lakeshore Heights, south of Grand Beach.

The marijuana plants were started in blue five-gallon plastic pails. The pails had been spray painted black so as to be less noticeable and

were surrounded by chicken wire to protect them from wildlife.

A cottager out looking for mushrooms stumbled across the plants and tipped off RCMP.

Police said the plants are worth \$1000 each at street value.

They will be disposed of at the Pine Falls Paper Company's steam plant in the number two boiler.



Constable Larry Munroe (left) and Constable Dave Sanderson with 16 marijuana plants seized last weekend south of Grand Beach.

Transfer station opens

The RM of Lac du Bonnet's new transfer station on Highway 313 opened Wednesday September 20, just five days after the proposed opening.

The transfer station replaces services previously at a landfill site on the north side of Highway 313 across from the new transfer station. The Manitoba Conservation operating licence for the landfill site expired at the end of June.

There are five bins located at the transfer station. When a bin is filled it will be transported to the St. Clements landfill site on Highway 59 with a trailer purchased by the RM which was included in the budget.

There is no tipping fee and no limit to the volume of

refuse RM residents can dump. RM residents were supplied with numbered decals identifying them as an RM taxpayer. Only RM taxpayers will be allowed to use the site.

The Town of Lac du Bon-

net and the LGD of Pinawa are cooperating in the building of a new landfill site, but because of the much larger volume of refuse from the RM of Lac du Bonnet council has opted for the St. Clements option as being

more cost effective.

RM Administrative Officer Marlene Watson says the RM has budgeted \$150,000 for the project. Some costs still have to be determined but it is

hoped that the final cost will be very close to the budgeted figure. A \$25,000 provincial government grant will cover the cost of any overruns.



Above: The gate at the landfill disposal site on Highway 313 is permanently closed.

Left: Councillor Bob Bruneau, Reeve Dorothy Boznianin, Councillors Bruce Chudley and Terry Howard at the opening of the transfer station September 20.

PRA running deficit

Controversy expected at October annual general meeting

The Pineview Recreation Association has spent \$21,454.80 more than it has taken in so far this year.

Year-to-date figures list ex-

penditures of \$179,950.87 and revenues of \$158,496.07. The difference, \$21,454.80 was paid out of cash on hand at the beginning of the year.

The Powerview Arena is running a deficit of \$336.99, and the Pine Falls Arena, \$538.64. The pool has a surplus of \$403.70.

Apart from \$12,000 paid to the Pine Falls Paper Company to cover money owed to the Pine Falls Paper Company for

wages paid on behalf of the association in previous years, but not repaid until now, the biggest contributor to the deficit was the Pine Falls Curling Club.

The year-to-date curling club revenues are \$16,380.49; expenditures are \$24,873.48, with a deficit of \$8,492.99.

The PRA annual general meeting will be held in the Pine Falls Curling Club lounge at 7:00 pm on Tuesday October 3. The curling club deficit is expected to be a hot issue.

The Sports Bar makes donations to the association but revenue from this source has not been listed in the above figures

Wide area planning to begin for east side of Lake Winnipeg

Conservation Minister Oscar Lathlin has announced that the Manitoba government is initiating the process of Wide Area Planning for land and resource use on the east side of Lake Winnipeg.

Wide area planning is a major recommendation of the Consultation on Sustainable Development Implementation (COSDI) Report that was formally adopted by Manitoba Conservation as a central feature of the province's sustainable development strategy on June 29/00.

"Our objective is to establish a process, in collaboration with public, local communities, industry and First Nations, that will ensure comprehensive public involvement in the wide area planning process for the east side of Lake Winnipeg," said Lathlin. "The East Side Planning Initiative will provide the opportunity to develop a consensus among

these interests with a common vision for land and resource use now and in the future."

Lathlin said that this initiative is significant because it is the first specific initiative to arise out of COSDI and will serve as a prototype for similar planning in other areas of the province. "The initiative will set the standard for public involvement for wide area planning in the future.

"Future land and resource allocation and proposed developments must address social, environmental, health, cultural and economic needs of local communities, First Nations and various stakeholders. In order to address the interests and concerns of these groups, any planning must be done in an integrated and coordinated manner."

The minister said the planning process will examine some of the current major issues and options for the area, including the poten-

tial for expanded timber harvesting and associated value-added development, all-weather road access and a new hydroelectric transmission line through the region.

Under Phase I of the project, a three-member government review panel will be established to consult with First Nations, local communities, the public, industry, non-government organizations and others interested in the future of the area.

Lathlin said the panel will gather views and make recommendations on several elements of the initiative including:

- * The steps and timing for the planning process;
- * The boundaries for the planning area; and
- * The establishment of an East Side Lake Winnipeg Round Table and a larger Stakeholder Advisory Committee.

Phase II of the planning initiative calls for the round table and advisory committee to develop a work plan, conduct public meetings and provide recommendations on a wide area plan for the east side of Lake Winnipeg.

Lathlin said the public is encouraged to participate and provide their input regarding the development of an appropriate process to facilitate the planning initiative in late summer/early fall. He said information materials and the support of government staff will be available to the communities and other stakeholders to help in the planning initiative.

Community Billboard - ph 367-9468

LIBRARY ALLARD: Library Hours: Tuesday: 10:30am to 5:00pm Wednesday - Thursday 1:00pm to 5:00pm 6:30pm to 8:00pm Friday: 1:00pm to 5:00pm Saturday: 10:30am to 4:00pm
BEACHES LIBRARY: Library Hours: Tuesday 1-5pm, Thursday 4-8pm, Saturday 10am - 2pm.
KNIGHTS OF COLUMBUS: Meetings every second Tuesday of the month 7:30 in the basement of the Powerview Church
SILVER HAVEN CLUB: Cribbage - every 4th and 5th Monday of the Month at 1:30 p.m. - Whist - every Thursday of the month at 1:30 p.m.
WINNIPEG RIVER W.I.: meetings third Tuesday of every month, 7:00 p.m. Library Allard, St. Georges
PINE FALLS HEALTH AUXILIARY: Meetings on the first Tuesday of Every month at 1:30 pm
COTTAGE COUNTRY BUSINESS ASSOC.: Meeting - Every first Monday of the month at 7:00 p.m. October through May. Ph. 756-2596
ALCOHOLICS ANONYMOUS: - Sun Rise Group - Meetings every Monday, Wednesday and Friday 7:30 p.m. to 8:30 p.m. Last Friday of the month open to the public. Located at St. Georges Catholic Church Basement
PINE FALLS LEGION: Meetings held 2nd Thursday of the month 7:30 p.m. Legion! Meat raffles held at Legion on Fridays from 4:30 to 5:30
PINE FALLS MASONIC LODGE # 154: - meets on second Friday of every month in the Pine Falls United Church. Except Jan. & Feb
BADMINTON: Pine Falls School Gym, Sunday & Wednesday nights, 7:00 - 10:00 p.m.
POWVIEW GARBAGE PICKUP: every Wed Recyclable pickup every 1st & 3rd Thurs. of each month.
P.A.A. MEETING: every 1st Tuesday of each month at 7:00 p.m.
VILLAGE OF POWVIEW MEETINGS, every second Tuesday of each month
WINNIPEG RIVER SENIOR SERVICE INC. Coordinator: Tina Polischuk, Office: Pine Falls Health Complex, Telephone: 367-9128, Hours: 9:00am - 3:00pm Monday - Friday. Services: Transportation, Home Maintenance, Foot Care, Volunteer Help, Information
FAMILY CARE GIVER SUPPORT GROUP at the United Church, Pine Falls, last Thursday of the month at 7:00 p.m.
AA & ALANON: The Beaches family group, Thursday at 8:00pm, Senior Scene, Victoria Beach - 1 Ateah Road 756-800018 or 756-2101
PINE FALLS LIBRARY: Library hrs. will be from 3 p.m. until 5pm Monday & Thursday.
HAPPY TOTS DAY CARE: The Happy Tots Place Inc. P.O. Box 773 Pine Falls, ROE 1M0 - 367-2601 hold board meetings on the last Monday of each month 7:00 p.m. at the Daycare
SENIOR SCENE INC. #1 Ateah Rd., Victoria Beach. General Meetings every 2nd Tuesday of the month. Art Classes Wed 10 am. Wood Carving Wed 1 pm. Movies Tue 7 pm, carpet bowling, Fri 2 pm, Bingo Fri 7 15 pm Call 756-6468 for more information regarding activities
MENTAL ILLNESS SUPPORT GROUP: Meetings held every 2nd Wednesday at 7pm at the Wings of Power office.
LAKESHORE AL-ATEEN GROUP: Call Kathie 367-8237 or Vickie at 345-6520
BEACHES HELP CENTRE: 756-6471, Wed. 1-4pm, Fri. 10am-1pm
POWVIEW PARENT ADVISORY COUNCIL: Meetings, 1st Thursday of Every Month
GREAT FALLS HALL WALKERS: Tuesdays & Thursdays from 10am - 11am

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 Support your local Recreation Centre & Businesses

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 \$5.00 per person
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The Winnipeg River Echo

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Church Services

NOTRE DAME DU LAUS: POWVIEW - Sat Evening 7:30 pm (English), Sun 8:30 pm (French), 10:30 am (English), STEAD - Sat 5:00 pm

PINE FALLS UNITED CHURCH: Sunday service Sunday school 11:00 am Rev Jack Ballantine-Dickson Office Hours: Tues - Fri 10:00 to Noon Tel: 367-2633

PINE FALLS ANGLICAN CHURCH OF THE ADVENT: Ph 367-8347 Rector, the Rev. Brian Rountree. Sunday Service at 9:00 am

ST. THERESA'S: Masses at Notre Dame du Laus.

ST. GEORGES: Mass Sunday at 8:00 am and 10:00 am

ST. JUDE'S ANGLICAN CHURCH, Grand Marais, Holy Eucharist - 2nd and 4th Sundays, 11 a.m. Morning prayer 11 a.m. - 1st, 3rd and 5th Sundays

TRINITY EVANGELICAL LUTHERAN CHURCH, Thalberg, 1 mi east and 1 mi. South of junction 12 and 304. St. John's Evangelical Lutheran Church, Greenwald on Hwy. 12, 1 1/2 mi north of junction with 317. Sunday church school 10 a.m., worship 11 a.m. (alternate locations). For info. call 635-2625 or 754-8682

CHRISTIAN FAITH FELLOWSHIP: - Bible study 7:30 p.m. Thurs. Church Service at 10:30 a.m. Sunday School at 10:00 a.m.

HOUSE OF PRAYER FULL GOSPEL: - 2:30 every Sunday, Scantbury Mb., on Hwy. 59

ST. MARGUERITE R.C. MISSION Pitt Rd. - Traverse Bay, 11:30 a.m. Sunday Additional Mass mid June thru Labour Day 7:30 p.m. Saturday Closed November 1 - April 30th

ST. ALEXANDER R.C. CHURCH, located at Sagkeeng 1st Nations Sunday Mass 10:30 a.m.

ST. THERESA R.C. MISSION, 88 Glendale Ave., Grand Marais Mass or Community Service 7:30 p.m. Sat. 1st Sat. of Nov. to last Saturday of April. May through October Mass 10am Sun

SAGKEENG CHRISTIAN FELLOWSHIP CHURCH - Lloyd Guimond (Pastor) Sagkeeng South Shore, Service Thursday 7:30 p.m. and Sundays 2:00 p.m.

CHRIST CHURCH ANGLICAN - Sunday 2:30 p.m. in Hollow Water.

GRACE BAPTIST CHURCH - Bible Study, Wed. at 7:30pm, Call Pastor Todd Goudy for more information 367-2531.

Josh Nejedly (below), Percy White and Art Arsenault (right).



Legion Week at Lac du Bonnet

by Toni Bruneau
The Royal Canadian Legion, Lac du Bonnet Branch #164 was flooded with activ-

ity last week, September 17 to 23. Members and guests were able to take part in numerous activities. Organized games included meat darts, table top curling, cribbage, Pokeno, horse racing, baseball darts and bean bag toss, as well as a golf tournament in Beausejour. Many also attended the bingos held both Wednesday and Friday nights.

Thursday drew in a huge crowd as entertainment by Betty n' Friends kept the audience's toes tapping with many old tyme favorites.



Don Gale called the numbers for many luck winners during the meat draw last Saturday.



Betty Dancyt, Dave McMillan and Arnold Urban

There was also a superb roast beef dinner available. The rate at which this buffet disappeared indicated the excellent job done by the ladies in the kitchen. There were also mounds of chicken and all the fixings served Sunday evening, which satisfied many hungers.

Saturday offered yet another chance to win, and stock up for the end of barbecue season. The meat draw and meat darts were held with lucky winners taking home some excellent prizes, from roasts and ribs to chicken and bacon.



Marlene Arneson checks out her shot in the meat dart competition held Saturday afternoon at the Legion.



Anne Okrainec, Emily Konopetski, Helen Walesiak, Dorothy Waters and Mavis Maslow served up the delicious buffet Thursday evening.

LdB Branch #164 news update

by Cde. Norm Rimmer, CD

I must first congratulate Cde. Cliff Rideout and all the Newfoundlanders at Pine Falls Legion for putting on such a wonderful Newfie Night dinner and dance. The evening was enjoyed by all in attendance. They even had a swearing in ceremony for those of us who dared to become an honorary newfoundlander (WE IS WE IS). The actual term is "I is I is", however, I am speaking for all of us who took the challenge. Again thanks for a wonderful time.

Please note

The DVA representative will be attending our Legion Thursday, October 19 at 12:00 noon.

This year our branch will be holding the veterans' dinner and dance Saturday, November 11, after the regular Remembrance Day service. Tickets are available at the bar. Speaking of tickets, available at the bar we now have Grey Cup tickets, which are also available from executive members. If you would like some to sell, please see Rollie Grantham.

Just a reminder that the 2001 membership are now available and if you purchase yours before November 30, you save! If you are not a member and you come to the Legion to participate in one or

more of our activities, why not join the Legion and it will save you looking for a member to sign you in each time. Joining is as easy as asking one of the staff or executive for an application and completing same.

Registration for the different winter activities are in progress now. The dark league has had their meeting and the following have been elected: Dolores Johnson, chairperson; Lynn Gale, secretary; Norm Rimmer, treasurer; Howie Richmond, draw master.

Anyone interested in playing fun darts come out on a Thursday evening. The inhouse league starts October 5.

The table top curling league will holding their meeting Monday, September 25.

We are still looking for any youth, ages 10 to 17 years, who would like to learn how to play darts on a Saturday morning. Your parents do not have to be members of the Legion. If you live in the general area of Lac du Bonnet, Pinawa, Whiteshell or Whitemouth, come on out and give it a try.

If anyone is interested in seeing the Manitoba Military Tattoo Saturday, November 4, sign up at the bar. We have a bus going from the Legion to

the Winnipeg Arena and back. A block of seats have been reserved for us and they are in an excellent area to watch the bands perform. There will be bands from the Royal Canadian Artillery Band, Canadian Naden Band, Air Command Band, HMCS Chippawa Band, Royal Winnipeg Rifles, Pipes and Drums of the Queens Own Cameron Highlanders and the 402 Squadron Pipes and Drums; and many other performances.

The next general meeting for the ladies auxiliary is October 3 and for the branch it is October 17.

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Lac du Bonnet Children's Centre celebrates 23rd birthday



Above: Cyara obviously enjoys finger painting projects.

by Toni Bruneau

The Lac du Bonnet Children's Centre celebrated its 23rd birthday last Tuesday, September 19 with an open house... held in the Centennial School gym, due to unfavorable weather. Hot dogs and treats were served to children and parents, and of course, birthday cake! Carol Kulbaba organized the event making sure there was fun for everyone. The wee ones and... some not so wee ones (parents), enjoyed the huge inflated bouncing structure that remarkably fit into the gymnasium.

The Lac du Bonnet Children's Centre was born in July of 1977 and originally located at the Lac

du Bonnet Health Centre accommodating less than ten children. Through its 23 years, the centre, staff and children have gone through many changes. A move to the Lac du Bonnet Personal Care Home in 1985 was followed four short years later by a move to their present location in May of 1989.

Extensive fundraising efforts



Top: Hope, Taylor and Matthew wait for their slice of the gigantic birthday cake.



Left: Rachelle and Sorcha assist teacher Rhonda with a delicious cookie recipe.



Bottom: Zach and Tyson are busy, building... buildings.

LdB Community Billboard

Lac du Bonnet Lions Club meets the first and third Monday of each month, 7:00 p.m. at the LdB Community Centre.

Lac du Bonnet Regional Library open Tues. and Thurs. 10:30 a.m. to 4:30 p.m. and 7:00 to 8:30 p.m.; Wed. and Fri. noon to 4:30 p.m.; Sat. 10:30 a.m. to 12:30 p.m., ph. 345-2653.

Great Falls Women's Institute meets first Wednesday each month 7:00 p.m. Great Falls Hall. Pat 367-2586, Leone 367-8569.

Ladies' Auxillary Royal Canadian Legion Branch #164 meets first Tuesday of each month 7:30 p.m. Legion Hall.

LdB Committee on Family Violence and Abuse meets second Tuesday of every month 7:00 p.m. Vicki Landry 345-8647.

Battered Women's Crisis Line 1-800-362-3344.

Royal Canadian Legion Branch #164 general meetings third Tuesday of each month 7:30 p.m. Legion Hall.

Lakeshore Al-Anon Group Thursday 7:30 p.m. Lac du Bonnet Health Centre. Teri 345-8712.

Lakeshore Al-A-Teen Group Phone Kathie 367-8237, Vickie 345-6520.

Lakeshore A.A. meetings every Sunday and Tuesday 8:00 p.m. at St. John's Anglican Church, 86 McArthur, Lac du Bonnet. Last Sunday of the month open to the public. Call Ted 345-2839, Ron 753-8403.

Ladies A.A. Meetings Thursdays 1:00 p.m., 18 McDermot, Pinawa. Doreen 753-8357.

Lac du Bonnet Health Centre Auxillary meets fourth Thursday of the month, Health Centre 1:30 p.m.

Lac du Bonnet Wildlife Associa-

tion meets first Tuesday of every month 7:00 p.m., RM office, except June, July and August. Call Peter 345-6190.

New to town? Drop in to the Craft Basket on Second Street and pick up your Welcome to Lac du Bonnet gift, courtesy of the Chamber of Commerce.

Two Rivers Seniors Resource Council Inc. Lac du Bonnet office, Health Centre 345-1227, Ruth Clay. Services: driver escort, lifeline personal response system, friendly visitors, fee-for-service handy helpers, information volunteers.

Pioneer Club Monthly Meeting first Monday of each month 9:30 a.m., Pioneer Club.

Horticultural Society meets second Tuesday of every month 7:00 p.m., Centennial School.

RM of Lac du Bonnet Council Meetings second Tuesday of each month 10:00 a.m. and fourth Tuesday of every month 6:00 p.m.

Town of Lac du Bonnet Council Meetings second and fourth Thursday of the month.

Alzheimer Society Theresa Conroy, Whitemouth 348-3505; Lac du Bonnet, Pine Falls, Victoria Beach, Pinawa, Beausejour, Whitemouth, Oakbank, Hadash-ville.

St. John's ACW meets first Monday of every month 1:30 p.m., parish hall.

Little Day Buddies Nursery School Mondays, Wednesdays and Fridays 9:00 a.m. to 11:30 a.m., 12:30 to 3:00 p.m., Lac du Bonnet Community Centre. Janice 345-8979.

Call The Echo to list your regular meetings and events

Lac du Bonnet Church Directory

ABUNDANT LIFE CHAPEL

Pastor Jeff Andrews, church 345-2934, home 345-1950
Sunday: 10:30 a.m. - morning worship (children's church during service); 7:00 p.m. - hymn and prayer.

LUTHERAN CHURCH OF THE CROSS

Pastor Kolleen Karlowky, church 345-8654, office 345-2919
Sunday: 11:00 a.m. - worship service

NOTRE DAME CATHOLIC CHURCH

Father Richard Machura, 345-2900
Lac du Bonnet: 5:00 p.m. - Saturday mass; 11:00 a.m. Sunday mass
Pinawa (senior school): 9:15 a.m. - Sunday mass

ST. JOHN'S ANGLICAN CHURCH

Rev. Brian Rountree 367-8615, church 345-2357
Sunday: 11:30 a.m. - worship; 11:30 a.m. - first and third Sunday of each month, holy eucharist.

permitted a \$156,000 expansion in 1993 which benefited their 47 full and part-time enrollments.

Today, the centre's enrollment capacity is maximized at 90 youngsters and there are concerns of having to turn away new families in the future. They are looking at options for further expansion.

Parents from Pinawa, Whitemouth, Seven Sisters, Pine Falls, Great Falls, Beausejour as well as Lac du Bonnet utilize the facility. There are seven full-time and five part-time professional

staff members whose priority is the safety, security and happiness of boys and girls aged 12 weeks to 12 years. Director Karen Chezick, who's been at the centre for nine years, four as director, says she's, "very, very lucky to have such a great staff."

Many pieces of artwork and

special projects are displayed around the centre which the children take great pride in.

The centre's child directed program includes walking tours of town, to the library and parks, science experiments, crafts, games, outdoor play, and simple assisted cooking and baking projects, kindergarten readiness and lots and lots of fun!

Happy Birthday!

BINGO

COMBINED ACCUMULATORS

Bonanza
starting value this week
\$7140

IF WON POT STARTS AT \$200
Add 50% of sales on Monday.
If not won, carry over total plus 50% of sales to Wednesday.
If not won, carry over total plus 50% of sales to Thursday.

Minnie Loonie
starting value this week
\$295

IF WON POT STARTS AT \$200
Add 30% of sales on Monday.
If not won, carry over total plus 30% of sales to Thursday.

Lucky 7
in 25 numbers
\$1133

POT FREEZES AT 25 NUMBERS
Add one # plus 30% of sales carry over on Monday. If not won, add one # plus 30% of sales carry over to Thursday.
IF WON POT STARTS AT \$200 in 17 numbers or less

IN CASE OF DISCREPANCY, THE LATTER WILL PREVAIL
FOR UPDATES CALL 345-8825

Knights of Columbus
Lac du Bonnet Community Centre
Specials 7:00 p.m. Lot. Lic. 584
Every Monday Evening
FOR UPDATES CALL 345-8619

Bonus Line - \$ 182.00
Star - 1248.00
Loonie Pot -
Special "Y" - 70.00
Jackpot Strip - 69.00
Poker Flush - 60.00

Lakers Ski Club
Lac du Bonnet Community Centre
Specials 7:00 p.m.
Every Thursday Evening Lot. Lic. 874
FOR UPDATES CALL 345-6197

Bonus Line - \$ 395.00
Star - 3451.00
Loonie Pot -
Poker Flush - 3251.00
Special "Y" - 1166.00

Royal Canadian Legion #164
Lac du Bonnet Legion Hall
Specials 7:00 p.m.
Every Wednesday Evening Lot. Lic. 463

Bonus Line - \$4026.00
Star - 54.00
Lucky 7 - 64.00
Poker Flush - 97.00
Mini Loonie - 2646.00
#1 Loonie - 273.00
#2 Loonie - 1424.00
Jackpot Strip - 457.00

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Powerview School History

By Eunice Cyr

Each classroom had a water barrel: you can imagine the messes and the water fights! Dave Dufour endeared himself to students by pouring water for a slide. Fred Cyr remembers: "Boy, that thing was huge—and what a ride—you closed your eyes and hoped for the best. It was amazing no one was killed!"

The sisters' moral and educational codes were very strict. Male teachers always had to wear a shirt, a tie and jacket in class; female teachers had to dress demurely; female students had to wear tunics with long-sleeved red blouses. It was considered scandalous for girls to participate in organized sports. Having one's ears pierced was a "send the kid home" offence and strapping was predominant form of discipline.

Oddly enough, former stu-

dents don't dwell on the classroom instructions or class memories. Little things are remembered. Roger Tardiff has a memory of the chrome doorknobs on the red school—"every winter there would be kids with their tongues stuck to those doorknobs."

"The rink would have to be shovelled before every game, sometimes we shovelled more than we skated. Once Jimmy Sauvè and Gerry Gauthier found some booze and treated the boys on the hockey team, just before a game. No wonder we lost!"

"Denis Houston could kick a ball the whole length of a football field." The C.F.L. missed a gem there!

The tunnel joining the white and red schools hold nightmarish memories for Rita Lamoureux. "It was used for French and Religion classes. I know there were

rats and mice down there. I never saw any, but I know they were there."

The french instruction aroused controversy. Some teachers were accused of spending too much time teaching French. All the students tell of hiding their French books when the inspector came and of writing exams of Saturday mornings.

By the middle and late 1950's, the grey, red and white schools were on the verge of condemnation. The river bank was eroding, basement walls were cracking. Petitions and reports were sent to the Department of Education. Nothing was done until one spring day when Rayden F. Lee came from the Department of Education to check the buildings. It just so happened that the red school's basement was flooded. Lucien Laroche has a vivid

memory of that day. "Rayden Lee was 6'4" and the first thing he did was crack his head on the beam as he went down the stairs. Then he stepped knee-deep into water... and he had on such a nice suit too!" Next day, permission was granted to build!

The local school board owned the land where the school is located now and they built the elementary school. The rest of the land was sold to Agassiz School Division who had jurisdiction over the high school. So in the fall of 1961, Leonard School and Powerview Collegiate were officially opened. The principal of Leonard was Sr. St. Pierre and of the Collegiate, Sr. Lucie du Sauverè. Over the years, our principals included Sr. Jean Bosco and Lucien Laroche in the elementary, and Henri Bouvier in the high school.

Many teachers were shared between the elemen-

tary and high school. Eunice Cyr remembers the inconvenience, not to mention the cold, of running back and forth between the two schools. It was clear too, that the school needed a library and extra classrooms. Again the Department of Education balked at financing anything more than two classrooms. We desperately wanted to get rid of the huts housing grades five and six and another hut used for typing classes. Our local school board member, Frank Thibedau, cajoled, convinced and browbeat his fellow trustees and finance board members. In the end, we had the two new classrooms, a library, a multipurpose room, and new administrative offices. The two schools were finally joined in 1973. Henri Bouvier was Principal and Lucien Laroche was vice-principal. The other principals included Louis Bourbonnais, George Takashima and Steve Meszaros.

Surplus should go to Canadians' priorities: Desjarlais

The Liberal government wasted a golden opportunity to address the urgent priorities of Canadians by spending the entire budget surplus on debt reduction, Churchill NDP MP Bev Desjarlais said recently.

"The surplus belongs to Canadians and should be applied to the priorities of Canadians," Desjarlais said.

Finance Minister Paul Martin announced September 20, an unexpected \$12.3 billion budget surplus which the Liberal government spent entirely on debt reduction. Desjarlais said that some of the money should have gone toward programs and tax cuts.

"I have no problem with using some of the surplus for debt reduction because paying down the debt is important," Desjarlais said, "but using all of it for debt reduction and leaving nothing for programs and tax cuts is out of line. What about improving our highways, hospitals and employment insurance? What about cutting taxes on gas, home heating and phasing out the GST? What about helping seniors with their pensions or students struggling with tuition and debts?"

"The Liberal government has broken their election promise to use half of the sur-

plus of programs and the other half on tax cuts and debt reduction," Desjarlais said. "It is clear now that the NDP offers a balanced approach between tax cuts, responsible

debt reduction and social spending. Most Canadians are demanding this kind of balanced approach and only the NDP is listening."

Bev Desjarlais, MP

Churchill Riding

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TUESDAY, OCTOBER 3
Upstairs at the Curling Club — 7:00 p.m.

If you cannot attend, contact the following to register:

MEN'S — Randal Foubert
Bus. 345-2350 Res. 367-8375

LADIES
Shirley Bruchanski
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Police Beat

C.J. (Carl) Dinsdale, CST.
Powerview Detachment

Comments, Questions and Queries

There, I've blown the dust off my computer and updated the programming and am now ready to get back to my weekly *parlez avec vous*. That would be my token *français* for any

language police out there. Three questions to start back at it and here we go...

Q - How many merit points do I lose if I get a speeding ticket? - Leadfoot, Powerview, MB

A - The standard penalty assessed for any moving violation is 2 points, but with speeding tickets, the higher the speed, the more points that are assessed. Keep it within reason and you shouldn't have any problems.

Q - If I buy my neighbor's car, can I put my old car plates on it until I get it registered? I was told I could

drive this way for up to 7 days. - Anonymous, Pine Falls

A - The only time you can do this is if you are buying a car from a dealership and are using the plates from a vehicle you are trading in, it does not apply to private sales.

Q - Who should I call for bears in my yard? - Pine Falls.

A - During the day you can call the local DNR Office @ 367-2481 and one of our fine NRO's will come out to help you with the critter. At night you can call the RCMP Detachment or if it's not causing any damage or posing a threat to anyone, call the DNR office and leave a message.

I'll be back to submitting weekly columns again, so start sending me your questions and comments and I'll start answering them. Don't be shy, good, bad or ugly, I'll try to address them all.

There are several ways that you can get your questions and comments to me and they are:

fax to (204)367-2802 or to the office of the Echo email

to the voice@granite.mb.ca or cjd_cst@hotmail.com or Carl.Dinsdale@rcmp.gc.gc.ca finally there's snail mail to Box 250, Powerview, MB, R0E 1P0 or you can just drop it off at the Powerview Detachment.

So, there are no excuses and lots of ways to get your submissions to me. Bear in mind that it may take a couple of weeks to address your question or comment, so have a little patience.

Off the Cuffs

Lions and tigers and bears, oh my, lions and tigers and bears, oh my. Okay, so there are no lions and tigers around, but holy bears Batman! They seem to be everywhere this year and it's really keeping the local DNR office busy. There are mixed emotions around town about our fuzzy little visitors, but one thing is for sure, they are wild animals and need to be treated with respect. For the most part they are just feeding and if left alone will not bother anyone. However, if they are startled or cornered they may become aggressive, especially if it is a sow with

cubs. As with all mothers they are very protective of their young, and will attack if they feel the cubs are threatened. I'm most concerned about the kids in town, the very young may get too close accidentally and the older kids may get too close out of stupidity. I haven't seen it personally, but I've heard stories about kids trying to poke bears with sticks, chasing bears on their bikes and in cars and throwing things at them while they are *tréed*. Why is it that we are one of the only animals on the face of the earth that must constantly reinforce lessons with tragedy? Talk to your children about bear safety and if you have any questions, get in touch with the local DNR office.

Another yearly visitor to our area is back, this being the big greenbacks. I was down at the boat launch on the Rock and it looked like the parking lot at Polo Park on Boxing Day. If you are going out to drop a line, please be up to snuff on all the current boating and fishing regulations and adhere to them. Nothing would ruin a fishing trip more than getting stopped and ticketed by the RCMP or DNR for something that was avoidable. As the weather gets colder, please remember to be dressed appropriately and have the necessary survival gear on and in your boats.

Off Road Vehicles is once again a hot topic around our office, with many complaints being received about the way they are being ridden. If the riders can't convince those few that are giving everyone a bad name to smarten up, then everyone will suffer. The complaints are approaching such a level that we may soon be forced to initiate a zero tolerance enforcement campaign, and that will just agitate all people who ride.

Like many others at the Detachment, I like to ride and know that there are worse things the kids could be doing with their time, but there is a selected few that seem to consistently ride like morons and are ruining it for everyone. Those of you who ride know whom I am talking about and I suggest you get a grip on this before we have to. Well that horse is ready for the glue factory and I shouldn't have to beat it anymore, hopefully.

That's it for this week, now let's hear from you.

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Candidate Selection Meeting
at 7:00 pm, Thursday, November 16, 2000
Big 'M' Entertainment Centre
Morris, Manitoba

Voting To participate in the Candidate Selection process you must be a member in good standing seven days before the Candidate Selection Meeting. For memberships call 204-783-8968.

Candidacy Individuals wishing to be a candidate must complete the declaration process 14 days prior to the Candidate Selection Meeting. For information call 204-388-4727

From The Lions Den

by Dan D. Lion

Summer is over and the Lac du Bonnet Lions Club is back in action. We would like to start this year with an overview of what the Lions are all about.

Our motto is "We Serve" and to prove that, I would like to pass on to the community, what we have accomplished. Our year starts in September and I would like to follow our yearly scenario and tell you what we do, and how we do it.

September for us is budget time and we try to look into the future and ensure that we will remain viable for the fiscal year. All members of the Lions Club are volunteers and so, do not receive any remuneration of any sort for any activity. I don't want to scare away potential members, but it will cost you money to belong.

Initially I would like to tell you that three years ago the Lions Club pledged \$50,000 to the Lac du Bonnet Community Centre over a period of five years. This

amount has been payed off in three years and the Lions will be pledging further support in the near future. Throughout the year the Lions donate varying amounts of money to different charities in support of cancer research, help for CNIB, Agassiz Festival of the Arts, Friends of Old Pinawa and a host of other organizations. Total donations last year were close to \$3,200. The Lions also support unfortunate local residents who suffer loss due to fire. The Lions, payed out \$950 to this cause last year.

Yearly the Lions plan and execute a seniors supper at Christmas time. Any resident 65 years of age and over is welcome. We even have drivers going out to pick up those who do not have away to get to the supper. Total cost to the club is close to \$5,000.

In order to fund these activities, the Lions Club has a number of fundraising activities. We have a food booth that attends many lo-

cal functions. We rent chairs and tables. We deliver all of the phone books to every residence in our area. We run a raffle at Christmas, first prize being \$1,000, second \$500 and third \$250. We run a fish derby in March in conjunction with Ernie's Gun and Tackle. And finally, we run the first of July celebrations, including a parade, a car show, the Miss Minnewawa contest, ball tournament, beer gardens, dance, midway and the best damn fireworks display in Manitoba. You haven't seen anything until you see our fireworks from the water!

The money we make from the efforts of our volunteers goes either to charitable do-

nation or back into the community. Our club is one of the largest in Manitoba at around 45 members. We would love to get much bigger and be able to do much more for the community.

If you believe your community is the best place to

live, and it is that way because of the people in it, willing to get involved, then you belong with the Lions. We are looking for members (hopefully younger ones) to come and help us make Lac du Bonnet the best place to live.

The Winnipeg River Echo

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News Tips 345-9896 or 367-9468

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Birgit is 16 & from Germany. She likes tennis, dancing, skiing & biking.

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Daniela from Switzerland is a 17 yr. old photographer who likes to swim, jog, read, babysit and go skiing.



Hilde, 18, from Norway likes dancing, horse riding, fitness and sports.



Jorge, 17 from Mexico like being with his friends, movies, computers & basketball.



Pelayo, 16 from Spain says, "You can't imagine how I Thank You to receive me in your home."

THANKYOU to the many callers and the wonderful families accepting our students, but we still have quite a few students to find homes for. If you have ever considered hosting, please call now!! Call for information or your in home interview today, time is going quickly and the students need to prepare for their arrival in less than a month.

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New Friends

by Toni Bruneau

The New Friends Community Mentorship Inc. is a non-profit organization dedicated to helping children from the community by providing them with a friend or mentor. The program is directed by a volunteer committee and a coordinator. The committee works on fundraising, decision making, recruitment of volunteers, finances, group activities and other tasks.

The mentor is a caring individual willing to make a difference in a young person's life. A mentor acts as a friend, role model, guide, advisor, counsellor and extra support person for children who may need help in school, guidance, attention, direction or just a good friend to look up to. Their role in the mentees life includes approximately three hours per week during which mentor and mentee spend time doing activities they both appreciate, work on school work if needed and enjoy each

other's company.

Group activities for members of the New Friends program are planned on a monthly basis. Coordinator Barbara Sabanski says she has to plan these activities on a very limited budget and tries to include inexpensive, local outings. She said the group has enjoyed visiting the library, bowling, horseback riding, golf and a huge barbecue at Old Pinawa. Following these activities the group frequently enjoys dining out at many of our different local hospitality establishments. Sabanski is presently coordinating an opportunity for the group to attend Pinawa Players' production of *Jack and the Bean Stock* in December.

If you enjoy children, and have some extra time, apply to become a mentor. After a background check and interview, potential mentors are chosen and may start contributing to the life of a young person. Your time is all that's needed to make a difference.



The New Friends Mentorship Program received a \$1000 donation from the Royal Bank Charitable Foundation last week. Barbara Sabanski (centre right) accepts a cheque for \$1,000 from the Royal Bank Charitable Foundation presented by Shirley Cherrey. Community Manager (centre left), surrounded by staff at the Royal Bank, Lac du Bonnet Branch.

Good songs, good tunes and good hearts

For the first concert of its 2000-2001 season, Eastern Manitoba Concert Association (EMCA) proudly presents Scrüj MacDuhk, truly a folk revivalist band from Winnipeg. First rate instrumentalists, they reach into Celtic music, Appalachian old time string band music, the music of French Canada, bluegrass and any other music that touches their souls. What sets Scrüj MacDuhk apart from other Celtic groups is their use of banjo and other non-traditional percussion. Also part of the charm of Scrüj

MacDuhk is their youthful enthusiasm for the music, for performing together and for wanting the audience to really enjoy themselves.

Coming from varied musical backgrounds, the group consists of six souls. Ruth Moody brings her superb voice to the band as well as excellence on the piano and bodhran. Fiddler Jeremy Penner adds harmony vocals to his ace fiddling. Band leader Leonard Podolak's excellent claw hammer banjo playing adds an extra dimension to the group's sound. Oliver Swain adds flavor with his bass fiddle and rich baritone voice. Percussionist Christain Dugas presents an interesting assortment of sounds from his djembe (African drum) and his youthful and flawless

vocals. Recently the group has added a new guitarist, replacing singer, songwriter guitarist Jeremy Walsh.

Scrüj MacDuhk together for five years have produced two CDs and were nominated for a Juno Award in 1999. They have performed at the Winnipeg Folk Festival, Regina Folk Festival, Festival Du Voyageur, Winnipeg International Children's Festival, Stan Rogers Folk Festival, Disneyland, Vancouver Folk Festival and many more venues.

Scrüj MacDuhk brings a fresh vitality to the tunes through their polished instrumental interplay, fine singing and their obvious joy in playing. They will perform Friday, September 29 in Pinawa. For ticket information contact Cathy Harding 753-2767.

Remembering Your Roots Dinner
PLANNED FOR OCTOBER 7
at the Lac du Bonnet Community Club
CANCELLED
 Thanks to those who supported our endeavor.
 Vivian & Ray

Flu Clinics 2000

Date	Time	Place	Contact	Phone#:
Tues., Oct. 10	1313-1400h	Westhawk Winfall Centre	Baldur	349-2275
Wed., Oct. 11	10-12h & 13-1430h	Victoria Beach	Dec Rickner	756-6471
Mon., Oct. 16	745-845h	Pinawa Hospital	Kelly Deveau	268-6107
	930-1145h	Pinawa Shopping Centre	Kelly Deveau	268-6107
	1300-1600h	LDB District Health Centre	Kelly Deveau	268-6107
Tues., Oct. 17	730-830h	Whitemouth District Health Centre	Kelly Deveau	268-6107
	900-1145h	Whitemouth Riverbend Manor	Diane Dumas	348-4610
Wed., Oct. 18	1015-1130h	Prawda Health Centre	Lilian Kuchar	426-2137
	1415-1500h	Hadashville community Centre	Ann Semenکو	426-2165
	1600-1700h	Ste. Rita's Friendly Club	Sherry Emery	866-3277
Thurs., Oct. 19	700-800h	Lac du Bonnet Personal Care Home	Kelly Deveau	268-6107
	830-1145h	Lac du Bonnet Pioneer Club	Rob Pinnell	345-2729
	1300-1600h	LDB District Health Centre	Kelly Deveau	268-6107
Mon., Oct. 23	1030-1200h	Manigotagan	Susan Spindler	277-5217
	1330-1430h	Seymourville	Susan Spindler	277-5217
Tues., Oct. 24	1045-1215h	Bissett Health Centre	Susan Spindler	277-5217
	1000-1200h	Stead Senior's Club	Monica Hobley	635-2278
	1400-1600	Pine Falls Northern Stores (Sr.s Day)	Kelly Deveau	268-6107
Wed., Oct. 25	900-1145h	LDB District Health Centre	Kelly Deveau	268-6107
	1315-1415h	Seven Sisters Seniors Centre	Diane Dumas	348-4610
Thurs., Oct. 26	745-1130h	Pine Falls Health Centre	Kelly Deveau	268-6107
	1200-1245h	Powerview School Staff	Kelly Deveau	268-6107
	1400-1930h	Pine Falls Northern Store	Kelly Deveau	268-6107
Mon., Oct. 30	900-1000h	Chateauguay (St. Georges)	Tina Polischuk	367-9128
	1030-1130h	Wpg. River Manor (Powerview)	Tina Polischuk	367-9128
	1300-1400h	Pineview Manor (Pine Falls)	Tina Polischuk	367-9128
	1430-1515h	Golden Leisure Club (Pine Falls)	Tina Polischuk	367-9128

Kelly Deveau
 North Zone Coordinator
 268-6107

Pineview Minor Hockey
 There is still time to register for the 2000-2001 season.

The fee schedule is as follows:

If your child as born in		1 Payment	or 3 Payments of:	
1993-1996	Squirts	\$165	\$115	\$25 \$25
1991-1992	Novice	\$235	\$135	\$50 \$50
1989-1990	Atoms	\$235	\$135	\$50 \$50
1987-1988	PeeWees	\$235	\$135	\$50 \$50
1985-1986	Bantams	\$280	\$180	\$50 \$50
1983-1984	Midgets	\$300	\$250	\$50 \$50

A late registration fee of \$25.00 will be charged after September 30, 2000.

Volunteers are needed to referee and assist with coaching duties. For more information about registration contact Fay Berthelette at 367-8968 or Gary Richardson at 367-8373.

Powerview sewer expected this fall

Design and specifications for a sewer system to recently annexed parts of Powerview have been completed and were delivered to the village office Thursday, September 21. Powerview will be calling for tenders next week. Construction could begin towards the end of October and be completed in November.

The provision of a sewer system was a key issue in the annexation by Power-

view of parts of the RM of Alexander. The annexation became effective on January 1 last year.

Estimates of the cost of the project have been determined but have not been released for fear that it will influence the tendering process. Funding from the Manitoba Water Services Board of 30% up to a maximum of \$100,000 has been approved. Property owners will be required to pay a \$3,000 hook-up fee which

will cover the cost of bringing the sewer to a valve at the property line. The \$3,000 does not cover costs of taking the sewer from the property line to the building. Those property owners with no building on the land will not be required to pay the hook-up fee until the property is developed.

Any hook-up fees not paid by December 30 this year will be charged against the property owners tax roll as arrears.



The Victoria Beach Sno-Drifters snowmobile club celebrated their annual membership drive with a pig roast and a demonstration of snowmobiling on water on a course laid out at the Victoria Beach Sailing Club east of the government dock. Anyone interested in a membership should contact Wolf Kraft at Hillside Power Products 756-8655

Lessen the worry of Breast Cancer

Early detection through regular screening can help

"Once is not enough", says Sara Grant, mammography co-ordinator at the Manitoba Breast Screening Program. Sara is seated in her office, reviewing the mammogram (breast x-ray) of a client who has returned to the Program for screening a second time. Although the result of this woman's mamogram wre normal two years ago, this recent mammogram reveals a tiny abnormality and she will be referred for further testing. Most women whose mammogram shows that further tests are needed will not have cancer. However, if they do, the cancer is usually found early enough that it can be treated successfully. Mammograms can find most cancers 2 to 3 years before any changes

can be felt.

The Manitoba Breast Schreening Program opened it's doors in 1995 with the goal to reduce deaths from breast cancer by finding it early. As women get older, the chance of getting breast cancer increases, however early detection can save lives. In Manitoba, about 800 women are diagnosed with breast cancer every year.

In July, 1998, mobile breast screening was introduced to improve access for rural and northern women. Since then, the mobile units have visited over 70 different locations and provided over 17,000 mammograms and clinical breast exams. Many of these women had never had a mammogram. And others had delayed having

regular mammograms due to the travel distance required. Breast cancers have been found in women who reported no signs or symptoms of the disease. Most of these cancers are found in the early stages when the chances for surviving the disease are very high.

The mobile breast screening unit will soon be returning to the North Eastman region. Clinics will be set up in the following locations:

- * Hollow Water- Adam Hardisty Health Centre October 16, 17, 2000
- * Pine Falls Health Complex - October 18 to November 3, 2000
- * Lac du Bonnet, Pinawa, Whitemouth and Beausejour - lo-

cations and dates to be confirmed.

Women 50 to 69 years of age living in the area will receive a special invitation to attend the screening program. However, a letter or doctors referral is not required to make an appointment if you are between 50 and 60 years. (Women in their 40's and in their 70's need a doctors referral to participate.) Being 50 years of age is reason alone for

making an appointment to be screened. Family history - having a mother or sister with breast cancer - is also an important risk factor, especially for younger women. To make an appointment, women can call toll free at 1-800-903-9290. (If you live in Hollow Water, please call the Adam Hardisty Health Centre at 363-7364 to make your appointment.)

"We're very pleased that

the mobile breast screening unit is returning to the region." says Myna Suski, manager of Public Health with the North Eastman Regional Health Authority. "The breast screening program enables women to play an active role in their own health and wellness. I'd like to encourage women to take advantage of this opportunity and make an appointment while the mobile is in their community."

MANITOBA
BREAST SCREENING
PROGRAM

PROGRAMME
MANITOBAIN DE
DÉPISTAGE DU
CANCER DU SEIN

It's Time....

If you are a woman 50 to 69 years of age, you are invited to make an appointment for a mammogram (breast x-ray) and breast exam.

To Take Time For Yourself

Our mobile unit will be in:

- Hollow Water: October 16 & 17
- Pine Falls: October 18 to November 3
- Lac du Bonnet: November 6 to 17

All dates are tentative and could change:
Hollow Water residents please call 363-7364

Early detection saves lives!
Call 1-800-903-9290

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Lac du Bonnet	345-8777
Pine Falls	367-4477
Whitemouth	348-2358
Pinawa	756-8655



Barry Kemball, new owner/distributor of Natural Spring Water.

Natural Spring Water

by V Anderson

Barry Kemball is the new owner/distributor of Simply Natural Spring Water. Barry took over the area as distributor on September 16, 2000. Former distributor's were Richard and Lillian Kemball of Powerview. Simply Natural Pure Canadian Spring Water Corporation is owned by Gene Kostuckuk/President and Rene Lamoureux/Vice-President. Simply Natural Spring water has a spring water plant to

market natural spring water. The plant is located in Southeast Manitoba. Area distributor Barry Kemball's office is located on Hwy 11 (Poitras's Greenhouse). Natural Spring Water's office hours are from Tuesday - Saturday 2:00 pm - 5:00 pm. Barry has a large customer base that is growing every day. People like the fact that they can have fresh bottle water available to drink, said Barry. Deliveries are made to Sagkeeng on Mondays, School's on Tuesdays and Wednesdays is home delivery. All deliveries are done in the mornings. There are no additives, chemicals, or any other form of treatment. Because of the high quality of the water, no further processing is necessary before selling to the public. Consumers need to be

educated about what they are buying. There is a dizzying array of choices on the market now. For health reasons it should be spring or mineral water - distilled water has none of the necessary minerals in it and will absorb the minerals present in your body and take them out! In any market, spring and mineral waters do not serve the same functions. Spring waters are intended for daily consumption or as a substitute for tap water, soft drinks or other beverages. Mineral waters, on the other hand, are products intended for a very specific type of consumption, generally as a replacement to, or a mixer for alcoholic beverages. If you are interested in further information on Natural Spring Water call Barry at 367-2352 during office hours.

Ask your Pharmacist If counting sheep doesn't work

Here are some do's and don'ts for avoiding the insomnia blues:

Relax for an hour or so before actually getting into bed - read a book, listen to music, take a warm bath or watch TV (but make it a relaxing experience: no scary horror movies!)

Keep your bedroom a comfortable and restful place: not too hot or too cold, darkened to your comfort level, and quiet. And don't do anything like paying bills or office work while you're in bed.

Go to bed and get up at the same time every day (including weekends).

Exercise regularly during the day. But avoid strenuous exercise within a couple of

hours of bedtime; that will just get you geared up again.

Don't drink coffee or any other caffeine-containing drinks within six hours of your regular bedtime. Cigarettes also act as stimulants, and should be avoided.

Don't drink alcohol for at least an hour before going to bed: it may help you fall asleep, but it will be a restless sleep that will leave you feeling just as tired in the morning.

Don't have a heavy meal or large amounts of liquids before bedding down.

Don't have an afternoon nap, even if you're feeling tired.

What if you've done all this

and you're still having a restless night? Sometimes it really does help to think about something really boring (like counting sheep). But if you're still tossing and turning after 20 minutes, get up and do something mindless or restful until you feel sleepy.

If you're having trouble sleeping because you're worried or upset about something, try to solve the problem or talk about it with someone you trust.

Your pharmacist or doctor may be able to suggest other non-drug remedies, such as relaxation exercises, to help you get to sleep. Medications can also help, but they should be used only as a last resort and for as short a time as possible.

The Winnipeg River Echo

Your Community - Your News

YOUR COMMUNITY NEWSPAPER

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News Tips 345-9896 or 367-9468



Videos OF THE WEEK

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Running and marching, hoops and bean bags

Recreation Ramblings

by Michelle Chudd, Recreation Director
Winnipeg River Recreation District

Now if that's not enough to get you moving creatively then I don't know what else will. That's just a sampling of activities that our creative movement for preschoolers group did on their first night last Tuesday at Pinawa. Kudos to the three leading ladies that are teaching the class.

Start date changed for natural sign language

The Natural Sign Language program will start October 2. Two session options - Monday mornings or Monday/Wednesday evenings, 40 hour certificate program. Minimum 10 people required.

Ringette

A search is on for some teams for an Intermediate Debs ringette league. For more information contact Jennifer at 367-9998.

Health fair

Falling Leaves and Bountiful Harvest Health Fair will be held October 3. In celebration of National Family Week and Mental Illness Awareness Week, there will be a health fair from 2:00 to 8:00 p.m. at the Lac du Bonnet Community Centre. The event is free and open to everyone. Over 40 booths, keynote speakers and a canteen are planned. For more information contact the rec office or Karen McDougall at 345-1214.

Coming up...

Rec basketball/volleyball: Anyone interested in a casual Wednesday night drop in for rec volleyball or basketball in Lac du Bonnet? Call the rec office 345-8816/753-2639 if you're interested. To commence first week in October.

Arena/curling rink operation: Diploma course offered October 1 to 6 at Southport Aerospace Centre. For info contact 268-6018.

Thanks coach: Eastman Sport Development Association is hosting their Thanks Coach recognition event Friday, September 29. For information contact ESDA 268-2172.

Fall events

Intro to gymnastics: Hey teens! Wanna learn how to tumble in this three week intro to acrobatics course? It starts September 19 and goes from 4:00 to 5:30 p.m. at the Lac du Bonnet Senior School gym.

Music for Kids: Singing games and activities for children running every Wednesday from 6:30 to 7:30 p.m. at Lac du Bonnet Senior School band room (September 20 to April 1).

Swing and Jive Dancing: I said... Do you wanna dance? Come out on Sunday, October 15 from 2:00 to 4:00 p.m. and learn how to swing and jive dance with instructor Patricia Anderson.

Adult Art in the Afternoon: Start date has been pushed back one week, to Wednesday September 27 and will run until October 25 from 1:00 to 3:00 p.m. at Pinawa Secondary School. Beginner classes with instruction provided by local artist Brenda McKenzie. Supply list available at the rec office.

Magic Clinic: Abracadabra, alakazoo... learn all those magic tricks that you didn't know how to do with Magic by Christopher. November 4 from 2:00 to 4:00 p.m. Contact the rec office for details and sign up early before all the spaces disappear!

MRSLS - Pistols firing on all cylinders

The Powerview Pistols continued its unbeaten streak by overpowering the Powerview Varsity by a 12-3 win last Sunday, September 17. The Pistols were lead again by "scoring sensation" Dave Sanderson with 5 goals in the match, and Greg Smith and Wayne Barkhouse with 3 goals each. Pine Falls also defeated Sagkeeng 8-1, and Beaches and Little Black River played a 2-2 draw.

Wednesday, September 20, the Pistols scored 5 goals in the first half to defeat Beaches 5-0 to remain undefeated. Scoring for the Pistols were Jason Martin with 2 goals, Greg Smith, Daniel Dupont and Dave Sanderson each scoring 1 goal. Ian McLeod played in his first game for the Pistols and earned the shutout.

The following evening saw Pine Falls shutout Little Black River 7-0. Goal scorers for

Pine Falls were Adam Rideout, Grant Pachkowsky and Trevor Coss each with 2 goals and Raymond Avanthay helping with 1 help. Trevor Sokoloski earned the shutout.

A reminder to all teams that because of darkness all week-days evening games will only

be 35 minute halves maximum. All Sunday games however, will remain 45 minute halves. The league is still searching for any one interested to referee games. If interested, please call Antonio at 367-8728 or Jason at 367-9998.

MRSLS League Standings

	GMS	W	L	T	Pts.
Powerview Pistols	4	4	0	0	8
Pine Falls	3	2	0	1	4
Sagkeeng	2	1	1	0	2
Beaches	3	0	2	1	2
High School Varsity	2	0	1	1	1
Little Black River	4	0	1	3	1

Leading Scorers

Player	Team	Gls.	Player	Team	Gls.
Dave Sanderson	Pistols	9	Trevor Coss	PF	4
Greg Smith	Pistols	5	Grant Pachkowsky	PF	3
Raymond Avanthay	PF	4	Wayne Barkhouse	Pistols	3

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Pine Falls Badminton Club

Where: Pine Falls School Gym
Starting: Sunday, October 1st
Time: Sunday & Wednesday evenings - 7-10pm
Cost: \$23.00 for the Season.
Benefits: Good social and fitness activity
Requirements: Running or Court Shoes & a racket (birds supplied)
Age Limit: Grade 9 students to Golden Oldies
Coaching for Beginners - FREE

For further information phone:
Club President Leitha Fraser at 367-8287 or
Club Secretary Alice Loucks at 367-2392.

Caregiver and Kids

by Crystal Rattal

On Tuesday and Thursday afternoons from 1:30-4:00 PM there is a play group available at Wings of Power. This is a relaxed time where parents can get together and have a coffee, spend time playing with their kids, and watch their child interact with others. The kids love it because it's a whole new set of toys to play with, (we have a lot of wonderful toys for preschoolers, as well as a library loaded with books). The atmosphere is very informal and casual. Sometimes we do crafts or baking with the kids - it's a lot of fun! This is a drop in time, you can come any time between 1:30 and 4:00, hang out and relax. It's a great way to spend an afternoon out of the house and meet new people. It's open to everyone and it's free. If you'd like more information about the program please call Crystal or Doreen at 367-9641, we'd be happy to answer your questions.

Your Child's Reading

Grade Two readers vary enormously, and that's just fine. Kids are usually very enthusiastic about reading by grade two. The reading in most classrooms is getting a little bit more difficult. The books have a little more challenging words, sentences are longer, stories have more words on a page, and teacher's questions require a little more thought.

What they can usually read to you. Children at the end of grade two can usually read aloud a book with lots of pictures and simple predictable text such as most Dr. Seuss books, and most of the Arnold Lobel *Frog and Toad* books.

If a child seems to be struggling with this, a combination of patience and regular at-home reading seems the best approach for parents. So remember the first rule of parenting - don't panic - applies to reading as

well. The main danger is if a child becomes discouraged or worse if a parent acts as if his child's reading is inadequate.

Schools try not to get too alarmed when kids in grade one and two seem to lag behind in reading. However, if a child is not reading by grade three, there is cause for concern. This is when traditional resource programs kick in, since a child who's struggling in grade three is likely to be struggling in grade nine unless steps are taken quickly.

What's normal for the average nine year old? **Good sight vocabulary** of about 3000 common words, example: Canada, earth, promise, error, painting, excite, diameter, incident:

Word attack by the end of grade three children should have mastered phonics and other word attack skills. In fact, rules for phonics and grammar are frequently taken too far, example "more than one foot has to be foots because that's the rule!" As well they can



make educated guesses on words by using clues in the sentences and surrounding pictures or words, often with accuracy.

Comprehension. Students should be able to comprehend the basic concepts and characters, try to predict the outcome and respond to the material in writing.

What if there's a problem now? For students who haven't conquered the basics of reading by the end of grade three, a school will almost always set up a special program. Some will arrange for a full diagnosis by a psychologist to see exactly what the problem might be. Parents should expect to be involved in whatever program the school devises to help develop those reading skills.

Read Aloud Plus. Most parents understand how important it is to read aloud to children. What many don't know is that other family activities can be just as important as reading a storybook:

Make up a story. Your child becomes the central character. Add the family pet, the kid next door, a ghost, a runaway car... and you have a story. Storytelling is a nice break in pattern of family reading time and pays off on reading achievement.

Play a game. There are hundreds of reading and word games that build language. Try adding nonsense words when you're reading a familiar book to a five year old. Play Boggle, Scrabble or the children's version of Trivial Pursuit with older kids.

Read in your own language. Parents who read aloud from books in their own language help their children read better English.

Remember if parents are talking and reading and encouraging reading, they will have to trust that it will come together for their kids. For access to many children's books please come to Wings of Power and visit our Lending Library.

Le Petit Soleil Mini-School

Just a little note to welcome all of our 3 and 4 year olds to Le Petit Soleil Mini-School. We presently have a total of 29 children enrolled in our program. There are still spots available for both programs. To enroll contact Kristy Sharpe or Felicia Wilcott at 367-8082 Monday thru Thursday 8:30am - 12:00 noon.

September Themes

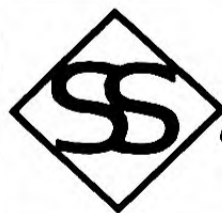
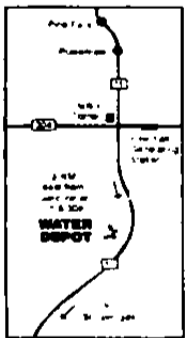
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LdB Regional Library news

A few very seasonable days, some dark and dreary days, occasional very wet days... in fall we are not always sure what to expect! You may not know what to expect to find at the library either, if you do not take the time to visit and browse!

To help you know what to look for, we'd like to tell you about the new batch of videos on loan to us. Look for a few oldies:

National Velvet dates back to 1944. This classic film is about a young English schoolgirl and an unruly thoroughbred horse. See Elizabeth Taylor in the film that made her a star.

Alfred Hitchcock will entertain in two old-time

films, look for *The Secret Agent* and *The Man Who Knew too Much*.

Where the Red Fern Grows is quite simply, a wonderful story for all ages and for all time. We have parts I and II of this classic family film. The Ozarks, during the time of the Depression is the setting for this film. Young Billy dreams of having two red-bone coon hounds, which they just can't afford. "Billy faces adventure, suspense and tragedy - and ultimately, a love and loyalty of family and friendship - to realize his dream". Part II finds Billy Coleman returning from WW II to his grandfather's home in Louisiana, after losing a leg to an enemy bullet. Grandpa has antici-

pated Billy's state of mind and has a therapeutic gift waiting for him: a pair of Redbone hound puppies, just like the ones he had as a boy!

A new selection of Audio Books is also ready for check out. Look for titles such as *Evening Class* by Maeve Binchy, *Deadly Decisions* by Kathy Reichs, and many more.

What is a library without bestsellers? Here are a few to consider: *McNally's Folly* by Lawrence Sanders; *The Bishop and the Missing L Train* by Andrew M. Greeley; *Heartbreaker* by Julie Garwood; *Nightshade* by John Saul; shall we leave a few titles for you to discover on your own?

LdB Pioneer Club news

by C.L.T.

The regular meeting of the Pioneer Club was held September 5 with 69 people attending, it was quite a voiced crowd and many issues were discussed.

Our floor curling will

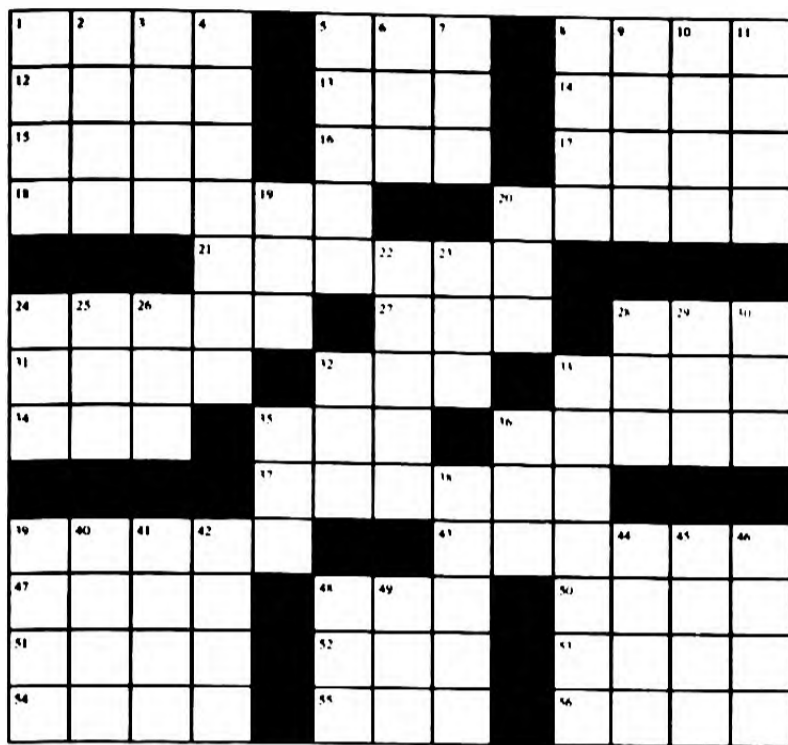
be starting September 26 and also the other games, such as floor shuffle, whist, carpet bowling and sand bag.

Our dinner and dance will be held September 30, Bob Vialloux will supply the music.

Memberships are now available at the club. The fee is \$15.00 until January 1, after that date it will be \$20.00. New members are welcome. Join us for lots of activities throughout the winter months.

Winnipeg River Echo Weekly Crossword

By George!



20. Early Olympic golf medalist George
 21. Line on an atmospheric pressure chart
 24. A base for the boys of summer
 27. Regret
 28. Film rating
 31. Hockey venue
 32. Record
 33. German river
 34. Japanese currency
 35. Despicable
 36. Open and honest
 37. Capital of the Philippines
 39. McDonald's honcho George
 43. Tasty mollusk
 47. October stone
 48. Humorous play on words
 50. Ala _____
 51. Location
 52. Friend, in Frontenac
 53. Incite
 54. Diefenbaker Cabinet Minister George
 55. Place to relax
 56. Pod product

DOWN

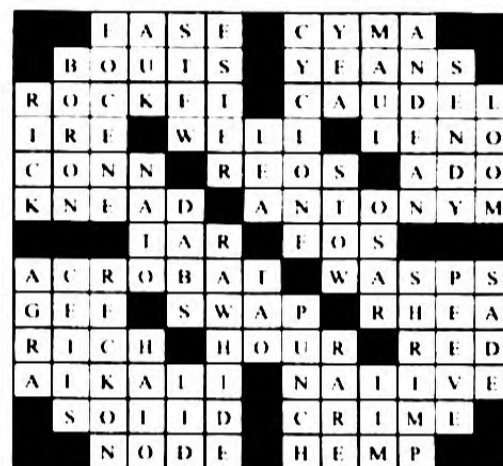
1. Wet nurse
 2. Corn bread
 3. Tale of high adventure
 4. Canadian George who replaced Babe Ruth as Yankee outfielder
 5. A kind of movie role
 6. Eskimo woman's knife
 7. Excavate
 8. Mr. Piggy
 9. Archaic word for formerly
 10. Morph or plasm preceder
 11. A kind of forest
 19. Sixties halucenogen

35. From K to O
 36. Household nuisance
 38. Region of ancient Asia Minor
 39. Bludgeon
 40. Ron Howard role
 41. Animosity
 42. Cheers in Pamplona
 44. Ripped
 45. Rim
 46. _____ Saskatchewan Roughrider George
 48. The _____, Manitoba
 49. Baseball official, for short

ACROSS

1. Mimes
 5. Ruminant's wad
 8. Molson or Labatt product
 12. Behave sulkily
 13. World Heavyweight
 14. Killer Whale
 15. Indigo dye
 16. Kisser
 17. _____ Spumante
 18. Verbally harass

LAST WEEK'S ANSWERS



CRYPTIC PUZZLE

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

XBWCV VCW'D QFPD V GCRBG
 CW BHSJD.
 -TVGL DKVCW

Last Week's Solution
 WE DON'T LIKE THE SOUND, AND GUITAR MUSIC IS ON THE WAY OUT.
 - DECCA RECORDING CO. REJECTING THE BEATLES.

WEEKLY HOROSCOPE for the week of September 26th - October 2nd

ARIES March 21 - April



A partner's weakness will make you strong. Find comfort in family traditions. Keeping an eye on an elderly neighbour or relative may be the prudent thing to do.

TAURUS April 20 - May 2



Avoid worrying about the future. Plans at work will materialize: you just need to let them fall into place. Procrastinating could be your undoing. Take a quick nap.

GEMINI May 21 - June 20



Try to be flexible, especially when it comes to family matters. Remember, one size does not fit all, particularly when it comes to the needs of young people. Remain focused on self-improvement.

CANCER June 21 - July 22



If you do not get enough rest, you may find crabbiness an ongoing part of your personality. Moderation is the key word. You can have too much of a good thing.

LEO July 23 - Aug. 22



Look before you leap into a new project. Your potential for success could be derailed if you don't think through major decisions thoroughly. Focus on one priority.

VIRGO August 23 - September 22



You generate enthusiasm among friends. A family member may need you to listen patiently. Attempt to hold off judgement until the entire situation unfolds. Get more organized.

LIBRA Sept. 23 - Oct. 22



Your cynicism is not welcomed at the end of the month. Educating yourself about what makes others tick may cut you down to size. A snobby attitude will get you nowhere.

SCORPIO Oct. 23 - Nov. 21



Controlling your curiosity at work is hard to do. Remaining tight-lipped about confidential or personal information is difficult. Put yourself in the other person's shoes. Be discreet.

SAGITTARIUS Nov. 22 - Dec. 21



Exhibit a spirit of cooperation. Friends may be willing to help you out as long as you remain positive. In a social situation make a stranger feel welcome. Sacrifices could bring happiness.

CAPRICORN Dec. 22 - Jan. 19



Looking for the good things may bring you personal satisfaction. You feel unstoppable when a new situation comes up at work. This could be your time to shine. A smile is welcomed.

AQUARIUS Jan. 20 - Feb. 18



Strong convictions may help you make a tough decision. You feel fearless, despite hostility from an elder. Try hard to remain rational. Organizational skills need to be finetuned.

PISCES Feb. 19 - March 20



Play up your wild side. At work, no idea seems too far-fetched for you. Maintain a positive outlook even when things don't go your way. Handle a situation with tact, and you will be rewarded.

Echo Classifieds

Lot for sale: at Centennial Place, 213 x 150, call Ritch Nally 345-6655.

Morse Electrophonic System: record player, am/fm, 8-track and cassette adapter, mint condition, must see, ph. 345-6186.

International T-6 Crawler Tractor w/ frontend loader, also w/bulldozer blade and hydraulics, all in working order. For further info call 669-2767 ask for Bill. 10m-7

House for Sale - 22 Cedar Street, Pine Falls. Completely Remodeled. 2 Bedroom, 2 Bath, includes all appliances, dish washer, central air, insulated 16x32 garage, 16x16 shed. Call Kevin or Janet Alarie at 367-8326. 4x1

Winter Storage

Champagne's RV Park - Outdoor Winter Storage, for motorhomes and fifth wheels, phone 345-2414.

1996 Grand Caravan SE, 6 cyl., air, tilt, cruise, command start, anti theft alarm, plus many extras. Low km, very clean, safetied, \$17,800 OBO, no GST, phone 367-2368 or 367-4783

Pine Falls

Duplex for rent: 3 bedroom duplex available in Powerview, over 1,200 sq. ft. living area, includes stove and fridge, storage shed also available, water/sewer included, hydro is tenant's responsibility, no pets, references are required, \$425 per month. For more information call 1-204-883-2709.

House for rent: centrally located in Lac du Bonnet, 2 bedroom house available, large kitchen/dining area (includes stove and fridge), recently renovated, storage shed available, tenant responsible for hydro/water/sewer, \$400 per month, no pets, references are required. For more information call 1-204-883-2709.

Firewood wanted - Seasoned Birch or Tamarac, call 756-3057.

On behalf of my brothers and sisters and myself, we would like to express our sincere gratitude and thanks to the following groups during out time of loss.

To Dr. Niemand and nursing staff at the Pine Falls Health Complex for the care and compassion they have given our mother - Elizabeth A. Fontaine during her stay at the hospital.

To all the people who came to offer their condolences and support during the difficult time we experienced with the loss of our beloved mother.

All the donations, flowers and cards we received were very much appreciated by the family. A special thank you going out to Verna Prince and her helpers for providing a beautiful lunch after the service. Also a special thank you to the singing groups, Arlene and her sisters, and Juliana Courchene and Percy Alexander for providing the beautiful music and songs during the wake and church service.

We appreciate all the help and support we received during this difficult time.

Thank you sincerely,
Lena Guimond and the
Fontaine Family

I would like to thank the following for replacing my birthplate lost in our fire early this year: Bea Holm and Allan Holm Agencies, FoodFare, Woody's, Russell Funeral Homes, Jan's Place and Stewart Memorials and S&E Carpets.

Thank you, Brett Lodge

We would like to express our thanks to all friends and family for visiting Martin at the hospital, the goodies, cards, phone calls and visits at home. Most of all thanks for the personal concern of how Martin and our grandson were doing.

Liz and Martin Hirschfield

The family of the later Charles Tyndall (Ron) Bruyere would like to express our appreciation to the staff at Pine Falls Health Complex. Special thanks to Dr. Van Rooyen, Tracy, Patti-Jo, Margaret and Rita. We apologize for not remembering the names of a few other nurses who made that extra effort to make him comfortable.

A very special thank you to Brenda Anaquod for taking care of him for the past year until the time of his death.

Sincere thanks to everyone for the kind and thoughtful expressions of sympathy, prayers, musical talents and the people who cooked and prepared for the feast.

I thank you,
The Bruyere family
Kitchi-Meegwetch



Happy 1st Birthday

Tiana

September 26, 2000

Our Little Precious Doll

Love Mom, Dad,

Big Sister Macey and

Big Brother Trey.

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Rural Municipality of Lac du Bonnet NOTICE OF PUBLIC HEARING

Regarding By-law No. 17/00

The Council of the Rural Municipality of Lac du Bonnet under the authority of the Heritage Resources Act will hold a public meeting in the Rural Municipality of Lac du Bonnet council chambers PR 317, on October 10, 2000, at 11:00 a.m., at which time and place the council will receive representations and objections from any persons who wish to make them in respect to Bylaw 17/00, being a by-law to amend By-law No. 12-91, being a by-law to designate part of the NW 26-15-11E as a Municipal Heritage Site.

A copy of the above amending by-law and supporting material may be inspected by any person between the hours of 9:00 a.m. and 4:30 p.m. Monday to Friday at the municipal office of the Rural Municipality of Lac du Bonnet, located along PR 317 in the Rural Municipality of Lac du Bonnet.

The general intent of the above amending by-law is:

That clause 1 of By-law #12-91 be revoked and replaced with the following:

"THAT the log cabin commonly referred to as the "Lecoy Home" and located on the property to be described in a new certificate of title to be issued for Lot 4 of a plan of subdivision of part of fractional N.W. 1/4 Section 26, Township 15, Range 11 E.P.M., including part of Parcel C., Plan 12054, prepared between April 28 and July 12, 2000 by Douglas T. Stevens, Manitoba Land Surveyor, and sworn to by him at the City of Winnipeg on July 12, 2000."

Marlene Watson, Chief Administrative Officer
Rural Municipality of Lac du Bonnet
Box 100, Lac du Bonnet, R0E 1A0

Hi from Calgary

Thanks to one and all for 14 fantastic years in a great community. Your well wishes made our trip here easier. We miss our friends and the comfort of Pine Falls, but are enjoying many new challenges in the big city.

Mark, Tannis, Christine, and Michael Petursson



"THE TEAM"

GRACE KOST - REG BLACK
KATHY BOULANGER
345-2121

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RURAL FAMILY HOME - located on 3 acres, 5 minutes northwest of Lac du Bonnet on Lunderville Road, 1364 sq. ft. 3 bdrm. bungalow, full basement w/ extra bdrm. and bath. 24 x 24 detached garage and workshop, maintenance free exterior.

LOVELY CUSTOM BUILT FAMILY HOME - located on Cedar Street in Lac du Bonnet. 1337 sq. ft. w/ full finished basement features hardwood floors, central air, pine cabinets and trim throughout, tripane windows, maintenance free exterior on a beautifully landscaped yard.

UNBELIEVABLE WATERFRONT - on the Winnipeg River just minutes northeast of Lac du Bonnet. 1664 sq. ft., 3 bdrms w/ a large sunroom, custom gazebo w/ boathouse and dock area.

VERY UNIQUE FAMILY HOME - w/ docking and access to the Winnipeg River. This home is only 4 years old, features a full basement, oak island kitchen, sunken living room, loft master bdrm. Only minutes from Lac du Bonnet.

A RARE FIND! - 1372 sq. ft. modern energy efficient bungalow. Maintenance free exterior all oak interior and kitchen, garden doors to large deck, full finished basement, conveniently located close to school and daycare.

Please call for information on these and other properties for sale in Northeastern Manitoba. New listings are coming in all the time!
We'll help you find the property you are dreaming of.

SILVER HAVEN MEAL PROGRAM

Open to all seniors 55 and up. You are welcome to bring a guest. All meals are \$4.50. Meals are at 12:00 noon on Mondays, Wednesdays and Fridays. Your name must be put on the list the day before by calling Silver Haven at 367-4620 or Bernice at 367-8369.

Wednesday, Sept. 27

Salad, meatloaf, mashed potatoes, broccoli and cheese sauce, coconut pudding.

Friday, Sept. 29

Soup, seafood with wild rice (Shrimp Ficassee), beans, Hawaiian delight.

Monday, Oct. 2

Soup, salisbury steak, hashbrowns, spinach, peach cobbler

ALL THE RIGHT **Stuff**

Baby Showers - Who Attends/Who's Invited

Traditionally, only women attend showers. However, many showers today include men as well. If you are going the traditional route, immediate female family members of both the mother and father-to-be's families should be invited, as well as close friends of the mother-to-be. Consult with the parent-to-be when making up the invitation list. If you are planning a surprise shower, make sure to check with the parents-to-be's families when making up your guest list.

Usually, showers have between 6 and 25 guests. If the number of guests seems unwieldy, consider having two showers - one for family and relatives and one for friends.

Generally, a shower is held in the host's home, but it can also be held in a restaurant, a tea-room, a community room, or a church social hall. The shower should last about two hours.

Infertility and miscarriages can be emotionally painful issues. If you're inviting a guest who is having a difficult time conceiving or recently had a miscarriage, you may wish to call her before sending an invitation. She may prefer not to attend, but it is best to let her know that you'd like her there and let her make the decision.

Dear Ms Know-it-all:

What should I do if I'm served something I don't like?

Picky Eater

Dear Picky:

If you are in a private residence, unless you are allergic, the polite thing to do is try a little of everything. However, if you are allergic to something being served, a simple "no, thank you" will suffice. If you do not wish to eat a specific food, there is no need to announce how much you hate eggplant, as that may be your host's favourite food. If your host insists you try something you do not want (and you are not allergic to it), take a small portion, and do your best. You may leave what you cannot eat on your plate with no remorse.

If you are in a restaurant setting and it is simply a matter of you not liking your meal choice (perhaps you were being adventuresome with your taste buds) and there is no fault in the preparation of the food, there is little you can do except chalk it up to culinary experience. A good server will notice that you are not eating and ask you if there is a problem. He or she may even ask if there is something else that you would like. But, this is not mandatory and you should not demand that your meal be replaced gratis.

Dear Ms Know-it-all:

What is the proper way to leave the table if you have to go to the washroom?

Tiny Bladder

Dear Tiny:

Whether you are in a restaurant or a private residence, there is no need to announce where you are going. Say, "Excuse me" and leave quietly. Do not ask anyone else to accompany you and do not ask anyone else where they are going if they should leave the room or table. Do not carry on a conversation through the door with any person in the bathroom. If your escort or spouse has been gone an extremely long time, you may send someone to see if there is a problem.

Dear Ms Know-it-all:

How do I refuse fattening foods, such as dessert, when I'm dieting?

Sweet Tooth

Dear Sweet:

Whether you are dining in a restaurant or as a guest in someone's home, there is no need to announce to the world that you are dieting. If your server suggests dessert, just say, "No, thank you" and leave it at that. If you are a guest in a private residence, don't say, "Oh, that dessert is too fattening! It will ruin my diet!" Again, say "No, thank you," or request a small portion and eat very little, with no editorializing.

United Appeal Fund gears up for October drive

Volunteers for the Pine Falls and District United Appeal Fund will be out during the month of October canvassing for donations door to door, at businesses and through payroll deduction plans at the Pine Falls Paper Company and the Pine Falls Hospital.

"It's a great way to give to many charities in one

shot," says Kim Bonekamp, President of the United Appeal Board. "One hundred percent of all donations taken in are divided equally among the charities."

Each donation made reaches fourteen charitable organizations including the Canadian Cancer Society, Epilepsy Manitoba, Cana-

dian Red Cross, Alzheimer's Society, Canadian National Institute of the Blind, Multiple Sclerosis, Muscular Dystrophy, Salvation Army, Manitoba Heart and Stroke Foundation, Canadian Mental Health, Society for Manitobans with Disabilities, Arthritis Society and the Kidney Foundation.

Last year a total sum of \$57,850 was distributed to the charities. Door to door canvassing of residents and businesses raised over \$5000; payroll deductions from the mill and the hospital over \$32,000. The Pine Falls Paper Company continued their long-term support of this worth cause with a generous donation of \$15,000.

"The people of this area have always been extremely supportive. In the last five years alone they have donated \$259,000. That is amazing given our small population," states Bonekamp. "We hope that their generosity and support will continue this October when a canvasser comes knocking on the door".

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