

# The Winnipeg River Echo

LEGISLATIVE LIBRARY  
OCT 05 2000  
WINNIPEG

**Servin**  
Pine Falls  
Powerview  
Sagheeng  
St. George  
Great Falls  
Beauchemin  
Little Black  
Manigotagan an

200 Vaughan St. June 24/00  
Winnipeg, MB R3C 1J5  
Art. Serials Dept.

Vol. 1, No. 19 Tuesday, October 3, 2000 \$1.00 tax included

## Charges pending in 140 kmph accident

by Charles Norman

A 46 year old man is facing charges of impaired and dangerous driving causing bodily harm after an accident in Manigotagan resulted in a fractured spine for his female passenger.

There were no witnesses to the accident which happened just outside town on the gravel road to Mantago Bay at about 7:30 pm on Saturday evening. A passing motorist reported the accident at 7:40. Both occupants of the vehicle were unconscious.

RCMP Constable Dinsdale said the car slid sideways along a ditch for at least 50 metres, hit a driveway embankment and rolled at least three times, coming to rest on the roof. The Pine Falls fire Department's Jaws of Life were needed to extricate the occupants.

The driver and passenger were taken to the Pine Falls Hospital. The driver was released; the passenger was transferred to the Health Sciences Centre in Winnipeg. Dinsdale said the passenger



The Pontiac Sunbird from the accident that occurred Saturday evening on the gravel road to Mantago Bay. The vehicle rolled approximately three times.

told him they were travelling at about 140 kmph when the driver lost control of the vehicle.

An open, 64-oz bottle of

vodka, one quarter full, was found in the vehicle.

In addition to the impaired and dangerous driving causing bodily harm, the driver is

facing charges for refusing a blood demand, driving while suspended and open liquor.

Both the driver and pas-

senger live in Winnipeg. The driver is from this area. RCMP will not release names until charges are laid.

## Cabot Foundation Inc. grants \$5000 U.S. to Lac du Bonnet curling club



by Tom Bruneau

Cabot Foundation Inc. has proven to be a strong corporate citizen of Lac du Bonnet by continuously and generously making grants available to worthwhile causes.

The Lac du Bonnet Curling Club submitted a package to Tantalum Mining Corporation General Manager Bill Ferguson, requesting funding assistance for a new locking ice scraper. This request was forwarded by Ferguson to the board of directors of Cabot Foundation Inc., out of Boston, Massachusetts.

The Cabot Corporation is a parent company of Tantalum Mining Corporation which operates this community support program (Cabot Foundation Inc.).

Grants are available for companies within Cabot, in aid of the communities of which the employees live and work.

**League begins**

The Lac du Bonnet Curling Club is optimistic that league play will begin the first week of November. Although, there is a lot of work to be done before then. The ice surface has been poured, and the flooring has been installed upstairs, but there is some clean up and painting necessary before league play begins. If anyone is interested in volunteering to help with the work load, please phone President Gary Buhay at 345-8392.

The semi-annual meeting and registration is tonight, Tuesday, October 3 at 7:00 p.m. If you would like to register or have any questions about the curling club, please attend.

See page three for more on curling club

# Computer aided archaeology

## Wanipigow youths help locate early settlements

by Charles Norman

Until fairly recently the discovery of archaeological evidence of early settlements has been largely a matter of luck, or at best, an educated guess. Archaeologists had begun to develop models for predicting the best place to look in the middle of the twentieth century, but the many factors that influence the establishment of a settlement had complicated the process to a point where even the best model was often little more than an aid to intuitive judgment.

Computers have changed all that, and the Manitoba Model Forest is making use of the best technology to identify potential sites within the model forest and eventually the entire east side of Lake Winnipeg. Identification of archaeological sites is considered a fundamental part of the management of the forest.

Vegetation, wildlife, communication routes, weather, and the geological history of the area all have a bearing on the habitation of the region by early settlers.

About 12,000 years ago a huge glacier covered this entire region. In a period of global warming about 11,000 years ago, the ice began to melt and the glacier to recede creating an enormous lake -



Vegetation and wildlife and the geographical history of the area all have a bearing on the habitation of the region by early settlers

Lake Agassiz. Initially this lake drained through the Mississippi basin to the Caribbean. As the glacier receded an outlet opened through what is now the St. Lawrence. Eventually a route opened to the Hudson Bay first to James Bay then to York Factory.

While this was going on the shoreline of Lake Agassiz was slowly moving north, opening the area for vegetation, wildlife, and human beings. The various levels of the lake as it drained provide opportunities for settlement and different times. One location in this region that might have evidence of very early habitation is the northern ridge of the Wanipigow trench. At one time the top of this cliff was at water level.

The whole water level impact is complicated by the fact that the entire area is "bouncing

back". The Precambrian shield, once covered with thousands of feet of ice, was compressed under the pressure. When the ice melted and the

pressure removed the rock slowly began to rebound. In doing this a natural dam was formed at the northern end of Lake Winnipeg. After the ice had melted, 7,700 years ago, Lake Winnipeg consisted only of (much smaller) the north basin. After 5,700 year, about 2,000 years ago the south basin had begun to be formed over what had been dry land.

All this is only the beginning of the data needed to be input into a "Predictive Computer Model". Changes in weather can be really significant. At one time, about 7,000 years ago the area was dry savannah, an extinct species of bison has been found near Kenora. It would not be surprising to find human settlements in the same area.

Predictive modelling is an iterative process. A model is built, input into the computer, and run to identify potential sites. When those sites have been identified, they are tested. Someone has to go out into the field to check on the reliability of the results. That is where the Wanipigow students came in. Nine of them spent six weeks in the field and six weeks in the lab classifying their data. Whether or not any of them will become archaeologists as a result of the experience all of them have said they will be back next year. The results of the Wanipigow testing is not yet available, but a report is scheduled for Winnipeg in a week or so, and an open house is planned locally at a later date.

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**SUBSCRIPTIONS**  
Local Rate: \$34.20  
National & Urban Rate: \$39.90  
Foreign Rate: \$90.00  
(prices include PST & GST)

P.O. Box 550  
Pine Falls Mb  
ROE 1M0  
56 Art Street  
Powerview, MB.  
e-mail:  
theecho@granite.mb.ca

Powerview Office  
Ph: 367-9468  
Fax: 367-9974  
Lac du Bonnet Office  
Ph: 345-9896  
Fax 345-0004

The  
Winnipeg  
River  
**Echo**

The Echo is an independent weekly newspaper published on Tuesdays in Pine Falls and Lac du Bonnet, Manitoba.  
Advertising and submission deadline is Friday at 3:00 pm. prior to Tuesday's publication.  
2nd class mail #1763687 (Postage paid in Pine Falls)

### 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, Alland, St. Georges  
**PINE FALLS HEALTH AUXILIARY:** Meetings on the first Tues-  
day 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 Fri-  
day 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. 756-8000/18 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. Word Scavenging Wed. 1pm. Movies Tue. 7pm. 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.  
**LAKE SHORE 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

### 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 am 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. Saty. 1st Sat. of Nov. to last  
Saturday of April. May through October Mass 10am Sun.  
**SAGKEENG CHRISTIAN FELLOWSHIP CHURCH** -  
Lloyd Gilmord (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.

## Growth, Development, Improvements in Lac du Bonnet

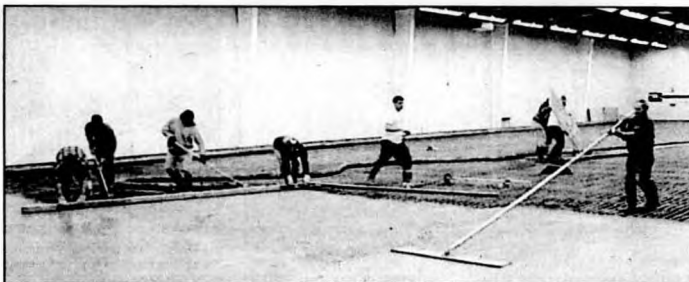
### Pinawa RCMP raise \$1091

by Toni Bruneau

Sixty-one golfers took part in the Pinawa RCMP detachment held their annual golf tournament. The proceeds of the tournament, \$1091.70 will go towards the DARE Program (Drug Awareness and Resistance Education) for Lac du Bonnet and Pinawa

highschools.

Winners were: men's low gross (82) Paul Barnsdale; lady's low gross (98) Marg Smith; men's most honest (136) Tony Hynes; lady's most honest (154) Melanie Young; long drive (#12) Sam Laughlin; closest to the hole (#1) Laurie Keams - one foot, one inch.



### Huurry, hurry, haaard..en!

by Toni Bruneau

The concrete for the Lac du Bonnet Curling Club's ice surface was poured Thursday last week. Sixteen days of prep work were required be-

fore the pour, during which time over 100 yards of sand was manually removed and approximately seven kilometres of brine pipe retainers are rebar mesh were installed

to support the concrete. The 56 by 148 foot surface required 21 truck loads of concrete, approximately \$14,700 worth, and was poured in six hours.

### CARD OF THANKS

The Pinawa RCMP would like to thank the following area merchants who sponsored the annual golf tournament: Pinawa Golf Club, Pinawa Motor Inn, Pinawa Rowing Club, LGD of Pinawa, Book Break, Home Hardware, Campbell's, Drifter's, Watertown, Mcleods True Value, Carnation Corner, The Yellow Door, Lac du Bonnet Leader, Lakeview, Royal Bank, South Interlake Credit Union, Allan Holm Agencies, Jan's Place, Pinawa Esso/Tangle Ridge Esso, Worona's, AECL, Action, Northern Store, Dawn's Bakery, Craft Basket, LaVerendrye Trading Co., Kay Insurance, Rustic Charms, Adrian Tire, Jennifers, MPIC, Chicken Chef, Dancyt's, Peter Symchuk Carvings, FoodFare, Subway, Anishinabe Inmate Art Co-op, Lac du Bonnet Massage Therapy, The Paper, Wiebe Transport, Woody's, Lloyd's Barber Shop, Lac du Bonnet Bowling, Liquor Control Commission, Adele's, Special-T Hairstyling, Linda's Hair Design, Third Street Hair, Cheryl Nilsson's Hair Salon, Shoreline Realty, RRR Realty - Bill Evenden, CK Sausage, Relay Auto, Celebrations Dinner Theatre, The Dollar Store - LdB, Seven Sisters Motel, Tourist Hotel - Seven Sisters, Olson's Apiary, Ingham Pharmacy, The Bargain Shop. Special thanks to Brad and Lisa at the Pinawa Golf Club, Melanie Young, Tony and Barb who helped out tournament day.



The Floor Store began work upstairs at the Curling Club last week, installing tile and carpet. This project, along with the concrete pour, was funded through a grant obtained from Winnipeg River Brokenhead Community Futures Development Corporation. The grant of \$70,000 was given to the community centre towards the completion of the centre.

**Wishing Everyone A Happy Thanksgiving**

*Our Weekend Specials*

Sunflower Bouquets, Pumpkin & Cornucopia Arrangements starting at **\$19.95**

also Harvest Bouquets starting at **\$9.95**

**CARNATION CORNER PLUS** Lot 18 Park Avenue Lac du Bonnet

*Flowers Are Good* Phone 345-9450

Agassiz Horticultural Society members were out at the Lac du Bonnet Community Centre last Friday, to tidy up the annuals and prepare the perennials. Grace Hrychany (left) and Carol Clegg are two of many Society members who have donated perennials, and their time to beautifying the centre.



### National Coaching Certification Program THEORY COURSE LEVEL 1

OCTOBER 14 & 15, 2000

Saturday & Sunday 8:30 a.m. to 4:30 p.m.

Wanipigow School

Wanipigow

CONTACT: Murray Marchment

Phone 363-7361 Fax 363-7204

REGISTRATION FEE:

**\$45.00**

Funding

Assistance Available from ESDA upon completion of course

To Register Contact The EASTMAN SPORT DEVELOPMENT ASSOCIATION 268-2172 or Sport Manitoba 1-888-887-7307



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**WEDNESDAYS** Seniors Night 20% Off

**TUESDAYS** Sirloin & Shrimp \$9.95 Super Happy Hour 5:00 to 7:00 p.m.

**BOWLERS** Stop in after the game for a refreshment or snack and regale us with your tales of courage and daring in the alleyways

**Thank You Lac du Bonnet**

**SUBWAY**

**One Year Old** Our First Year Was Great

In appreciation to our customers **FREE FOOD LONG SANDWICH BUY ONE GET ONE**

**THURSDAY OCTOBER 5, 2000** 3:00 p.m. til Closing

**SUBWAY** 98 Third Street, Lac du Bonnet Phone 345 6100 OPEN 9 a.m.-11 p.m. DAILY Open till 1 a.m. on Weekends

**The Lakeview STEAKHOUSE** 57 Park Avenue, Lac du Bonnet Phone 345-8661 5:00 to 10:00 p.m. Tues.-Sat.

www.lakeview.com steaks@thelakeview.com

# Support of entire community vital Bon voyage!

Fall is once more upon us, and thoughts begin to turn towards winter activities, including Christmas. As such, the Lac du Bonnet and District Christmas hamper committee will be holding its annual organizational meeting the Lac du Bonnet Health Centre at 7:00 p.m. Wednesday, October 11.

Through the efforts of a number of volunteers and the generosity of the community, 49 hampers were prepared and delivered to 81

adults and 63 children in 1999.

There is always a need in the community for hampers at Christmas time, and the organizational meeting will formulate plans for the 2000 campaign, so that no-one goes without.

All interested individuals and organizations are invited to attend this meeting. The support of the entire community is vital to the committee's success.



**by Toni Bruneau**  
Lloyd and Cheryl Bruneau were bid adieu by approximately 100 friends and family members Sunday, October 1 at a dinner held in their honor. The Lac du Bonnet couple will depart Thursday, October 5 for China.

Lloyd Bruneau has accepted a two-year extendable contract as Manager of Support Systems in Information Technology for Atomic Energy of Canada Limited (AECL), at the Qinshan Site in Haiyan, China. The site is located 75

miles south of Shanghai on Hangzhou Bay. AECL will be supervising the construction of two CANDU reactors at this site.

Lloyd and Cheryl will be living at Maple Village, an AECL community which is gated and guarded, housing 150 expatriates and spouses. An expatriate being anyone not of local residency.

The village is equipped with a school which teaches Kindergarten to Grade 8, a community centre, a western restaurant (with a Canadian-friendly menu), tennis courts, swimming pool, lounge, gymnasium and on site physician - luxuries rarely available to local residents.

Have a great trip Lloyd and Cheryl! And good luck. Don't forget to write.



## Lac du Bonnet Emergency Planning Committee

Photo by Marc Bruyere

The inaugural meeting of the Rural Municipality Lac du Bonnet Emergency Planning Committee took place on September 26. The Committee will formulate plans over the next few months in order to achieve a co-ordinated response to all emergencies/distasters which could occur in the Rural Municipality of Lac du Bonnet: (1 to 9) Paramedic Coordinator John Pilon; Municipal Public Works Supervisor Albert Hildebrandt; District Fire Chief Lloyd Howe; RCMP Detachment Commander SSGT. Mel Mitchell; Emergency Coordinator Howard Richmond; and Deputy Emergency Coordinator Norm Rimmer. Also in attendance was Manitoba Emergency Management Organization Eastern Region Advisor Marc Bruyere.

# BINGO

## COMBINED ACCUMULATORS

<b>Bonanza</b> starting value this week <b>\$7965</b> IF WIN 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	<b>Minnie Loonie</b> starting value this week <b>\$491</b> IF WIN POT STARTS AT \$200 Add 30% of sales on Monday If not won, carry over total plus 30% of sales to Thursday	<b>Lucky 7</b> in 25 numbers <b>\$1366</b> 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 WIN POT STARTS AT \$200 in 17 numbers or less
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**IN CASE OF DISCREPANCY, THE LATTER WILL PREVAIL**

**FOR UPDATES CALL 345-8825**

<b>Knights of Columbus</b>	Bonus Line \$ 254.00 Star - 1315.00 Loonie Pot - 97.00 Special "Y" - Jackpot Strip - 129.00 Poker Flush - 113.00
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**FOR UPDATES CALL 345-8619**

<b>Lakers Ski Club</b>	Bonus Line - \$ 465.00 Star - 3534.00 Loonie Pot - 135.00 Poker Flush - 3335.00 Special "Y" - 1254.00
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**FOR UPDATES CALL 345-6197**

<b>Royal Canadian Legion #164</b>	Bonus Line - \$4095.00 Star - 108.00 Lucky 7 - Full House - 150.00 49 numbers - 2740.00 \$1000 #1 Loonie - #2 Loonie - 1502.00 Jackpot Strip - 519.00
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**FOR UPDATES CALL 345-6197**

## Happy Thanksgiving!

Monday, October 9

## RON'S BACKHOE SERVICE

Septic Tanks & Fields  
Waterlines - Driveways  
Grey Water Pits - Holding Tanks  
Sand - Gravel - Top Soil  
Limestone

Phone anytime **345-8724**

## Lac du Bonnet Legion #164 WEEKLY ACTIVITIES

Open  
Mondays to Saturday  
11:00 a.m. to 11:00 p.m.

**MONDAY**  
Table Top Curling 6:30 p.m. - Lounge

**TUESDAY**  
Cribbage 7:00 p.m. - Lounge

**WEDNESDAY**  
Po Ke No 2:30 p.m. - Lounge  
Bingo 7:00 p.m. - Hall

**THURSDAY**  
Darts 7:00 p.m. - Lounge

**FRIDAY**  
Bingo 7:00 p.m. - Lounge

**SATURDAY**  
Meat Draw 2:30 p.m. - Lounge

*Happy Hour Every Day*  
**All Members & Guests Welcome**

## 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 Chamber of Commerce** meets first Thursday of the month. 7:30 a.m. Town of LdB council chambers.
- 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, Leonee 367-8569.
- Ladies' Auxiliary Royal Canadian Legion Branch #164** meets first Tuesday of each month 7:30 p.m. Legion 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.
- 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 At-Ann Group** Thursday 7:30 p.m. Lac du Bonnet Health Centre. Teri 345-8712.
- Lakeshore At-A-Teen Group** Phone Kathie 367-8237, Vickie 345-6520.
- Lakeshore A.A. meetings** every Sunday and Tuesday 8:00 p.m. St. John's Anglican Church, 86 McArthur, LdB. 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 Auxiliary** meets fourth Thursday of the month. Health Centre 1:30 p.m.
- Lac du Bonnet Wildlife Association** 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, friendly personal response system, lifeline 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, Whittemouth 348-3505; Lac du Bonnet, Pine Falls, Victoria Beach, Pinawa, Beausejour, Whittemouth, Oakbank, Hadashville.
- St. John's ACW** meets first Monday of every month 1:30 p.m., parish hall.
- 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 Karlovsky, 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.

## Local Family participates in a generous way!

by V. Anderson

Local family Paul and Janet Robert of St. Georges, MB together with son Ryan participated in this year's Multiple Sclerosis Bike Tour, "The Riding Mountain Challenge 2000". Paul and his family began collecting pledges from family, friends and community members in June of this year. In total they raised just over \$4,000.00 in donations for this worthy cause.

The MS Tour started from Dauphin at the Parkland Rec Complex and headed south into Riding Mountain National Park to Wasagaming.

The tour in total consisted of 150km bike challenge through the parks rolling hills sometimes hitting an elevation of 756 metres. The Robert family heading for Dauphin on Sept 7th, and entered the tour on the 9th. Day one of the tour, the group of volunteers/participants left Dauphin and rode through the National Park for 4 hours. The group then reached their destination of Danceland in Wasagaming and camped for the night. The next day after a hearty breakfast, the group headed back to Dauphin to complete the tour. The ride was much harder going there because you spent

a lot of energy and time going up-hill", said Paul. The next day we were all a little sore and stiff, however the ride got a little easier going back. When asked what got them involved, Janet responded, "We know people who have this disease and as a family we wanted to do our part."

The Robert family has always enjoyed hiking together and decided this was a challenge they all wanted to endure. This is the second tour that Paul has been on and they look forward to going again next year. A total of 220 participants got together at the



Paul and Janet Robert raised \$4000 in the Multiple Sclerosis Bike Tour

"Riding Mountain Challenge 2000" and raised a grand total of \$85,000.00

Multiple Sclerosis is the most common disease of the central nervous system affecting young adults in Canada. It is most often diagnosed in those ages 20 to

40. An estimated 2,500 Manitobans are affected by MS. Symptoms may include vision and speech problems, tremors, loss of balance, even paralysis. The money raised will support research and services for Manitobans and other Canadians living with MS.

## Pierre Elliot Trudeau



by George Bayly

Pierre Trudeau was a great ambassador for our

country. In my many journeys overseas during the Trudeau years, I met many people who spoke about Mr. Trudeau with admiration and respect. His efforts to encourage nations to reduce nuclear arms by visiting European and Eastern bloc heads of state in succession is one of his projects which is sometimes forgotten. His style and tactics did have a polarizing effect in Canada, such as the alienation of the Western farmers, but in spite of this, he was undoubtedly one of the greatest Prime Ministers we have ever had and will be remembered as a giant of the latter part of Canada's 20th century.

There are many words to describe him: charismatic, intelligent, bombastic, controversial, flamboyant, and even

outrageous, but his style and energy captivated Canadians and after his election in 1968, our nation was swept by the tide of Trudeau-mania. I was at the University of Manitoba at the time of the election of 1968, and I recall the cheering and celebrations in the aftermath of Trudeau's victory. Posters and portraits of Trudeau hung everywhere on the campus.

His strong leadership during the FLQ crisis in October of 1970 showed his determination and intestinal fortitude to fight against terrorism and to preserve the ideals of our country even if it meant taking the harsh decision to invoke the War Measures Act. James Cross, the British Trade Envoy in Canada and Pierre LaPorte, a Quebec cabinet minister were kidnapped. Pierre LaPorte was murdered by a radical cell of the FLQ.

It happened to be in England during the summer of 1978 when Queen Elizabeth arrived

in Canada on a state visit.

Pierre Trudeau met the Queen casually attired in shorts and sandals and wearing no socks. The British Press, particularly the Sunday Express, strongly criticized Mr. Trudeau's behaviour, calling his actions absolutely outrageous.

Mr. Trudeau was a clever politician who did post-graduate studies at Harvard and the London School of Economics. He wrote books and essays such as the "Democratic Manifesto" for the Cité Libre on the relationship of Canada and Quebec. He fought hard

against separatism leading up to the referendum of 1980. Quebecers voted against separatism.

Pierre Trudeau, with his passion for constitutional affairs, hated the indignity of the fact that our Constitution remained a statute in the British Parliament. He led the Canadian government in the lobbying of British M.P.s and Lords to begin the process of repatriation of our constitution, and Trudeau considered any hesitation by the British government to be an insult to Canada's sovereignty. The British government finally passed the necessary legislation and Canada received its constitution in April of 1982 at a ceremony presided over by Queen Elizabeth.

As a young man, Trudeau had travelled throughout the

world and therefore had a direct knowledge of the world and problems that exceeded even that of Lester B. Pearson. After 1975, Trudeau had pursued the idea of the North-South dialogue to create a more equal relationship between developed and third world countries. By 1984, western countries, including Canada, were experiencing an economic downturn, and when signs of recovery appeared, Pierre Trudeau, aged 64, announced his resignation on February 29, 1984. With 16 years in office, and few dull moments, Pierre Trudeau will be remembered as a brilliant and colourful player on the Canadian political stage. We will remember his famous reply when asked if he would go ahead and invoke the War Measures Act and possibly infringe upon the rights of Canadians. He answered curtly, "Just watch me!"



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## Growth, Development, Improvements in Lac du Bonnet

# 100 First Street succeeding

by Toni Bruneau

The building known as 100 First Street at McArthur Avenue in Lac du Bonnet was built in 1940 by James and Mary Petrus. The couple operated a general

store out of their premises, which also served as living quarters for them and their three children. Eventually the general store was converted into a laundromat and in 1989, sold to

Terry and Ron Ledin. The laundromat would change hands once more, to the Slobodian family, before finally being sold to its present owner, Roel Vandenberg.

Vandenberg purchased 100 First Street in 1993, which at the time, occupied the laundromat and an arcade. The fast pace and stress of Vandenberg's automotive and electrical business in Winnipeg prompted him to a lifestyle change, a quiet and less intense country experience.

Vandenberg began making changes with the closure of the arcade, and replaced it with...

well, nothing - making rental space available which proved greater profits. Including the residential suite on the second floor, 100 First Street now holds five tenants. Present first floor tenants include Manitoba Trappers Association as of January 1996, Neptune Cleaners October 1999. The Winnipeg River Echo May 31, 2000, and most recently Pat Cochrane's Jewelry Art Studio October 1.

Not included in the tenant list, but also housed by 100 First Street, is Vandenberg's Cool & Pure Water. This water sales, cooler sales and rental business,

was started late 1993, and has become very popular.

Pure, safe water is no longer a natural resource, and is being sought after by more and more individuals, families and businesses. Its popularity and profitability, has grown, being a necessity to a healthy lifestyle.

Vandenberg expressed his appreciation for the support he's received through the years. He said, "It's been a pleasure and a privilege to serve this community as a business man," and hopes to do so for many more years to come.

## Manitoba Trappers Association

by Toni Bruneau

When Archie Cinq-Mars took over as secretary/treasurer over 15 years ago, the Manitoba Trappers Association's (MTA) head office was housed in an Atco trailer in Grand Rapids. Upon Cinq-Mars' move to Lac du Bonnet in 1992, the MTA head office, trailer and all, also took up residence in Lac du Bonnet. But early in 1996, office space at 100 First Street was obtained.

The office is staffed on a part-time basis by the present secretary-treasurer, Cherry White.

The MTA is a province-wide non-profit organization which represents the fur trappers in 58 local fur councils located in 11 geographical zones. Founded by Stirling Campbell back in January of 1972, MTA's original objectives were to put together a fur council; give trappers a say in the trapping industry; better management of the trapping industry and set seasons for trapping of various animals.

MTA is actively involved with the Fur Institute of Canada, which is a leader in research and development of humane traps which meet international standards.

Since its establishment it has represented trappers of Mani-

toba to government, the fur industry, general public and the media. It is dedicated to the fur-bearer resource and its habitat, humane trapping, trapper education, future of trapping and truth in public education.

For the past year the Canada Wild Rice Council has also shared MTA's office space at 100 First Street. The CWRC was incorporated in 1990 and represents wild rice producers, processors and marketers from Manitoba, Saskatchewan, Ontario and Alberta.

Members of the Lac du Bonnet Local Fur Council hold occasional meetings to discuss issues related to fur prices and trapping regulations, or coming events such as trapper education courses or workshops.

River Hills Community Hall housed MTA's trappers certification course March 24 and 25 of this year. Stu Jansson directed the course with the purpose of promoting knowledge, understanding and respect for the hobby of trapping.

The course was well received by the numerous youth who attended. The seminar expanded the concept of trapping as a means of population and species management with the hope that some of the people attending might eventually take it up as a business



100 First Street got a face lift last weekend, with the application of a stylish stucco.

## Pat Cochrane's Jewelry Art Studio

by Toni Bruneau

Pat Cochrane has joined the tenants at 100 First Street as of October 1. Formerly located at The Yellow Door florist shop on Park Avenue. Talents of this 12-year Lac du Bonnet resident, are on display in the form of her award winning custom jewelry designs and guaranteed jewelry and watch repairs. Her goldsmith status was obtained after graduating from a jewelry design course, with honors, in 1990.

Cochrane had been a crown and bridge technician for 20 years prior to taking the design course. She said the tools and technique used in doing gold dental work are much the same as in jewelry design. She said she likes making up new designs and enjoys creating original jewelry. Some of her work can be seen at Winnipeg Art Gallery's craft space as well as the Brandon Art Gallery.

Cochrane's business has expanded with her new premises. The recently obtained additional space provided the space for her to display other artists creations. Also available at The Jewelry Art Studio are high quality,

handmade art work in wood, metal work, weaving, pottery, stained glass and prints. Cochrane also carries a wide variety and the newest line of

children's clothing by Kids Only Clothing.

Come and visit, enjoy coffee and treats, during Cochrane's open house, this Saturday.

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## Growth, Development, Improvements in Lac du Bonnet

# Winnipeg River Echo

by Toni Bruneau

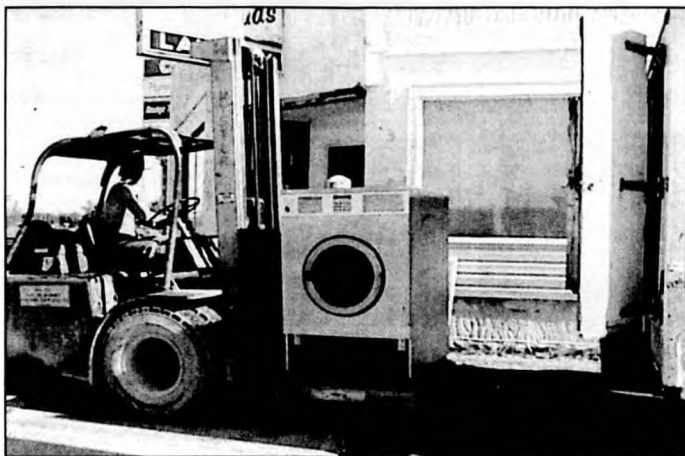
The Winnipeg River Echo Lac du Bonnet office has been accommodated by 100 First Street since its beginnings, May 31 of this year. However, if you haven't been able to stop by in the last few weeks you may not be aware that we have moved, next door from Unit 2 to Unit 3, 100 First Street.

We would like to extend an invitation to drop by and visit either our new Lac du Bonnet office or our Powerview office located at 56 Art Street, Powerview. The Echo is your community newspaper, and you, ultimately... are the community. We value your opinion and would love to hear your concerns, comments and ideas. If you are not able to make it down to visit with us, drop us a line at Box 550, Pine Falls, MB R0E 1M0.

We hope all of our faithful readers have enjoyed The Echo as much as we have enjoyed bringing it to you, since our first issue May 30.

It has been both our pleasure and a privilege to keep you informed and entertained in our weekly publication. We would like to thank everyone for allowing us to express your uniqueness and hope to continue this communication which we feel, significantly benefits all Winnipeg River communities.

The Echo will continue to serve communities from Lac du Bonnet, north to the Beaches, dedicating its existence to you, the people who make up our communities. We take pride in having the opportunity in becoming a genuine link between all Winnipeg River residents. Thank you for your support, encouragement and well wishes.



One of the new commercial washers obtained by Neptune Cleaners was delivered last week. This 1000 pound appliance will do up to 50 pounds... compared to an average household unit, with a maximum capacity of about 12 pounds.

## Neptune Cleaners closed to public

by Toni Bruneau

If you haven't the luxury of laundry facilities in your own home, or such appliances that actually function, then you may already be aware of the "CLOSED" sign that has been visible on the front door of Neptune Cleaners. Formerly known as Magic Suds, Neptune Cleaners has closed its doors to the public as of September 1.

Ryder Osmond and Kerry Beauchamp started Neptune Cleaners in Beauchamp's basement in Pinawa September of 1997. The early success of this endeavor quickly required larger facilities, which were obtained at the Pinawa Resort and Conference Centre. Their business consisted of contract laundry

for the Pinawa Hospital, Pinawa Motor Inn, Pinawa Resort, Pinawa Club, Casey's Inn and others.

Upon the closure of the resort, they were again forced to find a new location and saw Magic Suds in Lac du Bonnet as an opportunity to expand. With help from Winnipeg River Brokenhead Community Futures Development Corporation (WRBCFDC), Osmond said that in October 1999 they "were able to buy the laundromat and renovate to suit our needs."

Osmond was recognized by the WRBCFDC at their annual general meeting June 16, 2000 with the Youth Entrepreneur Award.

Nine months after the purchase of Magic Suds, Neptune Cleaners was awarded a major contract with the North Eastman Health Association (NEHA), to handle laundry for East-Gate Lodge, an 80-bed seniors' facility in

Beausejour and the new 40-bed Kinplace Personal Care Home, in Oakbank.

Because of infection control regulations, Osmond said they were "no longer able to mix our contract and laundromat operations" and a decision was made to focus entirely on their new contracts to ensure good service to NEHA.

Osmond said, "We are renovating and installing larger commercial equipment. Erecting a wall to separate the clean area from the dirty area and will be hiring additional staff to complete the new contracts."

Osmond and Beauchamp extend thanks to all their laundromat customers for their patronage over the last year. They say it is with regret that they can no longer provide this service, but hope their past customers will understand the great opportunity available to the company at this time.

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# Spring... in the air? LdB RCMP report

With the very pleasant temperatures these past few days, it may have felt like spring. Spring?! Well... a Mountain Ash in Louis Bruncau's yard south of Lac du Bonnet is just

*Blooms*



a little confused as it seems to think it is spring time, and has started to bloom, again! The 15 foot Mountain Ash is now bearing both berries... and blooms. Hmm?

*Berries*



## New Friends news

by Barbara Sabanski

Do you have the following needs? I need to feel what I'm doing has real purpose or contributes to human welfare - and its value extends even beyond my personal gain, or hours. I need to have a sense of belonging, a feeling I am honestly needed for my total self, not just for my hands, or because I take orders well. If so, New Friends Mentorship Inc. needs YOU to make a difference in one child's life. We have lonely children who need a friend, a confident and someone to help them with the rough hurdles in life. All it takes is a commitment of three hours per week to show a child your care.

One thing we all need in abundance is hugs. Hugging is the perfect cure for whatever ails you: no movable parts, no batteries to wear out, no periodic checkups, low energy consumption, high energy yield, inflation proof, no monthly payments, no insurance premiums, theft proof, nontaxable, nonpolluting, fully returnable. Hugging is healthy: relieves tension, combats depression, reduces stress, improves blood circulation, invigorating rejuvenating, elevates self-esteem, and generates good will.

Call me today at 345-2867 or 753-2406 to find out more about becoming a mentor. Kids are important!

## Jump and jive... Recreation Ramblings

by Michelle Chudd, Recreation Director  
Winnipeg River Recreation District

Have you ever been to a social and watched people jive or swing dancing? Looks like a lot of fun eh? Wanna learn how to swing and jive? A two-hour workshop is scheduled for Sunday (yes Sunday), October 15 from 2:00 to 4:00 p.m. at the Lac du Bonnet Senior School gymnasium. That's right! One afternoon of lessons and you'll be ready to fly on the dance floor. Give me a call at the recreation office at 345-8816 and sign up. Don't stand on the sideline and watch the fun - learn how to be a part of the fun.

### 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.

**Adult rec basketball/volleyball:** Starts Wednesday, October 4 - every Wednesday night an adult (16 and over) rec night out with volleyball from 6:30 to 8:00 p.m. and basketball from 8:00 to 10:00 p.m. Come on out!

**Pinawa Arts and Crafts Christmas Sale:** Friday, November 10 from 10:30 a.m. to 5:00 p.m. at the Pinawa Club. For more information or to obtain a table, contact Barb at 753-2618 or Simone.

### Event updates

**Magic Clinic:** Abracadabra, alakazoo... learn all those magic tricks that you didn't know how to do with

The following constitutes the police report for Lac du Bonnet detachment for the period of September 21 to 29:

#### September 21

A report was received of marijuana plants being grown in the Springer Lake area in Nopiming Park. Police attended the area and seized 12 three-foot plants.

A report was received of a break and enter to a shed at a location on Fernwood Lane. A five-gallon can of gasoline was stolen.

#### September 22

A report was received of a lamp post being damaged by a pellet gun on River Drive.

A report was received of nine white plastic lawn chairs being stolen from outside of two residences in Great Falls.

#### September 23

A report was received of a break and enter to a shed at a cottage at Wendigo and theft of a Johnson 15 hp outboard motor, and a second outboard motor.

A report was received of a break and enter to a shed at a location in Arnold's Camp Co-op over the Labor Day weekend, with a trolling motor, chainsaw and fishing equipment stolen.

#### September 24

A report was received of subjects vandalizing the old

vehicles behind the Lac du Bonnet fire hall. The subjects were gone when police attended.

A vehicle was checked on PR 313 after failing to stop at a stop sign. The driver was found to be suspended and charged accordingly, and the vehicle was impounded.

#### September 25

A report was received of a tractor being removed from the location of an auction sale and not having been paid for.

A report was received of four white plastic lawn chairs having been stolen from outside a residence on Carter Crescent in Great Falls.

A report was received of ATVs being operated illegally in the Amy's Cove area.

A report was received from a business in the municipality of Lac du Bonnet of an ice machine being hit with pellets from a pellet gun or a shotgun.

A resident of lac du Bonnet turned in an orange color ladies bike which was abandoned by persons unknown.

#### September 26

A report was received of an adult male causing a disturbance by yelling at an underage male outside of a business in Lac du Bonnet.

A report was received of hunters hunting migratory game birds illegally at a loca-

tion along Lee River Road.

#### September 27

A report was received of two adult males being missing in the bush along PTH 15 in the Rural Municipality of Reynolds. The subjects had been hunting the previous day and did not return. A search was commenced and the two were located by helicopter.

A report was received from an adult female being assaulted by her mother at a residence in Pinawa.

#### September 28

A report was received of an individual apparently going to attend at a location in the municipality in contravention of the Petty Trespass Act. Police attended, however, the subject did not attend the premises.

A report was received of a possibly impaired driver leaving Lac du Bonnet and proceeding south. Police subsequently stopped the subject in Beausejour detachment's area, and found that he was not impaired.

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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!

**Girls Day at LdBSS and PSS:** On Wednesday, October 25 all of the girls at the Lac du Bonnet Senior School and Pinawa Secondary School will be taking part in a Girls Day. The theme is *On the Move* getting girls more physically active.

**20th Annual Christmas Craft Sale:** This is the main event, the big one - the one

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# Powerview School history

**The Village of Powerview is celebrating its 50th Anniversary next year. The Echo will be featuring historical articles until the end of this year. Send us your reminiscences.**

by Eunice Cyr

When the skating rink was first built, it was common for phys-ed classes to be held there. One morning, skating was cancelled as court was being held in the small building adjoining the rink. Just before noon, the rink suddenly collapsed. Tragedy had been narrowly averted and that narrow escape highlighted 1974 for Powerview School. The destruction of the rink was sad and disappointing for the community; at the same time, there was a sense of thankfulness that no one was hurt. A new rink was immediately built and skating is still done during phys-ed classes in the winter.

Students in grade 7 had been coming to Powerview from St. Georges since the fall term of 1969-70. As time went on, declining enrolment, a deteriorating building, and a trend towards centralization meant the inexorable closing of St. Georges School (Allard School) in 1979. Controversy, briefs to the board, committee meetings and public meetings all had been unsuccessful in changing the board's mind. French immersion now flourishes in Powerview School. Our school has a bilingual character and that bilingualism makes our school a microcosm of Canadian Society. It is also a tribute to the spirit of the people of St. Georges that they didn't allow their town to roll over and die as has happened in many commu-

nities where a school was closed. The former school is used as a library, a youth centre, an office, a mini school and a community gathering place.

In the fall term of 1972, our Junior high students began going one day per eight day cycle to Lac du Bonnet for "shops" cookery and sewing, woodwork and metal work. This was a step forward, a chance for exposure to new and interesting subjects, a chance to experience new people and different school. But as time went on, we realized that our students were denied the opportunity the finance board recommended, for shops and home economics extension to be built on to this school. That extension had been turned down so many times everyone had lost count.

At the same time, we are threatened with the loss of a trustee to represent our area. It seems that controversy goes hand in hand with change.

Yes, there have been many and various changes - "new" maths, "new" science, "new" reading methods, "new" semester system. Our students have participated in exchange trips, dram presentations, championship teams, and "Reach for the Top" (Junior Champs 1986). Tunics are long gone and punkers are "in". Track and Field days are much more fun with real track, and sports are important to the whole

student body.

It would be remiss not to mention teachers such as Mrs. Dean, Mrs. Percux, Mrs. L. Dupont and Mrs. H. Wilcott, who taught in the area before 1949. It would be remiss not to mention dedicated sisters such as Sr. A. Lautsch and Sr. P. Menard, who were here many years. It would be remiss not to mention people such as Mrs. L. Mysak, Mrs. S. Dube, Mrs. E. Cyr, Mr. D. Parker, Mr. W. Furdyk, Mrs. D. Cowie, Mrs. I. Cooper, Miss. C. Lambert and Mr. L. Laroche, who were on staff longer than most care to remember.

It would be remiss not to mention former students who have attained success in many varied fields - Sandra Legall who won second prize in a Canada wide poetry contest; Ronald Berthelette who was Mr. Manitoba in 1973 and placed second in the Mr. North America contest that same year; Kevin Richardson who is a prize winner for his short stories; Gerald Laroche who is quickly gaining recognition for his musical abilities, and Billy Watson who has

achieved what every hockey player dreams of - entry into the NHL. The school has churned out graduates who have pursued careers in medicine, nursing, engineering, electronics, computers, accounting and teaching (for some reason, we have many, many teachers coming out from our school -

some who return here to continue their careers). More and more graduates are entering everything from university to the armed forces. More than that, we have turned out good citizens and students who have remained here and are raising their families here.

## WHAT'S IN THE Cupboard

### Pumpkin Chiffon Pie

**Filling:**  
 1 pkg. unflavoured gelatin  
 3/4 cup. packed brown sugar - divided  
 1/2 tsp. salt  
 3/4 tsp. ground nutmeg  
 1/2 tsp. ground cinnamon  
 1/4 tsp. ground ginger  
 2 eggs separated

1 1/4 cups undiluted evaporated milk  
 1 1/4 cups canned pumpkin  
**Pie Shell:**  
 1 egg white  
 1 tbsp. granulated sugar  
 1/4 tsp. salt  
 1 1/2 cups finely chopped pecans

*For pie shell - beat egg whites slightly. Add sugar, salt and pecan and press onto bottom insides of greased 9" pie plate. Bake in 375° for 5-6 mins. Cool completely.*

*For filling - combine gelatin, 1/2 cup brown sugar, salt and spices in a saucepan; mix well. Beat egg yolks slightly; blend in evaporated milk and pumpkin. Stir into gelatin mixture. Cook and stir over low heat until gelatin is dissolved, about 10 mins. Chill until mixture is the consistency of unbeaten egg white. Beat egg whites until soft peaks form, beat in remaining 1/4 cup brown sugar, continue beating until very stiff. Fold meringue into pumpkin mixture; spoon into pie shell, chill at least 3 hours or until firm.*

## ELECTIONS

Powerview School Parent Advisory Council  
**MEETING & ELECTIONS**  
 October 5, 2000 at 7pm  
 in the school library

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# Gingered Zucchini Marmalade

by Marilyn Zarecki,  
Home Economist

This delicious marmalade makes a great hostess gift. Label it "Mystery Marmalade" and see how many of your friends can guess the main ingredient.

## Gingered Zucchini Marmalade

- 2 oranges
- 2 lemons
- 2 - 3 inch piece of gingerroot, peeled and chopped
- 7 medium zucchini, about 2 lbs
- 1 tart apple, grated

4 cups granulated sugar  
Place 4 clean 250 or 236 ml mason jars in a boiling water canner; fill with water, cover and boil hard 10 minutes to sterilize jars. Boil SNAP lids 5 minutes (not longer) to soften sealing compound. Keep

jars and SNAP lids in hot water until ready to use.

Thoroughly wash citrus fruit. With a vegetable peeler, remove colored peel from oranges, thinly slice orange peel and place in a large, deep stainless steel saucepan. With a sharp knife, cut white pith and any remaining peel from oranges and lemons. Tie pith, peel and gingerroot in a large square of cheesecloth, creating a spice bag; add to peel in saucepan.

Wash, peel and grate zucchini; measure 5 cups, add to peel. Stir in prepared apple and sugar.

Over medium-high heat, bring mixture to a boil, stirring until sugar dissolves. Stirring frequently, boil uncovered until mixture reaches gel stage,

about 45 minutes. Remove from heat; discard spice bag, skim foam.

Ladle into hot sterilized jars to within 1/4 inch of top rim. Remove air bubbles using non-metallic utensil. Wipe jar rim removing any stickiness. Center SNAP lid on jar. Apply screw band securely until fingertip tight. Place jar in canner. Repeat for remaining product. Cover canner; return water to boil. Process 5 minutes. Remove jars without tilting. Cool upright, undisturbed 24 hours.

Do not retighten screw bands. After cooling check jar seals. Sealed lids curve downwards. Remove screw bands, wipe and dry bands and jars. Label and store in a cool, dark place.

## Ask your Pharmacist

### Constipation

Your mother may have impressed on you that one bowel movement a day is required for good health, but mother was only partly right. It is regular bowel movements that are important. Twice a week or twice a day, whatever is normal for you, is required for your good health. Anything less than twice a week, or excessive straining passing a stool is usually considered constipation.

Constipation is usually caused by not enough fibre in your diet and poor bowel habits. Keeping a diary of your diet and bowel habits may uncover a problem easily corrected. Ideally, daily dietary fibre intake should be a 10 to 12 grams and daily fluid intake 6 to 10 glasses. Exercise and routine bowel habits will help to keep you regular.

If constipation is ongoing in spite of increased fibre and fluids or you have noticed a change in bowel habits, it may

be a symptom of an underlying illness or a side effect of medication, e.g., iron, or calcium. Travel, changes in diet, and acute illness such as the flu can also result in constipation.

Laxatives as a rule should only be used for occasional relief. There are, thought, a few exceptions. Heart patients may want to avoid straining at stool, thus routinely use a stool softener. Pregnant women may be bothered by constipation when the growing fetus affects their bowel activities. Bedridden people may not get the exercise needed for proper bowel function.

Bulk forming laxatives, for example, psyllium, or stool softeners such as docusate are safer than other laxatives because their effects are directly on the stool. They cause no cramping and enable you to pass a stool more easily.

Stimulant laxatives such as phenolphthalein, biscodyl, cascara, senna, and castor oil;

and osmotic laxatives such as magnesium salts and lactulose are best used only in low doses for short periods of time or on the recommendation of your pharmacist or physician. Suppositories and enemas are used when there is bowel impaction or when complete emptying of the bowel is wanted, for example, before a bowel x-ray.

Regular use of laxatives should be avoided because it can lead to dependence on the laxative for proper functioning: Your bowel becomes sluggish, loses tone and is unable to work. Regular laxative use can only lead to laxative misuse - using them to lose weight or maintain a specific body weight. Laxative abuse leads to poor nutrition and is usually accompanied by psychological problems.

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Videos  
OF THE WEEK

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#### Final Destination (4 Bottles)

Starring Devon Sawa, Ali Lanten, Kerr Smith. A first class edge of your seat thriller. Death doesn't take no or an answer.

#### Where the Heart Is (4 Bottles)

Starring Natalie Portman and Ashley Judd. An inspiring celebration of love, friendship and self worth. This movie is brilliantly funny and deeply moving.

#### Slow Burn (3 Bottles)

Starring Minnie Driver, James Spader, Josh Brolin, and Stuart Wilson. This sizzling thriller is all about LUST, GREED and BETRAYAL.

### Out next week

Skulls  
U-571



# Health Connections

By Health Educator, Karen McDougall  
North Eastman Health Association (204) 345-1214

Grandparents: A Precious Family Resource With modern families struggling to keep up, parents under stress, and marriages breaking down, today's kids may wonder where they fit in. In recognition of National Family Week, consider the power of an alliance between children and their grandparents. Such an alliance between the generations is a natural fit - mutually satisfying, and a tremendous resource for today's harried families.

However, grandparents can't - and shouldn't - be pigeonholed. Like everyone else, they are individuals whose lives, capacities, and needs

vary. If they choose to get involved with their grandchildren, it's important for families to negotiate a role that's comfortable for everyone concerned. Living nearby may allow them to play more of a hands-on role, but living far away needn't be an obstacle. It's easy to keep up a lively exchange with a grandchild through e-mail, phone calls, and vacation visits. Working grandparents may have limited time, but may manage outings or weekend sleepovers. For some grandparents, the involvement may even extend to providing shelter for their children and grandchildren in

times of family crisis. For every family, the situation will be different. As with parenting, there are no hard and fast rules on how to "grandparent".

Some grandparents say that "grandparenting" gives them a chance to make up for the mistakes they made with their own children. They're wiser the second time around, and typically not as busy, or as "stressed out" as when they were parenting. For parents, it can be a huge relief to have moral support and reliable help - often unpaid - especially from someone who knows and loves

the child, and is interested in his/her long-term welfare. Let's face it...today's families need all the assistance they can get, to help their children grow up feeling secure and cherished. And for the child, a close bond with grandparents can have a lifelong impact on his/her sense of self-worth. The unconditional love of a grandparent is a gift more precious than gold for a child. And although the young person may not realize the value of that gift for many years, the lifelong benefit to a young person's well-being is indisputable.

So, what kinds of roles and functions might be appropriate for modern grandparents? Wired Health - an online health promotion magazine - suggests the following as possibilities:

- \* caregivers or companions (baby-sitting, outings, story telling, reading etc.)
  - \* conversation partner
  - \* advisors on child rearing.
- This is a tricky one, and could potentially lead to major family conflicts. A good rule of thumb here is to provide advice only when asked, and to

always remember who is the parent and who is the grandparent. Remember this may be a second chance to love and nurture a child, but it is not a second chance at parenting.

- \* practical help (driving, shopping, meal preparation, cookie baking!!, chores)
- \* surrogate parents (in case of death, serious illness, or family crisis)
- \* financial helpers (loans, gifts)
- \* "kinkeepers" (keeping family members in touch with each other)
- \* negotiators/mediators (between parents and their children)
- \* mentors and role-models
- \* listeners and confidantes
- \* transmitters of family traditions and values

Members of the older generation are too often seen as recipients of society's resources. But when it comes to their contributions to families - the building blocks of our society - their contributions are truly more precious than gold. In fact, what they can give...money can't buy. See you this week at the Lac du Bonnet Health Fair.

## MRSL - Pine Falls ends Pistols' win streak

A match between the top two teams, Pine Falls and Pistols saw a very entertaining game between two evenly matched teams. The game was filled with great scoring chances and great goaltending. The game saw several lead changes with Pine Falls scoring late in the second half to tie the Pistols 3-3 and ending the Pistols' winning streak.

On the following day, stellar goaltending by Donovan Kent of Sagkeeng preserved a 4-0 win over a very determined Little Black River team. The game was scoreless in the first half but Sagkeeng took control in the second half by scoring 4 unanswered goals.

In earlier Sunday games, the Pistols came from 2 goals down to defeat a relentless

Sagkeeng team. The Pistols came out flat and fell behind early in the game but scored in the late stages of the match.

In the other match that Sunday, the Varsity team fresh from their second place finish in a tournament in Beauséjour blanked Little Black River 4-0.

A reminder to all in attendance at the games. Please pick up all trash left behind, do not park on adjacent soccer field on school grounds because this causes ruts in the field, please park on side roads or parking lots.

### Upcoming Games

Wednesday, October 4 at 6pm, Varsity vs. Pine Falls.  
Thursday, October 5, at 6pm, Pine Falls vs. Sagkeeng.

Saturday, October 7, 12 noon, Sagkeeng vs. Pistols.

Sunday, October 8, 4pm, Little Black River vs. Pistols. Rescheduled Monday, October 9, at 5:30pm, Varsity vs. Sagkeeng.

## Blades goals vs. Dauphin Kings, October 1, 2000

Dauphin defeated the Southeast Blades 6-2 in the Blades home game.

1st goal scored by Jamie Mousseau, unassisted.  
2nd goal scored by Steve Moore, assisted by Aaron Barner and Jeremy Arms.

## MRSL League Standings

	GMS	W	L	T	Pts.
Powerview Pistols	5	4	0	1	8
Pine Falls	4	2	1	1	5
Sagkeeng	4	2	2	0	4
High School Varsity	2	1	1	0	2
Little Black River	5	0	5	0	0

## Leading Scorers

Player	Team	Gls.	Player	Team	Gls.
Dave Sanderson	Pistols	12	Grant Pachkowsky	PF	5
Greg Smith	Pistols	7	Raymond Avanthay	PF	4
Michael Dorie	Sag	5	Trevor Coss	PF	4

### Manitoba Junior Hockey League

Division	W	L	SQL	GF	GA	Pts.
Winnipeg South	3	1	1	17	17	7
Winnipeg Saints	3	1	0	18	10	6
Winkler	2	0	0	12	1	4
Selkirk	1	1	0	5	4	2
Southeast Blades	0	2	0	2	15	0
St. James	0	3	0	4	12	0

Division	W	L	SQL	GF	GA	Pts.
Portage	4	1	0	16	11	8
OCN Blizzard	3	1	0	25	13	6
Dauphin	2	1	1	17	20	5
Swan Valley	1	1	0	9	9	2
Neepawa	1	3	0	13	19	2
Waywayseecappo	0	3	0	11	18	0

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# 'Round and about the Beaches

## New Beginnings



by Monika I. Evans

For those of you who have missed my column the last few weeks, I am happy to say that I am back and will continue on. As you can see by the title of my article, I will be talking about new beginnings, both for myself and for another precious little lady.

I have undertaken a major change in my life which is very sad, but also necessary for me. My husband and I are no longer together and Snoopy and I are on our own. This past summer has been a very difficult time and one where I have had to make some major decisions for my future.

Belonging to the Senior's Scene Club in the Eastern Beaches area, I have seen so many great examples of couples who have reached their 50th Anniversary Landmark and are still very happy and very much in love with each other. You can see it in their eyes, the way they light up, when one partner is in the room and the other comes in sight. I want that kind of relationship.

I want to thank all my wonderful friends and acquaintances who have supported me, especially over the last few weeks. You are all very terrific and I am so glad to have you and your support. It makes a heavy burden a bit lighter.

And a big hug and kiss for those special angels who looked after my baby when I was unable to have him with me for about two weeks. What can I say, but a thousand thanks to each of you. I just couldn't stand the thought of putting him into a kennel while I sorted out my problems. He would not have been a happy puppy and would have thought that I had sent him back to the Humane Society. Thank you again for opening your homes and your heart to him. Snoopy sends his wet doggy kisses and great big wag of the tail!

And speaking of wet puppy kisses and waggy tails, this new beginning is a great and happy story with a good ending for a very deserving little dog. Her name is Athena, she is five years old. Athena is a miniature dachshund who weighs ap-

proximately three pounds and shares her home with a one hundred and thirty pound German Shepherd named Zeus. She goes up to about his knees. She is a little way of strangers but allowed me to pet her.

I met Athena at Winnipeg Beach a few Sundays ago. She is a lovely short-haired, russet coloured dog. Athena started out her life as a Puppy Mill breeder at Steinbach. She was one of the dogs featured in the CKY News story.

At age five she probably has had at least five litters of pups. She, of course had some health problems. She did not know how to eat dog

food and still steals food from Zeus, who, gentleman that he is, happily allows her fill. She has limited social skills since she has only been a house pet for about four weeks. Athena now has a home where she is loved and will spend the rest of her days as a beloved pet, not a production line.

Athena's owner was one of the first people lined up when the Humane Society put out the word that these dogs were ready for adoption. First they had to register in order to be allowed to qualify to adopt these animals. They had arrived at 6:00am that morning and were one of the fortunate people that had been nominated to become adopters. The

Humane Society, unfortunately, did not allow the potential owners to say which pet they wanted, they were going to do the choosing, therefore a number of possible adopters walked away in disgust. Athena's owner insisted that she wanted the small dachshund and won out with her persistence. Athena's owner and I talked about the animal that ran the puppy mill and we both feel that it is too sad that she couldn't be put into a cage and be treated as he treated those poor creatures that had no choice.

I wish little Athena well and hope that she has many happy years of just being what she does best, a lovely little dog.

## Pine Falls School

### Pine Falls Grade 1 students had fun composing chanting poems

by Kayla Breton

Squirrel in the tree,  
Squirrel in the tree,  
Chitter, chatter,  
chitter, chatter,  
Squirrel in the tree.

by Brock Fontaine

Kids in the school,  
Kids in the school,  
Leaning, learning,  
Kids in the school.

by Graeme Carlson

People in the boat,  
People in the boat,  
Row, row, row, row,  
People in the boat.

by Clarissa Hapel

Horse in the pen,  
Horse in the pen,  
Clip, clop, clip, clop,  
Horse in the pen.

by Trey Blatz

Baby in the tub,  
Baby in the tub,  
Splish, splash,  
splish, splash,  
Baby in the tub.

By Erin Kraynk

Jelly beans in a bag,  
Jelly beans in a bag,  
Yum, yum, yum, yum,  
Jelly beans in a bag.

by Tyler Tardiff

Ice cream in the bowl,  
Melting, melting, melting,  
Ice cream in the bowl.

By Emily Barkhouse

Fish in the tank,  
Fish in the tank,  
Swish, swash,

swish, swash,  
Fish in the tank.

by Kathryn Ursel

Throw the ball,  
Throw the ball,  
Hurry up, hurry up,  
Throw the ball.

by Luke Humphrey

Mouse in the hole,  
Mouse in the hole,  
Squeak, squeak,  
squeak, squeak,  
Mouse in the hole.

by Averece Fontaine

Bear in the Class,  
Bear in the Class,  
Listening, Listening,  
Bear in the class.

by Daniel Adams

Jam in the Jar,  
Jam in the Jar,  
Very cherry, very cherry,  
Jam in the jar.

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**Adolescent Parent Support Group Program**

When: Tuesdays 4:00pm-7:00pm  
Where: Wings of Power  
39 Pine Street, Pine Falls  
Start Date: October 17 - (10 Weeks)

**Topics Include**

- ◆ Labour Process
- ◆ Prenatal Care
- ◆ Post Natal Care
- ◆ Breast Feeding
- ◆ Health & Nutrition
- ◆ Discipline
- ◆ Alcohol & Drugs
- ◆ FAS/FAE Awareness
- ◆ ADD/ADHD
- ◆ Budgeting
- ◆ Family Violence
- ◆ Conflict Resolution
- ◆ Restraining Order
- ◆ Child Support Orders
- ◆ Shaking Baby Syndrome
- ◆ Sudden Infant Death Syndrome
- ◆ Peace Bonds & Non Molestation Orders

*Child Care, Light Supper, Transportation will be provided*

*Individual Support & Advocacy. For more information call Doreen or Crystal at 367-9641.*

**North Eastman Health Association Inc. Meal Preparation Contract (Victoria Beach)**

NEHA

Are you a highly motivated, friendly, reliable, outgoing individual who enjoys preparing hot nutritious and delicious meals for a group of senior citizens? If so the following opportunity may interest you. **North Eastman Health Association Inc.** in conjunction with **Helping Eastlake People Community Resource Council** and the **Senior Scene** require the services of a good cook to prepare meals for a group of seniors attending a newly developed Adult Day Program located at Victoria Beach. The program is to be held every Wednesday at the Senior Scene commencing November 1, 2000.

**To Include:**

- A one year contract.
- Consultation with a Registered Dietitian from the North Eastman Health Association Inc. to ensure suitability of meals for clientele of the Adult Day Program.
- Purchasing ingredients, preparing and providing a balanced hot nutritious meal, on site to a small group (5-7) of seniors. The meal should consist of a soup or salad, bread, main course, vegetable, beverage and a dessert.
- Packaging of leftovers for the clientele to take home.
- Regular clean up of kitchen area.

Interested applicants are invited to submit a resume, references and a quotation of an inclusive cost per meal by October 9, 2000.

Send to: Mr. Wayne Guitard  
Services to Seniors Coordinator  
Box 50, First Street South  
Beausejour, MB R0E 0C0  
Fax: 204-268-6100

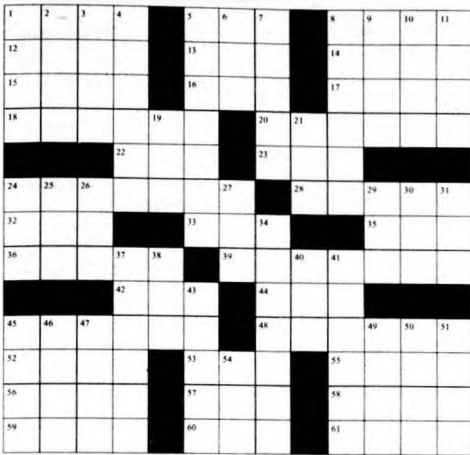
**Fibromylagia Support Group**

To be held every  
2nd Thursday  
7:00pm - 8:30pm  
at Wings of Power  
(39 Pine Street,  
Pine Falls)

To Register please  
call Crystal or  
Doreen at 367-9641

# Winnipeg River Echo Weekly Crossword

## Pre-eminent Partners



- 22. Summer, in Ste. Therese
- 23. Female Shropshire or Sussex
- 24. Charles Joseph's Mrs.
- 28. Female diety
- 32. Baseball bouncer?
- 33. Catch
- 35. Macaws
- 36. Gadget
- 39. Garden breath freshener
- 42. Hubbub
- 44. Ocean inlet
- 45. Cask
- 48. Confection
- 52. Oil of \_\_\_\_\_
- 53. Irish insurgents org.
- 55. A kind of car
- 56. In the case of
- 57. Variable, abbr.
- 58. Precipitation
- 59. Grizzled
- 60. Itinerary notation
- 61. Motor vehicle

- 6. Bakery offering
- 7. Joseph Jacques Jean's jeune femme
- 8. Lucien's lady
- 9. Slender
- 10. \_\_\_\_\_ Karenina
- 11. Container
- 19. Devoured
- 21. Possess
- 24. Roll, in a way
- 25. Friend, in Falaise
- 26. Downs' opposite
- 27. Snooze
- 29. Sickness, en Francais
- 30. Nuptial or historic preeder
- 31. Fodder
- 34. Conrad Moffat's Mrs.
- 37. Lester Bowles' bride
- 38. Praiseful poem
- 40. Argentine Capital, colloquially
- 41. Ernest Preston's precious
- 43. John George's better half
- 45. Mr. Piggy
- 46. As well
- 47. Pro \_\_\_\_\_
- 49. Boy friend
- 50. Leave out
- 51. Taboo
- 54. Tell on

### ACROSS

- 1. Vaulted recess
- 5. Accounting acronym
- 8. Right now, for short
- 12. Brian Martin's Mrs.
- 13. Alberta gold

- 14. Arm bone
- 15. Non \_\_\_\_\_
- 16. Honolulu handout
- 17. TV talker \_\_\_\_\_ Petty
- 18. Sequential
- 20. Ordinary

### DOWN

- 1. Electrical units
- 2. Stack
- 3. Disparaging word
- 4. Less difficult
- 5. Gordie's gal

### LAST WEEK'S ANSWERS

A	P	E	S	C	U	D	B	E	E	R
M	O	P	E	A	L	I	O	R	C	A
A	N	I	L	M	U	G	A	S	T	I
H	E	C	K	L	E	O	R	T	O	N
I	S	O	B	A	R					
T	H	I	R	D	R	U	E	A	S	A
R	I	N	K	L	O	G	E	D	E	R
Y	E	N	L	O	W	F	R	A	N	K
C	O	H	O	N	O	Y	S	T	E	R
O	P	A	L	P	U	N	M	O	D	E
S	I	T	E	A	M	I	U	R	G	E
H	E	E	S	S	P	A	S	E	E	D



## CRYPTIC PUZZLE

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

BZC\*Y DWY FY XCB DFWX YGFV  
YXDD YGXH F VQFB VZHXYGFCL  
-DQVY PZKBV ZR LQCSTZ MFDDQ

### Last Week's Solution

DENIAL AIN'T JUST A RIVER IN EGYPT.  
- MARK TWAIN

## WEEKLY HOROSCOPE

for the week of October 3rd - October 9th

### ARIES March 21 - April



Your cheerful mood may make people wonder what you're up to this week. You can't help but be happy. Everything is going smoothly at home and at work. While your energy is at an all-time high, avoid making insensitive comments.

### TAURUS April 20 - May 2



Ever-prepared Taurus may need to get a jump on holiday shopping. Look before you buy. Do not let your life be a series of missed opportunities. Get over the fears which could hold you back professionally.

### GEMINI May 21 - June 20



Take the phone off the hook. Too many people are asking for favors or assistance taking personal time away from you. Making a healthy choice could be as easy as eating more fruit. Your wit could prove to be the saving grace at work.

### CANCER June 21 - July 22



Pay attention on the homefront. A lack of communication could land you in hot water with your partner. Listen carefully. What appears to be a straightforward conversation may have a hidden meaning. Analyze it.

### LEO July 23 - Aug. 22



This week may seem like a continuous lesson in learning about the people you are closest to at work. Try to be a good student. You may cross paths with an old friend. Don't let old differences get in the way.

### VIRGO August 23 - September 22



Things are not as they seem. Your tendency to demand too much change in too short of time may be straining your relationship. Too often you jump into things without considering others' feelings.

### LIBRA Sept. 23 - Oct. 22



Thoughts of searching for a job in a more creative field may be consuming. Associating too much with family members could drain your energy. Take care of business quickly and remain focused on the big picture.

### SCORPIO Oct. 23 - Nov. 21



You may be more interested in getting the job done quickly than in getting it done right. Be careful. Starting an investment portfolio at this time could be a good move, if you do the necessary research.

### SAGITTARIUS Nov. 22 - Dec. 21



Your critical-thinking skills may be put to good use as you attempt to decipher what is really going on behind the scenes with a loved one. Try not to jump to conclusions. Going to an art exhibit may inspire you.

### CAPRICORN Dec. 22 - Jan. 19



People-oriented Capricorn may find him/herself in an interesting social situation. Take your talents seriously. A stranger you recently met could become a true friend and collaborator as you try to put those talents to the test.

### AQUARIUS Jan. 20 - Feb. 18



You could find yourself influenced by people you generally wouldn't associate with. Instead of reacting quickly and illogically, give yourself plenty of time to sort out the situation.

### PISCES Feb. 19 - March 20



Tempestuous and unpredictable. You could be your own worst enemy if you don't slow down and think. Try to avoid flights of fancy even though they generate enthusiasm and excitement with others. Take advice from an older person to heart.

## Echo Classifieds

### Services

**Guaranteed Jewellery and Watch Repairs:** guaranteed lowest prices, 100 First Street, Lac du Bonnet, phone 345-9451.

**Kids only Clothing:** latest new line of children's clothing, 100 First Street, Lac du Bonnet, phone 345-9451.

### For Sale

House on the Village Green. Spacious 2700 sq. ft., 3 bedroom, 2 1/2 bath, fully finished basement home. Sunken livingroom, formal dining room and beautiful kitchen with large pantry. Ideal location. A must see. Call 367-4994.

### For Sale

**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. 4x2

**Car for Sale** - '95 Pontiac Grand Prix SE, 96 K's, fully loaded, new tires, safetied, good condition, PW, A/C, Cruise, etc. Call Brian at 367-2276 or 367-4938 after 6pm, serious inquiries only!

### For Sale

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

**Slush Machine** - For Sale, good working condition, \$6000.00 OBO, call Tasty Treats at 367-2055 or after 8pm call 345-2482.

### For Rent

**Duplex for rent:** 3 bedroom duplex available in Powerview, over 1,200 sq. ft. living area, includes stove/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/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.

### Help Wanted

Help Wanted - Sunrise Bakery. Looking to hire full and part time positions, call 367-8019, ask for Roberta or Dave.

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Cozy 672 sq. ft., 2 bdrm - summer cottage. L-shaped LR/DR/Kitchen. 3 pce. bathroom (requires a holding tank for toilet), outside bathroom. Grey water area for two sinks and bathtub. Heat source: wood stove. 100 amp service. 12 gallon HWT. single pane windows. cottage is not insulated. Cottage is connected to co-op community water line (fee approx. \$50 per year) Seasonal hydro fee \$180 per season (approx. \$50 extra for additional use). Agent has list of items included. Low taxes 2000 - \$294.07. **EXCELLENT DEAL AT \$37,900!**

**DOUG SILVESTER** Res. 345-8944  
Market Value Appraiser Residential

**BOB LESKO** Res. 345-2424


**LANA DYKSTRA** Res. 345-8572

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Contact: Annette Papineau  
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phone 367-8447.

**EMPLOYMENT OPPORTUNITY Staff House Worker**  
(Casual - No set hours - Could be up to 40 hours per week)

**WINNIPEG HYDRO DEPARTMENT**  
Pointe du Bois, Manitoba - Competition #2000-52

The successful application to the Staff House Worker position will work under the supervision of the Cook Steward and/or the Cook and assists in the preparation and serving of meals, as well as with housekeeping duties in the Staff Houses at Pointe du Bois and Slave Falls.

The successful applicant must have knowledge of dining room etiquette, method of elementary food preparation and be familiar with recognized housekeeping procedures. Pointe du Bois, Manitoba is a company town, 160 km from Winnipeg, 40 km northeast from Lac du Bonnet. Low rent modern housing is available as well as accommodation (board and room) in the company staff house.

Power Plant sites are subject to annual infestation of Caddis Flies which can cause severe allergic reactions. Successful applicants will be required to undergo medical tests prior to appointment.

Interested applicants should submit a resume, on or before October 16, 2000 quoting Competition #2000-52 to: Debbie Cole, Supervisor of Human Resources, Winnipeg Hydro Department, 1315 Notre Dame Avenue, Winnipeg, Manitoba R3E 3G2.

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**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, Oct. 4**  
Salad, roast turkey, stuffing, mashed potatoes, beans, fresh fruit.

**Friday, Oct. 6**  
Soup, salmon patties, wild rice, purple cabbage, muffins.

**Monday, Oct. 9**  
Closed for Thanksgiving

# ALL THE RIGHT Stuff

Dear Ms Know-it-all:  
What should I do if I accidentally spill my drink or food?  
- All Elbows

**Dear Elbows:**

What you do about dinner table catastrophes depends on the severity of the problem, where you are, and what's going on. Everyone has upset something at one time or another. This is another of those categories of surprises that test your ability to think rapidly and minimize the social consequences.

Resist the temptation to swear. Having red wine flowing all over the table is bad enough without the echo of your ill-considered curse hanging in the air.

If it is a liquid that is spilled, your first thought should be for the protection of your clothing and that of others close by. Use your napkin as a dam to prevent the flow of water or wine onto your or your companion's lap.

If you do spill on another person, offer your napkin. Do not begin dabbing at them, as your good intentions may be misunderstood (depending on where the spill is situated). Apologize sincerely, but without theatrics. If the person must leave the table to clean him/herself up, do

not follow unless asked to do so. If the stain is severe, offer to pay for dry cleaning, or replace the article, if necessary.

If you spill in a restaurant, ask the server for help, if needed. Just move far enough away from the table to give the staff working room. Above all, do not call attention to the mishap.

If you are the object of the spill, assess the damage. If your clothing has been dampened but you are not too uncomfortable to continue the meal, remain with the party. If your clothing is soaked, make your apologies and leave.

If you are the host in your own home, do what you can to help a spill-dampened guest remain with the group. Offer an emergency change using your own clean clothes (if the sizes match) or bring out an attractive robe. If there is a reasonable makeshift remedy, the guest should stay at the party.

If you are in a private home, ask your host for help rather than ignore the problem. If the spill is a liquid,

particularly red wine, you may have to protect a table top, so quick action must be taken, with help from your host. Put a towel between the tablecloth and the table top to blot excess liquid, then replace the towel with a dry one. To prevent permanent damage to the tablecloth, pour and rub salt over the stained area, and cover with a clean napkin. Do the same for a water spill, but omit the salt.

For less threatening spills, such as salt, croutons, rolls and such, remember to use clean silverware when repositioning edible items. Again, if there is serving staff present, signal one and allow the staff to take care of the situation.

If you spill jam or jelly, remove what you can with a clean knife or spoon and put it on the edge of your plate.

Your meal should be replaced quickly, and may even be complimentary.

If you are in a private home and the object is not alive, ignore it and try to eat from the other side of the plate. If it is alive, kill it as quietly as possible. Do not make an issue about your situation to your host or the other guests. After all, this was not done especially to hurt you. If you are unable to do any of the preceding, leave your plate untouched. An alert host should notice there is a problem and replace your food at once.

If you have bone, gristle, or some other unwanted food item in your mouth, a good rule to remember is the food comes out of the mouth the same way it has gone in. Discreetly re-

move the food onto the tines of your fork and place it on the edge of your plate. If possible, hide it under a garnish or other uneaten food on your plate so that the people around you can't see it. Never spit anything into your napkin or hand or onto your plate. If the offending object is a fish bone, remove it by hand (exception to the rule) and place on the side of your plate. If eating food with pits, such as olives or cherries, and you are eating them by hand, deposit the pits as unobtrusively as possible in your cupped hand and place at the edge of your plate. If these foods are part of a meal course, such as salad or dessert, use the utensil you were eating with to remove the pit as indicated above.

Dear Ms Know-it-all:  
What should I do if I find a fly or other foreign object in my food?  
Dislikes Surprises

Dear Dislikes:  
That is one surprise most of us dislike.

If you are dining in a restaurant, find your server and tell him or her about the problem in a very discreet manner to prevent ruining the appetites of your fellow diners.

## AGASSIZ SCHOOL DIVISION NO. 13 SNOW CLEARING TENDER

SEALED tenders will be received by the undersigned until 12:00 noon, Thursday, October 12th, 2000 for removal of snow for the 2000-2001 season from parking lots and driveways of all schools in Agassiz School Division No. 13.

Specifications and tender forms are available at the office of the Secretary-Treasurer, 75 Fifth Street South, Beausejour, Manitoba during regular office hours, Monday to Friday.

TENDERS will be accepted on individual schools or the complete group of schools.

Lowest or any tender not necessarily accepted.

Please mark envelope "Snow Clearing Tender".

Mr. Glen Hirst  
Maintenance Supervisor  
AGASSIZ SCHOOL  
DIVISION NO. 13  
Box 1206  
Beausejour, MB R0E 0C0

## RURAL MUNICIPALITY OF LAC DU BONNET PUBLIC NOTICE

### BOARD OF REVISION - NOVEMBER 7, 2000

Notice is hereby given that the real property preliminary assessment roll for the Rural Municipality of Lac du Bonnet at #4187, PR #317 for the year 2001 has been deposited at the municipal office and will remain open for the inspection of all persons between the hours of 9:00 a.m. and 4:30 p.m. Monday to Friday. Applications for revision may be made in accordance with Sections 42 and 43 of the Assessment Act.

The Board of Revision will sit to hear complaints and revise the said assessment roll on Tuesday, November 7, 2000 at 10:00 a.m., in the Municipal Office, PTH #317.

Applications for Revision 42(1) A person in whose name property has been assessed, a mortgagee in possession of property under Section 114(1) of the Real Property Act, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, or the assessor may make application for the revision of an assessment roll with respect to:

- a) liability to taxation;
- b) amount of an assessed value;
- c) classification of property; or
- d) a refusal by an assessor to amend the assessment roll under Subsection 13(2).

Application Requirements 43(1) An application for revision must:

- a) be made in writing;
- b) set out the roll number and legal description of the assessable property for which a revision is sought;
- c) state the grounds on which the application is based; and
- d) be filed by delivering it or causing it to be delivered to

BOARD OF REVISION  
THE RURAL MUNICIPALITY OF LAC DU BONNET  
P.O. BOX 100  
LAC DU BONNET, MB  
R0E 1A0

or serving it upon the secretary at the administration office at PTH #317, in Manitoba at least 15 days (no later than Monday, October 23, 2000 at 4:30 p.m.) before the scheduled sitting date of the Board of Revision.

DATED at Lac du Bonnet, Manitoba this 29th day of September A.D. 2000.

Marlene Watson, Secretary - Board of Revision  
Rural Municipality of Lac du Bonnet

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