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Winnipeg  
River

# Echo



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Vol. 1, No. 24      Tuesday, November 7, 2000      \$1.00 tax included



## Remembrance Day - Saturday, November 11

*Is It Nothing to You? Lest We Forget*  
*On the eleventh hour of the eleventh day of the eleventh month ...*

On behalf of the Winnipeg River Echo and its readers, we pay tribute to those who have fallen and those who have survived, in the effort to preserve peace for our country and all Canadians.



## Monument unveiling depicts historical importance of the Winnipeg River

by Toni Bruneau

A monument recording the historical importance of the Winnipeg River was unveiled last Tuesday, October 31 after a short ceremony at the Winnipeg River Bridge Park.

Gordon Emberley of the Lac du Bonnet Municipal Heritage Advisory Committee acted as master of ceremonies and welcomed officials and honored guests.

Representatives from the Town of Lac du Bonnet and RM of Lac du Bonnet, as well as delegates from the Manitoba Metis Federation, Municipal Heritage Advisory Committee, Pastor Kolleen Karlowsky and invited speaker Gerry Holm of Manitoba Geographical Names were present.

Emberley addressed the beauty of the Winnipeg River and its function as a highway to the west as surveyors followed it to find the new lands and lay the basis of our survey system, maps and provincial boundaries.

Emberley said, "Today its energy is harvested for power, and we enjoy its recreational

opportunities and rely on its perpetual flow. As the river is the one of the oldest remaining physical evidences of the passing of the last great ice age of our area, it seems only fitting that both the RM and Town of Lac du Bonnet ask the Municipal Heritage Advisory Committee to embark on this commemoration as their millennium project."

Gerry Holm explained the plaques on the monument which commemorating the historical significance of the Winnipeg River, the boundary of Assiniboia and the original eastern boundary of what became known as the postage stamp province. He said, "We hosted the Geographical Names Board of Canada's annual meetings in Winnipeg, and part of those meetings included Geographical Names tour. We chose to travel the La Verendrye Trail with its highlights being Grand Beach, the Winnipeg River, Lac du Bonnet and the lakes and rivers of the pre-cambrian shield in our Whiteshell Provincial Park. We were able to show our colleagues from the rest of Canada that Manitoba was not only prai-



Gordon Emberley (centre) of the Lac du Bonnet Municipal Heritage Advisory Committee stands front of the monument at Winnipeg River Bridge Park, with Staff Sergeant Mel Mitchell and Constable Brian Jack.

rie, but beautiful beaches, rivers, lakes and communities."

Ed Veronneau represented the Manitoba Metis Federation and interpreted the voyageurs role in laying the foundation for the Metis nation. He said, "This cairn represents a respect for the past, good will. It speaks of an optimism for the future."

Pastor Kolleen Karlowsky then offered a blessing looking back to the beginning, to the land, and to its gifts.

Town of Lac du Bonnet Councillor Norm Plato and Rural Municipality of Lac du Bonnet Councillor Don Halbert also acknowledged and congratulated the efforts of

Municipal Heritage Advisory Committee, under the leadership of Gord Emberley.

Emberley closed with thanks to all involved and invited everyone to a reception held at the Lac du Bonnet Town office.

Granite for the monument was supplied by Cold Spring Granite.



See results of Winnipeg River  
Wolfpack season opener Page 3  
Saturday, Nov 11, 2000

## The issue is accountability

By Charles Norman

There are many, many youngsters who have good reason to thank the social workers of the Sagkeeng Solvent Treatment Centre. Sagkeeng also has health workers, teachers and many other professional people doing an excellent job, and yet, every so often, a scandal emerges giving the impression that the whole community is a den of iniquity. It simply isn't so.

It is a fact that there are some members of the Canada's First Nations who help themselves to more than their fair share of the limited money available for social programs. They are a tiny minority, but the fact that they exist is inevitable - it is built into the system, and it is built into the system by the federal government.

By not requiring that recipients account for the spending

of federal funds for various projects the government is almost guaranteeing that some of that money will be used improperly. It is also ensuring that some of the people administering these programs will seek out these positions because of the possibility of using some of that money for their own purposes. (It has nothing to do with being aboriginal - in any community there will always be a small percentage who will help themselves if they can get away with it)

It is not the federal taxpayer that is being ripped off - it is the band members themselves - and the government is abrogating its fiduciary responsibility to Canada's First Nation people by turning a blind eye to the practice. In the process it is allowing a few people to smear all of Canada's First Nation people.

## Remembering Sergeant Thomas (Tommy) Prince

Canada's most decorated aboriginal soldier 1915-1977

by Todd Guimond  
Freeland Writer  
Sagkeeng First Nation

I personally never had the privilege of meeting this remarkable man, but after finding and reading much information about him, I felt that I had to share this information with other's of just who this man was. I know there are some readers that probably know a great deal of Mr. Prince, but this article is my tribute to him and to share some information with those that haven't gotten a chance to know who he was and what he's done during his service with the Canadian Armed Forces in the two wars that Canada's been a part of.

Who was Sgt. Tommy Prince? Sgt. Prince was an aboriginal man from the native community of Scaterbury, and he was a hunter, trapper, son, brother, and courageous soldier for the Canadians Special Armed Forces. He fought in World War II, and The Korean War. In these wars he was awarded many medals from Canada, Italy, France, and the United States for exceptional bravery in the field of action. Active duty was in, Canada,



**Length of Service:**  
June 3, 1940 - Aug. 20, 1945  
Aug. 14, 1950 - Oct. 28, 1953  
**Ranks:**  
Sapper - June 3, 1940  
Lance Corporal - Feb. 22, 1941  
Sergeant - March 16, 1943  
Sergeant - Aug. 14, 1940

Britain, United States, Aleutian Islands, Central Mediterranean Area, Southern France, Italy, Germany and Korea. Medals and decorations received are from 1939 -45, Italy Star, France and Germany Star, Defence Medal, Canadian Volunteer Service Medal with Clasp, War Medal, Korean Medal, United Nations' Service Medal, Military Medal, Silver Star (USA.)

Remembrance Day is a time to reflect on the wars that have passed many years ago, and the soldiers that have fought and gave their lives to protect Democracy. Services are held across the nation to pay tribute to Canada's brave men and women. Wreaths are laid, prayers are said and moments of silence is what takes place during the annual services at memorial monuments. Honouring those that have fallen in battle, but also to those that have survived and lived with the tormenting memories of seeing and hearing the screams of pain of their comrades injured in battle, the death and destruction during the wars fought.

Two wars (the II World War, See SERGEANT/page 8

**COFFEE HOUSE**  
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<b>Knights of Columbus</b>	Bonus Line - \$531.00
Lac du Bonnet	Star - 168.00
Community Centre	Loonie Pot - 93.00
Specials 7:00 p.m. (Lot Lic. 534)	Special "Y" - 329.00
Every Monday Evening	Jackpot Smp - 54.00
	Poker Flush - 411.00

FOR UPDATES CALL 345-8619

<b>Lakers Ski Club</b>	Bonus Line - \$
Lac du Bonnet	Star - 3907.00
Community Centre	Loonie Pot - 187.00
Specials 7:00 p.m.	Poker Flush - 3705.00
Every Thursday Evening (Lot Lic. 474)	Special "Y" -

FOR UPDATES CALL 345-6197

<b>Royal Canadian Legion #164</b>	Bonus Line - \$4445.00
Lac du Bonnet	Star - 109.00
Legion Hall	Lucky 7 -
Specials 7:00 p.m.	Poker Flush - 415.00
Every Wednesday Evening (Lot Lic. 483)	Mini Loonie - 3189.00
	#1 Loonie - 380.00
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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 p.m. prior to Tuesday's publication.

2nd class mail #1763687 (Postage paid in Pine Falls)

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## AECL receives two-year operating license renewals

Canada's nuclear regulatory agency, the Canadian Nuclear Safety Commission (CNSC), has announced that site operating licenses for Atomic Energy of Canada Limited (AECL) Whiteshell Laboratories in Manitoba and Chalk River Laboratories in Ontario have been renewed for a two-year

period. The CNSC specifically noted that: occupational radiation doses to workers have been low and are well within occupational health and safety limits; radioactive releases to the environment have been well below regulatory limits.

"AECL's number one priority is the safety of its workers

and protection of the public and the environment," said Donna Pasteris, AECL's vice-president of Human Resources and Administration. "This announcement is a clear indication that our staff have performed their jobs very well and I would like to thank them for their diligence."

The CNSC decision to award two-year renewals for Chalk River and Whiteshell Laboratories results from a long series of rigorous field inspections and audits by the CNSC in which AECL had to ensure that the sites were operating safely and responsibly. The public's opinion was also considered by the CNSC during the period that the license applications were being reviewed.

AECL is a Crown corporation owned by the federal government of Canada. AECL's Whiteshell Laboratories, 100 kilometres northeast of Winnipeg, performs world leading nuclear reactor safety and nuclear waste manage-

ment research and development. AECL's engineering, sales and marketing work is led from its head office in Mississauga, Ontario. AECL's primary product is the CANDU nuclear reactor which safely generates electricity without creating emissions that contribute to air pollution, acid rain and global warming.

AECL's Chalk River Laboratories, located about 200 kilometres northwest of Ottawa, has world-class expertise in physics, metallurgy, chemistry, biology and engineering. The site also provides most of the world's supply of medical isotopes used for the diagnosis and treatment of cancer and other illnesses.

## Wolfpack lose season opener



by Stu Evans

For those of you who may have been glued to your TV sets this past week watching all of the nail biting election campaigns (ZZZZZ), you missed a wedding of sorts this past weekend at the Beausejour arena. They always say that opposites attract and that seems to be the case

between the now defunct Pine Falls Paper Kings and Lac du Bonnet Blues.

I tell ya folks, it kills me to have to say that. Two proud traditions gone faster than you can say "lazy young guys with no commitment". But those who have that much needed commitment decided to join together to keep hockey alive in this area. Out of the ashes arose the Winnipeg River

Wolfpack, ready to take on the rest of the South Interlake Hockey League.

Now I have to admit when I first heard the name "Wolfpack", I thought it was a type fo beer they make in Alaska or the sequel to Airwolf. So where the heck did "Wolfpack" come from? Was it because of the strength, intelligence and ferocity often related to a pack of wolves? Noooo, co-manager Curtis Dancyt was under pressure from league brass to come up with a name and come up with it now.

"I was at working thinking of name combinations when I saw a magazine cover with a picture of a wolf on it. I thought what the hell. I called co-manager Steve Gogo and he said it sounded okay. The players said go for it, hence the name". Not exactly a Hot

See GRENIER/page 15



Beausejour Stars and Winnipeg River Wolfpack collide in their season opener last Saturday night.

## The Great Imposters

Located at the Powerview Hotel, Art Street, Powerview

Here at the  
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#### Jason's schedule is as follows:

November 15th - Wednesday - Thompson  
November 16th - Thursday - Thompson  
November 17th-18th - Friday-Saturday - Churchill  
November 20th-21st - Monday-Tuesday - Gillam  
November 22nd - Wednesday - Snow Lake



#### Make Your Vote Count

Vote **Jason Shaw** on November 27th

Authorized by Nick Brunnege Official for Jason Shaw

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# Pine Falls resident received historic message



by George Bayly

World War I, better known as the Great War, had raged for more than four years. It had been ignited in the Balkans, the tinder box of Europe, when the Archduke Ferdinand of Serbia and his wife were assassinated as they rode through the streets of Sarajevo, Bosnia in June of 1914. Bosnia, at that time, was a province of the Austro-Hungarian Empire. Troops on both sides suffered hardship and misery in the rain-filled trenches of Northern France and Belgium, but by July, 1918, the British, the French, Canadian, and American Allies had driven the armies of the German Empire back from the Hindenburg line. It

was the beginning of the end of the German military effort on the Western Front, and by November, 1918, their complete collapse was inevitable. Germany's two main allies had been defeated, the Turks having been defeated October 31 in the Middle East by General Allenby's British Army and Austria-Hungary surrendering to the Italian forces on November 3, 1918.

Allied troops huddled in their trenches hoping for word of the German surrender, and news that the misery of four long years would be at an end. One such unit awaiting this news was the 78th Canadian Infantry Battalion of the Fourth Division of the Canadian Expeditionary force. Sitting in a bunker at his telegraph receiver was Clayton Sands, the

Signalman attached to the 78th Battalion. It was the morning of November 11, 1918. At 10:30 a.m., Clayton heard the beeps of a signal that indicated that a message would be following immediately. As the series of long and short beeps came through his headphones, he translated the morse code signal from Canadian general headquarters, into words which said:

"Hostilities will cease at 1100 hours, November 11. Troops will stand fast on the line reached at that hour which will be reported to Corps H.Q. --aaa-- Defensive precautions will be maintained --aaa-- further instructions follow --aaa--"

Long-time Pine Falls resident Clayton Sands had received the historic message that the cease-fire would take effect on the eleventh hour of the eleventh day of the eleventh month, 1918. The Great War came to an end with grim results, and the numbers were astounding. The Allies, Britain, France, Canada, U.S. and Russia suffers 21 million wounded, dead, or missing and Germany and its allies, almost 13 million dead, wounded, or missing. For Russia alone, the figure was eight million.

Clayton Sands was born in 1897 at Westbourne, just north of Portage La Prairie and after the Pine Falls Paper Company began operations in 1927, Clayton, his mother, sisters Freida and Susie, and brother Jack, moved to the new town on the Winnipeg River. With Freida came her husband Glen Stewart who became the yard superintendent at the mill, and they raised three daughters and a son: Donald (Mrs. George Sharpe), Beth (Mrs. "Slim" Frederick), Lillian (Mrs. Ken Walsh), and David married Eva Ahrensbach. Susie married Clyde Higginson and Jack Sands wed

Molly McGee. Jack and Molly raised a son Stewart and a daughter Margaret. Clayton had another brother, Mostyn, who was killed at the Battle of Vimy Ridge in 1917.

Clayton Sands married Peggy Halpenny in 1938 and they raised two daughters: Ann (Kenny) now live in New Brunswick, and Pauline (Rowe) of Winnipeg. Pauline and husband Allan have two children, Heather and Grant. (Pauline and I started school together in Grade 1 at Pine Falls School and she is presently a school secretary in Assiniboine South School Division where I work also. (I would like to thank her for giving me a copy of the original signal message that her father received so long ago.)

Clayton was employed as a meat cutter with the Company's mercantile store and later with

the Hudson's Bay store when it opened in 1949. It should be duly noted that Clayton's wit was sharper than his knives and was renowned for his great sense of humor and the many practical jokes that he played on fellow employees and others.

Accompanying this article is a copy of the actual signal message which Clayton received and wrote down in his own hand. He kept the official message and brought it home after the war. His daughter Ann is in possession of the original document. It is truly an important historical document received and written 82 years ago by a young soldier, who, like so many in 1914, left his home and family to fight for King and Country on foreign battlefields across the sea.

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**Special Christmas "Tree of Lights"**

The Pine Falls District Health Care Foundation Inc. was created to support hospitals, personal care homes, ambulance services and other non-profit charitable, educational and cultural organizations. It is the mandate of the Foundation to assist in maintaining and promoting the good health for all the residents served in this area. The work of the Foundation is accomplished through donations from the community.

Honor the memory of a deceased loved one this Christmas season on the Pine Falls Health Complex's Special.

**Tree of Lights**

This special tribute will enable interested persons to acknowledge their memories by purchasing a light (\$10.00 per name) on this tree, while providing donation funds for the foundation. A tax deductible receipt will be issued to all donors.

Interested persons can contact the reception desk at the hospital or send their donations to:

**Pine Falls District Health Care Foundation Inc.**  
 Box 2000  
 Pine Falls, MB  
 R0E 1M0

MESSAGES	PHONE	NO SIGNALS	No. of Messages
From: <i>S.A.</i>	Code: <i>2842</i>	Time: <i>11:00</i>	Office Stamp: <i>H.A.C.</i>
Received from: <i>C.P.M. by Sands C.</i>	At: <i>11:00</i>	To: <i>S.A.</i>	By: <i>Sands</i>
Service Instructions: <i>Inf</i>	Office: <i>88.42</i>	Received: <i>10:30</i>	
Handed in at: <i>C.V.D.</i>			
TO: <i>78th Can. Inf. Bn.</i>			
Sender's Number: <i>8648</i>	Day of Month: <i>11/11</i>	In reply to Number:	A.A.A.
<i>Canadian Corps 2645 200</i>			
<i>Hostilities will cease at</i>			
<i>11:00 AM on Nov 11th 1918</i>			
<i>Troops will stand fast</i>			
<i>on the line which will</i>			
<i>be reported to Corps</i>			
<i>All your defensive preparation</i>			
<i>will be maintained and</i>			
<i>there will be no surrender</i>			
<i>of any description with</i>			
<i>the enemy and further</i>			
<i>instructions follow are</i>			
FROM: <i>11th Can Division</i>			
PLACE & TIME: <i>11/11</i>			

## Wanted, 19 Christmas presents

Children are gifts from the universe and you have a gift that could change another person's life.

Your presence in one lonely child's life would make a difference this Christmas. All it

takes is three hours per week to share your skills and attention with a child. If you can only volunteer a one hour weekly in-school time, please consider helping an elementary child with reading or math or befriending a high school student to im-

prove attendance, increase motivation and complete their high school education. Be a mentor, phone 345-2867 or 753-2406.

"Anyone can count the seeds in an apple; but no one can count the apples in a seed".

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# The House of Seifried

by Toni Bruneau

The House of Seifried has provided decorating, design and fashion services for a long list of appreciative clients since its beginnings January 2000, established with the help of Winnipeg River Brokenhead Community Futures Development Corporation. The creativity and elegance of Seifried's creations have been awe-inspiring at

Sherry's talents played a role in what made our reception a very special evening for our family and our guests. The decor matched the romantic mood of the day. She turned an institutional hall into a space that was warm, inviting and very elegant."

### Wedding show

The House of Seifried will be participating at the Wedding Show January 18 to 20

special days of many couples.

The House of Seifried's list of clients for the 2000 wedding season included the Nally/Champagne, Simcoe/Arseniuk, McCalder/Conroy, Gowarluk/Chaboyer and Rollins/Parent weddings to name a few.

Seifried already has three confirmed bookings for 2001. Her busy schedule is due entirely to word of mouth promotion. Only rave reviews have been the outcome of her productions.

Ritch Nally and his wife Bev Champagne were married this past August. Nally had nothing but good things to say. "Everyone that I talked to after my wedding said that she did a spectacular job." Nally said.

"We didn't ask for anything in particular, we just gave her an idea of what we wanted. We gave her 100% creative control and she just ran with it. Everything was her doing."

At the Nally Champagne



Darcy and Sherri Rollins' head table was a picture perfect setting.



Ritch and Bev Nally's head table was elegant yet intimate, with the perfect lighting and accessories.

many social functions as well as appropriately produced for local commercial environments. Seifried has recently completed a two year program, via Distance Education, on interior design and decorating.

"Absolutely fantastic" is what Marlene Rollins had to say about the services of Sherry Seifried and her business, The House of Seifried.

Rollins originally acquired Sherry Seifried's interior design services while remodeling her kitchen. She had also witness the decorating talents of Seifried previously at Sheri and Calvin Hirst's wedding in September 1995. When Rollins' son Darcy was to be married in June of 2000, there was no question as to who would be responsible for the atmosphere of the occasion.

"I just don't understand why anyone would do any of the work themselves when they have this beautiful talented lady right here," Rollins said. "I just can't say enough. She's a very creative girl. Everything she did was just special, and very exciting to see it all unfold."

"Right from the consultation to the actual event was a fun time, an exciting time."

Darcy and his new wife Sherri said, "It was great to have Sherry be the creative force behind our wedding. It was wonderful to rest assured that we were getting a beautiful reception while not having to worry about scrambling to set up prior to our big day."

"We are convinced that

at the Convention Centre in Winnipeg. This event will host approximately 200 displays of products and services to support and transform the

wedding. The House of Seifried was not only responsible for the transformation of the facility, Seifried took on the role as event coordinator, which lessened the burden of responsibility of her clients that day. Seifried took care of the caterer, the music and anything else that had to be organized or attended to during the celebrations.

### Commercial clients

She has produced commercial displays at businesses in the Lac du Bonnet area including FoodFare and Subway, and has designed and produced the four by eight

foot signs for Winnipeg River Cruises in Pinawa. Her next endeavor will be the Lac du Bonnet Chamber of Commerce Christmas Party. This gala event is scheduled for December 9.

The House of Seifried will provide services for events including guests of ten to 1000 people. Seifried can work with any budget, indoors or outdoors and is open to ideas and very capable and willing to provide and create appropriate props. Her services include wedding fashions, home decorating, wedding services, gifts and much more more.

**PUBLIC MEETING**

**LAKE WINNIPEG SHORELINE EROSION ADVISORY GROUP**

**PRESENTATION OF FINAL REPORT**

The Lake Winnipeg Shoreline Erosion Advisory Group was appointed by the Government of Manitoba in October 1998 to conduct an independent review and make recommendations regarding erosion along Lake Winnipeg shorelines. The Advisory Group has completed its work and will be presenting its final report, findings and recommendations as well as the results of its consultant's reports at the public meetings noted below. Anyone with an interest in erosion of Lake Winnipeg shorelines is encouraged to attend.

Community	Date	Location
• Gimli	November 6th	Recreation Centre
• Brokenhead	November 7th	Community Hall
• Winnipeg	November 8th	Canad Inn 1824 Pembina Highway
• Victoria Beach	November 9th	Seniors Centre

**Times for all meetings:**  
Poster display: 3:00 p.m. to 7:00 p.m.  
Presentation of reports: 7:00 p.m.


Copies of the final report will be available at the meeting.

**Lake Winnipeg Shoreline**  
**EROSION**  
ADVISORY GROUP

For additional information please phone: 982-2561

**DAVID SPEAKS OUT**

**"Our economy is booming. We are cutting taxes substantially and fairly. There is still more to do."**



**The 2000 Economic statement and budget update builds on Budget 2000 by cutting taxes further and faster.**

The combined tax measures outlined in Budget 2000 and the update delivered by Mr. the largest tax cut in Canadian history - some \$100 billion in cumulative tax relief by 2004-05. But it's not such a large tax cut that it will reduce our ability to deliver the essential services - such as health care - that Canadians rely on as part of our shared quality of life.

All Canadians will get a federal tax cut - moderate and middle income Canadians in particular 52% of our tax cuts go to Canadians making \$60,000 or less. Almost all of the cuts we take effect in less than 2 1/2 months. By 2004-05 Canadians average personal income tax burden will be 21% less and 27% less for families with children.

**THE BOTTOM LINE**

Next year a single parent with one child earning \$35,000 will see their net federal tax benefits rise by \$800 to \$2200.

Next year a single parent with one child earning \$33,000 will get a 100% tax cut of \$300.

Next year a one-earner family with two children earning \$40,000 will get a tax cut of 32% or \$1100. In less than four years their tax cut will be 59%.

Next year a two-earner family of four with a combined income of \$60,000 will get a tax cut of 18% or \$1000. In less than four years, their tax cut will be 34%.

**CUTTING INCOME TAX RATES**

All personal income tax rates will drop as of January 1, 2000.

The 17% rate will drop to 16%.

The 24% middle rate, reduced from 26%, last July will be cut to 22%.

The 29% tax rate will be reduced to 26% on incomes between about \$60,000 and \$100,000 and the deficit reduction surtax will be eliminated.

**ADDITIONAL TAX MEASURES FOR THOSE WHO NEED IT MOST**

Effective July 1, 2001, the Canada Child Tax Benefit for low and middle income Canadians will be raised with maximum benefits for the first child rising to more than \$2,500 in less than four years.

Effective Jan. 1, 2001, the Disability Tax credit amount will be raised to \$6,000 from \$4,293.

Effective Jan. 1, 2001, the credit amount for caregivers of dependent relatives who are elderly, blind or disabled will be increased to \$3,500 from \$2,388.

**TAX MEASURES TO ENCOURAGE ENTREPRENEURSHIP, JOBS AND GROWTH**

The capital gains exclusion rate will immediately be further cut from two thirds to one-half.


Tax free rollovers will immediately be expanded and made available to more businesses.

A regulated variable will be provided for accelerating corporate income tax cuts from 20% to 21% with a one point drop in 2001 followed by a two point cut in each of the following three years.

**ONE TIME RELIEF FOR HEATING EXPENSES**

In response to rising energy prices and heating costs, in early 2001, the Liberal government will provide one time relief from heating expenses to help low and middle income Canadians. The relief will be \$125 per person and \$250 per family.

**On November 27, Re-Elect David Iftody**  
*David lives here and understands Provencher.*



Office Headquarters - Phone: 345-1455  
Fax: 345-1480  
Authorized by official agent Denis Pelton

# Lac du Bonnet Police Report



The following constitutes the police report for the Lac du Bonnet detachment for the period of October 26 to November 2.

**October 26**

A report was received of an intrusion alarm at the Lac du Bonnet Youth Centre. Police and the key-holder attended to find that all was secure.

**October 27**

A report was received of an explosion at a garage at a residence on PR 502. Police attended and ascertained that there had been no explosion, but that a vehicle had suddenly caught fire a short time after being parked in the garage.

A report was received of an

injury accident on PR 433. Investigation revealed that an adult male, who had been driving a tractor pulling packers, jumped from the tractor into the path of a vehicle which was passing him. He was hit by the vehicle and knocked down, and appeared to possibly have sustained major injuries. He was transported to Pinawa by ambulance, where it was determined that he had only bumps and bruises, and no broken bones.

**October 28**

A report was received of a vent window being broken out of a truck parked over night on Burrows in Pinawa.

A report was received of

dogs straying from their owner's property on Berryland Road. The matter was referred to the municipal dog catcher.

Members on patrol observed an intoxicated adult male on the street outside of a licenced premises in Lac du Bonnet. The subject was in the process of being taken home by his spouse, however, he chose to return to the area where the police were standing and began to cause a disturbance. He was arrested and lodged to sober up.

A report was received of two partially butchered doe carcasses on Tower Road. Matter referred to DNR.

An underage male was ar-

rested for shoplifting at a store in Lac du Bonnet. He was subsequently turned over to his mother.

**October 29**

A report was received from an adult female of being assaulted by her underage stepson. Matter reported for information purposes at this time.

A report was received from an underage female of being assaulted by an adult female at a Halloween social at Lac du Bonnet.

A report was received of a two-and-a-half-year-old buffalo bull being shot and found dead near Silver Falls.

A report was received of obscenities spray-painted

onto a residence in Lac du Bonnet and glue put onto a vehicle outside the same residence.

**November 1**

A report was received from Pinawa of a ten-year-old male holding onto a butcher knife at his residence and refusing to give it up. Police attended and resolved the matter.

**November 2**

A report was received of two vehicles speeding and being driven in a dangerous manner on PR 211. The registered owners were identified and contacted by police in order to be aware of the actions of the drivers.

## Lac du Bonnet Branch #164 Legion news

by Cde Norm Rimmer, CD

Remembrance Day is fast approaching and again this year we will be observing two minutes of silence at the eleventh hour of the eleventh day of the eleventh month. We would ask that anyone who will not be attending our service being held in the Legion Hall, to please stop what you're doing and be silent for the two minutes. If you are driving on the highway please pull over to the side of the road and observe the two minutes of silence.

Don't forget the Veterans' dinner and dance is being held this year on Saturday, November 11th at 4:30 p.m. The tickets are available at the bar. If you are an ordinary member make sure you give the bar staff your name so that they will give you your complimentary ticket and mark your name

off. Music will be by music man Jesse James.

Poppies are now in most stores in the various communities that our Legion covers and your support is greatly appreciated. The poppy is our emblem of supreme sacrifice and must forever hold an honoured place in our hearts and image, immortalizing as it does our remembrance and honouring of those who laid down their lives for ideals which they, we and all Canadians rightfully cherish. The poppy is the flower of remembrance in many countries. The poppy is the symbol that we individuals wear to show that we remember those who were killed in the five wars and in the peace keeping missions that Canada has been involved in. Thanks to the millions of Canadians who wear poppies each November, the little red

flower has never died, nor have Canadians failed to remember the extreme sacrifice that 116,031 of their countrymen have made on behalf of future generations.

The beneficiaries of aid from the Poppy Funds do not have to be members of the Legion. All veterans are eligible. Over the years millions of dollars have been given to worthy charities or spent providing the aged and disabled with

medical assistance and equipment, meals on wheels, etc. Monies are also provided for disaster relief. All the money collected during the poppy campaign is held in trust. It is public money, NOT Legion money and cannot be spent for Legion activities. Recently our branch purchased a colour television for the Pinawa Hospital and also summer patio furniture for Lac du Bonnet and Whitemouth personal care

homes with our Poppy Fund.

Please note that there will be no meat draw on Remembrance Day, Saturday, November 11th. We will be holding our Annual Grey Cup party on Sunday, November 26th, so come on out and bring your friends and enjoy yourself.

The next general meeting for the Ladies Auxiliary is November 7 and for the Branch it is November 21.

## Big fundraiser for LdBCC

The 2001 Community Cash Calendar is now on sale at an outlet near you.

From snowmobiling to Santa, the calendar shows off the Lac du Bonnet area with more than a dozen full-color photos with a sampling of our natural scenic beauty combined with a sprinkling of recreational and social activities that is a part of the Lac du Bonnet mosaic.

At only \$20, every home will want one or two to keep in the office or hang by the phone to keep track of those important dates. Every calendar purchase will give you 365 chances to win \$10,000 in

cash. There's a draw each and every day with a \$400 draw January 1 to kick off the year, a \$300 draw July 1st just in time for vacation and a \$400 draw December 1 just in time to help defray Christmas expenses. Every Saturday, there's a \$50 draw and \$20 draws daily.

The biggest winner will be the Lac du Bonnet community as all profits go to pay down the Lac du Bonnet and District Community Centre mortgage which sits at around \$300,000. If all 3,000 calendars sell, profits generated could reach \$42,000... a very worthwhile investment on a community

centre that is the focal point in Lac du Bonnet with a dollar value around \$1.65 million. The community has done amazingly well at raising funds for this facility in just over two years, but we still have a ways to go and your support is needed and appreciated. They're great for gift giving and stocking stuffers too!

Don't be disappointed, pick yours up soon. Calendars are available at many downtown outlets and several locations in the cottage area or phone 345-8408 or 345-2536 for bulk deliveries.

This project is spearheaded by the Lac du Bonnet Knights of Columbus.

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Lily Tomlin

Lac du Bonnet Legion #164

**WEEKLY ACTIVITIES**

Open Monday to Saturday 11:00 a.m. to 11:00 a.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



The cover of the 2001 fundraising calendar is just a sampling of the gorgeous full color photographs included throughout.

## Requiem for an Air Gunner

The pain has stopped, for I am dead  
 My time on earth is done.  
 But in a hundred years from now  
 I'll still be twenty-one.  
 My brief sweet life is over.  
 My eyes no longer see.  
 No summer walks.  
 No Christmas trees.  
 No pretty girls for me.  
 I've got the chop, I've had it.  
 My nightly ops are done.  
 Yet, in another hundred years  
 I'll still be twenty-one.



- R. W. Gilbert

# Kuwait cuisine

## Messages from Kuwait

Dave Penner, on leave from Centennial School, is currently teaching Grade 4 at the American School of Kuwait. His wife Janet is also employed at the same school in resource/guidance. They have agreed for us to publish their experiences, via email to Toni Bruneau, in a weekly column. Messages from Kuwait. Any messages or questions for the Penner's can be forwarded to Toni at The Winnipeg River Echo 345-9896.

Dear Toni,

Kuwait City is an interesting mixture of the old and new. Ultra modern malls like the Sharq Market match anything in Canada or the U.S. Goods from all over the world are available. Food chains like the Sultan Centers are like very high end Safeways. Foods from the U.S., Egypt, Lebanon, Holland, Denmark, Africa and even home grown foods are available.

Most American name brands can be found. The only problem is that certain brands mysteriously disappear from the shelves from time to time and then it's months before you see them again.

The variety is huge, we counted 14 different varieties of oranges alone during orange season. Fresh fish is available daily in the larger stores and in the old markets. The Gulf provides a huge variety of very tasty sea life. First sized shrimp to shark steaks to Red Snapper.

On the other hand the old style souks, or markets, are everywhere. Stores selling similar products are grouped

together. All stores selling cloth are found side by side in a huge area known as the "Material Souk". Jewelry stores cover several blocks and form the "Gold Souk". The "Mechanic Souk" stretches for miles, with little garages glued together one after another on both sides of the street. Very strange looking.

Kuwait has a huge variety of restaurants including McDonalds, Burger King, Applebee's, Chi Chi's and all the ethnic restaurants we have at home. Traditional food here is Lebanese, which is comprised largely of meat in the form of mutton, lamb and chicken. Camel meat is available but isn't eaten very much. There are a few dishes that take a little getting used to.

Large platters with entire sheep heads on a bed of rice, lamb's brains and sheep intestine stew are a few. "Schwarma" are very popular here. Slices of lamb or chicken are painstakingly skewered on a long spike.

These poles, laden with meat, are rotated vertically alongside a gas fire. As the outer layers are cooked they are shaved off and put into pita pocket-like Lebanese bread and eaten like a sandwich.

Many street corners have barbecue chicken vendors who roast a couple of dozen chickens at a time on pits enclosed in huge vertical cabinet-like ovens. For a Dinar (\$5.00) you get a nice hot chicken with bread and pickled vegetables. No alcoholic beverages are available in restaurants. Bags are checked at the airport (sometimes) and booze is simply confiscated if found. This is another story for another time.

Dave and Janet Penner P.S. Things to get used to: McDonalds out in the middle of the desert

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<b>NEW YORK</b> 225 gr. carefully selected striploin <b>13.95</b>	<b>SALMON FILET</b> 225 gr. Pacific Salmon broiled to perfection, finished with butter, lemon and dill <b>13.95</b>	<b>JR. RIBS</b> Slightly lesser portion of BBQ ribs <b>12.50</b>
<b>FILET</b> 170 gr. cut of choice tenderloin <b>13.95</b>	<b>BUTTERFLY SHRIMP</b> 9 large breaded butterfly shrimp with signature house cocktail sauce <b>12.75</b>	<b>CHICKEN &amp; RIBS</b> 5 oz. chicken breast with jr. rack of ribs <b>13.50</b>

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 Box 550 Ph: 367-9468 or 345-9896  
 Pine Falls, MB Fax: 367-9974 or 345-0004

## Sergeant Tommy Prince

*continued from page 2*  
 and the Korean War) would be when Prince enlisted first with the Royal Canadian Engineers and joined the 1st Corps Field Park Company, and then became a member of the 1st Canadian Parachute Battalion who would join a special forces group from the USA, an airborne formation (known as the Green Beret). \*note for this article I've only focused on his service during W.W.II.

His group would go through extensive training in Canada and in England before they were to see any action. Their first assignment would be in Anzio, Italy, 1943. It is here that Prince would see war for the first time. As he looked about from the trenches, men were being ripped apart by the rapid machine gun fire of the Germans machine guns as they attempted to advance towards the enemy. The almost silent bombs falling all around them, exploding tearing off the limbs of many good men. He heard the screams of men who had never been to church calling on God. Men who had been fearless in training were now crying like children. \* The reality and effects of combat had brought them to a realization that war was not fun and games. As night fell,

fighting ceased and it was during this time that Prince was to put his duties to work. His job was to sneak up on the enemy and pinpoint their location. Prince was swift and silent as he crawled forward, sliding over dead soldiers, German and Canadian. He made it to an old farm house where he would send back information by phone to his battalion. When this information became known the special forces group would shell the location and a barrage of shelling took place from both sides. During this fighting an explosion severed the communications line. Figuring this out, Prince took off his uniform and dressed in farmers clothes that were in the Italian farmhouse. He grabbed a hoe and went out into the fields to pretend to work. As he went between the two forces, he shook his fist at both sides and walked along the line to find where it had been damaged. When he came upon it he dropped as if to tie his shoes and reconnected the line. He continued to work for a while longer and then headed back to the farmhouse where he remained until the Germans finally retreated. It is for this act of bravery that his superiors recommended that he receive the military medal for bravery in the

field of action. It is also where his battalion received the name "Devils Brigade."

This name was given to them by a dead German soldier who had kept a diary and thus stated in it, "The Black Devil's are all around us every time we come in to line, and we never hear them come".\* They got this name because they painted their faces black when they snuck up on the enemy, sometimes slitting their throats so they cannot be heard by the warnings of those that did hear or see them coming. Prince would sometimes leave a momento for the enemy showing that he could have killed them at any time. This terrified the German soldiers more than being killed.

The next assignment would be on the coastal island of Southern France. When coming upon the German forces that had occupied an area just along the mountainous Riviera, Prince and a Private were once again needed to sneak into enemy territory to locate the Germans reserved forces. After locating the German reserves they headed back but came upon a battle taking place between German forces and French partisans. Prince and the private were determined to help the

See SEARGANTpage 15

## Remembrance Day

When you think it's a day like any other. But it's not, it's a day to remember everyone who died in the war. They risked their lives to save our country. They died, or they got sent to the hospital for us. They did this so we could be safe. Wars aren't just a game

you play. It's for real and it hurts people to get a letter that says their husband, wife or child got killed.

So our hearts go out to them every day, not just on remembrance day.

by Amanda Meilleur  
 Powerview School, Grade 6F

## Daily remembrance

Every day we must strive for the openness to deepen our understanding of life and for the ability to move beyond ignorant judgement and prejudice.

We should learn and participate to elect world governments that are loving, honest, honorable, sensible humans working for the betterment and protection of all humanity.

With our support and guidance governments can create laws to form a healed world where it is normal to have populations healthy, fed, clothed, housed and fairly treated.

Peace and harmony will

then surround and dwell in us along with feelings of tolerance, compassion and caring for all living beings, creatures and environments.

These should be daily thoughts, prayers and goals to help maintain the peace many people have fought, died and sacrificed for over the course of our planet's history.

It's now up to us to remember, and value what we have. Daily remembrance of these powerful thoughts will unit us with the positive vision needed to continue building upon what others have started.

by S. Sheane

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Parent volunteers Annette Chevretil, Elise Zolinski and Leah Boulet serve Halloween hot lunch.

## Les nouvelles de l'École communautaire Saint-Georges

L'école bénéficie d'une superbe équipe de parents bénévoles. Pendant quelques fins de semaine une équipe d'ouvriers bénévoles a travaillé de longues journées afin de terminer la construction d'un entrepôt d'environ 500

pièdes carrés. Les membres de cette équipe étaient Guy Bruneau, Denis Boulet, Denis Caya, Ronald Dupont, Richard Dupont, Gilles Avanthay, Yves Bruneau et Roger Desmarais. Lors de notre fête d'Halloween, une équipe de

mères a préparé un délicieux dîner pour les élèves, le personnel et les invités. Après ce repas, offert gratuitement, les élèves ont participé à un après-midi de jeux et d'activités organisés par le conseil étudiant.

## The Happy Tots Place

Hi, I'm Carolyn Boisjoli, I'm an Early Childhood Educator III. I have received the majority of my training from Red River College.

I have been married to Yves Boisjoli for 23 years, and have three children. Two handsome boys Jason 20, Clayton 17, and a beautiful girl Azariah who is eight years old.

I have worked in the Child Care field since 1986. I am employed at the Happy Tots Place as the Program Director. It is my responsibility to make sure the program is exciting, creative, fun and age appropriate.

Children learn through play, and the more they enjoy it the more they want to learn. Each day holds a lot of activities such as craft, science, learning circle, and movement.

At craft time children learn to express their own creativity through cutting, gluing, painting with all kinds of colours and textures.

At learning circle we share information about our weekly themes through story books, pictures, flannel board stories,

and items such as space ships and astronauts to go along with the space theme.

At science time they explore, discover, and have hands on experience for example, cooking.

At movement time they use their gross and fine motor skills through theme related activities such as games like *going on a bear hunt, wheels on the bus*, etc.

All activities we carry out promote imagination and creative thinking. We also have free play time for the children to socialize by interacting with other children in their own way (with guidance when needed) in their own environment.

The centre also promotes getting involved with the community. We have special visitors such as police officers, Smokey the Bear, as well as having a float in the 4P parade, and taking trips (walking) to the post office, train etc. (special holiday parties are included in planning).

Contrary to some people's

belief that centres are baby-sitting services, we take pride in providing a solid foundation for the children's overall development through each and every activity we carry out with the children daily.

With this fact in mind centres like ourselves have a brand

new name "learning centres". Spark your curiosity? Come on by and check us out (5 walnut St. Pine Falls).

Themes for the month of November are: October 30 to November 3 *Space*; November 6 to 10 *Me, Myself and I*; November 13 to 17 *Health*; November 20 to 24 *Family*; and November 27 to December 1 *Winter*.

## Saint-Georges School news

Volunteer parents provide enormous support to our school. Recently, a team of dedicated volunteer builders spent a number of weekends completing the construction of an approximately 500 square foot storage building. This talented work crew consisted of Guy Bruneau, Denis Boulet, Denis Caya, Ronald Dupont, Richard Dupont, Gilles Avanthay, Yves Bruneau and Roger Desmarais. For

some, this meant sacrificing an opportunity to go goose hunting in order to work on this school project.

On Hallowe'en Day a team of volunteer mothers prepared, free of charge, a delicious hot lunch for the students, staff and guests. After lunch the students were treated to an afternoon of games and activities organized by the student council.

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## Remembrance Day Saturday, November 11, 2000

Remembrance Day is not a holiday, but a day of commemoration to honour, observe, and reflect on the contributions made by Manitobans and Canadians during wars and international conflicts.

On Remembrance Day retail stores and services will be allowed to be open only **BEFORE** 9:00 a.m. and **AFTER** 1:00 p.m.

Services and businesses allowed to operate all day include:

- Hospitals, police, firefighting and security services;
- Emergency services for furnaces, heat, light, electricity, gas or water supply;
- Hotels, restaurants and continuous operation businesses;
- Transportation services by railway, aircraft or motor vehicle;
- Child care and home care services;
- Those in care of perishable products or live animals;
- Commemorative or religious services.

Services and businesses allowed to operate all day are to pause for **three minutes** to allow employees to reflect on the day starting at one minute before 11 a.m.

Employees who work on Remembrance Day have entitlements similar to those of a general holiday, as set out in The Employment Standards Code.

Employees in retail establishments have similar rights of refusal to work on Remembrance Day, as they do on Sundays.

**FOR FURTHER INFORMATION:**

Employment Standards Branch  
Winnipeg: 945-3352  
Outside Winnipeg: Toll free 1-800-821-4307  
Internet: <http://www.gov.mb.ca/labour/standards>



## ALL CANDIDATES FORUM

WEDNESDAY, NOVEMBER 22

Lac du Bonnet

Keep Wednesday, November 22 open for the all candidates forum.

Be in the know! Come listen and ask your questions to the four candidates in Provencher.

The forum will be held at the Lac du Bonnet Community Centre, probably starting at 7:00 p.m., sponsored by the Lac du Bonnet Chamber of Commerce.

Watch for posters and further details next week.



## What's Happening?

Wings of Power and Debbie Viel the Public Health Nurse for the Blue Water District will be hosting a Women's Sharing Circle one evening each month at Wings of Power. The first sharing circle will begin November 16 at 7:00 p.m. The Sharing Circle is a place women can come and share

their experiences in the company of others. For more information call Crystal at 367-9641.

The Fibromyalgia Support Group will be meeting on November 16 and 30 at 7:00 p.m. at Wings of Power. If you are interested in attending call Doreen or Crystal 367-9641.

## New faces at Wings of Power

My name is Nanci Bruyere and I'm from Sagkeeng First Nation where I currently reside. My spouse Rene and I have two beautiful daughters, Anna who is six and Gillian who is two months old. For eleven years I lived in Winnipeg where I attended Junior High and High School. In 1988 I lost my father Edwin Bruyere who was from Sagkeeng. My mother is also from Sagkeeng, Helen Bruyere. I have one sister, two brothers, six nephews and two nieces.

As of right now I'm in my last year of obtaining my degree in Bachelor of Social Work through the University

of Manitoba. I've been so fortunate because the University of Manitoba has offered this program in Sagkeeng. I'm currently doing my last field placement at Wings of Power. I started October 19, 2000 and will be there until April. This place is unique because it allows anybody to come in and get support. It has no jurisdictions, so if your from Sagkeeng, Black River, Powerview or Pine Falls your welcome. If you decide to drop by come say hello and have chat with me. I look forward to meeting new people while I'm there.

Sincerely,  
Nanci Bruyere

## Remembrance Day Services

by Charles Norman

At the going down of the sun and in the morning - we will remember them.

Royal Canadian Legion ceremonies in Pine Falls, and Lac du Bonnet next Saturday will commemorate those who died in two world wars, the Korean Conflict and in Canada's peace keeping actions throughout the world.

In Pine Falls the ceremony will be outside, at the cenotaph, it will begin shortly before 11:00 a.m. In Lac du Bonnet the ceremony will begin inside the Legion Hall at 10:30 a.m. Both ceremonies will begin with the March On of Colours and the National Anthem.

The last post will be sounded just before 11:00 a.m. followed by two minutes of silence. The honour roll of those who gave their lives for freedom will be read and wreaths laid. The ceremony will end with God Save the Queen and the Marching Off of the Colours.

In Pine Falls the ceremony will be followed by the tradi-

tional tomato soup in the Legion Hall. Sandwiches will be served. In Lac du Bonnet there will be a dinner and dance in the evening. Dinner will be served at 4:30 pm.



## Correction

Last week's article, *Village of Powerview Council considering by-law to ban off-road vehicles*, by Gord Sokoloski of the Maskwa Club in Pine Falls, should have read, "rate increase effective December 1, 2000". We are sorry for any inconvenience this may have caused.

## Ask your Pharmacist

### How to travel with your medications

If you are going on a trip, take special care when packing medications. Never put your full supply of medication in any luggage which will be checked. A few days' supply should be stored in carry-on luggage. The best way to carry medication is in an insulated bag to prevent variation in temperature. If any medication requires refrigeration, make arrangements with the airlines or cruises before boarding. Depending on the length of a trip, a cold pack in your insu-

lated bag may maintain a cold environment for medications. If travelling by automobile, don't store the medication bag in the trunk of the car or where the heat can get to it.

Remember to obtain a new written prescription for each medication in case you stay longer than planned or if your luggage is lost. Have your physician type the prescription for easier identification in a for-

eign country. In addition, the brand and generic name could be helpful in countries where drug names differ from ours. Also, have the physician indicate the reason for prescribing the product in case that particular chemical entity is not available.

If you are unsure of how to store any medications while travelling, ask your pharmacist for advice.

## ECHOES FROM THE **Heart** Without struggles

A student found a cocoon one day and brought it to his homeroom which was in the biology lab. The teacher put it into an unused aquarium with a lamp to keep the cocoon warm. About a week went by when a small opening began to appear on the underside of the cocoon. The student watched as it began to shake. Suddenly, tiny antennae emerged, followed by the head and tiny front feet. The students would run back to the lab in between classes to check on the progress of the cocoon. By lunchtime it had struggled to free its listless wings, the color revealing that it was a monarch butterfly. It wiggled, shook, and struggled, but now it seemed to be stuck. Try as it might, the butterfly couldn't seem to force its body through the small opening in the cocoon.

From the table, snipped off the cocoon's restrictive covering, and out plopped an insect-like thing. The top half looked like a butterfly with droopy wings, the bottom half, which was just out of the cocoon, was large and swollen. The butter-pillar or cater-fly never flew with its stunted wings. It just crawled around the bottom of the aquarium dragging its wings and swollen body. Within a short time it died.

The next day the biology teacher explained that the butterfly's struggle to get through the tiny opening was necessary in order to force the fluids from the swollen body into the wings so that they would be strong enough to fly. Without the struggle the wings never developed and the butterfly could not fly.

As for the butterfly, so too for us - we cannot violate the Laws of Creation. Without struggles a lot of things in life never develop.

Finally, one student decided to help the butterfly out of its difficulty. He took scissors

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## Recommendations for nutrition labelling

Marilyn Zarecki, Home Economist  
Manitoba Agriculture, Beausejour, 268-6015  
e-mail: mzarecki@agr.gov.mb.ca

Health Minister Allan Rock announced proposed changes for nutrition labelling. Nutrition labelling on prepackaged foods will now be mandatory, have a consistent look, and include more nutrition information.

"These new labels will help Canadians make more informed choices about the foods they eat," said Minister Rock. "Healthy food choices contribute to better health. Whether consumers are striving to decrease fat intake, increase calcium or are simply wanting to see how a food fits into healthy eating, the food label can help as it will make information more consistent and easy to understand."

The policy proposal is that nutrition labelling should:

- be mandatory on all foods, with exemptions provided to small business, restaurants and food service, foods packaged at retail, and fresh fruit and vegetables;

- provide core information on: calories, fat, saturated fat, trans fat, cholesterol, sodium, carbohydrate, fibre, sugar, protein, vitamin A, vitamin C, calcium and iron; and

- be consistent in look, easy to find, legible and readable.

**When will consumers see the new Nutrition Facts box on food labels?**

Consumers should begin seeing the new Nutrition Facts

on food labels within a few months. However, manufacturers will be given up to two years to fully implement the new policy in order to take into consideration their product purchasing cycle.

How does this policy differ from what currently exists?

Currently, nutrition labelling is fully voluntary, does not look the same on all foods, and when present, usually gives information on only a few nutrients.

### Are there any exceptions?

Yes, exemptions include: foods produced by manufacturers classified as a "small business"; foods that contain insignificant amounts of all of the nutrients required to be included in the Nutrition Facts box; foods packaged, processed or prepared in a retail establishment and not offered for sale outside the retail establishment; all fruit and vegetables; and foods served or sold only in restaurants or in other establishments in which food is served for immediate consumption.

Foods for which an exemption is provided lose their exempt status if their labels or advertisements carry a nutrient content claim, a health claim, or a health-related name, statement, logo, symbol, seal of approval or other proprietary mark of a third party; vitamins and/or mineral nutrients are added to the food.



## Health Connections

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

## Adolescent bones... the time to build is now!

One of the topics discussed at the recent "Girls on the Move" day in Lac du Bonnet and Pinawa high schools was that of strong bones, and a very appropriate topic it is for that age group. Osteoporosis (brittle bones) is not an issue that rises to the top of the worry list for most parents. But what we know about osteoporosis should put all parents on alert.

Osteoporosis has been described by some experts as "a childhood disease that manifests itself in later years". In other words, what happens in the period from childhood to young adulthood can have far-reaching consequences later in life.

A Small "Bone Building Window" of Opportunity Late childhood and adolescence are the best and most efficient time in the life cycle to build strong bones. Bones grow rapidly in both size and density during this time. The greatest increase in bone size and density occurs between the ages of 11 and 14 for girls, and between ages 13 and 17 for boys. By age 16 most girls have reached their peak bone mass. For most boys this occurs by age 20.

Peak bone mass is an important consideration in determining bone density in older men and women. In other words, if parents think of their child's bone density as a bank account, every time they make a "deposit" of calcium, they are securing their child's future in the form of stronger bones. Both men and women start to lose bone mass in their mid 30's. If they have built up enough bone mass during their younger years, they are better able to "afford" this bone loss, and better able to prevent osteoporosis-related bone fractures, back pain, and deformity later in life.

With this in mind, experts are becoming particularly con-

cerned about the impact of poor nutritional habits in children and teens. Calcium deficiency is a significant concern, especially in teenaged girls.

### Prescription for Strong Healthy Bones

\* *Ensure adequate calcium intake.* That means the equivalent of 3 - 4 eight ounce glasses of milk per day for teens and pre-teens (depending on gender). While dairy products are the best calcium source, there are other options.

\* Weight bearing physical activity is essential for strong bone development and maintenance.

\* Don't smoke. Smoking causes bones to lose calcium.

\* Consume cola and coffee in moderation. They contain caffeine, which is thought to "leach" the calcium out of bones.

Remember... the time to build is now! For more information on this topic please call this office at 345-1214.

Source: Osteoporosis Society of Canada

### Lac du Bonnet Community Billboard

**2000 Manitoba Attorney General Crime Prevention Awards** will be held November 16 at Garden City Canal Inn, 2100 McPhillips Street, Wpg. For tickets and info call 945-5286.

**Cholesterol and Healthy Eating** November 9, 10-15 a.m. Prada Hall, come out and meet Dale Kornelson, our new community dietician.

**Presentation on Stress** by Leone Pommer, November 15, 1:30 p.m. Hadashville Seniors.

**Wellness Day** November 23, 12:30 p.m. Lac du Bonnet Pioneer Club.

**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' Auxiliary 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.

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

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

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

**Lakeshore AI-Anon Group** Thursday 7:30 p.m. Lac du Bonnet District Health Centre, 89 McIntosh Call Teri 345-8712.

**Lakeshore AI-A Teen Group** begins November 2, 6:30 p.m. at Lac du Bonnet Youth Centre (McArthur Avenue). 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 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, lifeline personal response system, friendly visitors, fee-for-service handy helpers, information volunteers.

**Pioneer Club** meets first Monday of 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, Hadashville.

**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 Karlowksy, 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.

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## Library Corner *Lac du Bonnet Regional Library*

Celebrate Canadian Children's Book Week with us! We invite you to mark your calendar for Thursday, November 9, and join us from 7:00 to 8:30 p.m. at the library for our annual Family Storytime Evening.

Some of the new books being processed for this special evening are: *From Far and Wide (A Canadian Citizenship Scrapbook)* by Jo Bannatyne-Cugnet is the story of little Xiao Ling Li, who becomes a Canadian citizen along with her parents in a very special ceremony. This book for children also provides useful information about the process of becoming a

citizen.

*Amazing Grace (The story of the Hymn)* was written by Canadian author Linda Granfield and illustrated by Janet Wilson, a graduate of the Ontario College of Art. The unlikely composer of this hymn, John Newton, was a slave trader whose prayer for deliverance during a storm at sea changed his life forever. From then on he worked hard to bring an end to the slave trade.

Another Canadian author, William Kurelek, grew up on the Prairies during the hard 30's. His family farmed in Alberta,

then later in Manitoba and this provided a setting for his award-winning books, *A Prairie Boy's Winter* and *A Prairie Boy's Summer*. Time spent working in the lumber camps of northern Ontario and Quebec provided the inspiration for another book, *Lumberjack*, published in 1974. He was on of Canada's best-known artists as well. "The collection of twenty paintings done by Kurelek for *A Northern Nativity*, published in 1976, enlarged on his belief in the universality of the Christmas message. William Kurelek died in 1977, but his legacy

lives on." Adults and children will enjoy his books!

Gilles Tibo's children's books have won many awards. His stories about the irresistible Simon are published in several languages. We now have *Simon in Summer*; *Simon and his Boxes*; and *Simon Makes Music*. *The Cowboy Kid* is an unforgettable book about freedom and the power of imagination.

*Fly with Poetry* is a book that grew out of author, Avis Harley's life-long interest in experimenting with words, rhythms, patterns and ideas. This "A B C of Poetry" makes

exploring a lot of fun!

The next time you pick up a book, find out a bit about the author and illustrator. Where and when was it published? Does the author have a pseudonym? Enjoy the world of books ... and check out a new author or two this week! Read Canadian — look for the maple leaf stickers on many of our books! And Remember — bring the whole family to the library on Thursday evening to get acquainted with a lot of new Canadian books and enjoy some special activities for the kids and refreshments for everyone!

**Community Billboard - ph 367-9468**

**Helpers Journeys** - A six week Caregivers Workshops beginning Monday, October 23, 7:00 p.m. Whitemouth Seniors Club room. Call Diane at Two Rivers Seniors 348-4610 for info.

**Library Allard: Library Hours** - Tuesday 10:30 a.m. to 5:00 p.m. Wednesday - Thursday 1:00 to 5:00 p.m. 6:30 to 8:00 p.m. Friday 1:00 to 5:00 p.m. Saturday 10:30 a.m. to 4:00 p.m.

**Beaches Library: Library Hours** - Tuesday 1:00 to 5:00 p.m. Thursday 4:00 to 8:00 p.m. Saturday 10:00 a.m. - 2:00 p.m.

**Knights of Columbus: Meetings** every second Tuesday of the month 7:30 p.m. Powerview Church basement.

**Silver Haven Club: Cribbage** - every fourth and fifth Monday, 1:30 p.m. - Whist - every Thursday, 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 Auxiliaries: Meetings** first Tuesday of every month, 1:30 p.m.

**Cottage Country Business Assoc.:** Meets first Monday of the month, 7:00 p.m. October through May, ph 756-2596.

**Alcoholics Anonymous:** Sunrise 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 second Thursday of the month 7:30 p.m. Legion. Meat raffles held at Legion on Fridays 4:30 to 5:30 p.m.

**Pine Falls Masonic Lodge # 154:** meets on second Friday of every month in the Pine Falls United Church. Except January and February.

**Badminton:** Pine Falls School Gym, Sunday and Wednesday nights, 7:00 to 10:00 p.m.

**Powerview Garbage pickup** every Wednesday recyclable pickup first and third Thursday of each month P.A.A. meeting first Tuesday of each month at 7:00 p.m.

**Village of Powerview meetings**, second Tuesday of each month.

**Winnipeg River Senior Service Inc.:** Coordinator: Tina Poltschuk, Office: Pine Falls Health Complex, Telephone: 367-9128, Hours: 9:00 a.m. to 3:00 p.m. Monday to Friday. Services: transportation, home maintenance, foot care, volunteer help, info.

**Family Care Giver Support Group** at the United Church, Pine Falls, last Thursday of the month, 7:00 p.m.

**AA & Al-Anon:** The Beaches family group - Thursdays 8:00 p.m. Senior Scene, Victoria Beach, 1 Atchaf Road 756-8018 or 756-2101.

**Pine Falls Library:** Open 3:00 p.m. to 5:00 p.m. Monday and Thursday.

**Happy Tots Day Care:** 167-2601, board meetings last Monday of each month 7:00 p.m. at the daycare.

**Senior Scene Inc.:** #1 Atchaf Rd., Victoria Beach General meetings second Tuesday of the month Call 756-6468 for more info.

**Mental Illness Support Group:** meets second Wednesday of the month 7:00 p.m. Wings of Power office.

**Beaches Help Centre:** 756-6471, Wednesday 1:00 to 4:00 p.m., Friday 10:00 a.m. to 1:00 p.m.

**Powerview Parent Advisory Council:** meets first Thursday of every month.

**Great Falls Hall Workers:** Tuesdays and Thursdays from 10:00 to 11:00 a.m.

**Winnipeg River Church Services**

**NOTRE DAME DU LAUS: POWERVUEW** - Saturday evening 7:30 p.m. (English), Sunday 8:30 p.m. (French), 10:30 a.m. (English); STEAD - Saturday 5:00 p.m.

**EINE FALLS UNITED CHURCH:** Sunday service Sunday school 11:00 a.m. Rev. Jack Ballantine-Dickson Office hours: Tuesday to Friday 10:00 a.m. to 12:00 noon, ph. 367-2633

**EINE FALLS ANGLICAN CHURCH OF THE ADVENT:** Ph. 367-8347 Rector, the Rev. Brian Rountree Sunday Service at 9:00 a.m.

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

**ST. GEORGES:** Mass Sunday at 8:00 a.m. and 10:00 a.m.

**ST. JUDE'S ANGLICAN CHURCH** Grand Marais, Holy Eucharist - second and fourth Sundays, 11:00 a.m. Morning prayer 11:00 a.m. - first, third and fifth Sundays.

**TRINITY EVANGELICAL LUTHERAN CHURCH** Thalberg, 1 mile east and 1 mile south of Junction #12 and #364, St. John's Evangelical Lutheran Church, Greenwald on Hwy #12, 1 1/2 miles north of junction with #317. Sunday church school 10:00 a.m., worship 11:00 a.m. (alternate locations) For info call 635-2625 or 754-8682.

**CHRISTIAN FAITH FELLOWSHIP:** Bible study 7:30 p.m. Thursday, church service 10:30 a.m. Sunday school 10:00 a.m.

**HOUSE OF PRAYER FULL GOSPEL:** 2:30 p.m. every Sunday, Scantebury, on Hwy #59.

**ST. MARGUERITE R.C. MISSION** Pth Road - Traverse Bay, 11:30 a.m. Sunday additional mass mid-June through Labour Day 7:30 p.m. Saturday Closed November 1 to April 30th.

**ST. ALEXANDER R.C. CHURCH** located at Sagkeeng First Nations Sunday mass 10:30 a.m.

**ST. THERESA R.C. MISSION** #8 Glendale Avenue, Grand Marais Mass or community service 7:30 p.m. Saty. first Saturday of November to last Saturday of April. May through October mass 10:00 a.m. Sunday.

**SAGKEENG CHRISTIAN FELLOWSHIP CHURCH:** Lloyd Guimond (Pastor) Sagkeeng South Shore, service Thursday 7:30 p.m. and Sunday 2:00 p.m.

**CHRIST CHURCH ANGLICAN:** Sunday 2:30 p.m. at Hollow Water.

**GRACE BAPTIST CHURCH:** Bible study, Wednesday 7:30 p.m., call Pastor Todd Goudy for information 367-2531.

## Christmas is coming Recreation Ramblings

by Michelle Chudd, Recreation Director  
Winnipeg River Recreation District

Okay — I know that rushing the fall season is taboo with a lot of people, but the fact of the matter is that the Christmas season is vastly approaching. How do I know this? Because I am du Bonnet's twentieth annual Christmas craft sale is in less than two weeks! And if you're like me — you start your Christmas shopping (and baking) at this sale! So mark Saturday, November 18 on your calendar and plan on making the trip to lac du Bonnet and visit the community centre — for the biggest sale around!

### Mother-daughter gym night

An idea came about prior to our On the Move Girls Day that it would be a lot of fun to have

a mother-daughter gym night as a means to get all girls active and out having fun together, if there is interest, the rec office is willing to set it up — so give me a call and let me know if you are in. Now this could be once a week or once a month — whatever you like and you can play whatever you like that night! Sounds pretty flexible? I think so!

### Drawing classes

Art in the afternoon has a sequel... and that's drawing classes, November 8 to 29, four afternoons from 1:00 to 3:00 p.m. at Pinawa Secondary art room. Topics include seeing and drawing, contours, values, positive/negative spaces and composition. Instruction provided

by local artist, Brenda McKenzie. For more information contact the rec office.

**Pinawa badminton club:** Do you enjoy the sport of badminton? This fun, recreation league meets every Tuesday from 8:30 to 10:30 p.m. and Wednesday evening from 7:30 to 9:30 p.m. at the Pinawa Community Centre. Lessons can also be provided too. For more information contact Elaine Greenfield at 753-2515.

**Adult rec volleyball and basketball:** 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. at the LdBSS gym. Come on out! Due to high school sports — rec night may not run due to home games, organizers will have a telephone tree to let those interested know.

**Hallway walking:** Every Monday to Friday from 4:30 to 8:30 p.m. at the LdBSS.

**Pinawa basketball night:** every Monday from 8:00 to 10:00 p.m. at the community centre. For more information contact Tara Lotz.

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**Wednesday, Nov. 8**  
Salad, barbecue chicken wings, rice, carrots, tapioca pudding

**Friday, Nov. 10**  
Soup, liver and onions, mashed potatoes, stir fry veg., fruit torte

**Monday, Nov. 13**  
Salad, roast pork, mashed potatoes, celery and carrots, fruit cocktail

# WEEKLY CROSSWORD



## An Array of Acronyms

### ACROSS

- 1. Yuletide
- 5. Desire
- 9. Shipper's acronym
- 12. Facts
- 13. Opera selection
- 14. Shaft of light
- 15. Implore
- 16. Oodles
- 17. Reverence
- 18. Early garden?
- 20. STOP and YIELD e.g.
- 22. Spellbinder
- 25. Liberationist's acronym
- 26. Trader's acronym
- 27. Before (poetic)
- 28. Cyclist's acronym
- 31. Grow weary
- 32. Sky-gazer's acronym
- 33. Halo
- 34. One of the Lennons
- 35. Tax-payer's acronym

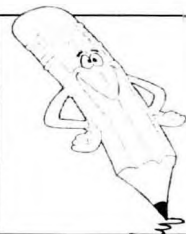
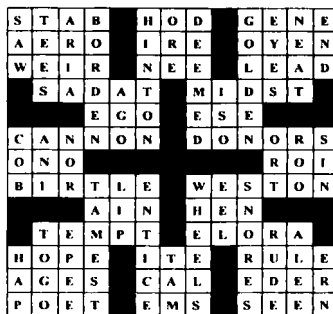
- 36. Contribution
- 37. — Royale
- 38. Assemblages
- 39. Power provider's acronym
- 42. A sophomore or a junior, e.g.
- 43. Japanese sash
- 44. Rip
- 46. Miner's acronym
- 50. Broadcaster's acronym
- 51. Arc, to some
- 52. Ardour
- 53. Hardwood treet
- 54. Poverty
- 55. Dutch cheese

### DOWN

- 1. Voter's acronym
- 2. Row boat item
- 3. Travel agent's acronym
- 4. Nursery feature
- 5. 1120
- 6. Press?
- 7. Everyone's acronym
- 8. Bother
- 9. Peak
- 10. Chess piece
- 11. Whiskeys
- 19. Paramedic's acronym
- 21. Educator's acronym
- 22. Aware of
- 23. Precipitation
- 24. Hair do
- 25. Partner of to
- 27. Banking acronym
- 28. Postman's acronym
- 29. Scum

- 30. Floor protectors
- 32. Exploit
- 33. Supply a coat?
- 35. Cereal protein
- 36. Outrage
- 37. Cheque casher's acronym
- 38. Hollowed out
- 39. Palm tree
- 40. Rock group
- 41. — of time
- 42. Diligence
- 45. Summer, sometimes
- 47. Man's name or Scottish thug
- 48. Driver's acronym
- 49. Salamander

### 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

PVGWKZKB TJ SKMND TD GDMKB  
KDQJ TD

### Last Week's Solution

"IT IS BETTER TO BE FEARED THAN LOVED, IF YOU CANNOT BE BOTH"

- SKDHGRTD XBGDLYTD

- NICCOLO MACHIAVELLI

# WEEKLY HOROSCOPE

for the week of November 6th to 12th

**Aries** - Watch out for a friend you thought was a true friend and confidant. Concerning a matter at work, you may have to repeat yourself because you haven't been too clear. Try not to lose your patience because it wouldn't look good to others.



**Taurus** - Relationships with friends and neighbors may be strained. It's up to you to keep the lines of communication open and try to fix any problems you can. Your key phrase this week is first things first. Keep it in mind when you get very busy.



**Gemini** - No one has the power to restrain you or prevent you from reaching your goals. If someone is trying to block you, change course. Attack your goals from a new direction, work on your self-confidence, and you'll be on your way.



**Cancer** - This week, it's important that you listen to others. You've had a tendency to be a talker and not listen too well. It's important that you change your tune and open your ears. You won't be able to avoid upheaval at work for much longer.



**Leo** - Don't wait any longer. Schedule some time off now, before it's too late to take a favorite family day off. Beware of an acquaintance who may be up to no good. It might not be a good time to promote that relationship. It's better to stay clear of it.



**Virgo** - It's your week. Make the most of it. Enjoy some special attention from a very special person in your life. The attention will do a lot to boost your self-confidence. Why not plan something extra-special for you and a friend to celebrate?



**Libra** - Others may have the facts wrong. Do what you can to pretend you haven't noticed. It's better to do that than get involved in a long, drawn-out argument over who's right and who's wrong. They will come around at a later date.



**Scorpio** - You don't need other people's approval to accomplish your goals. You know your own strengths and weaknesses better than anyone else. Capitalize on those strengths. Then take your weak areas and try to improve upon them.



**Sagittarius** - Use your tactful attitude and listen to both sides in an annoying situation at work. It will soon become clear that neither side is all right or all wrong. Don't lose your patience; work with them to understand that the problem can be worked out.



**Capricorn** - Your high hopes concerning a potentially romantic relationship may be premature. Don't let it get you down. It could be that the relationship will work out in the end—it will just take more time than you have given it.



**Aquarius** - Discretion is very important when it comes to financial situations this week. Someone may be eavesdropping, which could ruin some possibilities for you. Breathe some fresh life into your routine. Go out for lunch with friends one day.



**Pisces** - This may not be the week to make changes at home. What may seem like a great idea right now will lose steam, and it won't end up being such a great idea. Some financial concerns will creep up this week. Face them head on.



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### For Sale

Used electric furnace - 25 kW, good condition, asking \$250, call 367-2627.

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**The Echo Classifieds DEADLINE FRIDAY 3:00 P.M. Phone 367-9468 or 345-9896**

### Obituary

#### HENRY ABRAM SCHMIDT 1922 - 2000

Beloved husband, father, grandfather, greatgrandfather on Monday, October 30, 2000 at the Pinawa Hospital, Pinawa, Manitoba. Henry Schmidt aged 78 years, beloved husband of Alice Schmidt of Pinawa, Manitoba.

Besides his loving wife he leaves to cherish his memory, children Craig (Bonnie), John (Moir), Karen (Bob), Gail (Larry), Jeannette as well as grandchildren Jennifer, Christopher, Chad, Kara, Chloe, Robyn, Alexander, Allisa and Evan. Also surviving are sisters Dora Doersam and Helen Hammond as well as numerous nieces and nephews, relatives and friends.

Henry was predeceased by his brothers Ed and John.

Henry lived and worked in Pine Falls, Manitoba, before he and wife Alice moved to Pinawa in 1998. Henry was an avid outdoorsman. "Happy Fishing Henry".

The family would like to

extend their heartfelt thanks to the staff of the Pinawa Hospital for the tenderness and compassion shown to our husband, father and grandfather during his time in the hospital.

Cremation has taken place and a memorial service will be held in Henry's memory on Thursday, November 2, 2000 at 2:00 p.m. from Wiebe Funeral Chapel, Altona, Manitoba. His cremated remains will be interred in the family plot in the Edinburgh Cemetery, Gretna, Manitoba.

If friends so desire memorial donations in his memory may be made to the Canadian Cancer Society, 193 Sherbrook St. Winnipeg, Manitoba or to a charity of one's choice.

RUSSELL FUNERAL HOMES LTD & CREMATORIUM of Beausejour and Lac du Bonnet in care of arrangements. 1-204-268-2263.

### Cards of Thanks

I would like to thank everyone who came out to my retirement party and to the ones who were unable to attend.

Thank you to Rita and Wally Parisian and all who helped with the lovely dinner.

Special thank you to Cliff and Janet Rideout. It was a wonderful evening and I will always remember it.

Sharon Tremain

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## PUBLIC NOTICE

NOTICE IS HEREBY GIVEN that the regular board meeting of the Lac du Bonnet Planning District for the month of November shall be as follows:

**MONDAY, NOVEMBER 20, 2000 - 5:00 P.M.**

Marlene Watson, Secretary Treasurer  
LAC DU BONNET PLANNING DISTRICT



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### Powerview Ladies

## Auxiliary fall tea 2000

#### Powerview Ladies Auxiliary Tea Committee

The Powerview Parish Hall was bustling with activity Sunday, October 29. The fall tea has become a tradition for the parishioners and surrounding communities and the continued support and attendance is greatly appreciated. The tea raised over \$2,500 for the auxiliary again this year.

Thank you goes to all the volunteers who worked very hard to make this happen, there are too many to mention but you all know who you are. Many of the volunteers have been involved throughout the 17 year history of this event. This year we received over 50 gifts donated for raffles and door prizes, along with the wonderful selection of baked goods, crafts, plants and stuff for the kids, not to mention the fabulous dainties served with the coffee and tea. An outstanding and heartwarming example of charity and generosity.

See you all next year!

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### THE RURAL MUNICIPALITY OF LAC DU BONNET

## PUBLIC NOTICE

The Administration Office of the Rural Municipality of Lac du Bonnet, located at #4187 PR #317, one mile north of PTH #11, will be

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Marlene Watson, Chief Administrative Officer  
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## Sergeant Thomas (Tommy) Prince

continued from page 8

French soldiers, so they found a location and began picking off the German soldiers who were too focused on the French forces to realize what was happening. After losing many men, the Germans retreated, and the French came to see who had been assisting them. Prince and the Private emerged from behind an embankment and went to meet the French commander. "Where is the rest of your company?" asked the French leader. "Here," Prince replied. "Mon Dieu," said the Frenchman, "I thought there were at least fifty of you!"\* Again, Prince was recommended for another medal called the Croix de Guerre, but the courier that was to deliver the recommendation was killed. After returning to his battalion, the Americans awarded him with the Silver Star for his role in the fighting. At the completion of this war, Prince returned to Canada, and to his reserve in Scantbury, Mb.

Sgt. Tommy Prince was born on October 1915 in a canvas tent in Petersfield Mb., and was one of eleven children.\* He at-

tended the Elkhorn Residential School where he received a grade eight education and often dreamed of becoming an engineer when he grew up. But times were tough and he had to leave school to help the family survive. He learned the skills of hunting and trapping from his father which made him an excellent sniper in his military life. Following World War II he was asked by the Manitoba Indian Association to be their spokesman regarding bands requests to federal officials. He gladly obliged knowing that he having a strong concern for aboriginal issues may have an impact on being heard. He was wrong. Prince being a war hero made no difference in hurrying the negotiations between First Nations peoples and the federal government.

Racism has always been a part in Prince's life. Dating back to when he and his younger brother had left home in pursuit of employment. Their first experience came when they had arrived at a Grand Beach train station in hopes of grabbing a train ticket at a discounted rate from one of the

non-aboriginal persons there into Winnipeg. "They did not want to sell their ticket to an Indian." Another incident was along the way out of Brandon going south where they found and worked for a wealthy rancher and were practically offered slave wages for the work they've done (stacking hay and building fences). This ranchers daughter watched them when they ate to make sure they did not eat any more then they were allowed. They slept in the barn with chickens and rats, and after two weeks of being treated disrespectfully, they decided to quit and look elsewhere. They were never paid for their labour.

Tommy Prince was the great, great grandson of Chief Peguis. The name "Prince" was received when chief Peguis had gotten married in a Christian ceremony, on October 7, 1840. Peguis was given the name William King after the King of England and his wife received the name, Victoria, after Queen Victoria. It is here that Peguis said, "My son's are now Princes, and shall be known by that name from now on."\*

The life of this very courageous "gentleman" (as some have said that knew him), began like any other child's. He played until he was old enough to do a man's work. He shared whatever he had with many people, especially his community. Whenever he did do something he wanted to be the best at it, as if to prove it to the world. And during his service in the military, he never tried to hide his origin of being an Indian (as the title given to the aboriginal people in those days). There is this letter he received from his father while in service that he shared with his battalion when he was promoted to Sergeant. "I've got a smoke signal from the Chief". With a sense of humor, he openly and proudly displayed who he was. Sadly after receiving an honorable discharge from military service he

fell into a life of difficult times, but that is something that such an honorable man should not be remembered as.

Sergeant Thomas (Tommy) George Prince passed away November 25, 1977 at the Deer Lodge Hospital in Winnipeg. He was given a full military burial at the Brookside Cemetery in Winnipeg. With the presence of active soldiers, veterans, Manitoba's Lieutenant-Governor Jobin, Consuls representing France, Italy and the United States. Also farmers, fisherman, trappers, businessmen and many others. This article is a tribute to him during the time of remembering Canada's fallen soldiers on Remembrance Day, November 11, 2000.

\* information gathered from article on the Internet

## Grenier awarded Lunch Bucket

continued from page 3

Stove stuff but at least he wasn't looking at the covers of Cosmo or Maxim!

Now that I got that off my chest lets talk about the all important inaugural game between the Wolfpack and the Beausejour Stars. The Stars came away with a close 4-2 victory in front of 80 faithful this past Saturday night. This game was a first for many as seven skaters for the Wolfpack had not put the skates on prior to the game. This was evident in the first period as the Stars jumped out to a 2-0 lead on goals by Chris Honke and Cal Friesen. The Winnipeg River Wolfpack tender Remy Grenier basically stood on his head making "Hasik" like saves all period.

In the second period, the Wolfpack fought back to tie the game at two apiece on goals by Jay Griffith and Toby Savard. Griffith's power play goal at 8:55 was set up beautifully by Savard who feathered a pass into the slot which Griffith was able to redirect behind the Stars goalie. Savard netted his first of the season at 6:33 to set up the drama going into the final frame.

In the third period both teams exchanged good scoring chances but it was the Star's Greg Steimack who capitalized on the power play late in

the third at 6:59 to take the lead for keeps.

The Beausejour squad then added an empty netter with two seconds left in the contest to complete the scoring. Dancyt and Gogo, who were filling in behind the bench for coach Alain Grenier, were quite pleased with the team's effort given all of the circumstances. "The guys all get along great and gave us a 100% effort," Dancyt stated later. He signalled out Grenier, Savard, Griffith and Jay Usakis as having strong games.

Gogo echoed Dancyt sentiments, "I was pleased with our guys digging down and bouncing back. What pleased me the most was that our guys enjoyed the game. Our goal is to make it fun for the guys to play here" (note to those non-committed players).

In the officiating department, referee Randy Klym did not see much humor on the ice as he threw the flag 28 times assessing 16 minors to the Stars and 12 to the Wolfpack taking the flow right out of the game. This is not me pointing the finger at Mr. Klym as both teams set up how the ref will call any particular game but the parade to the penalty box can become rather dull especially if there are no marching bands.

The Lunch Bucket Award which goes to the hardest working Wolfpacker each game has to go to Mr. Grenier who saw more rubber than an assembly line worker at a boot factory! The Winnipeg River squad take to the road this Friday against two-time defending SIHL champs Stonewall Flyers. The Wolfpack's first home game is this Saturday, November 11 against the Teulon Tigers. Game time is 7:30 p.m. at the Pine Falls Arena.

### South Interlake Hockey League

For those of you not familiar with the SIHL, I can tell you that it has been around for the past 50 years and is as healthy today as it has ever been. This year's version includes the Ludnar Falcons, Bifrost Bruins (Arborg/Riverton), Fisher Branch Blades, Warren Mercurys, Teulon Tigers, Stonewall Flyers and the aforementioned Beausejour Stars. Games played last weekend saw Fisher Branch defeat Warren 10-7 in a shootout, Bifrost picked up two wins beating Lunder 6-5 and Teulon 9-3 while the Flyers handed the Mercs their second loss of the weekend by a 11-5 margin. Check in next week for all of the game scores and Wolfpack summaries.

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