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Vol. 1, No. 25

Tuesday, November 14, 2000

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Remembrance Day parade at the Pine Falls cenotaph Saturday, November 11. The service was hosted by Pine Falls Royal Canadian Legion Branch #64

Candidates for Provencher and Churchill ridings

Provencher

Former Manitoba Attorney General Vic Toews is seeking election in Provencher under the Alliance banner. He is expected to present a serious challenge to the Liberal incumbent David Iftody. Also in the race are Peter Hiebert for the NDP and Henry Dyck for the progressive Conservative Party.

The major issue appears to be health care. Every candidate

in this riding, as in most others, is claiming to be more in support of Medicare than the opposition. All parties except the NDP are outdoing each other in promising tax cuts. Voters who remember that the election seven years ago was run on eliminating the GST do not appear to be taking this particular promise very seriously.

Iftody is seeking his third term. When first elected the

Provencher riding included Pine Falls. Three years ago, after a standard periodic redistribution Pine Falls was moved into the Churchill riding. Iftody says the Liberal vision is forward-looking, moderate, balanced and builds on shared values deeply felt by Canadians across the country - paying down debt, cutting taxes fairly and investing in health care, research, families and children.

Toews says his party would restore health care funding to the pre-cut 1995 level of \$18.7 billion and guarantee stable funding in the future. Cut taxes and legislate a "politician-proof" debt reduction plan that starts with \$6 billion a year and increases as we can afford it.

Tory Henry Dyck also promises to reduce taxes, and at the same time eliminate the national debt in 25 years. The party has a national highway strategy with money promised for the national highway system and contributions to provinces and municipalities for road building and maintenance. On agriculture he promises to preserve the supply management system while recognizing that change within the system is necessary.

NDP hopeful, Peter Hiebert says health care is extremely important, as is education - from day care to post-secondary education. He says his party is the only party supporting the continuation of the family farm. "We believe a sustainable agriculture with adequate support and in orderly marketing". He

said.

Churchill

Incumbent Bev Desjarlais is fighting off Liberal challenger Elijah Harper again. Jason Shaw is mounting a strong campaign on behalf of the Canadian Alliance. The Progressive Conservative Party is represented by Doreen Murray.

Bev Desjarlais is making local issues the issue in this campaign. She is a strong supporter of an all weather road to communities on the east side of Lake Winnipeg. "A road along the east side of Lake Winnipeg has the potential to create many economic opportunities, significantly reduce the cost of food and other basic goods, and provide vital road access for these communities which have gone without for far to long." She said.

Elijah Harper, who has a commendable record as a very caring individual, is promoting

strong family values. He believes in the traditional consensus-seeking solution to conflict and disagreement. Harper also emphasizes the importance of health care.

Jason Shaw believes the Canadian Alliance can take Churchill this time around. He makes a strong case for tax reduction, and along with every other candidate in both ridings would rescind Bill 68 - the gun control bill.

Carrying the Tory flag is Doreen Murray. "Canadians' faith in the health care system is very shaky, especially here in the north". She said. "How many times have we had to wait for diagnostic tests? How many times have we had to make trips back and forth to a larger centre?" She says a conservative government would restore health care funding to at least 1993/94 levels.



Single vehicle accident sends four to hospital

At about 5:00 pm Sunday a Ford Bronco, travelling north on Highway 304, immediately north of the Pine Falls Generating Station, left the road, rolled over down the embankment and came to rest after hitting a tree.

All four occupants of the vehicle were taken to the Pine Falls Hospital. Two were treated and released. Two were still in the hospital Monday morning.

No further details were available at press time. The accident is still under investigation. Highway 304 over the dam was reported to be very slippery at the time of the accident.

Village of Powerview Sewer contract awarded

The Village of Powerview has awarded a contract for \$143,000 to Mac's Rental of McGregor for the installation of a low-pressure sewer system.

Construction is scheduled to begin this week and to be completed within 20 days.

Effective January 1 last year Powerview annexed portions of the RM of Alexander both east and west of Powerview. Taxpayers in the annexed areas agreed to the annexation because of the promise of sewer services. The approximately fifteen residential and business property owners in the area will be required to pay a \$3,000 hook-up fee.

NEHA Adult Day Program

by Toni Bruneau

Organized recreation and socialization is an important part in the lives of many older adults in the North Eastman region. The Adult Day Program has benefited seniors in the area and provides a variety of services to individuals who have physical and/or psycho-social needs, by presenting an excellent avenue for entertainment, laughter and enjoyment.

In Lac du Bonnet, the pro-

gram is available to both Town and RM residents. Participants attend the program for the day and then return to their homes. There are two groups in the Lac du Bonnet area which attend the program on a weekly or bi-weekly basis.

Program Coordinator Beverly Richmond said, "The main purpose of the adult day program, is to increase clients' socialization." Many clients are limited in getting out and about in the community, and may not have family members in the immediate area.

Richmond said clients "look forward to coming, and it means quite a bit to them.

They get to know one another and really care for each other. It is gratifying to see it happen."

The program provides physical activities like bowling and horseshoes, board games, baking and crafts. Bingo, sing-a-longs and reminiscing are popular pastimes. Individuals are also treated to birthday parties and various outings within the community.

The Adult Day Program hosts approximately 40 volunteers who play a very important role in the program. Volunteers assist staff with crafts, entertainment, outings and much more.

Volunteers prepare delicious and nutritious home-cooked meals that are a highlight and enjoyed by all. These meals are prepared three times per week, with traditional turkey dinners at Thanksgiving



Norma Halliday and Program assistant Paula Kranjc enjoyed carving pumpkins at Halloween.

and Christmas.

"I don't know what we'd do without our volunteers," Richmond said. Their loyalty and effort is invaluable and irreplaceable.

Who is eligible?

Adults who may require assistance with mobility or activities of daily living would

benefit from a supportive environment including organized social and recreational activities; or any adult who has caregivers who would benefit from regular respite. Participants may attend up to three times a week depending on available space.

Transportation is provided by the program.

"We're very dependent on the handi-van," Richmond said, "it is a very important part of the program."

Goals

The goals of the Adult Day Program include:

- support for individuals living in the community, preventing or postponing institutionalization;
- relief for family caregivers;
- maximizing the participants level of independence and skills by maximizing physical and social function;
- developing self-esteem through active participation in the community.

Christmas Tea
The Adult Day Program will be holding their annual Christmas Tea November 21, as well as a raffle. The majority of the raffle prizes are produced by the program participants themselves. This event serves as a fundraiser in the benefit of the program

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

Knights of Columbus	Bonus Line - \$583.00**
Lac du Bonnet	Star - 215.00**
Community Centre	Loonie Pot - 178.00**
Specials 7:00 p.m. <small>Lot. Lic. 2841</small>	Special "Y" - 384.00**
Every Monday Evening	Jackpot Strip - 107.00**
	Poker Flush - 483.00**

FOR UPDATES CALL 345-8619

Lakers Ski Club	Bonus Line - \$ 49.00
Lac du Bonnet	Star - 3967.00
Community Centre	Loonie Pot - 281.00
Specials 7:00 p.m. <small>Lot. Lic. 874</small>	Poker Flush - 3765.00
Every Thursday Evening	Special "Y" - 59.00

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Royal Canadian Legion #164	Bonus Line - \$4503.00
Lac du Bonnet	Star - 149.00
Legion Hall	Lucky 7 - 50.00
Specials 7:00 p.m. <small>Lot. Lic. 483</small>	Poker Flush - 456.00
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The Winnipeg River **Echo**

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Leo Boulanger

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Managing the forest

Two researchers have published "A Guide to Harvesting Practices to Regenerate a Natural Forest." The writers, Dr. James Ehnes of Ecosystem Inc, and Derek Sidders of the Canadian Forest Service, propose

that harvesting should follow as closely as possible the natural wildfire process. The report has been carried in two previous issues of *The Echo* and will be completed in the next two issues.

Regardless of how hard we try, there will still be some big differences in the ways that commercial logging and wildfire affect forests.

Short-term differences between commercially logged forests and natural forests are unavoidable. An area is called a divergent site during the time when it is not like a natural forest of the same age. Our approach assumes that the land, water and forests of a region have the ability to absorb a small amount of stress without risking a major change in what they provide or how they operate. Operationally this means that we should keep the combined area of divergent sites low enough for the

region to absorb. We minimize the divergent area by minimizing the initial differences between how logging and fire affect areas by minimizing the time it takes for logged areas to look, feel and operate like a natural forest. In scientific language, we should maintain regional ecological functions within their ranges of natural variability.

Maintaining Soil Fertility and sensitive, rare species and ecosystems

Even though we accept that there will be some short-term differences between logged and natural forest, there are parts of the forest that should not be allowed to differ because the risks are too high. Nature's pieces have taken thousands of years to develop. Some of these pieces will be difficult or impossible to replace if we lose them during logging, road building, hydro-electric

development or any other type of development. The pieces of nature that should not be put at risk are rare species and rare ecosystems that are sensitive to disturbance, soil fertility and water quantity and quality.

What Are the Operational Goals for Logging and Other Activities?

Before we can develop practices that keep forests healthy we need to develop guidelines that can be translated into practices. Before we can develop guidelines for planners and operators, we need to translate the overall goal of keeping forests healthy into operational goals. By applying the natural disturbance approach to what is meant by forest ecosystem health, we come up with the following operational goals for logging:

See OPERATIONAL page 12

A Guide to Harvesting Practices (Continued)

Keeping Forests Healthy by Acting Like a Large Wildfire

Historically and even today, wildfires disturb much more area in eastern Manitoba than any other type of natural or human disturbance. But it is not just any kind of wildfire. Most

of the area burned is burned by a few large fires.

If we want to affect forests like natural disturbance then we have to use forests in ways that affect them like a large wildfire.

Using a Region Within its Natural Ability to Absorb

Wolf Pack Hunting For First Win



by Stu Evans

The Winnipeg River Wolf Pack are still searching for their first win in the SIHL, after taking two losses on the chin this past weekend. The Pack played the best and the worst the SIHL had to offer last year. On Friday the Wpg River squad travelled to Stonewall to take on the SIHL defending champ Flyers. This game was touted as a good test for the locals helping them determine where they were at and where they ought to be. The test results were not pretty as the Wolf Pack were basically beaten with a slipper, losing 13-3 in a game that was over before it started.

It was the Kyle Millar show on this night as the tall Flyer center found twine on six occasions. The only bright spot for the Pack was that the game was only 60 minutes long.

No point rehashing what went wrong except to say that the bad guys scored 13 goals and the good guys didn't. This will change once the locals get used to playing with each other so don't get too discouraged hockey fans.

Now the next night at the season opener at the Pine Falls Arena, the Pack faced off against last year's cellar dwellers, the Teulon Tigers. This year the Tigers have been bolstered by five players from the St. Laurent area so they certainly didn't resemble last year's squad.

The Tigers scored first at the 17 minute mark of the first frame on a goal by Flo Bjors



Wolf Pack exploded with four goals in the second period at their home opener last Saturday night in Pine Falls.

and then again less than a minute later when Rich Kerbrat put the puck past Pack goalie Jason Boistow.

It took a while but the river

lads finally solved Tiger keeper Derrick Kiesman at 2:48 on a goal by John Dancy.

In the second period the

See WOLF PACK page 15

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Lac du Bonnet Royal Canadian Legion Branch #164 Remembrance Day dinner and dance



The Legion Choir performed at the Remembrance Day Dinner and Dance this past weekend at the Lac du Bonnet Legion hall.

Bob Crouse,
Fay LaBelle,
Padre Jeff
Andrews,
Pearl
Johnson,
Bert Wood,
Jayce
Williams and
Randal
Foubert
were a few of



the recipients of the 75th anniversary medal presented by the Royal Canadian Legion Branch #164 at the Remembrance Day dinner and dance, Saturday, November 11.

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The Navigator is Young

Dear god, tonight we learned the truth.
You have a boy up there whose new in Heaven;
He's wearing navigator's wings that shine like
new
So lately they were given.
Be kind to him, Our Father, when he calls;
Forgive the rakish angle of his cap
For he is young, so very young, You'll see.
He comes to you with man's estate untapped.
He loved this world You gave: loved living in
it.
He loved Your stars. He learned them all by
name
For use in one last journey. Our only son!
Can living on, without him, be the same?
His name is Don. Please write it deep and
clear
Upon the great white ledger that You keep;
Watch over him; we trust him to your care.
Then, with compassion, look on us who weep.
Mable Poe Blyth



Fintan Howard
Lalor of Pine
Falls. Pilot-
Officer Navigator
Lalor, age 21, was
one of the many
young men from
the Winnipeg
River region who
gave their lives in
the cause of
freedom. The
poem, "THE
NAVIGATOR IS
YOUNG" was
written by Mable
Poe Blyth on the
day she received
word that her only
son, Don Blyth,
previously
reported missing
in action, was now
presumed dead.

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Mrs. Lucci's \$1000 donation went towards the purchase of new books and shelving at the library.



The new children's corner at the Lac du Bonnet Regional Library will be utilized and greatly appreciated by many children.

Mrs. Lucci's donates \$1000 to LdB Library

by Toni Bruneau

Mrs. Lucci's Second Hand Store has recently made a \$1000 donation to the Lac du Bonnet Regional Library in the form of children's books and shelving that will house the books. The donation of the books ties in with the whole philosophy of Mrs. Lucci's, which is on its way to becoming a community family resource centre.

Mrs. Lucci's is funded by Human Resource Development Canada and provides work experience and volunteer experience for unemployed and under-employed youth. Karen Kost of Lucci's said the library was chosen as the recipient for this donation because it is a place where access can be obtained from everyone in the community, and it fits in with part of their future initiatives.

Kost said, "It's so important that kids start school ready to learn." Some of the books selected are directed at making the first year at school a lot easier for kids, which guarantees more success at the kindergarten level. Parents will find these books helpful by finding out what to do to get their kids ready for school. A goal for Lucci's is to be able to build on the strengths in the community, giving children a good opportunity to get a good start in school. Building the capacity of your community by working on strengths and abilities will result in a stronger community.

Funds for the books were raised by sales at Mrs. Lucci's. Kost said the community has been very generous. Without the donations from people in the community, sales wouldn't be possible.

Karen David, English Language Arts Consultant for Agassiz School Division chose the selection. "She is

someone who knew and had experience with what kids are expected to do before they start school," said Kost.

David made the selections based on children's interests and the importance of having fun with reading. She said that the books were aimed at pre-school, yet some were appropriate for the Grade 4 level. One of the things she looked for was that children up to

eight years of age would enjoy, as well as the parents. Durability, the opportunity for a lot of discussion, attractiveness and high picture to text ratio are all important qualities that may enhance the experience of reading.

Mrs. Lucci's appreciates the patronage of its customers, which makes it possible for its progress and contribute to the community.

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.

Videos OF THE WEEK

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- Thomas Sill Foundation, Winnipeg
- The Leader, Lac du Bonnet
- The Paper, Pinawa
- The Winnipeg River Echo, Lac du Bonnet
- Agassiz School Division

Ashton releases scoping study on all-weather road

Province Proposing to Undertake a Road System Planning And Corridor Study with Federal Government

Manitoba Highways and Government Services Minister Steve Ashton has released a provincial study on developing an all weather road system to improve access to remote communities along the east side of Lake Winnipeg.

The study, entitled All

Weather Road East Side of Lake Winnipeg Justification and Scoping Study, covers an area that extends from the vicinity of Manigotagan in the south to Oxford House in the north and from Lake Winnipeg in the west to the Ontario border.

"This region has no all-weather road access and we see this as a serious barrier to future development and eco-

nomie growth," said Ashton. "The study provides excellent insight into current conditions and anticipated community needs as the resident population increases."

The study's general conclusions are:

- The existing winter road system provides marginally acceptable service to communities.
- Total costs of the winter road system are rising due to growing populations in the region and increasing demands.
- The majority of communities in the region support an all weather road system as a means of reducing the cost of living, enhancing travel opportunities, and improving emergency, health, education and social services.
- Communities have concerns about the impact of an all

weather road and the resulting resource development on lifestyles, land use, the environment and control over their future destiny.

- Rapid population growth in the study area justifies the all weather road project for many of the communities based on long-term transportation costs.

- Resource development projects potentially supported by an all-weather road system include expanded forestry operations, mining exploration opportunities, hydro development, and enlarged fisheries and tourism.

Communities in the study region include Bloodvein, Berens River, Poplar River, Little Grand Rapids, Pauingassi, St. Theresa Point, Waasagomach, Garden Hill, Red Sucker Lake, Norway House, Cross Lake, Oxford House, Gods River and Gods Lake Narrows.

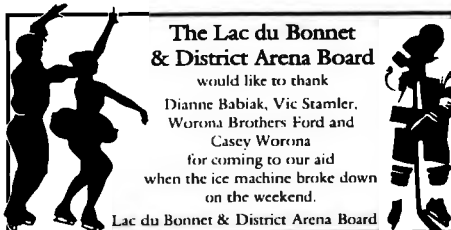
Under the study, two all-weather road route scenarios with different points of origin were evaluated. Under one scenario, all the east side communities would be connected from the south via Manigotagan. Under the other scenario, the northern communities would be connected from the west via Norway House/Cross Lake with a separate connection from Manigotagan serving only the southern communities.

"This region is under-served

by the current provincial transportation network," said Eric Robinson, minister of Aboriginal and northern affairs. "The potential economic and health benefits these Aboriginal and First Nation communities would derive from the building of a year-round road system could significantly enhance the quality of life in the region."

The province is now proposing to undertake jointly with the federal government a road system planning and corridor study in conjunction with the recently announced Lake Winnipeg eastside wide area planning process. This work would identify and select corridor options on a network basis for detailed engineering and environmental analysis.

"We will be in contact with the federal government with the hope that negotiations can be started to extend the road network in Manitoba," said Ashton. "The costs of a major expansion such as this are significant and federal government involvement is critical for the advancement of this project. I look forward to working with the federal government on this important initiative."



The Lac du Bonnet & District Arena Board would like to thank Dianne Babiak, Vic Stamler, Worona Brothers Ford and Casey Worona for coming to our aid when the ice machine broke down on the weekend.

Lac du Bonnet & District Arena Board

EARLY RETIREMENT INVOLVES IMPORTANT DECISIONS

Call for a complimentary copy of our report "Strategies for Dealing With an Early Retirement Package".

This report highlights the major issues that must be addressed including:

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Sagkeeng's Community Talent Nights

Sagkeeng Anicinabe High School hosted the first of three Community Talent Nights on Wednesday, November 7. This year The Talent Nights are being organized as a fund raising initiative for Graduation 2001. The crowd was entertained by approximately twenty five artists from the community who presented a variety of musical talents; instrumentals, songs, groups, and solo artists.

The Talent Nights are a way to bring people together in a positive environment; one that will help to promote the arts in the community of Sagkeeng and surrounding areas.

The Talent Nights coincide with music workshops which the students at Sagkeeng Anicinabe High School will

have an opportunity to participate in and earn a high school music credit. These workshops are taught by Dorothy Penner, a musician from Winnipeg. Dorothy's experience has been made available to the students of Sagkeeng Anicinabe High School through a long-term residency provided by a grant with the Manitoba Arts Council's Artists in the School Program and by the Sagkeeng Education Authority.

Dorothy began working with the high school students last January in a two-week music workshop. This year she will be teaching at the high school for a total of six weeks: two weeks in November, two weeks in January and two weeks in April. At the completion of each music workshop

the Graduation Committee will organize a Community Talent Night; a venue for the students to share their musical achievements with the community.

A focus of Dorothy's music workshops is song writing. Working with the student's poetry and through sessions of group collaborations, Dorothy puts the words and visions of the youth to music. These song writing collaborations have produced four songs that the students performed at Community Talent Nights.

Gery Sinclair, the Ojibway language teacher at the high school worked with Dorothy and the students on the melody and Ojibway translations for one of these songs, *Kish Pin Ganawabandiman*. If We Look at Each Other. This song is being considered for the sound track of a documentary project that will be filmed at Sagkeeng by the students of Sagkeeng Anicinabe High School in September 2001. Dorothy and the High School Graduation Committee are looking into producing a CD featuring the songs that Dorothy and the students create through the music work-

shops. Sales of this CD would go towards Graduation 2001.

Master of Ceremonies for the Community Talent Nights, Eve Courchene, did an excellent job, as always. There are many different talents in the field of the arts' and the art of being an effective MC is one of them. Come to the next Community Talent Night in January and see this



Students from the music workshop at Talent Night



Krista Courchene performed on the piano at artist in action. Community Talent Night



Les Sinclair and the boys entertained and provided back up for other performers at Community Talent Night

The Grads would like to thank Les Sinclair and his band, Stanley Doric, Peter Fontaine and Zeke Fontaine, for playing and providing back up for this and past Community Talent Nights. Over the years Les has been very generous with his musical equipment, resources and tal-

ent. As community members these individuals have done a lot to promote the musical gifts of Sagkeeng's youth.

The Graduates also thank representatives from Chief and Council for attending the event.

The next Community Talent Night will be in January. Please watch for advertisements.

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ECHO MAIL:
Letters to the Editor
 Box 550 Ph: 367-9468 or 345-9896
 Pine Falls, MB Fax: 367-9974 or 345-0004

Lack of respect taught

I am writing this letter of concern over the lack of respect that is being taught to our children.

I was upset to learn that a hockey game was scheduled on the eleventh hour of the eleventh day of the eleventh month. This is a time everyone should stop and remember those who gave their lives so we could live in the lifestyle to which we are accustomed.

This game was played in a neighbouring community, so I am assuming that they are the ones who scheduled the time. I know that the PRA (Pineview

Recreation Association) did not allow any games to be scheduled until the afternoon on November 11th. However, I believe it was up to either the hockey league executive, the coach and/or the manager to say "No! This is not acceptable" and reschedule for another time.

As adults and parents it is up to us to teach our children respect. Letting our children play hockey on November 11 at 11:00 am. is not teaching that. Lest we forget.

Sincerely, Tracy Sharpe

Putting on a 'Panto' in Pinawa

Pinawa will be the place to be on December 7, 8, 9 and 10, as the Pinawa Players stage a traditional English pantomime, *Jack and the Beanstalk*. This family-oriented production will be a huge event, with a large cast and elaborate costumes, set, props and special effects. The Thursday, Friday and Saturday performances will commence at 8:00 in the evening, while a matinee performance will be held on Sunday at 2:00 in the afternoon. All performances will be held in the Pinawa Community Centre, located in the Secondary School on Vanier Avenue in Pinawa.

Many people confuse the classic English pantomime

with the silent art of mime. Nothing could be more dissimilar. The English "panto" is a festival; a cheery, boisterous, musical, outrageous spectacle chock full of slapstick comedy and local humour. The plot can be summed up very simply: The girl dressed as a boy, who is the son of a man dressed as a woman, will win the other girl (surprisingly dressed as a girl) with the assistance of people dressed in an animal costume. Simple, huh? Songs, dance, lavish scenery and costumes help tell the fairy tale plot, where bad guys are *really* bad, and the good guys always win (with a little help from the audience). Audience members can expect to be very involved in this production, cheering, singing, answering questions, booing the bad guys, and of course, laughing at the zany antics of the approximately 30 actors on stage. This will be a real treat during your holiday preparations and celebrations. Advance tickets are available until December 6. Tickets will also be sold at the door, if seats are available. Buying your tickets before December 1 will enter your name in our early bird draw for great Jack and the Beanstalk prizes. Tickets can be ordered from Carol Findlay at 753-8808. We look forward to seeing you at the panto!

Pine Falls and District Christmas hampers

Your community Christmas hamper committee is at work for the year 2000. This community has always responded generously, and once again we hope that you will care and share to help us bring Christ-

mas into homes where this help is needed.

These hampers are intended to provide Christmas dinner, and also to include simple items to help each family during the long month of January.

Our suggestions for food donations would include canned soups, fruit and vegetables; jams, peanut butter, canned ham, tuna, salmon, baby food and baby cereal.

For two years now the Northern Store staff and management collected money instead of exchanging gifts at their Christmas party. Last year the Ladies Curling Club adopted this very good idea of sharing in the season of giving. Both donations were very generous, and meant that we would buy extras of jams and peanut butter, treats of candy and Christmas oranges in every hamper.

If your group is planing a Christmas event, why not consider this idea?

We need knitted mitts, but we do not include toys or any other clothing. And the same old reminder - this is a special season, so lets not fill these hampers with macaroni and spaghetti. Also - dented cans or discolored packages are discarded and never used.

Boxes will be out in mid-November for the collection of food items.

Donations of money will be used to purchase supplies and may be given to any of these committee members: Bev Dube, Loreen Carlson, Linda Kemball, Claire Sokoloski, Yvette Gelinias, Marlene Jackson, Darlene Cowie, Shirley Finkbeiner.

Filled donation boxes will be picked up Wednesday, December 20, and hampers will be packed and delivered Thursday, December 21.

If you need a hamper please leave your name at Health and Family Services, 367-5401.

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MONDAY, NOVEMBER 20
 7:00 p.m., at Wings of Power, Pine Falls
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Agenda:

- Elections of Chair & Vice Chair
- Memberships
- Youth & Adult Training Programs






CANADIAN ALLIANCE CANADIENNE

A MESSAGE FROM JASON

Canadians are *frustrated* with the current legal system! Criminal activities continuously *victimize* the law abiding citizens throughout Canada. Law enforcement agencies are at the mercy of plea bargaining, political bungling and interference. The Canadian Alliance is committed towards building a stronger, safer society to keep both our homes and streets safe! We will strive to get tough on violent crime and keep recidivists (repeat offenders) off the streets. We will amend the Young Offenders Act to ensure that those serious offenders *do not* get off with just a 'slap on the wrist'! The Canadian Alliance will take whatever action is necessary to uphold the current law against child Pornography. We will even invoke Section 33 of the Charter of Rights! Chretien and the Liberals rejected the Canadian Alliance motion to pass stronger measures against child porn last winter...

Let's get tough!!



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WINGS OF POWER
Safe surfing

by Crystal Rattai
 As the World Wide Web continues to expand, and search engines become more sophisticated and inclusive, the Internet is simply more hazardous than it used to be. And not just because your 10 year-old might download a nude photo of Pamela Lee Anderson. Pornography, hate literature and misinformation are extremely accessible.

Whatever age your child may be, they are, without a doubt, at risk for exposure to offensive or

dangerous material. Teens may be particularly vulnerable; though they're old enough to surf unsupervised, they may be hurt or negatively influenced by exchanges on chat lines. No less worrisome is the possibility that they could give out personal or confidential information, such as their name or even your credit card number. This could lead to harassment, financial trouble or possibly an encounter with a dangerous individual.

Fortunately, there are many things you can do to protect your

children. Start by putting the computer in a common area where you can keep an eye on things. Familiarize yourself with your children's on-line habits. Which search engines do they use? What are their favorite Web sites and chat lines? Make sure they're aware of the sort of material you consider inappropriate.

If you are not comfortable using the Internet, it's time to bring yourself up to speed. There are a number of introductory books in the subject (try *The Internet for Dummies*), and many Net browsers offer on-line tutorials. Better yet, sit down at the computer with your child and explore the Web together.

Your first stop should be an Internet safety site. Some like TechKnow (www.pbs.org/kids/fungames/techknow/) and Privacy Playground: The First Adventure of the Three Little CyberPigs, include activities

that teach the importance of protecting your privacy. Stay Alert ... Stay Safe (www.sass.ca/safety.htm) lists Internet do's and don'ts that you can print and post near the computer.

You may also want to check out Safe Kids Home Page (www.safekids.com). It's one of the most comprehensive on-line parent resources, featuring a weekly newsletter, a directory of parental control devices and links to related sites. In addition some Internet browsers are equipped with filtering devices that help users avoid objectionable sites. You can also purchase "blocking" software, known as Net filters. These products can direct your child's on-line activities. A good Net filter will block out an extensive predetermined list of sites that you can update. It can also block key words or phrases, and will include a database of recom-

mended child-safe-sites. Many filters use a password system for multiple users and can be customized. The Children's Television Workshop's Web page (www.ctw.org) rates top seller's and provides links to the manufacturers' home pages.

A word of caution however. Net filters are no match for a determined child. Although they can reduce exposure to some material, they are not meant to replace old-fashioned parent-child communication. "We put an extra crossing guard on the corner," says Lawrence Magid (computer columnist), "Does that mean our kids should stop looking both ways?"

This article was adapted from the Oct/Nov 1999 issue of Canadian Family Magazine.

For more information on the women's sharing circle, November 16, please call Crystal or Doreen at 367-9641.

Ask your Pharmacist

Get the most from antibiotics

Pity poor antibiotics. They are in such common use today that people tend to take them for granted, forgetting that they stave off infections that were killing people not so long ago.

Even though they are in common use, antibiotics (such as penicillins, erythromycins and cephalosporins) should never be taken for granted. Always consult a physician or pharmacist before taking them, to see whether they will interact with other medications or

foods, or complicate the treatment of existing medical conditions.

Do not skip doses, because the effectiveness of antibiotics depends on keeping the proper amount of medication in your body at all times. Check with the pharmacist to see whether the antibiotic should be taken on an empty stomach or with food, and don't eat dairy products, antacids or iron products within one hour of taking certain antibiotics. When taking liquid an-

tibiotic preparations, be sure to shake the bottle well before using, and always keep it tightly closed when not in use. Read the label carefully to see if refrigeration is required. It is important to take the medicine until finished (unless your physician or dentist instructs otherwise). Do not stop just because you feel better or the symptoms have disappeared—that can cause a reinfection because the antibiotic did not have time to destroy all the bacteria. Also, do not use antibiotics that are sitting around from a previous

infection, and do not give anyone else any medication that was prescribed for you. It will probably do no good, and it

could possibly cause harm. If you have any questions about your antibiotic medication, check with your pharmacist.

Maskwa News

by Gord Sokoloski

The fall general meeting was held on November 5 with 31 people in attendance. The slate of officers for the coming season is as follows: Gord Sokoloski president, Kevin Alarie vice-president, Michelle Dupont treasurer. There was no one for the secretary's position. Ian Cyr offered his services as secretary at a later date.

The directors are: Kevin Oman, Kelly Kemball, Jamie Kemball, Ron Bruneau, Mike Dupont, Cam Sokoloski, Mark McHugh, Ron Anderson, Justin Brown, Eric Carlson, Craig Kemball, and Omer Vincent.

I want to thank everyone who attended and those who took office. A notice of motion was introduced updating the club bylaws. Second reading will take place at the executive meeting on November 12. All paid up members for the year 2000-2001 will then be contacted to obtain a two thirds majority to implement the bylaw changes.

Talking about bylaws, I talked to mayor Henry Ostrowski about the proposed ban on off road vehicles in Powerview. The present position is to have a bylaw put into place in January 2001, banning all wheeled off road vehicles within the Village boundaries, but still allowing the snowmobiles, limited access.

He asked for, and is look-

ing for constructive ideas and options to this drastic move, which could include snowmobiles if there is continued abuse of the privilege of riding off road vehicles in town.

The suggestion that the bridge behind Papertown be removed to slow traffic through that part of town has been made. This would more than likely cause people to use the roads even more, or worse yet, someone might put a few poplar poles across the creek again, like there used to be, which made it a dangerous crossing, rather than the good crossing that was built by donations of material and volunteer work of some safety minded citizens.

It is up to the responsible off road vehicles users, to defend the privilege of going to and from our homes. This can only be done by contacting the authorities and reporting abuse by individuals and by making council see the futility of a bylaw that will have trouble being enforced.

More news later. Drive safely both on and off the road.

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Lac du Bonnet Police Report



The following constitutes the police report for the Lac du Bonnet detachment for the period of the 2nd of November to the 10th of November:

November 2
A report was received of an empty aluminum boat drifting on the Winnipeg River near the bridge on PR 313 in the RM of Lac du Bonnet. Police patrolled the area via boat but did not locate the boat in question. No indication as to where it went.

November 3
A report was received of shots being fired in the area of the Pinawa Diversion Dam, and an adult male was noted

in the area with a dead upland game bird.

November 4
A report was received of a vehicle being met in the Bird Lake area on the road and possibility of a stolen boat being in the rear. The truck in question was stopped on PR 315 in the RM of Alexander and it was determined that the boat was not stolen.

A report was received of a green 15 speed bicycle sitting on a vacant lot on McDiarmid in Pinawa. Police retrieved same as found property.

November 5
A report was received of a break and enter to a cottage at

Crescent Bay in the RM of Lac du Bonnet. Nothing had been stolen from the location, and entry had been gained via breaking the glass in a door.

November 6
A report was received that a vehicle had struck a deer on PTH 11 just south of PR 214 in the RM of Lac du Bonnet. Police attended and found that the deer was deceased.

A report was received from St. Rita of a threat of bodily harm being made by an adult male against an adult female at the Community Centre.

November 7
A report was received from the Lac du Bonnet Senior

School of a student on the property who would not leave. Police attended and the student departed.

November 8
A report was received from Westview Drive in the RM of Lac du Bonnet of a walk-in door on a garage at a cottage being open. Did not appear that anything had been stolen.

A report was received from a resident of the RM of Lac du Bonnet of receiving a number of harassing telephone calls.

November 10
A report was received of an intrusion alarm at business in the RM of Lac du Bonnet. Police attended and same was

found to be a false alarm.

Police attempted to stop a vehicle on PR 317 near the Town of Lac du Bonnet, the vehicle in question sped away. Same was subsequently abandoned on Park Ave in the Town of Lac du Bonnet and the 2 occupants made good their escape.

A report was received of a motor home being broken into on PR 502 in the RM of Lac du Bonnet and 2 under-age males being seen leaving the premises. The subject were subsequently arrested in the vicinity of 502 with the aid of public spirited citizens.

Controlling cholesterol

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

So, your physician has announced that your blood cholesterol level is too high. Perhaps it was also mentioned that your LDL (or "bad" cholesterol) was too high or that your HDL ("good" cholesterol) was too low. These problems are among the major risk factors for cardiovascular disease — and you should start taking care of them now.

When your cholesterol level is too high, cholesterol, along with other substances, tends to deposit inside arteries. That's what we call atherosclerosis. These deposits gradually obstruct blood flow and can block certain arteries, eventually causing a heart attack or stroke.

Although blood cholesterol levels are largely a result of heredity, lifestyle can also have a major impact. Eating well and managing our fat intake, maintaining healthy weight, staying active and not smoking are choices we can make to reduce total cholesterol and "bad" cholesterol levels and increase "good" cholesterol.

Do you imagine being on a diet and eating only salad for the rest of your life? Read on, because we have some good news for you.

#1 Limit Total Fat

Choose foods with less fat from each of the 4 groups in Canada's Food Guide. Pay special attention to the milk products and the meat groups, because that's

where much of the fat you eat is lurking.

The grains and the fruits and vegetables groups are naturally low fat, so go ahead and enjoy them!

#2 Limit Saturated Fat and Cholesterol

This type of fat negatively affects blood cholesterol. That's why it's recommended to limit your intake of foods high in saturated fat and cholesterol.

#3 Choose Unsaturated Fat

There are two kinds of unsaturated fats: monounsaturated and polyunsaturated. They are found mainly in vegetable oils and soft margarines, as well as in nuts and seeds. But be careful! These foods

are concentrated fats, even if the fat is a good kind, so eat them in moderation.

Fish contains emega-3 unsaturated fat that is particularly good for the health of your heart. Have fish often.

#4 Eat More Fibre

Fibre is found only in foods of vegetable origin, like whole grains, vegetables, fruits and legumes. Regularly eating a certain kind of fibre, called "soluble", can help bring blood cholesterol down. It's found mainly in oat bran and oatmeal, cereals with psyllium, legumes (chickpeas, kidney beans, lentils etc), fruits rich in pectin (tomatoes, apples, oranges, strawberries etc).

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by Courtney Berthelette

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Library Corner

Lac du Bonnet Regional Library

The evenings are now longer so it's the perfect time to read a book or watch a video. We have received a new selection of videos from Public Library Services. Some titles are: "Discovering Canada by Rail - volume eight" and "For the Moment", a romantic drama which takes place during the outbreak of World War II. Also there is Walt Disney's "Son of Flubber", "The Horse in the Gray Flannel Suit" and "Muppet Treasure Island". As well we have some new videos in our collection. For the adults we have the fast paced James Bond Adventure "Goldfinger" Starring Sean Connery and a light hearted comedy "Now and Then" star-

ring Melanie Griffith, Demi Moore, Rosie O'Donnell and Rita Wilson. Four lifelong friends reunite after 20 years to take a "trip down memory lane". For the children we have "Clifford's Fun with Rhymes". This fun video is an educational film designed for children from ages 3 to 7.

We have received our new block of large print books which are on the shelves and ready to go. Some titles are "Serpent's Tooth" by Faye Kellerman, "Excalibur" by Bernard Cornwell, "The Deep End of the Ocean" by Jacquelyn Mitchard, "Coast Road" by Barbara Delinsky and "Renegade River" by Giff Cheshire.

Fashion in the far east

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,

Although Kuwait is a Muslim country, there is a huge range of acceptable clothing. I estimate about 80% of the men wear the traditional Disdasha (floor length gown) with the traditional headpiece. (Yasser Arafat style). Many of these outfits are tailor made and look really sharp. I'm at the point where I think the winter Disdasha looks better than an American three piece suit.

Women on the other hand dress in a wider range of clothes. Only about 5% or so dress in the full Abaya with a veil. Many wear a kerchief with a long sleeved blouse and a floor length dress. Many wear

very western clothes, extremely tight pants and tops are popular. Kuwaitis have so much contact with the west that many western ways have been adopted into their lifestyle. The rule of thumb is for women to cover shoulders and knees. It is strange seeing some of the women wearing the full veil, with no eye slits or anything. It's scary seeing this outfit behind the wheel of a car I can tell you.

The Arabian Gulf and a few brackish aquifers are Kuwait's only sources of water. The Gulf is a beautiful aqua color, just like the Caribbean Sea. Salt concentrations are very high due to it being closed at one end and huge evaporation concentrates the salt.

Water temperatures are very warm in spring, summer and fall. In hot years the water in the Gulf can reach over 100°F near the shore. Three summers ago many shellfish in the shallows died as water temperatures rose above 110°F.

Diving in the Gulf isn't great. There are a few places that are interesting. Some of the teachers in Ras Tanura, Saudi Arabia, got permission to start a reef off the beach in their com-

pound. We drove out to visit one weekend and were amazed at how quickly the reef had established itself. They used concrete fill, old appliances and derelict vehicles as the Base. Coral is now growing on the junk and the water is absolutely teeming with tropical fish. It has turned out to be a wonderful snorkeling site. I think there's great potential in the Gulf States for this kind of development.

Dave and Janet Penner
P.S. Things to get used to: showing your passport 20 times while driving through Saudi.

Operational Goals for Logging

continued from 3
In cut-blocks:

Minimize the differences in the ways that logging and wildfire initially affect plants, soils and soil animals;

Minimize the time required for a cut-block to look, feel and operate like a natural forest. An area is called a divergent site during the time when it is not like a natural forest of the same age.

Throughout the region, maintain:

The total area of divergent sites low enough for the regional ecosystem to absorb

Soil fertility at every site that is not a permanent road.

Healthy populations of rare native species that are sensitive to disturbance.

All rare native ecosystems that are sensitive to disturbance. Water quantity and quality.

Other types of activities such as hydro-electric development would have the same operational goals except that the cut-blocks would be adapted to suit the type of activity.

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DAVID SPEAKS OUT



ON REPRESENTATION:

I was born and raised in Provencher. I live here and care deeply for the people and traditions of this riding. As your Member of Parliament I have opened three constituency offices in three communities, employing five people. During my seven years as your representative, my office has handled over 9,000 calls. My pledge is to continue to work for you as hard as I can.

ON HEALTH CARE:

I am committed to ensuring that all Canadians have full, equal access to health care. Our system is the envy of the world and the Alliance Party appears not to like it. In an interview with the *Globe & Mail*, leading Alliance Party strategist Jason Kinney expressed his party's interest in developing a private tier of health care. A two-tiered system would lead to a level of care for the rich and a level of care for the poor. I will not support this.

ON SENIORS:

I am committed to protecting seniors' public pensions by sheltering benefits from inflation. I will continue to work to ensure federal policies protect seniors' dignity and independence.

ON FAMILIES:

I have and will continue to ensure that families and children are supported through every stage of life. I will continue to ensure that the government keeps on investing in our country's most valuable resource: families!

ON MAKING YOUR VOTE COUNT:

If you are concerned about keeping your Federal government a strong central government, make your vote count. Vote for the party that will form the next government.

On November 27, Make Sure Your Voice Continues To Be Heard

Vote for

DAVID IFTODY
our best voice in Ottawa !!



Office Headquarters - Phone: 346-1456
Fax: 346-1480

Authorized by official agent Davis Filbin

Two More Good Reasons To Re-Elect Bev Desjarlais, NDP

1. For three years Bev has been working hard for us in Ottawa. Bev has visited our communities, listened to our concerns and our views and has spoken up for us.
2. Before Bev, the Liberal MP supported cuts to health care and education, Bill C-68, and slashes to unemployment insurance.



Who represents you?

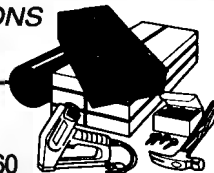
Authorized by the Official Agent for the Bev Desjarlais campaign



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Gord Sokolowski
Telephone 367-2660

SILVER HAVEN MEAL PROGRAM

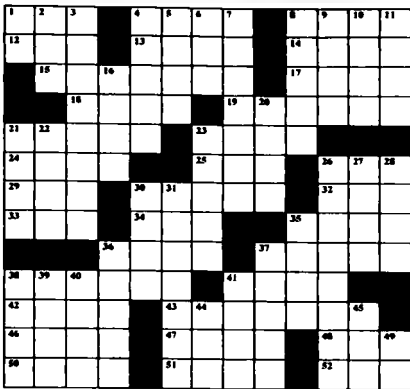
Open to all seniors 55 and up. You are welcome to bring a guest. All meals are \$4.50. Meals are at 12:00 noon on Mondays, Wednesdays and Fridays. Your name must be put on the list the day before by calling Silver Haven at 367-4620 or Bernice at 367-8369.

Wednesday, Nov. 15
Coleslaw, beef stew and dumplings, ribbon cake

Friday, Nov. 17
Sausages and pancakes with strawberries, jello

Monday, Nov. 20
Coleslaw, sweet and sour ribs, rice, green beans, ice cream

WEEKLY CROSSWORD



Winging It

ACROSS

- 1. Word of farewell
- 4. Circular snack
- 8. Murray, for one
- 12. Heat meas
- 13. Armadillo
- 14. Having toes
- 15. Calgary-based carrier
- 17. Dutch, for one
- 18. Request
- 19. Air _____
- 21. Saffron
- 23. Painful
- 24. Honey brew
- 25. French friend
- 26. Taxi
- 29. Sea eagle

- 30. Harmonized
- 32. One
- 33. After expenses
- 34. Elephant or Serpent follower
- 35. Picnic pests
- 36. Eastern ruler
- 37. Ahoy
- 38. _____ Air
- 41. Overwhelmed
- 42. Biblical to
- 43. Air _____
- 46. Image
- 47. Backside
- 48. Jungle critter
- 50. Shetland or shanks follower
- 51. Bookworm
- 52. The greatest

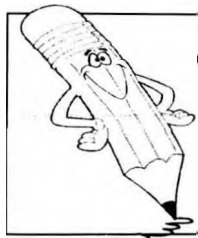
- 23. More mentally well
- 26. _____ Airlines
- 27. Play parts
- 28. Insulin discoverer
- 30. Jig or mean follower
- 31. Mythical beast
- 35. Assent
- 36. Jet black
- 37. Prize
- 38. Wisecrack
- 39. Extraordinary
- 40. Neckwear
- 41. Perfume ingredient
- 44. Born as
- 45. Choose
- 49. Canadian _____ ?

DOWN

- 1. West coast address
- 2. Swerve
- 3. Pachyderm
- 4. Freshwater mammal
- 5. Indian nobleman
- 6. Summer, to some
- 7. Result
- 8. Make amends
- 9. Air _____
- 10. Require
- 11. Ferber, for one
- 16. Sleigh
- 20. Parched
- 21. Portent
- 22. Enshroud

LAST WEEK'S ANSWERS

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



CRYPTIC PUZZLE

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

WNBJT PLCQ L MJTWTJDDJB WNLW SRFDV
 NLGJ MJJC KBGJCWJV MQ L XRRV WJLSNJB
 - ZDLCCJBQ R'SRCCRB

Last Week's Solution

"WHATEVER IS BEGUN IN ANGER
 ENDS IN (opps, sorry) SHAME"
 - BENJAMIN FRANKLIN

WEEKLY HOROSCOPE

for the week of November 13th to 19th

Aries — Your job may require you to be extra careful with phone calls this week. You may have to deal with an especially difficult person on the phone. If someone yells at you, don't yell back. Can't afford your original travel plans? Look for alternatives.



Taurus — Use some humor or lightheartedness to offset the blues of a close friend or relative. It could have a positive effect on both of you. Through it all, remember not to take yourself too seriously. Enjoy some time outdoors this weekend.



Gemini — You'll be involved with an important meeting at work this week. The outcome of it could determine how you are seen within the company. Make sure you're prepared and that you take the necessary steps to make sure the meeting goes smoothly.



Cancer — Lift your spirits with music. Try listening to new varieties this week by choosing a different radio station. You might even get the chance to enter a contest. Have fun and go for it! Take care when you pronounce a difficult name. You don't want to offend someone.



Leo — Success is a lot of effort and a little luck, and your luck may be about to change. A friend is having problems meeting the rent. Be sympathetic, but think very seriously before you lend any money. That big deadline is approaching quickly. Be ready!



Virgo — Even if you find someone's work philosophy offensive, don't put it in writing because it could end up working against you. Strive to be patient all the time and during difficult circumstances. Great news—your partner could be in line for a promotion.



Libra — So the topic of sports really bores your partner. It's time that you learn to live with that and move on. Things may be tough at work this week. Guard your speech, listen and be slow to say anything, otherwise you could start an argument.



Scorpio — Go out of your way to do something special for someone very close to you. You may discover a very helpful solution to a problem that won't go away. Remember that just because you're a talker doesn't mean everyone is. Respect other people's attitudes.



Sagittarius — Learn to forgive and forget concerning that memory you've been holding on to. It's making things worse for you. New aspects to your work situation are on the way. Be careful when someone asks you a question so he/she doesn't jump to the wrong conclusion.



Capricorn — Your feelings for your partner are tested this week when you are disappointed in a decision he/she makes. You may not be able to persuade him/her differently, no matter what you say. Friends can count on you to honor your word, especially where money is concerned.



Aquarius — It's a great time for you to travel. As long as you are seeking something good, all obstacles in your path will be removed. It may be time to make some changes for the better. Watch out for minor problems at home concerning an out-of-date appliance or services.



Pisces — Go after that promotion you've been thinking about. You've geared yourself up, but be sure to present yourself in the right way to that person in authority. Take extra care of your vehicle this week. It needs TLC so it will keep moving as the week goes on.



Echo Classifieds

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

Birch firewood for sale - Seasoned, cut and split. Ideal for fireplace. \$160 per cord. Phone 367-8807. 25-2x

House for sale or rent - Great Falls area, immediate possession, phone 367-8250 25-1x

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

For Rent
2 bdrm. House for Rent - 4 miles north of Lac du Bonnet, w/ river water. For more information call 345-2927, 268-5312 or 345-2598. 21-TFN

House for Rent - Victoria Beach, fully furnished, all appliances, immediate possession. Call 756-2575 25-2x

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

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

See us for your rental needs: Log splitter, air nailer and much more. We are only 20 minutes from the Pine Falls area. Call 756-8184 for business hours. TFN

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

Wings of Power is a community-based parent child center designed to provide children and families services and opportunities in the areas of nutrition, parenting, literacy and such other areas as clothing, recreation and support groups. Inclusiveness and respect are central to all its programs and services. The program has been in existence for three years and is now branching out from an early childhood focus to also include prenatal care with this new introduction made possible through The Canadian Prenatal Nutrition Program. This is an exciting period of growth for Wings of Power and in order to make the transition successful the following positions are being recruited:

PROJECT LEADER (0.5 + E.F.T.)

The Project Leader will provide guidance and support to both the early childhood and prenatal components of the program. The Leader will be a self-starter, visionary, well organized, strong supervisor, affective communicator and a community builder. A passion for working with children and their families is prerequisite for success.

OUTREACH WORKER (1.0 E.F.T.)

The Outreach Worker will be dedicated primarily to the prenatal program that shall include working with individuals, families and groups in the areas of education, support, guidance and listening. The Outreach Worker will have knowledge of early childhood growth and development, strong interpersonal skills, an ability to build partnerships with other service providers and be very open and sensitive to all peoples and cultures.

DIETICIAN (1.0 E.F.T.)

The Dietician will work closely with individuals, families and groups to understand nutritional needs of participants, educate, develop and implement prenatal nutrition programs and be able to thrive in multi-discipline team environment. The person will need to be able to work independently and respond to varying needs and situations. A Bachelor Degree with a major in human nutrition and dietetics is required.

Further information on Wings of Power and/or any of these three professional opportunities is available by contacting Crystal Rattai at (204) 367-9641. Resumes can be forwarded to Wings of Power, Box 66, Pine Falls, MB, R0E 1M0 or via fax at (204) 367-2442. Closing date for receiving applications is November 24, 2000. Only those candidates who will be interviewed will be contacted.



Happy 80th Birthday Mom, Gram & Great Gramma

May you enjoy many more years of "health" and happiness in your new home!

Love and best wishes from your family and friends, xoxoxo

GORDON GEORGE EARLE

Peacefully, on Monday, November 6, 2000, our father and grandfather passed away at the Pine Falls General Hospital at the age of 86 years.

He was born on May 3, 1914 in St. John, NB.

Dad was predeceased by his loving wife Laura. He is survived by his son William (wife Monique) and his three grandchildren, Tanya, Ian and Alain.

Dad had a good life and thoroughly enjoyed his retirement. His greatest joy was his three grandchildren, whom he adored.

According to his wishes, cremation has taken place. A celebration of his life took place Friday, November 10 at 10:30 a.m. at the Pine Falls United Church with Rev. Jack Ballentine-

Dickson officiating.

The family would like to extend a heartfelt thank you to the Drs. and nursing staff at the Pine Falls General Hospital for the special care given to Dad. Also a thank you to all the home care workers who took care of Dad the last years of his life.

*"As I sail away
 Don't weep for me
 Just wish me a pleasant journey
 And wave good bye;
 Loved ones are waiting
 With out-stretched arms
 On the other side."*

SOBERING FUNERAL CHAPEL & CREMATORIUM, Beausejour, Manitoba in care of arrangements. Phone Toll free 1-877-776-2220.



JOSEPH EMANUEL MALO 1934-2000

It is with deep sorrow that we the family announces the passing of our dear husband and father Joseph Malo, aged 66 years, after a brief illness at the MICU Health Science Centre, Monday, November 6, 2000.

He is lovingly survived by his wife and best friend of 46 years Bella; children Lloyd (Linda),

Roger (Jean) and Della (Derrick); grandchildren Jennifer, Phoebe, Dominique, Simone, Carmen, Nathan and Jared; ten great-grandchildren: brothers and sisters Henry and Lillian Malo, Louis and Florence Malo, Irene and Leon Coss, Annette and Oscar Papineau all of Powerview, Manitoba, Albert and Ann Malo of Hinton, Alberta; brothers-in-law and sisters-in-law Madeline and Roderick Bunn of Fort Alexander, Manitoba, Mildred and Clifford Abraham of Powerview, Manitoba; as well as friends Harold and Verna and numerous nieces and nephews.

He was predeceased by his parents Paul (1980) and Margaret (1984), twin brother John and brother Roger in infancy, mother-in-law and father-in-law Hannah (1959) and Pierre Guimond (1993), sisters-in-law and brothers-in-law Victor (1960), Annie (1967), Angele (1970), Lawrence (1972), Myrna (1973), Dorothy

(1993), Susan (2000) as well as uncles Arther, Lou, Armond, John and Joseph, and aunts June, Lillian and Agnes, and numerous cousins.

There was a time of prayer and visitation Thursday, November 9 at Notre Dame Du Laus Roman Catholic Church, Powerview, Manitoba from 7:30 p.m. to 12:00 midnight. Funeral Liturgy was held Friday, November 10 at 2:00 p.m. also at the Church with Rev. Fr. R. Chartier officiating. There was viewing one hour prior to the service. Interment followed at the Notre Dame Du Laus District Cemetery.

Pallbearers for the service were Richard Coss, Richard Malo, Paul Malo, Rance Abraham, John Fontaine and Roland Bunn. Honorary pallbearers are considered to be his buddies that he shared time with at Peddon's, Sagkeeng Arena Complex and his friends at the Selkirk Friendship Centre.

The family would like to thank Dr. Niemand and nursing staff of the Pine Falls Health Complex, as well as staff at MICU Health Science Centre for all their care and compassion shown to Joseph and his family.

If friends so desire memorial donations may be made to the Manitoba Heart Foundation 301 - 352 Donald Street, Winnipeg, Manitoba R3B 2H8 or to a charity of one's choice.

To a good life came a peaceful end.

He died as he lived, everyone's friend.

*Upright and just in all his ways
 Loving and kind to the end of his days.*

We saw him suffer, heard him sigh.

We could do nothing but sit close by.

We have lost, but heaven has gained.

One of the best the world contained.

SOBERING FUNERAL CHAPEL & CREMATORIUM, Beausejour, Manitoba in care of arrangements, phone 1-877-776-2220.

LITTLE BLACK RIVER FIRST NATION

is currently accepting applications for the following position:

ADULT EDUCATION/HIGH SCHOOL TEACHER

Eligible requirements include:

- B.Ed Degree (particularly at the High School level)
- Experience in teaching Adult Education
- Knowledge of High School courses and credit system
- Administration experience would be an asset
- Computer proficient
- This position will take place during the evenings (approximately 6:00 to 10:00 p.m.)
- Relocation is optional (and available)

Please submit resume along with three current references to:

ATTENTION: Adult Education Coordinator or Band Manager
 Little Black River First Nation
 O'Hanley P.O. Manitoba
 R0E 1K0
 Fax: 204-367-2000

All candidates will be subjected to a Criminal and Child Abuse Registry check.

We thank those who apply, however only candidates accepted for an interview will be contacted.

For further information contact the Little Black River First Nation at 367-4411.

Deadline shall commence once the position has been filled.

Wolf Pack owned second frame

continued from page 3

Wolf Pack exploded for four goals, three of them scored within a minute, to take a 5-2 lead. Marksmen for the Pack were Clayton Fontaine, Shawn Tardiff, Gareth Alexander and Randolph Druzzyk. Teulon responded with 3:26 left in the period to narrow the gap and set up the third.

Going into the third the Pack had to be feeling pretty good about themselves as they owned the second frame and

they could see that first win just sitting there by the zamboni room.

Well boys and girls, while the Pack were thinking about that first win, the Tigers were busy scoring four consecutive goals and keeping all potential Pack scorers to the outside. The Tiger defence did a good job of clogging the slot area frustrating the locals.

It wasn't until Mike Oman scored with 2:13 remaining

that the Pack were able to penetrate the zone creating a mad frenzy right until the final buzzer. When the smoke cleared, the Tigers had skated away with the come from behind win of 7-6.

The effort was there on behalf of the Wolf Pack, just some polish around the net was all that was missing.

Penalties were not a factor in this game which featured one dropping of the gloves between



John Dancyc of the Wolf Pack gets back on his feet after introducing the boards to a Teulon skater.

Teulon's Josh Waluk and the Pack's Tobi Savard. Apparently some players still take exception when comments are made about ones mother and a pair of army boots.

The Lunch Bucket Award

was stolen in Stonewall so no winners this week.

The same two teams get to do this again this Friday night at the Lac du Bonnet Arena with the puck dropping at 8:30 p.m.

Duck Lake Ski Club report

submitted

Who would have thought that the year 2000 would see the same people looking after the ski club that have done this task for the past many years, as far back as the seventies, through the eighties and nineties. *The trails are always there and why should I worry?* If you have this attitude and still enjoy these trails maybe a change is in order and it is *you* that we are looking to for help.

There are two main components to the operation of our club, one, the trails themselves and two, the executive. The last mentioned are the people that attend to its smooth operation and is the part that needs immediate attention. We have openings for every position on the executive. Not one of these require a great deal of work but when left to one person, it can prove to be a little much.

The maintenance of the trails will be looked after by the same two people that have in the past, along with help that we solicit as needed. Do you think that you could help fill in at the executive level? If you do, please contact Marcel Pitre or Paul Doyle.

Our club could be a more visible and friendly club with events such as ski derbies, moonlight ski parties, family gatherings with wiener roasts, etc. The club terrain and the area adjacent to the chalet lend itself to these sorts of functions. What we need are new people with new ideas on the executive, men and ladies who will promote and attend to these kind of events. Any volunteers?

Memberships are again available from Debbie Lagasse at Celebrations Unlimited in Pine Falls. Many thanks to her for this valuable service to our ski club. The cost for the season remains the same as in past years - \$15.00 for the first adult member of a family and \$10.00 for each additional adult. Children ski for free whether their families are members or non-

members. The ski club uses these fees to pay for oil, gas and maintenance of the groomer, insurance and all related expenditures such as upkeep of our chalet. Vandalism to the chalet has contributed to the total cost in the past and we hope that will not be the case in the future.

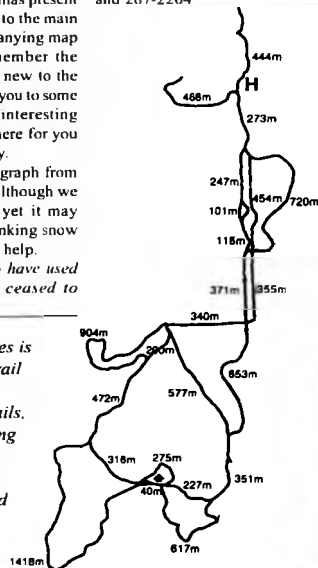
When the frost makes it possible for us to attend to the trails, this will be done. We also look forward to marking, grooming and maintaining a small loop around the Village Green so that younger children can learn to use their new Christmas present skies without going to the main trails. The accompanying map may help you remember the trails or if you are new to the area, any introduce you to some of the varied and interesting loops that are out there for you to explore and enjoy.

I will add a paragraph from last years article. Although we do not have snow yet it may help you to start thinking snow and maybe this will help.

Those of us who have used these trails never ceased to

wonder at the true beauty of nature and the value to ourselves as an excellent aid to health, both in mind and body. And it is fun too. At the time of this writing the snow remains hung up on the branches of the spruce and balsam, the rocks and stumps appear sometimes as ghostly characters, providing a winter wonderland view for all to enjoy. Have you missed it?

So...See you on the trails.....Duck Lake Ski Club
Volunteers phone 367-2693 and 267-2204



Distance, in metres is shown for each trail segment. A ski of the "outer" trails, starting and ending at the Pine Falls Hopsital (the H) parking lot, would be 7.25 km.

RURAL MUNICIPALITY OF LAC DU BONNET PUBLIC MEETING

Council Meeting Date Change

NOTICE is hereby given that for the months of November and December, the regular council meetings of the Rural Municipality of Lac du Bonnet will be as follows:

- Tuesday, November 14 at 10:00 a.m.
- Tuesday, November 21 at 6:00 p.m.
- Tuesday, December 12 at 10:00 a.m.
- Tuesday, December 19 at 6:00 p.m.

Marlene Watson, Chief Administrative Officer
RURAL MUNICIPALITY OF LAC DU BONNET

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{m|a|g|k}

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deirdre_alexander@ca.ml.com

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 28 McArthur Ave., 11am-1pm

Powerview every Tuesday at Powerview Agencies 3pm-1pm

Lac du Bonnet 345-8479
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District Health Centre
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 In Lac du Bonnet Wednesdays and by appointment. Call 345-9771

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Jenny Terrio Baturin, Physiotherapist
 Doctor's referral not required

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