

The  
Winnipeg  
River

# Echo



Serving  
Pine Falls  
Powerview  
Sagkeeng  
St. Georges  
Great Falls  
Beaches  
Little Black R.  
Manigotagan and

Art Serials Dept.  
200 Vaughan Street  
Winnipeg, MB  
R3C 1T5  
June 24 01

Vol. 1, No. 29

Tuesday, December 12, 2000

\$1.00 tax included

## Consequences of drinking and driving

Undoubtedly, the most serious consequences of drinking and driving are death and serious injuries that often accompany driving after consuming alcohol. Police will impose a 24-hour driving suspension if your Blood Alcohol Content (BAC) is over .05. If your BAC is over .08 then you will be charged with a criminal offence and your drivers licence will be suspended for 30 days and your vehicle will be impounded for 30 days. If your BAC is over .16 your licence will be suspended for 30 days and your vehicle impounded for 60 days. The same penalties are levied if you refuse to provide a breath sample, a 30 day licence suspension and a 60 day vehicle impound. There are extended impound periods for repeat offenders. The time frame for which a drive is considered a repeat offender has been expanded to a period of five years between offence

dates.

### Drinking and driving... it's your choice

The Christmas and New Year's season is traditionally a time to celebrate fellowship and friendship. There are numerous gatherings for friends and co-workers and how a person wishes to approach their celebrating is their own choice. The most effective choice is to abstain from drinking alcoholic beverages, but those who decide to consume should make arrangements for how to get home before they start drinking. Options include catching a ride with a non-drinking friend, designated drivers, taxi, sleeping over or phoning a family member or friend to come and pick you up. Don't let your final option be whether or not you want to call a lawyer or a funeral director of your choice.

See STEP /page 19



## Fire destroys home

Pat and Joyce Lennox's home on Wassahow Drive, was destroyed Monday, December 11, by a fire said to have been started by a propane heater. The fire call came in at approximately 3:00 p.m. Firefighters were called to the scene once again, in the early hours Tuesday morning as the fire flared up a second time. No one was injured in the blaze, including the Lennox's pet cat that escaped the blaze.

## TMP commissioning begins

by Charles Norman

The commissioning process for the Pine Falls Paper Company's new thermo-mechanical pulp mill is underway. Start-up is scheduled for March 1 next year.

The availability of TMP pulping has had an influence on Pine Falls almost since the technology was developed. The influence became direct when previous owners of the mill, Abitibi

Price decided that the long-term future of the mill included TMP pulping. Not only lower costs but also market demand for stronger newsprint influenced the decision.

But there were other pressures on the newsprint industry - environmental pressures. Pressure from environmental groups on newspaper publishers convinced them that including recycled fibre was a necessity.

Add the cost of a recycle mill to the cost of the TMP mill. It had also been obvious that the mill could not go on dumping raw sewage into the Winnipeg River forever. - Add the cost of a water treatment plant.

Abitibi was beginning to wonder if the mill had any long-term future at all.

About fifteen years ago Abitibi had decided that the pine Falls operation needed a new

woodroom. About a dozen years ago the project had got to the point where new debarking drums had been ordered and construction had begun, when the project was abruptly cancelled. No one was told why.

Employees started wondering out loud about the possibility of buying the mill.

A year or two later Abitibi Chairman Bernd Koken, arriving in Pine Falls by helicopter,

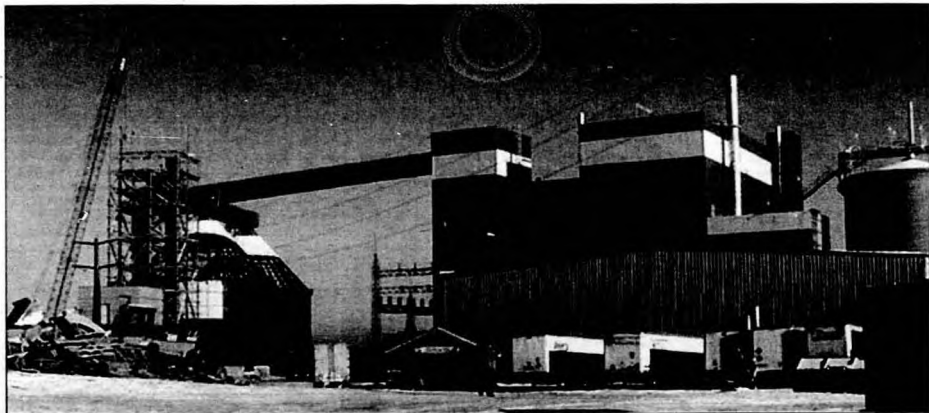
told senior management that Abitibi intended to close the mill. Management made an offer to purchase the mill for \$30 million. It was rejected.

Then it appears Abitibi had second thoughts. A deal was worked out for a management/employee buy-out. Financing was arranged for the recycle mill and effluent treatment plant. TMP would have to wait. The buy-out was completed on September 1, 1994. A huge party in the Pine Falls Arena celebrated the event.

In spite of the fact that the recycle mill and effluent treatment plant, at 70 million dollars, was completely paid for in a couple of years, it turned out to be impossible to arrange term financing for a TMP mill. It was still essential to the long-term viability of the mill and the community of Pine Falls.

To secure the future of the mill was sold to Tembec Inc. of Montreal who had made a commitment to build a TMP mill. Management and employees got \$100 million; Abitibi's outstanding debt was cleared for about \$30 million. Thus the need for TMP

See TEMBEC/page 2



The new Thermo Mechanical Pulp mill at Pine Falls.

## Provincial government supports Pine Falls

Deputy Premier and Inter-governmental Affairs Minister Jean Friesen and Northern Affairs Minister Eric Robinson recently met with the Pine Falls Advisory Council at a joint level meeting during the AMM conference in Winnipeg last week.

The two ministers encour-

aged the town of Pine Falls to submit a proposal in their bid for municipal status. This will then be carried forward to Premier Gary Doer.

Pine Falls is officially recognized as "unorganized territory" which falls under the jurisdiction of Northern Affairs. Since

its inception in the 1920's, it has been self-sufficient. Tembec, the local paper production company, who is divesting itself of municipal responsibility, infuses millions of dollars into the provincial economy, and has undertaken great expansion plans in Pine Falls. There is no reason why its economy cannot continue to thrive and prosper.

Councillor Bill Borlase said, "The residents of our community have spent the last 70 years as a 'company owned town' liv-

ing under someone else's rules. It is refreshing to find a government that is concerned enough about its citizens to help us achieve self-governance, and doesn't just want to pawn us off on to someone else to live under their set of rules."

Pine Falls is unique in that it's future economic thrust is closely tied to the new 'shared resources' concept that melds old cultures with new technologies. Our diverse ecosystem will be a catalyst in the evolution and

growth of Eastern Manitoba. "Most important," said (Mayor) Darrell Parisian, "is the recognition that the best interests of our community will be served by the residents of the community. The citizens of our town are more than capable of meeting the challenges and opportunities that preface our future." Incorporation for the Town of Pine Falls is a fundamental requirement toward achieving future beneficial partnerships.

### Christmas Gift Ideas

Gifts Under \$20

## \$19.95

### Gift Certificate

entitles you to a 30 minute session of one of the following:

<p><b>Sunflowers Health &amp; Wellness</b> 18 Pine Street, Pine Falls <b>367-8453</b></p>	<ul style="list-style-type: none"> <li>* Massage</li> <li>* Reflexology</li> <li>* Facials</li> <li>* In-Store Purchases</li> </ul>
---	---

**Gift Certificates in any amount available**

## Sagkeeng Grass Roots Movement formed

by Charles Norman

"They've been spending money without accountability and it's finally caught up with them," Sagkeeng Band Member Marcel Fontaine told *The Echo*.

He was referring to the problems the AICare Centre is having with Health Canada and the recently announced fact that Sagkeeng has an accumulated deficit of \$17 million.

Fontaine, who has worked for the AICare Centre as an aftercare councillor, is part of a new Sagkeeng organization, the Sagkeeng Grass Roots Movement.

Key members of the group are Marcel Fontaine, Maureen Abraham, Brenda Everett, Leona Guimond, Anita Harper, and Barbara Gervaise.

"We're going to force the is-

ue, but we're going to do it in a good way." He said they won't be criticizing individuals, but they will be asking a lot of questions. The Grass Roots Movement feels that the fear of exposure will go a long way to making sure that expenditures are properly accounted for.

Anyone wanting to get involved can contact Marcel Fontaine at 367-8996


## Charges laid after email death threats

The Winnipeg River Powerview RCMP office were

### CAT IN A BOX ENTERPRISES

**CONSTRUCTION & CARPENTRY SERVICES**

Certified Blue Maxx Foundation Supplier & Installation



Steve Lyons  
345-8987  
Box 1266  
Lac du Bonnet  
Manitoba

called upon to investigate a report of death threats against an Anita Harper of the RM of Alexander on December 3.

Harper, a former employee of the Virginia Fontaine Addictions Foundation Inc., had received the death threats through an email message as a result of a recent interview she had given on a Winnipeg radio station in relation to issues associated to the treatment centre.

As a result of the police investigation two criminal charges of uttering threats were laid against a Sagkeeng First Nation resident on December 5. Winola Mae Canard, 24 years of age, an employee at the Virginia Fontaine Addictions Foundation was arrested by police. She was released from custody and is to appear at the Powerview provincial court December 20 to face charges.

# BINGO

## COMBINED ACCUMULATORS

<p style="text-align: center;"><b>Bonanza</b></p> <p style="text-align: center;">starting value \$5339</p> <p style="text-align: center;"><b>IF WON POT STARTS AT \$200</b></p> <p style="text-align: center; font-size: x-small;">Add 50% of sales on Monday If not won, carry over total plus 50% of sales to Wednesday If not won, carry over total plus 50% of sales to Thursday</p>	<p style="text-align: center;"><b>Minnie Loonie</b></p> <p style="text-align: center;">starting value this week \$2592</p> <p style="text-align: center;"><b>IF WON POT STARTS AT \$200</b></p> <p style="text-align: center; font-size: x-small;">Add 30% of sales on Monday If not won, carry over total plus 30% of sales to Thursday</p>	<p style="text-align: center;"><b>Lucky 7</b></p> <p style="text-align: center;">#25 numbers \$2027</p> <p style="text-align: center; font-size: x-small;">POT FREEZES AT 25 WINNERS Add one # plus 30% of sales carry over on Monday. If not won, add one # plus 30% of sales carry over to Thursday <b>IF WON POT STARTS AT \$200</b> in 17 numbers or less</p>
--	--	---

IN CASE OF DISCREPANCY, THE LATTER WILL PREVAIL

FOR UPDATES CALL 345-8825

<p><b>Knights of Columbus</b></p> <p>Lac du Bonnet Community Centre Specials 7:00 p.m. <small>Lac du Bonnet</small></p> <p style="text-align: center;"><b>Every Monday Evening</b></p>	<p>Bonus Line - \$801.00*</p> <p>Star - 410.00*</p> <p>Loonie Pot - 80.00*</p> <p>Special "Y" - 609.00*</p> <p>Jackpot Strip - 46.00*</p> <p>Poker Flush</p>
--	--

FOR UPDATES CALL 345-8619

<p><b>Lakers Ski Club</b></p> <p>Lac du Bonnet Community Centre Specials 7:00 p.m.</p> <p style="text-align: center;"><b>Every Thursday Evening</b></p>	<p>Bonus Line - \$ 276.00</p> <p>Star - 4265.00</p> <p>Lucky 7 - 163.00</p> <p>Loonie Pot - 114.00</p> <p>Poker Flush - 4051.00</p> <p>Special "Y" - 331.00</p>
---	---

FOR UPDATES CALL 345-6197

<p><b>Royal Canadian Legion #164</b></p> <p>Lac du Bonnet Legion Hall Specials 7:00 p.m.</p> <p style="text-align: center;"><b>Every Wednesday Evening</b></p>	<p>Bonus Line - \$4763.00</p> <p>Star - 56.00</p> <p>Lucky 7 - 163.00</p> <p>Full House - 654.00</p> <p>49 numbers - \$1000</p> <p>Mini Loonie - 3595.00</p> <p>#1 Loonie - 258.00</p> <p>#2 Loonie - 2526.00</p> <p>Jackpot Strip - 202.00</p>
--	---

Season's Greetings!



The Winnipeg River

# Echo

Your Community Newspaper

In Time for Christmas Gift Giving

## SUBSCRIPTION SALE

**BUY ONE SUBSCRIPTION FOR \$30 AND RECEIVE A SECOND SUBSCRIPTION FOR HALF PRICE!**

LAC DU BONNET OFFICE: 100 First Street, Lac du Bonnet Phone 345-9896 Fax 345-0004

POWERVIEW OFFICE: 56 Art Street, Powerview Phone 367-9468 Fax 367-9974

Publisher  
Valerie Anderson

Sales/Production/  
Office Manager  
Toni Bruncau

Production/Art Design  
Lori Pachkowsky

**SUBSCRIPTIONS**

Local Rate: \$34.20

National & Urban Rate: \$39.90

Foreign Rate: \$90.00

(prices include PST & GST)

P.O. Box 550  
Pine Falls, MB  
ROE 1M0

56 Art Street  
Powerview, MB

e-mail:  
threecho@granite.mb.ca

Powerview Office  
Ph: 367-9468  
Fax: 367-9974

Lac du Bonnet Office  
Ph: 345-9896  
Fax 345-0004

## The Winnipeg River Echo

The Echo is an independent weekly newspaper published on Tuesdays in Pine Falls and Lac du Bonnet, Manitoba.

Advertising and submission deadline is Friday at 3:00 p.m. prior to Tuesday's publication.

2nd class mail #176387 (Postage paid in Pine Falls)

### MERCURY

THE WATER CALLS

Mercury  
Four Stroke  
The Quiet Revolution  
Incredible Fuel Economy



CAMPION  
ALUMINUM  
DODGE  
ALUMACRAFT



SPECIAL ASSES Boat Trailers

## WATERTOWN

Lac du Bonnet

204-345-6883  
204-345-6945 fax

**MERCURY**  
MarCruiser

# Tembec's commitment to build TMP

continued from page 1

pulping at the Pine Falls mill has twice caused a change of ownership.

Thermo-mechanical pulping uses huge (35,000 hp) refiners to turn wood into a pulp suitable for the production of paper, a great deal of heat is developed, and used, in the process. Hence the term thermo-mechanical.

Paper is made up of cellulose fibres. The longer the fibre, the stronger the paper. The advent of high-speed presses for the printing of newspapers has created a demand for higher strength newsprint.

The Pine Falls newsprint mill currently uses groundwood as its major source of pulp. It is produced in 4,000 HP grinders where the wood passes between six-foot diameter stones and is ground into a pulp. The pulp produced is inexpensive but has a short fibre length and hence a low strength. To compensate, higher strength chemical pulp is added. In Pine Falls the mill produces sulphite pulp, and purchases kraft pulp. Both of these are expensive, kraft pulp especially so. Recently the mill has added recycled pulp, which reduces, but does not eliminate the need for chemical pulp.

The evergreens of the forest which supply the wood for the Pine Falls Paper Company is a mix of jackpine and spruce in roughly equal proportions. Because of its high pitch content jackpine cannot be used for the production of sulphite pulp, and can only be used to a limited extent on the paper machines.

TMP pulp has a longer fibre length than groundwood and is strong enough to be used for newsprint without the addition of chemical pulp. Jackpine can also be used. In Pine Falls the new TMP mill will use jackpine and spruce in the same proportion as it grows in the forest.

The economics of a TMP mill are dramatically improved if it is built in conjunction with a sawmill. A TMP mill processes wood chips, these chips can come from the outside of the log, leaving the square interior portion available for higher value lumber. A joint venture agreement, for the con-

struction of a sawmill, between the mill and local first nations is close to completion.

## The TMP process

Wood chips will be shipped to the mill in 85 tonne, B train dumpers, via the Rock Road west of the mill, dumped into a hopper, then conveyed to two 30m high, 30m diameter, chip storage silos, one for jackpine, the other for spruce. The two silos will provide storage for five days. Chip unloading capacity is good for more than twice present consumption, and will be sufficient in the event that a third paper machine is installed. There is space for a third silo alongside the two now nearing completion.

From the silos, chips will be screened to remove knots and sawdust, then moved to a series of pre-steamers where they will be treated with low-pressure steam for 40 minutes, washed, and steamed again for 20 minutes. The chips, now softened, will then run through a high compression screw press to remove water and as much pitch as possible.

The chips, now quite dry, will then move to a long vertical

impregnator, where they soak up water, then to a second high compression screw press where water is again removed.

Prior to refining, chips will again be steamed, at 30psi, then will pass through another screw press to remove more pitch.

The guts of the TMP process is three 35,000 HP refiners, where chips are passed between rotating plates. The refiners operate at 55-60psi. After the first refiner, the stock, now mostly pulp will be cleaned and separated in cyclones. The flow is then divided into two streams and sent to one of two more refiners. After more treatment through cyclones, the stock then will spend about fifteen minutes in a latency tank. In the latency tank cellulose fibres "straighten out" to make them more suitable for papermaking. The stock will then pass to another series of smaller refiners and another latency tank.

In the final part of the process stock will be pressed, screened, and pass through a disc filter, pumped, 10% consistency, (90% moisture), to a twin roll press. Where the stock will be concentrated to 30% consistency then

pumped to high-density storage.

Heat generated by the refiners is used to generate enough steam to operate the paper machines, about 120,000 lbs per hour at 40psi. If a refiner "kicks out" for any reason, (there are more than twenty interlocks which can precipitate a shutdown) there is an immediate loss of steam production. To provide for this, and to allow the existing boilers to pick

up the slack, (the steam plant will be on-line at all times and will be required to supply high pressure where required) a new accumulator has been installed. It is in the same place as the old accumulator, which many because of its appearance, will remember as the submarine. The accumulator will provide storage for fifteen minutes

## RON'S BACKHOE SERVICE

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

Phone anytime 345-8724

**The Blue Door**  
DECORATIVE INTERIORS

Custom Wallpapering & Window Treatments

Decorate your home using our fine collection of wall coverings, companion fabrics and borders.

Maryann Kotowich  
Ring (204) 348-7705

draperies - painted shades - valances - curtains - upholstery - pillows & more

**THE RURAL MUNICIPALITY OF LAC DU BONNET**

**PUBLIC NOTICE**

**HOLIDAY HOURS TRANSFER STATION**

The PR #313 Transfer Station will be

**CLOSED**

**DECEMBER 25, 2000 and JANUARY 1, 2001**

**THE RURAL MUNICIPALITY OF LAC DU BONNET**

**PUBLIC NOTICE**

**HOLIDAY BUSINESS HOURS**

**ADMINISTRATION OFFICE**

of the Rural Municipality of Lac du Bonnet  
LOCATED AT #4187, PR#317 one mile north of PTH #11 will be

**CLOSED FROM**

**DECEMBER 22, 2000 at 12:00 NOON to TUESDAY, JANUARY 2, 2001, 9:00 a.m.**

**NEW YEAR'S EVE Gala**

Lac du Bonnet Community Centre

Cocktail Hour - 6:00 to 7:00 p.m.  
Sit Down Dinner - 7:00 p.m.  
catered by The Lakeview

**Party FAVORS**

**TICKETS AVAILABLE:**  
at the Lac du Bonnet Community Centre and Lac du Bonnet Lions Club Members

**Noise MAKERS**

**Corsages FOR ALL THE LADIES**

Sponsored by the Lac du Bonnet Lions Club

1ST STREET, LAC DU BONNET  
345-6294

**Casey's MOTOR INN**

**CHINESE COMBO**

**FRIDAY, DECEMBER 15**  
5:00 to 9:00 p.m.

CONSUME SUI HOG  
BEEF & CHINESE GREENS  
SWEET & SOUR PINEAPPLE  
CHICKEN BALLS  
PORK CHOW MEIN  
MUSHROOM FRIED RICE  
EGG ROLLS  
Includes Tea or Coffee.

Take Out, Lounge or Restaurant

**ONLY 8.95**

The Winnipeg River **Echo** Your Community Newspaper & Commercial Printing Professionals

**Holiday Office Hours**

LAC DU BONNET Phone 345-9896 Fax 345-0004 <b>CLOSED December 20 to January 2</b> January 3 - 9:00 a.m. to 4:00 p.m. January 4 - 9:00 a.m. to 4:00 p.m. January 5 - 9:00 a.m. to 4:00 p.m.	POWerview Phone 367-9468 Fax 367-9974 <b>CLOSED December 23 to January 2</b> January 3 - 9:00 a.m. to 4:00 p.m. January 4 - 9:00 a.m. to 4:00 p.m. January 5 - 9:00 a.m. to 4:00 p.m.
--	--

**Season's Greetings to all!**

Pine Falls Townsite presents...

# Christmas *in the* Country



**Come celebrate and enjoy a day of fun!**

## **Christmas Party!**

Tembec Christmas party for the children of mill employees at Pine Falls at the Pine Falls School gym, 1:00 to 4:00 p.m. Call Tracy Sharpe at 367-2296 or 367-8533

## **Sleigh Rides**

Sponsored by the Blue Water Chamber of Commerce, your local area businesses 2:00 to 6:15 p.m. at the lot on the corner of Golf Course Road and Highway #11. The last group of sleigh riders will be dropped off at the sing-a-long site. Bonfire throughout the afternoon with hot dogs available.

Call Townsite Office to confirm times 367-8954

**FREE ADMISSION - EVERYONE WELCOME**  
**Sunday, December 17**

## **Christmas Lights Tour & Sing-a-long**

Tour 6:00 p.m. Sing-a-long 6:30 to 7:30 p.m. at the Pine Falls School gymnasium. Hot chocolate and juice served. Live musical accompaniment. Winner announcements for the Christmas Lights contest: business display, best theme display, original creation-snow sculpture, best visual effect.

## **Seniors Pick Up**

Seniors pick up for the light tour arranged courtesy of the handi-van and senior activity organizers. Handi-van pick up at St. Georges 5:30 p.m., Powerview Manor 5:45 p.m., Pineview Lodge 5:55 p.m. Then on with the tour! Independent seniors living alone wishing a ride, please contact Tina Polischuk 367-9128. Volunteer drivers will be available should the bus be full.

*We hope this Yuletide brings all  
the joys of a beautiful holiday season*

# Winnipeg River RCMP report



The following is the Winnipeg River Police report up to Monday, December 11, 2000.

On December 4 police responded to a report of a disturbance at a residence on the south shore of Sagkeeng. A male subject was arrested and is facing charges of assault.

A vehicle was vandalised when it was parked along Hwy. 11 in the area of Traverse Bay.

There was a report of several road signs knocked down and damaged by being driven over between Wallace and Caribou Lake.

A hunter was reported missing in the area north east of Bissett MB. He failed to meet up with other members of his hunting party and ended up spending the night in the bush in -30° weather. A search party including the police service dog from Selkirk attended the area when the hunter made his way to a roadway where he was picked up. Other than being a little cold he was in good health.

Police responded to a complaint of a child abuse matter in Bissett. The police in conjunction with Child and Family Services are currently investigating the incident with charges pending.

On December 5, police investigated a two vehicle head on accident and the junction of Hwy 304 and the entrance into Hollow Water. A north bound vehicle turned into the path of a south bound pick-up truck. The driver of the car was taken to the Pine Falls Hospital where he was treated for minor injuries and released. Alcohol was a factor in the accident and the investigation is continuing.

On December 6, police responded to an assault at the Bissett Hotel. A patron at the bar became enraged and assaulted four individuals using a broken pool cue. The subject fled the hotel and was later arrested and held in custody by police. Charged with four counts of assault with a weapon, utter threats, breach of probation and other criminal charges is Ernest Troy Thomas 24 years of age from Manitogotan.

On December 7, a break, enter and theft was reported to a cottage on Vic's Bay in Belair. The matter is still under investigation.

Police attended a disturbance at a residence in Sagkeeng. Two subjects were arrested for assault.

A report of theft from a residence in St. Georges occurred on December 8. An accused has been identified with the matter still under investigation.

A student from the

accidentally struck by a school bus as it was making a turn in the area of Art Street in Powerview. There were no injuries to the student.

Our office is currently investigating several threatening phone calls to a residence on the south shore of Sagkeeng.

On December 9, a male subject was arrested for breaking a window at the Pine Falls Shell station. Charges of mischief are pending against a resident of Sagkeeng.

A domestic dispute is under investigation which occurred on the north shore of Sagkeeng. A female subject was assaulted which

resulted in facial injuries. A male subject is being sought in this matter.

Police were called to an assault which had occurred at the Powerview School between two students on December 9. The matter is still under investigation.

A break enter and theft was reported to have occurred at the Wanipigow School. A VCR was taken.

Police attended to a disturbance at the Pine Falls Hospital involving a patient. The individual was removed from the hospital.

A resident of the south shore of Sagkeeng was arrested for as-

sault with a weapon when he threatened his spouse with a knife.

Our office would like to remind parents in particular to advise their children that the ice on the river and other lakes in the area is not safe to play or walk on as yet. It is extremely dangerous at this time of year and we ask that the children be made aware of these dangers.

As in the past during the holiday season our office will be con-

ducting numerous vehicle check stops in an effort to deter drinking and driving. The Selective Traffic Enforcement Program will run from December 8 through to January 2. Motorists are reminded to use designated drivers and have a safe and joyous holiday season.

Brian Lynch, Sgt.  
Winnipeg River Detachment

**Wishing you joy and happiness this holiday season and in the New Year**  
Management and Staff

## Pine Falls Service Centre

Pine Falls, Manitoba — 367-8037

1ST STREET, LAC DU BONNET  
345-6294

# Casey's

## MOTOR INN

### TUESDAY SENIORS SPECIAL

TUESDAY  
*Super Seniors Special*  
Seniors receive 10% Off Our Low Prices starting at \$7.25. Eat in Lounge or Restaurant  
INCLUDES FREE GLASS OF BUBBLY

### DANCER WEDNESDAY

BIG MEAT DRAW & CASH DRAW SATURDAY

Dine In or Take Out  
**CHESTER FRIED CHICKEN**

## Only \$99.

Are you kidding?  
**Come in for MEGA Savings**

**on Bell ExpressVu Satellite TV!**  
Right now you can get Bell ExpressVu satellite TV for only \$99. But you better hurry - this great offer is for a limited time only!

**Bell ExpressVu offers you:**

- **The Most Choice:** Over 200 channels!
- **The Most Hockey:** Over 1000 games on NHL Centre Ice!
- **The Smallest Dish:** Only 18" - the smallest dish in Canada!
- **Incredible Value:** Get over 100 channels for only \$36.95 per month!
- **Phenomenal Pay-per-View:** Vul, Canada's exclusive 50+ channel Pay-per-view service offers you everything from movies to special events to cultural shows.

Dish, remote & receiver	\$299.00
Programming credit with "The Works"	\$100.00
Rebate	\$100.00
<b>Actual Cost to You</b>	<b>\$99.00</b>

**Only \$99**  
for Bell ExpressVu Satellite TV!  
Limited Time Offer!

**Buy today and watch what you've been missing on Bell ExpressVu!**  
For more information, see your nearest dealer

## True Value

Second Street  
Lac du Bonnet **345-2261**

\* Before taxes. Offer valid on the Model 2700 system and the price described includes a \$100 programming credit and a \$100 rebate. Purchase price to consumer is \$299. \$100 programming credit must be used towards one of The Works, Combo Menu Plus, or La Marge Curries. For the \$100 rebate, please see in-store for details. Limit of one credit and one rebate per household. Not valid with any other offers. Pricing and packaging may change without notice. \*\* Pay Per View credit is valid for activations between July 15 and December 31, 2000. P.P.V. credit expires January 31, 2001. Not valid with other offers. Bell is a trade-mark of Bell Canada. ExpressVu is a trade-mark of Bell ExpressVu L.P.

## THE BEST JUST KEEPS GETTING BETTER.

SPORTSMAN 500 H.O.

### THE NEW POLARIS SPORTSMAN 500 H.O.

<p><b>New! Sportsman 500 H.O.</b></p> <ul style="list-style-type: none"> <li>• New High Output engine</li> <li>• 20% more power</li> <li>• World's best-selling automatic</li> <li>• Independent rear suspension</li> <li>• On-Demand True 4-wheel drive</li> </ul>	<p><b>See the New Sportsman 400 and the 3 New Youth ATVs.</b></p> <ul style="list-style-type: none"> <li>• Sportsman 400</li> <li>• Scrambler 90</li> <li>• Scrambler 90 or 50</li> </ul>
---	---

**ZERO Down. ZERO Payments. ZERO Interest.**

### Just in time for Christmas Gift Giving

**Hillside Power Products**  
WOLF KRAFT  
**756-8655**  
Highway 59, Traverse Bay, Manitoba

**POLARIS**  
The Way Out.

\* 90 days free financing offer valid 8/15/00 to 12/31/00 on select models purchased and registered during the program period. All participating dealers only. See dealer for details. Retail customer only. Offer not valid in combination with any other offer. **WARNING:** ATVs can be hazardous to operate. Polaris adult models are for riders age 16 and older. Polaris youth models are for riders age 8 to 15. Always wear a helmet and be sure to take a training course. For safety and training information, see your Polaris dealer or call 1-800-342-3784. © Polaris Industries LTD

# Moonlight Madness

**THURSDAY  
DECEMBER 14**  
7:00 p.m. to 10:00 p.m.

**THE ONE YOU CAN'T  
AFFORD TO  
MISS!**

## GRAND PRIZE DRAW FOR A GOLDSTAR MICROWAVE OVEN

### DOOR CRASHERS

7:00 p.m. While quantities last

- twin, double, queen **COMFORTER** ..... **12 99**
- Bouquet, assorted, 300 g **CHOCOLATES** ..... **1 99** ★
- 3 pce. **LUGGAGE SET** ..... **29 99**
- 4 pack **PILLOWS** ..... **12 99**
- Holiday, 300 light set **ICICLE LIGHTS** ..... **14 99**
- 12 pack, Coke, diet, Sprite **SOFT DRINKS** ..... **2/ 7 00**



### KID'S DAY

Special Day for the Kids!

**SATURDAY  
DECEMBER 16**

### MEN'S NIGHT

Special Evening for the Guys!

See store beginning Friday, December 15 for more details  
BIG DISCOUNTS  
PRIZE DRAWS

**MONDAY, DECEMBER 18**  
6:00 to 9:00 p.m.

#### EXTENDED HOURS FOR YOUR SHOPPING CONVENIENCE

- Tuesday, December 12 — 9:30 a.m. to 8:00 p.m.
- Wednesday, December 13 — 9:30 a.m. to 8:00 p.m.
- Thursday, December 14 — 9:30 a.m. to 10:00 p.m.
- Friday, December 15 — 9:30 a.m. to 8:00 p.m.
- Saturday, December 16 — 9:30 a.m. to 6:00 p.m.
- Sunday, December 17 — 12:00 noon to 5:00 p.m.
- Monday, December 18 to Friday, December 22 — 9:30 a.m. to 9:00 p.m.
- Saturday, December 23 — 8:00 a.m. to 6:00 p.m.
- Sunday, December 24 — 11:00 a.m. to 4:00 p.m.

**SURPRISE PARTY CONES** **2 99**

**COSMIC DOMES** **9 99**

**M&M STOCKING STUFFER** **3 98**  
3 pack

**CHRISTMAS CRACKER** **1 98**  
60 g

1:00 to 3:00 p.m.

### SANTA IN THE STORE

Polaroid Pictures Available \$3.00

**10% OFF** reg. price  
N64 & PLAYSTATION SOFTWARE

**10% OFF** reg. price  
TAPES & CDs

**15% OFF** reg. price  
CHILDREN'S CLOTHING & FOOTWEAR

**15% OFF** reg. price  
TOYS



Pine Falls, Manitoba — Phone 367-2372

**Northern**  
YOUR CHRISTMAS SHOPPING STORE



## Lac du Bonnet Branch #164 Legion News

by Cde Norm Rimmer, CD

The big game of the year has come and gone and the best team won. Unfortunately if you are an eastern supporter you didn't have too much to cheer about, except for maybe the last two or three minutes of the game. All in all it was a good game and the party at the Legion was great as well. The spaghetti dinner with garlic bread put on by the Ladies Auxiliary was excellent. We would like to thank Norm Scott of MacLeods True Value for the television he donated for our use at the party, thank you, it was greatly appreciated.

Again the Branch and Ladies Auxiliary would like to remind you that we will be hosting our third Annual Christmas Dinner on Christmas Day. If you and your spouse or you and/or a friend are going to be alone on Christmas Day why don't you plan on having Christmas dinner at the Legion and have an enjoyable time. You do not have to be a member and the dinner is free. This is open to all persons living within the general area of Lac du Bonnet.

If you know of anyone who will be eating alone, recommend that they attend at the Legion and have a good turkey supper with others. If you are planning on attending or know someone who wants to attend please phone Fay at the Legion office, at 345-6522, and give her your name or the name of the person you are phoning for. Christmas is a time to be with friends and/or

relatives and not be spent alone.

A couple of things to remember are; there will be a meat draw as usual on December 23 and December 30, as well the Annual Levee will be held on January 1, New Years Day with the doors opening at 1:00 p.m. The branch's Annual General Meeting will be held on December 12.

The General Meetings in

January for the Ladies Auxiliary is January 2 and for the Branch is January 16.

The executive of the Branch and the Ladies Auxiliary would like to wish each and every one of you a very Merry Christmas and Happy New

Year and have a safe holiday. Remember don't drink and drive; call for a designated driver to get you home. It is cheaper and safer and when you wake up, you will still be in possession of your driver's license and vehicle.

### PINE FALLS OL' KINGS HOCKEY TEAM GREY CUP 2000 POOL WINNERS

	East	West		
1st Quarter	0	1	Don Fraser	Great Falls \$25.00
	0	7	Dan Nauft	Pine Falls 25.00
	0	8	Kelly Kemball	Pine Falls 25.00
Reverse	3	8	David Sanderson	Powerview 200.00
	8	3	Keith Clark	Pine Falls 100.00
	3	8	Denise Kemball	Pine Falls 25.00
2nd Quarter	3	12	Carol Wilson	Victoria Beach 200.00
	12	3	Ed Thomson	Pine Falls 100.00
	9	12	Tara Lachance	Winnipeg 25.00
3rd Quarter	10	12	Keith Clark	Pine Falls 200.00
	12	10	Robert Bruyere	Fort Alexander 100.00
	10	18	Derna Watson	Pine Falls 25.00
Reverse	10	19	Rod McLeod	Laval, Quebec 25.00
	13	19	Mickie Flyder	Winnipeg 25.00
	19	25	Noel Dupont	St. Georges 25.00
4th Quarter	20	25	Travis Trethart	Pine Falls 25.00
	20	25	Roy Carlson	Pine Falls 25.00
	20	28	Terry Wert	Pine Falls 25.00
Reverse	26	28	Bruce Nagy	Pointe du Bois 1000.00
	28	26	Albert Nedeerhoeck	East St. Paul 100.00
	Instant Winners	0	Arnold Whit	Lac du Bonnet 25.00
	29	Tony Moss	Pine Falls 25.00	
		Winning ticket sold by Dan Gelines		50.00

### Village of Powerview - 50th Anniversary

## NEW YEARS DANCE

Powerview School Gym 9:00 p.m. to 2:00 a.m. Featuring...  
"Slider" and taped music  
Contact the Village of Powerview office for tickets 367-8483



TICKETS \$20.00 each

COSTUME & DOOR PRIZES

BUS SHUTTLE AVAILABLE — \$5.00 PER PERSON

SILENT AUCTION LUNCH

Powerview Ratepayers Eligible for Special Draw \$1000 REBATE ON PROPERTY TAXES

WANTING TO WIN AT ANY COST,  
IS A SURE WAY TO LOSE.



We've all seen it before. We may have even done it. We push things too far. We lose perspective. All in the name of winning. The problem is, when you lose perspective, you can end up losing a whole lot more. It's the same with gambling.

MANITOBA LOTTERIES REMINDS YOU,  
IF GAMBLING IS BECOMING MORE THAN  
JUST A GAME TO YOU OR ANYONE YOU KNOW,  
CALL THE ADDICTIONS FOUNDATION FOR HELP.

1 800 463 1554 ◀ Outside Winnipeg Inside ▶ 944 6382



# Lac du Bonnet Police Report



The following constitutes the Lac du Bonnet RCMP report for the period of November 30 to December 5:

## November 30

A report was received of a vehicle on Highway 11 near Great Falls driving slowly without tail lights. The vehicle was apprehended and was found to have an unlicensed driver. The subject was charged and the vehicle was towed due to not being road-worthy.

A report was received from the Pinawa Motor Inn of the

Salvation Army collection having been stolen from the beverage room.

## December 1

A report was received of an injury snowmobile accident at the intersection of Dobals and Balod roads. The 15-year-old driver sustained non life-threatening injuries and was transported to the Health Science Centre with fractures.

A report was received of an underage male unlawfully at large in Winnipeg on a temporary absence permit from Milner Ridge Correctional

Centre. A charge was laid and a warrant to arrest was issued.

## December 2

A report was received from a resident of Lac du Bonnet of receiving nuisance phone calls. The origin of the calls was determined and follow up done with the owner of same to have the calls terminated.

## December 3

A report was received of a suspicious vehicle on a side road off PR 425. Police patrolled to the area, however the vehicle was gone.

Police on patrol observed the door to a storage shed on Minnewawa open. Same was secured and the owner subsequently ascertained that there had been no theft.

Police stopped a vehicle on PR 313 for an expired license plate. The driver was found to be under the influence and subsequently charged for driving while over .08. The vehicle was impounded and driver's licence suspended.

A report was received of a break and enter to a machine shed at a residence on

Landerville Road. A quantity of hand tools were stolen along with 55 bags of leaf cutter bee larvae.

An adult male was apprehended for careless driving for doing power turns in the Town of Lac du Bonnet with a vehicle.

## December 4

A report was received of a break and enter to a hunting cabin. Took place during deer hunting season and nothing noted to be stolen.

A report was received of the theft of a half cord of poplar firewood stolen from a loca-

tion in Bonnet Oaks South. Stolen within the past month and a half.

## December 5

A request was received to serve a protection order at a residence in Molson. Police attended and served the adult female, who would not leave the property and was subsequently arrested and lodged.

A report was received of a suspicious vehicle parked in a driveway on Rene Boulevard. Police investigated and found that the owner of same was visiting in the area.

## Artist in the Pine Falls School

by Cody Cyr

We had a camera man come to our school on Monday, November 13, 2000. We went to the library and he started explaining all about video cameras and movies. He explained, how they were made. He showed us all some pretty nice cameras.

us different ways to do things like they do in the movies. It was all pretty amazing.

Next, we got to make our own movie. We were in groups and we acted out a tiny movie. I got to be the camera man. Then we got to watch our own movies on TV. Out of all the movies made, our movie was the best.

We next got to ask the grade two's what their favourite TV show was. I think I got to use the camera the most. I really enjoyed my day at the movies. I would like to do it all over again.

## The Winnipeg River Echo NEWS TIPS

Lac du Bonnet 345-9896  
Powerview 367-9468

Pine Falls  
**DEALS**  
FOR DOLLAR  
Customer Appreciation NIGHT  
THURSDAY, DECEMBER 14 5:00 to 10:00 p.m.

NO GST  
NO PST

**SOBERING FUNERAL CHAPEL AND CREMATORIUM**  
Ph 268-3510 or MB Toll Free 1-877-776-2220  
"Our Family Serving Your Family"

480+ Seat Chapel  
Ample Parking  
Crematorium  
Wheelchair Accessible  
Personal & Professional  
24 Hour Service  
FORETHOUGHT Funeral Pre-Planning

Steven Sobering  
Licensed Funeral Director

Serving Beauséjour, Lac du Bonnet, Pine Falls and surrounding areas

**FLOOR STORE**

We offer quality sales and service of major brand name floor coverings

- Carpet and vinyl
- Expert guaranteed installation
- Carpet re-stretches and repairs
- Free estimates
- Residential and commercial
- Years of experience
- Serving the entire Eastman region

**DAVIDSON INSTALLATIONS LTD.**  
Highway 313, Lac du Bonnet  
2 km east of Winnipeg River Bridge  
**Phone 345-8077**

**The Lakeview STEAKHOUSE**

TUESDAY TO SATURDAY  
5:00 p.m. to 10:00 p.m.  
57 Park Avenue  
Lac du Bonnet, MB  
Phone 204-345-8661  
Fax 204-345-2313

Prime Rib Steaks	Seafood	Chicken & Ribs
<b>RIBEYE</b> 341 gr. prime beef generously marbled <b>16.25</b>	<b>KING CRAB</b> 454 gr. Alaskan king crab with hot garlic butter <b>20.95</b>	<b>CHICKEN BREAST</b> 10 oz. boneless marinated chicken breast <b>12.25</b>
<b>T-BONE</b> 454 gr. Grade A Canadian Beef <b>15.50</b>	<b>SHRIMP SKEWERS</b> 9 large US white shrimp with bell peppers and mushrooms, broiled and basted with garlic butter <b>14.95</b>	<b>BBQ BACK RIBS</b> full rack of slow cooked pork back ribs <b>14.25</b>
<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>

Included with all steak pit dinners: 21 item Salad Bar, French Bread, Choice of Potato or Rice and Coffee

**LET US HANDLE ALL YOUR PARTY NEEDS**  
www.thelakeview.com steaks@thelakeview.com

More company than you can handle? Groups are our specialty!

**Jamaica - \$1604**  
All inclusive - Sandals Inn  
February 24, one week

**Jamaica - \$2411**  
All inclusive - Breezes Runaway Bay  
February 24, one week

**Puerto Plata - \$1329**  
All inclusive - Casa Marina Reef  
February 26, one week

**"No-Problem Man"**  
Famous last words from the island of Jamaica

Call me for full details on these and many other vacation packages.

**Marlin Travel**

Jennifer Jackson

Polo Park Shopping Centre  
**Phone 204-944-7870**  
**Toll Free 1-800-723-3285**

Prices are per person in Canadian dollars, based on double occupancy. Taxes are additional.

# Share in Our *Financial Success*

The Board of Directors has approved a distribution of earnings for 2000 equal to 8.22% on Common Shares and 5.57% on Surplus Shares.

From the beginning of our share program in 1994 to December 2000, South Interlake Credit Union will have returned \$1,261,994 of profit to You, the shareholders.

The more shares you hold, the greater your share of the distribution. Stock dividend has been no less than 2% over our average 7-year deposit rate in each year.

Your share holding as of December 31st is used to calculate eligibility. It is important that you purchase any additional shares you may wish to hold before December 31, 2000.

## *Did You Know?*

Your Shares are transferrable for investment in your South Interlake Credit Union RRSP, subject to your RRSP limit?

**We invite you in to see our friendly  
Member Service Representatives and they  
will be pleased to discuss your investment.**

## **South Interlake**

— Credit Union Limited —



Check us out. Visit us in person or at  
[www.sicub.mb.ca](http://www.sicub.mb.ca)

## Way to go Charmaine!



by Crystal Rattai

A few weeks ago Debbie Viel and I did a presentation at Ecole Powerview School for Addiction Awareness Week, for the Grade 6, 7 and 8 classrooms. Our presentation was on alcohol poisoning and binge drinking. The presentation stimulated a good discussion with the teens and hopefully gave the message that binge drinking can be fatal. Many teenagers have died from alcohol poisoning and binge drinking.

We had a poetry contest so the teens could showcase their writing talents. I would like to congratulate Charmaine Clarke from the Grade 8 classroom at Ecole Powerview School for taking the initiative and entering a poem for our contest. Way to go Charmaine!

### Friendship

by Charmaine Clarke  
Grade 8 Room 39  
Ecole Powerview School

*Friendships are not born they must be developed  
Friendships are a combination of give and take  
Friendships are not a right they are earned  
Friendships can be for a moment or a lifetime  
Friendships enrich our lives and bring us joy*

*But ... the worst thing in a friendship is when one of them are Gone.  
So think before you drink and do drugs.*

### What's Happening?

The up and coming events for December at Wings of Power include: the fibromyalgia support group meeting December 14 and 28 at 7:00 p.m., a women's sharing circle will be on Monday, December 18 at 7:00 p.m. and the Wings of Power Christmas party will be December 19 from 1:30 to 4:00 p.m. Everyone is welcome. If you need more details on any of these events please call Crystal or Doreen at 367-9641.

## Ask your Pharmacist Winter skin

"Every winter my skin gets so dry and scaly and it itches. What can I do about it?"

Yours is a problem so many people have during Canada's long winters.

Skin becomes dry and scaly because it lacks water, not because it lacks natural oils.

During winter, skin becomes especially dry because our windows are closed and heat is turned up. This aggravates any predisposition towards dry skin.

Try to keep your rooms at a moderate-to-cool temperature. Use a humidifier. A grouping of well-watered house plants may also help put moisture back into the air.

During the winter, people tend to drink less than in summer months. Take a look at your fluid intake. Is it down?

What sort of soap are you using? Soap is a drying agent, even the super-fatted, supposedly "moisturizing" facial soaps. The same is true for bath and shower gels. They, too, are

soaps.

Avoid taking long, hot baths and showers that will dry your skin by washing away the protective, natural skin oil which retain moisture. There's something to be said for quick, cool showers.

You may want to use a bath oil in your bath. Alpha-Keri, Domol, or even inexpensive, plain baby oil can be useful. But be careful! Bath oils make the bathtub slippery. Also, some perfumed oils may have a drying effect.

Avoid bath salts or bubble bath. They may make dry, sensitive skin itchy or red.

Do use oils, lotions, and creams on your skin. However,

they cannot keep your skin soft without the use of water. It is best to apply these while your skin is still damp. Towel-dry lightly after your bath or shower, then apply oil, lotion, or cream to damp skin. This helps seal in water. Nivea cream and Lubriderm are easy to use in this manner. Or, you could apply body oil to your skin before drying off at all.

Don't forget to drink lots of water. Avoid bath powders. And if, after all this, your skin is still painfully dry, see your doctor. Sometimes "dry skin" is another skin condition entirely which should be treated medically.

## Shopping survival - tips for making it easier

by Jenny Terrio Baturin

Christmas shopping can be a difficult chore for persons with arthritis or other joint and muscle pain. Here are some helpful suggestions to help make your shopping a more enjoyable experience.

### Timing is everything!

You know that if you need to pick up a bottle of wine on the way home from work December 31, you're in serious trouble. Ever run into a store for milk and bread on the Saturday before Thanksgiving - are you nuts?! Okay, these are extreme examples, but knowing a good time to shop can lessen the frustration of crowds and long lines and make the event more pleasant.

Apparently Tuesdays are the lightest shopping days. Keep in

mind that you may find fewer staff available to assist you at slower times but if finding a parking spot close the entrance is one of your goals, it may be well worth it.

### Shopping Secrets!

\* Take your pain medication prior to heading out on a shopping trip.

\* Pace your shopping. Don't try to run all of your errands on the same day.

\* Save the big shopping list for a day when you feel well and get just what is really needed on bad days.

\* Pick a smaller store to decrease the distance you'll have to walk inside the store.

\* Shop locally. The stores are smaller, parking is usually easier and local merchants know you and appreciate your business.

**OPEN**  
Monday to Friday  
10:00 a.m. to 5:00 p.m.

**MARK'S MEDI-WHEEL**  
341 Park Avenue, Beausejour  
**268-3102**

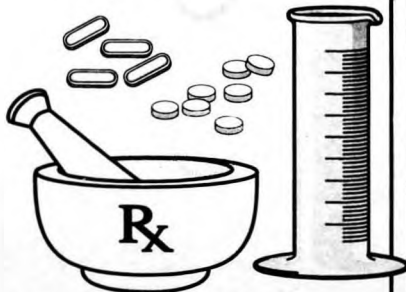
## TRY YOUR DRUGSTORE *first*

- Pharmaceuticals
- First Aid Supplies
- Hair Products
- Household Products
- Stationary
- Greeting Cards
- Lottery Centre
- Gifts

**PINE PHARMACY**

Open Monday to Saturday, 9:30 a.m. to 5:30 p.m.

**367-2611**



DISPENSARY

**367-2517**

## Massage Therapy Gift Certificates

Available from:

**Jon O. Phillips, LMT**

#3 Alarie Lane, Powerview  
(204) 367-8388  
jphillip@granite.mb.ca

**Cost: \$36.00**

Includes a 20% off coupon for yourself or your special someone.

Hours:

Mon to Thur	9 am to 8 pm
Friday	9 am to 5 pm
Saturday	9 am to 1 pm

For instant relief, try slowing down!  
Lily Tomlin

## Crafty recreation – makes great Christmas presents

### Recreation Ramblings

by Michelle Chudd, Recreation Director  
Winnipeg River Recreation District, 753-2639/345 8816  
Email: [reccomm@granite.mb.ca](mailto:reccomm@granite.mb.ca)

Too often we think that Recreation is all sport... basketball, running, swimming... well recreation is ANYTHING that you choose to do in your leisure time – this includes crafts!

Now I know this is the time of year that people start worrying about Christmas presents. Why not spend some of your recreation time making homemade Christmas gifts? Are you an aspiring artist? Why not do some sketches as a gift? Or how about making a mobile using a coat hanger – and give it to a small child? Do you have some clay kicking around? Got anything

neat to recycle? Why not making something out of your recycling – paint a glass jar and put a flower in it. Or is sewing your cup of tea? Sew something for a special someone. Think of crafts too when you think of recreation.

**Creative movement for preschoolers:** Back again... by popular demand... the Creative Movement for Preschoolers program running every Tuesday night from 6:30 to 7:00 p.m. at Gilbert School Gym. A great program designed for parents and children ages two to four years. Learn and explore through creative movement games and activities.

Maximum of 12 participants. Call the rec office today to register. Program commences January 16.

**Yoga:** Stay tuned for an update on the exact start date of this program. Tentatively it will run on Tuesday evenings from 7:00 to 8:00 p.m. at Gilbert School in Pinawa.

**Ball hockey tournament:** Grab a team of five and get ready to play during the Ten Days to Play. The rec district's ball hockey tournament takes place Tuesday, January 26 at 4:00 p.m. GAME ON!

**Home basketball games:** Please note that due to home games for the LdBSS Chargers – there will be no Wednesday night rec volleyball and basketball on December 20 and January 17.

Winter program instruc-

tors needed: I am in the midst of planning the Winter 2001 slate of programs and special events. At the moment I am in need of an instructors for the following:

- ethnic cooking classes, heart smart cooking and vegetarian cooking
- aerobics
- gentle fitness classes

If you know of anyone that is interested – please contact the rec office.

**Hall walking at Pinawa:** For those of you who do not enjoy walking outdoors during the "crummy weather season" we have the answer for you! The Pinawa Secondary School has given the go ahead for walking in the halls prior to school at 8:00 a.m. and after school at 4:00 p.m. You can

walk the quadrant the links to the Community Centre. Happy walking!

#### Coming up

**Hall walking:** Monday to Friday from 4:30 to 8:30 p.m. at LdB Senior School hallways and at Pinawa Secondary School

**Pinawa basketball night:** Every Monday from 8:00 to 10:00 p.m. at the Community Centre. For more info contact Tara Lotz.

**Adult rec volleyball and basketball:** Wednesdays, (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 LdB Senior School Gym. Come on out.

**Pinawa's Ten Days to Play...** January 26 to February 4.

## Coping better with stress near Christmas

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

During the Christmas season, there may be more factors causing us stress than normal. Perhaps it's the combination of everything this time of year brings... driving on icy roads, shopping for that special gift, organizing winter activities, participating in community events, preparing Christmas baking and crafts, decorating... all while trying to write Christmas cards. Often we put a lot of pressure on ourselves to have the perfect Christmas and in the spirit of giving (of ourselves), we forget about our own needs.

There is no single formula for managing stress. However it is important for us to first understand our stress before we can develop responses tailored to our needs. Here are some suggestions you might find useful in dealing with your stress.

• Learn to recognize stressful situations in your life. Pay attention to signals from your body.

• Your body may be telling you that you are over-stressed. Are your muscles aching? Do you feel tired?

• Get acquainted with your feelings. Feelings are useful messages to help us better understand situations in our lives and how to respond to them. One way of getting to know your feelings is by keeping a "feelings journal". Does your temper seem short?

• Reduce stressful situations whenever possible. Re-

duce commitments and give up responsibilities which are no longer positive and rewarding.

• Call a close friend. Friends can make you feel understood and cared for. Friends can also help you to sort out problems. Two heads are better than one.

• Let your partner, and your family, know about the symptoms/feelings you are having. Explain how they can help you with some responsibilities and give you support.

• Nurture yourself. Take time out for yourself. Do something you really enjoy and maybe haven't taken the time to do lately. For example, reading a book, relaxing in a bubble bath, or having a massage – even your partner can do this for you.

• Eat well. Good nutrition is important. Poor nutrition can affect your mood, your energy level and your ability to think clearly. Stay away from too many Christmas sweets. Pour nutrition is also linked to depression. Eat an orange instead of a sugar cookie!

• Exercise. Regular physical exercise can relieve tension and lift your mood.

• Get enough sleep. If you are troubled by sleeplessness, you could try to exercise daily (but not just before bedtime), use relaxation techniques, drink warm milk before bed, sleep in a darkened room, and avoid stressful situations before bed.

• Explore new Christmas traditions that may be less stressful. Also, review your daily life and see if you should change it in any way. Boredom or dissatisfaction can make you feel tired or depressed.

• Learn stress reduction techniques. Relaxation exercises, Tai Chi, yoga, or visualization are all useful in decreasing stress.

• See a counselor. Sometimes our stresses require more

than the techniques already mentioned. **Counselors** have specific training in helping people understand the stresses in their lives. They can also support you while you learn to make changes to reduce stress.

Produced by the Women's Health Care Centre, Peterborough, Ontario, Canada Revised in 1998

The Rural Stress Line will be returning due to popular demand. Watch for the new 1-800 number to be announced in my column soon.

### Power Line Trainee:

Manitoba Hydro is currently seeking qualified individuals to train for a career as a Power Line Journeyman.

As a Power Line Trainee, you will participate in a four year apprenticeship program that includes on-the-job training and eight weeks of competency based trade school leading to Journeyman status. During your training, you will be stationed at various locations throughout the province.

To be considered you must:

- be a high school graduate with a minimum of the following specific credits: Mathematics 405 (Applied Math or Pre-Calculus) or 300, Physics 305 or 200, and English 40, 300 or 301, equivalent academic qualifications may require validation by the Department of Education;
- possess a valid Class 5 Manitoba Driver's Licence and be eligible to upgrade;
- be capable of working at heights of nine meters to over 36.5 meters while on poles or towers;
- meet the challenge of physically demanding work in all types of weather; and
- be prepared to work with high voltage energized lines while adhering to established safety procedures.

The selection process includes aptitude testing, panel interview, medical examination; and a two day Manitoba Hydro sponsored Skills Assessment and Trades Orientation program.

**Salary Range:** Start – \$11.27 hourly;  
12 month to five year range – \$14.65 to 22.54 hourly

Interested applicants are requested to submit a personal resume, a complete transcript of high school marks and a current driver record abstract by December 22, 2000. A demonstrated ability to communicate in both official languages (English & French) would be an asset.

#### COMMITTED TO EMPLOYMENT EQUITY

Send applications to:  
Manitoba Hydro, Competition No. 00/1106WRE  
Human Resource Services, Customer Service & Marketing  
1120 Waverley Street  
Winnipeg, MB R3T 0P4  
Fax: (204) 477-9045  
[Employment@CSM@hydro.mb.ca](mailto:Employment@CSM@hydro.mb.ca)  
Visit our Website at [www.hydro.mb.ca](http://www.hydro.mb.ca)

We thank all interested applicants, however only those selected for an interview will be contacted. All applications will be retained for 6 months.



# The first disciple



by George T. Lalor

It had grown dark when twelve-year-old Boli, the little thief, slipped silently into the cavern in the mountainside that served as stable for those travellers who spent the night at Simon's Inn. As Boli scrambled up the wooden rails into the loft a donkey tethered to the manger raised its head and brayed in irritation. But the youngster did not mind for he was grateful for the animal's presence. The heat that radiated from its furry back would help to warm his ill clad body as he curled up in his nightly hiding place beneath the hay.

For the little thief, that winter day had started out with promise. The town had filled with people who had come to Bethlehem to pay their taxes; many of them had grown drunk on zibzib and were easily robbed. How many pockets he had picked he could not count. He only knew that he gained sufficient coin to keep his belly full of figs and bread for several days. But then before he'd reached his hiding place within the stable, he had met with older, bigger thieves who had demanded toll from him. Now

Boli's belly and the carrying bag he kept concealed beneath his ragged cotton shirt were empty.

But Boli did not weep nor feel regret or even anger. For, to him, it was the way of life: The biggest and the strongest ruled: The smaller ones like him must either use their wits or perish. And today, he had not used his wits. He should have waited until darkness fell before he dared to cross the street where Nathan and his henchmen worked. But evening had turned cold; the wind that whipped against his naked legs had made him think too hard about his bed of hay.

He burrowed down into the stack and beat the dusty mass to drive away the mice and insects then, to ease his hunger pangs, he curled up with his thighs pressed hard against his stomach. He was almost sleeping when the sound of voices roused him into wakefulness.

Boli felt no nervousness for it was not unusual for a traveller to arrive during the night. Sometimes a man who was alone would sleep there in a manger. But, although he could have done so easily, Boli never robbed the sleeping men. To do so would be foolish... might alert the stable owner to his hiding place. The sound of voices had grown

closer and he heard the clack of donkey's hooves upon the hardpacked floor.

One of the people had an oil lamp and its flickering beam reached up to penetrate between the floorboards of the hayloft. Boli spread aside the grassy mat beneath his face and peered into the lower reaches of the stable. There, he saw two men. One of them, who was the landlord bore the lamp. The other was a tall, broad-shouldered youthful figure in a dusty robe who led a donkey, riding on its back a girl whose clothing also bore the marks of travel. The pudgy landlord held the lamp above his head; its feeble rays reflected from the donkeys backs. "I am sorry young fellow but this is the best I can do for you and still afford you any privacy. My place is full to overflowing."

The young man nodded worriedly. "We understand. But should an opening occur, would you be kind enough to let us know. My wife is Heavy with her first child... She is expecting hourly."

The landlord turned to go but the young man called after him. "Should my wife give birth, we cannot be without a light. Will you be kind enough to leave the lamp?"

The landlord paused and looked annoyed and, for a moment, Boli thought he would refuse the man's request. But then he mumbled, "Well... I suppose. If you will promise to re-

turn it in the morning.

The young man took the lamp and set it on a wooden stool beside the doorway. Then, as the landlord departed, he went to the girl and gently, carefully, as though she were composed of something breakable, he lifted her and stood her on the floor. "Oh my beautiful Mary," he said softly, "I had wanted something more than this for you."



Boli had never seen such gentleness toward a woman. It was curious behaviour for a man and so he strained to hear what her response would be. "Please do not worry," she replied and smiled into the young man's worried face. "We are in good hands. Whether I give birth in an inn or a stable does not matter. We are safe from harm."

Boli felt bewildered. The girl's belly was swollen with child and yet she was happy. He had seen many women in her condition... Young girls on the streets and in the brothels of El Berka. He had heard their cries off anguish and their cursing as they strove to rid their bodies of the source of their distress. He had seen the small, unwanted infants thrown into the river and had watched his mother, Sarah die in childbirth in the soldier's brothel where she had worked. As Boli saw the smile of happiness upon the woman's dusty face, he won-

dered: Had the Roman soldiers who had caused his mother's death said words of love to her, would she have smiled? Boli had never seen a smile on Sarah's face.

He watched the couple as they made their preparations for the night. The girl removed her outer garments and, the young man carried water from the well. He helped her bathe her face and arms and then assisted her to climb into the manger where the donkey's saddle blanket lay in waiting on a bed of hay. The young man bent and kissed her cheek. "Sleep well," he said. "I'll stay awake and guard you."

Boli closed his eyes but could not sleep. As he observed the young man seated with his back against the manger and the woman radiant in sleep, a strange excitement filled his heart... a feeling of belonging he has never known before. It was as though

*continued next page*

## JACKSON'S CARIBOU LODGE & OUTPOSTS

May all good things await you and yours in this wonderful season of fun, memories and magic.

Merry Christmas

Shaun & Bob Jackson

- ★ QUESNEL LAKE
- ★ WAPESKAPER LAKE
- ★ ARTERY LAKE
- ★ BLOODVEIN RIVER

Box 820  
Pine Falls, Manitoba  
Canada R0E 1M0

Phone 204-367-4401  
Fax 204-367-4384  
Email: caribou@mb.sympatico.ca  
www.virtuallnorth.com/attaki



### Windshield Replacement & Repair All Your Autobody Needs Courtesy Cars

We hope your holiday is filled with happiness and lots of good cheer!

Season's Greetings!



## powerfalls AUTO BODY

Sean, Pat, Tyler, Clayton & Alex

Box 187  
Powerview, MB  
R0E 1P0

Phone 367-2677  
Fax 367-2336

## Best Wishes for the New Year!

Mel, Lin & Staff

# CLARK'S CORNER

Highway 11, Powerview — 367-2238



May your holidays be filled with cheer...  
Merry Christmas to all and a Happy New Year!

## HENRY'S TOWING



Highway #11  
Powerview, Manitoba  
367-2417

continued from previous page he glimpsed a different kind of world where everything was opposite to the one he'd always known... Here was a world of tenderness and sympathy and love. Suddenly, he did not want it to be taken from his sight and hearing. It was why he had to stay awake. The tall young man was very tired and might drop off to sleep and danger lurked among the darkened streets of Bethlehem. He, Boli, must remain alert to warn the young man should his beautiful world be threatened.

The night wore on, its silence broken now and then by distant sounds of human revelry or jackals quarrelling in the nearby hills. The happy woman slept: The young man and the little thief called Boli guarded her. And, as he kept his vigil, Boli wondered what it would be like to have someone who cared about you... worried for your safety and comfort. He had always been alone... Knew no one he could dare to like or trust. And, somehow, it had never upon the earth. During the darkest hour that comes before the dawn, the girl called out:

"Joseph, my dear, the child is coming."

Boli held his breath and tried to still his heart as Joseph quickly rose and turned toward the manger. He watched the girl remove the clothing from her lower body... Knew what was about to happen; he has seen it

many times before but never with such speed and ease. For, suddenly, the child was there upon the donkey blanket and the man was severing the cord that held it to the girl. The mother wiped the squalling infant clean with cloths that Joseph handed her ten bound the squirming body in a bandage made of cotton cloth. Before the oil lamp flickered and went out, he saw the woman press the child's mouth to her breast. "It is the promised boy," she said.

The look of worry had departed from the young man's face and Boli shared his triumph as he raised his hands and eyes toward the sky. "He is the promised one, my love."

At dawn, the landlord came and called to Joseph in a worried voice. "What strange thing happens here? For several hours a ball of light has hung above this place and, now the grounds are full of filthy shepherds shouting out that they have seen and heard an angel.. That a new king for The Jews was born here in this stable."

Joseph stepped toward the worried man and took him by a trembling hand. "Come, look," he said, "He is the king of all the kings on earth. He is the son of God."

There was the sound of turmoil from the stable door and Boli saw the entranced blocked with barefoot shepherds carrying crooks and peering out from

hairy faces.. The landlord rushed at them and waved his fleshy arms. "Get out of here," he yelled hysterically. "Emshi Yalla". But, as though they could not hear the landlord speak, the shepherds pushed their way into the room and, one by one, fell on their knees upon the floor.

A crowd had gathered in the courtyard; people pushed and jostled to gain entry to the stable... The landlord's pudgy face became a mask of anguish as he turned to Joseph. "Please leave this place," he begged. "This talk of angels and of kings will bring destruction on my business. The Roman officers will not like this kind of talk, will send the soldiers to disperse the throng. Please leave at once before you cause me further grief."

Joseph looked at Mary who had wakened and was holding up the child for all to see. "My wife has only given birth. She is not strong enough to travel yet. Would you be good enough to bring us food. When she has eaten and feels well enough to do so, we will go upon our way."

Boli did not understand the talk of Angels, God and Kings. Nor could he comprehend how such a tiny, squalling bit of human life could be of such importance as to make the unclean hated shepherds risk their very lives by coming to the town.

But he was worried for the young man and the girl. They had done something that The Romans did not like. And though the thought of losing them brought sadness to his heart, he wanted them to find a safer place.

The shepherds had departed but the stable was still filled with people when a servant brought a basket filled with food and wine. He pushed his way into the throng and handed it to Joseph. As he reached above the heads of those who prayed, he called. "There are three Magi waiting in the courtyard who desire an audience. They say they have been sent here by, King Herod to pay homage to this baby."

But the crowd of visitors did not diminish and the say was waning when, The Magi came into the stable. They were tall men, finely groomed and dressed expensively. Each carried on his arm a present which he lay upon the straw before the mother and her child. They knelt and bowed their turbaned heads then rose again. "The King called Herod said that he, himself, will come to see this king of kings.

The Magi howed then left the

stable and the Roman soldiers from the nearby barracks came and Boli heard them shouting at the people to go home before they were arrested. Soon, the young man and his wife and baby were the only ones remaining in the lower stable. Above them in the hayloft, Boli lay and nursed and aching belly. It was long since he had eaten and the smell of figs and cheese and goat meat still remaining in the basket came to him above the odors of the stable gutters and the gathering piles of donkey droppings. He put his fingers to his nose to block the smell. Perhaps when Joseph and the girl departed, they would leave the scraps. It was dusk when Boli heard the voice that came from nowhere: "Joseph, Joseph," it called softly.

Joseph who had been reclining at his place before the manger jumped to his feet and held and ear toward the sound. "Joseph, Joseph," the voice called out again. "King Herod sees the baby as a threat to his security and he is sending men to kill the child. Do not go north to Galilee but travel west to Egypt. Do not tarry. You must hurry on your way."

## BUSINESSES COMMUNITY GROUPS ORGANIZATIONS

Acknowledge your customers, clients and the community in our last issue of 2000 with a

# Christmas Greetings

ADVERTISEMENT  
in the

# The Winnipeg River Echo



LAC DU BONNET:  
Phone 345-9896  
Fax 345-0004

POWERVIEW:  
Phone 367-9468  
Fax 367-9974

Call The Echo  
to book your space  
**GREETINGS DEADLINE  
THURSDAY, DECEMBER 14**



for a safe & happy  
holiday season!

**DAVE'S NEW &  
USED FURNITURE**

21 Art Street, Powerview  
**367-2460**  
Monday to Friday  
10.00 a.m. - 5.00 p.m.  
Saturday 10.00 a.m. - 3.00 p.m.

Wishing you  
Health and Happiness this Holiday Season  
and Throughout the Coming Year.  
Thank you for your loyal patronage.

*May Your Christmas  
Be Merry and Bright!*

**LEE RIVER CUSTOM MACHINING**  
Henry and Ursula Huebener  
12 Butch Boulevard, Lac du Bonnet — 345-8746

*Season's Greetings!*  
Hope you're fixing to have a good time, all through the season. You have our gratitude for helping us put together a great year!

**PETER'S PRO Hardware**  
Linden Avenue, Pine Falls  
**367-2380**

Staff & Management

*Store Christmas Hours*

Thursday, December 14 — open until 8:00 p.m.  
Sunday, December 17 — 12:00 noon to 4:00 p.m.  
December 18-22 — 8:30 a.m. to 8:30 p.m.  
Saturday, December 23 — 9:00 a.m. to 6:00 p.m.  
Sunday, December 24 — 11:00 a.m. to 4:00 p.m.

# 'Round and about the Beaches

## The Christmas Season



by Monika I. Evans

It's amazing how fast the season has come upon us. Here, just a short while ago we had the first snow and everyone was hoping it would melt and we would enjoy some more days of warm sunshine. Well

maybe next year!

Our Seniors Scene Songsters have been working very hard on our music. We sang at the Christmas dinner for the Seniors Scene December 9. After, what I know will be a major triumph (we hope), we will sing for the super seniors at the club on December 13.

To conclude this year, we will be going to the United Church on Sunday, December 17 to provide a musical tribute, which will then be followed at the Sunnywood Manor including a sing-along of carols. If you get a chance, please come by and here us, we really have been trying to make our leader Leo Sorenson proud.

I have been enjoying a lot of turkey dinners lately. The first one was on December 3 at the Grand Marais Sport Centre, presented by the Grand Marais Seniors. After a lovely meal which consisted of a nice fresh salad, rolls, turkey, dressing, meat balls, etc. topped off by your choice of pies such as pumpkin with whipped cream since that was as far as I got. I didn't know what the rest were, but they sure looked good.

After the dinner we were entertained by the Lac du Bonnet Kitchen Band. They were dressed in Christmas red and their instruments were definitely unique. The leader played an accordion and was accompanied by

various kitchen implements such as a dish pan used as a drum, a washboard, triangles and a kazoo. They played several Christmas songs and also songs of bygone eras. We sang along with their music. Even though half of their band was absent, they did a lovely job.

Following the band, we were enthralled by the Thalberg-Groenwald Bell Ringers. I had the pleasure of listening to them earlier in the day at their rehearsal. Each time I hear them I am just amazed how so many people get together and make such beautiful music, when each one only plays one or two notes at a time. This music you can't practice at home. Gloria Zirk does a wonderful job in putting it all together.

On December 5, I went to Selkirk to enjoy dinner with some people that I met in September. Once a year all the shelters in Manitoba invite all the clients to their Christmas party. It was really wonderful to see my kids again. When we spent time together, I would make cookies with them and also tried to teach them

how to crochet. I had promised the little girl that I would make her a mat for her bedroom, which I had done in many bright colours. She just loved it. I couldn't only just give her something, so I knitted some mitts for her mom and brothers also. We all had such mixed hopes when we parted, and few of our plans worked out as we had wished.

The ladies at the United Church did a wonderful job of the meal, everything was just delicious and there was plenty to go around. I went back for more salads since there just wasn't enough room on the plate the first time around.

For entertainment there was a magician by the name of Bill. He enthralled the kids with his magic and we adults also truly enjoyed him. He kept the children totally enraptured until the end of his act which was then followed by a truly tough act, Santa Clause and presents. After that, mayhem was about, bows and gift wrap was everywhere as the kids ripped open their gifts. There were kids of all ages, from a little bundle of one month old to pre-teens. One of the ladies was just about to have her baby and we hoped not right there!

A note of thanks  
It is really great to be back home and I want to thank all of you wonderful people who have supported me. What would I have done without the kindness, hugs, shelter (both for myself and snoopy), cards of sympathy, offers of help which included financial assistance and advice, prayers and best wishes. Thank you and may god bless you all. I cannot imagine being anywhere else.

### 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:

- Special Tax Treatment for a 'Retiring Allowance'
- Pension Plan Options
- Retirement Income Planning
- General Financial Planning (debt reduction, replacing lost benefits and cash flow planning)



**ANNE NEMECEK**  
Financial Consultant

Call (204) 946-9818 or  
Toll Free 1 866 221-3635

1000 - One Lombard Place  
Winnipeg, Manitoba R3B 3N9



Merrill Lynch Canada Inc. Member - CIPF

### Russell Funeral Homes Ltd. & Crematorium

Government Road Allowance #317, Lac du Bonnet

**345-6051**

437 Park Avenue, Beauséjour, 24 Hours

**268-2263**

Toll Free 1-866-424-6271

For 60 years Russell Funeral Homes has provided meaningful services to families of all faiths. In these changing times, isn't it comforting to know Russell Funeral Homes will be there for your family.



Julie & Harvey Giesbrecht

**FORETHOUGHT FUNERAL PLANNING**

INDEPENDENT CANADIAN

### SILVER HAVEN MEAL PROGRAM

Open to all seniors 55 and over.


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, December 13**

Salad, baked ham, scalloped potatoes, purple cabbage, coconut pudding

**Friday, December 15**

Soup, Salisbury steak, mashed potatoes, carrots and celery, muffins



the future is here.

## The shape of the future.

With the Star Choice Elliptical Dish you can enjoy dual satellite reception and unbelievable programming choices. The future of television is here. And it's from Star Choice.

**NO GST**  
Until December 31/00

**Dave's New & Used Furniture**  
**367-2460**  
21 Art Street, Powerview, MB

**\$299.99** LESS

- 100.00 Program Credit

- 100.00 In Store Rebate

**\$99.99**

**STAR CHOICE**  
SEE STORE FOR DETAILS. IT'S YOUR TELEVISION

[www.starchoice.com](http://www.starchoice.com) 1 888 554-STAR

**25% OFF INSTALLATION**  
Until December 31/00

\*Elliptical dish available in select regions. Star Choice™ and related designs and indicia are trademarks of Star Choice Communications Inc. and Star Choice Television Network Incorporated.

The  
Winnipeg  
River  
**Echo**

**ADVERTISING  
DEADLINE**

**FRIDAY 3:00 P.M.**

**Phone 367-9468  
or 345-9896**

# Camel races in Kuwait 'an interesting afternoon

Dear Toni:  
 Thanks for your last email. You were asking about Christmas and camel races. The camel races are pretty interesting. They are also hard to find.

In the Arab countries everyone is always very helpful. If you are lost and need directions they will always try to help (bless their hearts) even if they don't have a clue what you're saying or where your destination is.

It is very common to ask a group of three or four individuals for directions and have all of them stand and confidently gesture to as many different points on the compass. Also there are many streets and roadways without names. This can be exceedingly confusing and most directions are given using landmarks, which are few and far between in the desert.

Our first attempt at finding the elusive race track resulted in an afternoon at the zoo. Between our trusty map with no street names and numerous well meaning locals directing us all over the country, we never did find the "mystery spot". An interesting aside to the zoo.

They have a huge variety of animals but no camels. I guess they figure you can see them on any roadside at anytime if you want to. A group finally arranged for a bus trip out to the track with people who actually knew the way. Not the bus driver himself, of course, but passengers who had experience. 15 minutes into our ride we suddenly, and unbelievably saw signage in Kuwait. Arrows on a sign, pointing us to "The Kuwait Camel Races"! Yikes, they really did exist!!

The ride into the desert on this new route proved interesting too. The roadway seemed a little wider to me and no sooner had I made comment to that effect a vehicle passed us from behind, squeezing between our bus and an oncoming vehicle in the other lane.

This occurred with such regularity, and at such speed, I realized my assumption must have been correct. The road was exceedingly straight so monstrous speed bumps were featured at all intersections to slow traffic. Out

in the middle of nowhere this seemed bizarre, but after you drive in Kuwait for a time you know it is a necessity.

We finally turned off the highway into the desert. They just scrape a road out there and keep it clear of drifts. It had been windy for a few days so between the drifting sand over the roadway and the washboard surface, we felt like we were back in rural Manitoba. Only the herds of camels and sheep beside the road tipped us off that we were far from home. Just as a small grandstand hove into sight, another large sign announced that we had arrived at the "KUWAIT CAMEL RACING CLUB".

Groups of camels and riders could be seen plodding towards the track from some marshalling area in the desert nearby. I will never tire of the view of camels walking their majestic walk over this landscape, it must be seen to be understood. The Magicalways come to mind. The dust rising from their feet and the sun behind them is awesome.

The racetrack is huge. A seven kilometre track, complete with metal rails, is laid out in the expanse of desert. One can't even see the far side of it. The grounds are complete with a miniature grandstand with a glass enclosed lounge area featuring carpeted bleachers, leather lounge chairs, beverage service (coffee-tea-juice), and multiple monitors to view the race. Very comfortable.

We were directed to the outdoor bleachers first. Right side for men, left side for women. Americans are told that their women can sit on either side and are welcome in the lounge as well.

A Paddock area could be seen in front of the grandstand and beside this was a large Bedouin tent with beautiful rugs covering the floor and a huge area of the ground in front of it. It was on these rugs that a group of about 20 Kuwaiti young men did traditional chants and dances between races.

It was in this area that three camel owners had their beasts saddled and decorated for picture taking purposes and rides. Inside the tent there was a pit lined with charcoal and several older Arab

men prepared and served coffee. The racing camels are young and lean, not much of a hump, so the little boys who ride them (six and seven-year-olds we're told) sit behind the smallish hump in a kind of rumble seat over the hind legs. It looks downright goofy.

Some must be tied onto the saddle because they couldn't possibly hang on at full gallop back there. The racing animal is lead onto the track by a handler on a larger heavier camel, much like our race horses are lead onto our tracks.

Because the track is so huge you can't see the starting line on the far side without the aid of binoculars or a high powered camera lens. The only thing the naked eye can pick up is the glint of sunshine reflecting off the windshields of the vehicles that drive along side the racing camels. Each camel and "baby jockey" has someone in a vehicle driving along side the track communicating to them through receivers in their helmets as they race along. Excited encouragement, instructions and derisive comments must abound, knowing the Arab attitude towards sports after reffing and coaching soccer out here. It must be bedlam out there with vehicles, camels, kids and TV truck all moving along in a pack around the track.

As we waited for the races to begin I couldn't help chuckling at the whole bizarre scene. An Arabic announcer babbled non-stop from the minute we arrived, a huge water tanker sprayed water on the only area in sight that was never used the entire afternoon, our host kept asking where the American General was who had called him about coming, and the Kuwaiti version of "Rink Rats", little Kuwaiti boys in Dishdashas, raced about the bleachers, reminiscent of our little fellows at hockey games.

Suddenly the Arab announcer's voice, though still speaking Arabic, clearly conveyed the message that, "THEY'RE OFF". We couldn't spot a thing out on the track. It was comical to hear all this excitement and have an absolutely empty track in front of you.

After a few fans with very

acute eyesight pointed it out, one could see the cavalcade of vehicles moving in the distance. The afternoon featured two races of five kilometre, two of seven kilometre and two of 15 kilometre.

We patiently waited as cars and camels made their way towards the grandstand. A truck, fully equipped with camera gear paced the leader and captured the close-ups for relay into the lounge. Two hundred meters from the finish line the vehicle escorts veered off into the desert and the kids and their mounts were on their own. Slobbering camels, yelling babies (on the camels) and cheering crowds combined in an interesting finish to an otherwise very boring event.

There is much controversy over the jockeys and who they really are. Our host assured us they were children and relatives of the camel owners. In my opinion the kids were really having fun. Others tell us these are kids of expats or kids brought in from neighboring countries who are forced to do this. I don't know. It seemed okay, maybe a bit risky for kids this age.

Between races we were encouraged to go down to trackside and ride camels, take pictures and enjoy the entertainment. The scene down there got pretty wild. A mixture of Arabs, Americans, the Kuwaiti entertainers, camels that didn't want to be ridden, trainers wrestling camels into compliance with their wishes and intermittently the hoopla of a race finishing trick beside all this on the track. At one point, an American woman was clinging to the side of one camel like some kind of Cossack trick rider, the camel spinning backwards out of its trainer's full control while another backed into the scattering crowd with a panic stricken teacher on board, dragging its helpless owner by the reins. The third was trying to take a bite out of its rider's leg as she climbed aboard. Luckily this mount had a brilliant green muzzle on which kept the critter from sampling its load. An interesting afternoon for all involved.

Got to go for now, Toni. We'll talk again soon. Keep in touch.

Dave and Janet

**The Studio**

Wishing all of our clients and customers a very **Merry Christmas!**

Come take a class or shop for that perfect gift...

Featuring the work of local artists:

Peter Symchuk - woodcarving  
 Sim Giscoyne - semi precious jewelry  
 Art Hildebrandt - wildlife carver  
 Ed Saxon - hard carved walking sticks  
 Petra Watson - pottery

OPEN  
 Tuesday to Thursday 10:00 a.m. to 10:00 p.m.  
 Friday 10:00 a.m. to 5:00 p.m.  
 Saturday 10:00 a.m. to 2:00 p.m.

**The Studio** 61 Third Street, Lac du Bonnet  
**345-9073**

**PINE FALLS DISTRICT HEALTH CARE FOUNDATION INC.**

**TREE OF LIGHTS DONATIONS**

DONATED BY IN MEMORY OF *Thank You!*

Mom and Dad Sara and Jackie Fredenck Pearl and Charlie Fredenck	Cameron Fredenck Pearl Royglim Roy Margaret Roy
Trudell Family Winnipeg River Senior Service Mrs. Anne Roslyn Lou and Lucille Laroche Hermine Dupont Lucille Bruneau	Our Parents and son Bill Margaret Richardson Bill Roslyn Arlette Laroche Alexis Dupont Dad Alexis Dupont
Grant, Linda, Amanda and Samantha Cyr The Cyr Families Gene and Susan Lazaruk	Janet Boyer Robert Papineau Annette Cyr Stan, Helen and Juliana Lazaruk and The Frains
Ken and Sharon Cyr Norm Pachkowski	Ossie, Marge and Hugh Jacob Jim, Annette and Edward Cyr Mary Henowicz

**BUSINESSES - COMMUNITY GROUPS - ORGANIZATIONS**

Acknowledge your customers, clients and the community in our last issue of 2000 with a

**Christmas Greetings**

**ADVERTISEMENT**

Call The Echo to book your space **DEADLINE THURSDAY, DECEMBER 14**

**Echo**

The **Winnipeg River**

LAC DU BONNET OFFICE: Phone 345-9896 Fax 345-0004  
 POWERVIEW OFFICE: Phone 367-9468 Fax 367-9974

# On the road again to Paris and the Eiffel Tower

by Phil Cyr

This trip to Europe started with a little phone call from son Martin in Vancouver. Was I interested in a one week tour of Switzerland, France and Germany, and if time was on our side we would visit England. Unfortunately the tunnel trip between France and England was abandoned due to the lack of time. Even though we rented a Mercedes Benz which travels at 240 kilometres per hour on the Auto Bahn, which is a toll highway and as smooth as a bowling alley. Sometimes our speed at 230 kilometres, we could soon pass a Rover or some other type of sports car.

Taking off October 22 for 7:30 a.m. requires getting up at 5:30 a.m. from my nieces home in Winnipeg, and getting to the airport. It makes one ask, "Why so early in the morning?" My first stop was in Toronto at 10:30 a.m. their time, and Mar-

tin was meeting me there from Vancouver at 3:00 p.m. Our flight left Toronto at 7:30 p.m., and was arriving in Zurich Switzerland at 9:30 a.m. the next morning their time.

Our flight time was about nine hours on a Boeing 767, which seated around 300 passengers. As we arrived at the airport, we then rented a car, and found a hotel to stay in. Martin had a meeting with a customer at 11:30 a.m. and then a dinner afterwards, courtesy of the Swiss Company.

Now it was time for a little bit of shopping and gazing at the difference of landscapes and buildings. For the sake of space, there is notably no parking for hotels. An approximate time of ten minutes, is allotted for each vehicle. We parked the Mercedes across the street from 3:00 p.m. to 10:00 a.m. the next morning.

I just couldn't visualize how

the manager convinced the patrol policeman to overlook the parking violation on our part, but he did it. I should mention that the Swiss Alps are quite majestic in the early morning, and are truly a beautiful sight at 35,000 feet.

Our first hotel was called Hotel Arlott, which consisted of two small beds, TV, shower and a tub, and a toilet. The shower and toilet taps are quite different to ours. Finding the toilet flusher took some looking around.

Outside on the streets many people walking, traffic, and electric street cars. The big cities are congested to say the least, but very interesting to gaze at. The mountainous terrain of this country involves a great deal of tunnels for highway traffic, beautiful and well lit.

We began driving towards Paris, France, and travelled the Swiss country and through the French portion of Switzerland, where the people are very nice, and the countryside is extremely beautiful.

The highways I say are very congested with trucks and more trucks, which four out of six are trucks delivering goods. Their trucks are small compared to our highway trucks. We almost witnessed a truck spilling his load of some type of steel, onto a small van going in the opposite direction.

When an accident happens, traffic is held up sometimes up to two or three hours, backing traffic up for miles. Life on the main highways is speed. This Mercedes we rented cruises on the highways, and moving from country to country doesn't seem to take very long.

Next it was back to low flying arriving in France, for the World Trade Show. This caused us some concern, since we couldn't find a hotel till about 11:00 p.m. By luck someone hadn't shown up, but we had a good laugh over this one.

The elevator's size was about three feet square, with the two of us and our luggage, one had to stand on the luggage as we tried to find our room. Then to our dismay, the room only consisted of one bed. I slept well, and Martin says that I jump around too much.

The next morning, the staff gave us breakfast consisting of



bread, juice, and coffee. Leaving the car, we then walked a short distance to the train station in Compiegne France. We then travelled by this mode, and I must say that is very difficult to look out the window at the scenery when you are travelling at 200 kilometres per hour.

Our first above ground train was about one hour, then our second train, which was underground was also an hour. Walking up the stairway and reaching the top, believe it or not, I was in Paris.

Looking up, there was the Eiffel Tower. What a majestic man made structure this tower is, and I couldn't believe that I was there looking at it. Thousands of people are standing in line for the elevator to ride to the top, it took us 40 minutes in waiting.

Once on the first phase it is a slight angle upwards then shifting to straight up to the second last level, then onto a second elevator right to the top. It's sensational, and scary to a point, but once you are up there, it is a sight beyond belief. A grey looking sight with some greenery, beyond the eye sight range. Looking over you could see the structure built by Napo-

leon, which was truly a wonderful experience that I will never forget.

As we left there back to the rail line and back to our vehicle, we headed back towards Germany and finally stopped in a small town called Roze, France. I note at one particular hotel, everyone stares at you and they don't even show you to your room.

On the way up to our room there is no lights, and with some minutes passing we finally find it, Room 215. Yes, two beds and a nice shower.

The next morning our journey takes us towards Dusseldorf and Bonn. Martin has a meeting in a town called Meckenheim, just south of Bonn. We arrived there ten minutes late, but have to wait for two hours to meet our man. Obviously he is a very busy person. Upon leaving Meckenheim at 230 kilometres per hour, we return to Zurich, Switzerland, our last night here. Martin books us in a trendy hotel near the airport.

With the time change, Martin informs me that it is in the middle of the night back home. At the airport we look around for items to bring back, all is quite nice but expensive.

Our flight time is 11:35 a.m. and arriving in Toronto at 2:25 p.m. With a little more shopping in Toronto, my flight was a half hour late and leaves Toronto at 6:30 p.m. Arriving in Winnipeg with strong south winds made our landing quite rocky. Home again and with all my travels this year, I think I will stay home for a while.

## Lac du Bonnet Community Billboard

**New Friends Mentorship Inc.** annual general meeting, November 29, 6:00 p.m. at New Directions School, Lac du Bonnet. Public welcome.

**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, Pk 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. Contact person 345-2664

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

**Lakeshore Al-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** 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 every month 10:00 a.m. and fourth Tuesday of every month 6:00 p.m.

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

**Alzheimer Society** Theresa Conroy, Whittemouth 348-3505; Lac du Bonnet, Pine Falls, Victoria Beach, Pinawa, Beausjour, Whittemouth, Oakbank, Hadash-ville

**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 345-8079

**Call The Echo to list your regular meetings and events**

## Lac du Bonnet Church Directory

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

**LUTHERAN CHURCH OF THE CROSS**  
Pastor Kolleen Karlovsky, church 345-8654, office 345-2919  
Sunday 11:00 a.m. - worship service

**NOIRE 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 Rosentre 367-8615, church 345-2357  
Sunday 11:30 a.m. - worship, 11:30 a.m. - first and third Sunday of each month, holy eucharist.

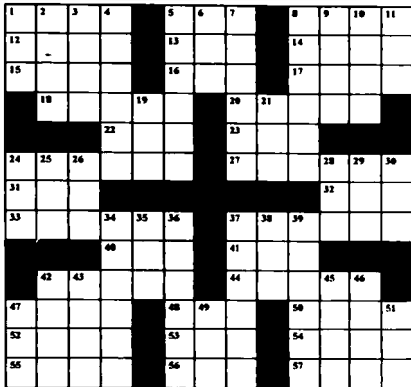
### Simply Natural Spring Water

**BARRY KEMBALL**  
Distributor

Water Depot Located  
2 Miles East of Clark's Corner on Highway 11

Office Hours: Tuesday to Saturday  
2:00 p.m. to 5:00 p.m.  
**Call 367-2352**

# WEEKLY CROSSWORD



## Saints Alive

### ACROSS

- 1. Rough fish
- 5. Gratuity
- 8. Nightingale prop
- 12. Wind instrument
- 13. Expression of triumph
- 14. Ancient buffalo
- 15. Scourge
- 16. Ms Lennon
- 17. Gusto

- 18. Aspiration
- 20. Melts
- 22. Mil. org.
- 23. Rower's requirement
- 24. Pieces of poetry
- 27. Scandinavian people
- 31. Sheltered side
- 32. \_\_\_\_\_ little teapot!
- 33. St. \_\_\_\_\_, Alberta

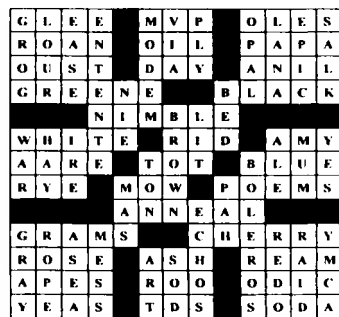
- 37. St. \_\_\_\_\_, Saskatchewan
- 40. Canadian automobile org.
- 41. Hostel
- 42. St. \_\_\_\_\_, Newfoundland
- 44. St. \_\_\_\_\_, Manitoba
- 47. Northern California native
- 48. \_\_\_\_\_ Paulo
- 50. Egyptian or Iranian, e.g.
- 52. Biblical you
- 53. Water, in St. Adolphe
- 54. Clock
- 55. Actress Sothorn, and others
- 56. Slack
- 57. Lady's given name

- 29. Big bird from down under
- 30. Saxophone, for short
- 34. Reverberations
- 35. Sought office
- 36. Harness part
- 37. Jewels in Jonquiere
- 38. Genetic material, abbr.
- 39. Penitentiary resident
- 42. St. \_\_\_\_\_, New Brunswick
- 43. Portent
- 45. Emerald Isles
- 46. Lappish
- 47. Parents and teachers org.
- 49. Shoe size
- 51. Litter

### DOWN

- 1. Harness horse
- 2. Retired for the night
- 3. Bellow
- 4. Pocklington and Mahovich, e.g.
- 5. St. \_\_\_\_\_, Ontario
- 6. Fleming or Baker-Finch, e.g.
- 7. Snap shots
- 8. St. \_\_\_\_\_, Manitoba
- 9. Again
- 10. Non-vascular plant
- 11. Butter serving
- 19. Past master
- 21. Command left
- 24. Veterans Land Act, abbr.
- 25. Lamprey
- 26. Rebel, slangily
- 28. Pass away

### 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

P GJRCNV HRLRM YNHNVSQR, JHTK  
PWPHQJHRQ  
- GPBT LPTRMK

### Last Week's Solution

"I AM NOT YOUNG ENOUGH  
TO KNOW EVERYTHING"  
- OSCAR WILDE

# WEEKLY ECHO HOROSCOPE

for the week of  
December 11 to 17

### Aries - March 21 to April 20



It's time to establish a solid, stable, loving relationship. You can develop a warm rapport with individuals who interest you. Pleasure trips should be considered. You need some time out. Get geared up to make some changes.

### Taurus - April 21 to May 21



You can make major career changes. Praise those in higher positions. Rewards for past performance will be your ticket to a better position. Partnerships will be in your best interest. Avoid confrontations with loved ones.

### Gemini - May 22 to June 21



Let your imagination run wild and implement your creative flair in your projects at work. Research the possibilities of making changes that will improve your work environment. Go after your goals and don't let others hold you back.

### Cancer - June 22 to July 22



Proceed down new avenues. Sign up for courses if you are having a problem keeping a job. Financial problems are causing friction at home. You may have to settle for a job you don't want to take.

### Leo - July 23 to August 23



You can expect everyone you live with to have their own ideas about how they want things done around the house. Don't argue, just work on your own space and avoid getting into heated debates.

### Virgo - August 24 to September 22



Introduce yourself to new people who are attending the same function you are. If you are interested in someone you meet, don't be shy, ask him or her out. You should catch up on correspondence.

### Libra - September 23 to October 23



You won't have much luck trying to keep things harmonious on the home front. Don't be disheartened. Make plans to go out with friends who appreciate your company. Don't get flustered or everyone else will to. Acceptance will be the key.

### Scorpio - October 24 to November 22



In-laws will have good suggestions, but if you let them interfere with your personal life, you will live to regret it. Solve your problems on your own and tell your relatives when all is said and done. Promote some of your creative ideas. Musical directions will be more profitable than anticipated.

### Sagittarius - November 23 to December 21



Put your cash into a safe investment. You can make money if you are quick to recognize a good deal. Take care of those who can't do for themselves. You're ability to find solutions will be admired. You can get others to get things for you if you use your charm.

### Capricorn - December 22 to January 20



Infatuations are likely. Use discriminations in your personal dealings and refrain from falling all over someone you think feels the same way you do. Don't make a fool out of yourself.

### Aquarius - January 21 to February 18



You should concentrate on making those job changes that have been on your mind. You would be best in a position that will allow you the freedom to work at your own pace. Make sure all your personal papers are in order.

### Pisces - February 19 to March 20



Don't go out with unreliable friends. You should spend some time helping the little people in your life. You're creative talents will come in handy. Don't lose patients, be positive.

**FRONTIER SCHOOL DIVISION NO. 48**  
requires an

**EDUCATIONAL ASSISTANT**

for  
**SAN ANTONIO SCHOOL**

The successful applicant must be mature, reliable, and have excellent interpersonal skills. Experience working with children is an asset. Duties as assigned by principal. Minimum 15 hours per week.

Resumes may be dropped off, mailed or faxed to the school. Further information may be obtained by contacting:

Debbie Zarichny, Principal  
San Antonio School  
Bissett, Manitoba R0E 0J0  
Phone 204-277-5277 Fax 204-277-5280

Deadline for applications: December 14, 2000.

We thank all interested applicants, however, only the applicants receiving an interview will be contacted.

**AGASSIZ SCHOOL DIVISION #13**

**KINDERGARTEN REGISTRATION**  
for 2001-2002


If your child was born in 1996, he/she is eligible to attend Kindergarten during the 2001-2002 academic year.

Parents/guardians are asked to register their children at any time between 9:00 a.m. and 3:00 p.m. on January 16, 17 or 18, 2001 at one of the following schools in accordance with attendance areas:

- Powerview School (including French Immersion)
- Lac du Bonnet Centennial School
- Whitemouth School
- Reynolds School
- Beausjour Elementary School (including French Immersion)
- Garson School
- Hutterite Colony Schools (Greenwald, Springwell, Whiteshell)

Proof of age (birth certificate or similar documents) should be provided by the parents/guardians at the time of registration.

**North Eastman Health Association Inc.**

 North Eastman Health Association Inc. is responsible for delivering and administering a broad spectrum of Health Programs and Services to a population base of 38,000 during the winter and an estimated summer population of 75,000, including the Whiteshell, Winnipeg River and Eastern Beaches. The North Eastman Region is located north-east of Winnipeg.

**Current Employment Opportunities**

**PINE FALLS HEALTH COMPLEX**

**Registered Nurses**

1.0 EFT - Acute Care & Dialysis (Days/Nights)  
1.0 EFT - 1 year term (Days/Nights)

**Licensed Practical Nurses**

0.4 EFT (Evenings)  
0.4 EFT (Nights)

**Also require Casual RNs and LPNs  
Adult Day Program Workers - Casual**

**REGIONAL CAREER OPPORTUNITIES**


Numerous Full-Time, Part-time and Casual Nursing opportunities available throughout the region in both Acute and Long Term Care

**Financial assistance and extended orientation available for nurses wishing to re-enter practice.**

Interested applicants are invited to submit a resume and cover letter by December 18, 2000 in confidence to: Human Resources Manager, W.B. Lewis Business Centre, 24 Aberdeen Avenue, Box 339, Pinawa, MB R0E 1L0, Fax 204-753-2015 or email hr@neha.mb.ca

We thank all applicants for their interest. However, only those candidates being considered for an interview will be contacted.

**Echo Classifieds**

For Sale	Services	Congratulations
<p><b>Birch Firewood:</b> seasoned, cut and split, ideal for fireplace, \$150/cord, ph. 367-8836.</p> <p><b>Truck cap:</b> GMC S-15 long box white cap, \$175 OBO, ph. 345-6436.</p>	<p><b>Guaranteed Jewellery and Watch Repairs:</b> guaranteed lowest prices, 100 First Street, Lac du Bonnet, phone 345-9451. TFN</p> <p><b>Kids only Clothing:</b> latest new line of children's clothing, 100 First Street, Lac du Bonnet, phone 345-9451. TFN</p> <p><b>See us for your rental needs:</b> Log splitter, air nailer and much more. We are only 20 minutes from the Pine Falls area. Call 756-8184 for business hours. 25-10x</p> <p><b>The Blue Door Christmas Special:</b> 30% discount on all wallpaper and borders. Free estimates. We also do custom draperies and bedspreads. Call Maryann at 348-7705 28-3x</p>	<p align="center"></p> <p align="center"><b>Congratulations!</b> <b>Constable Trevor Jenvenne</b></p> <p>Congratulations and best wishes on your November 14 graduation into the RCMP. Trevor has left for his first posting to Lynn Lake. We miss you, and good luck.</p> <p align="right">Family and friends</p>
<p><b>Realty</b></p> <p><b>Lot for Sale:</b> at Centennial Place, LdB - 213 x 150, call Ritch Nally 345-6655. TFN</p>	<p><b>For Rent</b></p> <p><b>House for rent - Victoria Beach,</b> fully furnished, all appliances, immediate possession, ph. 756-2575. 28-2x</p> <p><b>House for rent - Gull Lake area,</b> 3 bdrm., fully furnished, elec. heat, 3 pce. bath, close to school bus route, avail. immediately, call 635-2303. 28-3x</p>	

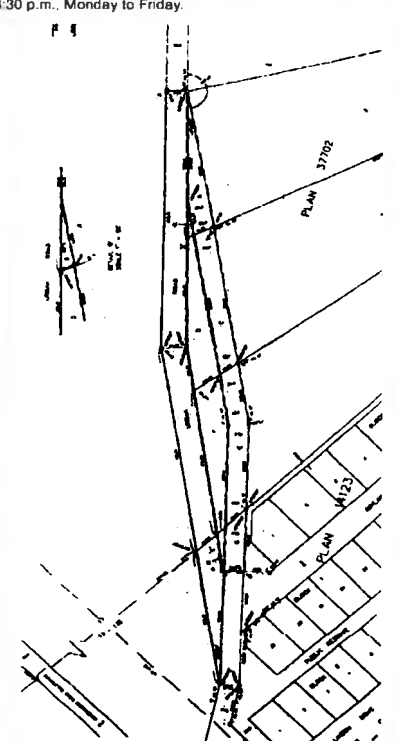
**THE RURAL MUNICIPALITY OF LAC DU BONNET**

**PUBLIC NOTICE**

**URBAN ROAD CLOSING BY-LAW #22-2000**

Notice is hereby given per Section 290 (2) of the Municipal Act, that a public hearing will be held on Tuesday, January 9, 2001 at 11:15 a.m., in the Council Chambers of the Rural Municipality of Lac du Bonnet at #4187, PR #317 to hear representations with respect to By-Law #22-2000, being a by-law to close a portion of Urban Road, and to open a new portion of Urban Road as it presently exists.

A copy of the By-law is available for inspection at the administrative office of the Municipality, between the hours of 9:00 a.m. and 4:30 p.m., Monday to Friday.



Marlene Watson, Chief Administrative Officer  
Rural Municipality of Lac du Bonnet

**For Affordable Advertising**

**The Winnipeg River Echo**

Lac du Bonnet 345-9896  
Powerview 367-9468

**SHORELINE REALTY**

 345-8608

30 McArthur, Lac du Bonnet  
Serving the area for 24 years



**BAKERY/CAFE WITH LOADS OF POTENTIAL**

**LOCATED IN HIGH TRAFFIC AREA!**

- 1472 sq. ft. building
- Full basement with 3 pce bath, cold room and walk-in freezer and storage area.
- 2 pce. bath on main floor
- electric forced air and wall mount air conditioning in storefront
- area outside designed for serving clients during summer months
- agent has list of items included

**ASKING PRICE \$110,000 TRY YOUR OFFER!**

**LANA DYKSTRA**  
Res. 345-8572

**BOB LESKO**  
Res. 345-2424

**DOUG SILVESTER**  
Res. 345-8944

# Managing the forest

by Charles Norman

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.

## Acting like fire

Think of a landscape as what you see looking down from a small plane. You need to get up in a small plane to appreciate how large a wildfire can be. Some fires are so large that you cannot see all of the fire at one time from a small plane. A large wildfire affects an area that goes from the landscape down to a spot on the ground.

## What kind of landscape is created by a large wildfire?

A large fire burns about 70% of an area that it sweeps through. Large fires are often more than 1km across and several kilometers long.

Some of the areas skipped by fire connect the inside of the fire to the surrounding forest.

Areas skipped over by a fire provide refuges and travel corridors for plants and animals while the burn patches are regenerating. If

moose or caribou need to cross a ten year old burn, they probably follow the corridors left by the fire.

## How do large wildfires maintain natural species diversity?

The most common plants in eastern Manitoba are the ones that can cope with a fire every 25 - 50 years. Fire maintains the species diversity of forest ecosystem health by wiping out fire intolerant plants and creating excellent conditions for the regeneration of post-fire pioneers, especially fire followers. Tree cover in eastern Manitoba is dominated by jack pine and spruce because these two plants cope very well with frequent fire.

Some plants cannot cope with frequent fire. These fire intolerant plants become more widespread and abundant when we suppress fire or log in a way that doesn't remove them from sites. Fire intolerant plants then affect other plants, animals or parts of the ecosystem. They can

change the way the forest develops from what would happen naturally. For example, if we leave understory balsam fir during logging, we gradually increase the amount of balsam fir found in the forest. This provides more food for spruce budworm and makes it easier for budworm outbreaks to start.

## Affecting a landscape like fire - Designing an operating area

Affecting a landscape like fire means placing cut-blocks in the places that the fire usually burns and keeping all activities out of places that the fire usually skips over.

A large fire usually burns most outcrops and drier upland soils.

About 40% of deep, wet mineral soils are skipped over.

A large fire usually skips over the wettest areas and deep, narrow ravines.

About 50% of treed peatlands are skipped over.

# STEP Program

continued from page 1

Lac du Bonnet, White-mouth, Pinawa and the Winnipeg River RCMP will be participating in the province wide Selective Traffic Enforcement Program (STEP) until January 3. The STEP duties will focus on high risk drivers and impaired drivers. Officers will be patrolling and conducting checkpoints looking for impaired drivers and drivers who have been repeat offenders who have had their driving privileges suspended. Officers will be using Alcohol Screening Devices (ASD) at the side of the roadway to screen motorists who have been consuming alcoholic beverages.

"In the past few years, our

area has appeared to embrace the idea of designated drivers and our checkpoints have had progressively lower instances of impaired drivers. It is nice to see a car load of people grinning from ear to ear because they have a DD driving them from place to place. It makes our job much more pleasant than dealing with drinking drivers who face the prospect of facing an impaired driving charge. About four years ago, at one checkpoint, the first driver through the checkpoint at 7:00 a.m. was impaired. We didn't even have all the cars at the checkpoint before the first impaired driver was detected."

Constable Kowalchuk  
Lac du Bonnet RCMP

## BUSINESS DIRECTORY

### BELL EXPRESSVU™

DD's Audio Video Services Ltd.

POWER 97.5 FM - CKY-5 - CKND - CBC  
from Winnipeg. The List goes on....

For further information call Don at  
**204-367-8323**

### LEE RIVER CUSTOM MACHINING

Experienced, custom machine work  
to exact precision.

Serving Eastern Manitoba  
Phone / Fax

**345-8746**

12 Butch Boulevard, Lac du Bonnet

To book this space call  
**The Winnipeg River  
Echo**

367-9468 or 345-9896

### KAY

INSURANCE AGENCIES LTD.

**Robert D. (Bob) McKay**  
Business and  
Personal Insurance Planning  
#1 Park Avenue, Lac du Bonnet  
Residential, Commercial  
Farm, Life, Disability  
Investments

**345-8196**

Toll free: 1-888-345-8196

### Jon C. Phillips LMT

Licensed Therapeutic Massage

Chiropractic Therapy Levels I & II  
Relaxation Massage Therapy

**204-367-8369**

#3 Elaine Lane, Powerview, MB

### {magik} Financial Solutions Ltd.

**Steve Kulyk**  
Financial Advisor

Office located on top of Pine Falls  
Post Office 367-4244  
Winnipeg Toll Free 1-888-665-0649  
Serving Pine Falls and surrounding  
areas since 1995

### Fran's Accounting

2B McDougall Ave. St. Georges  
**ACCOUNTING SERVICE**

Bookkeeping, Sales records, payrolls,  
audits, financial statements

**ELECTRONIC FILING**

Firm, personal, business & corporate  
returns professionally prepared

Box 190, St. Georges

**367-8756**

The Nemecek Team  
Anne M. Nemecek, B.A. Admin.  
Financial Consultant  
(204) 946-9818

**Deidre Alexander**  
Financial Consultant  
Assistant  
(204) 946-9849

Private Client Group

**Merrill Lynch**

Merrill Lynch Canada Inc.  
Richardson Building  
1000 - One Lombard Place  
Winnipeg, Manitoba  
Canada R3B 3N9

Fax (204) 943-2550  
Toll Free 1-866-221-3635  
anne\_nemecek@ca.ml.com  
deidre\_alexander@ca.ml.com

### SCHOOL DISTRICT OF PINE FALLS NO. 2155

Invites applications for the following position

### JANITOR / BUS DRIVER

a Class V Engineer Certificate  
and a Class III Drivers Certification would be an asset.

Interested persons should apply to

Eugene Bailey, Principal  
Pine Falls School

Box 190, Pine Falls, MB R0E 1M0

Phone 367-2254 Fax 367-8809

email to pfschool@mts.net

### DEADLINE FOR APPLICATIONS

Friday, December 15, 2000



### North Eastman Health Association Inc.

### TENDERS

### Hairdressing/Barbering Services Pine Falls - Sunnywood PCII

The North Eastman Health Association Inc. invites tenders to provide hairdressing and barbering services for the residents of Sunnywood Personal Care Home in Pine Falls for the year 2001.

Information and tender forms are available at the Pine Falls Health Complex during regular office hours (8:00 a.m. to 4:00 p.m.), Monday to Friday.

Closing date: 4:00 p.m. - December 29, 2000.

Lowest or any tender not necessarily accepted.

Please direct tender to:

Ms. Daphne Lush  
Care Team Manager  
Pine Falls Health Complex  
Box 2000  
Pine Falls, MB R0E 1M0

# The Winnipeg River Echo

Your Community  
Your News

### YOUR COMMUNITY NEWSPAPER

Independently owned  
and operated

### NEWS TIPS

Phone  
**345-9896 or  
367-9468**

**Business Directory**

**"For All your Grocery & Clothing Needs"**

Pine Falls 367-2372  
Port Alexander 367-9213



Powerview  
**Chinese Restaurant**

367-2117  
DINE IN or TAKE OUT



**TPI-TRAVEL WAYS**

2 McDougall Ave.  
Box 136, St. Georges,  
MB R0E 1V0

Phone/Fax: 367-9715  
E-Mail: tpiways@mb.sympatico.ca  
We'll take you there!



**WINDSHIELD REPLACEMENT & REPAIR**  
CALL YOUR AUTOBODY NEEDS  
COURTESY CARS

**Auto Body**

Box 187  
Powerview MB R0E 1P0

PH 367-2677  
FAX 367-2336  
Sean Papneau Pat Pelouan



**Tying the Knot?**

Marriage Commissioner for the Province of Manitoba

Joan Kleyh  
Evening & Weekend Appointments  
Free Choice of location

367-2828

**DAVE'S NEW & USED FURNITURE**

For the Best Quality New & Used Furniture & Appliances - Call us First!

367-2460  
2144 Street Powerview  
Mon to Fri 10am - 5pm Sat 10am - 3pm

**Lakeview STEAKHOUSE**

57 Park Avenue, Lac du Bonnet  
Phone 345-8661



**DR. ARNOLD ANDERSON**

**LAB ON SITE**  
Optometrist  
Contact Lenses and Eyeglass Fittings

**MANITOU LODGE**  
**PINE FALLS**  
367-2390  
Monday - Friday  
9:00 a.m. - 5:00 p.m.  
Open noon hrs Tue., Wed. & Fri.  
Examinations done on Thursday

**DENIS LABOSSIERE**

**LAWYER**

Every Second Tuesday  
at St. Georges  
Community Centre  
Call 925-1900  
for appointment

**CLARK'S CORNER**

Mohawk Service Station  
Convenience Store  
Restaurant  
Chester Fried Chicken  
367-2238  
Located on the corner of Hwy's 11 & 304



**Country Concepts**

Ladies Wear & Accessories  
367-2228

Located in Pine Falls Post Office Building



**PINE FALLS SERVICE CENTRE**  
367-8037

HOURS: Mon - Sat 8am -  
Midnight Sunday 8am - Midnight

**SUBWAY**  
Subway open 7 days a week  
from 10am - 11:30pm  
367-8803



**Papertown Motor Inn**

Modern Rooms, Deluxe Jacuzzi  
Rooms Available, Licensed  
family dining room, banquet  
facilities, VLTs, Beer Store

Home of **90s** Night  
Club  
Located 1 mile East of Pine Falls Hwy 304 & 11  
367-2261



**Broadlands Mall**

Convenience Store/Gas  
Movie Rentals - Open Daily  
7am - 11pm  
Restaurant  
Daily Specials  
Open 6am - 10pm  
367-4484



**Rusty Nail Tavern**

Cold Beer Vendor

Located in the Powerview Hotel on Art Street - Powerview  
367-4317



Kevin McDonald  
**LEVINE, LEVENE & TADMAN**  
Barristers & Solicitors

Lac du Bonnet every Tuesday  
at Allan Holm Agencies  
28 McArthur Ave., 11am-1pm  
Powerview every Tuesday  
at Powerview Agencies 1pm-7pm

Lac du Bonnet 345-8479  
Powerview 367-4452/8150  
Winnipeg 1-204-957-6403

**Pine Pharmacy**

**Deliver Your Dollars First!**

Open Monday - Saturday  
9:00 a.m. - 5:30 p.m.  
367-2611



**BIRCHWOOD MOTOR HOTEL**

• 6 Modern Units  
• Dining Room • Beverage Room • Meeting Rooms  
• Fully Licensed  
Open Year Round  
Traverse Bay - 756-2596

**MANITOU LODGE**

Coachroom Restaurant & Lounge  
Open 7am-10pm Monday - Sunday  
367-2252 take out Pizza

THICK CRUST OR THE CLASSIC COACHROOM CRUST (wood stove baked)



**KC POWER PRODUCTS**

Phone/Fax : (204) 367-9168  
White Mud Falls

Your all season service Centre  
•Service •Parts  
•Clothing •Accessories  
For your convenience:  
Interac, Visa, Mastercard

**Esser Chiropractic Health Centre**  
Corner of PTH 11 & Church Street (beside Papineau Motors)

- ♦ Autopac
- ♦ Blue Cross
- ♦ Veteran's Affairs
- ♦ Worker's Compensation

☎ 367-4858  
No referral required Please call for appointment

**DAVID BULLMAN**  
GENERAL CONTRACTING  
Commercial & Residential

- New Home Construction • Carpentry • Concrete Work
- Window Replacement • Vinyl Siding • Aluminum Soffit & Fascia • Plumbing • Roofing, etc..

Over 30 Years Experience in "No Job too Big or Small"  
Building Construction Ph: 268-3465 or 367-2763



**BRYAN M. DAJEN**  
Denturist

Complete/Partial Dentures  
Repairs while you wait  
Relines (one hour)  
Extractions/Restorations  
Arranged  
Seniors Discounts

**ON-SITE LAB**

37 Third Street S.  
Beausejour

District Health Centre  
Lac du Bonnet  
2nd & 4th Tuesday of each month  
268-3488

Enjoy dual satellite reception.

Available at  
**DAVE'S NEW & USED FURNITURE**  
21 Art Street, Powerview, MB

Contact  
**Dave or Warren 367-2460**



**DARRELL J. TARRANT**  
CHARTERED ACCOUNTANT

Full Time office at Powerview Agencies Hwy. 11, Ph: 367-9193 Fax: 367-8616  
New Location: In Shoreline Realty at McArthur Ave. and Second Street.  
In Lac du Bonnet Wednesdays and by appointment. Call 345-9771

Personal Income Tax Planning and Preparation - Corporate/Business Accounting  
Financial statements, Audits, Tax Planning and Compliance

**Sunrise Bakery**

Powerview  
Fine Quality Baked Goods

**STORE HOURS**  
Tuesday - Friday  
8 am. - 6 pm.  
Saturday  
8 am. - 5:30 p.m.

Don't be disappointed - order ahead  
367-8019



**Great Falls Foods**  
Highway 11, Great Falls  
367-2976

**OPEN 7 DAYS A WEEK**

See us for your custom cutting and smoking needs, both domestic and wild meat, or supplies for home use.

Having a Social Function?  
Call us to look after everything for you  
Ask us about delivery

**The House of Quality**

**Sunflowers Health & Wellness**  
367-8453

Pine Plaza  
Pine Falls

- Reflexology
- Facials
- Massage
- Ear Candling

Nutritional Supplements

**LINDA GAMMON**  
Certified in Aromatherapy & Reflexology



**COUNTRY PRO**

**POWER DUCT CLEANING**

Serving Selkirk Interlake & Eastern Manitoba  
Phone: 204-482-3018

Prompt Professional Service

Specializing in Residential & Commercial Duct Cleaning  
We also do Dryer Ducts



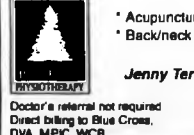
**Pine Falls Physiotherapy**

- Acupuncture
- Orthotics
- Back/neck pain
- Sports and work injuries

Jenny Terrio Baturin - Celeste Basson

Doctor's referral not required  
Direct billing to Blue Cross,  
DVA, MPIC, WCB

Phone 204-367-4811  
Pine Falls Health Complex, 37 Maple Street  
Box 932, Pine Falls, MB R0E 1M0



**KEN'S EAVESTROUGHING**

KEN DANWICH  
(204) 756-2709 or (204) 754-7015

4INCH - 5 INCH  
CONTINUOUS EAVESTROUGHING  
FASSICA - SOFFIT - PRE-PAINTED COLOURS  
FREE ESTIMATES

