

# The Winnipeg River **Echo**

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Vol. 1, No. 32

Tuesday, January 16, 2001

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## Great Gray Owl population explodes

Jim Duncan, Wildlife Specialist with the Manitoba Department of Conservation, describes the dramatic increase in the population of the great gray owl this year as quite remarkable. While the population peaks every three to five years, this year's peak is exceptional.

The population cycle, at least in Manitoba, follows the population of the meadow vole, which is also at a peak. The meadow vole represents 90% of the diet of the great gray owl. Because it is not able to easily switch to other prey owl population follows vole population closely. The meadow vole is also a major source of food for the Pine Martin which is also at a peak in its population cycle.

About 25 years ago Manitoba designated the great gray owl as its official emblem and has been monitoring its progress carefully since then. For the last fifteen years monitoring has been carried out along Highway 304 north of the Winnipeg River using ra-

dio tagged birds assisted by funding from the Pine Falls Paper Company. The owl is listed as endangered or vulnerable everywhere except in Manitoba and Ontario, where it is listed as stable.

### Great Gray Owl

The great gray owl was first described by Johann Reinhold Forster in 1772. He and his son George sailed with Captain Cook on his second voyage around the world. The name "nebulosa" is derived from the Latin "Nebulosus", meaning misty or foggy. The great gray owl has also been called great gray ghost, phantom of the north, cinerous owl, spectral owl, lapland owl, spruce owl, bearded owl and sooty owl.

This owl is the provincial bird emblem of Manitoba.

### Description

One of the world's largest owls, the great gray owl is dark grey overall interspersed with bars and flecks of light grey and white. When perched, they appear very bulky because of their dense, fluffy plumage, long wings extending past the

body, a relatively long tail, and a large head. The size of the head, and the prominent facial disk make the yellow eyes appear small. A noticeable white moustache strip is under the facial disk, broken by a black bow-tie. The feet are heavily feathered and remain hidden from view. The great gray owl is a ponderous flier, does not often move more than short distances between perches and seldom glides. They fly close to the ground, usually less than 20 feet up, except when flying to a nest.

The great gray owl thermoregulates by roosting in dense cover. When hot, a great gray owl will pant and droop its wings to expose an unfeathered area (apterid) under the wing.

Size: Length 24 to 33 inches average 28 inches for females, 17 inches for males

Wingspan up to 60 inches average 56 inches for female, 55 inches for males

Weight 28 to 51 ounces average 49 ounces for females, 45 and a half ounces for males.



Great Gray Owl spotted on Highway 11 just south of St. Georges.

### Voice

The great gray owl has a distinctive primary call which is a very soft, low-pitched hoot "whooo-ooo-ooo-ooo" with the notes emitted slowly over a six to eight second period. Calls are repeated every 15 to 30 seconds. This call is used as a territorial declaration and can be heard up to half a mile away under good conditions. Territorial calling begins after dusk, peaks before midnight, then peaks again later. Males and females also give a single hoot when near the nest. Females give an excited "ooo-uh" when the male arrives with food. When excited near the nest adults growl, shriek, hoot, wail, and snap their bills. When threatened, a great gray owl will snap its beak, spread its wings, and growl.

### Hunting & Food

The great gray owl hunts mainly during early morning and late afternoon, especially during winter, but will also hunt during other daylight hours and at night. It sleeps at midday and around midnight. They are often seen perched on poles or fenceposts along roads.

When hunting, a great gray owl will use a perch to sit and wait or it may hunt through the forest a metre or so (a few feet) above the ground. When ground is covered with snow, a great gray owl can hunt by hearing alone and often plunges into the snow to capture small rodents moving underneath as far as 12 inches.

Although a very large owl, small rodents are their primary prey (80 to 90% of diet) with voles being the most important food in Alaska, Canada, and Oregon.

Pellets are very large, about three to four inches long and one to two inches thick. They are dark greyish-black and compact.

### Breeding

Courtship involves feeding and mutual preening between mates and begins in midwinter. The male typically approaches the female, holding food in its beak, which is passed with both

See GREY OWL/page 2

## Injury accident between snowmobile and car

### RCMP news release

At approximately 9:45 p.m. on Saturday night, January 13, there was an accident between a car and snowmobile in Pinawa. The snowmobile was crossing Willis Drive on the snowmobile trail route that follows Bessborough Av-

enue in Pinawa when they collided. One female passenger, Lil Griffith of Lac du Bonnet, was on the snowmobile. She was taken to Pinawa Hospital by the ambulance and subsequently transferred to Winnipeg for further treatment.

Injuries include several broken bones in the arm and leg.

Alcohol and speed were not factors. RCMP continue to investigate. Contact the RCMP in Pinawa for further information 753-2217.

Winless weekend for Wolfpack

# Great Gray Owl

*continued from page 1*  
birds closing their eyes. The male selects possible nest sites and attracts its mate with calls. Several sites are inspected before she chooses the nest site. The great gray owl nests primarily in stick nests made by hawks, ravens, or crows, in the hollowed out top of large-diameter snags, or on the top of clumps of mistletoe, and in Europe sometimes on the forest floor. Northern goshawks are very

common providers of nest sites for great gray owls. They also readily take to artificial platforms or nests placed in suitable habitat. Nests are usually in a forest, but with a large clearing or meadow located within eight miles. Unlike most other owls, nests are usually tidied up and refurbished before use. Nest linings include conifer needles, deer hair, moss, and shredded bark. Two to five (average three) eggs are laid, each separated by one to two days. Incubation commences with the first egg laid and lasts 28 to 29 days. The female does all incubation and the male provides all food to the female and young. The female tears food into small pieces and feeds the young. Young leave the nest at three to four weeks and can

climb well. Fledging occurs after about eight weeks and young remain near the nest for several months, with the female caring for them.

great gray owls are single-brooded but will readily lay replacement clutches if the first clutch or brood is lost. Males and females aggressively defend nests and have been known to drive off predators as large as black bears. Among other threats, ravens and great horned owls prey on eggs and nestlings.

Great gray owls are semi-nomadic, with irregular site or mate fidelity between years. They tend to settle and nest in areas with high food resources and this may lead them to occupy the same nest

for several years or move off to new areas. Nesting territories are defended from other great gray owls, but foraging areas are widely overlapping. This leads to higher than expected densities, for a large bird of prey. In areas of good habitat this may be as high as five pairs per square mile.

### Mortality

They are long-lived birds, with captive owls living to 40 years of age. Mortality in the wild is often due to starvation. Natural enemies that prey on juveniles are great horned owls, marten, and wolverines. Fatalities caused by humans include shootings, road kills, and electrocutions.

### Habitat

Great gray owls inhabit a range of forested habitats. In far north America, they frequent stunted coniferous for-

ests along the edge of the Arctic treeline, through spruce and tamarack muskeg forests further south. In the Sierra Nevada Mountains they breed in mixed conifer and red fir forests. Nesting habitat usually includes copses or islands of aspens within pure stands of conifers. Most foraging is done in open areas such as swamps, bogs, and forest clearings where there are scattered trees and shrubs that can be used as perches. During migration they may be found in estuaries, mountain meadows, and along farm fields.

### Distribution

Great gray owls are found from Alaska across Canada, down the Northern Rocky Mountains, and northern Minnesota. They are also found in northern Europe and Asia.

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## Our important thoughts

After reading the book called **The Important Book** by M. Wise, the Grade 4 French Immersion class used her pattern to write. Here is what these Powerview School authors wrote in Eng-

lish class. The most important thing about having a family is they take care of you. They love you. They also feed you and give you a home. If you didn't have a family you

wouldn't exist. But the important thing about having a family is that they care for you.

by Chelsea Nault

The most important thing about fruit is it's healthy for you. It's really very tasty. It comes in different colors. Fruit also grows into many different shapes. Fruits are a sweet nutritious snack at any time. But the most important thing about fruit is that it's healthy for you.

by Kahla Grant

The most important thing about my family is that we love each other. We play together. We do homework and

See OUR /page 15

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Fax 345-0004

# The Winnipeg River Echo

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

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# Upholstery business boomin'

by Toni Bruneau

Cindy Myskiw now has a new appreciation for some much needed space after relocating her home-based upholstery business. Ms. Q Upholstery is now housed by 1200 square feet of spacious accommodations which will allow for the demand of her businesses expansion.

Myskiw has had her upholstery business, equipment, supplies and products, squashed into her 17x21 foot living room since September 1996. As of January 2 this year, she is experiencing the elaborate space of her new location on Highway 313, just east of the Winnipeg River Bridge.

Myskiw successfully completed Confederation College and Applied Arts and Technology's Industrial Sewing Certification Program in 1996. The course was offered here in Lac du Bonnet in conjunction with Winnipeg River Brokenhead Community Futures Development Corporation (WRBCFDC) and Human

Resources Development Canada's (HRDC) Employment Insurance program. A plaque received from J.U.S.T Training Corporation for outstanding personal achievement in 1997 is included in her list of credits. Myskiw is also a member of the Women's Business Owners of Manitoba, which has shown her recognition for sharing the entrepreneurial spirit.

When asked what services are available at Ms. Q's, Myskiw replied, "You name it." She repairs anything from furniture and automobile upholstery to ATVs and tractor seats. Custom work is also available but Myskiw says she is pretty busy with mostly furniture. When asked if there was anything she couldn't do, she answered, "Leather." You have to be specifically trained in leather, and mistakes can be very costly.

Her new premises will be a welcome sight for her crowded sewing machines, saw, supplies and huge work table. With this



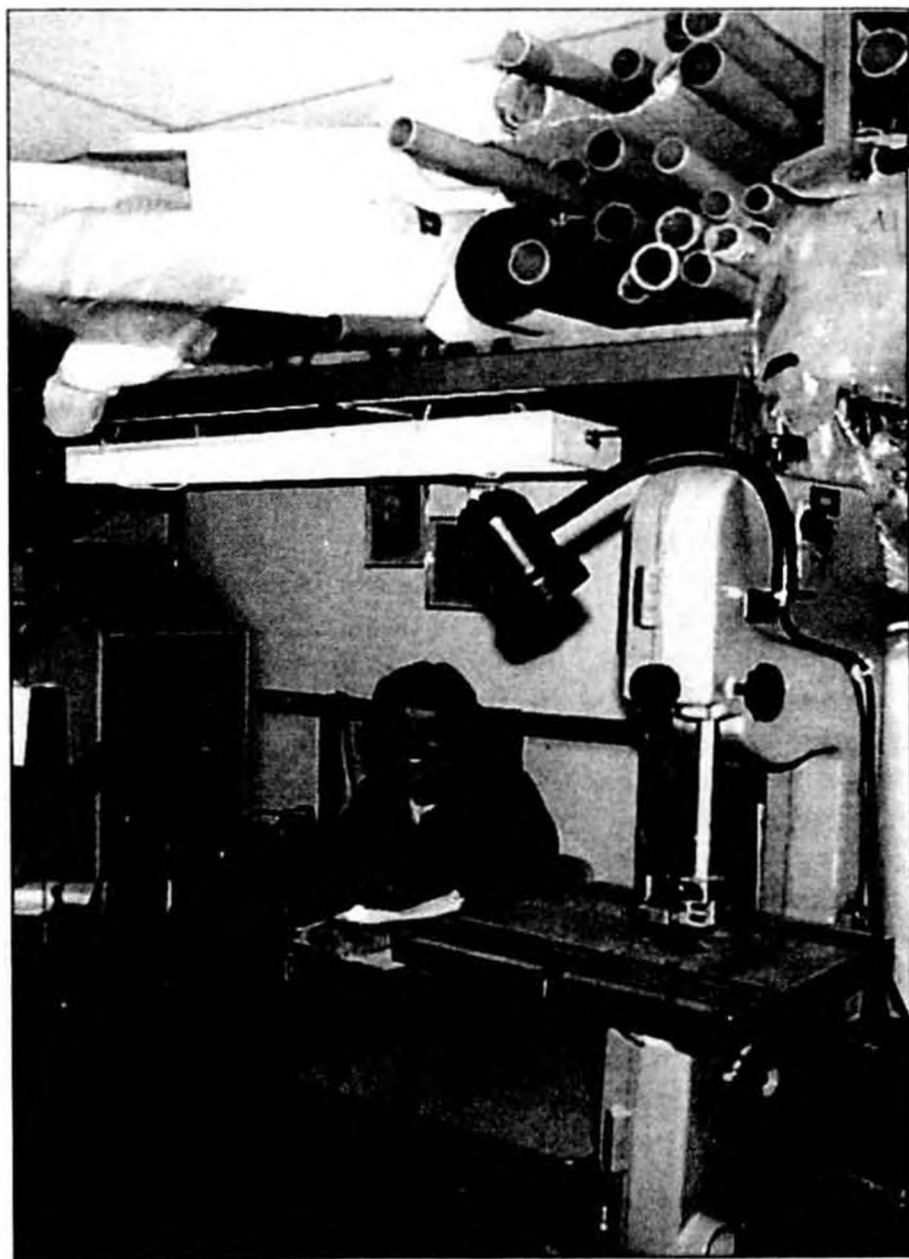
Cindy Myskiw's upholstery business... squashed in her 17 x 20 foot livingroom.

new space Myskiw's "next goal" is to obtain a patcher, a machine that can get into really small corners, "tight spots that you can't get into with a normal sewing machine".

Myskiw has many repeat customers and has serviced

many business in the area including Lakeview, Adrian Tire, Pine Falls Paper Company and Natural Resources. Her list of contract work includes Tantalum Mining Corporation, Winnipeg Hydro and

Leon's Furniture in Winnipeg. Although upholstery started as a hobby, and she "didn't expect it to take off" like it has, Myskiw said she is really enjoying it and is excited to be relocating into 1200 square feet.



Ms. Q's Upholstery is now comfortably located just east of the Winnipeg River Bridge.

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# Winnipeg River RCMP report

The following is the Winnipeg River media report up to January 15, 2001.

On Monday, January 8, police responded to a residential alarm on Birchwood road at Hillside Beach.

Police responded to another alarm at the Sagkeeng Pharmacy, Health Clinic during the early morning of January 9. Entry was gained to the pharmacy and a small amount of nonprescription drugs were taken. Anyone who may have

any information on this matter are asked to call the Powerview RCMP office or Crime Stoppers at 1-800-782-8477.

A two vehicle accident occurred at the intersection of Highway 11 and 304. A south bound 1998 Ford Escort proceeded through the intersection and was struck by a 1995 Dodge Ram which was proceeding west. The female driver of the Ford Escort received minor injuries and was

taken to the Pine Falls Hospital where she was treated and released. The matter is still under investigation with charges pending for proceeding when unsafe to do so under the Highway Traffic Act.

There was an attempted break and enter to a residence at Manigotagan. There was no entry to the house and nothing was reported missing.

A two vehicle accident occurred in front of the Powerview Post Office Fri-

day, January 12. A car was backing out of the Post Office parking lot when it struck a 1994 Ford pickup truck proceeding west on Highway 11. There were no injuries at the accident and the matter is still under investigation.

Police were called to an assault at a residence on the south shore of Sagkeeng January 12.

A female young offender was arrested and held in custody after she assaulted another female at Powerview. The fe-

male faces charges of assault, mischief and drinking under age.



Our office would like to remind the public that if you have any information that might assist police with any of the above noted investigations or in regards to any other criminal matters you are encouraged to contact the Winnipeg River detachment of the RCMP at 367-2222 or Manitoba Crime Stoppers toll free at 1-800-782-8477.



The intersection at Highways 11 and 304 was the scene of yet another accident in the Powerview area, one of three in the last six weeks, all due to driver error. This accident is under investigation with charges pending for proceeding when unsafe to do so.



by Stu Evans

The Winnipeg River Wolfpack played two games this past weekend and scored 12 times. Now scoring

## Wolfpack winless on weekend

12 times usually means one of two things, you either won two hockey games or you spent a weekend on Temptation Island

Unfortunately neither occurred for the Pack who I'm sure like all good young Canadian hockey players, would much prefer the two wins over a trip to some silly little island teeming with scantily clad, shall we say, inspired by young women. Yeah, I thought so. God bless you boys!

No, the 12 goals scored turned what should have been an offensive dream into a defensive nightmare (just ask the Minnesota Vikings).

The Pack added two more to their loss column by dropping 10-7 and 7-5 decisions to the Warren Mercs and Bifrost Bruins in games that the Pack really needed.

On Saturday night the Pack travelled to Gimli to take on the Mercs as the Warren Arena is still a sandbox due to the pre-Christmas frost

heave. This game had a lot of goals but none that I would describe as "pretty" unless you were adding "ugly" in the same breath.

There were so many garbage goals that local RM officials were going to charge each team a buck fifty for every garbage goal over the allowable two bag, I mean two goal limit.

The Wolfpack got the upper hand in the first half of the first period jumping out to a 3-1 lead on a pair of goals by Mark Robinson and a single by John Dancyt. Warren whacked in two more before the period was done to tie it up at three a piece.

In the second period, the Mercs took the lead at 15:29 on a goal by captain Jaret Thiessen to which the Pack responded less than a minute later when Shawn Grunewald slipped one past Merc goalie Jamie Puffalt beating him like a rented mule.

The Pack regained the lead at 13:39 on a goal by Jay Seymour but that lead lasted all of 41 seconds when Shane

Johnson got in on the fun finding the twine behind Pack tender Remi Grenier during a Merc power play. Johnson scored another powerplay goal at 3:53 giving him the hat trick and his team a 6-5 lead going into the third period.

The third period started out badly for Winnipeg River as the Mercs scored just 39 seconds in to open a two goal margin and soon made it a three goal margin at 18:18 when Jamie Constantine scored his second of the evening. The "Help Wanted" sign was soon erected over the Pack net at 7:17 as the Mercs took a commanding 9-5 lead.

With that lead Puffalt must have been dreaming about the aforementioned Island as nothing else seems to explain his action on the Pack's next goal at 6:17. Dave Robb was skating with the puck at centre ice when he wound up for a shot into the Merc's end. Puffalt assumed Robb was going to shoot the puck into the corner

so he figured he would go tot he corner to help out his D-men. Program was he was standing in the corner when Robb shot the puck into a vacated net which, okay, in some regard, as that is where most goalies go anyway after they have been scored on.

See WOLFPACK/page 7

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# Lac du Bonnet Police Report



The following constitutes the police report for the Lac du Bonnet detachment for the period of January 4 to 11.

On January 4, a report was received of a red semi failing to remain on its side of the road on PR 313 near PR 520. Police did extensive patrols in the area, but did not locate such a vehicle.

A report was received of a break and enter to a residence along PR 502. Entry was via a window and a cash box with a small amount of cash in it was stolen.

A report was received of a possible break and enter to a cottage on Oiseau Drive. Police checked the location in question, but no break and enter had taken place.

On January 5 a report

was received from a property owner in the Town of Lac du Bonnet of a renter damaging the residence in question. Reported for information at this time.

On January 6, a report was received of four under-age females being found in the upstairs lounge of the Curling Club when they were not supposed to be there. They had removed some liquor from a cooler. Follow up done with their parents as per the wishes of the complainant.

An intoxicated adult male was arrested at Seddon's Corner and lodged to sober up and

to prevent him from driving his snowmobile, which was found to be unregistered and was towed. Two liquor charges were also laid at the same time.

A report was received January 8, of a young child being accidentally locked inside a running vehicle in Pinawa. Police attended and assisted to get the child out.

On January 9, a report was received of a resident of the RM of Lac du Bonnet being in possession of firearms at the residence in question while not having a licence to possess firearms. The matter is under investigation.

A report was received of a panic alarm being activated at a residence in Lac du Bonnet. Police attended to learn that the alarm had been accidentally set off.

A report was received of two intoxicated males having been at a cottage at Booster Lake and then having their vehicle towed to Lac du Bonnet. The vehicle could not be located in Lac du Bonnet, however, was subsequently stopped by police from Beausejour and two adult males were arrested. The vehicle was found to have been stolen from the Hazelridge area, and was full of property stolen

from two cottages at Booster Lake. The two adult males, who are from Winnipeg, are in custody facing numerous charges.

A report was received January 10 from Pinawa of a hold up alarm being activated at the Credit Union. Police responded, however, found that it was a false alarm.

A report was received January 11 of four DNR buildings having been broken into at the Black Lake campground, with a mess made inside each, but little, if anything, stolen.

## Notice to author of letter to the editor The Winnipeg River Echo

received, but was unable to publish, a letter to the editor dated January 11. It is The Echo's policy to have all letters to the editor signed, although upon request, the author's name will be withheld from publication. If the author of this letter were to come forward and contact the Echo office, the letter in question will be published in the next issue.



R.B. Brennan, FCA  
President & Chief Executive Officer  
Manitoba Hydro

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tions, character references and personal interviews. Couples, single parents and families are all encouraged to apply.

The exchange students arrive from their home country shortly before school begins in fall 2001. Each World Heritage student is fully insured, brings his/her own spending money and expects to bear his/her share of household responsibilities, as well as being included in normal family activities. At the same

time, the student will be teaching their newly adopted host family about their own culture and language.

Families may select the student of their choice from student applications, photo collages, and biographical essays. Once paired, students and families are encouraged to begin corresponding prior to the student's arrival.

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The **Winnipeg River Echo**

Lac du Bonnet 345-9896  
Powerview 367-9468

## Financial struggle for handivan



Christine Polischuk, Winnipeg River Senior Service, call 367-9128

Hi! I hope everyone had a nice Christmas and New

Years. I have to admit that I'm happy all the hustle and bustle is over. In this article I'm going to talk about the North Winnipeg River Handivan, there seems to be some misunderstanding as to who may utilize the van.

The North Winnipeg River Handivan is composed of a volunteer board of directors. The mandate of the handivan is to provide a service to any individual whom by reason of illness, injury, age, congenital malfunction or any other permanent or temporary incapacity or disability or who may be mobility disadvantaged may utilize the handivan.

In May 1996 the Winnipeg

River Senior Service acquired ownership of the North Winnipeg River Handivan board has been struggling to maintain the van financially. We receive a small operating grant annually from Rural Developed. A program for transportation of the mobility disadvantaged in rural in Manitoba. This covers the cost of insurance and part of the administration fees. In 2000 the cost of maintenance of the van was \$3,583.87. Insurance for the van was \$1,302. Cost of fuel was \$2,883.61. This is only part of the operating expenses.

As a result of our occurred expenses, we have been trying to subsidize the van financially by offering it to the community for social engagements. In December 2000 the Rural Municipality of Alexander provided a grant in the amount of \$1,774 representing one third of our short fall as a one-time contribution for 2000.

Who is responsible in helping the volunteer committee keep this valuable service in our community? Could it be the jurisdictions that are currently served by the handivan?

It has been brought to our attention that there are jurisdictions in the province that do support their community handivans.

Handivan priorities: 1) medical; 2) employment; 3) education; 4) personal business, shopping or recreation.

The operation and expansion of the handivan service could not be achieved without the dedication and hard work of community spirited individuals and volunteers. The quality of life for those who are mobility disadvantaged will improve because of the success of the program and dedication of these individuals.

If you would like more information on fees and accessibility of the handivan please call the office at 367-9128.

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### 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, January 17**  
Soup, roast pork, mashed potatoes, vegetables, cheese cake

**Friday, January 19**  
Salad, shepherds pie, brussel sprouts, brownies

**Monday, January 22**  
Soup, swiss steak, rice, broccoli, butterscotch pudding

## Thank You

The Board of Directors of the Winnipeg River Senior Service would like to thank the Pine Falls Health Ladies Auxiliary for their generous donation. These donations go towards the continued services provided for our seniors within our communities

## MMF LOCAL MEETING

**WEDNESDAY, JANUARY 17**  
7:30 p.m., at Papertown Motor Inn

- Agenda** • Youths memberships  
**Speakers** • George Ducharme  
• Ryan Gauthier

# Community works loan program

## Start your own business

Have you a good idea for a business that is producing a product or providing a service in this area? Funds are now available through the Community Economic Development Corporation of St. Georges.

These funds are in the form of a repayable loan, which are intended to act as seed money.

Amounts of up to \$10,000 may be borrowed. Interest rates will be comparable to regular lending rates and repayment terms of up to five years available.

Applications for these loans are available through the Community Works Loan Program at 5 Place McDougall. Completing

this form will give both you and the committee an assessment of the economic potential of your business. Additional assistance is also available to help you in preparing your business plan.

Further information can be obtained from Ria Poulin-Snell or Diane Dubé at 367-9970.

# Wolfpack winless on weekend

continued from page 4

Grunewald scored again for the Pack to make it somewhat respectable but like most of this game, Warren responded 19 seconds later to finish off the scoring with Constantine collecting the Merc's second hat trick of the night.

There were some bright spots for the Pack, especially in the goal scoring department. Mark Robinson earns the Lunch Box Award for his five point night and "Crunch" of the night.

### Sunday afternoon

The Pack didn't have a whole lot of time to get over their loss to Warren as they hosted Bifrost Sunday afternoon at the Pine Falls Arena.

These two teams had played last weekend in an overtime thriller, won by the Bruins. The Wolfpack had everything in their favor as Bifrost came with a very short bench however what they lacked in numbers they made up with intensity. This was a game in which it appeared that the Bruins simply wanted it more than the Pack.

Like the previous night, the Pack opened the scoring on a beautiful play set up by Sheldon Einfeld. Einfeld had stick handled into the Bifrost zone when he threaded the needle with a pass between a Bruin defender's skate to a streaking Jay Griffith who popped her home with a tough angle shot. That was the only goal of the period which featured a number of good rub outs.

In the second period the Pack jumped into a 2-0 lead at 18:38 Jay Seymour converted a Shawn Grunewald helper.

The Pack hadn't even finished high fiving each other on the bench when Brian Johanneson got Bifrost on the scoreboard just eight seconds later punching one in behind Jay Boisjoli.

Bifrost then took over the game with two power play

goals at 10:28 and 5:42 respectively. Leading 3-2 going into the third, the Bruins added two more goals to their total with markers by Shaune Dziao and Derek Johnson at 17:25 and 14:28.

See WOLFPACK/page 10

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New Directions School - Lac du Bonnet	345-2867
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**Lac du Bonnet Community Billboard**

Lee River Snow Riders Poker Derby: February 3 - registration at any check point from 9:00 a.m. to 2:00 p.m., 65 miles of scenic forest and lake, for more information call 345-2595 or 345-8382

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

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

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

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

LdB Committee on Family Violence and Abuse meets second Tuesday of every month 7:00 p.m. 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 Inc. Lac du Bonnet office, Health Centre 345-1227, Ruth Clay. Services: driver escort, lifeline personal response system, friendly visitors, fee-for-service handy helpers, information volunteers.

Pioneer Club Meets first Monday of month 9:30 a.m., Pioneer Club

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

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

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

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

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

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

**Lac du Bonnet Church Directory**

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

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

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

**ST. JOHN'S ANGLICAN CHURCH**  
Rev. Brian Rowntree 367-8615, church 345-2357  
Sunday: 11:30 a.m. - worship; 11:30 a.m. - first and third Sunday of each month, holy eucharist.

# 'Round and about the Beaches



by Monika I. Evans

It is the middle of winter and the last of the snow birds have just flown the coop. I just waved goodbye to my neighbors who are heading out to San Antonio, Texas. They expect to be gone for several months and I wish them a good trip and a great holiday.

For the first time, they are going sans dog and cat and kids. Almost like a second honeymoon. He is an avid golfer and

tries to encourage her to play also. They have matching sets of clubs. The nice part is that they will be staying in a motel, therefore, no beds to make or rooms to clean up. That's what I call a holiday!

Lots of the snow birds did not fly south this year due to the low value of our dollar and higher prices in gas, airfare, etc. They are, for the first time in many years finding out what the rest of us do during the winter. Freeze mostly, keep warm, plow out driveways and walkways, etc. and drag in

firewood to keep the house warm, there is never a dull moment.

City dwellers who only come out here when the weather is warm and you can go swimming, always ask as to what we do during the inclement time of the year. Well, let me tell you, we are never bored! If you are ever around Ateah Road on a Friday afternoon, you will see the parking lot of the Senior Scene packed with all types of vehicles.

There are usually anywhere from 40 to 48 of us carpet bowling from 2:00 to 4:00 p.m. The competition is quite stiff and heaven help you if you bowl too hard and knock out your opponent from one of the centre circles, you will get yelled at by the opposite team of being "too heavy". You will also get told off if your toes are extended over the line. We take our carpet bowling serious. Sadly my team is on the very, very bottom this year, but

then it's only a game we assure ourselves as we lose another round of three games. If you have never played it, it is a cross between horseshoes and bowling. The closer your ball comes to the centre ball, the more you score. The very centre counts three, the second ring two and the outer ring a mere one point. It is the touch and your skill to aim that counts most of all. We always blame our bad shots on the carpet, it's either too fast, too slow or leaning to the right or left. All in all, it is a whole lot of fun!

The rest of the week there is always something going on in the Beaches area. Songsters meet each Monday afternoon. They are followed by the band which practices after we finish. Tuesday, the crafters come and do their thing. Wednesday the Senior Scene really hums. All day there is the senior day care for anyone who is housebound and would like to get

out to socialize with others. If you are interested, you can call Dee Rickner at 756-6471 and I know she would love to hear from you.

Wednesday afternoon the wood carvers are hard at it making wonderful items of wood. I would also be remiss if I didn't mention the stained glass and artists working in oils who come in the morning.

If you are into exercise and yoga, on Monday mornings there is aerobics followed by yoga. Tuesday and Thursday morning the line dancers do their stuff.

Now if that isn't enough to keep people going, there is also bowling at Pine Falls and curling at Grand Marais. There is no end of things to participate in.

The library could always use some volunteer as could the Walter Whyte School. So, if you are staying here for the winter, and are bored, you're just not trying!

## Community Billboard - ph 367-9468

**Helpers Journey** - A six week Caregivers Workshops beginning Monday, October 23, 7:00 p.m. Whitemouth Seniors Club room Call Diane at Two Rivers Seniors 348-4610 for info  
**Library Allard:** Library Hours: Tuesday: 10:30 a.m. to 5:00 p.m. Wednesday - Thursday 1:00 to 5:00 p.m. 6:30 to 8:00 p.m. Friday: 1:00 to 5:00 p.m. Saturday: 10:30 a.m. to 4:00 p.m.  
**Beaches Library:** Library Hours: Tuesday 1:00 to 5:00 p.m., Thursday 4:00 to 8:00 p.m., Saturday 10:00 a.m. - 2:00 p.m.  
**Knights of Columbus:** Meetings every second Tuesday of the month 7:30 p.m.  
**Powerview Church basement**  
**Silver Haven Club:** Cribbage - every fourth and fifth Monday, 1:30 p.m. - Whist - every Thursday, 1:30 p.m.  
**Winnipeg River W.I.:** meetings third Tuesday of every month, 7:00 p.m. Library Allard, St Georges  
**Pine Falls Health Auxiliary:** Meetings first Tuesday of every month, 1:30 p.m.  
**Cottage Country Business Assoc.:** Meets first Monday of the month, 7:00 p.m. October through May, ph 756-2596  
**Alcoholics Anonymous:** - Sunrise Group - Meetings every Monday, Wednesday and Friday 7:30 p.m. to 8:30 p.m. Last Friday of the month open to the public. Located at St. Georges Catholic Church basement.  
**Pine Falls Legion -** Meetings held second Thursday of the month 7:30 p.m. Legion. Meat raffles held at Legion on Fridays 4:30 to 5:30 p.m.  
**Pine Falls Masonic Lodge # 154 -** meets on second Friday of every month in the Pine Falls United Church. Except January and February

**Badminton -** Pine Falls School Gym, Sunday and Wednesday nights, 7:00 to 10:00 p.m.  
**Powerview Garbage pickup** every Wednesday recyclable pickup first and third Thursday of each month P.A.A. meeting first Tuesday of each month at 7:00 p.m.  
**Village of Powerview meetings,** second Tuesday of each month  
**Winnipeg River Senior Service Inc.** Coordinator: Tina Polischuk, Office: Pine Falls Health Complex, Telephone: 367-9128, Hours: 9:00 a.m. to 3:00 p.m. Monday to Friday Services: transportation, home maintenance, foot care, volunteer help, info.  
**Family Care Giver Support Group** at the United Church, Pine Falls, last Thursday of the month, 7:00 p.m.  
**AA & Al-Anon -** The Beaches family group, Thursday 8:00 p.m., Senior Scene, Victoria Beach, 1 Ateah Road 756-8018 or 756-2101  
**Pine Falls Library -** Open 3:00 p.m. to 5:00 p.m. Monday and Thursday  
**Happy Tots Day Care -** 367-2601, board meetings last Monday of each month 7:00 p.m. at the daycare  
**Senior Scene Inc.,** #1 Ateah Rd., Victoria Beach. General meetings second Tuesday of the month. Call 756-6468 for more info  
**Mental Illness Support Group:** meets second Wednesday of the month 7:00 p.m. Wings of Power office.  
**Beaches Help Centre -** 756-6471, Wednesday 1:00 to 4:00 p.m., Friday 10:00 a.m. to 1:00 p.m.  
**Powerview Parent Advisory Council** - meets first Thursday of every month  
**Great Falls Hall Workers -** Tuesdays and Thursdays from 10:00 to 11:00 a.m.

## Winnipeg River Church Services

**NOTRE DAME DU LAUS: POWERVIEW -** Saturday evening 7:30 p.m. (English), Sunday 8:30 p.m. (French), 10:30 a.m. (English), STEAD - Saturday 5:00 p.m.  
**PINE FALLS UNITED CHURCH:** Sunday service Sunday school 11:00 a.m. Rev. Jack Ballantine-Dickson. Office hours: Tuesday to Friday 10:00 a.m. to 12:00 noon, ph 367-2633  
**PINE FALLS ANGLICAN CHURCH OF THE ADVENT:** Ph 367-8347 Rector, the Rev. Brian Rountree. Sunday Service at 9:00 a.m.  
**ST. THERESA'S:** Masses at Notre Dame du Laus  
**ST. GEORGES:** Mass Sunday at 8:00 a.m. and 10:00 a.m.  
**ST. JUDE'S ANGLICAN CHURCH** Grand Marais. Holy Eucharist - second and fourth Sundays, 11:00 a.m. Morning prayer 11:00 a.m. - first, third and fifth Sundays  
**TRINITY EVANGELICAL LUTHERAN CHURCH** Thalberg, 1 mile east and 1 mile south of Junction #12 and #304. St. John's Evangelical Lutheran Church, Greenwald on Hwy #12, 1 1/2 miles north of junction with #317. Sunday church school 10:00 a.m., worship 11:00 a.m. (alternate locations) For info call 635-2625 or 754-8682  
**CHRISTIAN FAITH FELLOWSHIP -** Bible study 7:30 p.m. Thursday, church service 10:30 a.m. Sunday school 10:00 a.m.  
**HOUSE OF PRAYER FULL GOSPEL -** 2:30 p.m. every Sunday, Scantebury, on Hwy. #59  
**ST. MARGUERITE R.C. MISSION** Pitt Road - Traverse Bay, 11:30 a.m. Sunday additional mass mid-June through Labour Day 7:30 p.m. Saturday. Closed November 1 to April 30th  
**ST. ALEXANDER R.C. CHURCH** located at Sagkeeng First Nations. Sunday mass 10:30 a.m.  
**ST. THERESA, R.C. MISSION** 88 Glendale Avenue, Grand Marais. Mass or community service 11:30 a.m. first Sunday of November to last Sunday of April. May through October mass 10:00 a.m. Sunday.  
**SAGKEENG CHRISTIAN FELLOWSHIP CHURCH -** Lloyd Guimond (Pastor) Sagkeeng South Shore, service Thursday 7:30 p.m. and Sunday 2:00 p.m.  
**CHRIST CHURCH ANGLICAN -** Sunday 2:30 p.m. at Hollow Water.  
**GRACE BAPTIST CHURCH -** Bible study, Wednesday 7:30 p.m., call Pastor Todd Goudy for information 367-2531.

# Rules for giving and receiving baby gifts



Dear Ms Know-it-all:

What are the rules regarding giving and receiving baby gifts?

*Gift Giver*

Dear *Gift Giver*:

If you wish to send a gift for the baby after the birth, by all means do so. However, a note of congratulations is all that is required. If you're a new parent, make sure to send a handwritten thank-you to everyone who sends a gift. It should be signed with the parents' names - not the baby's. Thank-you notes that come signed by Baby John are a bit too cute. Besides, everyone knows that Baby John can't write.

Because so many aspects of etiquette involve the exchange of gifts, it bears repeating that no gift needs to exceed your means or your comfort level. Other people may be able to afford to give a prepaid college education or a large deposit to a bank account but, if your budget limits you to the purchase of a small stuffed animal or a colourful rattle, do what you can and present your gift

with love. Your thoughtfulness and prompt response are all that are necessary.

Dear Ms Know-it-all:

Can you give me some suggestions on how to deal with birth situations that are out-of-the norm, such as adoptions or children with disabilities?

*Sensitive-but-unsure*

Dear *Sensitive*:

In this modern age, we see more and more nontraditional families and births. Children are born to single mothers, and

babies are adopted by single fathers and gay couples. Whatever the situation, remember that the welcoming of a new baby is an occasion for joy, no matter what happens, and your role as a friend or family member is to do your best to offer your warm congratulations and share the parents' (or parent's) happiness. The following paragraphs address a few of the more common situations that you may encounter.

## Adoptions

Couples who adopt newborns or older children are parents in exactly the same sense as those who give birth to their own, and they should be treated as such. The new *See RULES/page 9*

Community  
**Coffee Party**  
  
 Sponsored by  
**TERRACE**  
 Paper Group, Pine Falls Operation

## Come out to Meet & Greet

friends, neighbors and newcomers to our local communities. If you know of anyone new to our area please invite them so we can extend our hand of friendship.

**THURSDAY JANUARY 18**  
 Manitou Lodge  
 9:30 a.m. to 11:30 a.m.

# Rules for giving and receiving baby gifts

continued from page 8

families send announcements, receive gifts and notes of congratulation, entertain visitors, and observe all the other rituals of new parenthood. An adoption announcement would read, "Mr. and Mrs. Michael Hammersmith are happy to announce the adoption of Joseph Paul, September 4, 2000, age six months." You may wish to use the phrase, "welcome into their home" in place of the phrase about adop-

tion.

Making any reference to an adopted baby's birth mother (or either of the biological parents) is inappropriate. If the parents want to discuss the details of the adoption with you, by all means, be a good listener, but don't press for details.

Discussing the adoption with a child is the parents' responsibility. NO matter how tempted you are, stay out of the conversation if you aren't the

child's parent. It is not unusual for adopted children to develop a curiosity about their ancestry as they mature, and it is up to their parents' (perhaps with the help of professional counselors) to help them resolve those questions.

### When the baby isn't well

Every parent hopes for a healthy baby. Although medical care improves each year, some babies come into the world with health problems.

And, the sad truth is, some babies don't survive. If you have a close relationship with parents who are facing such difficulties, lend as much support as you can, unless the parents clearly express that they want to be left alone. Ask what you can do to help. Parents with a hospitalized newborn spend a lot of time at the hospital, and you may be able to help by watching their other children at home, doing household chores, providing transportation, running errand to the grocery store or pharmacy, or doing whatever else needs to be done.

Sometimes, parents of in-

fants who aren't well will not want to talk. Respect that choice. However, sometimes they will, and when they are ready, your job is to be a good listener. Don't pry or ask too many questions. Simply listen to whatever the parents want to tell you, offer your sympathy, and continue to be present whenever they need your help.

### Children with disabilities

Parents suffer special anguish when their newborn is diagnosed with some sort of physical or mental abnormality. To deal with the challenge.

See RULES/page 15

## ECHOES FROM THE Heart

### Kids view on love

A group of professionals posed the question "What does love mean?" to a group of 4 - 8 year-olds and the answers they got were broader and deeper than anyone could have imagined. See what you think:

"Love is that first feeling you feel before all the bad stuff gets in the way."

"When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore. So my grandfather does it for her all the time, even when his hands got arthritis too. That's love."

"When someone loves you, the way they say your name is different. You know that your name is safe in their mouth."

"Love is when a girl puts on perfume and a boy puts on shaving cologne and they go out and smell each other."

"Love is when you go out to eat and give somebody most of your French fries without making them give you any of theirs."

"Love is when someone hurts you. And you get so mad but you don't yell at them because you know it would hurt their feelings."

"Love is what makes you smile when you're tired."

"Love is when my mommy makes coffee for my daddy and she takes a sip before giving it to him, to make sure the taste is OK."

"Love is when you kiss all the time. Then when you get tired of kissing, you still want to be together and you talk more. My mommy and daddy are like that. They look gross when they kiss."

"Love is what's in the room with you at Christmas if you stop opening presents and listen."

"When you tell someone something bad about yourself and you're scared they won't love you anymore. But then you get sur-

prised because not only do they still love you, they love you even more."

"Love is when you tell a guy you like his shirt, then he wears it everyday."

"Love is like a little old woman and a little old man who are still friends even after they know each other so well."

"During my piano recital, I was on a stage and scared. I looked at all the people watching me and saw my daddy waving and smiling. He was the only one doing that. I wasn't scared anymore."

"My mommy loves me more than anybody. You don't see anyone else kissing me to sleep at night."

"Love is when mommy gives daddy the best piece of chicken."

"Love is when mommy sees daddy smelly and sweaty and still says he is handsomer than Robert Redford."

"Love is when your puppy licks your face even after you left him alone all day."

"I know my older sister loves me because she gives me all her old clothes and has to go out and buy new ones."

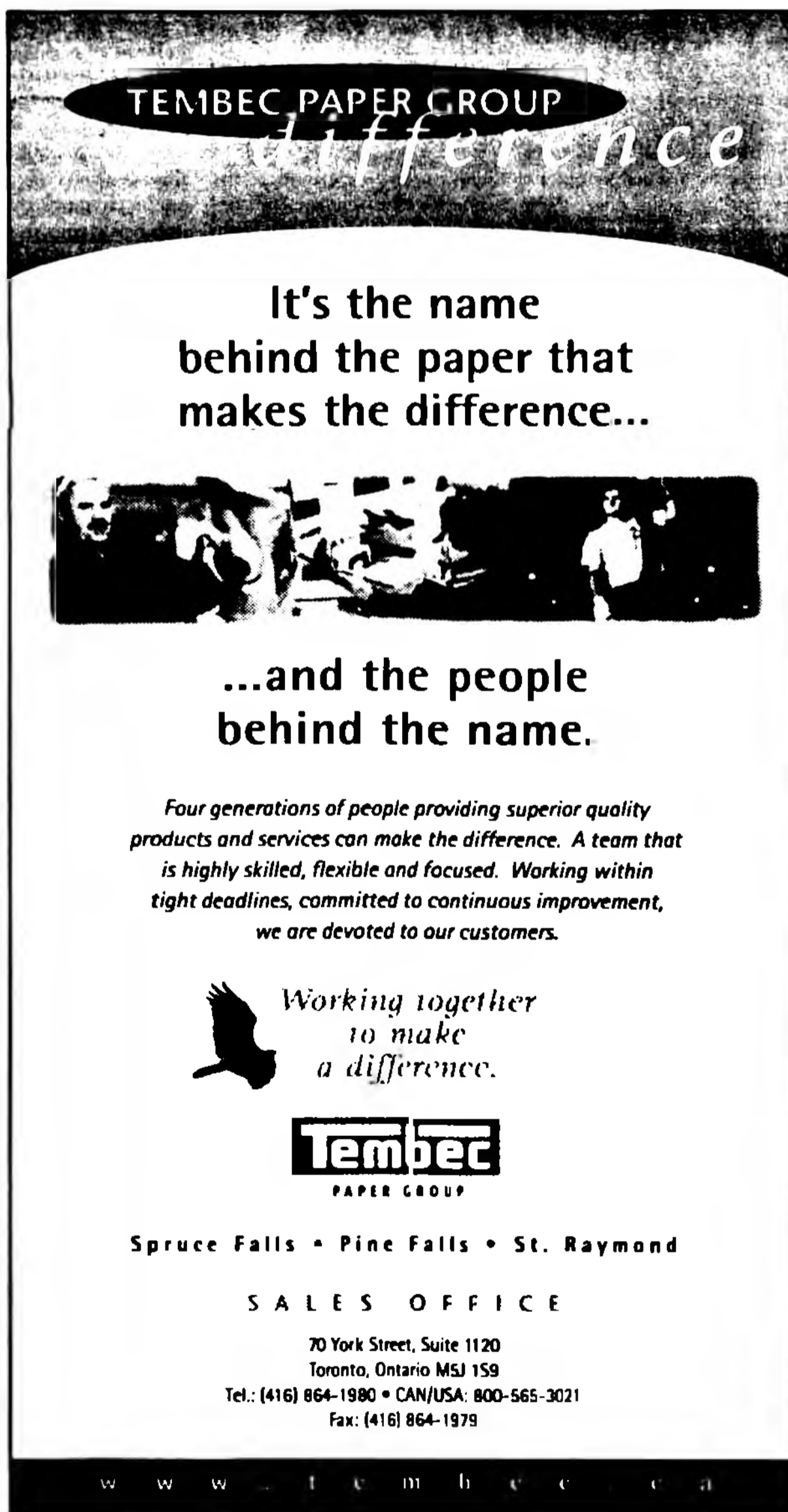
"I let my big sister pick on me because my Mom says she only picks on me because she loves me. So I pick on my baby sister because I love her."

"Love cards like Valentine's cards say stuff on them that we'd like to say ourselves, but we wouldn't be caught dead saying."

"When you love somebody, your eyelashes go up and down and little stars come out of you."

"Love is when mommy sees daddy on the toilet and she doesn't think it's gross."

"You really shouldn't say 'I love you' unless you mean it. But if you mean it, you should say it a lot. People forget."



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w w w . t e m b e c . c a

## It's not easy to kick butt

by Crystal Rattai

This week January 15 to 19 is National Non-Smoking Week. Being an ex-smoker myself I know how hard it is to quit. According to many experts, the nicotine in tobacco is more addictive than cocaine, heroin, or opium. I so often hear people say "I'm going to quit smoking". It's not easy to quit even when you want to. I sure wish I had some of the pointers in this article then to if you are interested in quitting smoking please read on for some helpful tips.

Quitting is tough but not impossible. Get support. Seek friends and family who will help

and support you in your quitting. And if you're having a hard time finding people to support you seek outside help.

Set a quit date. You should pick a day that you'll stop smoking. Tell your friends (and if they know you smoke, your family) that you're going to quit smoking on that day. Try to think of that day as a dividing line between the smoking you and the "new improved" nonsmoker you've become. Mark it on the calendar.

Throw away your cigarettes - all of your cigarettes - even that emergency pack you have stashed in the secret pocket of your

backpack. Get rid of your ashtrays and lighters, too - that way you'll make it a little bit harder to smoke. (And believe me this can be a big deterrent - especially in times of desperation you'll be thankful you don't have a pack hiding somewhere.)

Wash all your clothes. Get rid of the smell of cigarettes as much as you can by washing all your clothes - as much as possible. If you smoked in the car clean that out too - (especially the ashtray - trust me and get a nice smelling air freshener.)

Think about your triggers. You've probably smoked a lot of

ing, and you're probably aware of certain situations when you particularly tend to smoke - when you're at your friends house, drinking coffee after movies, or driving. The situations are your triggers for smoking - it feels automatic to have a cigarette when you're in them. Once you've figured out your triggers, you can try a variety of techniques to make it easier to quit: avoid the situation, change the situation, substitute something for cigarettes (toothpick, straw, gum).

Expect some physical symptoms. If you smoke regularly, you're probably physically addicted to nicotine and your body may experience some symptoms of withdrawal when you quit. These symptoms may include: headaches or tummy aches, crabbiness, jumpiness, or depression, lack of energy, dry mouth or sore throat. The good news is, these withdrawal symptoms will pass - so be patient and don't give in and sneak a smoke, or you'll just have to deal with the symptoms longer.

Keep yourself busy. Many people find it's best to quit Monday, when they have school or work to keep busy. The more distracted you are, the less likely you are to crave cigarettes. Staying active is also a good way to make sure you keep your weight down and your energy up, even as you experience symptoms of nicotine withdrawal.

Drink lots of water. Liquid will help flush the nicotine out of your system and will help you feel better as the withdrawal set in. And while you're at it, stay away from caffeine, which can make you even more jumpy.

Quit gradually. Some people find that switching to cigarettes that have lower nicotine level and then gradually decreasing the number that they smoke each day is an effective way to quit. You



may find however you have to quit cold turkey.

Use nicotine replacement. If you find that none of these strategies are working, you might consider a nicotine replacement. These include gum, patches, inhalers, and nasal sprays. Sprays and inhalers are available by prescription only, you should see your doctor before you do so. That way you can find out what is best for you based on your type of addiction.

Reward yourself. Set aside the money usually spent on cigarettes. When you've stayed tobacco-free for a week, two weeks, or even a month, buy yourself a new CD, some clothes, or a book - anything you really like.

What if you slip up? If you're like many people, you may quit successfully for weeks or even months and then suddenly have a craving that's so strong you feel like you have to give in. Or maybe you accidentally find yourself in one of those trigger situations. What should you do? Think about a slip as one mistake, not a sign that you've failed. Did you become a heavy smoker after one cigarette? Didn't think so - it happens gradually. Keep in mind that one cigarette after you quit doesn't make you a smoker again. Remind yourself why you've quit and how well you've done - or have someone in your support group do this for you.

## Ask your Pharmacist Colds and flu - tis the season

The cold season runs from fall to spring, the worst of it in January or February.

Colds and flus are both viral infections. Their symptoms are similar: nasal congestion, a sore throat, runny eyes and a cough; but flu symptoms normally begin with muscle and joint pain and fever. Fever is not that common in colds or is usually minor and will go away in a few days.

Viruses that cause cold or flu are transmitted through direct contact or via the air. To keep winter colds to a minimum, remind everyone in your family to wash their hands

regularly. Children tend to catch cold more often than adults.

A flu vaccine is available to help prevent or minimize the severity of influenza. The vaccine should be given early on in the flu season to people in the high risk group - those over the age of 65, or with lung or heart disease, heavy smokers, those with chronic illnesses such as asthma or diabetes, or with any disease that interferes with the body's ability to fight infection.

Most people have to wait out the symptoms of a cold or flu. If you fall into the high risk

group, and you have flu symptoms and a high fever, see your doctor.

For treatment of the cold or flu one needs a lot of rest. Elevate your head to allow the nasal passages to drain, drink plenty of liquids, use acetaminophen to bring fever down and to relieve headaches and muscle pain. DO NOT smoke or drink because they can worsen your cough or could predispose you to bacterial pneumonia. If colds become worse due to bacterial infection, you may need antibiotics by prescription and will need to see your physician.

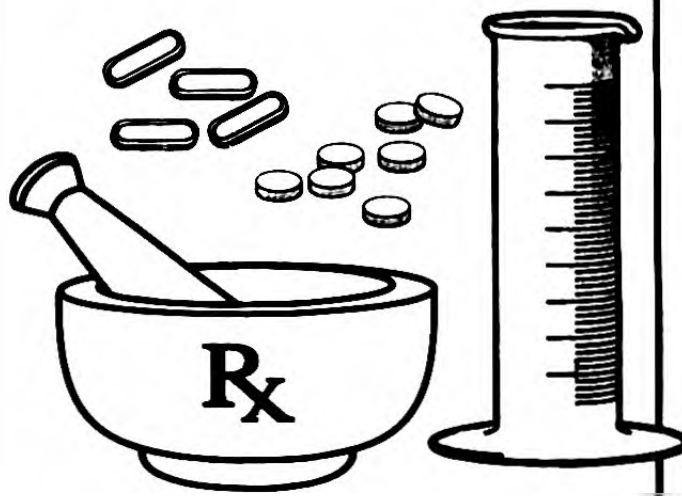
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## Wolfpack

continued from page 7

The Wolfpack cut the Bifrost lead to 5-3 at the 6:51 point when Trent Fenez converted another Einfeld helper. The Pack then made it interesting by scoring another goal just over a minute later when Seymour collected his second goal of the afternoon. But once again, any thought of a comeback was snuffed out 13 seconds later when Ryan Epp scored to give the Bruins that much needed cushion.

Bifrost finished off their scoring for the day at the 3:43 mark as Jeff Fuz fired the seventh Bruin past a shell shocked Boisjoli. Gareth Alexander scored a late goal for the Pack but it was a little too late for it to have any bearing on the game.

The Lunch Box goes to Mr.

Einfeld for his three point contribution, all helpers.

The Pack will have to regroup their defensive play this week if they hope to see the win column any time soon. The good news is that their next opponent is the Fisher Branch Blades, a team the Pack have registered two of their four wins against.

The Pack's next home game is not until January 27 when they host the powerhouse Stonewall Flyers in Lac du Bonnet.

If the Pack hope to improve their playoff position they will have to win at least three of their remaining five games in order to avoid facing Stonewall or Beausejour in the first round of playoffs.

# Mother daughter gym night... gettin' going on Thursday nights

## Recreation Ramblings

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

A new activity for 2001 - it's open gym for the female gender! Every second Thursday night - January 26 being the next session, from 7:00 to 9:00 p.m. the LdB Senior School gym is "open" for mothers/grandmothers/guardians/aunts - and daughters/girls/nieces. And what's the kicker? It's FREE!!! What a great way to beat the winter time blues by getting out - being active and sharing a whole lotta laughs!

For more info - contact the recreation office at 345 8816.

### Slapshot-ball hockey tournament

Grab a team of five and get ready to play during Pinawa's 10 Days to Play. The rec district's ball hockey tournament takes place on Tuesday, January 30 at 2:00 p.m. **GAME ON!** This event is offered FREE of charge!

### Gotta get winter active! Check out these activities...

**Yoga:** Every Tuesday starting January 16 for ten weeks from 7:15 to 8:15 p.m. at Gilbert gym in Pinawa. Instructor: Linda Tait

**Creative writing:** With accomplished writer Gerard Beime. Wednesdays, January 17 to February 17, 10:00 a.m. to 12:00 noon in Pinawa.

**Magic clinic:** February 4 from 10:00 a.m. to 12:00 noon in LdB. Learn some magic with Christopher!

**Self hypnosis for personal development:** February 10 from 10:00 a.m. to 4:00 p.m. in Pinawa with Gerard Beime.

**Mother daughter gym night:** Every second Thursday starting January 11 to April 26 at 7:00 p.m. at LdBSS gym.

**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 January 17.

### 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 on January 16.

### Hallwalking at Pinawa Secondary School

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 in the (8:00 a.m.) and after

school (4:00 p.m.). Happy walking!

### Event updates

**Hall walking:** Every 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 10 Days to Play** January 26 to February 4.

## First step to begin an exercise program

- make a commitment to include physical activity in your life

# Just do it...

by Karen Hopko

Do you have a New Year's resolution to get into shape, but don't know where to start? If so, you might find the following helpful.

Regular physical activity is an important part of maintaining a healthy lifestyle. Exercise has many benefits which include increased strength and flexibility, improved co-ordination and balance, increased bone density, and improved circulation. Exercise also helps to maintain body weight and it promotes a feeling of well being.

The first step in beginning an exercise program is to make a commitment to include physical activity in your life.

You should consult your family physician before you start an exercise program to ensure there is no complication factors, particularly if you have been relatively sedentary.

When designing an exercise program, you need to consider what type of exercise you are going to include, as well as the intensity, duration and frequency of that activity.

You must also be aware of how and when to progress the exercise program. It is important to develop goals, but be realistic. The more realistic the goals are, the more likely you will be able to achieve them, and the less likely you will become discouraged.

There are three basic components of fitness-cardiorespiratory of aerobic endurance, flexibility and strength.

When choosing an activity to improve aerobic endurance, you should choose an activity you enjoy. This helps to ensure that you will be compliant in following the program.

The activity should use larger muscle groups and be

maintained for a prolonged period. Examples of aerobic activities include walking, jogging, biking, rowing, skating, skiing and swimming.

In order to determine what intensity you should perform this activity at, you need to calculate your target heart rate range.

This range gives you a zone of safe and effective pulse rates to train at, based on your age and level of fitness.

The American College of Sports Medicine (ACSM) recommends you calculate both the 55 per cent and 90 per cent of your maximum heart rate, to find the low and high ends of your range. Your pulse rate will vary while exercising, but it should remain within this range.

To determine your maximum heart rate, you can use the formula 220 minus your age, and then calculate both 55 per cent and 90 per cent of this figure. When you initially begin an activity, you should work at the lower end of this range.

To take your pulse, use your first two fingers and place them lightly on your radial artery, close to the thumb on the inside of your wrist or on your carotid artery, close to the Adam's apple on the side of your neck.

Count the number of beats in 10 seconds and multiply this by six to determine the number of beats per minute.

Check your pulse periodically throughout the exercise session, and make sure that you are exercising within your target zone. If your pulse is too high- slow down, and if it is too low- speed up.

Another way to determine the intensity of your work-out, is to assess how you feel.

You should be exercising at a level that you perceive as moderate to heavy. You

should still be able to talk while doing the activity.

If you are unable to talk, then you should slow down. You will actually burn more "fat" calories if you exercise

at a more moderate intensity.

According to the ACSM you should perform the activity for a duration of 20 to 30 minutes at a frequency of three to five times per week.

## LdB Regional Library news

Was it our imagination, or was the new year of 2001 ushered in very quietly? We were able to enjoy our holiday without fear of Y2K predictions! The school holiday seemed exceptionally long this Christmas - we hope the teachers and students enjoyed the break.

The year 2001 has been declared the International Year of Volunteers by the United Nations, and is encouraging all Canadians to recognize and appreciate the invaluable contributions our volunteers make to our society every day. We sure do appreciate the volunteers who help out at the library, and we know that our community benefits greatly from many volunteers in various organizations. Keep up the good work, Lac du Bonnet.

Reading benefits all ages! Kids - could we interest you in a few new books to start the new year off right? Check out *Tracks in the Snow* by Lucy Jane Bledsoe... or *Mountain Dog Rescue (a story of a Bernese Mountain Dog)* by Coleen Hubbard. We

think you'll enjoy these adventure stories! Kids who are just beginning to read will enjoy *Hockey Hero* by Jan and Dan marzollo. This is a book in the Hello Reader series.

Is this the season for indoor games - card games, for instance? Read *Win at Blackjack* by Lance Humble Ph.D., or *Play Winning Checkers* by W.F. Ryan.

*Weekend Afghans* by Jean Leinhauser will provide good inspiration for those who knit or crochet.

Read "a gripping, unforgettable memoir from a Canadian who, in 1969, was drafted into the US Army and fought in the jungles of Vietnam". *There it is* by Les. D. Brown features an introduction by Peter Kent.

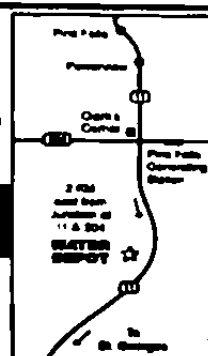
Lastly, we bring you the "official book of the Trans Canada Trail, the longest recreational trail on the planet, a 16,000 kilometre dream that celebrates our vast nation by connecting its people from coast to coast". The photographs on each page are extraordinary!

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# On The Road Again

by Phil Cyr  
**July 24 Dryden to Thunder Bay - 217 miles**

Up early and no coffee, we take off with a stop off in Upsala general store for lunch. On to beautiful Kakebeka Falls, here there is a time change. We will also be meeting the LakeHead Antique Car Club of Thunder Bay, at the Ministry Resources entrance into the Falls. A lady car buff showed us the way to the camp ground 20 miles away, formerly known as the KOA camp ground.

**July 25 Thunder Bay to Marathon**

This stretch of highway from here to Marathon is called the Terry Fox Courage highway, named of course for his heroic struggle in 1981 against Cancer. A few hours to Nipigon and the shores of Lake Superior, a very distinct and varied view of Lake Superior. Travelling through this area with mini mountains and the Lake itself, was truly very interesting. I was riding the motor cycle and the camera was... yes you guessed it, in the damn car. Points of interest for anyone reading this, the northern towns of Nipigon, Schreiber, Terrace Bay and Marathon have an interesting background, with the area settled in 1790 when fur was king. Wood and mineral also became the wealth of the wilderness and Peninsula Harbour. Marathon was the base of operation for one of the most costly and difficult phases of the Canadian Pacific Railway. At its peak 12,000 men, 500 horses, worked out of the wickedest town in Canada. Like everything else, the cycle of prosperity ebbed until 1985. Gold was discovered at nearby Hemlo. For anyone interested, Hemlo is the site of Canada's third largest gold mine, named Williams, Golden Grant, and David Bell. I'm hoping that children attending school might use this kind of information as knowledge.

**Thought For The Day**

The older a man gets, the further he had to walk to school. Yes, and it was uphill both ways.

**July 26 Marathon to Sault St Marie**

Going east on highway 17 we pass White River, home of the original Pooh Bear, story goes. A young Canadian soldier bought a small live bear

and named it Winnipeg, for the city where he purchased it. When his regiment was called to the front lines, he donated the bear to the London Zoo. Winnie became a favorite of Milne's son Christopher Robin, and the rest is history. You know, you learn something new every day.

Other points of interest, Jesuit missionaries founded a mission here in 1668. The city is linked to its sister city in Michigan by a bridge over the St Mary's Rapids. The famous Sault Locks are easily viewed from either side of the five locks, and part of the St Lawrence Seaway.

**July 27 Sault St Marie to Frankenmuth Michigan 265 miles**

This trip south makes me wonder why this destination was picked. I never did find out, however my thoughts were...this place has nothing here that would interest most people, unless one is interested in Bavarian theme shops.

**July 28 Michigan to Sarnia Ontario 94 miles**

In passing the many farms along the way, colours and fragmented fields as we continue. On the highway traffic is fairly heavy, as we crossed the Blue Water Bridge. I note quite heavy water traffic on the river, it claims to have over 6,000 ships pass under this bridge. Of course its known as fourth busiest border crossing in Canada. Information on water quality from Lake Superior to Lake Erie was very polluted in the 40's and 50's. Beaches were closed due to polio warnings. As of today the water quality has improved very drastically. As we crossed the border we heard noises with our trailer, and lo and behold we had a big problem with the one wheel. It's bolts loose with one sheared, we jacked it up and atleast tightened the remaining bolts and then began looking for a garage. One hundred and forty dollars later, we had a new wheel.

**Thought For The Day**

Why can't life's problems confront us when we are 17 and know everything.

**MooreTown Camp ground for the night - July 29 Sarnia to Essex**

This day takes us a bit south along the St Claire River winding all the way down along the

small towns, dotting the landscape which is mainly agricultural, but nice country. Now this particular area is where tobacco is grown. I wondered what all those sheds were for, and they tell me it's for drying the tobacco leaves. Tomatoes are also grown there and sold at HJ Heinz Company, located in Leamington Ontario. There must have been alot of stone mason's in that area, because most of the houses are made with stone, very beautiful homes. More rain, the Heritage Village, our camp ground area is quite wet. It is very nicely developed with restored old buildings, like logs and stone, and I might add a very intensive antique vehicle collection. Interestingly enough, its almost in the middle of nowhere.

**Thought For The Day**

The greatness of a man can nearly always be measured by his willingness to be kind.

**July 30 Essex to Simco Ontario**

Upon leaving Manitoba, I

seem to feel with just one province from Manitoba, we'll never get through this vast Ontario. Give me a break eh? Again this area is heavy with agriculture. Large food processing plants are supplied by growers around. Names like Heinz, Briks, Green Giant, which one can see in store shelves. It is a very lovely country setting. Did you know that Chatham and Dresden Ontario were much involved in an underground railroad, that enabled 5,000 fugitive slaves to escape in the mid 1800's. Sorry, don't know any more than that.

**Camp ground Simco Fairgrounds Thought For The Day**

I just got lost in thought, it was unfamiliar territory.

July 31 and August 1 Simco to Niagra Falls

Our route to Niagra Falls, towns like Cayage and Canfield are along the way. I passed right over the Welland Canal and never really realized it, damn that made me furious. Oh yes, we are lost again, that's why. Finding our camp ground we had to drive

through the town of Niagra Falls. People galore, they claim that more film is sold here than anywhere. Did you know the Welland Canal is 27 miles long, and I missed it. Must go back to visit someday again. I was very anxious to arrive here because of the Falls. For those who have never been there, it is fantastic beyond words, the camera just wouldn't stop running for a second. Your eyes focus on it's incredible beauty. Couldn't wait for the maid of the mist boat ride, even at my age. I felt like a kid in a musical ride, wet yes, but who cared, the price was worth it. I'd love to go again someday, no not on a honeymoon. The camp ground was a little wet, but enjoyable. I picked up information packages while there. The Niagra River is one of the wildest rivers, with rapids reaching 30 miles per hour. The Canadian Falls is 177 feet high which is called the Horse Shoe Falls, because of the 2,215 foot crest that is carved. I can believe that over 12 million people visit the Falls annually. I'd recommend you, one day go and see it for yourself.

## Growing and marketing vegetables from your backyard

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

We will look at what organic vegetable production is, what vegetables to grow, plus where and how to market them. Rory Timmers from Oakville is the premiere garlic grower in Manitoba. He will discuss garlic production and marketing tips. Please register before January 20 by phoning Manitoba Agriculture and Food in Dugald at 853-2051, or Beausejour at 268-6015.

**Attracting customers to your rural destination**

Saturday, January 27, 9:00 a.m. to 4:00 p.m., at Aspen Acres (two miles south on #302, Beausejour)

This marketing workshop will focus on getting and keeping tourists to your small business, as well as designing great brochures and signage. Jim Simmons from Aimm North will spend the morning on *Getting and Keeping Tourists*. After lunch there will be a 'walkabout' Aspen Acres, doing a critique of neatness, first

impressions, buildings and signage. Kim MacAuley will speak on designing brochures (colors, letting, size). Ron Jackson will then speak on regulations regarding business signs and David Sutherland, will speak on signage (shapes, options, materials, colors, lettering). The cost includes lunch and coffee. All small business owners are welcome (maximum 35 people). To register, please call me at 268-6015.

**Manitoba business start program**

Free, Two-Day Business Planning Workshop January 30 and 31, 9:00 a.m. to 4:00 p.m., at Pappy's Restaurant, Beausejour

This two-day workshop is designed for individuals starting a new business but it would also be of value to the owners of existing businesses and to individuals considering a business venture. Individuals may choose to attend one or both days.

The first day includes the

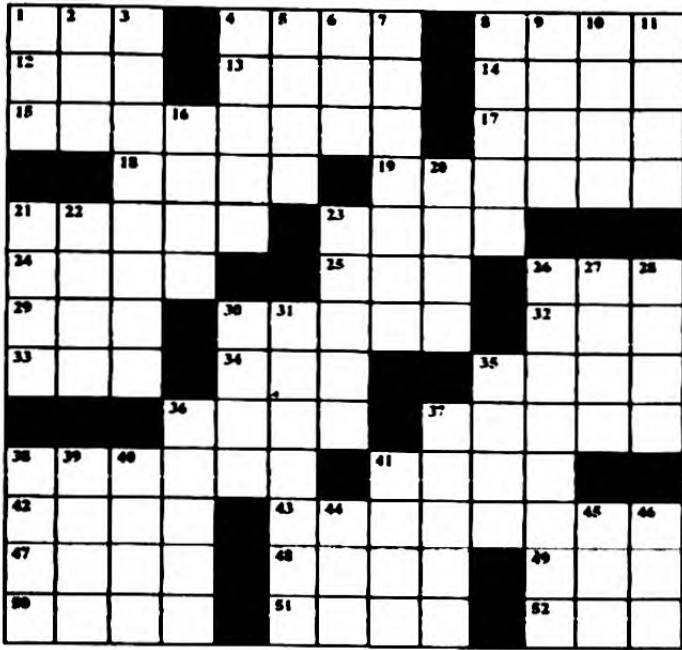
components of a business plan, types of business structures, resources available to small businesses, funding sources and a brief overview of the services available through the Canada/Manitoba Business Service Centre.

The morning of the second day will include marketing and sales strategies, promotion and advertising, selling, pricing and distribution. The afternoon will concentrate on the financial management of a business, including bookkeeping, financial statements, GST and cash flow.

**Prior registration is required**

Please contact Jeannine Lafond at 984-0037 or 1-800-665-2019 to register. Information on location and registration confirmation will be sent to the participants. Additional information about the Business Start Program is available from Ann O'Connell, Co-ordinator, Business Start Program at 945-7721 or 1-800-665-2019. The workshop is sponsored by the Province of Manitoba, Department of Industry Trade and Mines.

# WEEKLY CROSSWORD



## Ms Canada

### ACROSS

- 1. Strong or long follower
- 4. Church part
- 8. Golf scores
- 12. Sib
- 13. Debate
- 14. Leave out
- 15. LPGA Tour player Jocelyne
- 17. Tardy
- 18. Remainder
- 19. LPGA Tour player Gail

- 21. LPGA Tour player Dawn Coe-\_\_\_\_\_
- 23. Ogle
- 24. Thunderstruck
- 25. Aristotle, for short
- 26. Diem or cent preceeder
- 29. Algerian title, once
- 30. Bearded
- 32. Fire?
- 33. S

- 34. Lake, in LaSalle
- 35. Mated
- 36. Laboured breath
- 37. Think strip
- 38. Canada's greatest amateur golfer, Marlene Stewart-\_\_\_\_\_
- 41. A pitch or a chip
- 42. Macaws
- 43. Exceptional
- 47. LPGA Tour player Lorie
- 48. Aft
- 49. Guido's high note
- 50. Radiate
- 51. Descended
- 52. Knightly title

- 28. Explain
- 30. Jai \_\_\_\_\_
- 31. LPGA Tour player Lisa
- 35. Bouchard's Parti, once
- 36. Zero?
- 37. LPGA Tour player Cathy
- 38. Rice wine
- 39. Streetcar
- 40. Indian aristocrat
- 41. Overarch
- 44. \_\_\_\_\_doo
- 45. Caliph
- 46. Roman household god

### DOWN

- 1. Recede
- 2. Sold out sign
- 3. Jousts
- 4. Acquire
- 5. LPGA Tour player Sandra
- 6. Distress mess.
- 7. Storage unit
- 8. A kind of bear
- 9. Nursemaid
- 10. Singer McNeill
- 11. Plant part
- 16. Marsh plant
- 20. Actress Kate
- 21. Gemstone
- 22. Is indebted
- 23. Spear
- 26. Equivalent
- 27. COO or CFO

### LAST WEEK'S ANSWERS

E	R	I	N	M	E	R	E	O	B	I		
M	A	R	I	A	X	E	S	P	A	R		
O	P	E	C	R	I	O	T	A	R	M		
			O	B	I	T	H	I	L	D	A	
S	T	E	L	L	A	R	E	X				
C	A	D	E	T	T	O	R	V	F	N		
A	B	E	T	N	A	G	D	O	D	O		
N	N		A	J	I	F	O	Y	F	R		
			D	U	B	F	E	L	N	O	R	A
C	L	A	I	R	S	T	O	A				
E	E	L		O	P	A	H	L	U	R	E	
L	E	A		R	O	L	E	D	R	A	T	
T	R	I		A	X	E	L	A	N	T	E	



# CRYPTIC PUZZLE

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

"QJ CVBYG SKTJ K YVNJYX HVFDLJ".  
- HQKFYJL GWHTJPL

### Last Week's Solution

"HE HAS ALL THE VIRTUES I DISLIKE AND NONE OF THE VICES I ADMIRE"  
- SIR WINSTON CHURCHILL

# WEEKLY ECHO HOROSCOPE for the week of January 15 to 21

### Aries - March 21 to April 20



You will be quick witted, which will help you win the support you need to take a position of leadership in group endeavors. Friends will give you good advice, and romance will be exciting if you are spontaneous. Get involved in challenging games.

### Taurus - April 21 to May 21



Romance will develop through your connections to someone older. Take care of pending legal matters that are holding you back in regard to investments.

### Gemini - May 22 to June 21



Your flippant nature will surface if you allow your emotions to take over regarding your partnership. Get out and enjoy yourself. Time spent with close friends will be most helpful. Don't put off duties that can be completed now.

### Cancer - June 22 to July 22



You can make pleasing changes to your residence. Invite friends over or offer your home for a group meeting. Don't let your lover make you feel guilty. You need to have some fun too. Look up a childhood friend.

### Leo - July 23 to August 23



You will dazzle those who don't know you very well. You're flamboyant will draw attention at group functions. Utilize this talent by having something worthwhile to speak about. You're outgoing nature will attract new lovers.

### Virgo - August 24 to September 22



Career changes may back fire. Do not make decisions that will affect your status. You need time to stabilize your position before you take any chances. Consider the consequences and don't proceed uninformed.

### Libra - September 23 to October 23



Opportunities to change your lifestyle will be to your benefit. Your self awareness will develop through philosophic studies and long talks with individuals who are intellectually aware. Love relationships will unfold.

### Scorpio - October 24 to November 22



You will be on the move this week. Travel will lead into new territory. Enjoy the change of pace. Expect the unexpected and be ready to use your wit when dealing with others.

### Sagittarius - November 23 to December 21



Your partner will be upset if you haven't been spending enough time together. Plan a nice outing for just the two of you. It's time to rekindle the flame. You can make money if you're willing to take a chance. Your investment will be sure to grow in value.

### Capricorn - December 22 to January 20



Plan your actions carefully. You can make career changes that will up your income and improve your life. Lasting friendships will develop through work. Talk to someone you respect in order to get sound advice.

### Aquarius - January 21 to February 18



You can be sure that others will take note of your impeccable style. You're tuned into future trends and have an instinctive knack for putting yourself together well.

### Pisces - February 19 to March 20



It's time to make those changes to your home that you've been talking about. You need new surroundings just to boost your morale. You need an outlet for your stress. You can make new friends if you do a bit of travelling.

# Echo Classifieds

## For Sale

**Snowmobile** - 1995 Ski-doo Formula STX 583 LT, medium and low windshield, new sliders, stand, exc. cond., asking \$3,000, phone 753-2156

32-TFN

## Services

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

TFN

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

25-10x

## Realty

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

TFN

## Help Wanted

**Daycare** - Are you an energetic person, enjoy children and are looking for part-time employment? Dufour Daycare is looking for you. Please call 367-4598 and ask for Darren or Heather.

32-1x

## Bankruptcy

**Bankruptcy Info-line** - free, confidential. Call 1-800-463-8371. This is a community service offered by L.C. Taylor & Co. Ltd., Trustee in Bankruptcy.

TFN

## For Rent

**Office Space in LdB** - Prime office space for rent, located in downtown Lac du Bonnet, phone 345-8294.

31-TFN

**Office Space** - Office space for rent, Lac du Bonnet, phone 345-1909.

31-2x

## Birthday



**Happy 80th Birthday Mom!**

January 22

Wishing you all the best on your special day.

Love always,  
from all your family

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# Echo

Lac du Bonnet  
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**SECRETARY  
REQUIRED**

for  
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Recreational  
Trail  
Association**

Approximately 15-20 hours per month, \$10.00 per hour. Duties as follows:

- take minutes of meetings and type them (one to two meetings/month)
- handle correspondence
- set up agenda for meetings
- put together board packages and mail them

Apply in writing by January 26, 2001 to:

Bluewater Recreational Trail Association  
Box 566, Pine Falls, MB  
ROE 1M0

## In Memoriam

**Theodore (Ted) Dupont  
January 14, 2000**

In loving memory of our Dad, Pèpère and husband who left us one year ago today.

*Never more than a thought away.*

*Quietly remembered every day*

*In our hearts your memory is kept*

*To love, to cherish, to never forget.*

*One year comes another goes.*

*But the gates of memory never close.*

*Simple words, but very true.*

*We will always love and remember you.*

Forever loved and sadly missed by your wife, children and grandchildren

## Cards of Thanks

We would like to thank everyone who attended and sent best wishes on our 50th anniversary celebration.

It was an evening of laughter, excitement and stories told of past and present from friends and family, for which we will always remember and cherish.

Thank you for the beautiful cards, flowers and gifts.

To our family and grandchildren, thank you for the most beautiful evening you gave us.

Love Rose and Leo  
Mom and Dad

The Winnipeg River

# Echo

NEWS TIPS

Lac du Bonnet 345-9896  
Powerview 367-9468

**RURAL MUNICIPALITY OF LAC DU BONNET**

## CALL FOR QUOTES

### Interior Painting of Administration Office

The Rural Municipality of Lac du Bonnet is requesting quotes for the interior painting of the administrative office situated on PTH #317 (#4187).

Two coats of Benjamin Moore latex paint (or equivalent) required. Patch and prime where required. Work must be done during non-work hours (work hours: Monday to Friday 9:00 a.m. to 4:30 p.m.)

Quotes to include the cost of labor and materials, and a date of expected completion. All quotes must be in a sealed envelope marked "Office Painting" on the outside.

DEADLINE FOR SUBMISSIONS: on or before 4:30 p.m. Friday, January 26, 2001.

For more information contact Marlene Watson at 345-2619.

## SCHOOL DISTRICT OF PINE FALLS NO. 2155

is accepting applications for

### CLEANER

This is a part-time, late afternoon/evening position, involving four hours per day, Monday to Friday.

Interested persons should apply by submitting a resume to:

Mr. Eugene Bailey, Principal  
Box 190, Pine Falls, MB  
or fax to 367-8809

DEADLINE for applications is Friday, January 19, 2001.

**PINE FALLS SCHOOL**

## KINDERGARTEN REGISTRATION

**FOR 2001-2002 TERM**

Call 367-2254 or visit the school  
Children must be five years of age as of December 31, 2001

Non-resident parents who intend to enroll their children in our Grade 1 to Grade 8 program at Pine Falls School should also make their intentions known as soon as possible.

## Affordable Advertising

in

The Winnipeg River

# Echo

## CLASSIFIEDS

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# 367-9468

56 Art Street, Powerview

# Our important thoughts

continued from page 2

crafts together. We always help and share with each other. But the most important thing about my family is that we love each other.

by Jalin Desloges

The most important thing about money is that you can spend it. You could buy toys with it. You can collect different kinds of money. You can exchange bills for coins. But the most important thing about money is that you can spend it.

by Cole Wark

The most important thing about horses is that you can have fun riding them. You can ride fast or slow. You can go through water and you can go over hills. You can go on camping trips with your horse. But the most important thing about horses is that you can have fun riding them.

by Hilary Chevrefils

The most important thing about Nintendo 64 is that you can play it. You can play any game you want. Games like Zelda or Bomberman. You can play with multiplayer. In Starfox you have to blow up other ships. But the most important thing about Nintendo 64 is you can play it.

by Jacob Meilleur

The most important thing about puppies is they're fun to play with. They're cuddly and they can't open their eyes until they're two weeks old. They move slowly and there are always more than one in a litter. But the most important thing about puppies is they're fun to play with.

by Brendon Gogo

The most important thing about swimming is that you have fun. In the water you feel like you are flying. You can do cool stuff off the diving board. You can play with styrofoam noodles too. But the most important thing about swimming is that you have fun.

by Curtis Duval

The most important thing about soccer is that it's a lot of fun. You can pass the ball to others players. Sometimes you can be a goalie, and the running gives you plenty of exercise. Soccer teaches you about team work. But the most important thing about soccer is that it's a lot of fun.

by Bryton Papineau

The most important thing about animals is that they're cute. They can be small or big. Some are fuzzy and some are not fuzzy. They can be chubby or skinny. But the most important

thing about animals is that they're cute.

by Tess Houston

The most important thing about water is that you can drink it. People usually have showers with it. You can wash your hands with it. You can use it to warm you up. I like to play in it at the beach. But the most important thing about water is that you can drink it.

by Scott Watling

The most important thing about your birthday is you get to turn a different age. You get lots of presents. You get to order a cake with your choice of icing. You get to invite your friends over. You get to have a big birthday party or sleepover. But the most important thing about your birthday is you get to turn a different age.

by Amy Blatz.

The most important thing about animals is that they need care. Animals need to know how to hunt. Zoo animals need food to eat. Some animals live in the water. Some animals live in the jungle. But the most important thing about animals is they need care.

by Nicole Murray

The most important thing about golf is you hit a ball. Golf is a relaxing game.

You could get a hole in one. My dad is the best golfer I know. But the most important thing about golf is that you hit the a ball.

by Kyle Sokoloski

The most important thing about kittens is that they are cute. They are cuddly and keep you company. They are fun to play with. They are also fun to watch because sometimes they do cool things. But the most

important thing about kittens is that they are cute.

by Elizabeth Vincent

The most important thing about toys is that they keep you from getting bored. They are fun to play with, and it does not matter whether they get dirty or wet. But the most important thing about toys is that they keep you from getting bored.

by Merisa Thevenot

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## Rules for giving and receiving baby gifts

continued from page 9

the family needs a sense of community, and the baby needs love. The family will deeply appreciate your support

in the form of a visit, a gift, an offer of assistance, or, above all, a listening ear. Don't worry about the etiquette; just try to be a good friend.

### When a child is given up for adoption

If a female friend or family member gives up her child for adoption, your best display of good manners is to stay in the background until the birth mother is up and around, and then resume normal social contact. In this situation, you can be a good listener if she brings up the subject; otherwise, don't initiate the discussion yourself, regardless of how you feel about the situation.

This advice also applies to voluntarily terminated pregnancies. Sometimes, the best display of good manners is respectful silence.

### PUBLIC NOTICE

#### Residents & Property Owners THE RURAL MUNICIPALITY OF ALEXANDER

PLEASE TAKE NOTICE THAT a re-inspection of buildings in the RM of Alexander by the Provincial Municipal Assessment Branch will commence Monday, January 15, 2001.

Residents are asked to cooperate with the assessors for successful completion of the re-inspection program. Please ask for assessor identification if you have any concerns.

For further information please call the RM of Alexander Municipal Office at 367-6170

REEVE AND COUNCIL  
RM OF ALEXANDER

The Nemecek Team

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

Deidre Alexander  
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