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Vol. 1, No. 33

Tuesday, January 23, 2001

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Watson undefeated at LdB ladies 'spiel

by Toni Bruneau

The Lac du Bonnet Ladies Curling League hosted their 53rd annual bonspiel this past weekend. This year's three-event 'spiel accommodated 36 entries which required draws to begin Thursday evening.

Hospitality night Friday was again, a great success. The western theme was significantly evident due to the talents and hard work of many ladies club members. There were many who participated in the western spirit and added to the fun with their attractive attire. Prize winning costume entries included the Emberly rink - first place (on horseback); Shura rink - second place (Rhinstone Cowgirls); and the Dancyt rink - third place (the Clampets).

Everyone in attendance at

Saturday night's dinner was treated to a first class meal prepared by Diane Bostrom and crew from Manigotagan. Following the dinner, our favorite master of ceremonies Linda Hapko and adorable assistant Shirley Bruchanski, led lady curlers into an evening of fun and games, prizes and gut-busting entertainment.

The weekend's success would not have been possible without the participation of the lady curlers, our faithful volunteers and Gary Buhay and the men's club for all their help.

First event

Sunday evening's 6:00 o'clock draws saw finalists in the first, second and third events go head to head for prize picks. Marlene Watson of Lac du Bonnet and her rink,

Gloria Borody, Ria Poulin-Snell and Derna Watson defeated Connie Muth and her rink of Lynne Geswin, Barb Green and Joan Gouzecki in a nail biting eighth end.

Watson scored one in the first with Muth responding with one in the second. Watson scored three more in the third and stole one in the fourth, for a significant lead. Muth replied with two in the fifth to make it 5-3. With the hammer, Watson was able to pick up one more in the sixth but was followed closely with Muth scoring two in the seventh.

Watson, up one coming home, faced the opposition's stone sitting on the button for a tie with two surrounding yellows which would force an extra end. With an accurate

See LADIES'/page 3



Connie Dancyt of Dancyt's Foods presents Marlene Watson with the first place, first event trophy.

Pine Falls brings home golds

by Cam and Trevor Sokolowski

On the weekend of January 11 to 15, there was a Tembec tournament held in the town of Temiscaming, Quebec. This Tembec national tournament brought in teams from Atholville, New Brunswick to Cranbrook, British Columbia. There were two local teams from

this division that participated in the tournament, one being Old Timers (35 & over) and one Open. Each team came home with the championship.

The Old Timers team lost their first game to Temiscaming, the team that beat them out last year 1-0 in the final. This year Temiscaming beat Pine Falls

2-1 the first game. The way the draw was set up was the first round winner would play the loser of the first round in another part of the draw. This meant the Pine Falls Old timers had to play the winners of the other flight.

The second game saw the Old Timers come out flying

with a decisive win over Cranbrook finishing with a 7-0 score. This win put the Old Guys in the semi-finals against Smooth Rock Falls. The final outcome of this game being another win for Pine Falls, the score 7-2.

With two wins back to back the Old Timers were on their way to the finals against

Temiscaming again. This time Pine Falls would come away with an over time win for the championship.

This is the fourth time that the two teams have played each other in the last two years. It was a hard fought battle that ended with a Norm Fenez BLAST from center ice that baffled the Hasek look-a-like goalie from Temiscaming, scoring at the 2:33 minute mark into the overtime frame.

The Open team had won all their games but not without a few battles along the way. The first game saw the Open team win 5-3 over Ville-Marie. This advanced the young guns forward to play St. Raymond; the outcome of this game was 6-5. This game was hard fought

See TEMBEC/page 2

Vehicle fire forces highway closure

by Charles Norman

A tractor-trailer caught fire three kilometres east of Catfish Creek on Highway 11 at around 6:00 p.m. last Wednesday, January 17 and forced the closing of the highway for two hours.

Those reporting the fire thought at first that the vehicle was a fuel tanker. As a re-

sult, three pumpers appeared at the scene, one from Sagkeeng and two from Pine Falls.

It turned out that the truck was returning after delivering a load of dry lime to the Tembec mill. The fire is thought to have been electrical. It was noticed by the driver who stopped the vehicle and attempted to extinguish the fire

with a fire extinguisher but was unsuccessful.

The two fire departments had little difficulty in getting the fire under control, and were able to keep the vehicles fuel tanks cool enough to prevent the 500 gallons of diesel fuel on board from catching fire. Nevertheless the RCMP closed the road for two hours.

A great deal of traffic backed up. After about 8:00 p.m. RCMP allowed traffic to proceed slowly past the burned truck along the one open, ice covered, lane. The road was not completely open until approximately 10:30 p.m. after the Department of Highways had spread sand on the ice.



Tembec tournament champs

continued from page 1

going to five-minute sudden death and then three-man shoot out.

Trevor Thomas went first, his shot went off the post and in the net, up next was Robert McMullen who zipped one off the cross bar. The third shooter for Pine Falls was Jagger (out of my way) Dupont who wasted no time putting the puck into the twine giving the young guns another win. This meant the young guys had to play at 8:00 a.m. Sunday morning,

which they did winning again over Mattawa.

Dan Boyer was quoted as saying he was "DAM PROUD" to see our 17 guys warming up for our side while only a goalie and one player warming up for Mattawa. Needless to say the out come was a little lop sided with our guys winning easily by a score of 7-2.

With this win the young guns had to play and win at 2:30 p.m. to advance to the finals and win they did. This game saw the Pine Falls guys grinding it out to a three to one victory over Kapuskasing.

With this win the young guns were off to the finals against Hearst. Goal scorers in the final game for Pine Falls were Norm (the train) Dube, Al (the bull) Anderson, Trevor (the bullet) Thomas and Rob (soft hands) McMullen. The Pine Falls



Pine Falls Old Timers win gold at Tembec tournament in Quebec.



Pine Falls wins gold in Open Division at Tembec tournament in Quebec.

team scoring four times and meant the boys from Pine Hearst only scoring twice Falls were the Tembec Open division champions as well as the Old Timers.

There is a web sight created for this tournament for anyone interested, the address is <http://www.hockeytembec.ca>. This sight has all the scores and who scored each goal. A good time was had by all participants with great competition and camaraderie on and off the ice between all the Tembec employees. Don't forget to check out the web sight.

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The Winnipeg River Echo

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

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Ladies' host successful 'spiel

continued from page 1

inturn Watson was able to separate the cluster and push back the red enough to count and secure first event honors.

Karen Martin's rink of Deb Basham, Cathy Karasiuk and Val Allard placed third. Terry McC Calder, Debbie Scott, Joyce Halliday and Linda Wold came in fourth.

Second event

Winnipeg's Grace Clark with daughters Judy and Corrine Clark, along with Janette Bison were triumphant in the second event, defeating Lac du Bonnet curlers Val Ogryzlo, Corey Gibson, Paula Nabe and Lynn Adrian.

This game had the potential to go into extra ends as well. Ogryzlo picked up one in the first and two in the second for an early 3-0 lead but Clark acknowledge Ogryzlo by counting one in the next three ends. After Ogryzlo picked up one more in the sixth before Clark took two more in the seventh making it 5-4, giving Ogryzlo last rock advantage. A draw could have forced a ninth end, but Ogryzlo was a little light

which was cause for the Clark rink's celebration.

Rachelle Johnson, Bev Appleyard, Terry MacDonald and Susan Appleyard placed third, and Linda Rowbottom's rink of Candace David, Cheryl Mackinnon and Susan Reynolds came in fourth.

Third event

The third event final saw Beausejour's rink of Ann Pleskach, Bev Schreyer, Gloria Laporte and Darlene Witzke battle it out with Pinawa's Betty McCamis, Carol Boyer, Shirley Pellow and Paulette Shram. It was a close game, 3-3, up until the seventh end when McCamis scored a four ender. The Pleskach rink ran out of rocks in the eighth and all hopes of scoring four were dissolved by McCamis who comfortably achieved the third event win.

Violet Friesen's rink of Reva Trochim, Rose Hendreckson and Elfriede Jacobucci were third in the third, while Pat Nixdorf, Val Anderson, Chris Freeman and Gwen Veilleux took fourth spot.



FIRST EVENT: (1 to r) Connie Dancyt presents the Dancyt's Foods trophy to Marlene Watson, Gloria Borody, Ria Poulin-Snell and Derna Watson.



SECOND EVENT: (1 to r) Barb Emberly presents the Lloyd Emberly Ltd. trophy to second event winners Grace Clark, Judy Clark, Corrine Clark and Janette Bison.



THIRD EVENT: (1 to r) Diane Babiak presents third event winners Betty McCamis, Carol Boyer, Shirley Pellow and Paulette Shram with the Relay Auto trophy.

Pineview Girl Guides A Call To The Community

Unfortunately this past fall, many girls who were signed up in the Pineview area for the Girl Guides program were unable to get started. Sadly, to date we've been unable to secure a leader to run this program for girls ages nine to 12. We are still hoping to get this program up and running in the new year.

Guiding - its more than selling cookies! Guiding inspires an ethic co-operation while encouraging leadership potential, it fosters in girls a sense of self-esteem and pride in their own gender.

Leaders wanted - the Girl Guides of Canada is a program designed for girls and led by women for almost 90 years. Are you a female aged 18 or over, who has two hours per week to volunteer? No background experience necessary. Training and start-up materials provided. This is an excellent opportunity to enhance a resume and give something back to the community in which we live. A very rewarding volunteer opportunity! Call Barb, Area Guiding Commissioner at 753-8853 or Jennifer, Brownies leader at 367-9998 for more information.

Thank You!

The Lac du Bonnet Ladies' bonspiel committee would like to thank all those who participated in our bonspiel. Special thanks to all our club members who volunteered and to Gary and the men's club for all their help.

Our bonspiel would not be the success it is each year without the support we receive from the business community.

Our thanks to bonspiel sponsors:
Dancyt's Foods (1st Event); Lloyd Emberly Ltd. (2nd Event); and Relay Auto (3rd Event).

Thank you to the following businesses for also donating gifts towards our bonspiel:
Adele's Beauty Salon, AECL, Bargain Shop, Carnation Corner Plus, Casey's Inn, Chicken Chef, Home Hardware, Ingham Pharmacy, Kim Shura - Powerline, Lac du Bonnet Bowling Lanes, Lakeview Hotel, LaVerendrye Trading Co., Linda's Hair Designs, Lou's Pizza, Macleods True Value, Lac du Bonnet Massage Therapy, Tangle Ridge Esso, The Yellow Door, the Rural Municipality of Lac du Bonnet, the Town of Lac du Bonnet and Manitoba Hydro.

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Manitoba Labour and Immigration Employment Standards

Lac du Bonnet Police Report



The following constitutes the police report for Lac du Bonnet detachment for the period of January 11 to 19.

A report was received January 12 of an underage female of being threatened and harassed by her ex-boyfriend. As a result of the investigation the underage male was arrested and released for court with strict non-contact conditions. The investigation is continuing.

A report was received from a location on Grouse Road of an unknown person being outside the residence banging on the side of the house. This person was then observed to walk away and down the road.

A report was received January 13 from a resident of

Pinawa of someone purporting to be from Mastercard contacting the complainant and asking for his SIN and mother's maiden name. Mastercard confirmed that they do not solicit information in this manner, which enforces the need to be very cautious when giving out personal information in any medium.

A report was received of an injury accident in Pinawa involving a vehicle and a snowmobile. An adult female passenger on the snowmobile sustained broken bones in her arm and leg and was transported to Winnipeg for medical attention.

A report was received of a vehicle hitting the ditch on PR

211 just west of Pinawa. The vehicle was subsequently towed out and no injuries resulted.

A report was received from Pinawa of a neighbor having the TV on too loudly. Police attended and had the TV turned down.

Also on January 13 a report was received from Pinawa of a vehicle which was parked on the street being parked too close to a stop sign. Police attended and had the owner move the offending vehicle.

On January 15 A report was received from a residence on Grouse Road of a break and enter with a quantity of food stolen from the freezer.

An assault on an adult fe-

male was reported January 16. Police contacted the apparent victim to learn that no assault had taken place.

A report was received of a small hole being caused in particle board in a walkways between a house and a garage on Tinant Road. Police attended and could find no untoward cause for the hole.

On January 17 a report was received from a resident of British Columbia that her parents phone was apparent off the hook at their residence and she expressed concern for their well being. Police attended the residence and ascertained that all was in order and that the phone had accidentally been left off the hook.

Also on January 17 a report was received of a set of vehicle keys with a command start on same lost in the vicinity of Lac du Bonnet or somewhere along PR 502. Anyone finding same is asked to turn the set into the RCMP.

A report was received January 18 of a vehicle being parked near McArthur Falls for an extended period of time. Contact was made with the registered owner and it was determined that those parking it there were winter camping in the area.

A report was received of a set of keys stolen from a vehicle which was running and unlocked at the Pinawa Arena.

Wolfpack gang up on Blades



by Stu Evans

The Winnipeg River Wolfpack would love to meet the Fisher Branch Blades in the opening round of the SIHL playoffs which are due to start mid-February. The reason for this dream match-up is really quite simple, the Wolfpack own the Blades.

The Pack cruised into the Interlake this past Saturday night and blasted a listless Fisher Branch squad 7-2 taking their regular season series three straight.

The Pack never looked

back from the moment that Shawn Tardiff opened the scoring at 18:34 with Johnny Dancyt packing up the helper. The Pack jumped ahead 2-0 when Jay Seymour notched his first of two on the evening at 16:20. Seymour's linemate Shawn Grunewald made it 3-0 when he slipped one past Blades netminder Adam Ross at 5:19 notching his first of two as well.

Both Grunewald and Seymour were on fire this night as the two linemates combined for two goals and two helpers apiece. Eight seconds after Grunewald

raised his arms, Mike Oman got in on the action to make it a 4-0 game. The Blades responded with a goal of their own when veteran captain Joel Dandeneau scored with just 30 seconds left in the period.

In the second period, the Pack continued the scoring onslaught with a power play goal by Grunewald at 14:41. Dancyt made it 6-1 at 6:07 followed by Seymour's second and the Pack's final goal at 4:31. The only question that remained for the third period was how many penalties would referee Jamie

Christensen need to call to keep this game from getting out of hand due to the one sided score.

After two relatively calm periods of play, Christensen had to air out his armpits a total of 14 times in that final frame as the Blades frustration had nowhere to hide. Captain Dandeneau clearly showed his frustration when he was lowballed by the Pack's Trent Fenez with just over five minutes left in the game. Dandeneau showed off his agricultural roots by throwing numerous hay makers in the direction of a sur-

prised Fenez who escaped the assault relatively unscathed. It was the only thing that the always emotional Fisher Branch crowd had to cheer about on this night.

As far as the Lunch Box Award is concerned for this week, it is to be shared between Grunewald and Seymour because sharing is caring.

The boys play two games this weekend travelling to Teulon on Friday night and then hosting Stonewall on Saturday in Lac du Bonnet at 7:30 p.m.

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Are you prepared to mount a hummingbird house on your property (this should be done by the beginning of May)?

Would you allow Dan and his wife Diane to observe the hummers if they use your hummingbird house this summer?

Do you have an active hummingbird feeder at your home or cottage in summer? Have you ever found the hummers' tiny nest in your yard? If so, perhaps you would like to cooperate with a hummingbird research project that may be coming to the Whiteshell region this summer.

Dan True is a hummingbird photographer, researcher, and writer who lives at Clovis,

New Mexico. While revising his book on the hummingbirds of North America, Dan would like to learn more about the nesting habits of the Ruby-throated Hummingbird. Although this species is widespread in summer in eastern North America, much remains to be learned about its breeding behaviour. Because the Whiteshell and nearby communities have a good population of well-fed hummers, this may be just the place to answer some of Dan's questions.

How can you collaborate? Dan has designed a "hummingbird house", a little device that can be mounted with a single screw under the eaves of a building. It provides a sound foundation for the hummingbird's nest, secure from wind and predators. It also makes the nest much easier to observe. If you answer yes to the following questions, Dan would like to

Let's start looking

ECHO MAIL:
Letters to the Editor
 Box 550 Ph: 367-9468 or 345-9896
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I've lived in this reserve for the past 70 years or more. I have never seen Sagkeeng in this state of trouble before. Sagkeeng is the most talked about reserve in Manitoba and other provinces due to the fact of its debt.

It all started in '90 when our former chief and council couldn't look after the people of this reserve. This is no allegation as the people see what's going on, the debt on this reserve is getting deep instead of getting out. What's the use of having the third party and chief and council who can't do nothing.

The chief and council are

getting paid for nothing who are not doing their work, we have to get rid of them before their is no Sagkeeng. These people are giving Sagkeeng a bad reputation to the other reserves. We have to look for a new leader and council and economic manager and hous-

ing committee manager. These people are also getting paid for not doing anything.

So to the people of Sagkeeng... let's start looking for a person or persons who will work for people and responsibility, honesty, integrity.

Let's sweep up the dust and start a progressive New Year.

Meegwetch.
Concerned Resident
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The Budget Plan has always been available to help you avoid higher winter natural gas bills by spreading your total annual natural gas bill over 12 months. Right now, to help you manage rising natural gas costs, Manitoba Hydro has modified the plan by extending it for three months. If you are already on the Plan your annual bill will automatically be averaged over 15 months instead of 12. And that means more manageable monthly payments.

If you haven't yet taken advantage of this practical tool, call us today to find out more about how the Budget Plan can make managing your natural gas costs easier. We're here to help.

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Power Smart Tip

Lac du Bonnet Branch #164 Legion news

by Cde. Norm Rimmer, CD

Well here we are another new year, I sure wish I knew how to slow down this speeding clock. We hope you all had a very happy holiday season.

Well our third annual dinner at the Legion on Christmas Day and again it was a great success. About 255 people attended the dinner and had a very good time. The success of the day would not have been possible if it were not for the following ladies serving up the meal: Dorothy Waters, Helen Walesiak, Doris Brown and Rita Zanuto. We thank you for

making the day possible.

The Ladies Auxiliary recently held their election of officers for the years 2001/2002: president Ann Okrainec; past president Sylva Wold; first vice president Helen Walesiak; second vice president Fay Dooley; treasurer Mavis Maslow; secretary Bonita Fortney; sergeant at arms Jackie Hampshire; ways and means Emily Konopetski; membership Barbara Mitchell; pianist Betty Dancyt; sick and visiting Helena Brincheski, Rita Tinant and Sylvia David; canteen Myrna Skoglund and

Dorothy Waters; social convener Myrna Skoglund. Emily Konopetski is now in charge of the catering of funerals, socials, etc. She can be reached at 345-8363.

Our branch hosted the zone playoffs for darts December 10 and the following will represent our zone in the district playoffs: singles - Cliff Rideout and Tony Moss of Pine Falls branch, Bob Hampshire of Lac du Bonnet branch; doubles - Cliff Rideout and Tony Moss; Bob Hampshire and Norm Rimmer; and Alex Waywood and Keith Otto of Lac du Bonnet; teams - Marcel Guay, Tony Moss,

Louis Charbonneau and Cliff Rideout and Tim Breton, Nick Bonekamp, Collette Moss and Pat Watson of Pine Falls, Dolores Johnson, Keith Otto, John Trakys and Al Johnson of Lac du Bonnet. The district playoffs are being held February 10 and 11 at Transcona Legion. Good luck to each and everyone of you.

The Manitoba and Northwestern Ontario Provincial Command Regular Curling Championships are being hosted by our Legion here in Lac du Bonnet from February 6 to 10. Our district is represented by our own curling team of Fred Byron, David

McCalder, Wayne Carrier and Richard Schroeder. Good luck to you into the championships. Everyone is certainly welcome to attend and watch some excellent curling. Also our boys would appreciate the support and cheering from you.

The next zone meeting will be held in Lac du Bonnet February 17 at 1300 hours (1:00 p.m.) and the next district meeting will be held at Elmwood Branch #9 March 24 at 1300 hours (1:00 p.m.).

The general meetings in February for the Ladies Auxiliary is February 13 and for the Branch it is February 20.

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Voices of Alzheimer disease

Alzheimer Awareness Month - January 2001

With earlier and better diagnosis, treatments on the market, and a growing number of people with Alzheimer disease who want to help themselves, more and more people in the early stages of the disease are speaking out and sharing their personal experiences and stories. In response to this, the Alzheimer Society's January 2001 Awareness Month is focusing on the Voices of

Alzheimer Disease.

Two new brochures have been produced. First Steps: For Those Recently Diagnosed with Alzheimer Disease is specifically for those in the early stages of the disease while First Steps: For Families of Those Recently Diagnosed with Alzheimer Disease addresses the kinds of changes family members may expect and ways to cope.

The Society will also launch in January a new section on its web site (www.alzheimer.ca)

specifically for people with Alzheimer Disease to find information that speaks directly to their concerns. This includes an exciting new resource written by early-stage support group members from British Columbia.

For copies of the brochures and more information on Alzheimer Disease, call your local Alzheimer Society (Region Coordinator, North Eastman - Therese Conroy 348-2505) or check our web site.

South Interlake Credit Union & Credential Securities would like to extend an invitation to you to attend a dynamic presentation by ALLAN JACKS of CROCUS INVESTMENT FUND

Your Hosts: Brian Ryall, Tammy Kunz and Mark Cassidy
Date: Monday, January 29, 2001
Location: Manitou Lodge
Hwy. 11, Pine Falls, Manitoba
Time: 7:00 pm



Mark Cassidy
Investment Advisor



Tammy Kunz
Financial Services Officer
Mutual Fund Specialist



Brian Ryall
Branch Manager
Mutual Fund Specialist

Refreshments will be served, bring a friend!

Please RSVP to:
Pine Falls Branch
367-4477



Mutual Funds are offered through Credential Asset Management Inc. and mutual funds and other securities are offered through Credential Securities Inc. These companies are subsidiaries of Credit Union Central of Canada. Unless otherwise stated, cash deposits, mutual funds and other securities are not covered by the Canada Deposit Insurance Corporation or by any other government deposit insurer which insures deposits in credit unions. Mutual funds and other securities are not guaranteed, their values change frequently and past performance may not be repeated. Credential Securities is a Member-CIPF

26th annual Manitoba Loppet

The 26th annual Manitoba Loppet will be held at Pinawa Sunday, January 28. The loppet is a mass participation cross country ski event for all ages. Anyone who can walk is encouraged to try the event as people from six years to 60 years enter it. Prizes this year will be given for first in every age category. However there will be 30-40 door prizes. It is a fun event. The Pinawa Community Band and Kasey-Rae

Elcock will be entertaining at the Pinawa Club in the afternoon.

The course will be 15 kilometres around the Pinawa golf course and the regular Red Ski Trail.

If a participant registers prior to Friday, January 26 at 5:00 p.m., there is a discount.

Registration starts about 9:00 a.m. at the Pinawa Club on Sunday. For more information contact club president Peter Chernis at 753-2971.

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 24

Coleslaw, chicken legs, mashed potatoes, celery and carrots, spice cake

Friday, January 26

Soup, sausages, macaroni and cheese, peas and carrots, fresh fruit.

Monday, January 29

Pancakes with sausages, and Jello

The **Winnipeg River Echo** Your Community Newspaper

Lac du Bonnet 345-9896 — Powerview 367-9468

Local groups receive additional support

The La Verendrye Trail Association and the Lac du Bonnet Community Centre will receive additional funding under the Whiteshell Community Adjustment Fund. La Verendrye Trail has been awarded \$94,529 to support the implementation of the second year of a three-year regional tourism marketing strategy, while the Lac du Bonnet Community Centre will receive an additional \$23,196 to assist with the completion of convention and trade show space.

The announcement was made January 18 by Lorne Kiely, chairperson of Winnipeg River Brokenhead Community Futures Development Corporation (CFDC), and the Honorable Ron J. Duhamel, Minister of Veterans Affairs and Secretary of State (Western Economic Diversification) (Francophonie).

"The La Verendrye Trail Association has demonstrated success and made significant progress with their regional tourism marketing strategy which was a condition for accessing additional funds for the second year of their program," said Kiely. "The steering committee and the CFDC board continue to support a regional approach to tourism and feel that the work that has begun must continue to ensure the susceptibility of tourism as an economic activity in this region."

"The Government of Canada supports the progress these two initiatives have made," said Minister Duhamel. "Developing sustainable economic activity is challenging, and we are pleased that we can assist by providing additional support for these important economic development projects."

The La Verendrye Trail Association plans include revisions to the Travel Guide, attendance at trade shows, coop-

erative advertising, promotion of bus tours, revisions to their website, a new Winter Activities Guide, quarterly newsletters and a new promotional merchandising line. The funding represents 53% of total costs of \$178,5329 for the second year of the project.

"The Lac du Bonnet Community Centre has had some unanticipated cost overruns in the development of the convention and trade space," said Kiely. "They have raised close to \$60,000 towards this project and their efforts and the support of the community are to be commended".

Construction to date has seen the completion of the concrete floor in the curling area, walls, flooring, bathrooms and heating/air conditioning in the mezzanine area, and flooring on the main floor. The meeting rooms and concession stand are in progress. The additional funding will bring the total contribution from the Community Adjustment Fund to \$93,196 representing 66% of total eligible project costs.

The proponents of the projects are thrilled at having received additional funding. "Over the past year, we have been very active in implementing our tourism marketing strategy and have made significant progress in promoting the region as a tourist destination," said Jan Ostash, chairperson of the La Verendrye Trail Association.

"The continued support of the Community Adjustment Fund will make it possible for us to continue our important work in development of the economic potential of tourism in this region".

"We are very grateful to Community Futures and the Community Adjustment Fund for their continued support," said Vickie Short, chairperson of the Lac du Bonnet Community Centre. "Having exhausted all other funding sources, this is a real boost that will help us meet our goal of becoming a major player in the convention and trade show business and contributing to the economic development of our community".

Winnipeg River Brokenhead Community Futures Development Corporation (CFDC) administers the Community Adjustment Fund on behalf of Western Economic Diversification Canada. The program is intended to assist the economic development initiatives of communities affected by the closure of AECL's operations at Whiteshell Laboratories.

Community-based, non-profit organizations with project ideas that would contribute to local and regional economic development are encouraged to contact the Winnipeg River Brokenhead CFDC at 345-2514 for information on how to apply for support under the Community Adjustment Fund.

New Friends news

by Barbara Sabanski

Mentoring is fun, be a MENTOR and see. Three hours per week for the duration of a school year is the

commitment we require. For more information on how you can befriend and inspire a lonely child, please call 345-2867 or 753-2406.

I could have

*I could have finished my shopping
Or gotten the laundry done
I could have taken a trip
And had a lot of fun.*

*I could have watched a game show
Or visited with a friend
I could have balanced my cheque book
Or brought yard work to an end.*

*But I used my precious time
In a very special way
I encouraged a child to learn a skill
We both had fun today!*

Lac du Bonnet Community Billboard

Lee River Snow Riders Poker Derby: February 2 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-e-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, Whittemouth 348-3505; Lac du Bonnet, Pine Falls, Victoria Beach, Pinawa, Beausejour, Whittemouth, Oakbank, Hadschville
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 Karlowsky, 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 Routree 367-8615, church 345-2357

Sunday: 11:30 a.m. - worship; 11:30 a.m. - first and third Sunday of each month, holy eucharist



2001 Census Commissioners Needed Now

The next national census will take place on May 15, 2001. Statistics Canada requires Census Commissioners to complete census collection activities in Pine Falls.

Candidates must clearly demonstrate in their resumes that they have previous experience in:

- enumerating or canvassing;
- dealing with the public;
- hiring staff or recruiting;
- teaching, training or coaching;
- supervising or leading a group of people to achieve a common goal;
- planning or organizing events or activities.

Requirements:

- pass a written test designed to measure arithmetical skills, management skills, and ability to follow written instructions and read maps;
- have full time access to a car and a valid driver's licence in Manitoba;
- be 18 years of age or over;
- work full-time from March 1, 2001 to June 29, 2001, including evenings, weekends and holidays as required (this is not an office job - extensive field work required);
- must be bilingual.

Pay: \$8,800 plus authorized work-related expenses

Please use the following reference number when applying for this position: 4321000

Apply to: Census Area Manager

Fax: (204) 984-8759

Closing date: February 2, 2001

We thank all applicants, but only those demonstrating the required qualifications will be contacted.



POKER DERBY

Saturday, February 3

Registration 9:00 a.m. to 2:00 p.m. at all Checkpoints

TRAPPERS, TALL TIMBER, RUDI'S, ALFS, CAMP HIDE-AWAY

\$5.00 Per Hand or Three for \$10.00 (in same name)

PRIZES: 25% - 15% & 10% Plus Two at \$30

For more information call 345-2595

Agriculture: Producers making it happen

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

Take note..

Be sure to mark your calendars to attend the third annual conference, *Agriculture: Producers Making It Happen* on Thursday, February 8, and Friday, February 9. This year's conference will be held in Russell, Manitoba.

Dynamic and healthy rural

communities require a diverse economy and thriving agriculture sector. Identifying ways in which this diversity and wealth can be created and maintained is critical. Conference delegates have the opportunity to learn from recognized agricultural producers who are or who have already adapted

their farm business operations.

Jack Dawes, from CJGX 94 Radio in Yorkton, Saskatchewan, will be the conference's master of ceremonies and will open February 8 at 12:50 p.m.

Wally Happychuk, agricultural representative, Manitoba Agriculture and Food, Vita, will kick off the conference. Wally will be seen throughout the conference gathering thoughts and ideas from the conference. Wally will fit the ideas 'into the process' and will share his comments with us in ways that we can see a fit with our farm operations.

Topics that will be discussed include:

- *Turning an Idea Into a Multi-Million Dollar Food Business*
 - *Pork and Beef Producers Developing Production Alliances*
 - *Grabbing an Idea and Running With It... Timothy Hay for Export*
 - *Is There a Future for Farmers?*
 - *Little Community, Big Project*
 - *Sourcing Your Project Dollars*
 - *Capturing the Value Through Good Science and Good Business*
 - *Producing Food, Not Commodities*
 - *Building a Better Bottom Line: Field Peas and Hogs*
 - *Grain and Beef Moving Up the Value Chain*
 - *The Future of Farming - Preparing for the Possibilities*
- For registration information, please phone me at Manitoba Agriculture and Food in Beausejour at 268-6015.

Happy Tots Place Inc.

by Kathie Duff
The Happy Tots Place, 367-2601

I'd like to start this article by wishing everyone a very Happy New Year 2001! Now an update of what has been happening for us at Happy Tots Place. The month of December was an exciting month as our theme for the month was Christmas so the entire month was filled with special activities and crafts completed for giving the children's loved ones.

The children had a visit from the jolly old man himself December 22, and the children were both excited and grateful that Santa could take the time from his busy schedule to come for such a special visit. The children enjoyed the gift they received, and M&M Beanie Baby and some special treats and they enjoyed the Christmas party which marked the start of the two-week holiday they had from the centre to spend and enjoy with loved ones through the Christmas season.

January 8 marked the start of another busy year with staff planning activities to correspond to themes for the month of January. These include: show and tell / winter sports

January 8 to 12; teddy bears January 15 to 19; community workers January 22 to 26; and puppets January 29 to February 2.

Before I close I would like to share some information with you regarding regulations about supervision of children. In preschool early learning centre where children attending are between the ages of one and two years, the staff/child ratio is one staff to four infants, with the maximum group size of eight children. Children between the ages of two to six years, the ratio is one staff for eight children and the maximum group size is 16 with two staff. The Happy Tots Place is pleased to meet such ratios and 90% of our staff have training.

If you are busy cleaning after the holidays and are throwing out items around home, why not give us a call? Some examples of things we use daily or frequently are: plastic grocery bags, old Christmas cards, and wrapping paper, material, wool and ribbons. So remember your junk could be our treasure. Please feel free to phone if you're not sure and remember we welcome visitors, so come on by and see what we're doing! We'd love to see you!

Elliptical satellite up to 500 channels

by Charles Norman

Warren Kane, who has lived in the area for 30 years and been in the satellite business for 26 of them, said he was happy to see the Canadian system come on the market.

Kane's company, Univi-

sion Services, supplies and installs Star Choice satellite receivers. He said one of the things he likes about Star Choice is that the electronic equipment they use, manufactured by General Instrument,

See ELLIPTICAL/page 9

Community Billboard - ph 367-9468

Helpers Journey - A six week Caregivers Workshops beginning Monday, October 23, 7:00 p.m. Whittemouth 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.L.: 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. Men's 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., 41 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: POWERVIEU - 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, 1/4 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, Scantobergy, on Hwy #59.
ST. MARGUERITE 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 #8 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.
TRINITY 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.

Consider yourself hugged

ECHOES FROM THE **H** Heart.

Although we are not together, you can consider yourself hugged today. There's something in a simple hug that always warms the heart. It welcomes us back home and makes it easier to part. A hugs's a way to share the

joy and sad times we go through. Or just a way for friends to say "Hey, I like you cause you're you". Hugs are meant for anyone for whom we really care. From your grandma to your neighbour, or our cuddly teddy bears.

A hug is an amazing thing, it's just the perfect way to show the love we're feeling, but can't find the words to say. It's funny how a little hug makes everyone feel good, in every place and language, it's always understood. And hugs don't need new equipment, special batteries or parts, just open up your arms and open up your heart.

Winnipeg River RCMP report

Winnipeg River Detachment Media Report

The following is the Winnipeg River Media report up to January 22.

Calls for service on Tuesday, January 16, were as follows:

Intoxicated male entering a house on Louis Riel Drive, yelling and screaming. Subject was gone when police arrived and was apparently looking for a previous tenant.

Female complainant reported being assaulted at the Sagleeng Band Hall on January 15, but did not wish to pursue charges.

A six-year-old girl was hit by a motor vehicle in Little Black River and luckily not injured seriously, just bruised and shaken up. The driver was an unlicensed young offender and was charged for driving without a licence.

Calls for service on Wednesday, January 17, were as follows:

Teulon detachment picked up Alex Green Jr. on an outstanding warrant of arrest from our detachment. Green was held in custody there for the remainder of the night and released into custody later in the day.

A couple was reported overdue on their return from Loon

Straits and police were requested to try to locate them. They turned up fine later in the day.

A female subject complained of being assaulted with a beer bottle during a fight at a drinking party in Powerview. Police attended and arrested a young offender female for assault with a weapon and drinking under 18 years of age. She was lodged in cells until sober and released on a promise to appear for provincial court in Powerview.

Report of stolen hockey gear from the Sagleeng arena, gear later located at a local pawn shop.

A tractor trailer caught fire while driving north on Highway 11 near Catfish Creek. Police and Fire Departments from Sagleeng, Pine Falls and the Rural Municipality of Alexander attended and put the fire out. The fire completely destroyed and gutted the tractor and closed down Highway 11 for approximately two hours.

A drunk male, presumably attracted by the above noted fire, came walking down the middle of Highway 11, wearing only a T-shirt. He was arrested and lodged under the Intoxicated Persons Detention Act and for his own safety.

Report of an intoxicated male subject staggering down Laura Street in Powerview. Patrol was made but subject not located.

Calls for service on Thursday, January 18, were as follows:

A vehicle slid into the side of Clark's restaurant, no injuries reported.

Complaint of person breaching a restraining order in Sagleeng, police attended and complainant unfounded.

Pine Falls Fire Department reports vehicle fire at residence in St. George, no injuries, cause of fire under investigation.

Calls for service on Friday, January 19, were as follows:

Two intoxicated males causing a disturbance at Sonny's Chicken, both arrested and lodged in cells until sober.

Complaint of a male subject fighting and threatening people with a knife at a house party at Sagleeng. Police attended and arrested the subject, with the subject resisting arrest and having to be subdued with OC spray. Once placed in the police vehicle the subject kicked out one of the rear door windows and tried to escape custody, unsuccessfully. The subject was lodged without further incident and

the following day in Lac du Bonnet's detachment area. Matter under investigation, vehicle being held for examination by identification services specialist.

Calls for service from Sunday, January 21, were as follows:

Complaint of fight in room at the Papertown Motor Inn, police attended and fight was consensual, everyone now calmed down.

Complaint of mischief to a motor vehicle parked at the Papertown Motor Inn overnight. Matter under investigation, security cameras to be reviewed.

Two female subjects fighting at house party in Little Black River, both wanting to pursue assault charges against the other. Matter under investigation.

Our office would like to remind the public that if you have any information that might assist police with any of the above noted investigation 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 at toll free 1-800-782-8477.



Elliptical satellite

continued from previous page is virtually maintenance free.

Kane played a key role in bringing cable to Pine Falls and Powerview. He designed the system for the cable coop, and took the system through the CRTC licensing procedure.

The big news is Star Choices introduction of an elliptical dish to cover two satellites, the existing Anik E2, and a new, more powerful one, Anik F1. When the system is fully operational customers will eventually have access to up to 500 channels plus the option of high-speed Internet service from anywhere in the country. Because the system is digital and broadcasts at a higher power and somewhat lower frequency the quality of reception is superb. In the words of Winnipeg Star Choice Representative "It has to be seen to be believed." He says it will be good as a colour photograph. There is also much less "rain fade".

The two satellites are in stationary orbits 25,000 miles above the equator. The second is already in place but will not be fully operational for another

two months. The two satellites are 1,600 miles apart but, because of the elliptical shape of the new dish the, satellite has no problem focusing on both of them at once.

While the two satellites will

have a capacity of 500 channels, the actual number will depend on the number of broadcasters. Star Choice has what they call their Cadillac program that provides about 140 video and 30 audio channels.

THE VILLAGE OF POWerview

50th Anniversary Committee

The 50th Anniversary Committee, on behalf of the Council of the Village of Powerview, would like to thank the following businesses for their generous contribution to the New Years Eve Dance:

- | | |
|--|---|
| <ul style="list-style-type: none"> Powerview Dental Centre Deals for Dollars Country Concepts Northern Janico Investments Ltd. Pine Pharmacy Rusty Nail Acklands Grainger Subway Esser Chiropractic Centre Midway Food Royal Bank of Canada Dancy's Foods Sparrow's Nest Manitou Lodge Agassiz School Division | <ul style="list-style-type: none"> Papineau Motors Kennametal Ltd. Osis Building Supplies CT Industries Garth Bodley Jonsered SKF National Bearing Supply South Interlake Credit Union Celebrations Pro Hardware Powerview Fabrics Nalco Papertown Motor Inn Mr. Pic's Powerview School Custodial Staff |
|--|---|

Thank you to all the volunteers who helped with the preparations for the dance.

Bev Desjarlais, MP
Churchill Riding

Working For You

CONSTITUENCY OFFICES

| | | |
|---|------------------------------------|--|
| 105 - 55 Selkirk Avenue Thompson, MB R8N 0M5 Tel: 204-677-1333 Fax: 204-677-1339 | Toll Free 1-888-260-2231 | 28 Place McDougall, Box 178 St. Georges, MB R0E 1V0 Tel: 204-367-2880 Fax: 204-367-2825 |
| Monday to Friday 8:00 a.m. to 4:00 p.m. | Ottawa 1-613-992-3018 | Monday to Thursday 8:00 a.m. to 4:00 p.m. |

1ST STREET, LAC DU BONNET
345-6294

Casey's
MOTOR INN

TUESDAY SENIORS SPECIAL

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

CHASE FRIDAY & SATURDAY
JANUARY 26 & 27

DANCER WEDNESDAY

BIG MEAT DRAW & CASH DRAW SATURDAY

Dine In or Take Out
CHESTER FRIED CHICKEN

A new face at Wings of Power

Wings of Power to pleased to welcome Mary Ann Haddad as the new project leader. Mary Ann will be an added welcome to the program in providing support and expertise to the wide variety of activities offered by the staff and being a resource to the board of directors.

This an exciting time as Mary Ann is not new to the community having taken part in many activities in the past at Powerview School. She has been a resource to the program

and the community providing public education and awareness on stress, anger management and grief and loss. She brings with her an administrative and management experience, as well a background in early childhood and mental health issues. Mary Ann looks forward to working closely with the board, getting input and ideas from you in the community, she welcomes hearing from you.

Over the next month Mary Ann will be carefully taking a

look at the variety of activities and opportunities that presents itself to Wings of Power and the board. There are some new initiatives that will be coming forward in the near future that will be an exciting and welcomed addition to the program.

Wings of Power would be remiss if they did not take this opportunity to give a huge thank you to Crystal Rattai for the great job she has done in stepping in, taking charge as project leader in the interim.

A job well done. Crystal will be able to resume her role as outreach worker in the various programs being offered.

What's Happening

There are prenatal classes available for all families that are expecting a baby. The classes will begin January 22 at Wings of Power. If you are interested please call Debbie Viel at 367-5406 or Crystal at 367-9641.

The Fibromyalgia support group will meet again on Thursday, February 1, 7:00 to 8:30 p.m. at Wings of Power. Please call Ginette at 367-2988 for details.

The women's sharing circle on January 15 went very well but we would like to see more people attending. If you are interested please call Crystal for details.

If you are interested in attending the How to Talk So



WINGS OF POWER

Kids Will Listen... And Listen So Kids Will Talk parenting workshops please call 367-9641.

We are looking for used skates at the Nothing's More Than a Quarter Store. If you have any second hand skates that are of no use to you and are taking up space in your basement please drop them off at Wings of Power in the green bin at the front of our building and we'll find a new home for them. Have a great week.

Ask your Pharmacist Where do I go now?

"My doctor is very busy and so is my pharmacist. How can I find out more about the medicine I take? I don't want to take up their time with stupid questions!"

Your questions are not stupid or silly. You should be curious about the medicine you take. It's your body and you have the right to know about your medicines.

Doctors and pharmacists are keenly aware their patients do not ask enough questions or do not remember what the doctor or pharmacist says about their medicines. Moreover, many of us understand some things better if we can

read about them as well as hear.

Always read the package inserts that come with non-prescription medicines. Although you have used the same brand for years, there may be something new to know about it.

One inexpensive guide the Canadian Pharmaceutical Association recommends for your home reference shelf is entitled Understanding Canadian Prescription Medicines. It's a consumer's guide to the 400 most commonly used prescription and non-prescription medications. It is available in most bookstores.

If you are looking for more

technical prescribing information, you could consult the Compendium of Pharmaceuticals and Specialities (CPS). Your local library probably has a current edition in the reference section and your pharmacist can help you decipher the CPS language.

Are your questions more general? Are you concerned about food allergy, alcohol, sugar content? Why not telephone the pharmacy? Most pharmacists genuinely enjoy talking about medicines, especially during the slow part of our day. Just ask for your pharmacist. You'll see.

TRY YOUR DRUGSTORE

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

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367-2611

first

DISPENSARY

367-2517

LdB Regional Library news

We have another great opportunity to emphasize the importance of reading. January 27 is National Family Literacy Day! Does your family make good use of the library? Let us encourage you to find out more about the resources that we offer - pick up a pamphlet giving you information about library policy and the hours that we are open. We especially invite you to bring the family to browse during our Tuesday and Thursday evening hours from 7:00 to 8:30 p.m.

We are highlighting some great new books for kids this week. Look for them on display in the children's area.

Three new *Magic School Bus* chapter books for beginning readers are entitled *The Wild Whale Watch*, *The Search for the Missing Bones* and *The Truth About Bats*.

Smarty Pants written by Colleen Sydor is a funny story about Norah and her great-aunt Norah. They get along so very well and enjoy each other's company because... well, they are both a little unusual. "So who wants to be usual?" is what Auntie Norah always says. Read the book and find out why you should give your clothes three hard shakes before folding them neatly at bedtime!

Another first-start easy reader is called *100 Days of Fun at School* by Janet Craig. The 100th day of school is very special - each youngster brings 100 of so many things.

Everyone gets to help count. Bob brings 100 pennies. Kate brings 100 stickers... what do the rest of the children bring? What would you bring?

Something to Remember Me By by Susan V. Bosak is a beautiful story of a grandmother and her granddaughter and the moments they share that make lasting memories. "It's the little things, the simple things. It's the big, warm smiles and warm, snugly hugs". This is a story that speaks to all ages!

We have many new selections for junior readers as well. Matt Christopher is the #1 sports writer for kids. Check out his book called *Soccer Duel*. In the *Animal Park* series, we have *Bunnies in the Bathroom* by Ben N. Baglio. We now have a couple of Pokemon titles for those of you who have been asking. *Missing May* by Cynthia Rylant is an award-winning title. The Newbery Medal and Newbery Honor books are named after John Newbery, the famous 18th century publisher and seller of children's books in England. These prestigious awards were first given in 1921 and have come to represent the best in children's literature.

We look forward to your next visit to the library. Help your child find some good reading material, and encourage them to read up on a variety of topics. Love of reading is a gift to last a lifetime!

What makes people healthy?



Health Connections

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

What do you think about the following guidelines for healthy living heard on a recent radio comedy sketch?

- 1) Don't be poor
- 2) Don't have poor parents
- 3) Don't live in damp decrepit housing
- 4) Don't live in poor run-down neighborhoods near industries that pollute the environment
- 5) Don't work in low-paying menial jobs
- 6) Don't get laid off
- 7) Don't be lonely
- 8) Take relaxing/refreshing vacations abroad

Quite a change from the typical guidelines for healthy living that we usually encounter... you know... "eat a healthy diet; engage in regular physical activity; don't smoke" etc. etc. My first reaction to the unorthodox

guidelines was to laugh. After all, it was a comedy sketch, and it was very funny. My second reaction was to record the tongue-in-cheek guidelines, quickly realizing that the scriptwriter's use of humor, was a clever way of sharing a very serious message.

The fact is, we have learned a lot in the last few decades about what makes people healthy. Certainly, individual lifestyle choices (health diet; regular physical activity, etc.) are an important part of the equation. But even more important is the role that social, economic and environmental factors play in determining our health status. We now know, that better educated, higher income segments of the population will be healthier

overall, than lower income groups with lower levels of education. In addition, we know that groups with strong social support networks (i.e. family, friends, community supports) can be expected to enjoy better health than those lacking these human connections. In short, being lonely and socially isolated is bad for your health, and we now have research documenting this fact.

While income, education and social support networks appear to be the heavy hitters when it comes to influencing our health, world health organizations have identified twelve factors in total, that determine our future health status. Space in this column doesn't allow for adequate coverage of all twelve, but this information can be pro-

vided on request. It is interesting reading, and it helps to explain what it takes to make healthy people, and by exten-

sion... healthy communities. Feel free to call for more information for yourself, or your organization at 345-1214.

Lac du Bonnet Senior School Short Shots

by Stephen David
Principal
Exam Week

Senior high students at LdBSS will be writing examinations this week, from today until Thursday. These exams mark the end of the first semester courses. Second term begins Monday, January 29.

No school Friday

There will be no classes for students this Friday, January 26th. This day will be an administrative day for teachers to mark examinations and prepare report cards.

Band Parent's Association

There will be a meeting of the Band Parents' Association Wednesday, January 24 at 7:00 p.m.

Parent Advisory Council

You have probably heard of the PAC meetings that occur at LdBSS every month. What you may not realize is that these meetings are open to all parents who are interested in taking a more active role in their child's school. There are no special handshakes or admission fees re-

quired to get into these meetings. You simply need to be a parent of a student at LdBSS.

PAC meeting

There will be a special PAC meeting Wednesday, January 31. The purpose of the meeting is to prepare a list of budget priorities for submission to the board of trustees. Of course, all parents are welcome to attend.

Homework Hotline

If you have a child in Middle Years and you are wondering whether or not they have homework, please call the Homework Hotline at 345-2490. Thanks to student volunteers T.C. Brotherton, Lisa Smith and Lacie Johnson for looking after the hotline.

Gotta get winter active!

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

Check out these activities...

Okay - so it's the dead of winter and you're bored. Or - it's January and you're feeling like you really have to do something to lose some of those extra pounds put on at Christmas. Well, here's some options right now that can fulfill both of those needs... Get winteractive and take part in some recreation activities. It's good for you (kinda like vegetables) AND it's fun!!! Call the Rec office today to sign up for the following activities - it's not too late.

Yoga: every Tuesday from 7:15 to 8:15 p.m. class is FULL. A second class is being offered directly after from 8:15 to 9:15 p.m. at Gilbert gym in Pinawa. Instructor - Linda Tait.

Creative writing: with accomplished writer Gerard Beirne, Wednesdays, until February 17 from 10:00 a.m. to 12:00 noon in Pinawa. It's not too late to sign up.

Magic clinic: February 4

from 9:00 to 11:00 a.m. at LdB. Learn some *Magic with Christopher!*

Self hypnosis for personal development: February 10 from 10:00 a.m. to 4:00 p.m. at Pinawa with Gerard Beirne.

Mother daughter gym night - getting goin' on Thursday nights: 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.

Hall walking at Pinawa Secondary School: For those of you that 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

(8:00 a.m.) and after school (4:00 p.m.). You can walk the quadrant the links to the Community Centre. Happy walking!

On all of the time

Hall walking: every Monday to Friday from 4:30 to 8:30 p.m. at LdBSS 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 LdBSS gym. Come on out adults.

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Monday to Friday
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'Round and about the Beaches

A Cat-astrophy



by Monika I. Evans

It's mid-January, and once again, I am stuck with feeding a feral cat. Tuesday night our friends, who were returning to Germany after their three-week holiday at their cottage, brought over the remainder of a bag of dried cat food and casually mentioned that they had been feeding an older female cat and that she was very hungry. So early the following day, I headed out with feed in hand, to look after this stray. I am sure that she is the same cat I fed all last winter despite conflict with a family member. Naturally, the howl that was said to have been on the veranda, was nowhere to be found. I therefore placed the food on the snow shovel blade and hopefully, she will find it before other creatures do. When I went back on the following day, the cat food was gone so something is eating.

Last winter, again around this time, the son of this cou-

ple had been visiting and he is a great cat lover. He and his girlfriend had befriended this cat and he had tried to trap it so that he could try to tame it and find it a home. All this, of course, was in vain since once a cat has gone wild, it does not become tame again. Before heading back to Germany, they asked if I would be so kind as to feed the cat. Yeah, like I would say no! So, I was hooked and every other day would go and put out food.

I kept the cat food in a five-gallon pail with cover. The dish was a plastic ice cream pail which every now and then would disappear. The next time I came back, it would be there again. I couldn't figure out the mystery.

I asked one of the neighbors if she had any idea as to what kept happening to the cat's feeding dish. After she had a good chuckle, she solved the mystery. Her dog Mushka, a ridgeback husky, would be allowed to go for a solitary walk very late in the evening. Their

home is only a few doors from where the cat was hiding under the cottage. Mushka would go and pick up the food dish and bring it to her house. She isn't too crazy about cats, so she was trying to entice the cat to her yard, for heaven only knows what sport. Perhaps chasing it up the nearest tree. My neighbor would return the cat food and dish the next morning and the cycle would start all over again.

My neighbor finally decided that enough was enough, so she brought over a feeding dish made out of clay that was heavy enough so that the dog couldn't lift it and the wind wouldn't blow it away. It did curtail Mushka's tricks and all went well until early spring. All of a sudden, the food would disappear quickly and then one day the large pail had been dragged to the side of the cottage, the lid ripped up the bag inside in tatters and all the food gone. The bears were back and feeding time was over.

This female cat had several kittens over the past summer and two of them seem to have

survived the harsh elements. Snoopy has chased two cats up a tree. One is a lovely long-haired, completely black cat and the other is a tabby. Snoopy is very proud of himself when he sees one of these cats. I have to go over and pull him away from under the tree. It is always the same tree and the cats go up about 12 feet above ground and care clutching onto the branch with front paws wrapped around the circumference of the branch looking very forlorn at me. When I remove the dog, I try to talk them down, but they will have nothing to do with me until that creature is gone. Once in a while either of the cats comes onto my deck and Snoopy goes crazy, but by the time I look out, it is long gone.

This is not the first time that I have been landed looking after stray cats. When I moved into my house on Kitson Street, the first to welcome me was a most disreputable looking tom that I nicknamed George. George had one eye that had been damaged in a fight. His black and white fur was matted and he was miss-

ing part of his ear. Despite his looks, he was a most delightful, friendly creature. My cat Tiger and he became fast friends and would share their food. George would come by and Tiger and he would greet each other like long, lost friends. Luckily, my next door neighbor fell in love with George and after being introduced to her golden lab, Spencer, he became a house cat.

While George was still a stray, he arrived one morning with a lovely little black female. From her bulging sides, I could see that a batch of kittens would soon be on the way. I'm afraid that I have George a severe lecture on the responsibility of fatherhood which he replied to by wrapping himself around my ankles and purring (when he later had his vet examination, we found out that he had been neutered).

The little female would hide out in my garage while awaiting the special event. It was in the spring and the weather was quite warm so when I had parked my car the previous night, I had left the windows open just a bit. Well, it was just enough that she managed to get inside and had her litter in my back seat. The seven little ones were a mixture of tabbys, pure black, grey and one was almost a calico. They were absolutely adorable.

All weekend I didn't move the car since I did not want to disturb the little family. I was really at a loss what to do with them. I really needed my car. In desperation I called my vet to ask how I could move the little family without making the mother unhappy or have her remove them to somewhere unsafe. The vet just told me to prepare a lined box for them out of traffic areas and while the mother was eating, to move them there and to show her her new home. It worked like a charm. I took the car out of the garage and parked it out on the street for the duration.

When the kittens were old enough to be weaned I contacted Qagga, a non-kill cat shelter and they came and took away my little family, mom and all.

The cats sure know how to wrap me around their little paws. Since Tiger's death a year ago I still miss having him quietly sneak up to me, jump into my lap and purr his way into my heart.

First step to begin an exercise program

- make a commitment to include physical activity in your life

Just do it...

Be patient. The most significant conditioning effects usually occur during the first six to eight weeks of the exercise program.

To progress the exercise program, it is easier to increase the duration of the activity rather than the intensity. Progression of the program should be gradual and as tolerated.

You should stop exercising immediately if you experience chest pain, shortness of breath, profuse sweating, dizziness, nausea or undue discomfort or distress.

Rest is also an important part of the exercise program.

The body requires time to recover from exercising. Muscle soreness from exercise is often associated with starting an exercise program without adequate time for adaptation. If you begin an exercise program too abruptly and discomfort results, it may reduce your adherence to the program.

Flexibility is another component of fitness.

Improving flexibility is accomplished through stretching, and can be included in the warm up preceding, or the cool

down following the aerobic conditioning phase of the exercise program.

According to Bob Anderson, Author of the book *Stretching*, stretching relaxes your mind and tunes up your body.

He proposes that a strong pre-stretched muscle resists stress better than a strong unstretched muscle. He states that stretching makes strenuous activities easier by signaling the muscles that they are about to be used.

The types of stretches that you should include in your exercise program will depend partly upon the aerobic activity you are doing.

Anderson's book *Stretching* is a good reference. You will find his book in local book stores for under \$20 or at your local library.

While stretching helps to prevent injury it can also cause injury if it is not done correctly.

Flexibility exercises should be performed slowly, with a gradual progression to increased range of motion.

You should stretch to the

point where you feel a mild tension but not pain. Maintain this stretched position for 10 to 30 seconds. You should relax as you hold the stretch and breathe naturally. Do not bounce, as this can cause the muscle to reflexively tighten.

Muscle strength is the final component to fitness.

It becomes increasingly important to maintain adequate strength with advancing age, as there is an associated loss of muscle mass as we get older.

By maintaining adequate strength, you will be able to perform tasks such as lifting and carrying with reduced stress on your body.

Exercises which involve working against a resistance such as weight training, are effective in improving both muscle strength and endurance.

It is recommended that you use a lighter weight and do more repetitions of the exercises.

It is important when you exercise against a resistance that all movements are made while breathing naturally. Do not hold your breath. It is best to exhale on exertion and inhale on relaxation.

The exercise session should include a warm up, the activ-

ity, and a cool down.

The warm up usually lasts five to 10 minutes, and includes stretching exercises which prepare the body for the activity and helps to prevent injuries from arising.

After completing the aerobic phase of the program, you should incorporate a cool down in the session, by gradually reducing the intensity of the activity, followed by stretching and relaxation exercises.

When participation in an exercise program, you should wear comfortable clothing and supportive footwear.

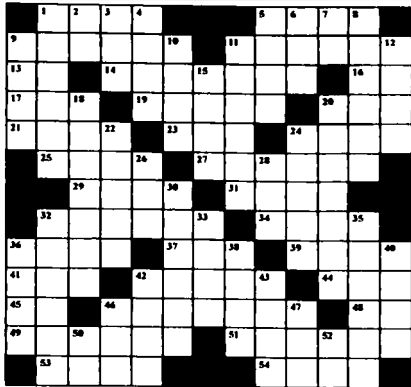
It is important to drink sufficient water before, during and after the activity to prevent dehydration.

Doing a variety of different physical activities may help to maintain your interest in the program. So - make it fun, and "just do it".

If you still require further guidance with starting an exercise program, or if you have an area of particular concern, consult your physician or physiotherapist.

Karen Hopko is Chairperson of the Sports Physiotherapy Division of the Manitoba Sports Federation

WEEKLY CROSSWORD



Sez Who?

ACROSS

- 1. "What's a million?" he said
- 5. Sisters
- 9. Fraudulent ones
- 11. "An honest brew makes its own friends", he said
- 13. Bennett initials
- 14. "Fuddle duddle", he said
- 16. ___ and behold
- 17. Puppy sound
- 19. "Sunshine is brighter if our windows are clean", she wrote
- 20. Abner's Daisy ___
- 21. Summers, in St. Lo
- 23. Confederation birthplace, abbr.
- 24. Roman 750
- 25. Mentally well
- 27. Whip
- 29. Bellow
- 31. New Zealand timber tree
- 32. Loan shark
- 34. Sighs
- 36. Sailor's creation

- 37. Bachelor's abode
- 39. Cornmeal mush
- 41. Mountain, abbr.
- 42. Fable maker
- 44. A brood of pheasants
- 45. Private eye, for short
- 46. "The Olympics can no more have a deficit than a man can have a baby", he said
- 48. Thallium symbol
- 49. "He shoots he scores!", he announced
- 51. Criticize severely
- 53. Say it isn't so
- 54. Neighbor of Ontario

DOWN

- 1. Recede
- 2. Alright, for short
- 3. Soaked
- 4. Goes astray
- 5. Biblical skipper
- 6. Eskimo woman's knife
- 7. Nova Scotia postal symbol
- 8. Comfort
- 9. He coined the phrase "The Canadian genius for compromise"
- 10. Pit
- 11. Long suit
- 12. Christmas
- 15. "I never look a gift horse in the eye", he said
- 18. Upon being defeated, He said "The country let us down"
- 20. "Canadians are mildewed with caution", he said
- 22. Pig's proboscis

- 24. French writer, Alexander
- 26. Receptor
- 28. Ocean inlet
- 30. Say again
- 32. Released
- 33. Woodworkers tool
- 35. "If you can't beat 'em in the alley you can't beat 'em on the ice", he said
- 36. Metric speed measurement, abbr.
- 38. Female deer
- 40. Brazilian soccer great
- 42. Pretentious
- 43. Step
- 46. Racket
- 47. Arab org.
- 50. You and I
- 52. Titanium symbol

LAST WEEK'S ANSWERS

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



CRYPTIC PUZZLE

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

"S DCRK LQ VRORZ XLVLQBRG,
CVHM SPSVGCVRG"

- DSFH OSHRZM

Last Week's Solution

"HE WOULD MAKE A LOVELY CORPSE"
- CHARLES DICKENS

WEEKLY ECHO HOROSCOPE for the week of January 22 to 28

Aries - March 21 to April 20



You are best not to be too open about your personal life or feelings regarding a co-worker or boss. Jealousy is evident, and you will find that someone you least expect will want to meddle in your affairs, causing friction.

Taurus - April 21 to May 21



Your energy level is up and much can be accomplished if you set your mind to it. Catch up on overdue correspondence. Get involved in groups that will provide you with mental stimulation. Good ideas for making extra money can be put into motion.

Gemini - May 22 to June 21



Use your charm in order to get the approval of others. You can find out important information if you listen carefully to colleagues or clients. Travel should be on your agenda. Get together with intellectual individuals.

Cancer - June 22 to July 22



Pleasure trips will bring opportunities for love. Your sensuous warm nature will entice suitable mates. You will find it easy to talk about any topic. Pick a day to do some writing. Make new friends by being a listener.

Leo - July 23 to August 23



You will be emotional if your lover makes complaints about your friendly flirtatious nature. Try to pay attention to your mate to avoid social unpleasantness. A friend or close family member will assist you in resolving your financial problem.

Virgo - August 24 to September 22



Arguments with females you work with will leave you feeling despondent. Do not over spend on entertainment, just because you want to drown your sorrows. Pay attention to details.

Libra - September 23 to October 23



You can redecorate, renovate or make residential moves with ease. Entertaining in your home will also prove to be successful. Look into ways that you can make some extra cash. Sudden changes in your home will be more beneficial than you realize.

Scorpio - October 24 to November 22



Get involved with behind the scene activities. You can make the most of your ideas if you lay your plans out well. Don't trust others. They may try to take credit for your hard work. Spend time improving your image and your self-esteem.

Sagittarius - November 23 to December 21



You seem to be able to be in the right place at the right time. Be observant and you'll be surprised how much information you'll pick up about others. Your enthusiasm and energy will inspire those who talk to you. Put your best foot forward.

Capricorn - December 22 to January 20



Take your mate away and make an honest attempt to revitalize the relationship. Open and honest communication will help you solve the dilemmas you face. You will get innovative ideas based on the cultural knowledge you obtain from being with foreigners.

Aquarius - January 21 to February 18



Hidden assets will come in handy. You can make contributions; however, don't sign your life away. Be careful of groups that offer you too much. You can help the less fortunate by listening to their problems not by paying their debts.

Pisces - February 19 to March 20



Lucrative partnerships can be started. You will meet new mates through pleasure trips or educational pursuits. Don't hesitate to approach someone who interests you. You'll be sentimental. Don't use emotional blackmail just to get your own way.

The Winnipeg River
Echo
NEWS TIPS

Lac du Bonnet 345-9896
Powerview 367-9468

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INVITATION FOR TENDER



POWVIEW RCMP DETACHMENT

invite interested parties to bid for the janitorial services contract at the Powerview office.

Tender packages must be picked up at the Powerview RCMP office for information. Please call 367-8728.

All bids must be received at the Powerview RCMP office no later than the 29th of January, 2001.

Security clearance is required by successful tender.

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31-TFN



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

House for rent in LdB - 2 bdrm. house for rent, 4 miles north of Lac du Bonnet, w/ river water, ph. 345-2927, 268-5312 or 345-2598 for more information.
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Office Space in LdB - Prime office space for rent, located in downtown Lac du Bonnet, phone 345-8294.
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Children's Dance Instruction: Instructor from the Royal Dance Conservatory available Tuesday evenings in Powerview. Parents interested in enrolling children (aged 3 to 13) in dance lessons please call Dena 367-4372.
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On The Road Again

by Phil Cyr

Thought For The Day

Policeman to Clergyman. Stopped for speeding "Sorry Reverend". I'm afraid your speedometer runneth over.

August 2 Niagra Falls to Kitchener and Waterloo Ontario

The famous 401 highway, travelled with a 45 Harley and 50 miles per hour with traffic. Like big 18 wheelers passing at about 120 kilometres almost continuously, was an adventure beyond words. Having to supposedly turn off on exit 88, I was following a coaster friend who knew the way. A couple of 18 wheelers got between us and I didn't notice him turning until it was too late. Having to cross a bridge of some length and finally having to turn off on exit 97 to Toronto, or using that same exit to return on 401 west back to exit 88. After all of that we finally found our way to Kitchener, via the back roads so to speak. The same quiet highway bustling with some traffic, and the usual farm lands. The small town on the way going on highway 401 doesn't much need explanation, especially when all there is, traffic.

In and around this area there are beautiful churches in the village of Rockton, and the grounds of the world famous Rockton Fair. We noticed the many smoke stacks which is one of the Toyota plants. The his-

torical sites to note is former PM Mackenzie King boy lord and Mennonite Memorial Tower. We travelled to St Jacobs in a 1950's train, visiting the many mennonite colonies. Most of them do not use electricity, as yet some use diesel generators and also use wind driven generators using storage batteries. Maybe syrup is also produced. Did you know it takes about 40 gallons of sap to make one gallon of syrup. Pancakes and maple syrup are really delicious at anytime.

Thought For The Day

Wouldn't it be nice if children came equipped with a knob, so you could turn the sound down.

August 3 Kitchener to Orillia

This day of travel takes us with Oranville. A town on route to Orillia, a mixture of instructions like turn on this highway, go here, go there, turn there and follow the signs. If you don't have a copilot, you have to have a photographic memory. Anyway, through the thick and thin the camp ground of the Van Andel Farm is found, and thus another night of wait and see.

August 4 Orillia to Renfrew Ontario

On the road again after a continental breakfast at the Van Andel Farm, we continue east. This local is abundant with lakes, cottages, a mixture of tall

mixed forest, and farms. Enroute to a town of Bancroft and reading about the area, it is well known for its precious minerals and stones. Blue Sodalite is found almost exclusively in Bancroft. Renfrew is named for the ancestral home of its Scottish founders in the 19th century, and appliances and jet engine parts are manufactured here.

Thought For The Day

All you need to grow healthy vigorous grass, is a crack in your sidewalk.

August 5 and 6 Renfrew to Ottawa

On this day we are almost through Ontario. As we dip back and fourth to Quebec, Ottawa will be our next overnight stop. We cross the Ottawa river, looking left I note the Cheneaux Power Generating Station half-way across the bridge. Welcome to Quebec Province. This particular area is made up of several municipalities to form Pontiac, which is mainly English, Irish and Scottish descendants. This land was used to harvest the huge White Pine forest, using the Ottawa river system to float their logs to Quebec City and shipped overseas. Down the road we proceed to Shawville, with a warm welcome form the people of Shawville and all of Pontiac. Here we see the two ferries, it's a family run operation with two vehicles on board. It takes about 10 minutes to cross, each

timed to meet at the middle. Busy but happy people, always joking and laughing. The ferry carried only single vehicles (no trailers), so on we drive towards Hull. Passing through the town of Aylmer Ontario, noting the Galleries d' Aylmer Plaza. Continuing along we come to "Pont du Champlain", crossing it and into Ottawa. Being a pilot and my interest in airplanes, my main concern was to visit the aircraft museum. The Vintage type, beautifully finished and just sitting there for people to look and photograph. There were aircrafts of all types like jets and air carrier's like the DC 3. I didn't realize I could have

gone up in an open two seater cockpit to scoop the city from the air. Another reason why someday I shall return. Our camp ground a little wet once again. Tenting in the next lot, was a baby crying for quite some time. The woes of travel. This campground was called Hether Hills Campground a name I shouldn't forget, as Don and Helen Hills have a daughter named Heather. This particular campground had a swimming pool, shower and all the amenities, except only one. Yes, one toilet. Well, you can't have everything eh? Oh yes, we did catch the end of the changing of guards on Parliament Hill.

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North Eastman Health Association Inc.



Board of Directors CALL FOR NOMINATIONS

The North Eastman Health Association Inc. is responsible for delivering and administering a broad spectrum of Health Programs and Services to a multicultural population base of approximately 39,000 residents.

The North Eastman Health Association's Mission and Vision Statements are:

Mission: "The North Eastman Health Association strives to promote effective, equitable, accessible, integrated, responsive and cost efficient health programs and services to meet the needs of our population."

Vision: "Working together to empower individuals, families and communities to pursue optimum health through healthy lifestyles."

One third of the board member positions become vacant on April 1, 2001. In accordance with the Regional Health Authority Act, the Minister of Health will appoint directors to fill these vacancies. The appointments will represent a broad cross-section of interest, experience and expertise. Geographic representation will also be considered.

The board members will be selected from nominations received from organizations and individuals interested in improving health for Manitoba, and who are prepared to make the time commitment required of a director of the board.

Any resident of the North Eastman Region may, for the board of the North Eastman Health Association, nominate a person or persons, including him or herself.

Information regarding qualifications, general responsibilities of board members, and the nomination form for appointment are available at the North Eastman Health Association Corporate Office. Nomination forms are also available at Community Health Offices or Health Facilities within the health region.

Submission deadline is January 31, 2001. Completed and signed nomination forms can be mailed to the North Eastman Health Association Corporate Office, W.B. Lewis Business Centre, 24 Aberdeen Avenue, P.O. Box 338, Pinawa, Manitoba R0E 1L0 or directly to the Minister of Health.

For more information call the North Eastman Health Association office at 753-2012 or toll free 1-877-753-2012, or Manitoba Health at (204) 786-7255.



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