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# Echo



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Vol. 1, No. 38

Tuesday, February 27, 2001

\$1.00 tax included

## Can-Am comes to Powerview

by V. Anderson

The Can-Am Bear X Country Races were held on Saturday, February 24 at Pine Creek just north of Powerview off Highway 304. The last time these races were held in this area was in 1998. This years community event was coordinated by Maurice Lavoie. The Can-Am Bear race track was constructed many weeks prior to the races and the track was 16.7 miles long. The weekend racers were most impressed by the many challenges the track offered.

The Can-Am Bear races had 57 entries in all. Out of all the entries there were five local racers participating. They were Justin Lavoie, Andy Garand, Arllen Bouvier, Curtis Lagassee, and the female entry was Mireille Lavoie.

### Winners

The big winner in the Pro Class (six laps) who took home much of the purse this week-

end was David Stenlund (CAT) of Red Rock, Ontario. Stenlund won with a time of 1:59.

In the Semi-Pro: (six laps) the winner of this one was local racer Justin Lavoie (CAT) of Powerview. Lavoie won with a time of 2:05. Lavoie took home \$870 and was also awarded a matching prize of \$870 by Marc Guimond Logging.

Semi-Pro Fan: (two laps) the winner of this event was Lee Gudajtes (CAT) of Minto, North Dakota. Gudajtes won with a time of 0:42.

The Sport Open: (three laps) was won by Mark Anseeuw (CAT) of Oak Bluff. Anseeuw had a time of 1:00.

The Sport Fan: (two laps) was won by Dwayne Sydor (CAT) of Dauphin. Sydor winning time was 0:44.

The Masters: (three laps) was won by Mark Anseeuw  
See CAN-AM/page 7



First place rider in this past weekend's Can-Am Bear X Country Races was David Stenlund (factory racer) from Red Rock, Ontario.

## First Nations to incorporate forestry company

by Charles Norman

Representatives of 11 First Nations are to meet in Winnipeg Wednesday, February 28 to set up a legal entity to take a 50% ownership in a lumber company - Gaa-bimooka"ang, and 50% ownership in a forest management company - Kiiwetino Ma"iingan. The other 50% in both of these new companies will be owned by Tembec

Inc. - owners of the Pine Falls newsprint mill.

Formation of the two companies is the second step in a mammoth financial investment in the region. The first step - the construction of a \$125 million thermo-mechanical pulp mill is almost complete. The pulp mill is expected to begin making pulp, right on schedule, on the same day the 11 First

Nations meet in Winnipeg.

Thermo-mechanical pulp, TMP, is stronger and less expensive than the mix of wood pulps currently used in the production of Pine Falls' newsprint. It is produced from wood chips rather than the whole log, as a result part of the tree can be used for higher value lumber. The integration of a TMP mill with

See FIRST/page 6



Barge loading dock at Berens River.

THE RURAL MUNICIPALITY OF ALEXANDER

### PUBLIC MEETING NOTICE

#### ATVs AND SNOWMOBILE USAGE — ST. GEORGES/POWVIEW CORRIDOR

The RM of Alexander and RCMP will be hosting a public meeting at the RM of Alexander Municipal office on March 1, 2001 commencing at 7:00 p.m.

The purpose of the public meeting will be to discuss complaints concerning abuse of public and private property and the public peace by ATVs and Snowmobiles operating along the St. Georges and Powerview Corridor.

The general public, affected organizations, parents and machine users are invited to attend the informational meeting in order that all parties may be heard.



Courtney Boulet placed eighth in the St. Georges Voyageurs Ice Fishing Tournament last weekend. Courtney received a cheque for \$280 for her efforts.

# Voyageurs host ice fishing tournament

The St. Georges Voyageurs hosted their third annual Ice Fishing Tournament on Saturday, February 25. Everyone was treated with an exquisite, sunny Manitoba day and the fishing was great.

The tournament welcomed 252 fishermen this year. A total of 80 fish were caught in the three hour long tournament. All fish caught were northern pike except for the lowest weighing fish being a walleye.

### Prizes

There were 26 prizes given out in total.

The first prize winner of \$2000 was Paul Chaloupka of Winnipeg. Chaloupka pulled in a northern pike weighing 12.64 pounds. Second place prize of \$1000 went to Darren Single of Selkirk. Single's fish weighed in at 6.05 pounds. Third prize winner was Allan Kaplan Jr. from Winnipeg with a weight of 5.84 pounds.

Two big local winners were 12-year-old Courtney Boulet in eighth spot with a fish weighing 3.43 pounds, as well as nine-year-old Tylor Houston, who came in ninth with a fish weighing 3.39 pounds. Other local winners were Dwayne Swampy who came in fifteenth place with a weight 2.93 pounds. Rudy Neimand took eighteenth spot with a fish weighing 2.87 pounds. Luc Wahsqonishiz came in twenty-first with a fish weighing 2.77 pounds. Craig Benhelette finished in twenty-fourth place with a northern weighing 2.47 pounds.

The total prizes and cash paid out for this year's tournament was \$9,475.

Marilyn McDonald of Pine Dock, Manitoba won \$240 in the 50/50 draw. Local fisherman Laurent Raymond won an eight inch Eskimo Ice Auger as a free draw prize for anglers who took part in last weeks tournament in Lac du Bonnet hosted by Ernie's Bait and Tackle.

The St. Georges Voyageurs

had again another successful tournament. Many thanks is extended to all the participants both local and those who came from afar, who helped make the tournament a success. The Voyageurs look forward to next years ice fishing tournament and hope that more people come out to take advantage of the great fishing along the Winnipeg River.



Nine-year-old Tylor Houston pulled up a 3.39 pound northern pike, took ninth spot and collected \$255 in last weekend's fishing tournament. Raymond Houston presented his prize.

## The Winnipeg River Echo

ADVERTISING DEADLINE  
FRIDAY, 3:00 P.M.

Lac du Bonnet 345-9896 Powerview 367-9468

# BINGO

## COMBINED ACCUMULATORS

<p><b>Bonanza</b> starting value this week <b>\$1031</b> IF WIN POT STARTS AT \$200 Add 50% of sales on Monday. If not won, carry over total plus 50% of sales to Wednesday. If not won, carry over total plus 50% of sales to Thursday.</p>	<p><b>Minnie Loonie</b> starting value this week <b>\$630</b> IF WIN POT STARTS AT \$200 Add 30% of sales on Monday. If not won, carry over total plus 30% of sales to Thursday.</p>	<p><b>Lucky 7</b> in 25 numbers <b>\$1395</b> POT PRIZES AT 25 NUMBERS Add one # plus 30% of sales carry over on Monday if not won, add one # plus 30% of sales carry over to Thursday IF WIN POT STARTS AT \$200 to 17 members or less</p>
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IN CASE OF DISCREPANCY, THE LATTER WILL PREVAIL.  
FOR UPDATES CALL 345-8825

<p><b>Knights of Columbus</b> Lac du Bonnet Community Centre Specials 7:00 p.m. Lot Lic 804 Every Monday Evening</p>	<p>Bonus Line - \$1289.00* Star - 857.00* Loonie Pot - 331.00* Special "Y" - 49.00* Jackpot Strip - 490.00* Poker Flush - 40.00*</p>
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FOR UPDATES CALL 345-8619

<p><b>Lakers Ski Club</b> Lac du Bonnet Community Centre Specials 7:00 p.m. Every Thursday Evening Lot Lic 874</p>	<p>Bonus Line - \$ 886.00 Star - 271.00 Loonie Pot - Poker Flush - 4744.00 Special "Y" - 334.00</p>
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FOR UPDATES CALL 345-6197

<p><b>Royal Canadian Legion #164</b> Lac du Bonnet Legion Hall Specials 7:00 p.m. Every Wednesday Evening Lot Lic 463</p>	<p>Bonus Line - \$5615.00 Star - 219.00 Lucky 7 - 845.00 Poker Flush - 539.00 Mini Loonie - 4738.00 #1 Loonie - 184.00 #2 Loonie - 4078.00 Jackpot Strip - 50.00</p>
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**Thank You!**

**The St. Georges Voyageurs**  
would like to take this opportunity to thank Dave's New & Used Furniture, Clark's Corner and The Fishing Hole for selling tickets. Thanks to KC Power Products for all their help. A big thanks to the Papertown Motor Inn for selling tickets, for the use of their PA system and for the facility to host the awards. As well, many thanks to the Voyageurs and all volunteers who spent many hours preparing and helping out at the tournament.  
It is anticipated that next year's tournament will be bigger and better. Hope to see you there!

<p>Publisher Valerie Anderson Sales/Production/ Office Manager Toni Bruneau Production/Art Design Lori Pachkowsky</p>	<p><b>SUBSCRIPTIONS</b> Local Rate: \$34.20 National &amp; Urban Rate: \$39.90 Foreign Rate: \$90.00 (prices include PST &amp; GST)  2nd class mail #1763AR7 (Postage paid in Pine Falls)</p>	<p>P.O. Box 550, Pine Falls, MB ROE 1M0 56 Art Street, Powerview, MB e-mail: theecho@granite.mb.ca  Powerview Office Ph: 367-9468 Fax: 367-9974 Lac du Bonnet Office Ph: 345-9896 Fax 345-0004</p>	<p>The Winnipeg River <b>Echo</b></p>
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The Echo is an independent weekly newspaper published on Tuesdays in Pine Falls and Lac du Bonnet, Manitoba. Advertising and submission deadline is Friday at 3:00 p.m. prior to Tuesday's publication.

# Lesko tops LdB men's bonspiel

by Gary and Kathy Buhay

The Lac du Bonnet men's curling bonspiel was a great success with 40 teams participating. Curling began Thursday evening at 7:00 p.m. with two draws, continuing Friday, Saturday and until Sunday afternoon, with finals being played at 5:30 p.m.

Saturday the teams were all treated to a delicious meal of roast beef and extras catered by The Lakeview Hotel. The meal was served by the Lac du Bonnet Ladies Curling League who also did the bartending in the curling lounge for the bonspiel.

A presentation was made by

club president Gary Buhay, to Norm Daher in appreciation of the 60 theatre chairs he donated. They have been installed throughout the curling club for comfortable viewing for spectators.

The curling club also received a \$1000 donation presented by Lac du Bonnet

Branch Manager Curtis Fines on behalf of the South Interlake Credit Union. This donation will assist fundraising efforts for the completion of the lounge area at the curling club.

In the bid for first event, semi finals saw the Norman Meade rink fall to the Terry Doerksen team of Rick Wilson, Art Hughes and Bodo Roloff, and the Rebeck team losing to Bob Lesko's rink.

Eight ends in the first event final was not necessary as a result of the sharp shooting from Lesko's rink of Rod Janisch, Nick Ogryzlo and Murray Neufeld. Doerksen's rink was unable to collect in this game and Lesko's team left the ice to celebrate their victory.

The Jim Sitar team from Whitemouth with Ron Gugden skipping, Ken Ans and Lorne

Newman defeated local team Doug Sylvester and Randall Foubert's team of Brian Penston skipping, Alan Borody and Rick Smith defeated another local, Fred Byron, to get into the second event finals. The Foubert team went on to place first in the second, defeating Sitar. This contest was very entertaining with great shots coming from both teams.

The third event saw the Hollins team being defeated by Mike Enns and D. Silvari from Winnipeg falling to Brian Cinq-Mars's rink of Greg Melnichuk skipping, Bob Beck and Curtis Fines. The Enns rink of Murray Armstrong Brian Fonseca and Mitch Enns came out on top of a well played game. Both teams performed in this final, with nail biting suspense right down to the last rock.

Curtis Fines, Lac du Bonnet Branch Manager of the South Interlake Credit Union presents Lac du Bonnet Curling Club President Gary Buhay with a \$1000 cheque.



Gary Buhay, president of the Lac du Bonnet Curling Club with Norm Daher, who generously donated the theatre chairs installed at the Lac du Bonnet Curling Club.



Murray Neufeld, Nick Ogryzlo, Rod Janisch and Bob Lesko (skip) took top spot in the first event during this past weekend's men's bonspiel in Lac du Bonnet.

## Al Care centre closes

by Charles Norman

The Virginia Fontaine Addiction Foundation will be closing down Wednesday, February 28. Funding for the centre has been suspended by Health Canada following a dispute over bookkeeping and reporting procedures, and allegations of charging for serv-

ices not delivered.

The closure will result in the loss of 90 jobs.

Young people in care have been sent home or to other locations. Staff members were beginning to leave on Monday afternoon.

The staff was not willing to talk to the press prior to the

closure, but *The Echo* understands that there is optimism that the centre will reopen soon. There was no word on weather there had been any discussions with Health Canada on what would be required to re-establish funding for the facility.

Bev Desjarlais, MP

Churchill Riding

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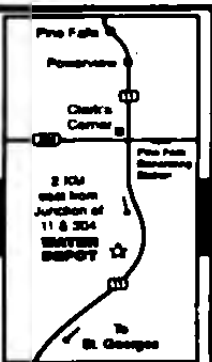
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 use cab to ride home, get car tomorrow!

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 Beausejour... \$48.00 +gst **\$51.36**  
 Above prices based on \$1.00/km (Prices \$1.00/km anywhere else)  
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5 People leave Great Falls 10am Tuesday, Go to Lac du Bonnet. Return trip to Great Falls at 3pm Tuesday.  
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 I Love to Talk. Call Me at Home 10am-1:30pm **345-9166**

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 Extra stop fee of \$2.00 applies to most of the above

# Celebration of talent at LdBSS

by Toni Bruneau

The Lac du Bonnet Senior School definitely had something to celebrate last week. Students and staff coordinated a Celebration of Talent and Academic Awards evening for guests last Tuesday, February 20.

Joanna Kaptein, Prime Minister of the Lac du Bonnet Student Parliament and Deputy Prime Minister David Dooley served as masters of ceremonies for the evening. Following introductions of the evening's MCs, Cheryl Sullivan officially opened the evening's celebrations with O' Canada.

Many gifted students performed during the evening and Senior 1 to 4 students who have performed academically during semester one of this school year were acknowledged.

Dorothy Waters and Jackie Hampshire were in attendance on behalf of the Royal Canadian Legion Branch #164. The Royal Canadian Legion hosted a poster contest at Remembrance Day during which all nine districts in the province participate. Contest entrants displayed their talents in two categories,



The Lac du Bonnet Senior School Drama Club gave everyone attending the Celebration of Talents last week, a sneak preview of their upcoming production *Steel Magnolias*.

colored and black and white. All entries were amazing and judging had to have been difficult. Winners of the poster contest were: Allison Besel, Alex Dancyt, Sheena Shura and Tana Smith (combined effort), and Jodie Lussier - Senior; Amy Wesa, Terren Pistun, Samatha Bonekamp and Tina Defronza (combined effort), Jennifer Woddell - Intermediate. Two students were picked to represent the district and continue competition at the provincial level, Allison Besel and Amy Wesa.

Beautiful voices opened the eyes of friends, family and the community that night. Ashley Catellier performed *Reflections* which was followed by Cheryl Sullivan's dynamic performance of *All Coming Back to Me Now*.

All in attendance last Tuesday night were also treated to a sneak preview of the Lac du Bonnet Drama Club's 2001 production *Steel Magnolias*. Students executed their parts perfectly as the audience was left giggling with brows raised. Be sure to catch this one. The production is scheduled to run April 23 to 26.

Laura Vanstone then stood in front of the capacity crowd and performed *Perfect*, excellent!

Sports teams, volunteer coaches and Knights of Columbus free throw were acknowledged. Dooley explained that the Lac du Bonnet Senior School has a long history of sport success and that 2000-2001 was no exception. The varsity boys golf team; both varsity girls and boys soccer teams; the Grade 7 and 8 girls soccer team; the freshmen girls volleyball

team and curling team were all congratulated for their success.

Students Jason Lapointe, Ashley Fergusson, Lisa McKinnon, Allison Neiser, Cheryl Sullivan, Joelle Lapointe and Nick Mitchell were presented certificates of appreciation for their contribution with coaching. Brandi Nickel, Kyle Ameson and Joel Dann were also acknowledged for their faithfulness as scorekeepers during all of the Chargers home games.

Katrina Dancyt then took to the stage to perform *Patience*, and was followed by *Cowboy Take Me Away* by the happy trio of Jen Janisch, Jolene Larson and Michelle Hladki.

Just prior to intermission, Dooley had a special announcement to make. Mrs. Bailey was celebrating and birthday, and received a birthday serenade by Cheryl Sullivan, accompanied by many voices in attendance.

Melanie Rollins wowed the crowd with *Hooked on a Feeling* which was followed by Katherine LaBelle and Riva Karklin's debut acrobatic performance. Cheryl Sullivan then took centre stage to perform *Because You Love Me*.

Honorable mentions were then announced in recognition of the hard work and dedication of numerous student volunteers, which appropriately included the evening's MCs David Dooley and Joanna Kaptein.

Laura Vanstone and Katrina Dancyt then teamed up at centre stage to perform *Can I Fight the Moonlight*.

Katrina Dancyt then went solo in her performance of *Mother* which was followed by *See CELEBRATION/page 10*



Melanie Rollins wowed the crowd with her performance of *Hooked on a feeling*.

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# Winnipeg River RCMP report



Monday, February 19  
 12:39 a.m. A report of a rolled over truck 12 km north of Black River on Highway 304. Accident due to road conditions minor injury. Traffic accident report completed.  
 1:30 p.m. Report of a single vehicle roll over on the Bouvier Trail. Only minor injuries, no alcohol, traffic accident report completed.  
 Wednesday, February 21  
 12:35 a.m. A male subject was arrested for impaired driving and his readings were 100 mgs% and 110 mgs% and he is charged for impaired driving and operation of a motor vehicle over 80 mgs%.  
 12:40 a.m. Report of a motor vehicle stolen and police learned it was a bogus call as the registered owner was located with the vehicle.  
 4:00 p.m. Correspondence received from Child Protection Centre of Winnipeg advising of a child abuse incident in our area and the matter is under investigation.  
 4:53 p.m. Manitoba Hydro report they lost a 20 foot fibreglass ladder on the south shore of Fort Alexander. It has Hydro logo, yellow in colour with 1707 written on it. If located please return to hydro or bring into the RCMP detachment.  
 5:00 p.m. Report from Hollow Water advising of an individual walking her dog and same was attacked by three other dogs. She was referred to the local band constables.  
 9:00 p.m. Report of a male subject causing a disturbance at a residence and he was gone on arrival.  
 Thursday, February 22  
 12:19 a.m. Report from Hollow Water of a run-away foster child, same was located ten minutes later.  
 9:10 a.m. Vehicle was a hazard while parked on the highway and same was towed to prevent any accidents for safety of other drivers.  
 4:42 p.m. Report of a mis-

chief to a motor vehicle, matter is under investigation.  
 5:00 p.m. Report of an eight-month-old baby being examined and fractures were found on her, matter is under investigation.  
 5:00 p.m. Report of Family Maintenance Act assistance.  
 Friday, February 23rd  
 1:25 a.m. Report of an assault on Fort Alexander a male subject was taken into custody and resisted arrest. Alcohol was a factor, he was lodged in cells to prevent any further incidents.  
 3:55 p.m. Report of stolen medication, matter is under investigation.  
 4:45 p.m. One intoxicated male subject was lodged under the Intoxicated Person Detention Act.  
 4:47 p.m. Assist general public.  
 11:32 p.m. A male intoxicated person was banging on a person's door as he was unwanted. He was located by police and lodged overnight to prevent breach of peace.  
 Saturday, February 24  
 12:45 a.m. Report of snow mobiles crossing a driveway.  
 1:00 a.m. One intoxicated

male was lodged in cells from the Papertown Motor Inn to prevent breach of peace.  
 1:00 a.m. 24-hour drivers license suspension was issued to a male subject and was charged with driving with no valid drivers license. Breath sample was a "warn" on the ASD.  
 1:59 a.m. 24-hour drivers license suspension was issued to a male subject, breath sample was a "warn" on the ASD.  
 3:30 a.m. One male subject charged for driving without license and his passenger charged for open liquor in a motor vehicle.  
 10:00 a.m. Alarm at Balsam Bay - false alarm, there was a cat inside the residence and it set off the motion detector (a real cat burglar).  
 11:08 a.m. Report of a snowmobile driving on private property and damaging shrubs.  
 9:42 p.m. Three females lodged from the girls unit at the Alcare, same charged for drinking non potable substance - hair spray.  
 9:49 p.m. A male subject was causing problems at Teeny Bopper's, same was located and arrested by police, he is to

abstain from alcohol.  
 10:21 p.m. One female was stopped by police out by Traverse Bay and she was arrested for impaired driving and lodged in cells overnight. Her reading was 120 mgs%.  
 10:51 p.m. Query to locate a female subject in Winnipeg, advised to call Winnipeg Police Service.  
 11:00 p.m. Query to locate a male subject, same located and advised to call home.  
 Sunday, February 25  
 12:40 a.m. A male subject was stopped by police while he was on his snow machine and was arrested for impaired driving. His readings were 180 mgs% and was lodged in cells overnight.  
 1:30 a.m. One male subject refused to stop for police while on a snowmobile and was late located and charged for failing to comply with a police officer when ordered to stop.  
 1:36 a.m. A 24-hour drivers license suspension was issued to a female subject after her readings were 50 mgs% and 60 mgs% on the breathalyser.  
 2:29 a.m. A male subject was arrested for impaired driving, he was observed leaving

the Papertown parking lot and went threw a stop sign. He pulled into an empty parking lot and attempted to back away and backed into the police car. His readings were 160 mgs% and was lodged in cells overnight.  
 12:30 false alarm at the Katrina Guimond Day Care.  
 4:45 p.m. Report of traffic accident. Traffic accident report completed at the office.  
 5:45 p.m. One male subject was arrested for impaired driving on the south shore of Fort Alexander. He refused to provide a breath sample and was lodged in cells. He was charged for refusal and impaired driving.  
 9:00 p.m. Report of break and enter in Beaconia.  
 9:12 p.m. Report of uttering threats.  
 10:07 p.m. False alarm at the Pine Falls School.  
 Due to the increase of snowmobiles in the area, police will be increasing patrols and doing more random checks on all off road vehicles.

**BIG GAME HUNTING SEASONS DRAW**

• ELK • MOOSE • LANDOWNER ELK

Applications for draw licences to hunt elk and moose will be available in early March at most Manitoba Conservation (formerly Natural Resources) offices.

Completed applications **MUST BE RECEIVED** by the Licensing Section, 66-200 Sauletaux Crescent, R3J 3W3 in Winnipeg **NO LATER THAN 4:30 P.M., THURSDAY, APRIL 5, 2001.**

Applicants are reminded that a non-refundable application fee of \$7 (includes G.S.T.) per hunter is required. Please read the application inserts for details on seasons and information on application requirements.

For more information call (204) 945-1396.

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## Here come the immaculate deceptions!

It is always a welcome sight to see truth published on C-68: The Firearms Act (February 21).

Robert Stevens exposes the distortions of anti gun activists, such as Wendy Cukier from the Coalition for Gun Control. Cukier has demonized and stigmatized responsible firearms owners by linking them to the big, bad NRA gun lobby and the "American gun culture." She has also bad-mouthed the USA as the most violent country in the world. What rubbish!

Any rational Canadian knows that the USA is our friendly neighbor to the south, our best trading partner and the greatest democracy in the world. According to the United Nations Index of 170 countries, the three best in which to live are Canada, the USA and Norway. Another UN survey found that the three

countries with the greatest number of guns are the USA, Norway and Canada. This reveals a strong relationship between the civilian ownership of firearms and safe societies.

Now let's hear once again, Ms. Cukier, why would we want to bring Canada in line with vastly inferior countries?

The Coalition's ultimate aim is long gun registration leading to outright confiscation. In Peace magazine, Cukier and CGC colleague Heidi Rathjen co-authored an article entitled "Dis armament begins at home" (1984). This July, Cukier will be participating at the United Nations meetings on the worldwide banning of civilian firearms. Canada is the world role model. This means the systematic destruction of Canada's \$6 billion per year shooting sports industry, for no just cause.

In her obsession to ban

handguns, Cukier fails to report that the average Canadian has a greater chance of being killed by lightning than being killed with a handgun (Statistics Canada, 1997).

Instead of receiving highly politicized and odious awards from the Governor General, the Coalition should be charged with fraud. These are



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not crusaders for peace. They are self-serving, opportunistic Quislings willing to sacrifice the freedoms, lifestyles and property of fellow Canadians for personal gain and a guaranteed trough on the international cocktail circuit.

Hold your nose, Canada. Here come "The Immaculate Deceptions!"

Al Dorans, Professor  
Canadian Institute for  
Legislative Action  
Phone 613-828-8805

## First Nations to incorporate forestry company

*continued from page 1*  
a sawmill maximizes the economic benefit of TMP pulping.

Thus the next stage in the expansion will be a sawmill, to be built close to the Pine Falls mill either on Sagkeeng or Tembec property. The sawmill, producing 130 million board feet per year of lumber, and costing around \$70 million, will probably be in operation in the spring of 2003.

Tembec has long-term plans to add a third paper machine to its Pine Falls operation. The machine would have a production capacity at least equal to the total of the two existing machines. The size of the about to be completed TMP mill would be doubled, and at least one other sawmill would be required.

The whole project would probably come close to eliminating unemployment among the first nations in the region, but is not practical without the construction of an all-weather road. Prior to the construction of a road a land use study has been commissioned. Depending on the findings of the study - and financing - an all-weather road to Berens River and St.

Theresa Point could be under construction within four years.

That is not soon enough for Berens River. George Kemp, from Berens River, says the community has plans for a sawmill themselves - a much smaller version of the mill planned for Sagkeeng. Perhaps ten million board feet per year. They have purchased a tug and barge from Marine Transport to transport lumber to Winnipeg. The same equipment used to bring wood from Berens when Abitibi owned the mill. Kemp points out that a winter road passes within eight miles of the Berens River community and hopes that an all weather road will reach the Berens River First Nation and be completed within two years. Kemp said they have the Premier's word that the land use study will not delay the process.

Kemp told *The Echo* that they would be looking into the possibility of harvesting hardwoods. He said poplar, which is used in furniture and oriented strand board (OSB) is an underutilized resource. An OSB mill would generate another 200 or so jobs. OSB is used in place of plywood.

# Wolfpack eliminated



by Stu Evans

The Winnipeg River Wolfpack's inaugural season became

history this past Friday night as the Pack were eliminated from further post season play losing 4-1 to the Warren Mercs and getting swept three games to none in the best of five SIHL quarter final match up.

The Pack's lack of finish around opposing team's net on most nights this season was again the primary and deciding factor in this game as well. In football, they call it "red zone fever" when a team gets within their opponents 20 yard line and fails to score at TD. In hockey it is commonly referred to as not "cashing in", "blowing the biscuit" or being unable to "bury it".

For the snake bitten Pack, all of those cliches were more than all too familiar to them. The effort was certainly there just not the rewards that usually come with same.

In game three, the Mercs

jumped out to a 1-0 lead at the 9:36 mark of the first period when Jamie Constantine beat Pack net minder Jay Boisjoli who I might add had a strong game between the pipes.

The Wolfpack responded late in the period to tie the affair at one apiece when Shawn Grunewald converted a Jay Seymour helper at 4:24 to complete the offence for the period.

In the second period the Pack had the better scoring chances but it was the Mercs who found the back of the net on the efforts of Liam Wheddon and Shane Johnson at 11:47 and 2:52 to take a commanding 3-1 lead into the third. There was a sense of impossibility creeping onto the Wolfpack bench as chance after chance became just that... a chance. The final sword was thrust at 5:49 when Jason Hoas rounded out the scoring for the Mercs to seal the series win.

For the final Lunch Box Award of the year, that goes to Mr. Boisjoli for his previ-

ously mentioned efforts.

Now as far as the Wolfpack go I think it is safe to say that they will be gone, extinct, terminated to be exact. With the success of the Pack as far as player turnouts is concerned I'm sure you will see the re-emergence of the Paper Kings as local identity was a bit of a problem especially in the Lac du Bonnet area.

The jury is still out on whether there will be enough players to bring the Blues out of the cob webs again but one can only hope as the ideal scenario is for both areas to field teams so that the long time rivalry (with Beausejour thrown in) can continue to excite and generate the excitement that seemed to be missing this year at the arenas.

As this is the last column of the year I would like to thank all my scouts out there and to Toni for those often extended deadlines. Just remember that a puck is made out of rubber.

Enjoy the off season.

### Note

*The Winnipeg River Echo would like to thank Stu Evans for his cooperation and faithfulness to all who enjoyed his creativity and wit. We appreciate your efforts in keeping the Winnipeg River communities informed and united, in the name of sport. Thank you Stu.*

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# Can-Am comes to Powerview

continued from page 1

(CAT) of Oak Bluff. Anseeuw had a time of 1:00.

The Women's: (three laps) was won by Mireille Lavoie of Powerview (CAT). Lavoie had a time of 1:16.

Juniors ages 14 to 17: (two laps, five and a half mile course) was won by Elliot Ginter (CAT) of Halbstadt. Ginter had a winning time of 0:17.

This year there was \$2000 cash payout added to the prizes. The Dash-for-Cash event paid out \$900 and \$500 was won by David Stenlund, Pro Class, \$250 was won by Justin Lavoie, Semi Pro Class

and \$150 was won by Lee Stuart, Sport Class

The races started approximately at 10:00 a.m. Saturday morning. The racing event had a lot to offer the many fans, friends, and families who came out to support the racers. There were over 70 volunteers involved in making this community event the great success that it was.

The kids had lots of fun things to do, they were treated to rides on the Maskwa rescue sleigh and for the ones that were a little older, they had the opportunity to drive their own sleds (120's) much to their delight. All the people who at-

tended the races were able to warm up in the huge heated tent that was provided. There was plenty of food and refreshments for all to enjoy throughout the day. The silent auction offered many great prizes.

The award ceremonies were held in the tent followed by a great supper. Hats off to the master chef and his helper (Dave Kemball and Jeff Houghton) the pig roast was cooked to perfection, with all the trimmings and it was certainly enjoyed by all.

"We had a good turn out for this years races" said race director Maurice Lavoie.

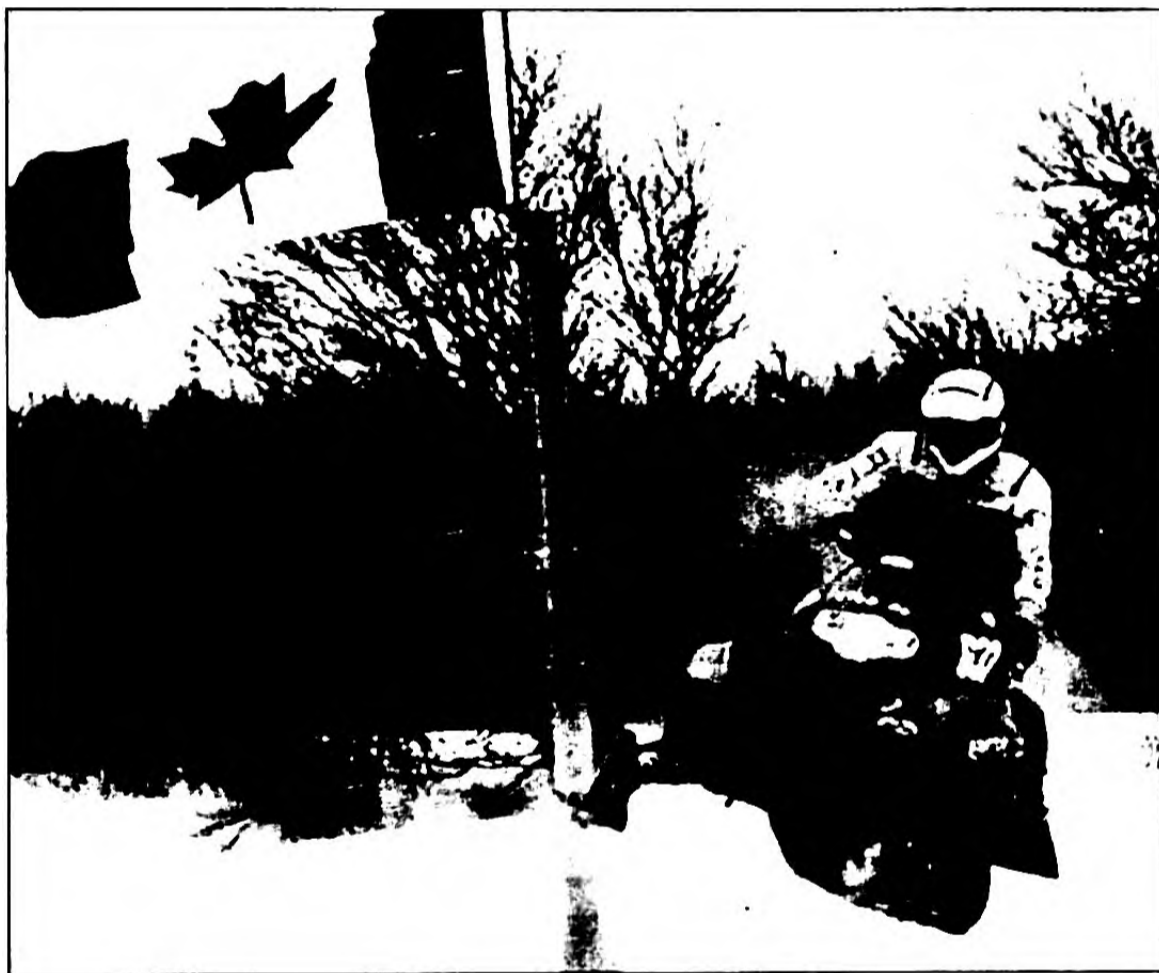
"The competitors had a

good run on the track and the track offered lots of variety and challenges".

"The amount of work that goes into this type of community event is a lot however, we

had many volunteers and a large number of businesses that supported our efforts".

"Thank you all for making this event the success that it was."



Ian Ginter of Halbstadt, Manitoba placed fifth in the Pro Class 440 at the Can-Am Bear X Country Races this past weekend. Ginter is points leader in the Can-Am circuit.

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## Tournée communautaire de la Division scolaire franco-manitobaine



Vous êtes tous invités à une session d'information au sujet de la DSFM, ses services, ses programmes, et ses défis.

Le jeudi 8 mars  
à l'École communautaire Saint-Georges  
de 19 h à 21 h

Pour plus d'information, contactez votre comité scolaire/parent ou veuillez communiquer avec Georgette Dupuis, coordonnatrice du projet au 255-2486

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# March is Nutrition Month



## WINGS OF POWER

by Crystal Rattai

Do you know that almost 50% of Canadian children aged nine, 12, and 15 do not eat a balanced diet? Another study indicates almost 42% of Canadian children don't eat an adequate breakfast.

Often, busy schedules mean less time in the morning to eat a balanced breakfast.

### Kids Nutrition Quiz

Children should eat a variety of foods from each of the food groups in *Canada's Food Guide to Healthy Eating*? True. Eating a variety of foods from each of the food groups helps you get all of the nutrition you need. Foods even within the same food group, contain different amounts of nutrients.

Foods that do not belong to the four food groups of Canada's Food Guide are not part of a healthy diet? False. Foods that do not belong to the four food groups are called "Other Foods". These

foods, such as butter, jam and snack foods such as potato chips and pretzels do add energy and provide some nutrients. These foods should be eaten once in a while.

All children need to take a vitamin pill? False. Most children, if they are healthy, do not need to take a vitamin pill. Eating a wide variety of foods is the best way to have a healthy diet.

Children need to have three to four servings of milk products every day. True. Yes, you need to have this many servings of milk products. Milk products provide lots of nutrition and help build strong bones and teeth. A serving of milk is 250 ml

milk, 50 g or two slices of cheese, 175 g of yogurt.

A 250 ml glass of juice, a dried fruit snack and one sliced carrot are equal to four servings from the vegetables and fruit group. True. *Canada's Food Guide to Healthy Eating* recommends five to ten servings of vegetables and fruit. You could easily have four servings as a part of your lunch. Add an orange for breakfast; a potato and a fruit cup for dinner and you have seven servings.

Chocolate milk is not as healthy as white milk. False. Chocolate milk contains all of the same nutrients that you find in white milk. If having chocolate milk helps you have more milk, choose chocolate.

Eating a healthy breakfast is a good way to start the day. True. The word breakfast comes from 'break the fast' because after about 12 hours without food, the body needs food or fuel to get going. When your fuel is low, your brain can't remember things, your body can't grow, and your tummy gets grumpy and rumbles. You can't train the brain... if you don't include the food.

### What's Happening?

With spring comes an inclination to venture out-

doors! Hopefully we'll see a few more friendly faces at Wings of Power this month. We are offering two parenting sessions this month: *Nobody's Perfect...* this is more for parents of younger children; and *How to talk so kids will listen...* more for parents of older children. If you are interested in attending either session please call Crystal to register. The dates and times are very flexible (morning, afternoon, or evening - best to fit your schedule). There is no fee for either course and childcare and transportation are available upon request. As well, Nutrition Month activities will be planned at the Drop In and Caregiver and Kids, March 14 from 9:00 a.m. 12:00 noon - Perogy Day sound interesting? Call 367-9641.

## Ask your Pharmacist Have you had a long day's night?

It's been drummed in to us that proper nutrition and regular exercise are important to good health. But a good night's sleep is equally important, and unlike nutrition and exercise, it's largely out of our control.

Insomnia, simply put is an inability to achieve continuous sleep at night: insomniacs have fragmented rest, or no sleep at all. The disorder can be caused by such factors as an overuse

of alcohol, caffeine or other drugs; stress; medical problems; a change in environment or sleep schedule; or depression.

For short-term or occasional insomnia, your physician or pharmacist may be able to suggest non-chemical therapies such as relaxation techniques. If you decide to try over-the-counter sleep aids, be sure to discuss with your

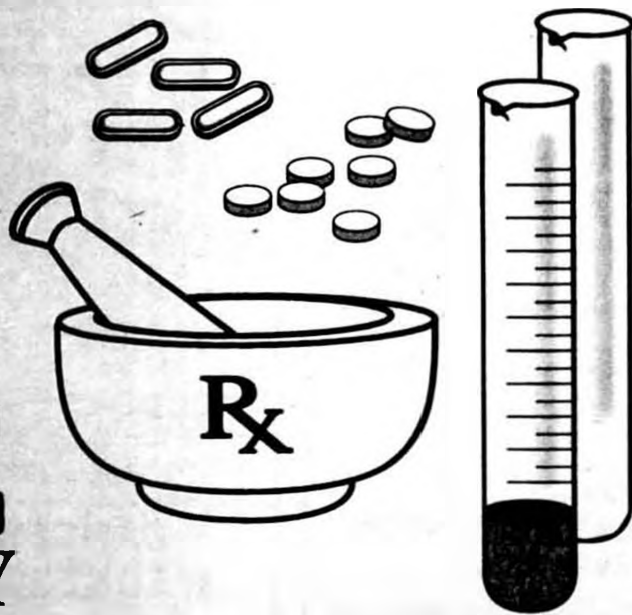
pharmacist the various formulations available, their dosages, and possible adverse effects or interactions with other medications. Always remember: occasional insomnia is temporary and is caused by some form of stress. It will end with time and is not a cause for alarm. If insomnia is a chronic problem, discuss long-term solutions with your physician.

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# Coming soon... Doug and the Slugs and The Northern Pikes

Echo's bar, located at the Papertown Motor Inn will be "rockin and a rollin" on March 14 and 30.

Hotel Food and Beverage Manager Laurent Raymond said, "We were fortunate enough to be able to book Doug and the Slugs for Wednesday, March 14," at Echo's Bar and were also able to book The Northern Pikes for Friday, March 30. Both these bands will perform one night only!

Doug Bennett, the lead singer and main creative force behind roadhouse mainstays Doug and the Slugs, is one of Canada's most recognizable and unique personalities.

To date Bennett has released seven albums world wide with Doug and the Slugs, of which four received gold status in Canada. Some of their hits include *Too Bad*, *Day by Day*, *Making It Work*, and *Real Enough* to mention a few.

Doug and the Slugs have received many awards such as Song of the Year 1980, Song of the Year 1985, Male Vocalist 1985, and Album of the Year 1985.

Bennett's extensive touring schedule throughout North America had taken Doug and the Slugs from coast to coast,

from New York to remote areas up north, and no matter what the size of the audience, he brings to the stage his trademark crowd rapport. Review after review has called him "the quintessential performer"

Doug and the Slugs will be performing at the Papertown Motor Inn for one night only,

Wednesday, March 14.

The Northern Pikes musical career spawned a decade and saw the release of two independent albums, five albums for Virgin Records with worldwide distribution and an astounding seven Juno nominations.

Their music, poignant lyrics

and vocal harmonizing still sound as fresh and innovative today as it did when it first came out. Many of the Pikes songs are still played in heavy rotation on various radio stations.

The Northern Pikes have done many tours over the years, and have played to many

a standing ovation. The Pikes will be playing at the Papertown Motor Inn March 30.

Tickets are on sale now! To reserve or pick up your tickets, please call the Papertown Motor Inn at 367-2261 or drop by the front desk.



Doug and The Slugs will perform at the Papertown Motor Inn in Powerview March 14

## Pine Falls Five Pin Bowling League news

by Janelle Carlson

### Week 14

Ladies high games: Donna Boyer 248, Shirley Adams 211, Janelle Carlson 210, Heather Adams 200.

Men's high games: Todd Jesseau 307, Bill Lavallee 251 and 225, Pete Richardson 248, Carl Palmquist 232, Lawrence Abraham 226, George Dodds 214, Jerry Gauthier 209 and 201, Rick Thomas 208.

Female bowler of the week: Donna Boyer for her game of 248 which was 76 pins over average.

Male bowler of the week: Todd Jesseau for his game of 307 which was 110 pins over average.

The Legion Special was won by the Richardsons for their total of 3236.

This week's high triple games were Todd Jesseau 693, Bill Lavallee 675, Jerry Gauthier 605 and Donna Boyer 604.

### Week 15

Ladies high games: Wanda Berthelette 246, Donna Boyer 237, Diane Johnson 224, Janelle Carlson 223 and 215.

Men's high games: Todd Jesseau 261 and 203, George Dodds 249, 214 and 209, Lawrence Abraham 223, Greg Gervais 231 and 208, Darryl Sinclair 213, Bill Lavallee 204.

Female bowler of the week was Donna Boyer for her game of 237 which was 65 pins over average.

Male bowler of the week was George Dodds for his game of 249 which was 76 pins over average.

The Legion Special was won by the Retodds for their game of 3264.

This week's high triples were Todd Jesseau 656, George Dodds 614, Wanda Berthelette 604 and Greg Gervais 600.

### Week 16

Ladies high games: Sharon Tremain 254 and 245, Evelyn

Dodds 227, Jeannine Lavallee 221, Nancy Breton 216, Sharon Mignon 216, Shirley Adams 220.

Men's high games: Todd Jesseau 318 and 240, Bill Lavallee 224, Lawrence Abraham 213, Pete Richardson 212, Kelly Zacharias 205.

Female bowler of the week: Sharon Tremain for her game of 254 which was 74 pins over average.

Male bowler of the week: Todd Jesseau for his game of 318 which was 118 pins over average.

The Legion Special was won by the Richardson team for their total of 3295.

This week's high triple games were: Todd Jesseau 750, Sharon Tremain 656, Bill Lavallee 600.

### Week 17

Ladies high games: Shirley Adams 205 and 209, Diane Johnson 214, Donna Boyer 213 and 203, Nancy Breton 210, Heather Adams 206, Wanda Berthelette 206, Sharon Tremain 203 and 202.

Men's high games: Jerry Gauthier 269 and 248, George Dodds 255 and 207, Graham

Gauthier 244, Todd Jesseau 243 and 224, Pete Richardson 243, Lyle Velie 222 and 207.

Female bowler of the week: Diane Johnson for her game of 214 which was 50 pins over average.

Male bowler of the week was Sonny Bercier for his game of 245 which was 109 pins over average.

The Legion Special was won by the Richardsons for their total of 3292.

This week's high triple games were Jerry Gauthier 683, Todd Jesseau 644 and Graham Gauthier 606.

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# LdB Branch #164 Legion news

by Cde Norm Rimmer, CD

Since the last article we have been both very busy and quite active. The Ladies Auxiliary has been very busy providing luncheons and dinners for various events. In sporting events, our members have been representing the branch very admirably. In the cribbage, Dolores Johnson of the cribbage team, played in the singles event and won the

right to represent our district at the provincial championships. The dart group, although they did not come in first or second place to move on to the next level, they did give a good accounting of themselves in their respective events, that were held at the Transcona Legion.

The big event that kept us on the move was the hosting of the Manitoba Northwest-

ern Ontario Provincial Command Regular Curling Championships, held between February 6 and 10 at the Lac du Bonnet Curling Club. There was a rink representing each District within the Command. Everyone who watched saw excellent curling. Some unbelievable shots were made on a consistent basis. When the 36 games were over, the team from Gladstone took the top honours and will be representing this Command in Prince Edward Island. The second place team was from Dauphin.

There were too many individuals to name and thank for all the work they did during the week both out on the front line and behind the scenes, so we would like to say thank you. We appreciate the support of local businesses who took part in gold and silver sponsor pool and the local governments. All the teams enjoyed themselves and could not get over the hospitality offered by the people of Lac du Bonnet. They all want to come back again to Lac du Bonnet next year, because they enjoyed themselves so much. Again thanks to all of you people who made this event such a big success.

The Branch hosted the Interlake Dart League Saturday, February 17 and everyone had a great time. Everybody's name was thrown into a hat and picked into doubles from there. Some of our own branch players walked away as winners in the top four. The league consists of players from Gimli, Selkirk, Stonewall, Beausejour, Henderson Highway, Pine Falls and Lac du Bonnet Legion branches. The Interlake League is a new league involving the aforementioned Legions, however, you do not have to be a Legion member to participate in the league. The league is played one Saturday evening each month and the branches take turns acting as host branch for the month. Last month Selkirk was the host and this month it was our branch. Next month Pine Falls will be the host branch. It was refreshing to see a lot of younger men and women out and doing an excellent job of playing darts.

Our own branch would like to see more young people getting involved. We have sent letters to the local schools asking for anyone who might be interested in learning how to play, but to date no one has come forward. The age group we are looking at is 10 to 17

years to start a junior league. The young ladies and men who are coming out now are having a good time and also becoming contenders in the game. Our branch now has four portable boards besides the four permanent ones.

The next thing that the branch will be involved in before all the parades get started, will be the Colour Party Competition held in Winnipeg at MacGregor Armouries April 8. The Branch has two teams entered and it is hopeful that the Ladies Auxiliary will have a team entering.

There seems to be a little bit of a misunderstanding regarding who can and who can not join the Legion. Everyone can join - you do not have to have been a member of the services or related to someone who is or was a member. Application forms to join are located on the table immediately inside the Legion doors. Take one and fill it in - if you have any problems with the form just ask the staff for help and they will only be too happy to assist you in completing it.

The general meetings in February for the Ladies Auxiliary is March 6 and for the branch it is March 20.

## Celebration of talent at LdBSS

continued from page 4

the trio of Jen Janisch, Jolene Larson and Michelle Hladki, with *Ready to Run*.

Dooley and Kaptein, in closing, congratulated everyone on a job well done and thanked the performers as well as everyone for coming out to enjoy the show.

### Academic award recipients

Receipients of academic awards in Senior 1 courses included: Deena Barrett, Kendra Ulrich, Cherlyn Sullivan, Melanie Rollins, Rosie Bruneau, Katherine LaBelle, Tyler Brincheski, Heather Cottrell, Chris Cousins, Jason David, Ursula Hryσιο, Darcie McKinnon and Kyle Neufeld.

Senior 2 course students who received academic awards:

Ursula Hryσιο, Alex Dancyt, Jason David, Todd Hurst, Melanie Rollins, Tyler Brincheski, Heather Cottrell, Carolyn Larson, Chris Cousins, Andrew Horbatiuk, Brian Lacey, Kyle Neufeld, Shannon Smith, Leesa Valentonis and Darcie McKinnon.

Allison Besel, Michele Kulikowski, Stephen Halbert, Jodie Lussier, Jamie Valentonis, Ursula Hryσιο and Melanie Rollins received academic awards for Senior 3 courses.

Students taking Senior 4 courses who were acknowledged for their academic performances include: Gary Lussier, Morgan Schinkel, Michelle Kulikowski, Ashley Fergusson, Melissa Arseniuk and Andrea Nickel.



Students prepare for their Celebration of Talents evening last week at the Lac du Bonnet Senior School.

### Remember...

*what ever happens, happens for a reason.*

**ECHOES FROM THE Heart.**

1. I love you not because of who you are, but because of who I am when I am with you.
2. No one is worth your tears, and the one who is, won't make you cry.
3. Just because someone doesn't love you the way you want them to, doesn't mean they don't love you with all they have.
4. A true friend is someone who reaches for your hand and touches your heart.
5. The worst way to miss someone is to be sitting right beside them knowing you can't have them.
6. Never frown, even when you're are sad, because you never know who is falling in love with your smile.
7. To the world you may be one person, but to one person you may be the world.
8. Don't waste your time on someone, who isn't willing to waste their time on you.
9. Maybe God wants us to meet a few wrong people before meeting the right one, so that when we finally meet the person, we will know how to be grateful.
10. Don't cry because it is over, smile because it happened.
11. There's always going to be people who hurt you so what you have to do is keep on trusting and just be more careful about who you trust next time around.
12. Make yourself a better person and know who you are before you try and know someone else and expect them to know you.
13. Don't try so hard, the best things come when you least expect them to.

# Lent... what's it all about?

submitted by Rev. Brian Rountree  
Church of the advent, Pine Falls

If you want to start a diet to lose weight, then begin this week.

February 28 is Ash Wednesday, the start of the church season known as Lent. It is during this period of 40 days (not counting Sundays, up to Holy Saturday) in which people have traditionally fasted from all sorts of foods -- either cut back on them or cut them out altogether.

Pancake suppers on *Shrove Tuesday* are a reminder of the old custom of giving up dairy products for Lent.

The early Christians moved their celebration day from the Jewish seventh day of the week to the first day because that was the day Jesus was resurrected. They met on Saturday evening, fasting, to worship and pray until the early hours of Sunday when they would celebrate the Eucharist.

Over time, the length of the fast became 40 hours in

recognition of the time Jesus spent in the tomb.

Later, the fasting stretched to include all of Holy Week. As well, 40 days stands as a reminder of the time Jesus spent in the desert during his temptation. This period became a time of final preparation for those seeking membership in the church through profession of faith and baptism. Soon it became the custom for other church members to voluntarily undertake 40 days of penitence and fasting while reflecting on their baptismal vows. These would then join with those being baptised during the yearly Easter Vigil (on Saturday evening) by renewing their own baptismal promises.

Some symbols you might see during this period are (i) ashes, reminding us of our mortality as well as an ancient sign of sorrow and repentance for sin, (ii) pretzels, a knotted Lenten bread from eastern Europe which can be made without dairy products

as these were given up during Lent, and (iii) three nails, reminders of those used to hold Jesus on the cross.

But there is more to Lent than this. And to find out more I urge you to attend a church of your choice during this 40 days of preparation. In doing so, you will get a sense of the importance and impact which Easter has on the life and soul of a Christian.

At Church of the Advent our Ash Wednesday service will be at 7:00 p.m. and our Sunday worship is at 9:00 a.m. We would be happy to welcome you.

P.S., the word Lent comes from a Teutonic word which simply means the spring season. It is a time when (in the northern hemisphere) the days lengthen after the short, dark days of winter.



## Lac du Bonnet Regional Library Library Corner

Is it too early in the year to mention spring cleaning? Actually, the library has been receiving donations of books and magazines that are being "cleaned out" of peoples homes. Many of these readily sold on our second-hand sale tables. Help us recycle by picking up a few "treasures" next time you visit the library.

If you are looking for a home for newer used travel guides, or French or Spanish language tapes that you are no longer using, we would be happy to add them our collection for the benefit of our patrons.

A couple of very helpful books were recently donated to the library by the Alzheimer Society of Manitoba. *Through the Wilderness of Alzheimer's* was written by Robert and Anne Simpson. "The book focuses on real-life experiences of people living with Alzheimer Disease," explains Wendy Schettler, Program Director for the Alzheimer Society of Manitoba. "I think it provides good insight to help people with Alzheimer Disease, their families, caregivers and community." *A Caregiver's Guide for Alzheimer Disease and Other Dementias* by Judith McCann-Beranger is an easy-

read reference for anyone needing information on this subject as well.

Another recent acquisition to our library is a newly created CD-Rom version of 14 volumes of *The Dictionary of Canadian Biography* "which owes its founding in 1959, to a magnanimous bequest to the University of Toronto from businessman James Nicholson, an avid reader of the British Dictionary of nation biography who wished Canada, his adopted country, to have a similar, scholarly biographical record of its past." This highly accessible new format of this dictionary which is being donated to libraries was made possible by the authors and partners in this project: The Millennium Bureau of Canada, the National Post and Hollinger Inc. and Historica. We are pleased to receive this research tool and make it available to the public for use in the library.

Kids just a reminder that playing "Library Bingo" is an enjoyable way to learn more about your local library. Play our game between now and the end of March! There will be stickers, bookmarks, book prizes, and a bookbag draw something for everyone who participates!

## Pine Falls Health Auxiliary update

submitted

We are still here in your community working diligently supporting and enhancing the care and comfort of patients in the hospital, residents in the personal care home as well as any other way we can enrich the health life of our community.

Some recent activities we have been involved in -- such as our bake sale at the 4P Festival was a huge success. Thanks to you all who so graciously baked for us as well as those who supported this

endeavour. We also did well with the sale of our quilt tickets. The quilt was made by Olive Iwanick and raffled on December 2 with Margie Nault being the lucky winner. The pop machine at the hospital continues to do well, thanks to the efforts of the Trehart family. As for our gift cupboard in the hospital -- we always need knitting and crafts from the community if

you are handy in this way. We have delayed our canvas until April. Since 1999 we have made some very large donations to the hospital. We purchased four electric beds for the patients, as well as a syringe infusion pump along with a special lift for the personal care home. We participated in a strategic planning meeting with the North Eastman Health executive as well as attend meetings of a provincial nature to keep up with all the changes and plans in other auxiliary's and health care. As well

we helped purchase new furniture at the Pineview manor where the adult day care meet. We donated to the resident council at the personal care home to bring some recreation to the patients/residents, along with a donation to Winnipeg River Seniors who help assist seniors with programs and services relating to their needs.

As you can see we are not idle, we continue to meet on a regular basis, and we always appreciate a new face with new ideas and most importantly carry on the dedicated work of the auxiliary, past and present.

Many folks work behind the scenes, not wanting fame or such but a recent donation made

by the Houston and Mysak children at Silver Falls, money they earned by themselves to give to us, really warmed our hearts.

### To share a thought

*The more you do unselfishly,  
The more you live abundantly,  
The more you love, the more you'll find,  
That life is good and friends are kind,  
And those who give themselves will find,  
True joy of heart and peace of mind.*



Margie Nault holds the quilt made by Olive Iwanick, which was raffled December 2.

**World Day of Prayer**  
*Informed Prayer,  
Prayerful Action* **2001**  
*written by the women of Samoa*

We will join our neighbors in celebrating World Day of Prayer  
**FRIDAY, MARCH 2, 2001**  
7:00 p.m., the Church of the Advent, 2 Holly Street, Pine Falls

More information call 367-8034 or 367-8347

**Please join us!**

Local churches in Pine Falls, Powerview, Sagkeeng and St. Georges

The World Day of Prayer is coordinated by Women's Inter-Church Council of Canada

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# Lac du Bonnet Police Report



The following constitutes the police report for the Lac du Bonnet detachment for the period of February 15 to 22.

Police attended to a report of an alarm accidentally set off at a financial institution in Pinawa February 16.

A report was received of an adult female having taken medication and alcohol on February 16, at a residence at Southwood Bay and concern was expressed for her well-being. Police attended the location and verified the subject was not in any danger.

An intoxicated adult male was reported causing problems at Bonny Vista Lodge in Lac du Bonnet and not being wanted at that location. Police attended and arrested the subject and lodged him to sober up.

Also on February 16, an adult male was found in care and control of a vehicle in the

Elma area while over .08. Subject was arrested accordingly and subsequently charged, vehicle was seized and licence was suspended.

Padlocks were reported having been stolen from two boathouses on Dobals Road February 16. No entry was made and nothing appeared to be missing.

On February 16 a report was received from Pinawa of an underage female not being at her residence and not being at school. The subject was subsequently located at the computer room at the Secondary School in Pinawa.

An intoxicated adult male was reported wandering in and out of traffic on PR 502 February 17. Police attended and found that the subject had departed.

On February 17 a dog was found on Scott Crescent. The dog was described as a young

male, sandy-coloured, with a blue collar.

A licenced premise in Lac du Bonnet reported an adult male refusing to leave the premises after being cut off from service on February 17. Police attended and removed the subject and gave him a lift home.

Near Rennie, on February 17, a report was received of an adult female being injured in a snowmobile accident. The subject suffered a broken collar bone and other non life-threatening injuries and was removed by ambulance from the Falcon Beach.

On February 18, a report was received from an adult female on Marion Parks Road, of an adult male attending at her residence looking for his wife and when he could not gain access, he threatened the complainant. Police arrested the subject at his residence and

lodged him. He was subsequently released with a warning as per the wishes of the complainant.

An underage female resident of Lac du Bonnet, reported on February 19, of being sexually assaulted by an intoxicated adult male at a residence in Great Falls on the weekend.

A vehicle was reported being driven erratically on PTH 44 near Seddon's Corner and it was felt the driver may be impaired. The vehicle in question was stopped by police on PR 214 the driver was found not to be impaired.

On February 20, a report was received of an alarm at a financial institution in Whitemouth. Police ascertained that this was a false alarm.

A report was received of an alarm at a financial institution in Pinawa on February 21. Po-

lice attended and found that all was secure.

A report was received of and adult female, unlawfully entering a cottage at White Mud Falls in the RM of Alexander, looking for a place to spend the night on February 22.

Also on February 22, a report was received of an adult female from the RM of Reynolds not arriving at work in Beausejour, and concern was expressed for her whereabouts. Investigation revealed that the subject was in fact at another location in Beausejour.

On February 22, a report was received of an adult male having been seen for approximately a week and concern was expressed for his well-being.

## Festival du Plage - C'et ait manifique!

### 'Round and about the Beaches



by Monika I. Evans

About 109 people attended our dance and we all had a great time. There were 32 volunteers who made this event a happening. Our host couple was Dee and Frank Rickner and Frank did a great job being the MC. It was a joining of the far reaches of the Beaches areas, most of the volunteers represented Lakeshore Heights and environs.

The hall was festively decorated with donated items such as snowshoes, some of which were

no doubt family heirlooms, a very old sled, a Hudson's Bay blanket and another very old red blanket, seal skins and a bear skin (which was on the front table as people came in), red and gold balloons and the piece de resistance were the handmade table decorations out of birch bark and sections of birch. Some were a section of a birch branch topped with a birch bark canoe. Other sections were hollowed out and had a candle in the middle with moss and other decorations completing the lovely centrepieces. These items were the creations of Brian and Christine Griffiths.

One lucky individual at each table who had a gold heart in their serviette got to keep the centrepiece. I got lucky! The food was terrific. It

started out with pea soup from the peas that are one of the features at the 4P Festival. For two days the smell of the soup being cooked by Alice Dawson drove everyone crazy. She had to drive off the carpet bowlers who wanted samples. The smell wafted even outside the Senior Scene building.

The rest of the meal consisted of tortiere, which were made the week before by Linda Vandale and her crew. I heard that Linda's husband Henry was in charge of guarding the tortieres. Other food items offered were coleslaw, baby carrots, wild rice, mashed potatoes and tons of gravy. Bonnie Grace spent most of Saturday stirring and stirring her home-made beans.

Dessert was a lovely blueberry buckle made entirely by Marion Murray and home-made fudge, the creation of Helen Norman.

There was a delicious cranberry punch for those who wanted it. Coffee and tea was available to complete the feast.

The beard growing contest was a riot. The winners for the most original beard and costumes were Hub and Deidre Degane. Their costumes were very authentic and made you feel you had stepped back into time. The best groomed beard award went to Dave Fraser. There was a tie for best false beard. The honours were shared by Vic Dyck for best fake male and Bonnie Grace for best female beard.

The music was provided by our own Seniors Scene Band.

They had everyone up tripping the light fantastic. Even though several members of the band were under the weather, they still did a great job.

Compliments are still coming in telling the organizers of the event how much everyone enjoyed themselves.

Healthy Lifestyle Update: On Friday, February 23, we were delighted to have Noreen Gnitinger, clinical and community dietician, come and speak to us.

She talked about the *Canada Food Guide*, and dealt a lot with fats which are a culprit in most of our diets. She showed us how to read labels so that we would be

able to discover how much fats there are in each products, and whether or not, they are good or bad fats. Fat makes food taste good and makes us full. The saturated and trans fats increase our blood cholesterol count. We discussed the pros and cons of such fats as butter, olive oil, grape seed oil, canola oil and subsequent margarines. Margarines to watch out for are those with hydrogenated oils. The better for you margarines are Becel and Imperial.

She discussed foods good for us and those we should avoid. The main thing stressed was moderation in any food. It was also stressed that we should try to get our vitamins and mineral from natural foods and only rely on supplements if we don't get enough from natural sources. The two hours passed quickly.

At the end of the discussion we were treated with a fruit platter of strawberries (my favourite), melon, cantaloupe, apple and orange slices offered with a low cal dressing made out of ultra low fat Miracle Whip dressing. She also baked two types of low fat muffins, one was pumpkin with pecans and the other cranberry tops. Both muffins were delicious and you were unable to tell that they were really good for us. Hopefully we will have Noreen come back at a future date and give us more ideas on how to eat well. Up coming healthy lifestyle meeting March 23 from 9:30 a.m. to noon. Breast cancer - Circle of Hope Manitoba cervical cancer screening. Everyone welcome, bring a friend.

#### 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, February 28

Coleslaw, hot turkey sandwiches, hashbrowns, broccoli, lemon pie

##### Friday, March 2

Soup, mandarin chicken, noodles, carrots, blueberry muffins

##### Monday, March 5

Salad, pork chops, rice, stir fry vegetables, ice cream

#### Every great retirement plan starts with blueprints



Merrill Lynch Financial BluePrints can help determine what you have, what you want and what you need to meet your retirement goals.

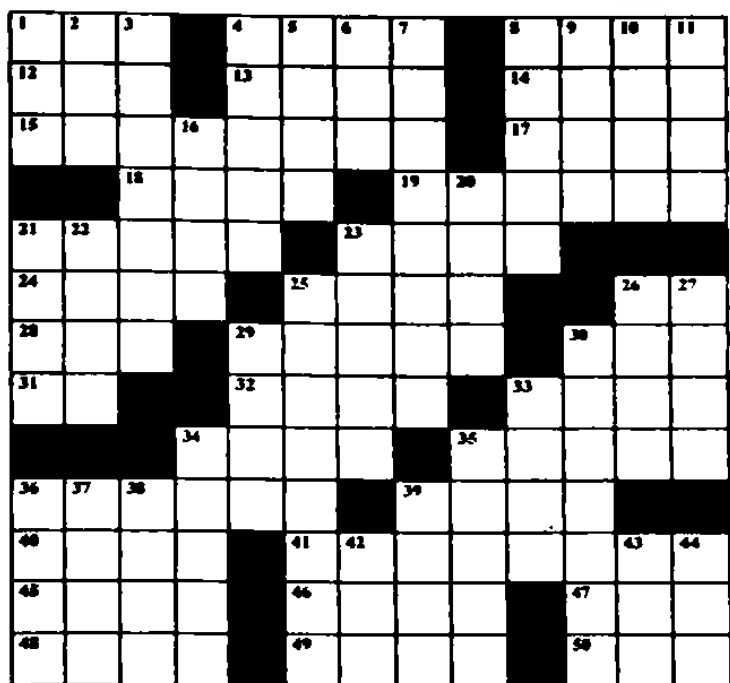
Let us help you design an ideal strategy to build your RRSP investments.

For a no-obligation BluePrint, call Anne Nemecek Financial Consultant (240) 946-9818 • 1 866 221-3635

Merrill Lynch Canada Inc. Member - CIPF



# WEEKLY CROSSWORD



## The Great Green North

### ACROSS

- 1. Shade tree
- 4. Park, in Pierrefonds
- 8. Mikita, for one
- 12. Female ruff
- 13. Evergreen shrubs
- 14. Miniscule amount
- 15. Larch
- 17. A kind of gait
- 18. Lo-cal
- 19. Edmonton footballer
- 21. A fine china
- 23. Greek portico
- 24. Boot part
- 25. Actress Kate
- 26. Shot size
- 28. Type
- 29. Hammer heads
- 30. Clark, and others

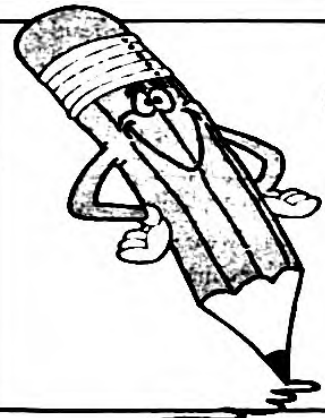
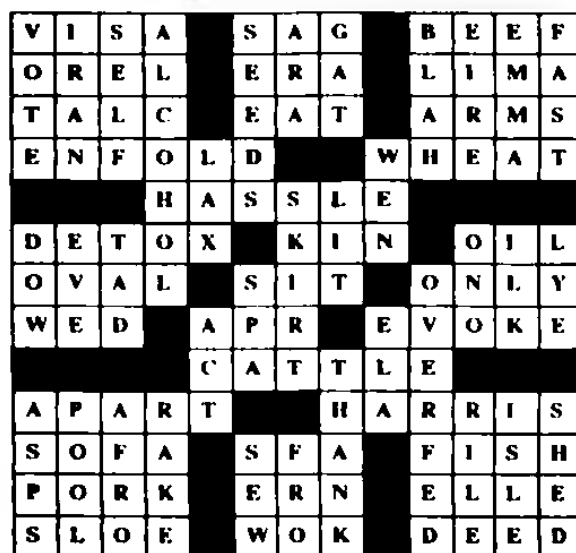
- 31. AM preceeder and follower
- 32. Chances
- 33. Opposite of boom
- 34. Circle parts
- 35. Windlass
- 36. Canadian evergreen
- 39. German engineered auto
- 40. Prevaricator
- 41. Run down
- 45. \_\_\_\_\_ and the King of Siam
- 46. Overwhelms
- 47. Age
- 48. Major league ball team
- 49. Remainder
- 50. King (Latin)

- 25. Westcoast evergreen
- 26. Gritty pear
- 27. Elizabeth to friends
- 29. Pig, in Pointe-au-pic
- 30. Canadian evergreen
- 33. Wait
- 34. Nimbuses
- 35. German sausage
- 36. Bridge player's quest
- 37. Canadian conifer
- 38. Fulminate
- 39. Ones
- 42. Lamb's dam
- 43. Anger
- 44. Levy

### DOWN

- 1. Emily Carr domain
- 2. Salt water body
- 3. Canadian Evergreen
- 4. Door in Dorval
- 5. Winged
- 6. Sch. class
- 7. Baker's requirement
- 8. West coast spruce
- 9. Moulding at the base of a column
- 10. Director Egoyan
- 11. Atlantic defence org.
- 16. Assistant
- 20. Despicable persons
- 21. Faux pas
- 22. Tropical tree
- 23. Plants

### LAST WEEK'S ANSWERS



## CRYPTIC PUZZLE

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

"BXTHCGTHB S BDFHST GB LGCCHF  
CMSR S CMHBGB"  
- FSKIM ESKZX HTHFBXR

### Last Week's Solution

"IF WOMEN DIDN'T EXIST, ALL THE MONEY IN THE WORLD WOULD HAVE NO MEANING"

- ARISTOTLE ONASSIS

# WEEKLY ECHO HOROSCOPE

for the week of  
February 26 to March 4

### Aries - March 21 to April 20



You won't want to deal with other people's problems today, but you are best not to refuse. Rewards can be yours if you just give a little of your time. You're in love with life, you should get out as much as possible.

### Taurus - April 21 to May 21



Social activities will be a must. Combine work with pleasure. Put your best foot forward and show your worth. There is much you can accomplish if you put your mind to it. Be sure to get enough rest. Fatigue can lead to minor health problems.

### Gemini - May 22 to June 21



Put your efforts into money making ventures. You can get recognition at work if you present your ideas. Be sure to talk to those in higher positions, about your goals and directions.

### Cancer - June 22 to July 22



Take some time out to do things with children. They need your love and support more than you think. Your ability to work with your hands should be put into good use. You can accomplish a lot if you focus on your job.

### Leo - July 23 to August 23



Renovations to your home will be costly, but pay off in the long run. Try to enlist the help of friends and family in order to keep the overhead down. You can please your partner by just being there. You will enjoy games that are challenging and competitive.

### Virgo - August 24 to September 22



Don't let problems while travelling or dealing with relatives cause stress. Your health will suffer if you don't relax. Past acquaintances are likely to come back into your life. Assess what they can do for you before you proceed.

### Libra - September 23 to October 23



Don't buy expensive items from friends or acquaintances. You must channel your thoughts into your job. You will have to watch your budget closely. You need to interact with relatives who will be able to shed some light on your past.

### Scorpio - October 24 to November 22



Your life will be stabilized if you can restrict yourself to a tight budget. You need to be careful not to be talked into donating to organizations that you believe in but can't really afford to help. You can get a lot accomplished in your home this week.

### Sagittarius - November 23 to December 21



You have to put your energy to good use. Competing in sports events, socializing with friends or spending time with the one you love. Your passion will be hard to contain. You can pick up sound advice from someone you respect.

### Capricorn - December 22 to January 20



You can learn if you listen to others. You need to stand back and decide if you are really going in a direction that will satisfy your needs. Be discrete about your finances. Put your money into home improvement projects.

### Aquarius - January 21 to February 18



Take time to do things for yourself. You've been so busy doing for everyone else, you've forgotten what it's like to be pampered. Your attitude will be positive and your happiness obvious to others. Try not to jump to conclusions.

### Pisces - February 19 to March 20



Your intuition will lead you in the right direction. Take care of home improvement projects and real estate matters today. Your ideas will be well planned and easily initiated. Work diligently behind the scenes, recognition and rewards will come your way.

## Echo Classifieds

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

**16 X 80 Mobile Home** - in excellent condition, 1996, 3 bedroom, 2 full bathrooms, 5 appliances, skylight, landscaped lot in Bissett with gardens, shed and large screened gazebo, 277-5587

**93 Dodge Shadow** - 158,000 highway km, 4 door, liftback with fold-down rear seat, well maintained, \$3500, 277-5587.

**Pool table** - Brunswick, 130 anniversary table, 4 x 8 ft. slate top, cover, pool table light, excellent cond., asking \$900, call 345-3187.

**Land for Sale** - 5.64 acres, Traverse Bay area, near Albert Beach and Grand Pines Golf Course, call Don 982-8114. 38-2x

**Lot for Sale:** Lot for sale at Centennial Place, Lac du Bonnet - 213 x 150, call Ritch Nally 345-6655. TFN

**Office Space in Lac du Bonnet** - Prime office space for rent, located in downtown Lac du Bonnet, phone 345-8294. 31-TFN

**Apartments for rent** - One and two bedroom apartments for rent, call 367-4922. 31-41

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

**See us for your rental needs:** Log splitter, air nailer and much more. We are only 20 minutes from the Pine Falls area. Call 756-8184 for business hours. 25-10x

**Finishing carpenter** - Finishing carpenter with 25 years experience available for kitchen renovations and other mill work. Free estimates, ph. Claude 344-5998 or 756-2913. 37-4x

**Bankruptcy Info-line** - free, confidential. Call 1-800-463-8371. This is a community service offered by L.C. Taylor & Co. Ltd., Trustee in Bankruptcy. 31-TFN

The **Winnipeg River Echo**  
Lac du Bonnet 345-9896  
Powerview 367-9468



### North Eastman Health Association Inc.

#### NOTICE OF TENDER

Sealed Tenders will be received by:  
Peter Orlick, HP Designs  
P.O. Box 296, Beausejour, MB R0E 0C0  
up to 12:00 noon, Thursday, March 8, 2001

**Renovations:** for the construction of a Smoking Room, Soiled and Clean Laundry Facility located in the Sunnywood Manor, Pine Falls, MB

Tender packages are available from Mr. A. Tardiff at Sunnywood Manor, Maple Street, Pine Falls, 367-5400.

The lowest or any quotation may not necessarily be accepted.



### THE RURAL MUNICIPALITY OF LAC DU BONNET Riverland and McArthur

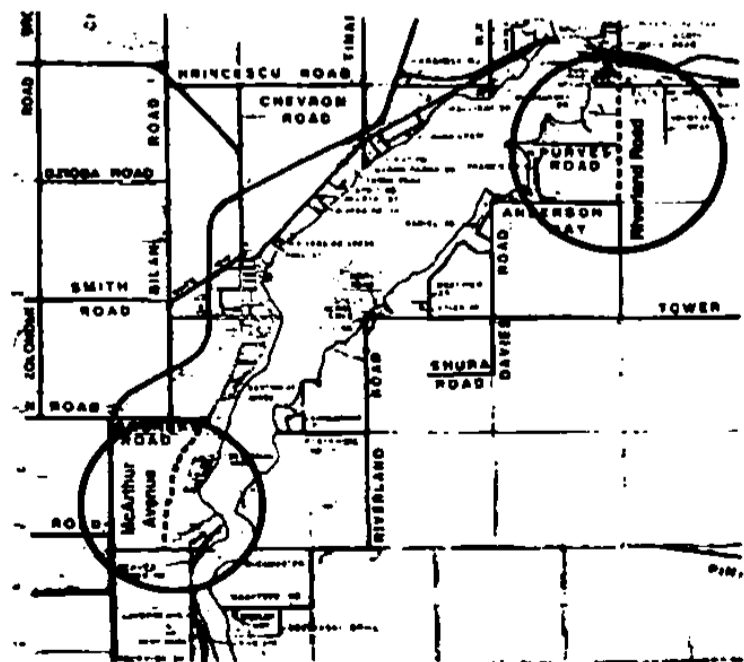
#### ROAD CLOSURES

Public notice is hereby given that the Rural Municipality of Lac du Bonnet, under By-Law 2-01 will close the public roads, herein described, to vehicles with a registered gross vehicular weight of 4500 kg or greater between March 1 and June 30, 2001.

- All that portion of Riverland Road running due south from PR #313 to the junction at Anderson Way; and
- All that portion of McArthur Avenue running due north from the junction of Rutherford Road to the Town of Lac du Bonnet limits.

School buses and emergency vehicles are exempt from these restrictions.

Penalties for the contravention of this by-law will result in a maximum fine up to \$1000.00 to the vehicle owner.



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



### THE RURAL MUNICIPALITY OF LAC DU BONNET PUBLIC NOTICE

The Administration Office and the Public Works Shop of the Rural Municipality of Lac du Bonnet located at #4187 PR #317, one mile north of PTH #11

**WILL BE CLOSED  
THURSDAY, MARCH 8, 2001**

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

### EVERGREEN CONTINUING EDUCATION



### SLACK ADJUSTER WORKSHOP Pine Falls

This workshop will assist Class 1 drivers to obtain the "S" endorsement required in conjunction with the new legislation in effect as of January 1, 2001.

**SATURDAY, MARCH 10**  
10:00 a.m. to 12:30 p.m.  
**COST: \$40.00**

To register, or for more information, call: 1-204-642-5496.

### PUBLIC NOTICE THE RURAL MUNICIPALITY OF ALEXANDER

#### CHANGE OF COUNCIL MEETING DATE

The Public is hereby advised that the Regular Meeting of Council scheduled for March 13, 2001  
**WILL BE HELD MARCH 12, 2001**  
at 10:00 a.m.

BY ORDER OF COUNCIL OF THE  
RURAL MUNICIPALITY OF ALEXANDER

### GREETING CARD SERVICE REPRESENTATIVE required for Pine Falls

Calling on existing customers, merchandising all product lines. Approximately three hours every month. No selling required.

Please fax resume to  
**1-888-273-1844**  
(toll free) immediately.

Norm and I, along with our children, wish to thank family, friends and neighbors for sharing our fiftieth anniversary celebrations. We wish to thank each of you who gave us such beautiful cards containing warm wishes and memorable moments.

Special thanks to Chic Desautel and Bud Houston for assisting Father Chartier during our anniversary mass. Thanks also to the Legion House for permitting our children to use their accommodations. Mega thanks to Val who willingly helped with the decorations.

We are so blessed! Our children have done us proud.

Bless all of you,  
Norm, Helen and family

### For Affordable Advertising

### The Winnipeg River Echo

Lac du Bonnet 345-9896  
Powerview 367-9468

### AGASSIZ SCHOOL DIVISION NO. 13

### ANNOUNCEMENT

### PUBLIC MEETING

Agassiz School Division No. 13 invites the Public to attend The Annual Budget Presentation for the School Year 2001-2002

Place: Lac du Bonnet Senior School  
Lac du Bonnet, Manitoba

When: **MONDAY  
MARCH 5,  
2001  
7:00 p.m.**

# In Loving Memory On The Road Again



Thanks for the years that you gave us.  
For the good times what we shared.  
We only pray that when you left us  
You knew how much we cared.  
Missing you always,  
Loving you forever,  
Your Friend,  
Tracey (Manson)

Nixdorf, who passed away February 25, 2000  
February comes with deep regret. A month that we shall not forget.  
The tragic way you had to die. We shall always remember and wonder why.  
To hear your voice, to see your smile,  
To sit with you and talk awhile.  
To be together in the same old way  
Would be our greatest wish today.  
No one knows the sorrow we share  
When your special friends meet and you're not there.

## In Loving Memory



In loving memory of our best friend  
**Barry Nixdorf**  
August 16, 1951 -  
February 25, 2000

So many things have happened Barry.  
Since you were called away.  
So many things to share with you.  
Had you been left to stay.  
We cannot bring the old days back.  
Your hands we cannot touch.  
But we will always have sweet memories.  
Of our friend we loved so much.

Forever missed,  
Remembered always,  
Ben, Jean, and family

### August 10 Hartland to Moncton

Still proceeding in an easterly direction we come to Fredericton. I didn't get much information on Fredericton. So passing through to Moncton it was. Interest there is an area called Magnetic Hill and Tidal Bore. The Magnetic Hill offers an unusual experi-

ence. You drive downhill to a spot indicated by a white post, and then putting gears in neutral the car moves backwards actually coasting uphill.

The Tidal Bore runs up the Petecodiac River twice daily. It causes a small tidal wave from eight to 18 inches. The incoming tide moves upstream against the regular flow. The

bore passes 28.3 million gallons of water and the water level will have risen 25 feet. I heard this from information only. I didn't witness this myself. Campground for the night was Campers City.

*Thought For The Day*  
We had grapefruit so large, it took only eight to make a dozen.

## PUBLIC QUOTATION CRUSHING GRAVEL

The Rural Municipality of Alexander will receive quotations to crush and stockpile 5,000 cubic yards of traffic gravel from SE 1/4 36-14-11EPM, Old Pinawa Dam Area. Work is to be completed within a specific time frame as set out by the Rural Municipality of Alexander contract.

Lowest or any price not necessarily accepted, preference may be given to local contractors.

Sealed quotations marked "Crushing Quotation" will be received until 4:30pm, March 23, 2001 at the following address:

Rural Municipality of Alexander  
Box 100, St. Georges, Manitoba R0E 1V0

Attention: Rose-Marie Blanchette  
Chief Administrative Officer

## PUBLIC QUOTATION CRUSHING GRAVEL

The Rural Municipality of Alexander will receive quotations to crush and stockpile 5,000 cubic yards of gravel "Modified A Base" NE 10-19-7 of The Rural Municipality of Alexander. Work is to be completed within a specific time frame as set out by the Rural Municipality of Alexander contract.

Lowest or any quotation not necessarily accepted, preference may be given to local contractors.

Sealed quotations marked "Crushing Quotation" will be received until 4:30pm, March 23, 2001 at the following address:

Rural Municipality of Alexander  
Box 100, St. Georges, Manitoba R0E 1V0

Attention: Rose-Marie Blanchette  
Chief Administrative Officer

## PUBLIC QUOTATION FOR GRAVEL HAUL

The Rural Municipality of Alexander will receive quotations to load, haul and spread approximately 5,000 cubic yards of traffic gravel from Old Pinawa Dam Area to R.M. of Alexander roads in Ward IV area. Work is to be completed within a specific time frame as set out by the Rural Municipality of Alexander contract.

Lowest or any price not necessarily accepted, preference may be given to local contractors.

Sealed quotations marked "Crushing Quotation" will be received until 4:30pm, March 23, 2001 at the following address:

Rural Municipality of Alexander  
Box 100, St. Georges, Manitoba R0E 1V0

Attention: Rose-Marie Blanchette  
Chief Administrative Officer



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