



## A tisket a tasket... winners of Easter baskets!

*These young gentleman were the lucky little winners of our Bunny Hunt contest in last week's issue of The Winnipeg River Echo. Blayne Pember of Lac du Bonnet (left) and Slade Petkau of Powerview, both five-years-old, were wide-eyed and excited to receive a special Easter treat prior to the Easter Bunny's visit last Sunday. Their parents also received a one year subscription to The Echo.*



## Show your support at the Super Cities Walk for MS

by Toni Bruneau

The Multiple Sclerosis Society relies heavily on funds raised at many of its volunteer driven fundraising events across Canada. Funds provide services to individuals and families affected by MS and research support.

The annual cost of MS in Canada is a staggering \$1 billion. That is \$228 million more than the cost of all infectious diseases combined. Despite all efforts, MS is still an incurable disease. Although tremendous support from the many friends of the MS Society has resulted in real progress, much more needs to be done to provide help for those living with the disease, and hope for a cure in the future.

Show your support this weekend when Lac du Bonnet hosts its fifth annual Super Cities Walk for MS. Sunday, April 22. Check in starts at 11:30 a.m. at the Lac du Bonnet Arena. Start time of both the five and ten kilometre routes is 1:00 p.m.

The Lac du Bonnet walk

was a huge success last year. Over 80 walkers raised approximately \$16,000 to help people living with MS.

The goal for this year is to raise at least \$18,000 for continuing research and increased awareness among local residents.

Walkers can register at the Town of Lac du Bonnet office by 12:00 noon Friday or the day of the walk, with a \$20 registration fee. Organizers hope to see all the familiar faces and hopefully some new ones too!

The Super Cities Walk for MS is the fastest growing national fundraising special event for the MS Society of Canada. The successful one-day walks began in Canada in 1991 and are now held coast to coast. The event has expanded quickly and attracts more than 65,000 people annually, making it the MS Society's single largest fundraising event.

The Super Cities Walk for MS takes place across Canada in well over 100 communities.

Since its beginning, the walk has raised more than \$25 million for research and services.

An estimated 50,000 Canadians have multiple sclerosis. Prevalence rates range from one MS case per 500 people to one in 1,000 across the country. Canada is a high risk area for the disease, which occurs more often in countries like Canada, which are further away from the equator.

### Did you know?

*Did you know... Canadians have one of the highest rates of multiple sclerosis in the world?*

*Did you know... MS is the most common neurological disease affecting young adults in Canada?*

*Did you know... every day, three more people in Canada are diagnosed with MS?*

*Did you know... women are twice as likely to develop MS as men?*

*Did you know... MS can cause loss of balance, impaired speech, extreme fatigue, double vision and paralysis?*

*Did you know... MS was*

first identified and described by a French neurologist, Dr. Jean-Martin Charcot, in 1868?

*Did you know... we don't know what causes MS but researchers are closer to finding the answer?*

*Did you know... that the*

Multiple Sclerosis Society of Canada is a founding and very active member of the International Federation of Multiple Sclerosis Societies (IFMSS). Started in 1968, the IFMSS links 39 national organizations

See *SUPER CITIES*/page 15

## Coming up this week...

- RM of Alexander informational hog barn operation meeting Tuesday
- Pineview Minor Hockey dinner and awards Thursday
- Lac du Bonnet Curling Club's annual wind-up and awards Friday
- Power to Change speaker Lot Thunder at Anicinabe Elementary School, North Shore Friday
- Pine Falls Legion Branch #64 youth and senior dart tournament Saturday
- Lac du Bonnet Ladies Slo-Pitch Team, Cat's Meow Fundraising Garage Sale Saturday
- Super Cities Walk for MS Sunday

# NEW to The Winnipeg River Echo

**Q&A Corner**

SEE PAGE 12



Presenting... **A Circus Theme**

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## BINGO

### COMBINED ACCUMULATORS

<p><b>Bonanza</b> starting value this week <b>\$5203</b></p> <p><small>IF WIN POT STARTS AT 0000 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.</small></p>	<p><b>Minnie Loonie</b> starting value this week <b>\$816</b></p> <p><small>IF WIN POT STARTS AT 0000 Add 30% of sales on Monday. If not won, carry over total plus 30% of sales to Thursday.</small></p>	<p><b>Lucky 7</b> in 25 numbers <b>\$1173</b></p> <p><small>POT FREEZES 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 0000 in 11 numbers or less</small></p>
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**FOR UPDATES CALL 345-8825**

<b>Knights of Columbus</b>	Bonus Line - \$1730.00
Lac du Bonnet	Star - 1260.00
Community Centre	Loonie Pot - 200.00
Specials 7:00 p.m. Lot Lc 964	Special "Y" - 481.00
<b>Every Monday Evening</b>	Jackpot Strip - 55.00
	Poker Flush - 394.00

**FOR UPDATES CALL 345-8619**

<b>Lakers Ski Club</b>	Bonus Line - \$1340.00
Lac du Bonnet	Star - 680.00
Community Centre	Loonie Pot - 314.00
Specials 7:00 p.m.	Poker Flush - 5230.00
<b>Every Thursday Evening</b> Lot Lc 874	Special "Y" - 122.00

**FOR UPDATES CALL 345-6197**

<b>Royal Canadian Legion #164</b>	Bonus Line - 107.00
Lac du Bonnet	Star - 648.00
Legion Hall	Lucky 7 - 1623.00
Specials 7:00 p.m.	Poker Flush - 278.00
<b>Every Wednesday Evening</b> Lot Lc 863	#1 Loonie - 422.00
	#2 Loonie - 5480.00
	Jackpot Strip - 469.00

# Ball season just around the corner

The 2001 slo-pitch season is just around the corner.

**Pineview**  
Teams apparently coming back to the Pineview Mixed Slo-Pitch League this year include the Whipmasters, Mohawks, Diamond heads, Pistols, Five Star Shooters, Poppers, Die Hards, Out of the Blue and the Muskrats who are set to challenge the 2000 league champs, Powerview Fire.

This league is also looking to recruit two new teams for the upcoming 2001 slo-pitch

season.

The Pineview league will be holding their annual league meeting on Tuesday, May 3 at 6:30 p.m. in the Brickenwood Den at the Papertown Motor Inn with play set to begin Tuesday, May 15 at the Industrial Diamond and Rupert Park

The league entry fee for the Pineview league will be \$220 if paid in full at the meeting. A minimum payment of \$100 is required to register a team, with a second payment of \$125 due May 14.

Items to be discussed at the

meeting are: elections, Rupert Park repairs, league tournament May long weekend, 4P Festival weekend tournament, possible rule changes and pitchers' safety.

**Lac du Bonnet**  
The Lac du Bonnet Mixed Slo-Pitch League has an undetermined number of teams returning for the 2001 season and it is not yet known when their season will begin.

There will be a league meeting Tuesday night, April 24 at Lakeview, 7:00 p.m. Anyone interested in playing in this area is asked to come to the meeting, or supply a team representative to attend. If unable to attend, please call Jay at 345-0140 or Connie at 345-8859.

Both slo-pitch leagues had great seasons last year with Pineview accommodating 12 teams and Lac du Bonnet eight. There were a lot of exciting games, good plays, hard hitting and lots of fun. Baseball fans can look forward, and expect a lot of the same for the upcoming season.

**Lac du Bonnet  
Mixed Slo-Pitch League**

**ANNUAL MEETING**

**Tuesday, April 24** Call Jay 345-0140  
7:00 p.m., Lakeview Hotel or Connie 345-8859  
Team representatives required to attend. if unable to attend




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The  
Winnipeg  
River **Echo**

# Racetrack proposed

A new not-for-profit organization, the Winnipeg River Raceway Park, is proposing to set up a dirt bike and motocross racetrack on Highway 304, across from Mr. Pic's in Powerview. It is planned to begin work on the project this summer. Power toboggans will use the track in winter as well.

The project came about through the realization that riders of dirt bikes, ATVs and power toboggans need a safe place to use their machines in

the populated area of Pine Falls, Powerview and St. Georges. There have been complaints from residents of noise and safety hazards from local riders using ditches and side streets in these communities. The track is intended to eliminate the problem and promote a recreational area that will accommodate racers of all skill levels and expertise.

The track will be open all day on weekends and from 6:00 to 10:00 p.m. on week-

days.

The raceway is to be a professionally managed racetrack with facilities for competitors, members and spectators. Washrooms, showers, parking, electrical hook-up, campground facility, grandstands and a pit area are proposed.

It is intended that the new park committee will attract new members to its organization. The people who will be targeted will be both male and



Proposed site of the racetrack on Highway 304.

female. This group wants to attract youth and adults from the areas of Pine Falls, RM of Alexander, Stead and Powerview, Sagkeeng, the Beaches, Seymourville, Manigotagan, Lac du Bonnet, RM of Alexander, Stead and others.

# New reading program a success



Walter Whyte students participated in a new reading program, producing a hilarious play based on the book 'The Nose from Jupiter.'

by Charles Norman

For a little over two months, every Tuesday and Thursday evening, Walter Whyte parents and students in Grades 3 to 6 have been participating in a new reading program.

The program was organized by Terrie Moar, executive director of Bookmates; a Winnipeg based not-for-profit group with a mandate to work with children and adults to improve literacy. They work with children of kindergarten age, junior elementary school grades and have programs for children and adults.

The Walter Whyte program was based on a United Kingdom program, *Story Sack* (the sack refers to the bag that

books and other materials are carried around in). The book the children worked with, *The Nose from Jupiter*, deals with an alien from Jupiter who lodges himself in a young schoolboy's nose.

Easter Monday, Walter Whyte students entertained parents, teachers, and other students with a hilarious play based on the book. They also demonstrated a board game developed during the process and based on the book.

The book and the board game are available in the Walter Whyte Library. Knowledge of the book is needed to play the game.

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# Increase in recycling bags encouraging

Dear Editor:

Last week the Pine Falls Town council initiated a new program that will help reduce the amount of garbage taken to the landfill site. Residents of Pine Falls are given tags for their garbage, enough for homeowners to place an average of two bags per week on the curb. Additional tags must be purchased at a cost of \$1.00 per tag.

I commend Pine Falls Town council for taking this giant

step. In essence, they are forcing residents who don't want to pay for extra tags to become more environmentally friendly. I have always recycled, but now that the tag program is in place, there is a tangible reward for my effort.

Last Thursday, blue bags lined the streets ready for the bi-weekly recycling pick-up. The increase in recycling bags is very encouraging. My children have been taught what can be recycled and what, un-

fortunately, has to be thrown out. They notice other homes who, in the past, have had six to ten garbage bags placed on the curb for pick-up. And last week they noticed that these same families are finally becoming environmentally responsible. They were very excited to see so many people utilizing the recycling program.

I'd also like to commend the staff at Pine Falls Hospital for their recycling efforts. You have always recycled and in the past you have been the townsite's largest pick-up. Everyone knows that it's easier to throw something out than to rinse and flatten for recycling. The staff at the hospital have always put in that extra effort. Thanks for helping us reduce the amount of waste at the landfill. You are a great role model for everyone, particularly other businesses that have not always made recycling an important mandate. Keep up the good work.

Heather Adams  
Resident of Pine Falls



## ECHO MAIL:

### Letters to the Editor

Box 550 Ph: 367-9468 or 345-9896  
Pine Falls, MB Fax: 367-9974 or 345-0004

# Take another look at this decision

Open letter to: Reeve, Council and residents of the Rural Municipality of Alexander

I am a permanent resident of the municipality and have been a taxpayer in the municipality since the 1960s. Recently I sold my land, and bought a trailer in the trailer court that is mainly filled with permanent residents of the municipality. I have always been responsible about my garbage, recycling long before recycling became a buzz word. I am appalled that I now need a pass to get to the recycling bins, but I am prepared to pay the discriminatory \$10.00 fee for a three-year pass if with

this pass, I will be issued the same number of stickers for my garbage bags as other residents of the municipality. Instead, I am appalled to find that I am being treated as a tourist or an alien resident and will be required to pay \$1.00 a bag to dispose of my garbage. Now I personally do not generate a lot of garbage and the fee is not insurmountable, but I am opposed to being discriminated against because I am not a landowner in the municipality.

I suggest that this fee be removed because, contrary to what my councillor told me, it is NOT a tax. If it is a tax, then it is a SURTAX, because the municipality is already collect-

See DECISION/page 5

**PLEASE JOIN US FOR A**

## Surprise RETIREMENT

**COME & GO CELEBRATION**

for  
**Al "Soft Hands" The Barber**

**SUNDAY, APRIL 22**  
at the Legion House, 1:00 to 6:00 p.m.

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'00 FOCUS SE red, loaded, 4 cyl., auto, 18,000 km	15,995
'00 FOCUS SE red, loaded, 4 cyl., auto, 33,000 km	15,995
'99 TAURUS SE red, loaded, V6, auto, 111,000 km	13,495
'98 ESCORT ZX2 white, air, auto, 4 cyl., 78,000 km	11,995
'97 TAURUS SE green, loaded, V6, auto, 127,000 km	10,995
'95 THUNDERBIRD LX red, loaded, V8, auto, 78,000 km	11,395
'95 SABLE white, loaded, V6, auto	7,995
'95 ESCORT LX WGN green, loaded, 4 cyl., auto, 141,000 km	8,495
'94 THUNDERBIRD LX black, loaded, V8, auto, 180,000 km	9,995
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'97 F-150 XL R/C 4X2 S/B blue, air, 5 speed, V6, 78,000 km	13,995
'97 F-150 XL R/C 4X2 teal, well equipped 4.2 V6, 5 speed, 140,000 km	12,395
'96 F-150 XLT S/C 4X4 green, loaded, 5.8, auto, 125,000 km	16,495
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# Improving the environment around us

## Sunday, April 22 is Earth Day

submitted

People around the world take this day to reflect on progress that has been made in protecting the environment and also where we have fallen short. "Over the last 12 months, the Tembec-Pine Falls mill and woodlands operations have made significant strides in minimizing our impact on the environment" indicates Brian Kotak, Environment Director for the Pine Falls operations.

The most visible sign of this commitment is the new \$124 million thermomechanical pulp (TMP) mill. The TMP has reduced air emissions from the mill dramatically. In order to produce steam for drying the newsprint sheet and provide heat for buildings, the mill burns a combination of coal, sludge from the wastewater

treatment plant and bark. With the incorporation of a sophisticated heat recovery unit in the TMP, the mill will be burning 50% less coal than before. That also means 50% less air emissions. "Waste heat from the TMP is routed through the heat recovery system to produce steam rather than just venting it to the atmosphere" states Kotak. The heat recovery unit will be in full operation by mid to late April. The closure of the old sulfite mill will also greatly reduce sulfur dioxide emissions to the atmosphere and eliminate the sulfur smell that was a typical odor in town. The TMP has also had a positive effect on the mill effluent that goes to the river. In particular, the color of the effluent is now almost the same color as the

river water.

In addition to improvements in the mill, Tembec has committed to solve the Pine Falls sewage lagoon capacity problem. "Final plans are being developed right now to address this issue, and we hope to begin the work in late spring" indicates Kotak. "We are committed to fix the root cause of the problem once and for all."

The Pine Falls woodlands operations (now called Tembec Forest Resource Management) have been working for the last few years with university researchers to develop new methods of harvesting, which more closely resembles patterns left by natural disturbances (e.g., forest fires).

When implemented, this would mean a move away from clear cut logging to harvesting practices, which leave more trees standing, especially in wildlife corridors and patches. In the long run, new practices such as this could also improve forest regeneration, as more seed trees would be left on the harvest sites. The Forest Resource Management group has also spent a consid-

erable amount of time providing environmental training to their employees and contractors.

Perhaps one of the biggest projects that Pine Falls is working on, is the formation of a shared forest stewardship company (called Kiiwetino Ma"iingan) with local First Nation communities. "Shared stewardship of the resource

See IMPROVING/page 8

## Decision

continued from previous page

ing land taxes for the land on which I am residing. It IS an unfair fee for people who cannot afford to or have chosen not to own their own homes on their own land. I suggest that it IS a discriminatory tax for aboriginal people who rent in the municipality, for the elderly who having been taxpayers all their lives, have disposed of their homes in order to make ends meet on a fixed income, for poor families who are often unemployed or on social assistance, and for widows and widowers who are subsisting on a meagre fixed income. It makes one wonder what the Charter of Rights and Freedoms would have to say about such a decision by the municipality.

By imposing a fee on the poorest of the poor, in your municipality, you are hitting on people who might be tempted to dispose of their garbage in clandestine ways in order to avoid the fee. I might understand if this fee were imposed on people, who were temporary residents in trailer courts, who use this area for seasonal recreational purposes. Even then it would be a deterrent to tourism, a major industry on which the economy of this area depends. I am not a seasonal recreational resident. I am and have been a responsible resident of this municipality almost every year since my birth, near the end of World War II.

I suggest that the reeve and council take another look at this decision and come up with a fairer way for all residents of the municipality to dispose of their garbage.

Yours truly,  
Adele Duff

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# Lac du Bonnet RCMP report



The following constitutes the police report for the Lac du Bonnet detachment for the period of April 5 to 12.

**April 5:** A report was received of a small number of pulp logs being on PTH #11 near Blueberry Rock Road. No indication as to what truck they may have fallen from.

A suspicious vehicle was reported at a gas station in Lac du Bonnet. The vehicle was subsequently located on PTH #11 just south of Great Falls

and it was found that the three occupants had illegally entered Canada. Same indicated they were from Mexico and Texas and the vehicle had Texas plates on it. All were arrested and subsequently turned over to Canada Immigration.

**April 6:** An activated motion detector was reported at a cottage at Leisure Falls. Police attended and found the premises to be secure.

A report was received from Pinawa of an adult female be-

ing assaulted by an underage male who was residing with the complainants. The suspect had then packed some clothes and set out hitch hiking. Police located him in a vehicle and arrested him. He was charged for the assault and escorted to the youth detention centre.

A small blue vehicle doing power turns on PR 502 was reported. No further description was available, and police did not locate a vehicle matching this description during patrols.

**April 7:** A report was received from a business in Beausejour of receiving an NSF cheque from a resident of the RM of Alexander for work performed at the subject's residence.

An adult male reported being assaulted by another adult male at the Great Falls Hall.

Matter to be investigated by the Winnipeg River detachment, as both subjects reside in that area.

A vehicle parked overnight at a residence on Scott Crescent was reported to have been damaged by a hit and run driver.

**April:** A report was received of an intrusion alarm at the Credit Union in Pinawa. Investigation revealed same to be false, but had been set off by contractors.

Home made drug paraphernalia was found in the area of the baseball diamonds in Lac du Bonnet. Police attended and disposed of the items.

**April 9:** A report was received of a gold colored Tempo being driven erratically on PR 214 and turning off into the gravel pit area. Police subsequently patrolled the area but did not locate a vehicle

matching the description given.

**April 10:** An adult male was reported leaving a restaurant in Lac du Bonnet without paying for his meal. A general description was provided and patrols were made, however the subject had apparently departed and was not located.

**April 11:** A truck was reported broken into while parked at the gravel pits in the vicinity of Seddon's Corner and a number of items stolen.

A report was received from St. Rita in the RM of Reynolds of an adult male threatening another adult male and damaging his vehicle. Reported for information purposes at this time.

**April 12:** A ten-speed bicycle was found in a ditch along Brookfield Road.

## Pine Falls Community Billboard

**MMF Local:** meeting Tuesday, April 17, 7:00 p.m. at Mt. Pic's.

**Presental classes:** held regularly at Pine Falls. Please register with Gail 268-6106 or call your local public health nurse.

**Library Allard:** Tuesday 10:30 a.m. to 5:00 p.m. Wednesday and Thursday 1:00 to 5:00 p.m. and 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:** Tuesday 1:00 to 5:00 p.m., Thursday 4:00 to 8:00 p.m., Saturday 10:00 a.m. to 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., whilst every Thursday, 1:30 p.m.

**Winnipeg River W.I.:** meetings third Tuesday of every month, 7:00 p.m. Library Allard, St. Georges.

**Pine Falls Health Auxiliary:** meetings first Tuesday of every month, 1:30 p.m.

**Cottage Country Business Assoc.:** meets first Monday of the month, 7:00 p.m. October through May, ph 756-2596.

**Alcoholics Anonymous:** - Sunrise Group meetings every Monday, Wednesday and Friday 7:30 p.m. to 8:30 p.m., last Friday of the month open to the public, located at St. Georges Catholic Church basement.

**Pine Falls Legion:** meetings held second Thursday of the month 7:30 p.m. Legion, meet rallies held at Legion on Fridays 4:30 to 5:30 p.m.

**Pine Falls Masonic Lodge #154:** meets second Friday of every month, 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:** meets second Tuesday of each month.

**Winnipeg River Senior Service Inc.** Coordinator Tina Polischuk, Pine Falls Health Complex, phone 367-9128, 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 Atch Road 756-8018 or 756-2101.

**Happy To's Day Care:** 367-2601, board meetings last Monday of each month 7:00 p.m. at the daycare.

**Senior Scene Inc. #1 Atch Rd.,** Victoria Beach. General meetings second Tuesday of the month, 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.

**Pine Falls Library:** open 3:00 p.m. to 5:00 p.m. Monday and Thursday.

## Winnipeg River Church Services

**NOTRE DAME DU LAUS:** Powerview - Saturday evening 7:30 p.m. (English), Sunday 8:30 p.m. (French), 10:30 a.m. (English), Stead - Saturday 5:00 p.m.

**PINE FALLS UNITED CHURCH:** Sunday service Sunday school 11:00 a.m. Rev. Jack Ballantine-Dickson. Office hours: Tuesday to Friday 10:00 a.m. to 12:00 noon, ph 367-2633.

**PINE FALLS ANGLICAN CHURCH OF THE ADVENT:** Ph 367-8347. Rector, the Rev. Brian Rountree. Sunday Service at 9:00 a.m.

**ST. THERESA'S:** Masses at Notre Dame du Laus.

**ST. GEORGES:** Mass Sunday at 8:00 a.m. and 10:00 a.m.

**ST. JUDE'S ANGLICAN CHURCH:** Grand Marais, Holy Eucharist - second and fourth Sundays, 11:00 a.m. Morning prayer 11:00 a.m. - first, third and fifth Sundays.

**TRINITY EVANGELICAL LUTHERAN CHURCH:** 1 half leg, 1 mile east and 1 mile south of Junction #12 and #304. St. John's Evangelical Lutheran Church, Greenwald on Hwy. #12, 1 1/2 miles north of junction with #317. Sunday church school 10:00 a.m., worship 11:00 a.m. (alternate locations). For info call 635-2625 or 754-8682.

**CHRISTIAN FAITH FELLOWSHIP:** - Bible study 7:30 p.m. Wednesday, church service 10:30 a.m. Sunday school 10:00 a.m.

**HOUSE OF PRAYER FULL GOSPEL:** 2:30 p.m. every Sunday, Scantebury, on Hwy. #59.

**ST. MARGUERITE B.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 B.C. CHURCH:** located at Saglekeeng First Nations. Sunday mass 10:30 a.m.

**ST. THERESA B.C. MISSION:** RR 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) Saglekeeng South Shore, service Thursday 7:30 p.m. and Sunday 2:00 p.m.

**CHRIST CHURCH ANGLICAN:** - Sunday 2:30 p.m. at Hollow Water.

**GRACE BAPTIST CHURCH:** - Bible study, Wednesday 7:30 p.m., call Pastor Todd Goudy for information 367-2531.


## Rabies Clinic

Convenience at no extra cost

**SUNDAY, APRIL 29** APPOINTMENTS  
345-2535  
268-2177

**Powerview School**  
1:00 to 4:00 p.m. (flagpole entrance)

CONDUCTED BY  
**Dr. Marco Lopez**  
LAC DU BONNET VETERINARY SERVICE  
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Pets must be in good health and may be vaccinated against other diseases at this time.

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# Echo

Lac du Bonnet  
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Wally and the Playboys performed to an enthusiastic crowd at the Pine Falls Legion following their first annual car rally.

## Pine Falls Legion's 1st annual car rally

The Pine Falls Legion Branch #64 held their first annual car rally and dance Saturday, April 14. The rally registration was between 3:00 and 3:30 p.m.. There were 34 people who signed up for the challenge of figuring out all the clues and making it to each destination and back. The rally had nine cars filled with people all trying to solve the clues they were given and do it in the least amount of time. The winners of the first annual car rally are Garth and Susan Bodley, Kevin and Tannis Rogers, and Lana Cyr. They all received Easter baskets full of goodies and prizes. There was also a jelly bean count contest and the winner was Carrie Parisian who guessed 1200 jelly beans and the jar contained 1201.

The Legion had a dinner and dance that followed the rally and the band Wally and the Playboys performed to a packed house. Guests were treated to a great mix of music performed by Wally Parisian and many other local artists. An array of tasty finger food was served by Sonny's Chicken House and enjoyed by all. One guest said, "I had a great time,

the music was excellent and the rally was fun, I will definitely be back next year."

### Dart tourney

The Pine Falls Legion will be presenting a junior and senior dart tournament Saturday,

April 21. Entry to the Tournament will be \$5.00 per person. Registration will be at 9:00 a.m. and games will commence at 9:45 a.m. For more information call the Legion at 367-2718.

## Don't miss it!

### Lac du Bonnet Senior School Drama Club's production of *Steel Magnolias* - next week!

Don't miss the Lac du Bonnet Senior School Drama Club's 2001 production, *Steel Magnolias*, a play from which the movie was based.

This clever comedy takes place in a small Louisiana town back in the 80's. The stage is set at Trudy's beauty salon, which houses the close knit friendship between the all female cast. You'll experience, with the characters, the good times and laughter they share.

The Lac du Bonnet Senior School has been giving students an opportunity, through the drama club, to develop

their skills in these productions for over 20 years.

The entire production, from lighting and acting, to make up and prompters, have been the responsibility, and ultimately... pride of students in all grades at Lac du Bonnet Senior School.

Opening night for the production is Monday, May 23. It will run for four consecutive nights. For tickets call the Lac du Bonnet Senior School at 345-2585, and hurry... they're going fast!

Look for coverage in the May 1 issue of The Echo.

# WHAT MANITOBA'S BUDGET 2001 MEANS TO YOU

*Budget 2001 is our province's financial plan for the year ahead. It was developed with the input of Manitobans like you. That's why it supports the areas you have identified as priorities.*

### EDUCATION

#### *New hope for young people*

Over \$100 million more in support for public education over the last 18 months. No increases in post-secondary tuition fees. Hundreds more college spaces and stronger support for high demand training.

### HEALTH CARE

#### *Moving ahead for Manitobans*

Training and recruitment for nurses will be expanded and doctor retention will remain a priority. \$22 million will be used to replace aging hospital equipment and 80 new ambulances will be purchased.

### TAX REDUCTIONS

#### *Cuts we can afford*

We're speeding up our tax reduction plan. Based on the last two budgets, the average Manitoban will see a 10.5 per cent provincial income tax cut by 2003.

### FLOOD PROTECTION

#### *Preserving property and peace of mind*

We've committed \$40 million to expand the Floodway's capacity and \$25 million for flood protection outside Winnipeg.

**WORKING HARD TODAY. PREPARING FOR TOMORROW.**

Look for your copy of the BUDGET 2001 HIGHLIGHTS being delivered to your home.

[www.budget2001.mb.ca](http://www.budget2001.mb.ca)



**CATS MEOW GARAGE SALE**

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Saturday, April 21

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Highway 502

# Your family: talking and listening to each other

## Making the most of family conference time

Families everywhere are facing new challenges. Getting together, as a family, with other family members can itself be quite a challenge! Scheduling a family conference time is one way to keep up with each others' busy lives. Sometimes not all family members are available for a family conference because of work or travel. Important fam-

ily issues should be kept for a time when all family members can participate, but it's not always necessary to have every family member at the meeting.

Who constitutes a family member? That's what your unique family will have to decide. Sometimes you, as an individual, may be a member of more than one family. You, as a parent, your two children,

Aunt Mary and your current spouse (not the children's father) may be your family today. Everyone in your household is welcome at family conference time.

Use family conference time to: have a family time 'show and tell'; plan a special event like a birthday, a special meal, a picnic; discuss a trip, a vacation and how to prepare for it;

discuss 'can't wait' issues or disputes; or listen to favorite jokes or stories.

### Tips!

Take turns being the family conference leader; you might try to use a bell or whistle to restore order if your family conferences are hoisterous; the leader can also encourage quieter or shyer family members to participate by specifically asking for their input.

An older child can be a 'coach' for a younger child.

Make sure that everyone gets equal time to talk.

Everyone's ideas, opinions and information are valuable and respected, from the oldest to the youngest: there are no right or wrong ideas; remember to listen to others; ask questions that will help to explain an idea; don't interrupt; above all, try not to argue.

Make sure the focus is positive, not always negative.

# WINGS OF POWER



Look for interesting solutions to problems, even crazy ones, sometimes great ideas can come from what seem like silly ideas.

Try to establish a realistic length for the family conference and stick to that time line.

Discourage external distractions (television, radio, computer, telephone).

At the end of the conference, make sure that everyone understands their responsibilities if they are to do 'homework' for the next conference.

### Above all

Family conference time: can be fun and full of action; helps family members build self-confidence; shows respect for each other's likes and dislikes; demonstrates how everyone's views can be heard..

# Ask your Pharmacist

## Caffeine health risks

Caffeine, which is found in chocolates, a number of beverages and some medications, is well-known for the energy lift it provides. However, it is an addictive drug which can cause a range of health problems in people who exceed 'safe' daily intake levels.

Experts suggest that the safe limit for caffeine intake for healthy adults is between 100 and 200 milligrams, not more often than every three to four hours. Intakes greater than this (or even less if the person is sensitive to caffeine) can cause *caffetism*, which is characterized by symptoms

such as nervousness, irritability, restlessness, muscular twitches, insomnia, excessive urination or racing heartbeat.

If you are experiencing any of these symptoms stop taking all products containing caffeine. If the symptoms disappear within four to ten days, caffeine could indeed be the culprit.

Be aware that since caffeine is addictive, you could experience withdrawal symptoms within 12 to 24 hours if you stop taking it. Headaches, which are the major symptom, may last for more than a week. Other shorter-lasting symp-

toms include general lethargy, irritability, poor concentration or nausea.

Average caffeine amounts in drinks (148 ml cup):

coffee	170-180 mg
instant coffee	100 mg
decaf coffee	5 mg
brewed tea	60 mg
instant tea	30 mg
cola (355 ml can)	40 to 65 mg

Caffeine may also be found in some prescription and non-prescription medications. If you are sensitive or trying to cut down on caffeine, ask your pharmacist about ingredients in medication.

# Improving the environment around us

*continued from page 5*

with our local communities not only provides First Nations with shared decision-making in forest plans, but provides for much better use of traditional ecological knowledge and social values into our planning process" comments Bill Snell, Vice President and Chief Forester of Tembec's woodlands operation. "This is another way in which we can improve our environmental performance".

Tembec's Pine Falls operations were recently certified under the international ISO 14001 environmental certification process this winter. They are currently the only forest company in the province to achieve such a certification. Tembec has also recently

joined forces with the World Wildlife Fund, one of the largest environmental organizations in the world, to begin working towards Forest Stewardship Council (FSC) certification. Certain buyers of wood products (e.g., Home Depot) have made a commitment to purchase only FSC certified products from forest companies.

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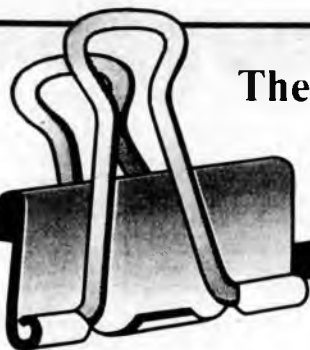
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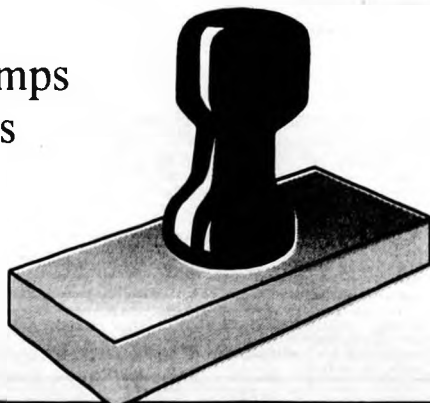
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# Expect the unexpected

Canadian agricultural associations are working hard to raise awareness about farm safety planning and accident prevention. Between 1993 and 1995, farm accidents resulted in more deaths than any other industrial sector in Canada. Agriculture is the fourth most dangerous industry in Canada, after mining, logging and forestry, and construction, according to the federal government's Canadian Agricultural Injury Surveillance Program.

Organizations such as the Canadian Coalition for Agricultural Safety and Rural Health, and the Canadian Farmers with Disability Registry are focusing on farm safety awareness. For instance, last year, the Canadian Agriculture Safety Week highlighted tractor rollover

protection and seat-belt use. This year's campaign ran from March 14 to 21.

Farm safety education is helping to reduce accidents. However, producers need more information of how to protect their operation and family if an accident does occur. Insurance coverage can help.

"Life insurance for a farmer with a mortgage is a cut and dried decision," says Jim Lamb, who manages a hog operation in Nova Scotia's Annapolis Valley. "You can't afford to not plan for the unexpected. Even if the primary breadwinner survives an accident, the family still has to make a living. Investing in the right insurance product that will help you or your family pay off mortgage debts is a shrewd business decision."

## What insurance is right for you?

It's important that producers are aware of the various insurance options so that they can choose the most suitable protection package for their operation and financial situation.

The following is a brief description of the different general types of insurance producers can consider. While not a comprehensive description, this list can help you begin discussions with your financial adviser or insurance broker.

The primary purpose of life insurance is to replace income lost as a result of a death. This insurance pays a benefit to a pre-designated beneficiary when the insured person dies. This type of insurance also offers pay-out options in the event of accidental death, dismemberment and terminal illness.

The accidental death option, sometimes called a rider, pays a predefined amount if the insured dies, loses a limb or becomes perma-

nently disabled as a result of an accident.

Life insurance comes in a number of different varieties, each of which may serve different purposes throughout a producer's lifespan.

**Term life insurance:** provides coverage for a limited period but can usually be renewed.

**Whole life and universal life insurance:** often used as investment products. Premiums are paid throughout the lifetime of the insured and can, with some plans, be waived after a predefined number of years.

**Accidental life insurance:** pays a benefit in the event of an accidental death.

**Creditor life insurance:** (also called mortgage insurance) pays off a debt if the debtor dies. Some policies also pay out when the insured is unable to make debt payments because of pre-defined illness or injury. The beneficiary is usually the financial institution to which the

debt is owed.

The other type of insurance that producers may find useful is disability insurance. It provides, subject to a predefined waiting period, an ongoing income if you become disabled and unable to work. There are limits to how much you can receive based on your pre-disability earnings. Rates vary based on occupational duties and length of time in a particular industry.

## Protect yourself and your assets

It's important that producers protect the future revenues of their operation, as well as their ability to pay off debt, when planning their insurance coverage package. It's also a good idea to review your coverage on a regular basis to ensure the options you have chosen continue to meet your operation's needs.

Canada's largest agricultural term lender, Farm Credit Corporation (FCC), offers access to creditor life insurance through its insurance carrier. This product features accidental dismemberment coverage that is specially designed for Canadian producers. As with insurance offered by private sector financial institutions, FCC can, through its carrier, offer group rates that are often less expensive than buying life insurance separately.

"When you take on a mortgage, it makes sense to get your insurance coverage at the same time," says Wes Gordon, FCC's Director of Product Development.

"That way, you know exactly what your payments will be and your family is protected in the event of death."

Today's producers must create a safe working environment to prevent injuries, but they must also plan for the possibility of accidents, Gordon adds.

"FCC supports farm safety initiatives. We've also listened to the needs of producers and agricultural organizations. That's why we have worked with our insurance carrier to enhance the features of the creditor life insurance product and we're working on future enhancements."

Farm safety and insurance coverage go hand in hand. Like most producers, you likely have taken steps to make your farm as safe as possible. If you haven't already done so, now is a great time to explore options to protect your family and farm operation's finances in the event an accident does occur.

For more information about FCC's creditor life insurance or the corporation's partnerships in farm safety education, contact your local FCC office, toll free 1-877-332-3301 or visiting [www.fcc-aca.ca](http://www.fcc-aca.ca).

## Lac du Bonnet Community Billboard

**3 & 4 Year Old Wellness Fair:** Wednesday, May 16, 1:00 to 7:00 p.m. Centennial School, Lac du Bonnet. For further information call Jodene at 345-1219 or Joanne at 345-2462.

**Sit and Be Fit exercise class:** Thursdays, Lac du Bonnet Pioneer Club, 1:00 p.m.

**Prenatal classes:** held regularly at Lac du Bonnet. Please register with Gail 268-6106 or call your local public health nurse.

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

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

**St. John's ACW** meets first Monday of every month 1:30 p.m., parish hall Lakeshore Al-Anon Group Thursday 7:30 p.m. Lac du Bonnet District Health Centre, 89 McIntosh, Call Teri 345-8712.

**Lakeshore Al-a-Teen Group** begins November 2, 6:30 p.m. at Lac du Bonnet Youth Centre (McArthur Avenue). Phone Kathie 367-8237, Vickie 345-6520.

**TO LIST YOUR COMMUNITY EVENT FREE OF CHARGE, CALL 345-9896**

## Lac du Bonnet Church Directory

### ABUNDANT LIFE CHAPEL

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

### LUTHERAN CHURCH OF THE CROSS

Pastor Kolleen Karlowky, church 345-8654, office 345-2919  
Sunday: 11:00 a.m. - worship service

### NOTRE DAME CATHOLIC CHURCH

Father Richard Macbura, 345-2900  
Lac du Bonnet: 9:00 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 Ranstree 367-4615, church 345-2357  
Sunday: 11:30 a.m. - worship; 11:30 a.m. - first and third Sunday of each month, holy eucharist.

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

**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, Rm 753-8403.

**Ladies A.A. Meetings** Thursdays 1:00 p.m., 18 McDermot, Pinawa. Doreen 753-8357

**Battered Women's Crisis Line** 1-800-362-3344

**Lac du Bonnet Health Centre Auxiliary** meets fourth Thursday of the month, Health Centre 1:30 p.m.

**Lac du Bonnet Wildlife Association** temporarily meets at the call of the chair. Call Peter 345-6190 for information.

**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 or 348-4610, Diane Dumas. 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.  
**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.

**Alzheimer Society** Theresa Conroy, Whittemouth 348-3505. Lac du Bonnet, Pine Falls, Victoria Beach, Pinawa, Beauséjour, Whittemouth, Quakbank, Hadash-wille.

**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

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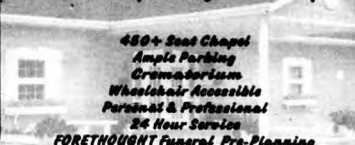
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## SILVER HAVEN MEAL PROGRAM

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

### Wednesday, April 18

Soup, roast chicken, mashed potatoes, gravy, green beans, jello

### Friday, April 20

Soup, garlic bread, lasagna, broccoli and carrots, strawberry short cake

### Monday, April 23

Coleslaw, beef stew and dumplings, lemon pie

# Resources for coping with loss

## Lac du Bonnet Regional Library Corner

The Easter weekend marks the beginning of spring – a season of hope and new growth. The warmth of the sun changes and we begin to look for buds

on the trees and new sprouts in our flower beds.

Share *The Story of Easter* with your children – learn about Palm Sunday, the first

communion as Jesus shared it with his disciples, the crucifixion of Good Friday, and the resurrection that followed three days later! Good Friday

does seem to be a misnomer. This children's book written in rhyme explains, "So why do we say... Good Friday, when we speak of the day Jesus died? Though it seemed to be a hopeless day, when Jesus laid down His life, it was part of the plan God had for His world to make all the wrong things right."

This lively new book is available for loan in our children's section!

Many in our community are having to deal with the loss of loved ones. This has been a difficult winter, and these losses affect us all. So perhaps this spring and Easter season is a good time to learn about the hope we can find in the midst of suffering, and find encouragement from the first hand experience of others and from counsellors who have written about it. We experience other losses in our lives as well. There is the death of relationships, the death of dreams, the death of a business enterprise or a job, or the sudden loss of good health. When looking for answers, please check our shelves for some good books relating to these topics.

*I'll Hold You in Heaven* by Jack Hayford offers healing and hope for the parent who has lost a child.

*Learning to Say Good-by* by Eda LeShan is a good re-

source to use when a child's parent dies.

*Death and the Life After* by Billy Graham answers questions about the process of dying and teaches loving ways to comfort those who are facing death.

*Where is God When it Hurts?* by Philip Yancey helps us put our questions about pain into perspective – physical, emotional, and spiritual – and helps us understand why we suffer.

*Wife After Death* by Peggy Anderson is based on her own experiences after the loss of her husband. She also tells the personal stories of other women who have dealt with widowhood. "This book does not suggest a 'right' or 'wrong' way for grief recovery. Rather it gives permission for all ways of grieving. Finally, this book is not just about coping with grief. It is also about the process of growth and transformation which parallels and outlives grief".

We have many more similar titles on display at the library – some old, some new. Check these out, or offer suggestions for books that you have found helpful. We hope you had a wonderful Easter! Family and friends are still the best source of support – make time for them all year-round and especially on special occasions.

# The fastest way to make willow furniture

## This weekend in Lac du Bonnet

### Recreation ramblings

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

Normally these three projects are produced in separate two-day courses. But you now have the opportunity to create all three projects in a condensed version all in ONE weekend!

How can that happen? All of the willow will be pre-cut by the instructor and ready to go. That's right! No trekking in the bush and cutting pieces each day! Over the course of two days, that's right – two days, you will have completed a willow table, willow arbor and a willow chaise lounge.

The instructor is very hard to book (we booked her for this course last spring) so this is your only chance this year to learn from Pat Lawrence.

The willow table and arbor course will take place Saturday, April 21 from 9:30 a.m. to 5:30 p.m. and the willow chaise lounge course will be held Sunday, April 22.

The supplies you will need include: a drill, hand pruning shears, long handled pruners, utility knife, permanent marker, fabric tape measure, drill bits (1 1/8 inch and 2 3/32 inch) and most important a good hearty lunch.

There is still room to register so call the rec office today as numbers have to be confirmed by Wednesday, April 18!

### Youth fishing league

Once again the Lac du Bonnet area will be part of the Provincial Recreational Fishing League for ages nine to 15 years. The league runs for six weeks starting May 21. Each team consists of six to eight children with a minimum of two adult coaches. Please contact the rec office to sign up or for more information.

### Last evening for mother/daughter gym night



"I had all the success I had ever dreamed of. But I found myself asking... why am I not enjoying life?"

### What if success isn't enough?

Is life unfulfilling? Answers to your questions about life and its meaning really do exist. To help you find those answers, the Christian churches in your community are offering you a complimentary booklet and CD. These free gifts explain how Jesus Christ can bring peace and contentment to your life. Power to Change offers you information that's worth thinking about.

### YOURS FREE!

For your free Power to Change booklet and CD, call the toll-free number or visit our web site.

### The Goal of My Life by Paul Henderson

The winning goal I scored in the last game of 1972 Canada/Russia hockey series has been called "The Goal of the Century". I still get a warm feeling when I think about it. Back then, I had fulfilled most of my boyhood dreams. Yet there was a restlessness, a discontentment I could not ignore. Fortunately a friend encouraged me to look into Jesus. After a two-year search, I became convinced he loved me and asked him to be Lord of my life. Since that day, I've never been the same. He's made a positive impact in my life. It hasn't been trouble-free. But the peace I experience every day assures me that his promises are true and real.

### Guest Speaker: Lot Thunder

FRIDAY, APRIL 20  
8:00 p.m. Assiniboia Elementary School  
North Shore

### Teen Challenge

FRIDAY, MAY 4  
7:00 p.m. Christian Faith Fellowship

ALL ARE WELCOME!

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# Round about the beaches



by Monika I. Evans

Easter Sunday was quite a different day. I got up at 5:00 a.m. while the rest of the world was still in bed. The only noise outside was the sound of a crow. An hour later I left while Snoopy was still fast asleep. It was quite chilly and had started to snow ever so lightly. I went to pick up my friends at Lakeshore Heights and we headed to Gruenwald to attend the 7:00 a.m. Lutheran service. I was really amazed that the church was packed. It was a lovely service.

We were treated to a delicious breakfast of assorted muffins, a fruit platter, pancakes, ham, juice and coffee. Even though there was a large crowd, the waiting time for a table was minimal and within an hour everyone had been fed. On each table was a platter decorated with coloured, hard-boiled eggs and chocolate Easter eggs.

I was home by 10:00 a.m. and felt as though I had already spent a full day. The rest of my day was basically spent doing routine tasks around the house until 2:00 o'clock when I received a phone call. It was from the son of a friend who had a cat that needed a new home. I had been looking for such a cat and went over to look Pepper over. He seemed like a nice placid cat when I picked him up. He is about a year old and is a domestic short-haired tabby, very similar to what my Tiger was. His coat is grey with black stripes and he has four white paws.

All the way over in the car, the cat was crying. How do you explain to a cat that it's not his fault that he has to have a new home? Hopefully we will all become good friends or at least good enemies.

Things were just fine until Pepper and Snoopy discovered each other. Right now, Pepper is hiding under my chair as I type this and Snoopy is cir-

cling the wagons. They have barked and hissed at each other and Pepper is ready to scratch Snoopy's face off if he gets any closer. Poor Snoopy is trying to make friends but at least has enough sense to stay out of the sharp claw reach. I think its going to be a very long night until they get used to each other. At least Pepper will have

plenty of places to hide. I hope that they settle their differences soon so I won't have to worry about them being alone together. On Tuesday I start a term position and will be out of the house quite a bit.

## Supercities Walk for MS

Hope to see a lot of you in Lac du Bonnet next Sunday,

April 22 to cheer us on as we participate in the Supercities Walk for MS. If you haven't sponsored anyone as yet, there are a number of us at the Seniors Scene who could use your help. Last year we ended up in the midst of a wild storm, so I hope this year it will be a lovely day.

## The Winnipeg River Echo

### Q & A Corner

The Winnipeg River Echo is providing this space to assist its readers in finding answers to their questions.

If you can help out with any of these requests, please respond to The Echo, so we can publish information, suggestions and tips in regards to our readers' curiosity. Questions and answers may be edited for both space and content. All correspondence must include the author's signature and daytime phone number, which will, at request, be withheld from publication.

Powerview Office  
56 Art Street, Powerview  
Box 550, Pine Falls, MB  
R0E 1M0

Lac du Bonnet Office  
100 First Street, Lac du Bonnet  
Box 1530, Lac du Bonnet, MB  
R0E 1A0

or email us at [theecho@granite.mb.ca](mailto:theecho@granite.mb.ca)

### This week's Questions

Q: What do people do with their wood ashes from their woodstoves?

Q: How do bird lovers keep birds from flying into their windows?

Q: To what degree is a pet owner responsible for their animals whereabouts in the Powerview/Pine Falls area?

Q: Are there grass burning restrictions in Lac du Bonnet and are there variations within the town and municipal limits?



## Volunteer Appreciation Days

2001

To our valued Volunteers Thank You for generously contributing to improve the quality of life to thousands of people. North Eastman Health Association Inc. is celebrating the contributions of volunteers who donate their time and talents to our Personal Care Homes, Hospitals, Community Programs, Palliative Care Programs, Meals on Wheels, Spiritual Care, Health Auxiliaries and Support Services to Seniors Programs.

**Please join us for coffee and treats the week of April 23 to 27**

<p><b>April 23 Plaavs Community</b> 2:00 p.m. NEHA Corporate Office W.B. Lewis Business Centre</p> <p><b>April 24 Beausjour Community</b> 2:00 p.m., East-Gate Lodge Personal Care Home</p> <p><b>April 24 Springfield Communities</b> 6:30 p.m., Kin Place Personal Care Home</p> <p><b>April 25 Victoria Beach</b> 10:00 a.m., Senior Scene</p>	<p><b>April 25 Pine Falls Community</b> 2:00 p.m., Sunnywood Manor Personal Care Home</p> <p><b>April 26 Whitemouth Community</b> 2:00 p.m., Whitemouth District Health Centre</p> <p><b>April 27 Lac du Bonnet Community</b> 2:00 p.m., Lac du Bonnet Personal Care Home</p>
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**Thank You!**

## Who I am makes a difference

A teacher in New York decided to honor each of her seniors in high school telling them the difference they each made. She called each student to the front of the class, one at a time. First she told each of them how they had made a difference to her and the class. Then she presented each of them with a blue ribbon imprinted with gold letters, which read, "Who I Am Makes a Difference." Afterwards the teacher decided to do a class project to

## ECHOES FROM THE Heart.

see what kind of impact recognition would have on a community. She gave each of the students three more ribbons and instructed them to go out and spread this acknowledgment ceremony. Then they were to follow up on the results, see who honored whom and report back to the class in about a week.

One of the boys in the class went to a junior executive in a nearby company and honored him for helping him with his career planning. He gave him a blue ribbon and put it on his shirt. Then he gave him two extra ribbons and said, "We're doing a class project on recognition, and we'd like you to go out, find somebody to honor, give them a blue ribbon, then give them the extra blue ribbon so they can acknowledge a third person to keep this acknowledgment ceremony

going. Then please report back to me and tell me what happened."

Later that day the junior executive went in to see his boss, who had been noted, by the way, as being kind of a grouchy fellow. He sat his boss down and he told him that he deeply admired him for being a creative genius. The boss seemed very surprised. The junior executive asked him if he would accept the gift of the blue ribbon and would he give him permission to put it on him. His surprised boss said, "Well, sure." The junior executive took the blue ribbon and placed it right on his boss's jacket above his heart.

As he gave him the last extra ribbon, he said, "Would you do me a favor? Would you take this extra ribbon and pass it along to the next deserving

See *WHO* /page 15

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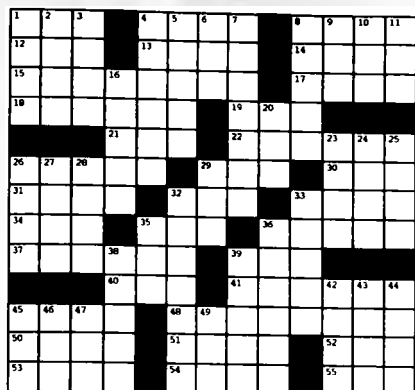
Government Road Allowance #317, Lac du Bonnet  
**345-6051**  
437 Park Avenue, Beausjour, 24 Hours  
**268-2263**  
Toll Free 1-866-424-6271

*In life, hardships can come without a moment's notice and catch us unprepared. Let Harvey and Julie of Russell Funeral Homes show you how you can prepare yourself and ease the burden for your family. This can be done in our offices or in the comfort of your home at your convenience. Call us today*

Julie & Harvey Giesbrecht

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INDEPENDENT CANADIAN

# WEEKLY CROSSWORD



## Une Carte de Paques

### ACROSS

- 1. Toward the stern
- 4. String
- 8. Lounge about
- 12. Denoting three
- 13. Orchard spray
- 14. Not at home
- 15. Friday, in Fannystelle
- 17. Cribbage markers
- 18. Sound system
- 19. Taro root paste
- 21. Printers' concerns
- 22. Basket, in Brossard
- 26. Seasoning seed
- 29. Trudeau monogram
- 30. Brother, for short
- 31. Old English rock piles
- 32. Gob
- 33. Inclination

- 34. Eggs
- 35. Damage
- 36. Outmoded
- 37. Easter, in Argentine
- 39. Native of Thailand
- 40. Greatest
- 41. Cupid's projectiles
- 45. Egg, in Ile Cadieux
- 48. Sunday, in Ste. Felicie
- 50. Pile of wood
- 51. Corrosive chemical
- 52. Tune
- 53. Take care of
- 54. Noel
- 55. Place to relax
- 27. \_\_\_\_\_ Scotia
- 28. Saddam's domain
- 29. Golf score
- 32. Monday, to many
- 33. A baby, to Burns
- 35. Encountered
- 36. Parade, in Pierrefonds
- 38. Starved
- 39. South Dravidian
- 42. South American wood sorrels
- 43. Flagellate
- 44. Que \_\_\_\_\_
- 45. Choose
- 46. Hurricane part
- 47. Vessel
- 49. Intensive Care Unit, abbr.

### DOWN

- 1. Versatile vehicles, for short
- 2. Worry
- 3. Fork feature
- 4. Lent, in La Salle
- 5. Margarnes
- 6. Radiator, for short
- 7. Fell in droplets
- 8. Rabbit, in Roberval
- 9. Be in debt
- 10. Fall behind
- 11. Lily, in Lyon
- 16. Frock
- 20. Cereal grain
- 23. Long legged water bird
- 24. Geological epochs
- 25. Got up
- 26. Astride

### LAST WEEK'S ANSWERS

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



## CRYPTIC PUZZLE

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

"NQSS FCL ABNHGZQDBZ IQBAFL PQFC  
JQEFR JLKHBMJ PHGFC HN MQJFOBKL GAB"  
- ZJSJRGFV

### Last Week's Solution

"LEARNING IS WHAT MOST ADULTS  
WILL DO FOR A LIVING IN THE 21ST  
CENTURY"

- PERELMAN

# WEEKLY ECHO HOROSCOPE

for the week of  
April 16 to 22

### Aries - March 21 to April 20

Home and family situations are on the rebound. Your optimism and enthusiasm spill over into the workplace, cheering those around you. Others see you as a positive force and want to be with you. Don't lose sight of health and diet concerns.

### Taurus - April 21 to May 21

Mystery surrounds events and people. You need to look behind the scenes for clues and answers. Now is the time for you to also work behind the scenes for best results. Stay alert - you may find out things others don't want disclosed.

### Gemini - May 22 to June 21

Now is the time to take some time to reflect on your life. Friends show their true colors and some you saw as opponents will come to your side. Take a cautious stance with finances. Your powers of observation are at a peak.

### Cancer - June 22 to July 22

Career moves are on the front burner, but don't neglect the home front. Work for a balance between all parts of your life. Long-distance communication could prove important to your future plans. Be receptive to changes, but don't give something for nothing.

### Leo - July 23 to August 23

You attract and inspire others with your personality and enthusiasm. It's time to take the initiative and ask questions. The answers might surprise you. Walk a middle course and seek advice from someone you trust and respect.

### Virgo - August 24 to September 22

Make sure you know what you want - now is the time you just may get it. Finances could be a trouble spot, but someone from the past comes through when you need it most. A reluctant friend may not know what to do. Know this and act accordingly.

### Libra - September 23 to October 23

Workplace worries are your chief concern now, but people are working behind the scenes to make sure you come out ahead. Don't get so concerned that you forget to take time for yourself. Splurge with a small indulgence. An old friend will be in touch.

### Scorpio - October 24 to November 22

Situations make it easy to get frustrated. Work to keep all parts of your life in balance. You're making progress, but it may be slow. Avoid the urge to speed things up. A slow, steady pace is what is needed. A long-distance friend shares some good news.

### Sagittarius - November 23 to December 21

Don't let your emotions dominate logic. You'll need a clear head in order to make an important decision. A friend or loved one may need some cheering up. Don't worry about what to say - just being there is enough. A mystery will be resolved.

### Capricorn - December 22 to January 20

Home and family take center stage. It's now your turn to come through for a friend or family member who helped you. Make sure contract terms or agreements are clearly spelled out in writing. Take time for yourself and catch up on your reading.

### Aquarius - January 21 to February 18

Don't be tricked by someone who really doesn't share your interests or concerns. Stick to your own course and do what you know is right. A family member's demands may be excessive. Stand up for your rights and don't give in.

### Pisces - February 19 to March 20

Now is the time to be clear-headed. Let logic, not emotions, dictate your actions. You may be tempted to overdo things, but step back and study the situation first. Others share your concerns but may be waiting for you to take the lead.

# Echo Classifieds

## For Sale

**Motor home** - 1979 Eldorado motor home, good running cond., asking \$7000. Call 367-9020. 44-2s

**Utility trailer** - manufactured on car chassis w/ 16" wheels. Box size 4 x 8 ft., has standard wiring, in very good cond., selling for only \$375, phone Bill at 669-2767. 44-TFN

**Aluminum boat** - 12 ft. aluminum boat, exc. cond., no leaks, brand name Bluefinn, cushion bench seats including Evinrude motor 9.8 hp., also in exc. cond., priced to sell at only \$1375, phone Bill at 669-2767. 44-TFN

## For Sale

**House for sale** - 3 Holly Street, Pine Falls. 3 bdrm. w/ attached garage, central air conditioning, centra vac, patio door, deck, stone fireplace in LR, call 367-8380. 45-4s

## For Rent

**House for rent** - Two bedroom house for rent, 8 miles west of Lac du Bonnet, ph. 345-2927 or 268-5312. 39-TFN

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

## For Rent

**Apartments for rent** - One and two bedroom apartments for rent, includes fridge, stove, utilities and parking. Coin laundry available. Very clean and well maintained, Phone after 6:00 p.m. 367-4922. 43-5s

## Shared Accommodations

one bedroom available, fully furnished house, \$430 per month, utilities included. Call 367-9020. 44-2s

## Garage Sale

**Saturday, April 21** - one mile north of Lac du Bonnet on Highway 502. Hosts... The Lac du Bonnet Ladies' Slo-Pitch Team 'Cat's Meow' - Don't miss it.

## Bankruptcy

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

## Services

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

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

## Traps

If you have traps you wish to sell, call Archie at 345-9079. 43-4s

## Lost Cat

Lost in Riverland area, Lac du Bonnet (near Bridge Lane), grey and white, 8-month old male cat. Call 345-8513 if you have seen him. 45-2s

## Cards of Thanks

A huge thank you is extended to the Winnipeg River Lions Club. Your generosity is greatly appreciated. Thank You.

Board of Directors  
Le Petit Soleil Mini School

We would like to thank our children, Bruce, Marlene, Bill, and Wendy and their spouses, Cynthia, Pat, Jeannine and Jim, along with our seven grandchildren Dema, Vanessa, Ryan, Franchesca, Crystal, Robert and Laine for such a nice weekend of food and fun on our 50th wedding anniversary. We are very proud of you all and give thanks every day, for such a nice family.

You also made a 97-year-old mother, grandmother and great-grandmother very happy when you all joined her for supper at the Golden West Lodge in Winnipeg on Saturday. "Love creates much happiness when shared with others". You all showed your love over the weekend. Thanks again.

Mom and Dad  
Gramma and Grumpy

Thank you for all the nice cards and flowers.

From friends,  
Ray and Shirley

## In Memoriam

**POWER, John (Jack)** - In loving memory of Jack Power, who passed away April 20, 19998.

*Gone from our sight, but never from our memories, Gone from our touch, but never from our hearts. We'll always love and remember you.*

Mary, John,  
Christy and Joel

## Anniversary



**50th Anniversary**  
**RAYMOND & SHIRLEY**  
**LAVALLEE**

celebrated  
50 years of Marriage  
**Saturday, April 14, 2001**  
**Congratulations!**  
From your children and grandchildren

## Birthday



**Happy 2nd Birthday**  
**HUNTER DOODLE!**

We love you lots,  
Mommy, Daddy  
& Dylan

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

## Lifeguards Swim Instructors

Lifeguards/Swim Instructors are needed for the Town Dock in Lac du Bonnet this summer. Applicants must be 17 years of age, and have valid certificates in the following: Bronze Cross, CPR, Standard First Aid, Water Safety Instructor.

For information contact the  
**Winnipeg River Recreation District**  
at 345-8816; or  
mail applications to Box 852, Lac du Bonnet, MB R0E 1A0;  
or email to [recomm@granite.mb.ca](mailto:recomm@granite.mb.ca)

**THE RURAL MUNICIPALITY OF LAC DU BONNET**  
**CALL FOR TENDERS**  
**GRASS CUTTING**

Tenders are invited for grass cutting at the following locations:

Brightstone, Polish, Red Deer Cemeteries (quote as one parcel or individually)	Tanco Crescent Park
Lee River Cemetery	Parkwood Bay
Lettonia Cemetery	Halliday Park
Lee River Roadside Park	Park Boulevard
Riverland School Point Picnic Area	Winnipeg River Bridge Park (includes trimming as instructed by PW Department)

Tenders should include bids on individual locations and may also include a joint quotation.

Separate tenders are also invited for grass cutting at the Riverland Cemetery.

Tenders should include a list of available equipment and specify the type of liability insurance carried. Quotations must also include Workers Compensation registration number. Tenders must be based on one cut per week from May 15, 2001 to September 15, 2001 and must include trimming around trees, structures, posts, headstones, walkways, etc., mulching and/or removal of trimmings from site.

Tenders are to be submitted to the following address, on or before 4:30 p.m. April 27, 2001 and must be clearly identified on the outside of the envelope.

**GRASS CUTTING TENDER - GENERAL**  
or  
**GRASS CUTTING TENDER - RIVERLAND CEMETERY**

M. Watson, Chief Administrative Officer  
Rural Municipality of Lac du Bonnet  
Box 100, Lac du Bonnet, MB R0E 1A0

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

**PINE FALLS PAPER COMPANY**  
**PFPC PUBLIC NOTICE**

PUBLIC NOTICE is hereby given that Pine Falls Paper Company will conduct the following:

- 1) Ground Chemical Site Preparation
- 2) Aerial Chemical Plantation Release

Several locations on FML 01 are identified for treatment in mid July and early September 2001 using the forest herbicide Vision TM to control competing vegetation on a maximum areas of 550 hectares.

FURTHER INQUIRIES may be made in the next 15 days to:

**MANITOBA CONSERVATION**  
123 Main Street, Suite 160  
Winnipeg, Manitoba  
R3C 1A5

The  
Winnipeg River  
**Echo**  
Lac du Bonnet 345-9896  
Powerview 367-9468  
Email us at  
[theecho@granite.mb.ca](mailto:theecho@granite.mb.ca)

# Super Cities Walk for MS in LdB

continued from page 1

from Argentina to Zimbabwe to share information and promote MS awareness and research.

## What is multiple sclerosis?

Multiple sclerosis (MS) is an unpredictable, at times disabling disease of the central nervous system—the brain and spinal cord. The disease attacks the protective myelin covering of the central nervous system, causing inflammation and often destroying the myelin in patches. The severity of MS, progression and specific symptoms cannot be predicted at the time of diagnosis. While MS can cause disabilities, it is important to remember for most people it will be many years before they may require even a cane on a regular basis.

**What causes MS?**  
It is not known as yet, what

causes MS. Most researchers believe that MS is an auto-immune disease. For reasons that are still unclear, the body's immune system malfunctions and starts attacking the myelin which protects the central nervous system. There is some evidence that MS may be triggered by a common virus, and that certain people are more susceptible to developing MS because of genetic factors. There is no evidence, how-

ever, that MS is a directly inherited disease. A number of genes are probably involved in whatever makes some people more susceptible to MS.

## Is MS contagious?

No, MS is not contagious, nor is it directly inherited although research studies now underway are suggesting that genetic factors make certain people more susceptible to developing MS.

## Who gets MS?

MS most often strikes young adults – women and men between the ages of 20 and 40 who are in their career and family building years. The average age of diagnosis is 30, but cases of MS have been diagnosed in childhood, and people in their fifties have been diagnosed as well. Women develop MS almost twice as often as men.

See next week for coverage and more on MS.  
Source: www.supercitieswalk.com

## Who I am makes a difference

continued from page 12

person you see. The young boy who first gave me the ribbons is doing a project in school and we want to keep this recognition ceremony going and find out how it affects people."

That night the boss came home to his 14 year old son and sat him down. He said, "the most incredible thing happened to me today. I was in my office and one of the junior executives came in and told me he admired me and gave me a blue ribbon for being a creative genius. Imagine. He thinks I'm a creative genius. Then he put this blue ribbon on my jacket above my heart. He gave me an extra ribbon and asked me to find somebody else to honor.

As I was driving home tonight, I started thinking about whom I would honor with this

ribbon and I thought about you. I want to honor you. My days are really hectic and when I come home I don't pay a lot of attention to you. Sometimes I scream at you for not getting good enough grades in school and for your bedroom being a mess, but somehow tonight, I just wanted to sit here and, well, just let you know that you do make a difference to me. Besides your mother, you are the most important person in my life and I love you!"

The startled boy started to sob and sob, and he couldn't stop crying. His whole body shook. He looked up at his father and said through his tears, "Dad, earlier tonight, I sat in my room and wrote a letter to you and Mom explaining why I had killed myself and asking you to forgive me. I was going to commit suicide tonight after you were asleep. I just didn't think that you cared at all. The letter is upstairs. I don't think I need it after all." His father walked upstairs and found a heartfelt letter full of anguish and pain. The envelope was addressed, "Mom and Dad".

The boss went back to work a changed man. He was no longer a grouch but made sure

to let all his employees know that they made a difference.

The junior executive helped several other young people with career planning and never forgot to let them know that they made a difference in his life... one being the boss's son. And the young boy and his classmates learned a valuable lesson. Who you are DOES make a difference.

You are under no obligation to send this on to anyone... not to two people or to two hundred. As far as I am concerned, you can delete it and move on to the next message. But if you have anyone who means a lot to you, I encourage you to send him or her this message and let them know. You never know what kind of difference a little encouragement can make to a person.

Send it to all of the people who mean anything important to you, or send it to the one, two, or three people who mean the most. Or just smile and know that someone thinks that you are important, or you wouldn't have received this in the first place. Remember that! I give you a blue ribbon. Who you are makes a difference, and I wanted you to know that.

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