

The  
Winnipeg  
River

# Echo



Legal Deposit  
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Winnipeg, MB  
R3C 1J5

comp.

Vol. 1, No. 46

Tuesday, April 24, 2001

\$1.00 tax included

## Opposition to hog barn heats up

### Rally set for May 8

by Charles Norman

Approximately 100 people showed up at the Rural Municipality of Alexander office at St. Georges for a public hearing on a proposal by Hans Muster to build three hog barns on his property about seven miles east of Stead. The meeting, originally called for 7:00 p.m. April 17, had to be postponed to 8:00 p.m. and moved to the basement of St. Georges Church to take care of the overflow crowd. It was close to midnight before everyone had had their say and the meeting could be adjourned. Muster plans a 6,000 hog

finishing operation, with the three barns holding 2,000 hogs each. Three times a year hogs at 50 pounds each would be finished (i.e. fed to a market weight of 240 pounds over a period of 17 weeks). At the end of the 17 weeks the barns would be cleaned, disinfected and made ready for another 6,000 hogs.

Muster's proposal has been approved by the provincial government and is now awaiting approval from the RM of Alexander and whatever restrictions the RM deems advisable to impose. Under provincial government regulations

sewage from the three hog barns will be injected six inches deep into land surrounding the barns. The land will be used to raise a variety

of crops. Nutrients in liquid waste injected into the land will balance the nutrients required by the crop, thus there should be no fertilizer overloading of the land and no pollution resulting from the operation.

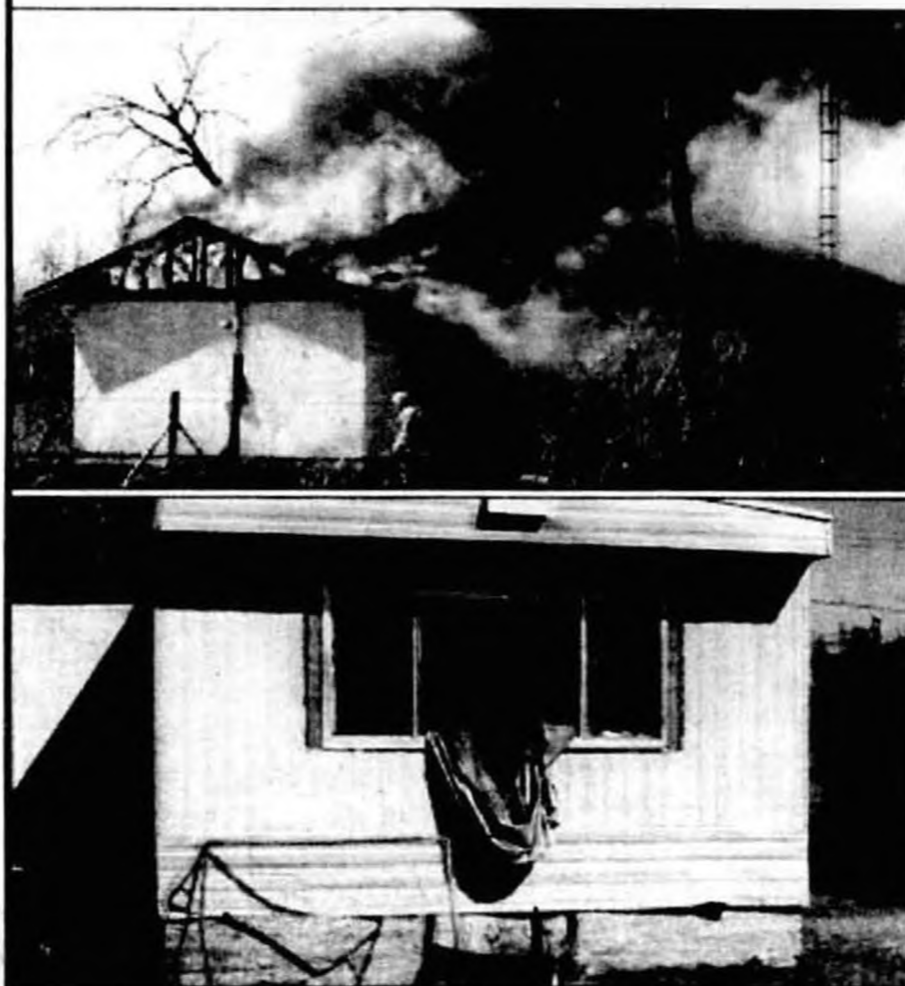
Opponents of the scheme are not convinced. Ken Young, president of the Albert Beach Property Owners Association, points out the Catfish Creek runs through the Muster property, and is afraid that sewage from the operation will runoff into the creek, and thence to Traverse Bay and Lake Winnipeg. He says the area in question is prone to flooding with a high risk of raw sewage getting into the watercourse. He says there is no monitoring of pollution effects in Catfish Creek included in the proposal nor is it required by provincial regulations. He would not be satisfied with monitoring however; he wants the project stopped and is organizing a petition in the Beaches area calling on the RM not to approve the application. The petition began circulating Friday evening and had collected 78 signatures by noon on Sunday. This does not include any-

one who has signed the petition at any of the petition accommodating stores in the Beaches area.

Young is upset because he did not get satisfactory answers to questions about water quality and the fact that there was no one at the meeting qualified to answer health questions. He was also upset that cottage owners were not notified, since most of them live in Winnipeg and did not see advertisements in the local newspapers. He pointed out that the \$6,700 in taxes that the project would generate for the RM was less than ten cottages would generate. He said more and more people are living full time in the area, and others are building homes with the intention of retiring there. He said polluting Traverse Bay, Albert Beach and Lake Winnipeg would cost the RM much more than \$6,700. He is not averse to development, but believes that this type of project should be subject to a referendum.

Young is organizing a rally at the RM office for May 8 at 9:30 a.m. The RM council meets at 10:00 a.m. to consider their decision.

## Fire damages two homes



For the second time in two years a fire has damaged the same house trailer at Powerview Trailer Court, now the home of Harold Schlepowich. The fire began sometime before 2:30 a.m. Monday, April 23. The trailer, was empty at the time. The cause of the fire is still under investigation.

An out of control grass fire was the cause of destruction to the home of Henry Letander in Sagkeeng Tuesday, April 17.



### Choker of the Year Award

The mixed rink of Lydia McCoy, Gord Karklin (Skip), Casey Worona (hiding) and Lynn Adrian received an award of dubious distinction for their performance during the Lac du Bonnet Curling Club's 2000-2001 season.

See story and photos page 9

# Lac du Bonnet Minor Hockey wrap-up 2000-2001 season



Brian Fergusson received the Brian Boulanger Memorial Award at the minor hockey wind-up last Sunday.

by Toni Bruneau

The Lac du Bonnet Minor Hockey Association held its annual banquet and awards presentations this past Sunday, April 22.

Lac du Bonnet Minor Hockey brought home a banner in every age group that banners were awarded.

All eight Minor Hockey teams participating achieved success this year, not necessarily measured by wins and losses but by the level of improvement, teamwork and dexterity displayed while competing at their respective levels, representing Lac du Bonnet.

There were a total of 76 players involved in the two Initiators teams, two Novice teams, the Atoms and Pee Wees this year, all of whom received certificates and awards for their efforts and participation.

The more advanced skill level divisions however, the

Bantams and Midgets teams, presented individual awards for most improved player, most dedicated/most valuable player and most sportsmanlike.

Many coaches and volunteers received tokens of appreciation on behalf of parents and players.

## Awards

**Bantam:** most improved – Jon Babiak, runner up Cody Stamler; most dedicated – Andrew Horbatiuk, runner up Chris Lussier; most sportsmanlike – Patrick Brincheski, runner up Jason Lapointe.

**Midget:** most improved – Darcy Patzer, runner up Tim Merke; most dedicated – Laurence Kingsland, runner up Danny Rivera; most valuable player (tie) Heiden Neurenberg and Kyle Stamler, runner up Peter Gross.

## Brian Boulanger Memorial Award

This award is given in memory of Brian Boulanger, son of Alice and Leo Boulanger who passed away suddenly in 1983. It reflects who Brian was and the example he set in Minor Hockey. This award is presented to a Lac du Bonnet Bantam player who is consistently hard working and a team oriented individual, as well as a good representative of an all round

hockey player. This year's recipient was Brian Fergusson.

## Recognition award

Effective February 1, 2001 it became mandatory that each minor hockey team involve a registered safety person in the Canadian Hockey Safety Program. Cheryl Zawislak received an award of recognition from the program, for her outstanding contributions to amateur hockey as a safety person as well as her commitment to fair play, respect and risk management.

## Coach of the Year

The Coach of the Year

award is presented to an individual who shows respect for officials, opponents and parents, and who embraces a philosophy of fair play. The recipient demonstrates a genuine concern for the development of players and a positive public image of coaching and the role of coach. This year's chosen recipient was Gary Rollins.

## Meeting

There are numerous positions on the Lac du Bonnet Minor Hockey executive, many of which may be vacant

See MINOR/page 15



Bantam award recipients (left to right): Jon Babian Most Improved; Andrew Horbatiuk Most Dedicated; Chris Lussier runner up; Patrick Brincheski Most Sportsmanlike.

# BINGO

## COMBINED ACCUMULATORS

<p><b>Bonanza</b> starting value this week <b>\$5807</b> IF WON 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>\$982</b> IF WON 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> starting value this week <b>\$1354</b> in 25 numbers 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 WON POT STARTS AT \$200 in 17 numbers 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. 584 <b>Every Monday Evening</b></p>	<p>Bonus Line - \$1782.00* Star - 1311.00* Loonie Pot - Special "Y" - 511.00* Jackpot Strip - Poker Flush - 441.00*</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. Lot Lic. 874 <b>Every Thursday Evening</b></p>	<p>Bonus Line - \$1414.00 Star - 735.00 Loonie Pot - 413.00 Poker Flush - 5295.00 Special "Y" - 184.00</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. Lot Lic. 453 <b>Every Wednesday Evening</b></p>	<p>Bonus Line - 163.00 Star - 710.00 Lucky 7 - 1720.00 Poker Flush - 52.00 Mini Loonie - 345.00 #1 Loonie - 522.00 #2 Loonie - 5652.00 Jackpot Strip -</p>
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Powerview 367-9468  
Email us at  
theecho@granite.mb.ca

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<p style="font-size: x-small;">P.O. Box 550, Pine Falls, MB ROE 1M0 56 Art Street, Powerview, MB e-mail: theecho@granite.mb.ca</p> <p style="font-size: x-small;">Powerview Office Ph: 367-9468 Fax: 367-9974 Lac du Bonnet Office Ph: 345-9896 Fax 345-0004</p>	<p style="font-size: x-small;">The Winnipeg River <b>Echo</b></p> <p style="font-size: x-small;">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.</p>
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# New pro for Pine Falls

by V. Anderson

Dale Mitchell CPGA is the new head golf professional/manager at the Pine Falls Golf Course. Mitchell is very excited about his move to the Pine Falls area. He and his wife Guylaine and their two children, Keith and Christine feel that Pine Falls is a great community that has lots to offer. Mitchell is looking forward to the 2001 golfing season. "I really enjoy meeting new people and I like the fact that this community is a lot like the place back home near Timmons, Ontario," he said.

"I began golfing when I was about seven or eight-years-old. My grandmother introduced me to the game. She was a very big part of my upbringing into the golfing industry," said Mitchell.

Mitchell studied his apprenticeship under golf professional Norm Clare who ran the Hollinger Golf Club in Timmons.

Mitchell has been a member of the CPGA for ten years. He said he believes "that things can come full circle if you work hard at doing something you like. I am a product of that belief. I started golfing when I was young and I kept at it, and today I am doing a job that I love."

It is Mitchell's intention to run the Pine Falls Golf Club during the regular season and off season, work in a joint venture with golf pro Jimmy Roy who is formally of the Pine Falls area.

The Pine Falls Golf Club will open the restaurant and bar on Tuesday, April 24 and it is hoped that the course will be open by the weekend of April 27 if the weather permits, and the course dries up a bit more. Karl Hutchinson is once again going to be the greens keeper for the 2001 season.

Mitchell wants to improve the golf club in many ways. One of them being to improve mem-

bership and work towards attracting new golfers to the game. Men's night will still be on Mondays and ladies night on Wednesdays. If there is enough interest the club would also like to have a mixed golfing night. Starting in July junior golfing clinics will be one day per week. *Demo Day* will be held on the driving range, this activity will coincide with the Men's and Ladies night golfing.

There will also be the regular tournaments that will run during the season. However the golf course is available for bookings and other tournaments. There will be golf lessons available by appointment. The Pine Falls Golf Club will also be having a spring clinic for anyone who is interested in the game.

For further information about tournaments, tee times, and general inquiries please call Dale Mitchell at the Pine Falls Golf Club 367-8463



Dale Mitchell, the new head golf professional/manager at Pine Falls Golf Course.

# Success shared at MS walk

by Toni Bruneau

The fifth annual Jory Capital Inc. Super Cities Walk for MS in Lac du Bonnet was a great success. A total of 97 walkers turned out to brave the cool temperatures last Sunday for the five and ten kilometre walk, up slightly from last year's total of 80. An overwhelming amount of participation was received from Lac du Bonnet and Pine Falls area, as well as the Beaches, Beausejour, Tyndall, River Hills, Pointe du Bois and Winnipeg, to name a few.

Total pledges collected on the day of the walk alone totalled a whopping \$13,454. Jeanne and Phil Lussier, organizers of the Lac du Bonnet walk, expect that once all pledge forms, donations and corporate sponsor contributions are collected the goal of raising \$18,000 will be met,

exceeding last year's total of approximately \$16,000.

This year's highest individual fundraising total was once again, with no surprise to organizers, provided by Paul Chapman of Lac du Bonnet who collected over \$5,000 in pledges.

The Grabowski family and friends team, Slow Pokes, acted as honorary 2001 Spokes Team for the Lac du Bonnet walk. A total of eleven members on this team walked the ten kilometre route, at a lei-

surely pace, on behalf of family members Kenneth Merek, Liz Bordeleau and Jazinth Stampher, who suffer from the disease. With MS being a hereditary disease the walk is a cause close to the hearts of the Grabowski team who, as a result of their efforts collecting pledges, raised \$1,500.

Dee Rickner from the Beaches said this was her second year attending the walk in Lac du Bonnet. Rickner, along with 13 others from the eastern Beaches made the trip as a

team to support MS. They hope to increase their numbers for the 2002 walk.

Mayor Glen Hirst, representing the Town of Lac du

See *SUCCESS*/page 11

**Lac du Bonnet Legion #164**

**WEEKLY ACTIVITIES**

Open Monday to Saturday 11:00 a.m. to 11:00 a.m.

**MONDAY**  
Table Top Curling 6:30 p.m. - Lounge

**TUESDAY**  
Cribbage 7:00 p.m. - Lounge

**WEDNESDAY**  
Po Ke No 2:30 p.m. - Lounge  
Bingo 7:00 p.m. - Hall

**THURSDAY**  
Darts 7:00 p.m. - Lounge

**FRIDAY**  
Bingo 7:00 p.m. - Lounge

**SATURDAY**  
Meat Draw 2:30 p.m. - Lounge

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**Lac du Bonnet Senior School Drama Club**

presents... *Steel Magnolias*

OPENING NIGHT WAS MONDAY, APRIL 23

but you still have a chance to witness the talents of the LdBSS drama club students this week

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# Church vandalized

The Roman Catholic Church at Sagkeeng was vandalized some time between Tuesday evening and Wednesday morning April 17 and 18. The large round window that

was above the altar area was smashed leaving glass strewn all around the pews and altar area. The vandal(s) used vases and rocks from the cemetery to throw through the window.

Also broken were sensor lights that are attached to the church tower. There was also some damage done to grave stones.

"The church was built on voluntaryism, a lot of hard work and the giving of many people's kindness. I hope that this type of thing does not happen again," said Norbert Guimond who is one of those volunteers and a church member.

Percy Alexander said, "Father Lavel Cloutier had just left town the Sunday before this happened. He went home to visit family and friends. I feel bad that he will return to find this kind of thing happen to our church. I told him I would look out for the place



The statue representing the crucifixion of Jesus Christ at the Roman Catholic Church at Sagkeeng was vandalized, separating the body of Christ from the cross, which is seen here lying on the grounds at the cemetery.



A circular window of the Roman Catholic Church above the altar was broken by senseless acts of vandals last week.

in his absence."

There were volunteers already at the church cleaning up

the debris Wednesday afternoon. The matter is still under investigation.

## Great breakfast ideas

Layer a whole wheat toasted waffle with half a cup of plain yogurt and half a cup of berries.

Scoop half a cup of lo fat cottage cheese into a cantaloupe or honeydew half.

Mix two or three of your favorite cereals together, top with strawberries and add milk.

Spread whole wheat bread with margarine; sprinkle with cinnamon and brown sugar. Toast in oven until crispy.

### Le Petit Soleil Mini School

### PRE-REGISTRATION

FOR THE 2001/2002 SCHOOL YEAR

WEDNESDAY, MAY 9

6:30 to 8:00 p.m.

Le Petite Soleil Mini School located at the Pine Falls School



Ages Three and Four



For further information call Lynn at 367-8092

## Prisoners take care of dwarf mistletoe

Minimum security prisoners from the Interlake community of Rockwood are getting rid of diseased jackpine along Highway 59.

Rockwood is part of the

medium security federal penitentiary of Stony Mountain. Glen Fontaine, an instructor with Rockwood Agribusiness is running a chainsaw certification course for inmates of

the institution. It is the first certification course in Manitoba and includes selective cutting and directional falling. Most of those taking the course are aboriginal, and the jackpine harvested during the course is used in sweat lodges which are a fundamental part of spiritual training available at Rockwood.

The selective cutting of jackpine infested with dwarf mistletoe helps to reduce the spread of the parasite and eliminates dying trees that are a high forest fire risk.

Rockwood Agribusiness is a part of Corcan, a special operating agency of the federal government.



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### 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.

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### Guest Speaker: Lot Thunder

FRIDAY, APRIL 20

8:00 p.m. Anicinabe Elementary School North Shore

### Teen Challenge

FRIDAY, MAY 4

7:00 p.m. Christian Faith Fellowship

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## Papertown ECHOES' Motor Inn presents... Chocolate Pie



APRIL 26-27-28

THURSDAY — FRIDAY — SATURDAY

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# No casino planned for Ironwood

Rumours that the Brokenhead Ojibway First Nation is planning to build a casino at Ironwood Point at the end of Hillside Road are not based on fact.

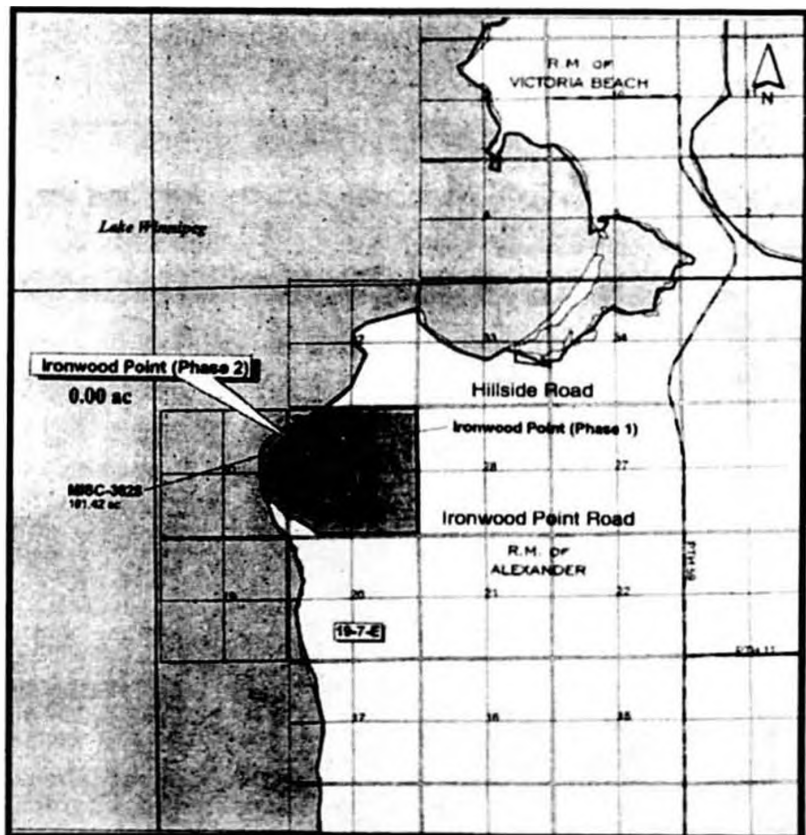
Brokenhead is planning a casino, but it will be located on existing Brokenhead territory, and built immediately south of the Sergeant Tommy Prince School on Highway 59. Brushing in the area has already begun preparatory to carrying out soil testing work. It is anticipated that the casino will employ 400 to 500 people when it goes into operation.

The rumours began because the Brokenhead Ojibway First Nation has claimed 690 acres of crown land at Ironwood Point under their treaty land

entitlement.

Brokenhead's treaty land entitlement totals 14,000 acres and came about because, under the various treaties, the sizes of reserves were based on a per capita acreage. Initial errors in counting those people covered by the treaty resulted in insufficient land being allocated to about 20 reserves in Manitoba. Of the 14,000 acres, 4,000 will be the direct transfer of crown land, and 10,000 acres would have to be purchased prior to being part of the reserve.

Because Brokenhead is the closest First Nation to Winnipeg they have first claim on the federal government land at Kapyong Barracks on Kenaston Boulevard as part of their treaty land entitlement.



# An Evening of Enchantment

Ecole Powerview School's high school drama class will be performing *The Beautiful Princess Sasha* for their 2001 production.

This play is a fable written for theatre and is sure to entertain young and old. If you have been hoping for a break from the mundane — this play will fill your evening with fantasy, romance, and drama.

There are eight high school drama students performing the lead roles and

some younger students will assist with a supporting Reader's Theatre in the background.

Not everyone has a chance to see the medieval castles of long ago times and places... but everyone can experience the mystic and magic of this enchanting time by coming to The Castle of the Lower Valley, Thursday, May 3 or Friday, May 4. Tickets are available at the high school 367-2296. Curtain time is 7:30 p.m. each evening.

It is an evening everyone should mark on their calendar as a MUST SEE!. *The Beautiful Princess Sasha* has great costumes and masks and you'll be thrilled and entertained by the talents of our students' performances.

All are welcome to the "castle" for an evening of enchantment... hope to see you there!



Powerview High School Drama Club students rehearsing *The Beautiful Princess Sasha*.

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**SUNDAY, APRIL 29**

APPOINTMENTS  
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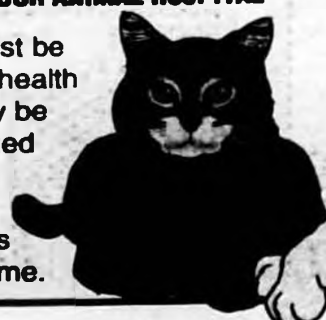
Powerview School

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

CONDUCTED BY

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# The cracked waterpot Short Shots

## ECHOES FROM THE Heart.

A water bearer in India had two large pots, each hung on each end of a pole which he carried across his neck. One of the pots had a crack in it, and while the other pot was perfect and always delivered a full portion of water at the end of the long walk from the stream

to the master's house, the cracked pot arrived only half full.

For a full two years this went on daily, with the bearer delivering only one and a half pots full of water in his master's house. Of course, the perfect pot was proud of its ac-

complishments, perfect to the end for which it was made. But the poor cracked pot was ashamed of its own imperfection, and miserable that it was able to accomplish only half of what it had been made to do. After two years of what it perceived to be a bitter failure, it spoke to the water bearer one day by the stream.

"I am ashamed of myself, and I want to apologize to you."

"Why?" asked the bearer. "What are you ashamed of?"

"I have been able, for these past two years, to deliver only half my load because this crack in my side causes water to leak out all the way back to your master's house. Because of my flaws, you have to do all of this work, and you don't get full value from your efforts," the pot said.

The water bearer felt sorry for the old cracked pot, and in his compassion he said, "As we return to the master's house, I want you to notice the beautiful flowers along the

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### Lac du Bonnet Senior School

by Stephen David, Principal  
Report Cards: Report cards went home with students last Friday. If you didn't receive yours, please contact the school.

Drama update: *Steel Magnolias* will be presented by the Lac du Bonnet Senior School Drama Club nightly until April 26. This play focuses on the experiences of six friends who converge at a local beauty shop. The club is asking all former Drama Club members to attend since this is the 20th anniversary production.

Save your labels: We are currently in the middle of a Campbell's Soup label drive. If you would like to contribute, we have drop-off boxes at Campbell's store, the bowling lanes and of course, here at the school.

Boys in motion: All the male students from Lac du Bonnet Senior School and Pinawa will be involved in a full day of action-packed activities Friday, May 11. *Move It* is the theme for the day, and it's shaping up to be a blast. Wall climbing, martial arts, football, golf and mountain biking are just a few of the activities being offered that day. This even is being sponsored by Agassiz School Division, the School District of Whiteshell, parent volunteers, Winnipeg River Recreation District and North Eastman Health Association.

PAC meeting: The Lac du Bonnet Parent Advisory Council met Wednesday, April 18. For further information, please

contact either Arlene Rollins or Lynette Ulrich.

Sports update: This month badminton is the sport at Lac du Bonnet Senior. The varsity championships were held April 17 to 19 and the Grade 7 and 8 playdowns will be April 24. Practices will begin next week for Grade 7 and 8 baseball.

New staff members at LdBSS: Linda Rowbottom was recently hired as the special needs teacher for 2001-2002 and Carrie Thomas will be our new counsellor.

Student Artisan: Danny Dooley, a Grade 7 student, has wood projects available and on display at the Craft Basket. Please feel free to drop by and take a look for yourself. We can also accommodate special orders... for further information, please contact Brenda Severinsen at the school.

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

Thanks: Thanks to Norm Scott at True Value for giving one of our resource students a deal on a scroll saw. Your kindness is greatly appreciated.

### Pine Falls Community Billboard

MMF Local: meeting Tuesday, May 1, 7:00 p.m. at Papertown

Prenatal 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., whist every Thursday, 1:30 p.m.

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

Pine Falls Health Auxiliary: meetings first Tuesday of every month, 7:30 p.m. Cottage Country Business Assoc.: meets first Monday of the month, 7:00 p.m. October through May, ph 756-2596

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

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

Pine Falls Masonic Lodge #154 meets 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 Ateah Road, 756-8018 or 756-2101

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

Senior Scene Inc. #1 Ateah Rd., Victoria Beach. General meetings second Tuesday of the month, 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 Ruuntree. Sunday Service at 9:00 a.m.

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

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

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

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

CHRISTIAN FAITH FELLOWSHIP - Bible study 7:30 p.m. 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 R.C. MISSION Pitt Road - Traverse Bay, 11:30 a.m. Sunday additional mass mid-June through Labour Day 7:30 p.m. Saturday - Closed November 1 to April 30th

ST. ALEXANDER R.C. CHURCH located at Sagkeeng First Nations. Sunday mass 10:30 a.m.

ST. THERESA R.C. MISSION 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) Sagkeeng South Shore, service Thursday 7:30 p.m. and Sunday 2:00 p.m.

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

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

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# Hop-a-thon for muscular dystrophy

submitted

The Le Petit Soleil Mini School held a hop-a-thon for muscular dystrophy April 19. We combined our three and four-year-old classes for an hour of songs, hopping games and our two minute hop-a-thon. Donuts, cookies and drinks were served to our hungry and thirsty little hop-

pers after the hop-a-thon.

The hop-a-thon was a success due in a large part to the support of the parents of our classes. The week leading up to the hop-a-thon was filled with crafts, songs and pictures showing our classes that children with disabilities are the same as everyone else, except they sometimes

need a bit of extra help.

Kristy and Felicia would like to thank Robin Cyr, Lynn Osis, Lynn Chevretils and Tonya Kemball for your extra set of hands during the hop-a-thon and we would also like to thank Jeremy Pedden, Kurt Wilcott, Kyle Cyr, Michael Ussel and Clifford Houston for helping

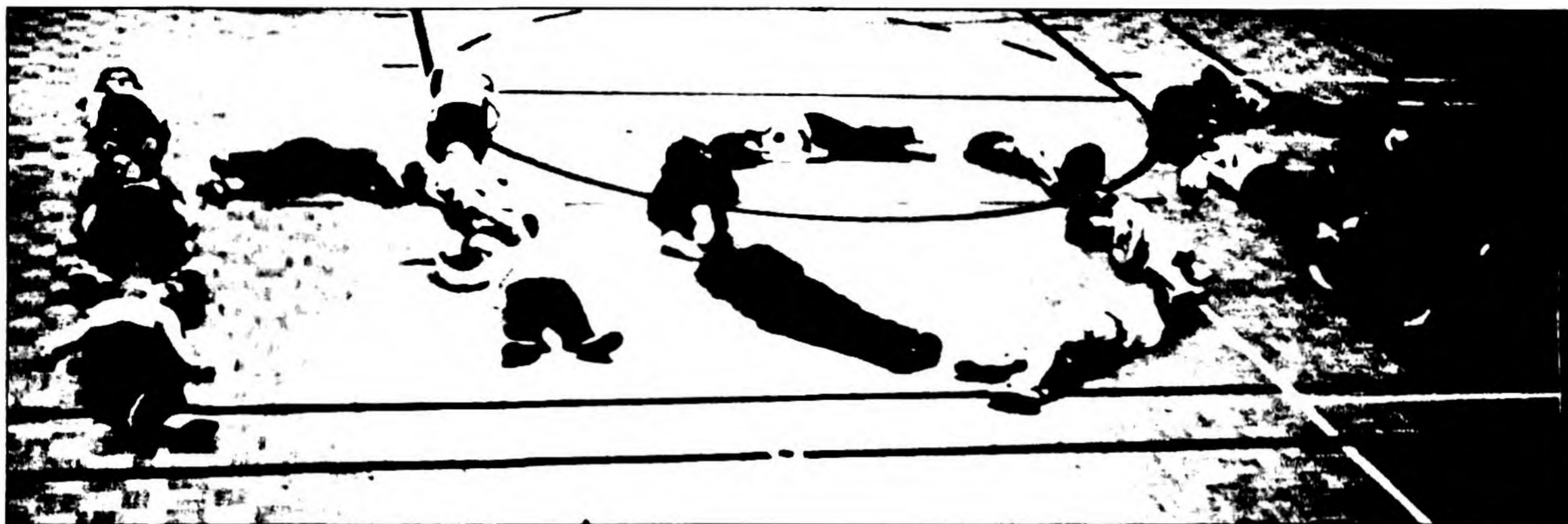
us set up the gym prior to our special event.

This hop-a-thon was a hopping success and our children raised close to \$950 for muscular dystrophy. We are very proud of our hoppers!

**Le Petit Soleil Mini School's Poem**  
*Children with disabilities*

*need our help you know. Raising money to help them cope is the way to go. So look at all these children hopping here today. And know that they have helped these kids in a very special way!*

*"Until there's a cure, there's us."*



Le Petit Soleil Mini School held a hop-a-thon April 19. Here children participate in spelling fun.



Children at the Le Petit Soleil Mini School's hop-a-thon.

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# Stranger safety in cyberspace

## Smart surfing basics

by Mary Ann Haddad

Taking a look at personal safety from another perspective, safety on the Internet. How do we determine the level of vulnerability one might face through our computer and Internet chat rooms? The challenge is to find a positive way to instill a level of awareness and caution without taking away the creativity and learning that occurs through Internet and the world of cyberspace. This article is to help reinforce information our children probably have already heard before about Internet - cyberspace safety.

Since we were a little child,

mom or dad probably warned you not to talk to strangers. The same goes for the world of cyberspace. It's not a good idea to talk or chat with strangers you might meet online, whether you meet them in a chat room or you get an instant message or an email from them.

Although these messages sound friendly and harmless, you can't see or hear the other person. This means you can't tell if the person is who they say they might be, which can be dangerous if the person is lying. You have no way of verifying the information.

It's find to chat with rela-

tives or friends you know, that one of the great things about the Internet that it brings the person right into your home. But it is a good idea to ignore messages from people you don't really know, and to encourage your child to let a parent or adult know if you have heard from a stranger or someone you don't really know. Avoiding dangerous sites not suitable for children are the best bet. There is special software that can be installed to help children be find the most user friendly sites and also place blocks on the sites that are not suitable or have a risk factor. The software programs can act as online lifeguards

When there is a website or

information that makes one feel uncomfortable or confused, its best to let an adult know and they can help decide what might be the best thing to do in handling the situation, which might include changing your email address or telling the police depending on the circumstances. Other things to keep in mind in order to protect yourself is not to share personal information like your address, phone number, passwords or photographs with some one you do not know.

If we approach our personal safety in a similar manner as to how we invite strangers into our home puts things in context in sharing or meeting someone in cyberspace

## WINGS OF POWER



### through our computer. Activities at Wings of Power

Fibromyalgia support group is held in the evenings from 7:00 to 9:00 p.m. the third Thursday of the month. Contact Ginette at 367-2988.

Spring prenatal classes will begin May 14 held from 7:00 to 9:00 p.m., for further information contact Kelly at 367-9050.

Caregiver and kids: looking for some time out and something different to do with your child or children come in spend time together. The times are Tuesday and Thursday from 1:30 to 4:00 p.m. We look forward to seeing you.

Drop in: Monday and Friday from 1:00 to 4:00 p.m. and Wednesday 9:30 a.m. to 12:00 noon.

If you have ideas of activities or workshops you would like to see being offered please don't hesitate to call and let us know. If you would like a calendar of activities call for information and get added on to the mailing list. Contact Mary Ann at 367-9641.

# Ask your Pharmacist

## Cancer awareness

Cancer is a disease which results from uncontrolled growth of abnormal cells. It can spread and affect more than one part of the body. It is estimated that four in ten Canadians will get a cancer during their lifetime and one in four will die from cancer.

It is estimated that about

one third of cancers are caused by smoking and another one third by poor eating habits, so you can see that lifestyle modifications are every important in preventing cancer.

### Preventing Cancer

1) Be smoke free. This is the single most important thing

you can do for your health. Besides lung cancer, smoking causes cancer of the bladder, pancreas, stomach and kidney.

2) Use alcohol in moderation. This means two or less drinks per day.

3) Eat a diet low in fat and high in fibre. Fibre affects the intestinal mobility and may reduce the risk of colon cancer. In addition "phyto-chemicals" found in fruits and vegetables

may reduce cancer risk. Foods rich in phyto-chemicals include broccoli, cauliflower, cabbage, onions, garlic, red grapes and grapefruit.

4) Reduce the amount of salt or nitrate cured or smoked meat in your diet. This includes hot dogs, bacon, ham and charred foods.

5) Maintain a health body weight. Keep within 20% of your ideal body weight or maintain a body mass index of 25 or less.

6) Exercise regularly. 30 minutes at least three times a week of moderate exercise i.e. brisk walking, swimming or cycling.

7) Avoid the sun. The sun's rays are strongest between 11:00 a.m. and 3:00 p.m. Protect your skin with a sun screen with an SPF of 15 or more, protective clothing and a hat.

8) Practice safe sex. Sexually transmitted diseases can lead to cervical cancer. A condom is your best protection against these diseases.

9) Follow safety instructions when using hazardous substances at home or at work.

10) Get regular physical check ups, pap tests and mammograms.

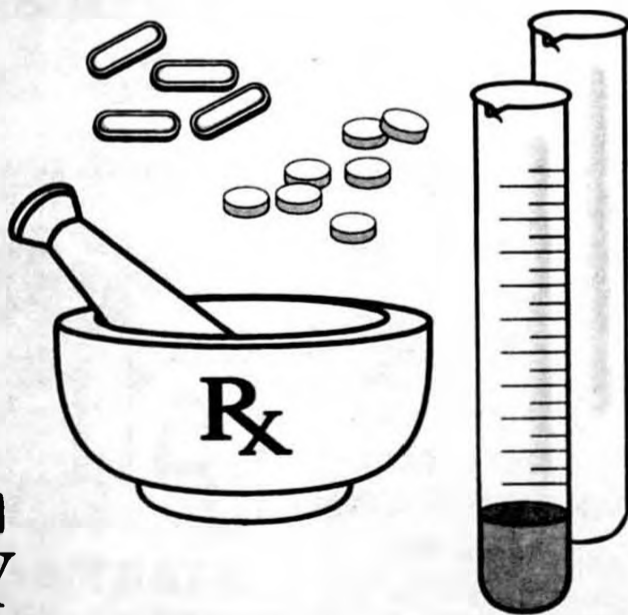
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# Curlers wind up season

by Toni Bruneau

Lac du Bonnet curlers wound up the 2000-2001 curling season at their annual banquet and awards presentation Friday, April 20. Teams from the ladies, men's and mixed leagues were well represented at the event and thanks was expressed to the Lac du Bonnet Curling Club executive and league coordinators for their hard work and dedication this past season.

## Ladies winners

**Aggregate:** Vickie Short, Cheryl Picard-Karklin, Gerri Kowalchuk, Brycie Stogran and Crystal Molitowski.

**'A' Group:** Connie Dancyt, Maureen Hladki, Lori Oxenforth, Shirley Bruchanski and Gail Kyne.

**'B' Group:** Margie Brincheski, Hazel Rivera, Marie Foubert and Dianne Babiak.

## Mixed winners

**Aggregate:** Dave McC Calder, Terry McC Calder, Fred Byron and Lois Byron.

**'A' Group:** Frank and Lynn Loreth, Gail and Neil

Armstrong, and Edna and Gary Ritchot.

**'B' Group:** Daryll and Paula Nabe and Don and Maureen Playfair.

**'C' Group:** Mitch and Janice Walker and George and Andrea Hendry.

## Men's winners

**Aggregate (Monday):** Rod Janisch, Nick Ogryzlo, Murray Neufeld and Kyle Neufeld.

**Aggregate (Thursday):** Andy Janisch, Rod Janisch, Nick Ogryzlo and Murray Neufeld.

**'A' Group:** Jim Sitar, Ron Sugden, Ken Anns and Lauren Newman.

**'B' Group:** John Usackis, Gary Buhay, Dan Blowers, Bill Ferguson and Don Hebert.

## Special awards

**Sportswoman of the year:** Violet Friesen presented Shirley Bruchanski with the Sportswoman of the Year Award. Bruchanski was selected by her lady curler peers for this award.

**Choker:** Gord Karklin eagerly shared the honor of receiving the award of dubious

distinction with his teammates Lydia McCoy, Casey Worona and Lynn Adrian.

President of the Lac du Bonnet Curling Club, Gary Buhay, as a gesture of appreciation, made a special presentation to three out of the many volunteers dedicated to the curling club. Ron Lindgren, Bentii Tuominen and Neil Vandersteen received tokens of appreciation for various electrical work and the work done on the plant, including shutting it down for the season.

Buhay introduced the possibility of establishing club jackets. He proposed a showcase in the curling club lounge that would display the jackets and perhaps t-shirts, sweatshirts and other club apparel. These products could be sold to generate additional income for the club and given as prizes to promote the Lac du Bonnet club to visiting curlers.

Members were urged to attend the annual general meeting scheduled for the middle of May to voice their opinions

and concerns on this issue and other club business. It was stressed that if all members worked together it would ensure the continued success of the club.



Mixed aggregate winners: Terry and Dave McC Calder, missing - Fred and Lois Byron.



Violet Friesen (left) presented the Sportswoman of the Year Award to Shirley Bruchanski. Shirley was selected by her lady curler peers for this award.



Ladies aggregate winners (l to r): Vickie Short (skip), Cheryl Picard-Karklin, Brycie Stogran, Gerri Kowalchuk, Crystal Molitowski.



Men's aggregate winners (l to r): Nick Ogryzlo, Kyle Nuefeld (Thursday league), Rod Janisch, Murray Neufeld and Andy Janisch (Monday league).

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# Winnipeg River RCMP report



The following constitutes the Winnipeg River detachment police report for the period of April 9 to 22.

For the previous two week period the Winnipeg River Detachment which is comprised of the Powerview and the Grand Marais Community Offices had the following incidents reported to them.

There were three individuals charged with driving over .08 and one more for refusing the Breathalyzer.

There were five individuals charged with offences under the Highway Traffic Act.

There were two individuals charged under the Off Road

Vehicles Act.

There were four individuals charged under the Liquor Control Act.

A total of seven assaults were reported to police. Four of these were concluded after the investigation showed there were no assaults, while the other three had individuals arrested and later released for court.

A total of seven cottages were reported to have been broken into in the Manigotogan area. Five more cottages were reported to have been broken into in the Beaches area. All of these are still under investigation.

As was previously reported last week, there was a fatal single vehicle roll over accident in Hollow Water which claimed the life of Kimberly McBain of Winnipeg. This matter is still under investigation as well.

There were several reports of mischief to property in the Pine Falls area which included

the school, Post Office and Northern Store. These buildings were spray painted by some youths. This matter is still under investigation and police have a number of suspects.

Two subjects were transported under the Mental Health Act to Selkirk and Winnipeg.

Along with the previously noted incidents there were a number of false alarms received, motor vehicle accidents, reports of unwanted guests, most of which were intoxicated, and numerous calls to assist the general public with a number of matters.

## Community volunteer income tax program

**Deadline April 30 for income tax returns**

Help is offered to seniors, single parents and others on low incomes by trained volunteers since 1988.

This service, locally organized and trained by staff of the agency is offered to assist those who are in need. There

are almost four dozen volunteers who are dedicated in giving their time and talent to those qualified.

Generally, single people with incomes up to \$20,000 and couples up to \$30,000 qualify, but as long as the vol-

unteer feels able to be of assistance, help is always available.

We have a team in the area and to assure you get someone available at this date, please call our coordinator Rick Howard at 204-268-1128.

### 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.

**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, Ron 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, Pat. 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, Whitemouth 348-3505; Lac du Bonnet, Pine Falls, Victoria Beach, Pinawa, Beausejour, Whitemouth, Oakbank, Hadashville.

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

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 Karlowsky, church 345-8654, office 345-2919**

Sunday 11:00 a.m. - worship service

**NOTRE DAME CATHOLIC CHURCH**

**Father Richard Machura, 345-2900**

Lac du Bonnet: 5:00 p.m. - Saturday mass; 11:00 a.m. Sunday mass

Pinawa (senior school): 9:15 a.m. - Sunday mass

**ST. JOHN'S ANGLICAN CHURCH**

**Rev. Brian Rountree 367-8615, church 345-2357**

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

## Minor Hockey wrap-up



Both Cheryl Zawislak who coaches the Novice Black team, and Gary Rollins, the Atoms in the Lac du Bonnet Minor Hockey League, were acknowledged at the wind-up last Sunday for their roles in minor hockey.

continued from page 2  
for the 2001-2002 hockey season. Presently there are members who have been involved with the executive for a number of years, and members who hold multiple positions. President of Lac du Bonnet Minor Hockey Association, Garth Fergusson says, "we're looking for people to hold down executive positions for next year."

The entire association is made up of over 100 players, two dozen coaches, assistant coaches and managers, and receives the support of hundreds of family members and friends. The acting executive invites all interested individuals to their next meeting May 8 (Lac du Bonnet Senior School, 7:00 p.m.) in hopes of recruiting new members and new volunteers.

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# Success shared at MS walk

continued from page 3

Bonnet and Councillor Bob Bruneau, of the Rural Municipality of Lac du Bonnet were on hand to offer greetings, congratulations and appreciation to participants and organizers. Colleen Scramstad, chairperson of the fundraising committee for the Multiple Sclerosis Society of Canada, Manitoba Division was also on hand. She had heard of the enthusiasm

displayed at the Lac du Bonnet walk and was excited to visit to see for herself.

Following the walk, participants were treated to a barbecue, snacks and treats which were all donated by surrounding area merchants. A silent auction was also held as an additional fundraiser. Over 30 prizes were donated and enthusiastically accepted by many lucky recipients.

Jeanne and Phil Lussier have been organizing this walk since its beginnings in Lac du Bonnet five years ago, but have been involved with the MS Society as volunteers for almost 14 years now. The Lussiers became involved after Jeanne's sister Anne was

diagnosed with MS.

Because of the Lussiers' dedication to this event, it has grown to involve over 40 volunteers from crossing guards and barbecuers to support vehicle drivers and registration collectors. The fact that the success of the Lac du Bonnet

walk is achieved solely on the efforts on volunteers and donations is something the couple are very proud of. Jeanne, Phil expressed appreciation to volunteers, sponsors, walkers and everyone involved in this year's walk.

## Interesting sport facts

### Recreation ramblings

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

The number of people who belong to a local sport club, league or organization increased by 21% in 1998.

The number of coaches has doubled to 1.7 million in 1998 from 839, 000 in 1992.

The number of referees has increased by 70% to 940, 000 in 1998 from 550, 000 in 1992.

The number of Canadians who watch amateur sport has increased 50% from 5.1 million in 1992 to 76 million in 1998.

#### On the down side...

There are 11% fewer Canadians aged 15 and over participating in sport in 1998 than in 1992.

There are 1.4% fewer Manitobans participating in sport in 1998 (29.1% or 265,000 Manitobans) than in 1992 (41.5% or 349, 000 Manitobans).

#### Youth fishing league for LdB and Pinawa

If anyone is interested in being a part of the provincial fishing league for youth ages nine to 15 years, please call the rec office.

**What do we need?** Two adult coaches, two boats and approximately 12 youth. The league runs for six weeks starting May 21 and ending June



The Grabowski family and friends team 'Slow Pokes' (left to right): bottom row - Geoff, Tim, Peiter; back row - Michelle, Luc, Donna, Tristan, Yvonne, Terralyn, Don and Stephan.

25, 2001.

#### LdB soccer May 3 CHECK IN!!

On May 3 we will have a trial night for the LdB soccer for kids from 6:00 to 7:00 p.m. at Centennial School soccer field. If you haven't registered - get cracking and don't delay, sign up today! Registration has been slow... so we will see who turns up the first night (and a few extra hands coaching would be great too).

#### T-Ball

At the moment we do not have enough registrations to field two teams to get t-ball going.

#### Manitoba Youth Job Centre news

Our office manager for the 2001 Manitoba Youth Job Centre is Sunita Mulpuru. Once again the office will be located at the New Directions School in Lac du Bonnet. The office will open May 7.

## ECHOES FROM THE Heart

continued from page 6

path." Indeed, as they went up the hill, the old cracked pot took notice of the sun warming the beautiful wild flowers on the side of the path, and this cheered it some. But at the end of the trail, it still felt bad because it had leaked out half its load, and so again it apologized to the bearer for its failure.

The bearer said to the pot, "Did you notice that there were flowers only on your side of your path, but not on the other pot's side? That's because I have always known about your flaw, and I took advantage of it. I planted flower seeds on your side of

the path, and every day while we walk back from the stream, you've watered them. For two years I have been able to pick these beautiful flowers to decorate my master's table.

Without you being just the way you are, he would not have this beauty to grace his house."

Moral: Each of us has our own unique flaws.

We're all cracked pots. But it's the cracks and flaws we each have that make our lives together so very interesting and rewarding.

You've just got to take each person for who they are, and look for the good in them. There is a lot of good in us!

## The Winnipeg River Echo

ADVERTISING DEADLINE  
FRIDAY, 3:00 P.M.

Lac du Bonnet 345-9896 Powerview 367-9468

### 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 25

Soup, salmon patties, cauliflower and cheese sauce, hashbrowns, bread pudding

#### Friday, April 27

Soup, roast turkey, mashed potatoes, peas, stuffing, gravy, fruit cocktail

#### Monday, April 30

Salad, pizza (bacon, cheese, mushrooms, green peppers), coffee cake

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# Round about the beaches



by Monika I. Evans

## MS Super Cities walk in LdB

On this past Sunday morning, 28 feet clad themselves with running shoes which covered good, warm, sturdy socks. Feet hit the floor and headed off to their vehicles. After much slamming of doors, the feet, with bodies attached, wended their way eastward and then southward to Lac du Bonnet where they took part in the MS walk.

We all arrived around 11:30 a.m. in order to sign in before the 1:00 p.m. start. We didn't think that there were as many participants as last year, but we sure didn't lack any enthusiasm for the walk. Last year only six of us along with several drivers participated in the walk. This year, we have grown to 14.

Our eastern Beaches walkers consisted of Geri and

Dave Stammers, Jim Soloman, Maxine Olafson, myself and Frank and Dee Rickner. Our new group members were Els Van Munster, Wanda Bonin, Hubert and Deirdre Degagne, Al Chitty, Dale Olafson and her granddaughter and our youngest member, Merle Rupert. Some of the group only went half the distance but the majority went the entire route of ten kilometres.

We were suitably escorted by the RCMP and the Lac du Bonnet emergency unit and the rescue squad. Luckily none of us needed them. I could have used a couple of bandages since I sprouted some great blisters on my heels. Last year I had socks that kept turning around my toes, this year the first pair of runners were not keeping me warm enough so I changed to another pair of both socks and runners. The socks were fine but the runners were a bit hard on my feet. Oh well,

for next year, I'll find another pair.

This is the fifth time that Lac du Bonnet has hosted the Super Cities Walk. Organizers and volunteers did a marvelous job in providing us with food, drink, snacks and enough port-a-potties so no one was caught up short (not like last year!).

After having signed ourselves in, we were provided with bottled water, hot coffee, chocolate, fresh vegetables, cheese and crackers and fruit. It was colder upstairs in the arena than outside so those lovely ladies providing us the snacks had to be very hardy. Luckily they were dressed for the occasion. As soon as we got our food we went outside to warm up.

A little bit after 1:00 p.m., the Mayor of the Lac du Bonnet, Glen Hirst and Councillor Bob Bruneau of the Rural Municipality of Lac du Bonnet welcomed the walkers as

did the representatives of the MS Walk. The siren of our pace car (RCMP) sounded and we were off.

Two and a half kilometres later, we had our first pit stop at Woody's parking lot. The welcome sight of two port-a-potties were a haven for those in need. Even though some of us didn't really need to use the facilities, it is better to go than to have to half way in between, so we went. We then snacked on cookies, fruit chews, orange sections and enjoyed water, juice or hot coffee. And then we were off again.

By this time, the sky was rather cloudy and we kept our fingers crossed that the weather would hold, not like last year when we had one heck of a storm half way through the walk.

During the latter part of the walk we lost a number of our group but they had done quite well up to that point.

The pace was a bit slower

at this point but we kept on plugging to the next stop where we again had a place to find relief. We were given fresh fruits, energy bars, candy and fruit drinks to take along for the rest of the walk. At this point, those of us remaining were beginning to get tired and sore. My heels were getting quite chaffed, but I wanted to reach the end so I carried on along with the others.

It was so good to arrive at the finish line. We were treated to delicious hamburgers, hot dogs, salads, cheese, vegetables, fresh fruit, donuts (for those who had looked for them earlier) and coffee, juice and milk.

A number of us won some of the silent auction prizes, including myself, so all in all, we had a great day.

It's only 12 more months until the next walk. Why don't you join us and help make it bigger and better than ever!

## 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  
ROE 1M0

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

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

### Q&A

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

A: Village of Powerview By-Law 243/98 states:

THAT the owner shall be responsible for his dog and shall not; i) permit his dog to run at large; ii) permit any dog to bark or howl or in any other way unduly disturb the quiet of any person or persons in the municipality; iii) permit his dog to defecate on any public or private property other than the property of its owner.

Where a dog defecates on property other than the property of its owner, the owner shall cause such excrement to be removed immediately; iv) permit his dog to damage public property other than that of its owner. Where public or private property has been damaged by a dog, its owner shall be deemed to have failed or refused to comply with this subsection; v) own, keep or harbour any dog for which a current license has not been issued; vi) harbour or keep any vicious dog unless such dog is securely fastened and properly

muzzled at all times in such place and in such manner that it does not endanger the safety of any person or any other animal; vii) permit his dog to pursue, bite or wound any person or animal; viii) permit a dog on any school ground or playground; ix) allow a dog to chase or bark at any horse, pedestrian or vehicle on a public thoroughfare.

THAT an owner whose sight is impaired or who is blind or an owner whose hearing is impaired or is deaf who owns a registered Dog Guide or who is being assisted by a Dog Guide shall not be subjected to the restrictions imposed under subsections 6.01 (viii).

THAT an owner of a dog which is found upsetting waste receptacles and scattering the contents thereof in or about a street, lane or other public place or in or about any private property not belonging to the owner of the dog is guilty of an offence.

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

A: Some ideas for wood ashes include using them for fertilizer for your flower beds, garden and lawn.

Another use is an old one that dates back to the pioneer days. People made soap with the ashes by dissolving the ash in water, then filtered it, and boiling the remains with animal fat.

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

A: When we encountered this problem we made a picture or silhouette of a hawk and hung it outside of the window and the problem was solved.

### This week's Questions

Q: Besides putting in vases, what are some neat things to do with all those pussywillows?

Q: What are some ways to control/kill all those peaky wasps around our house?

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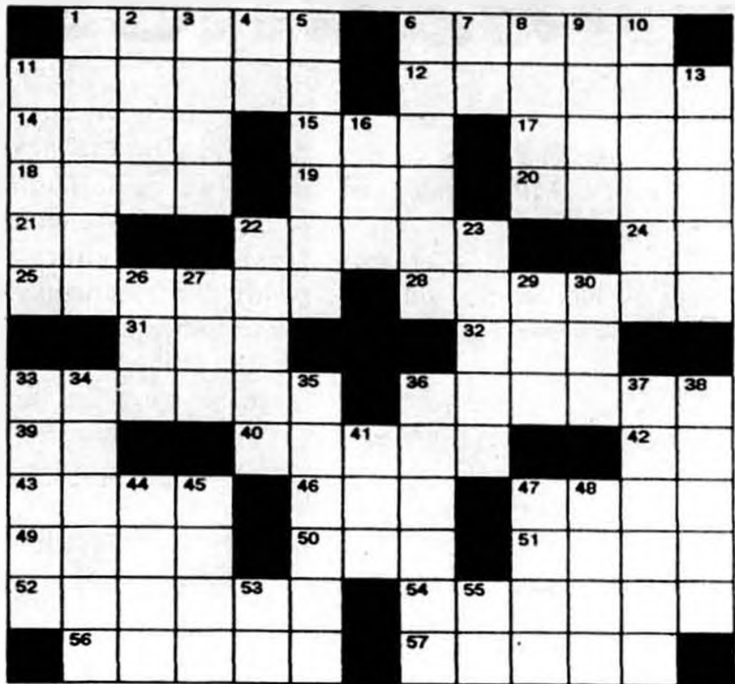
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## The Winnipeg River Echo

Lac du Bonnet Office  
Phone 345-9896 Fax 345-0004

Powerview Office  
Phone 367-9468 Fax 367-9974

# WEEKLY CROSSWORD



## Cannonized Communities

### ACROSS

- 1. Forbearing
- 6. Couches
- 11. Ste. \_\_\_\_\_, Quebec
- 12. Weak
- 14. Certain March days
- 15. Harness horse
- 17. Layer
- 18. Clamp
- 19. Here, in St. Hubert
- 20. River in Florence
- 21. Atomic number 44 symbol
- 22. Sow
- 24. Nickel symbol
- 25. Ste. \_\_\_\_\_, Quebec
- 28. Cerumen
- 31. Lubricate
- 32. Litigate
- 33. Madman

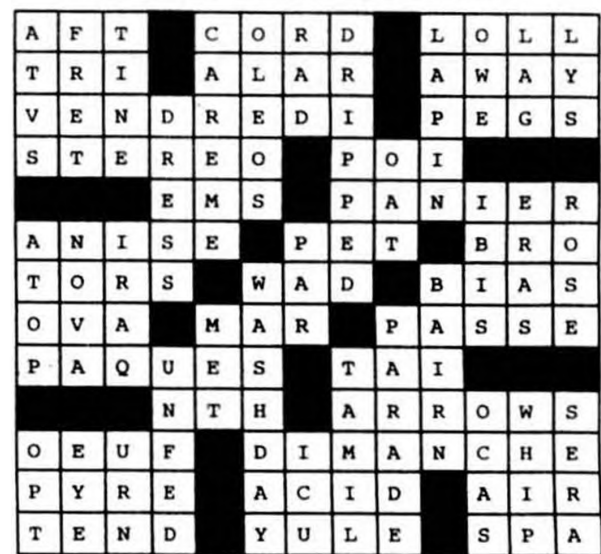
- 36. Swear
- 39. Forenoon, abbr.
- 40. Ste. \_\_\_\_\_, Quebec
- 42. You and I
- 43. Ste. \_\_\_\_\_, Manitoba
- 46. Famous fruit salt
- 47. Disfigure
- 49. Laundry appliance
- 20. Cash dispenser at CIBC
- 51. Flower containers
- 52. Less difficult
- 54. Ste. \_\_\_\_\_, Manitoba
- 56. Mineral deposits
- 57. \_\_\_\_\_ when?

- 30. Teensy
- 33. Sault Ste. \_\_\_\_\_, Ontario
- 34. Not concerned with morality
- 35. Becomes sunny
- 36. Odours
- 37. Swaddle
- 38. Concise
- 41. Ontario, abbr.
- 44. Ordinary
- 45. Lady's name
- 47. A pair of mules
- 48. Officer training org.
- 52. Shoe size
- 55. \_\_\_\_\_ Joe

### DOWN

- 1. Salt component
- 2. Weekday, abbr.
- 3. Belgian river
- 4. Exists
- 5. Ste. \_\_\_\_\_, Quebec
- 6. Ste. \_\_\_\_\_, Quebec
- 7. Carry \_\_\_\_\_!
- 8. A Greek cheese
- 9. Afghanistan ruler, formerly
- 10. Italian city
- 11. Book, in Bonsecours
- 13. Ste. \_\_\_\_\_, New Brunswick
- 16. Wood sorrel
- 22. Rice dish
- 23. Flavour
- 25. Time period
- 27. Roman 52
- 29. Groove

### LAST WEEK'S ANSWERS



## CRYPTIC PUZZLE

"LS ZLX LSGQEFESG QG F TFRDST  
BXXP"

- RFS ZSGE

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

### Last Week's Solution

"FILL THE UNFORGIVING MINUTE WITH SIXTY  
SECONDS WORTH OF DISTANCE RUN."

- RUDYARD KIPLING

# WEEKLY ECHO HOROSCOPE

for the week of  
April 23 to 29

### Aries - March 21 to April 20



Don't let the little things bother you so much. Go out with friends who will lift your spirits. Do what you have to, to make you life better. It's time to enjoy yourself and have some well deserved fun.

### Taurus - April 21 to May 21



Your desire to travel will lead you to your travel agent. Your second alternative should be attending cultural events that have a foreign flavour. Try to do something that will include your whole family.

### Gemini - May 22 to June 21



Your outgoing nature will win your friends over and make you the life of the party. Making plans to visit older family members will work more to your advantage than you thought possible.

### Cancer - June 22 to July 22



You can expect your mate to be a little more attentive this week. Be ready to reciprocate with equal affection and your relationship will be passionate, stable, and lasting. It's time to make plans for your future.

### Leo - July 23 to August 23



You will be surprised at how successful you can be. Go for the gold and don't let others stand in your way. You might want to look into a small business venture of your own. Now is the time to take a chance.

### Virgo - August 24 to September 22



Don't let situations get out of hand. Make sure that you have all the pertinent facts before you take actions. Having all the facts will ensure that you make the right decision in the end.

### Libra - September 23 to October 23



Friends will bring you opportunities. Don't hesitate to ask for advice or favours. New love interests will surface if you get involved in groups. Your charm will entice possible mates.

### Scorpio - October 24 to November 22



You will find others insightful. Listen and observe. The information you pick up will be valuable. All of your hard work is paying off. You will feel extremely fortunate if you compare yourself to others.

### Sagittarius - November 23 to December 21



You will communicate well with acquaintances. But discussing personal matters with those you are close to will be disturbing. Try to put your trust in others it just may be that they really do want to help.

### Capricorn - December 22 to January 20



Spend time with your lover. Enjoy a quiet dinner for two and discuss some of the plans you've made. Check your finances and make sure you've put enough money aside for a vacation.

### Aquarius - January 21 to February 18



Don't hold back. Say what you think. Your ability to get your point across will be appreciated even if others are not in agreement with you. You can be persuasive when you put your mind to it.

### Pisces - February 19 to March 20



Get involved in humanitarian groups. Your talent for helping the sick will come into play. Be prepared to make personal decisions that will alter your future. These decisions can lead to wonderful opportunities.

## Echo Classifieds

**House trailer** - Trillium 13 ft. house trailer, all extras included, mint cond., phone 345-2967. 44-48

**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

**House for sale** - 3 Holly Street, Pine Falls. 3 bdrm. w/ attached garage, central air conditioning, central vac, patio doors, deck, fireplace in family room, call 367-8380. 43-44

**Spruce trees for sale** - six to ten feet tall, \$10 each, phone 367-2038. 44-44

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

### Vincent Realty

Bella Harbottle

MVA - Residential Broker/Realtor

Bus/Fax: 204-367-4457  
Cell: 204-345-3576



#### PINE FALLS

1.5 storey, 1152 sq. ft., large kitchen and dining room, 3 bedrooms, finished basement, extra wet bar and fridge, wall bookcase, fridge and stove, wood stove.



#### WATERFRONT PROPERTY "The Rock"

2 bedroom home, 1175 sq. ft., large kitchen, oak cupboards, dining room with patio doors leading to sunroom. Second bathroom, gazebo overlooking river, 2-car garage, large lot, many extras.



#### PINE FALLS

1.5 storey home, 1152 sq. ft., modern kitchen and dining room, 3 bedrooms, basement partly finished. Call to view.

**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. 42-54

**House for rent** - Two bedroom house for rent, 8 miles west of Lac du Bonnet, ph. 345-2927 or 268-5312. 35-TFN

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

**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. 43-24

**Traps** - If you have traps you wish to sell, call Archie at 345-9079. 43-44

**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

**Guaranteed Jewellery and Watch Repairs:** guaranteed lowest prices, 100 First Street, Lac du Bonnet, phone 345-9451. 1FN

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The Winnipeg River **Echo**

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**367-9468**

theecho@granite.mb.ca

### THE RURAL MUNICIPALITY OF ALEXANDER PUBLIC HEARING NOTICE

PUBLIC NOTICE is hereby given pursuant to subsection 162(2) of the Municipal Act that the council of the RM of Alexander intends to present its financial plan for the fiscal year 2001 at a public hearing in the council chambers of the RM of Alexander on the 8th day of May, 2001 at 2:00 p.m. Council will hear any person who wishes to make a representation, ask questions or register an objection to the financial plan, as provided.

A copy of the financial plan is available for review and may be examined by any person during the regular office hours of the municipality #15 on Highway #11 in St. Georges, Manitoba.

Date this 5th day of April, 2001.

R.M. Blanchette, Chief Administrative Officer  
Rural Municipality of Alexander



### North Eastman Health Association Inc.

## ATTENTION BN Nursing Students

### Summer Employment Opportunities Student Support and Future Employment Opportunities

North Eastman Health Association Inc. would like to contact all BN Nursing students from our region to discuss current and future employment opportunities.

Contact

### HUMAN RESOURCES MANAGER

24 Aberdeen Avenue  
Box 339

Pinawa, Manitoba R0E 1L0

Fax: 204-753-2015 or Email: hr@neha.mb.ca



**TARDIFF, Kay** - In loving memory of Kay Tardiff, who passed away April 28, 1998.

*My wife and their mother.  
Your in God's kingdom now.  
Over the hill.  
In a wonderful land.  
That is peaceful and still.  
Filled with heavenly sunlight  
And free from all pain.  
Overflowing with flowers  
That never need rain.  
God's kingdom must be  
Beautiful for now he has the  
'Best'... you.*

Love forever,  
Ovide and family



#### DALLAS LYN ANN

Steve, Carrie and big brother Tyler are proud to announce the safe and quick arrival of their little angel, DALLAS LYN ANN. She was born on February 28, 2001 weighing 8 lbs. 7 oz. and 20 inches long. Proud grandparents are Ray and Linda Lussier of Lac du Bonnet and Art and Andrea Gaffray of Silver Falls. Mommy and Dallas would like to thank Daddy for all his support through the delivery, and Tyler for all his help at home taking care of his little 'sis'.

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

### Agassiz School Division No. 13

Invites applications for the following positions:

#### SECRETARY-TREASURER

Our Secretary-Treasurer will serve as our chief financial officer and as secretary to the Board of Trustees. S/he will use advanced technology in budgeting, accounting and payroll systems, and will supervise the business office staff, oversee collective agreements, and the work of our Transportation/Maintenance Supervisor.

In our selection process, we will look for a person with a recognized accounting degree (C.A., C.G.A.) or equivalent actual experience, and quality accounting and management skills. S/he will have strong leadership qualities, good communication and interpersonal skills, and be able to work collaboratively with our Superintendent and School Principals. Experience in school division finances required.

#### MAINTENANCE/TRANSPORTATION SUPERVISOR

Under the direction of the Secretary-Treasurer, the Transportation Supervisor shall be responsible for the operation and maintenance of all school area owned vehicles. And as the Maintenance Supervisor, shall be responsible for the operation and maintenance of all School Area owned buildings, grounds and installed furniture and equipment, the organization of the maintenance department and assignments of duties to the Caretaking and Maintenance staff.

The successful applicant must have Grade 12 education or equivalent, and hold a Valid Class II driver's license and School Bus Driver's Certificate. Knowledge of building electrical systems, HVAC systems, and building construction is required with two (2) years previous related experience. A journeyman in electrical and HVAC would be beneficial for maintenance area.

The closing date for receipt of applications is Wednesday, May 2, 2001. Please submit your application to:

Manda Malkoske, Chair - Search Committee  
Agassiz School Division #13  
P.O. Box 1206  
Beausejour, MB R0E 0C0  
Phone 1-204-268-6500 Fax 1-204-268-4149

# Agassiz Hort Society news



Well Oscar, you're 17. One more year to go, and you can go down the strip. So until that happens, I still have my baby and I RULE. **Happy 17th Birthday My Girl!**

Love always,  
Dad, Mom XOXO



18 years ago on a beautiful spring morning, my world was blessed with a 6 lb. 5 1/2 oz bundle of joy. This bundle of joy however, turned into a horror in her teenage years. Boy am I ever glad that's almost over. My hair turned grey at 16, now what will happen at 18? **Happy 18th Birthday My Girl!**

Love always,  
Dad, Mom XOXO



**Happy 18th Birthday Crystal!**  
**BRING IT ON!!**  
Love your friends!

The Winnipeg River **Echo**  
**CLASSIFIED ADVERTISING DEADLINE**  
FRIDAY, 3:00 P.M.

The snow isn't quite gone before the gardeners emerge from their winter hiding places. Some members of the Horticultural Society have returned from the warm south and west, some just moved home from the curling rink, and the rest of us have come out of hibernation to check for the first signs of tulips and daffodils. We welcome all the newcomers to our group.

The Agassiz Horticultural Society hosted its second annual spring garden seminar at the Pioneer Club in Lac du Bonnet April 1. The first speakers were Mr. and Mrs. Wilfred Wood of The Lily

Fields in Hazelridge. They answered everyone's questions about growing lilies. Next on the program was Shirley Klapprat of Plainview Greenhouses, Beausejour. She spoke on container planting and answered questions about growing bedding plants. The whole afternoon was a demonstration of many types of flower arrangements. The artists were Bonnie Hildebrand and Joan Shume, members of the Winnipeg Flower Arranging Group. There was a selection of bedding plants for sale, lily bulbs to order, door prizes, and lots of free gardening handouts. Once again it was a

motivational day for the gardening crowd.

Society members were treated to another fine presentation at the regular meeting April 10. Mary McGregor and Mr. and Mrs. Al Ross of the Winnipeg Gladiolus and Dahlia Society talked on growing and showing glads and dahlias. They brought along some premium quality corms and tubers for members to purchase. There were door prizes for everyone thanks to the speakers and to Ollie Gorrie.

A business meeting attended to details about the plant and bake sale coming up May 12 at the Pioneer Club. Plans were

also made to hold a summer raffle with winners to be announced at the August flower show.

It's Junior Garden Club time again. Children interested in growing a small garden, showing at the flower show, and making some new friends at monthly meetings during the summer can call Carol Clegg at 345-8419 to register. Membership is free.

The next society meeting is May 8, 7:00 p.m. at Centennial School. At 6:30 p.m. there will be a plant exchange for members, outdoors if the weather permits. Bring garden plants to trade.

**Century 21 Sun Country Realty**

**CALL THE TEAM**  
GRACE KOST  
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KATY BOULANGER  
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E-mail: c21suncountry@mts.net

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**South Interlake Credit Union Limited**

South Interlake Credit Union is one of the largest multi-branch credit unions in Manitoba and due to continued growth and expansion, we are pleased to announce that we have the following position available in our Pine Falls Branch.

**Loans Clerk**  
You will have a successful history (minimum of 1 year) loan administration experience that includes legislative requirements of lending and contractual law, procedures regarding Land Title searches, security registrations, and real estate appraisals. You must be able to show expertise in Word, Excel and knowledge of computer banking systems would be an asset.

South Interlake Credit Union offers an excellent compensation package and a professional team to assist you in this position. Explore this opportunity in confidence by submitting a resume by Wednesday, April 11, 2001 to:

Linda Monforton  
Manager, Human Resources  
South Interlake Credit Union  
Box 130, Stonewall, MB R0C 2Z0  
Phone: (204) 447-2147  
Fax: (204) 447-2489  
Email: hr@sicu.mb.ca  
www.sicu.mb.ca

**THE VILLAGE OF POWerview PUBLIC NOTICE**  
**Regarding the 2001 Financial Plan**

PUBLIC NOTICE is hereby given pursuant to subsection 162(2) of The Municipal Act that the council of the Village of Powerview intends to present its financial plan for the fiscal year 2001 at a public hearing in the council chambers of the Village of Powerview on Tuesday, May 8, 2001 at 7:00 p.m. Council will hear any person who wishes to make a representation, ask questions or register an objection to the financial plan as provided.

Copies of the financial plan are available for review and may be examined by any person during the regular office hours of the municipal office at #32 - PTH #11, Powerview, at a cost of \$0.25 per page.

J.M. Thevenot, Chief Administrative Officer  
Village of Powerview

The Nemecek Team

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

Deidre Alexander  
Financial Consultant  
Assistant  
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