

The  
Winnipeg  
River

# Echo



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Winnipeg, MB  
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Tuesday, September 4, 2001

\$1.00 tax included

## World record black bear to be confirmed in Pine Falls area



Conservation Officer John Watling stands with 1078 pound black bear that was put down after being hit by a vehicle last Thursday evening.

## It was a great 4P weekend!!!

by Charles Norman

Five days of frantic activity marked this year's 4P Festival - Wednesday, August 29, to Labour Day, Monday, September 3. The weather was perfect.

The bar at the Rusty Nail was the place to be Wednesday evening for a local version of *Family Feud* - lots of people - lots of fun.

Thursday evening the bar (Nite Crawlers) of the Papertown was packed for *The*

*Battle of the Sexes*. Eight teams of four competed - four women's teams versus four men's teams.

More than 600 people showed up for one of the most popular events of the weekend when Powerview celebrated its fiftieth anniversary Friday evening with a *Jamboree Under the Big Tent* with six local bands: The Particulars, A Train, Gilles Boulet, Wally and the Playboys, Ninja, (a

See IT WAS/page 5

by Toni BrunEAU

Steven Fontaine of Sagkeeng, and his two passengers were lucky to escape with non-lifethreatening injuries from a head-on collision with a monstrous black bear last Thursday night, August 30.

Fontaine was travelling west on Highway 11 close to the Traverse Bay garbage dump when his 1986 Mazda 626 came face to face with what was predicted to be... the world's largest black bear.

The largest American black bear recorded last, in the late 1990s, was found in North Carolina weighing 920 pounds, and in Manitoba at the Riding Mountain National Park in 1985, 'Duke' weighed 805 pounds. The male black bear struck by Fontaine's vehicle weighed an amazing 1078 pounds!

Conservation officers and police were called to the scene at 9:45 p.m. Fontaine and his passengers were taken to the Pine Falls Hospital and treated for their in-

juries.

Constable Wayne O'Brien of the Winnipeg River RCMP detachment said, "It is quite fortunate that they did hit it straight on." If they would have hit it broadside their vehicle would have been violently deflected from its path into either of the two ditches, resulting in more severe injuries.

The weight of a black bear, which is highly variable, ranges from 125 to 600 pounds, with males within a geographic area on average about a third larger than females. Their weight can be determined on food availability, climatic conditions, etc. This black bear was an exception!

Craig Gerstmar, a Natural Resource officer at Grand Beach Provincial Park was at the scene last Thursday evening. "Normally what happens when you have injured wildlife, the RCMP contact us and we try and take care of it if we can."

Individuals at the scene said the bear dragged itself

through the ditch and into the bush. Gerstmar said he tried to locate the bear to determine what actual injuries were sustained but, "by looking at the car, I figured the bear wouldn't be living." Looking at the damage to the car, he suspected the bear suffered from severe internal injuries and would not be able to survive. When Gerstmar did actually get a glimpse of the bear from about 20 to 25 feet, he said it got up. He didn't want the bear to go deeper into the bush and suffer any longer so the bear was put down.

By looking at how healthy this bear was, Gerstmar predicted it to be between five to eight-years-old. What happens as the bear gets older he said, "is they tend not to be as large as what they were in their prime." Five to eight years is when they're going to be their largest.

Manitoba Conservation's Wildlife Biologist Doug Schindler says that on Wednesday morning (Au-

See WORLD/page 6



A parade would not be a parade without the colorful personalities of the clowns. Spectators of all ages enjoyed socializing during the 4P parade held Sunday, September 2 through the streets of Pine Falls and Powerview.

# 4P family pickerel fishing derby

by Diane Houston

The family fishing derby was small but a success, we had 21 paid entries, 11 adults and 10 children. There was an

80 % payout with other great prizes donated by our local businesses.

The first place winners measuring four fish for a total



Ed Petkau and Gary Mysak were awarded blooper awards for their humorous antics during the family pickerel fishing derby held 4P weekend.

length of 124 centimetres was boat number one - Clifford Houston and his sons Clifford Jr. and Tylor winning \$64.

Second place winners measuring four fish for a total length of 121.5 centimetres was boat two - Brian and Monique Cyr and their children Cody and Amber winning \$40.

Third place winners measuring two fish for a total length of 52.5 centimetres was boat number five - Bruce and Tammy Johannson and their daughter Sabryna winning \$24.

Prize for the biggest fish was a coupon for one free entry to the St. Georges

Voyageurs ice fishing derby donated by the Voyageurs, winner was boat #2 Amber Cyr.

There was a mistake made by the organizers of the derby for the youngest fisherman this year and we apologize for our mistake. The youngest fisherman prize was a small tackle box filled with supplies donated by Ed and Ron's Tackle Shop. This was presented to Sabryna Johannson. When in fact it should have been given to Amber Cyr. All parties were contacted as soon as the mistake was noticed and was resolved. Sabryna keeps her prize

See 4P FAMILY/page 9



Amber Cyr was one of the youngest fishing enthusiasts at this year's 4P family fishing derby.

## Tricky winds at 4P trap shoot

by Gord Sokoloski

Wind! Once again the wind was a great equalizer in this popular event. The 20 contestants and two "just for fun" shooters shot at over 4000 clay pigeons. Seven shooters competed in the "A" flyte with qualifying scores of 45 or better out of 50.

Spectators at the qualifying rounds on Thursday and Friday were treated to the site of two perfect scores. Ron Chevrefils and Al Harley both shot 25 out of 25, a challenge with the changing wind conditions. On Saturday afternoon the elimination rounds saw Bill Thompson beat out Gord and Cam

Sokoloski by one point to win with a very respectable score of 48 out of 50.

The "B" flyte first place went to Chad Hanlan with a score of 44. Daniel Sokoloski was a double winner taking first place in "C" flyte and beating out his brother Scott to become the junior champion. Norm Giles, Lee Kembal and David Lavoie shot it out at the handicap range with Lee leading the pack to win the hidden score prize. The whole competition was very tight with three separate sudden death shoot-offs for tied score.

Bill Macloud, the club's first president back in 1964 and Charlie Niedamayer, a long time member of the club and one of our generous sponsors were in attendance. Bill was invited to shoot a few complimentary shots, but declined with thanks with the excuse of keeping his shooting reputation intact. Bill, I think you could still outshoot us all if you wanted to. The fans were great and I thank all fans, competitors and sponsors for your support. Without you this popular event would be lost.

## Fall season begins for Great Falls WI

submitted by Dorothy Flanagan

Great Falls WI welcomes all women to an open forum at the Lac du Bonnet Senior School Thursday, September 6 at 7:00 p.m.

Doris Koss of Beausejour will be our guest speaker. Our social and supper hour will take place first at The Lakeview Hotel at 5:00 p.m.

Please feel free to visit us and learn about our projects and outings.

For further information please contact Rosie Boel 345-2848, Pat Kropp 367-2586 or Leone Pommer 367-8569.

BINGO

COMBINED ACCUMULATORS


<p style="text-align: center; font-weight: bold;">Bonanza</p> <p style="text-align: center; font-size: 0.8em;">starting value this week</p> <p style="text-align: center; font-size: 1.5em; font-weight: bold;">\$1242</p> <p style="font-size: 0.7em;">IF WIN POT STAKES 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 style="text-align: center; font-weight: bold;">Minnie Loonie</p> <p style="text-align: center; font-size: 0.8em;">starting value this week</p> <p style="text-align: center; font-size: 1.5em; font-weight: bold;">\$420</p> <p style="font-size: 0.7em;">IF WIN POT STAKES AT \$200 Add 30% of sales on Monday. If not won, carry over total plus 30% of sales to Thursday.</p>	<p style="text-align: center; font-weight: bold;">Lucky 7</p> <p style="text-align: center; font-size: 0.8em;">in 25 numbers</p> <p style="text-align: center; font-size: 1.5em; font-weight: bold;">\$6382</p> <p style="font-size: 0.7em;">POT PRIZES AT 25 NUMBERS Add one # plus 30% of sales carry over on Monday if not won, add one # plus 30% of sales carry over to Thursday. IF WIN POT STAKES AT \$200 in 17 numbers or less</p>
IN CASE OF DISCREPANCY, THE LATTER WILL PREVAIL		
FOR UPDATES CALL 345-8825		
<p style="text-align: center; font-weight: bold;">Knights of Columbus</p> <p style="font-size: 0.8em;">Lac du Bonnet Community Centre Specials 7:00 p.m. <small>Lac. Lic. 504</small></p> <p style="text-align: center; font-weight: bold;">Every Monday Evening</p>		
FOR UPDATES CALL 345-8619		
<p style="text-align: center; font-weight: bold;">Lakers Ski Club</p> <p style="font-size: 0.8em;">Lac du Bonnet Community Centre Specials 7:00 p.m. <small>Lac. Lic. 574</small></p> <p style="text-align: center; font-weight: bold;">Every Thursday Evening</p>		
FOR UPDATES CALL 345-6197		
<p style="text-align: center; font-weight: bold;">Royal Canadian Legion #164</p> <p style="font-size: 0.8em;">Lac du Bonnet Legion Hall Specials 7:00 p.m. <small>Lac. Lic. 493</small></p> <p style="text-align: center; font-weight: bold;">Every Wednesday Evening</p>		

Bonus Line - \$337.00* Star - 1064.00* Loonie Pot - 1284.00* Toonie Pot - 1520.00* Special "Y" - 90.00* Jackpot Strip - 491.00* Poker Flush - 722.00*	Bonus Line - \$2948.00 Star - 149.00 Loonie Pot - 140.00 Poker Flush - 8827.00 Special "Y" - 1738.00	Bonus Line - \$178.00 Star - 787.00 Lucky 7 - 511.00 Full House 49 numbers \$1000 Poker Flush - 218.00 Mini Loonie - 2052.00 #2 Loonie - 92.00 Jackpot Strip - 92.00
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The Winnipeg River Echo

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# Big win at Lac du Bonnet bingo!

by Toni Bruneau

The Lac du Bonnet Knights of Columbus, Lakers Ski Club and Royal Canadian Legion are hosts to a popular and potentially profitable year-round pastime in the Lac du Bonnet area. BINGO! This is something Lac du Bonnet resident Betty Schinkel will attest to.

Schinkel has been attending bingo in the area for over 20 years and on Monday, August 27 it payed off in a big way. She won the accumulator Bonanza pot totalling a whopping \$10,628, with lucky '121' in 47 num-

bers.

Just two days later, Schinkel struck it big for a second time, winning \$944 at the Lac du Bonnet Legion bingo.

Schinkel said she attends the three bingos in Lac du Bonnet, plus one at Great Falls, between three and five times a week. Usually her wins are between \$25 and \$50, just enough to keep playing. This time, "I cried I was so happy," she said referring to the Monday night payout. "It was really exciting." Congratulations and well wishes poured over her by fellow bingo goers. Her

plans for the cold cash include investments and paying bills.

Schinkel said it has been about eight years since she's won anything substantial, "I won \$1000 once in Fort Alex. It was a long time ago." That's the only other time she has collected anything close to last week's rewards.

The Knights of Columbus were host to Monday night's spectacular payout, although all three groups contribute 50% of their sales to the three accumulator events: Bonanza, Minnie Loonie and Lucky 7. Now that the Bonanza pot has been won a \$300 start up will

be collected from each group and the pot will again begin to grow at \$900.

The Bonanza accumulator

has grown to almost \$20,000. The highest being \$19,422 won by Susie Tardiff of St. Georges on July 20 last year.



Betty Schinkel was thrilled with her big bingo win last week collecting \$10,628 Monday night at the Knights of Columbus bingo and another \$922 just two days later at the Lac du Bonnet Legion.

# Gull Lake wants to join Alexander

by Charles Norman

Some Gull Lake cottagers would like to leave the Rural Municipality of St. Clements and join the Rural Municipality of Alexander.

St. Clements is a largely rural municipality with cottages at Gull Lake representing only 3.5% of the tax base. Alexander has a smaller tax base, with a large proportion of it being cottages in the Beaches and Bird River areas. Gull Lake would represent 8% of the municipal tax base. Some taxpayers feel Alexander would

better serve the needs of cottagers.

The major issue is the scope of municipal services provided to cottages. For example, St. Clements garbage site is open on only two days a week, Alexander's six days a week.

A public informational meeting has been called for Saturday, September 8 at 1:00 p.m. at the Thalberg Hall. Representatives of both municipalities and Lac du Bonnet MLA Darren Praznik will be present.

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 Legion Hall  
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 Sittings at 5:00 and 6:30 p.m.

The Winnipeg River Recreation District is pleased to present  
**VOLUNTEER APPRECIATION NIGHT** 6:00 to 9:30 p.m.  
**TUESDAY, SEPTEMBER 11**  
**FOR ALL VOLUNTEERS IN NORTH EASTMAN**  
 Prize giveaways and plenty of complimentary snacks, desserts and beverages  
 Discussions on volunteer retention and burnout prevention with Barb Gemmill  
**For more information call Michelle Chudd 345-8818**

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

Aboriginal Justice Inquiry – Child Welfare Initiative

**We want to hear from you**

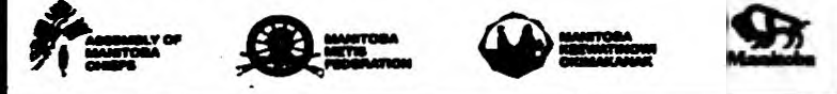
A Town Hall Meeting on the proposed plan for restructuring the child and family services system in Manitoba will be held in:

**Sagkeeng First Nation/Pine Falls**  
 Monday, September 17  
 Sagkeeng Band Hall  
 Starting at 6:30 p.m.

If you would like a copy of the vision document (*Promise of Hope: Commitment to Change*), to register to make a presentation, or more information, please call 1-866-300-7503 or visit our web site at [www.aji-cwi.mb.ca](http://www.aji-cwi.mb.ca)

To provide feedback on the plan, please:

- Attend one of the Town Hall Meetings; OR
- Send in your written comment by September 30, 2001 to:
  - our email address at [ajicwi@gov.mb.ca](mailto:ajicwi@gov.mb.ca).
  - our address at AJI-CWI, c/o 216-114 Garry St. Winnipeg, MB R3C 4V4



# South Interlake Credit Union celebrates at groundbreaking

The Lac du Bonnet branch of the South Interlake Credit Union will have a new look very soon! A new building will be constructed beginning this fall, in Lac du Bonnet for the credit union's members.

The groundbreaking ceremony for the construction of the new Lac du Bonnet building was held Thursday, August 30 at the grounds of the new site, 2 Park Avenue. Town of Lac du Bonnet Mayor Glen Hirst conducted the official sod turning. Also present was President of the South Interlake Credit Union board of directors Huguette Dandeneau, SICU director for Lac du Bonnet David Forsyth and Lac du Bonnet Branch Manager Curtis Fines. Those in attendance were treated to a complimentary barbecue at the Lac du Bonnet Community Centre following the ceremony.

The new Lac du Bonnet building will be approximately 5,400 square feet and include

offices for the general manager, supervisor, up to five loans officers, and a member coffee lounge complete with fireplace and computer counter with free internet access.

The project, which will be an asset to the downtown area of Lac du Bonnet, has been allocated a budget of \$1.2 million. Space for up to six tellers (two sitting tellers to accommodate disabled and elderly members) will be included in the interior design, as well as a lighthouse tower, aluminum glazing skylight, staff lounge, meeting rooms and the convenience of a drive through ATM. Construction will begin in October with the new building scheduled to be open for business in approximately six months.

South Interlake Credit Union is a member owned and controlled organization which also operates branches Beausejour, Inwood, Pinawa, Pine Falls, Stonewall, Teulon and Whitemouth.



South Interlake Credit Union (SICU) Lac du Bonnet Branch Manager Curtis Fines, Town of Lac du Bonnet Mayor Glen Hirst, President of SICU board of directors Huguette Dandeneau, and SICU Director for Lac du Bonnet David Forsyth were in attendance at the groundbreaking ceremony at the future construction site for SICU's new building on Park Avenue in Lac du Bonnet.



Diagram of plans for the new South Interlake Credit Union building in Lac du Bonnet.

## Dr. Alan Grant & Staff at the FORT ALEXANDER DENTAL CLINIC

Are pleased to announce that we are now able to provide the residents of The Beaches, Pine Falls, Powerview and surrounding areas with Dental Services. Please come check out our state of the art facility which is ready to accept new patients, regardless of treaty status.

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### QUESTIONS? COMMENTS? CONCERNS?

Contact us at our office nearest you  
Powerview 367-9468, Lac du Bonnet 345-9896

## The guys are ready to go! Southeast Blades begin their 2001-2002 campaign

The Southeast Blades have officially begun their 2001-2002 MJHL campaign with the start of training camp at the Sagkeeng Multiplex. The Blades coaching staff reports that 78 players registered for this year's camp which was held from Thursday August 30 to September 2.

The coaching staff is very pleased with the skill level at this year's camp and the nine returning players have also indicated that there is a major improvement in the attitude and eagerness of the players invited this year. Defensive standout, Colin Tetreault says, "The guys are ready to go."

He goes on, "All of the returning guys are excited to come back to play for Jamie Leach. He's been to the show and knows how the game should be played. I worked with him this summer and already it's a huge difference in coaching from last year." Others at camp have stated that

once they knew who was going to be coaching this year, "this was where I wanted to play".

This sentiment has been echoed in the Blades ability to attract some very talented players to the program. "I think that people are going to be impressed with guys like, Grice, Savikataaq, Saunders, Gosselin, Riopelle, and Cochrane. We also have guys like Dubois, Sinclair, and Flamond that can make a solid contribution," says Leach. "We're also pleased that the players we have traded for are all in camp."

Not only are the Blades developing their on-ice program, but their off-ice activities are some of the most innovative in the MJHL. The Blades will be televising ten home games nationally on APTN and will have five games broadcast throughout Manitoba on the NCI Network. In addition, the Blades have established their

Elder Service initiative and will be conducting minor hockey clinics, school visits (as part of the MPIC Role Modeling program) and numerous community appearances.

"We're looking at making ourselves very visible in the community and the surrounding area," says GM/Head Coach Jamie Leach. "Part of our success as an organization has to come from our relationship with the community. We're not only going to be promoting our hockey, we also have to assume the role of community ambassadors both at home and throughout the league and now with the television arrangement, throughout Canada."

Mr. Leach's anticipation of the upcoming season is added to by the resolution of the billet situation created by rumours of a sale of the franchise. "We're happy to say that all of our last season's billets have been paid in full. We're extremely happy to have them back on board and now we can concentrate on winning some hockey games."

# It was a great 4P weekend!!!

*continued from page 1*  
youth band), and a band from Sagkeeng. There were beer gardens, decorated fiftieth birthday cakes and a speech from Deputy Mayor Danny Gelin. Previous Powerview mayors were introduced. There was a real festive atmosphere with young and old all having a great time.

Also on Friday evening the Royal Canadian Legion hosted a *Newfie Night* with a pig roast and a live band, the Ard-ri in the Legion Hall.

New this year was the inflatable fair on the Powerview School grounds. For just \$10 per child, 250 kids joined in

the fun with bouncers, games, obstacle courses etc. all day Saturday.

This year's grads helped out with running the fair. The soccer association sold hot dogs, Teeny Boppers sold pizza, fries etc. CBC Radio covered the events of the weekend from the Powerview School grounds.

Also on the Powerview School grounds under a big tent was a very successful *Come and Go Bingo* run by the Great Falls Recreation Association.

Beginning Saturday afternoon Western Days at the Pine Falls Arena kicked off with Sik



Thai kick boxing. Kick boxing results were not available at press time and will be reported

in next week's issue of The Echo. Three bands took part in the Western Days celebration, the local band, Nervous Wreck, and two Winnipeg bands, Agent 99 and Lip Service. Games wheel money was donated to the 4P as was money raised by the silent auction. Prizes for the silent auction were donated by local businesses.

The 4P also received the net proceeds of a \$1,000 meat draw at the Rusty Nail late Saturday afternoon. The bar was filled to capacity for the

event. Two other two-day events started on Saturday, the mixed slo-pitch tournament and the market square. The slo-pitch tournament was won by Winnipeg team, *Bring it on* who beat out the local *Powerview Fire* by a (disputed) score of ten to nine.

The market square was held this year at the Pine Falls School gym. There were 46 tables, about the same as last year. Most vendors were happy with the new location

See IT WAS A/page 7



## New Friends news

### Learn to dance!

When you look at the word 'guidance' you'll see 'dance', at the end of the word. When two people try to lead, nothing feels right. The movement doesn't flow with the music and everything is quite uncomfortable and jerky. When one person relaxes and lets the other lead, both begin to flow with the music. One gives gentle cues, perhaps with a nudge lightly in one direction or another. The 'dance' takes willingness and attentiveness from one person and gentle guidance and skill from another. So it is with mentoring, another word for guidance.

New comers may not know about our unique program for the towns of Lac du Bonnet and Pinawa. We are modelled after the Big Sister/Big Brother organization but are not affiliated with them. New Friends has the distinction of being the only private mentorship program in 'small town' Manitoba. For two small towns, that's a big deal!

A mentor is a creatively productive person who befriends, teaches, counsels and

inspires a child with similar interests. The relationship is characterized by mutual caring, depth and response. A mentee is a child in the mentor relationship.

If you're between the ages of 18 and 90 you could make the difference by celebrating and supporting a child in what they love to do. We require three hours per week for the school year, to be a role model to a child. These children are looking for a friend to listen, teach, admire and help them with the tough process of growing up and becoming good citizens.

Your 'dancing' partner is waiting - be a mentor. Call 345-2867 or 753-2406.

Top right - The Winnipeg River Senior Service Inc. float featured liver entertainment from local musicians; above - Dan Bowman brought his two alpacas Newton and Cerro Geovanni to the parade. These adorable animals were a hit with everyone.

Lac du Bonnet Legion #164

**WEEKLY ACTIVITIES**

Open Monday to Saturday 10:00 a.m. to 10:00 p.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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*Thank You!*

We wish to thank these generous sponsors for helping make the trap shoot a success. Please support your local businesses:

B&M Clearance, Broadlands Restaurant, Broadlands Convenience Store, Buckman, Caisse Populaire, Charlie Neidermayer, Clark's Corner, Co-op Insurance, Dancy's Foods, Dave's New & Used Furniture, Deals for Dollars, Department of Natural Resources, E&R Automotive Service, Great Falls Foods, Henry Desautels, Manitoba Hydro, Northern Store, Osis Building Supplies, Papertown Motel, Pam's Pop and Movie Shop, Papineau Motors, Petro Canada, Pine Falls Service Centre, Pine Falls Paper Co., Powerview Auto Supplies, Powerview Auto Body, Rusty Nail, Royal Bank, Sonny's Chicken House, South Interlake Credit Union, Signman Signs, Sok's Service, St. Croix's Cycle, Sunrise Bakery, Tasty Treats, Tundra Wild Rice, Winnipeg River Echo.

Notre Dame du Lac Roman Catholic Church  
Lac du Bonnet is hosting a

**Fall Supper**

Featuring  
Barbecue Pork  
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Everyone Welcome!

SUNDAY, SEPTEMBER 9  
5:00 to 7:00 p.m., lower level of the church

ADULTS \$8.00 — CHILDREN 6-12 YEARS \$4.00  
CHILDREN 5 YEARS & UNDER FREE

# World record black bear to be confirmed

*continued from page 1*  
 gust 5) tests will be performed at the regional office in Lac du Bonnet. These tests will produce an official weight and measurements. A tooth extraction will determine an accurate age of the animal. The lifespan of black bears in the wild can be 25 years or more, the oldest known was to be 30 years old. As of press time people within Manitoba Conservation were in the process of investigating actual weight of the world records.

## Be bear aware!

"It's quite interesting. I know it's got a lot of people's interest up here," said Conservation Officer John Watling. It may also be possible for arrangements to be made for the Museum of Man and Nature to house the bear

Watling added, "If it is a world record it should be recognized and go somewhere people can enjoy it."

The main message people should realize is that you, "have to be mindful of driving at night, for deer and bear." It's a common occurrence at this time of year, that the bear will be out moving around, feeding and getting ready for winter.

Gerstmar said that what they're trying to do now is eat as much as they can of absolutely everything and use the least amount of energy, putting on as much fat as they can. The more they have the easier it will be to survive winter.

This black bear, over 1000 pounds, was in good shape and it is rare that one this size is ever seen by man. A lot of



Steven Fontaine and the two occupants of this 1986 Mazda were lucky to escape a head-on collision with a 1078 pound black bear, with non-lifethreatening injuries.

the bears that Manitoba Conservation is dealing with now are younger adults, a bout a year and a half. They spend

a whole year with the mother and are then left to fend for themselves.

What happens with those

bears is that they're not as smart or astute as the older bears and find it more difficult to find food. They're looking for the easiest sources, that unfortunately includes populated areas. The scent of bird seed, dog food and barbecues lures the young bears in for an easy feed. As they get older it is natural for them to acquire a fear for people and rarely associate with other animals.

# Bicycles and cars

Writing on this subject has been about for some time, purchasing a bicycle and using the highway especially in

this district (traffic is heavy most times). My thoughts are somewhat mixed like people using the forest and mixing with wild animals, or swimming in shark infested waters, you are in the danger zone.

Two incidences that I would like to share with you are two little girls on bicycles travelling on the wrong side, not on the shoulder mind you, and I'm meeting another car at the same time. This creates a tense moment when you are a vehicle driver.

Please don't get me wrong



## ECHO MAIL:

### Letters to the Editor

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

cyclist, I'm not knocking anyone riding bicycles. All I'm asking is to obey the rules of the highway. I'm urging parents and our busy police to please take note and try to rectify this problem both at home and schools.

I would like to suggest we contact our MP for this re-

gion and emphasize to her this great need for a walking and bicycle route by paving both sides of the highway. Although I understand cyclists can share the highway pavement, there is a time to use the gravel shoulder for your own safety.

Kids on bicycles travelling from St. Georges beach use the highway like a playground. It's like they are challenging the large vehicles to a dual. Kind of scary isn't it?

Phil Cyr

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# A Big Thank You!

...to Val Anderson and staff of The Echo for a great 4P Weekend. Your hard work and dedication to the community made this weekend a success;  
 ...to Michelle Moore and Papertown staff for your enthusiasm and dedication in making a great Papertown Motor Inn float;  
 ...to Yves Normandin and staff for your kindness and generosity in supplying us with a rig and driver for the Papertown float.

Thank you again,  
 from the Raymond Family

# Papertown

★ ★ ★ Motor Inn ★ ★ ★

# It was a great 4P weekend!!!

*continued from page 5*  
 and very happy with their sales. A local honey farmer sold out on the first day, and Pink Solutions (a cleaning compound) sold out on Sunday. Market square organizers said that more effort should be made to get more local people involved next year.

Trapshoot finals were held Saturday on the open area by Midway Foods. See separate story in this issue for results.

Probably the biggest success in this year's 4P was the skateboard park at the Powerview Arena. Over the weekend hundreds of local kids took part. The park was completed in ten days thanks to a financial contribution (material costs) from Tembec and a major effort by volunteers, the skateboarders themselves and the Pineview Recreation Association. Pat Arsenault deserves a special mention for the sheer effort and leadership

he put into the project. It is hoped that the park will be a permanent place for skateboarders to practice every summer when the arena is not being used for hockey.

All weekend the St. Georges Museum sold traditional pea soup and bannock.

Mud bogging results from the Sagkeeng mud-bogging contest Saturday were not available at press time and will be reported in next week's issue of The Echo.

For safety reasons there were no mill tours this year. The 4P committee apologizes for announcing that they would be held as usual this year.

Also on Saturday afternoon, the Legion Triathlon (pool, darts and shuffle board) was won by Marcel Guay and Al Johnson. Second were Lou Charbonneau and Cliff Rideout, third Ron Head and Donna Lusty.

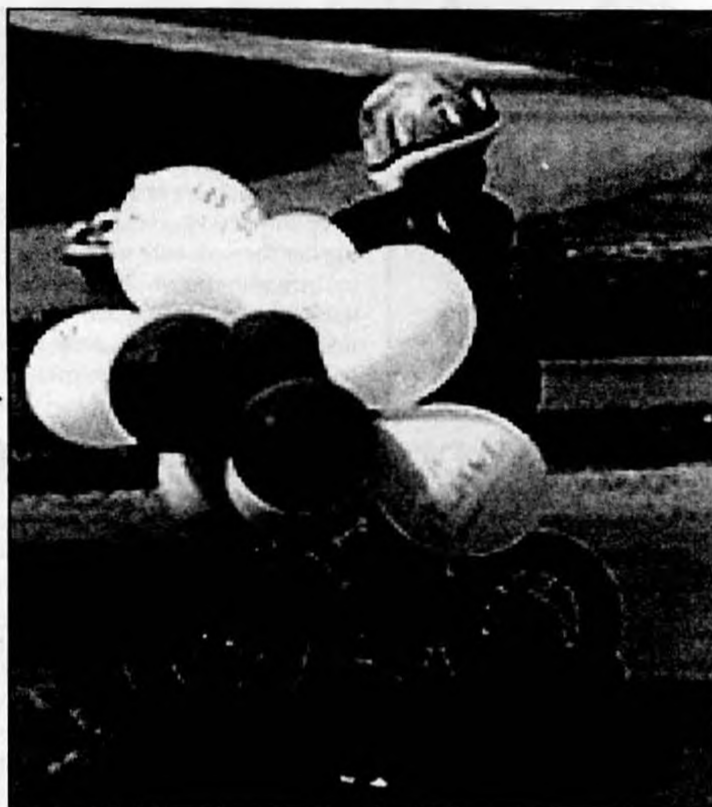
The 4P parade was again led by the stirring music of the Lord Selkirk Boy Scout Pipe Band. Parade judges Gord Sokoloski and Pic Boiteau named The Echo's float of a Pirate ship complete with Captain Hook, Peter Pan, Wendy, Tinkerbell, and with Wendy's brother John driving, as best in the parade. Second was Pro Hardware, (Jurassic Park); third was Osis, (home repair on wheels). Honourable mention - Rusty Nail, for a rusty van pieced by a rusty nail

It was impossible to estimate the size of the crowd for the fireworks at the beach in St. Georges after dark on Sunday, but there seemed to be hundreds of glow sticks and rings flitting back and forth or flying through the air. The \$5,000 25-minute display was a really great, well orchestrated display. One visitor from Thunder Bay said it was a better display than her own (much

bigger) city puts on every year.

Results of the family fish derby (eight boats) and the Legion kite flying contest will

be announced in next week's issue of The Echo, as will be details of the sailing regatta in St. Georges.



Top right - bicycle entries were a hit and a challenge to the many children who entered in this year's 4P parade; right - Smokey Bear, along with Natural Resources officers, visited once again at this year's 4P Festival parade.



## Thank You!

A very big thank you to all our local businesses for their generous donations, Broadlands Mall, Canada Post, Chevrefils Farms, Country Concepts, Deals for Dollars, Ed & Ron's Tackle Shop, Midway Foods, Northern, Pine Pharmacy, Pine Falls Service Centre, Peter's Pro Hardware, Relay Auto Supplies, Royal Bank, South Interlake Credit Union, St. Georges Voyageurs, Winnipeg River Echo.

Also a very big thank you to Jackie May, Buddy and Claudette Houston for all their help at the dock and Donna Carriere and Gord Sokoloski for preparing the hotdogs and drinks to all our hungry fishermen.

Hope to see you all again next year!

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## From milk to solids - the art of feeding babies

by Geraldine Dandeneau  
You're finally comfortable



with your new baby. Just as you think you've finally mastered the art of caring for this precious little being, you're faced with another milestone in your baby's development - the introduction of solid food.

You are most likely being bombarded with advice that proves very often to be conflicting. You may have already discovered that many friends, family and even mere acquaintances have an opinion on infant feeding that they are only too willing to share with you whether you request it or not. You've also heard that certain foods can cause allergic reactions, while others may

cause your baby to gag and choke. You suddenly find yourself, once again, unsure of how to proceed. You want to do what is best for your baby, but where to start?

Though you may have heard differently, there is no need for solid foods before baby is four to six months of age. In fact, babies' digestive tracts are not mature enough to handle solids before that age and starting foods too early may increase their risk of developing allergies. When in doubt about when to start, look to your baby for cues. Babies display certain signs that indicate their readiness to begin solids.

Sitting up with little or no support, having control of their head and neck, showing an interest in food, opening their mouth when food is offered and refusing food by turning their head are all obvious signs. Once it's clear that your baby is ready for this next step, there are a few guidelines you will want to follow:

Offer food after the milk feeding. At this initial stage in the introduction of solids, milk is still the most important and most nourishing food for your baby and is essential for your baby's continued growth and development.

Introduce one new food at a time and wait three to seven days before introducing another. This will allow you to detect any allergic reactions (rash, vomiting, diarrhea, breathing difficulties) your baby might have to specific foods. Initially offer small amounts (one to three teaspoons) and gradually increase the amount and frequency of the offerings. Modify the texture gradually from strained and pureed at four months to mashed, diced and cubed at nine months. Start with iron-fortified single-grain cereals. Rice is the least likely to cause an allergic reaction and is generally introduced first, followed by barley and oats. What traditionally follows after cereals are vegetables, fruits and finally meat and alternatives. Once baby has tried and tolerated single foods, then combinations can be offered (i.e. mixed cereals). Homogenized (whole) cow's milk is not recommended before nine to 12 months of age. Egg whites and honey (which can cause botulism) should not be included until baby is at least one year old.

Never add cereal to a bottle. This can cause your baby to choke and, contrary to popular belief, will not help baby sleep through the night.

Introduce juice to your baby's diet in a cup, not a bottle, and limit the amounts to about two ounces per day. Choose unsweetened juices like apple, grape and pear once baby has been introduced to fruit. Do not offer your baby soft

drinks, fruit drinks or fruit crystals. These beverages will provide very little nourishment and may interfere with your baby's intake of nutrient-rich milk.

Avoid foods that may cause your baby to choke, including raisins, gum, hard candies, cough drops, popcorn, nuts, seeds, grapes, chunks of raw carrot/apple. Peanut butter should not be offered from a spoon. A small amount can be spread on bread or crackers (when baby is old enough for finger foods).

When preparing your own baby foods, do not add salt, pepper or sugar. Remove your baby's portion before seasoning food for the rest of the family. Wash your hands and the equipment and containers used in the preparation of baby food in hot, soapy water. Refrigerate food as soon as possible, and use within three days.

You will decide what foods to offer your baby. Let your baby, however, be the judge of how much and even whether or not to eat. Be prepared to have your baby refuse certain foods. Rather than trying to force the issue, wait a few days and try again.

Mealtime should be a pleasant experience for both you and your baby. Anticipate the messiness that will undoubtedly come when your baby attempts to feed himself and never leave your baby alone when eating. This is an exciting time in your baby's development as new skills and abilities are acquired. It is also the beginning of a lifetime of appreciating the taste and texture of food. Have fun with it!

If you want more information on infant feeding or if you, or someone you know, could benefit from the free prenatal services offered by the Blue Water Mobile Prenatal Team, contact us at 367-8855 or drop in at our location at Wings of Power, 39 Pine Street. We provide free milk/juice, pre/postnatal information and support to expecting and new moms (up to six months postnatal) in their homes or at our Wings of Power location.

## Ask your Pharmacist Moving things along

Constipation - it's an uncomfortable problem but, luckily, it's usually easily solved.

Here are some things you can do to ease the problem:

Eat more fibre-containing foods, such as bran cereal, fruits and vegetables. But check with your doctor or pharmacist first, because this change in diet may be harmful for some people. It's important to increase your intake of these foods slowly, because a sudden increase may cause gas.

Drink plenty of water

(at least six glasses a day), unless your doctor has advised you to restrict your intake of fluids. Don't substitute tea, coffee, cola, or other caffeine-containing drinks: the caffeine in them will make the constipation worse.

Exercise: get you bowels moving with the rest of you!

For fast relief, you can try an over-the-counter laxative. It's a good idea to ask your pharmacist which will be most effective, especially if you are already taking other medications. Also, laxatives are only meant to be taken for a short

period (no more than a week). If the problem isn't solved by then, it's time to go see your doctor. Also, see your doctor if you experience any of the following signs: there is blood in the stool; your stomach hurts and feels bloated; constipation alternates with diarrhea; the constipation has started only since you started taking a new medication (medications such as codeine, morphine, some antihistamines, certain antacids, some antidepressants, and iron pills may cause constipation).

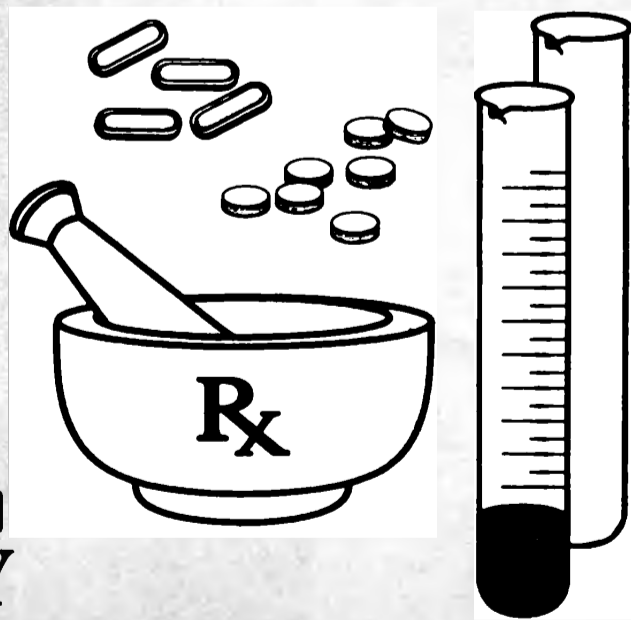
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# 4P family pickerel fishing derby

continued from page 2

and Amber will receive compensation. Sorry Amber for the oversight and congratulations. There was two blooper prizes this year due to some funny happenings at the start of the derby. These were given to Ed Petkau

who forgot to unhook his boat before trying to launch, but kept on trying. Ed won a filleting knife for keeping us in stitches. The second blooper prize went to Gary Mysak who forgot to put the plug in his boat before leaving the dock to fish.

Gary won a fish drink cooler donated by Ed and Ron's Tackle Shop and a bag of peas donated by Chevretils Farms. There were other great prizes handed out as door prizes so all who participated in the derby went home with a prize.



Winners of this year's 4P Festival Family Fishing derby.

# What is Schizophrenia?

submitted by Julia Krahn, Outreach worker, Manitoba Schizophrenia Society

When asked this question, 'What is schizophrenia?' people most often answer in the same way. 'It's a split personality'. Seems simple enough, right? Not so when in reality, split personality is not a real diagnosis. The second most common answer is 'multiple personalities', which is a real, but rare disorder, and very different from schizophrenia. So why all the confusion about people with schizophrenia having more than one personality? Well the confusion sets in when some of the symptoms present themselves in peculiar ways.

Imagine someone in your family suddenly starts talking about the CIA coming after them, voices telling them that they are worth nothing, and perhaps seeing things that are not there. How would you react to this? It would seem as though your family member was no longer there. In reality your family member's personality is still in tact, underneath all the symptoms of auditory and visual hallucinations and delusions. These are called positive symptoms: something that is added to the personality.

In addition to this, your family member is no longer motivated to get out of bed in the morning, brush their hair or take a shower. Events and activities that used to interest

your family member no longer do, and the majority of time is spent in bed, or on the couch with the covers pulled over their head. Lack of motivation and interest are part of the negative symptoms that occur with schizophrenia. Negative symptoms are often explained as something being taken away from the personality.

So where do you go from here? Well, seeking the advice of your doctor is first and foremost. They will be able to point your family member in the right direction in terms of health and community services as well as possibly prescribe an antipsychotic medication. This medication will help your family member to stop hearing voices and having delusional thoughts, but be patient, because it sometimes takes a few weeks to start working.

As your family member becomes well, they might find it

helpful to talk to people who have been through the same experience as they have, and join a support group. Groups such as these help individuals cope with their experience as well as provides a safe atmosphere while sharing certain aspects of the illness. But what about you? You too have been through a traumatic experience with your family member being ill. A support group for family members who have a loved one with a mental illness might help. Groups such as these are offered through the Manitoba Schizophrenia Society, a self-help agency in the Eastman region, 444-2793.

All in all, schizophrenia can be a difficult experience for both the person with the illness, as well as the family. The important fact to remember during these times is that there are people who understand, and wish to walk with you on your journey.

## Anxiety Disorders

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# It's the Law

by Gerald Hawranik, Q.C.

## Who gets the cottage?

Gerald C. Hawranik is a lawyer in Beausejour with 20 years of extensive experience in most areas of law. It's The Law will be published in each issue of The Echo. If you would like to know more about any legal topic, please write to Gerald at Box 880, Beausejour, MB R0E 0C0, phone 268-6300.

Inspired by memories of boating, fishing, swimming and bonfires, most parents leave the family cottage to all their children equally. After all, family memories cannot be parcelled out more to one child than to another, can they? However, leaving the cottage to all the children will likely create family friction. Without mom and dad to lay down the law of cottage use, sibling rivalries will develop - add to that the spouses of the children and you have a volatile mix.

What is the answer? First, the parents should speak to their children before making their wills. The parents may be surprised to learn that one or more of their children don't really want the hassle of negotiating cottage use, keeping up with the maintenance, and paying the bills. The children may even tell them that the best thing to do would be to sell the place.

Leaving the cottage to all the

children will produce all the obvious power struggles: Who gets to use the cottage during the prime summer weeks and on winter weekends? Without parents to lay down the law, relationships break down.

There could be other threats to shared sibling ownership. If one heir gets caught up in a divorce or faces creditor action for debts owed, his or her portion of the cottage will be vulnerable to all creditors, including ex-spouses. Occasionally, parents preclude sibling rivalry by leaving a cottage to one child and assets of comparable value to the other children. However, they should ensure that those inheriting the balance of the estate do not get stuck paying the capital gains tax on the cottage.

If you have any questions about the information appearing in this article, or any other legal question, please call me for a free initial consultation.

*This article is intended to provide general information and not to advise anyone on what he or she should do in a particular situation. The facts of each case are important, and usually affect the way in which the law is applied. When you have a legal problem, it is best to consult a lawyer.*

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## Winnipeg River RCMP detachment report



The following constitutes the police report for the Winnipeg River detachment for the period of August 19 to 26:

**August 19:** A female was charged with impaired driving and driving over .08 after the suspect vehicle was observed travelling westbound in the eastbound lane on Highway 11 in Powerview. The vehicle was eventually stopped after nearly hitting the police vehicle head on. Charges of having liquor in a motor vehicle and driving with an invalid license were also laid.

Police responded to a loud part complaint on Josse Street in Powerview.

A burglar alarm was responded to at Doris' Grocery in Grand Marais.

There was a report of a spousal assault at Fort Alex-

ander reserve. Todd Guimond, 34 years of age, has been charged with assault after punching girlfriend in the face.

Report of a break and enter and theft to the Catholic Church at Fort Alexander. A sound box system along with two amplifiers were stolen.

Report of a possible suicidal female at the Powerview dam. Patrols of the area were made by vehicle, boat and on foot however all proved to be negative.

**August 20:** A search warrant was executed at a residence in Powerview and several firearms along with ammunition was seized. A Powerview resident is currently facing numerous firearm and unsafe storage charges.

There was a report of a

break and enter at a residence on the south shore of Fort Alexander. A stereo was stolen.

A report of a break, enter and theft to a shed occurred on the north shore road. A bike, various tools along with air compressor were stolen.

A pedestrian motor vehicle accident occurred at Pine Falls. One child was treated at Pine Falls Hospital for minor injuries and released.

A report of a hit and run accident took place at Pine Falls. A semi trailer backed into Starr's vehicle.

**August 21:** Report of a break and enter at a residence at Manigotagan.

Damage was reported at the Fort Alexander bingo hall. A vehicle that was parked in the parking lot sustained damage to front fender and windshield.

Theft of an eight week old puppy occurred at Powerview.

**August 22:** Received report that Gabriel Swampy Jr. assaulted his girlfriend. Swampy arrested and remanded into custody. He was charged with three counts of assault, three counts of breaking recognition and breach of probation. Swampy also had outstanding assault with weapon charges from Roblin detachment.

A resident of the Grand Beach area reported the theft from a vehicle of a measuring tape along with shovel.

**August 23:** Business sign reported stolen from Tempo gas station at Grand Marais.

A car stereo and speakers were stolen from a vehicle in Beaconia.

Report of an intoxicated male walking in the middle of

the road on south shore of Fort Alexander. Suspect located and lodged for being intoxicated in a public place.

Report of an intoxicated male causing problems at a north shore residence. A male subject was arrested and escorted to the Powerview detachment. The subject was also charge for resisting arrest.

**August 24:** One intoxicated female was arrested at Fort Alexander after causing problems at a residence.

Report of a break and enter in progress at the Fort Alexander Health Complex. Police located and arrested two males at the scene. One other suspect was later arrested and police are searching for two other

See WINNIPEG/next page

## Lac du Bonnet RCMP detachment report



The following constitutes the police report for the Lac du Bonnet detachment for the period of August 23 to 30:

**August 23:** A report was received of youth hanging around Memorial Park and possible vandalism being done. Police attended, however, no illegal activity detected.

A report was received of a metal detector being forgotten at a business in the RM of Lac du Bonnet. When the owner of

same came back the next morning, the item was gone.

A report was received of a maroon and silver Pontiac being driven in a careless manner. Police located the vehicle in question and charged the driver for driving with an improper licence.

**August 24:** A report was received of a vehicle passing another in the double solid zone on PTH 11 just north of PTH 44. Complainant wanted a

charge laid.

**August 25:** A report was received of a disturbance at the Pinawa Motor Inn. Police attended and found an intoxicated underage male involved in an altercation outside the premises. This subject was arrested and subsequently released from the police vehicle by his intoxicated mother who was involved in the disturbance inside the premises. The male was taken back into cus-

today, as was the adult female, who also did damage to the police vehicle. Both subjects are facing a number of charges.

A report was received of an adult female apparently having chest pains at a location on Marcus Drive. Police dispatched the ambulance to the location.

A report was received of an underage male leaving a residence at Pinawa after having a disagreement with his father,

and concern expressed for his well being. Police investigation revealed that he was at work.

A report was received from the Bird River area of an adult male coming onto private property and pushing and threatening the complainant, who had been attempting to prevent trespassing on the private property.

See LAC DU/page 12

# Thank You!

We, the 4P committee, would like to thank the many individuals, businesses and organizations who were involved in making the 2001 4P Festival another great success.

This year's 4P was made possible by many people who so generously gave their time, effort and financial contributions.

Special mention is extended to the Tembec Paper Group - Pine Falls Operation for their commitment towards building partners with community youth and helping establish a skatepark in our community. Also Pat Arsenault for his contribution and leadership in building the ramps, fun box and other skating materials. The PRA for providing a facility for the youth and parents for supervising.

Thanks is extended to the many businesses for their generous donations towards various events and silent auction tables. All the proceeds went into the 4P Festival fund, for fireworks, children's activities, parade etc.

Volunteers contributed greatly in helping the many events run.

The Powerview School grad committee, Pine Falls Townsite, Green Team, Wings of Power, World Canada Youth and many friends and family.

A special acknowledgement and thank you is extended to all who participated in Powerview's 50 Anniversary Jamboree, the musical talents of the many artists who contributed to the great entertainment. All of you put on a great show and were greatly appreciated.

A special thank you is given to Shirley Lavallee for all her hard work in making the market square another great event.

Diane Houston for taking care of this year's family pickerel derby, on such short notice.

It was a learning experience for the organizers this year and we appreciate all your comments... so let us know what you think and better yet, let us know how you would like to participate next year to make our 4P Festival event better.

Last but not least thanks is given to the staff of The Echo, you all exceeded your job and more, without your dedication, none of this would have been possible. Thank you - Lori, Linda, Toni and Charles.



# Winnipeg River RCMP detachment report



*continued from previous*  
suspects. Entry to the complex was made through the roof of the business. Several subjects from the Fort Alexander area face numerous charges of break, enter and theft.

Report of careless driver in a brown Ford pick-up on Highway 59 near junction with Highway 12 was made however the offending vehicle was not located.

August 25: Report of garage on fire on Josse Street in Powerview.

A false alarm was reported on Sunset Boulevard at Victoria Beach.

Received a report of a possible child neglect matter from Fort Alexander. Police investigation revealed that there is alcohol abuse within the home and the matter has been referred to Child and Family

Services for further action.

A Surf Club patrol reported being assaulted by employees of the bar.

Received a report of theft of a guitar from Cash-in-a-Flash. The guitar has since been recovered and returned to the owner. No charges laid.

August 26: Police responded to a report of a green minivan driving recklessly on north shore road.

Received complaint of an intoxicated male causing disturbance on north shore of Fort Alexander. Suspect yelling and swearing at kids. The suspect was located and the matter resolved without any charges having to be laid.

A ten year old girl who was reported lost in the area of Balsam Bay was located. She was safely returned to foster parents.

## Rec district to host volunteer appreciation

by Michelle Chudd, Recreation Director  
Winnipeg River Recreation District, 345-8811  
Email: reccomm@granite.mb.ca

The rec district is hosting a volunteer appreciation night at the Lac du Bonnet Community Centre September 11 from 6:00 to 9:30 p.m. Along with speaker Barb Gemmill, who will share her expertise on volunteerism, expect appearances from local politicians, entertainers, as of course free food! Although we'd prefer you register in advance by calling us and leaving your name, all volunteers who show up on the evening will be welcome. Hope to see you there!

**Terry Fox golf and run**  
At Pinawa Golf Club Sunday, September 16 at 1:00 p.m. No green fees, just pledges for Terry Fox run. For more info contact Gary Buchanan or sign up at the pro shop. The tradi-

tional run will be in conjunction with Centennial School at Lac du Bonnet Friday, September 14, 10:30 a.m. Everyone is welcome to partake in this three kilometre event to raise funds for cancer in memory of Ashley Kovari.

**Yoga**  
Linda Tai is back instructing again with this ten week program commencing Tuesday, September 25 and finishing November 27, every Tuesday night from 7:00 to 8:00 p.m. at Gilbert School gym, Pinawa. Maximum of 20 participants and you must register at the rec office prior to class - it will be on a first come, first served basis.

**Step aerobics**  
Yes - we will have a regular

program running Monday and Wednesday evenings in Lac du Bonnet with Penny Larish!

**Creative movement**  
Get parents and preschoolers ages three and four years, moving with music, games, free movement and fun! Tuesdays, October 2 to December 4, from 6:30 to 7:00 p.m. at Gilbert School gym, Pinawa.

**Deluca's cooking**  
Tony DeLuca loves cooking, and he loves sharing his passion with others. In fact, on October 2 he will be sharing in our area, from 6:30 to 8:00 p.m. at the Lac du Bonnet Community Centre. He has an awesome menu planned too!

**Belly dancing**  
Don't laugh - this is wonderful exercise! Move your body in new and exciting ways with Shayera and friends as they guide you through this middle eastern dance October 26.

## 2001 WINNERS Lac du Bonnet Slo-Pitch League



2001 PENNANT WINNERS: accepting for Southern Comfort were Bob Becker and Lee Valentonis.



2001 A SIDE WINNERS: accepting for the Classics were Connie Dancy and Jason Zarochi.



2001 B SIDE WINNERS: accepting for the New Frenchmen were Cam Lussier and Kevin Lussier.



## Golf tip of the week

Dale Mitchell, CPGA Golf Professional

Well folks this is the final tip for the 2001 golf season and I think we'll play in the sand this week. Most golfers are terrified of bunkers and they really shouldn't be. It's a simple shot once you learn how to approach each situation you face. The first thing you have to learn is not to hit the ball but actually hit the sand itself. Next time your in the sand, actually draw a line in the sand with the end of your club about two to three inches behind the ball and open your club face. Hit the line, not the ball. As long as you follow through with the club head the ball should come out of the sand.

This is an explosion shot and the sand actually throws the ball out of the bunker. This is if you have a good line in the bunker. If the ball is buried you hit the same shot but close the club face instead. Follow through and it should work.

Remember with a little practice everything becomes easier with time. Well that's all I have for this season. I hope my tips were helpful and maybe even amusing at times. Enjoy the fall season and winter well. We'll hopefully see everyone next golf season.

I'd like to thank Valerie and her staff for mak-

ing these tips of the week possible. Without the support of The Echo it wouldn't be possible. Thanks Val!

I would also like to pass on congratulations to the Pine Falls Golf Club champions beginning with: Matt Chevretil's men's; Bob Christie men's senior; Bonnie Borlase ladies; Mary Power ladies seniors; Kevin Chevretil's junior boys; Christine Mitchell junior girls. Congratulations to all of them and good luck at the zone championships.

I'd also like to mention that overall it was a relatively successful season for the PFGC but memberships have been on the decline and without the support of the local communities participation in purchasing memberships there is always the possibility that someday in the near future that the club might not have the capital to continue the long success it has enjoyed to date. We would never like to see that happen please think about getting a membership next season if you've been a member in the past we'd love to see you back. Well I've talked long enough thanks for all your support.

# What's the difference between extra virgin, virgin, and cold press olive oil?

## Cornerstone

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

The Southeast Blades have officially begun their 2001-2002 MJHL campaign with the start of training camp at the Sagkeeng Multiplex. The Blades coaching staff reports that 78 players have registered for this year's camp which will be held from Thursday August 30 to September 2.

The coaching staff is very pleased with the skill level at this year's camp and the nine returning players have also indicated that there is a major improvement in the attitude and eagerness of the players invited this year. Defensive standout, Colin Tetreault says, "The guys are ready to go."

He goes on, "All of the returning guys are excited to come back to play for Jamie Leach.

He's been to the Show and knows how the game should be played. I worked with him this summer and already it's a huge difference in coaching from last year." Others at camp have stated that once they knew who was going to be coaching this year, "this was where I wanted to play."

This sentiment has been echoed in the Blades ability to attract some very talented players to the program. "I think that people are going to be impressed with guys like, Grice, Savikataaq, Saunders, Gosselin, Riopelle, and Cochrane. We also have guys like Dubois, Sinclair, and Flamond that can make a solid contribution," says Leach. "We're also pleased that the players we have traded for are

all in camp."

Not only are the Blades developing their on-ice program, but their off-ice activities are some of the most innovative in the MJHL. The Blades will be televising 10 home games nationally on APTN and will have 5 games broadcast throughout Manitoba on the NCI Network. In addition, the Blades have established their Elder Service initiative and will be conducting minor hockey clinics, school visits (as part of the MPIC Role Modeling program) and numerous community appearances.

"We're looking at making ourselves very visible in the community and the surrounding area," says GM/Head Coach Jamie Leach. "Part of our success as an organization has to come from our relationship with the community. We're not only going to be promoting our

hockey, we also have to assume the role of community ambassadors both at home and throughout the league and now with the television arrangement, throughout Canada."

Mr. Leach's anticipation of the upcoming season is added to by the resolution of the bil-

let situation created by rumours of a sale of the franchise. "We're happy to say that all of our last season's billets have been paid in full. We're extremely happy to have them back on board and now we can concentrate on winning some hockey games."

## Library Corner Lac du Bonnet Regional Library

The building at 84 Third Street is quiet again! Is this what a regular library is supposed to be like? School is in session, our summer staff has 'deserted' us and we are missing the hubbub and the children's comings and goings. One of the last jobs our students tackled was reshuffling and shelf-reading of books in the non-fiction areas. We are moving the teen books to the back corner of the library close to the junior section and hope to spruce up this area for the young people.

Storytime for preschoolers continues year round - we'll miss the youngsters who are starting kindergarten. If you are looking for a weekly outing for your preschooler, remember that Thursdays at 10:30 a.m. is the time to visit the library for stories and a snack!

September 15 is just around the corner - hopefully you have seen our posters and newspaper ads, and have already purchased or reserved your tickets for our annual fall supper fundraiser. We hope to see you there.

What else is new at the library? Many great new books... for instance, we've updated our Manitoba display with several titles of an historical nature.

Read about *Trucking in Manitoba* researched and published by the Manitoba Trucking Association.

Enjoy *Winnipeg Landmarks* as researched by historian Murray Peterson and illustrated by Robert J. Sweeney who are amazed at the richness of our past.

Interested in *Manitoba's Hockey Heritage*? The Manitoba Hockey Hall of Fame was established in 1985 when the first inductees were named and plaques erected in their honor.

*Riverside Heritage 1896-1996* may be of interest to you if you have rooms in the Rural Municipality of Riverside.

*If Walls Could Talk - Manitoba's Best Buildings Explored & Explained* was presented to our library by Public Library Services on the occasion of our tenth anniversary in our present building. Maureen and David Butterfield have assembled drawings, photos and anecdotes illustrating the histories of 70 of Manitoba's most interesting buildings. Has your home got a story to tell? This very informative and interesting book concludes with an appendix that will help you research the history of your own home or office. This book is a must read for anyone with an interest in where we live.

## Lac du Bonnet RCMP detachment report



continued from page 10

A report was received of shots fired in a field off Riverland Road. ATV lights were seen at the time.

A report was received from a resident of Grouse Road of a person possibly trespassing on the property in question. Police patrolled the area and checked the property, but no one could be located.

A request was received to try to locate a subject from Reasejour who was staying with a subject at Bird River to advise him that a residence which he owned had burned. No indication as to where the subjects would be staying.

August 26: A report was received of horses loose on PTH 11 near Fourmier Road. Police patrolled the area, but the horses were not located.

A report was received of a 14 foot aluminum Lund finishing boat with a 9.8 Merc outboard motor having been stolen from a dock at Hazelwood Cove.

A report was received from Molson of an adult female doing damage to property at a residence where she formerly resided with her spouse.

Police on patrol of Lac du Bonnet observed some damage to a door on a business on Park Avenue.

August 27 A report was received of mischief done to the washrooms at Wayside Park on PR 313 at the Winnipeg River Bridge.

A report was received of an adult female requiring escort from a location in Lac du Bonnet to the Seelkirk Mental Health Centre.

A report was received of an adult male residing with an adult female and an underage female in contravention of bail conditions and a protection order at a location in the RM of Lac du Bonnet.

A report was received of two suspicious vehicles at the end of Grouse Road. Police investigated and ascertained that the subjects in question resided in the area.

August 28: A report was received of a fire to a shed on Billing Road. The shed was completely destroyed and investigation revealed no indication of foul play.

A report was received of entry to a business on Second Street in Lac du Bonnet. Papers were strewn about, but it did not appear that any theft had taken place.

A report was received of an unidentified motor cycle causing noise on the streets in Pinawa.

A report was received of a

loader having its windshield broken while parked at a gravel pit on Pit Road.

A report was received of off road vehicles being operated illegally on Mike Krouk Road.

August 29: A report was received of entry to an unlocked vehicle at a location on Apsil Road and theft of a set of keys.

A report was received from a location on Grouse Road of horses being let out of a pasture.

A report was received of an intrusion alarm at a residence on PTH 11. Police investigated and ascertained that same had been set off by a dog.

A report was received of vehicles not stopping at the crosswalk on McArthur at Fifth Street when same had individuals crossing the street. All motorists are reminded that the Highway Traffic Act requires that a vehicle be stopped when subjects are in a crosswalk. Failure to comply will result in a charge and fine.

August 30: A report was received from a location on Lettonia Lane of a marker sign being taken down and a hand-made sign stuck onto the door.

A report was received of hanging flower basket being vandalized and a stop sign being taken down at the corner of Park Avenue and Elm Street.

## 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 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, September 5

Salad, tuna casserole, mixed beans and carrots, boiled misin cake.

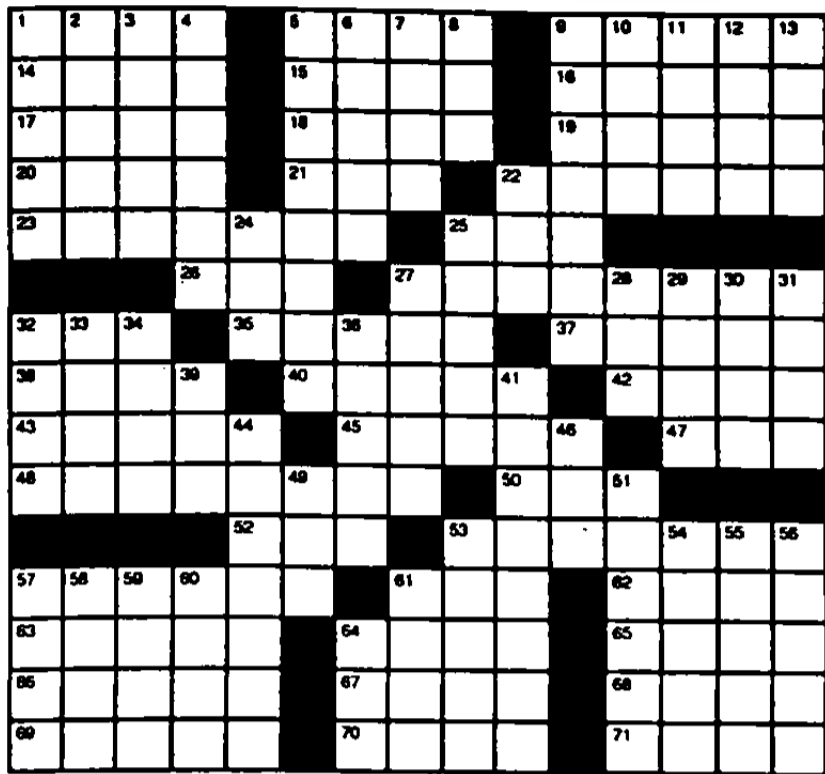
Friday, September 7

Soup, swiss steak, baked potatoes, mixed vegetables, banana cream pie.

Monday, September 10

Soup, roast turkey, stuffing, mashed potatoes, gravy, celery and carrots, pudding.

# WEEKLY CROSSWORD



- |                       |                          |                                |
|-----------------------|--------------------------|--------------------------------|
| 35. Theme             | 9. Colorful parade sight | 39. Time period                |
| 37. Pertaining to USN | 10. Thought              | 41. Vote casters               |
| 38. Possess           | 11. Partiality           | 44. With ice cream             |
| 40. National symbol   | 12. Misplaced            | 46. Took a seat                |
| 42. Actor Lugose      | 13. Time zones           | 49. Falsehood                  |
| 43. "Carmen"          | 22. Lad                  | 51. Believes in                |
| 45. Gropes            | 24. Regret               | 53. Malicious burning          |
| 47. Matched dishes    | 25. Singer Crystal _____ | 54. Miss _____ of "Dallas"     |
| 48. Side by side      | 27. Hard roll            | 55. False                      |
| 50. Consume           | 28. Grab                 | 56. Saturates                  |
| 52. Atmosphere        | 29. Precede hoidays      | 57. Totals                     |
| 53. Elizabeth Taylor  | 30. Story                | 58. Father                     |
| 57. Take for granted  | 31. Narrow board         | 59. British gun                |
| 61. Skill             | 32. Boutique             | 60. Across Hagen and namesakes |
| 62. Arm bone          | 33. Parent               | 61. Century plant              |
| 63. Duplicate         | 34. Affirm               | 64. Capable                    |
| 64. In addition       | 36. More secure          |                                |
| 65. Narrow opening    |                          |                                |
| 66. Apprehension      |                          |                                |
| 67. Penniless         |                          |                                |
| 68. Ebb or neap       |                          |                                |
| 69. Perceive          |                          |                                |
| 70. Decades           |                          |                                |
| 71. Witnesses         |                          |                                |

**ACROSS**

- 1. School corridor
- 5. Church seats
- 9. Religious book
- 14. Jai \_\_\_\_\_
- 15. Fence board
- 16. Good-by
- 17. Tears
- 18. Catch sight of
- 19. Smallest amount
- 20. Nuisance
- 21. Golfer's need
- 22. Explodes
- 23. Showed scorn
- 25. Sticky stuff
- 26. Send a bill
- 27. Swords
- 32. Health resort

**DOWN**

- 1. Stringed instruments
- 2. Foreigner
- 3. Pause
- 4. Itemized
- 5. Sham
- 6. Relieved
- 7. To dry
- 8. Foxy

**LAST WEEK'S ANSWERS**



## CRYPTIC PUZZLE

"RLB CVGGBQ PQ ALPZL PR PE QPFBG  
PE AMDRL CMDL RLVG RLB QPXR."

-YPBDDB ZMDGBPCKB

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**

THE GRAVEYARDS ARE FULL OF  
INDISPENSABLE MEN.

CHARLES DE GAULLE

# WEEKLY ECHO HOROSCOPE

for the week of  
September 3 to September 9

**Aries - March 21 to April 20**



A powerful, enthusiastic and energetic person could make a big impact on your life. You may actually admit to a close friend that your need for love and power is on the rise. Your career could receive an unexpected boost.

**Taurus - April 21 to May 21**



Serenity may be hard to come by this week. And when it comes, it won't last long. If you feel a little positive energy, take a chance and go with your intuitive feelings.

**Gemini - May 22 to June 21**



What types of dreams for the future do you have? If it's been more than six months since you evaluated where you are and how you are going to get there, this could be the right time for soul searching.

**Cancer - June 22 to July 22**



Try not to get tied up with minutia. Adhere to a code of honor but be careful not to set standards that are unattainable. Moderation may help with commitments that seem overwhelming.

**Leo - July 23 to August 23**



You want a work event to go smoothly. Chances are, feathers will be ruffled and you may have to report back to your supervisor. Avoid broad generalizations when speaking to a group of friends. Your candor may come off too strong.

**Virgo - August 24 to September 22**



You look back at your wild days and wonder how you made it this far! An art exhibition may kindle a desire to learn to paint. Do not get discouraged by the latest storm at home. It could lead to emotional maturity.

**Libra - September 23 to October 23**



You may have a low tolerance for the feelings and opinions of other people. An emotional thunderstorm could make you feel vulnerable. Try to remain calm. Co-workers know they can count on you during crunch time.

**Scorpio - October 24 to November 22**



Good looks and vivacity only go so far. Work at improving your vocabulary. Others may begin to see you in a new light and admire your intelligence. Consider all the options before settling for less.

**Sagittarius - November 23 to December 21**



This may be a good time to get a low-maintenance pet. Think cat or fish. Asking the right person a tough question could be cathartic. Your style may prevent you from understanding the true nature of a fight.

**Capricorn - December 22 to January 20**



If you have the right friends, a new activity could be more fun. Don't trade pleasure for work. You may be on the verge of workaholism. Taking a mental time-out or reading for pleasure may help rejuvenate you.

**Aquarius - January 21 to February 18**



Don't assume because you made one mistake, everyone is waiting for you to make another one. Try being more assertive as you push the rules. Planning ahead for the winter holidays may bring you peace

**Pisces - February 19 to March 20**



Hard work alone is not enough. You may need to re-examine your goals. Try not to blame others for your careless mistakes. Having two back-up plans in place could avert a major disaster at home.

## Echo Classifieds

**1974 mobile home** - 14 x 60, include: attached porch, wood electric furnace, fridge, stove, dishwasher, washer and dryer. All new windows and rear residential door, new cupboards, two airconditioners and set of bunkbeds. \$11,000, call 367-2088. 15-24

**1 upright piano** - mint condition, asking \$800, call 367-9187. 15-24

**Trailer for sale** - 1999, 27 foot Sportsman travel trailer. Fully loaded, 4 bunks and queen size bed, sold with hitch, asking \$19,500, call 367-9187. 15-24

**Garden Tractor** - 10 hp. Sears 6 spd. garden tractor, snowblower, chains, 48" mower deck, all \$500 OBC, ph 345-6190 days. 15-24

**Office space in Lac du Bonnet** - Prime office space for rent, located in downtown Lac du Bonnet, phone 345-8294. 15-24

**3 Bdrm House** - Furnished 3 bdrm. house, Victoria Beach, \$600 /month, plus utilities. Avail. immediately, no pets, non-smoker. 15-24

**Home for rent** - 2 bdrm house, fully furnished, Victoria Beach area, call 756-2575, call 791-7070. 15-24

**Estate Items Yard Sale** - September 8 and 9, Saturday and Sunday, 10:00 a.m. to 4:00 p.m.; furniture, numerous household items, software, books, pet crates, XR250 and more. House 96 and 98, Carter Crescent, Great Falls. 15-24

**Caregiver** - Part time caregiver needed for one child. Must have access to vehicle. References required. Call Dana at 367-4372. 15-24

**House for sale or rent** - 2 bedroom house for rent or sale in the Powerview area. Call 367-8232. 15-24

**Bankruptcy Info-line** - free, confidential. Call 1-800-463-8371. This is a community service offered by L.C. Taylor & Co. Ltd., Trustees in Bankruptcy. 15-24



**Dorna Watson**  
Bachelor of Commerce (Honours)  
Accounting Major  
Congratulations on achieving your degree from the University of Manitoba. May success continue to follow as you embark on a career towards a Chartered Accountant designation with the firm of Grant Thornton, September 1, 2001.

Proud Parents  
Patrick and Marlene Watson and Brother Bob



**Vanessa Watson**  
Diploma in Structural Technology  
Congratulations on your convocation from Red River College and on securing employment with Pine Falls Technical Services. We also support and encourage your dream of continued studies for a professional engineering designation.

Proud Parents  
Patrick and Marlene Watson and Brother Bob



**Germaine J. Berthollette**  
After a courageous battle with cancer, it is with deep sadness that we announce the passing of our dear mother and grandmother Germaine Berthollette on August 30, 2001 at the Pine Falls Hospital. She was predeceased by her beloved husband Leon of 48 years, her father William Tardiff, sister Terry (Richard) Thomas and sister-in-law Kaye Tardiff. She was born in South Junction, Manitoba August 15, 1930.

Mom will be lovingly remembered by her daughters Sharon, Karen (Eddy), Diane of Winnipeg; her sons Brian (Joan) of Whitecourt, Alberta, Gary (Theresa), Dale (Michelle); her mother Evelyn; 14 grandchildren Pamela, Tammy, Kirby, Joy, Shawn, Jody, Meghan, Jarrod, Jennalee, Chantelle, Stephanie, Robbie, Garen and Ginette; five great-grandchildren Shayne, Richard, Myles, Layton and Amber; her brothers Leo (Rose) Tardiff, Ovide Tardiff, Maurice (June) Tardiff of Winnipeg, Joe (Shelly) Tardiff of Saint John, New Brunswick; and her sister Bernice (Danny) Wilder; as well as many nieces, nephews

and loyal friends. Mom loved the company of family and friends. Her favorite pastime was cards, especially skip-boo and crib. She had a zest for life, going out and meeting people made her happy. Our mother was our inspiration. She took great pride in providing her family with the utmost love, care, compassion. She was and always will be our guardian angel.

The family would like to thank all who came to her birthday two weeks before she died, the palliative care and home care nurses and workers for helping her achieve her wish of staying home where she felt the most comfortable; and the Pine Falls nursing staff - your care and compassion during her final stages beyond duty. Also a special thank you to Father James Gray and to the members of the prayer chain. God heard your prayers and took her home to Him, in peace.

Funeral services were held Tuesday, September 4 at 2:00 p.m. at the Notre Dame du Leu Roman Catholic Church, Powerview with Father James Gray officiating. The rosary was said prior at 1:30 p.m. Interment at the Pine Falls Cemetery. A luncheon followed the church hall. Russell Funeral Homes Ltd. of Beausejour in care of arrangements.

Pallbearers: Allan Tardiff, Richard Fenez, Ken Flanagan, Bradley Tardiff, Tim Tardiff, Alain Chevreffils.

In lieu of flowers, memorial donations may be made to the Cancer Society.

*Rest in peace mom.*

### Advertising Deadline

Friday, 3:00 p.m.  
Phone 367-9468 or 345-9896

### RURAL MUNICIPALITY OF LAC DU BONNET

invites applications for the position of

### BY-LAW ENFORCEMENT OFFICER

Part-time employment will be offered for the position of By-Law Enforcement Officer. A job description is available at the municipal office located on P.R. #217, one mile east of PTH #11.

Applications can be delivered to the municipal office or mailed to the address below on or before September 10, 2001 at 4:30 p.m.

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

### Agassiz School Division #13

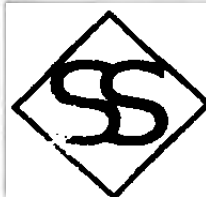
### Substitute Teachers

Qualified teachers are invited to apply for substitute teaching in the English and the French immersion areas throughout the Agassiz School Division during the current school year.

Letters of application and resumes should be submitted by Thursday, September 13th, 2001 to:

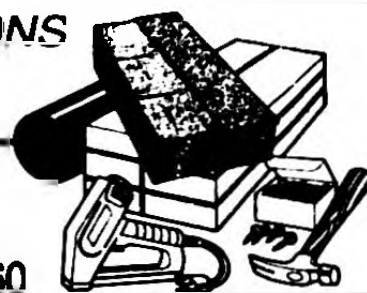
Mr. W. E. Klassen  
Superintendent of Schools  
Agassiz School Division #13  
Box 1206, Beausejour, MB R0E 0C0

Phone: 1-204-268-6506  
Fax: 1-204-268-4149



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*Engagement*



**Kettles - McMurren**  
Kevin and Helen McMurren along with Kim and Leona Kettles are very pleased to announce the engagement of their children Tamara Lynn and Dennis Dale. A July 2002 wedding is planned.

I would like to extend a huge thank you to Val Anderson and her staff at The Echo for taking on the task of running the 4P weekend. When our past volunteers played out and could find no volunteers to help, there wasn't going to be a 4P weekend. Val, along with her staff and the help of Angela Enright, townsite administrator, and all other volunteers who came forward to help, with little time to put this together, Val accomplished a successful weekend for everyone to enjoy.

I would also like to thank the Pine Falls School Board for letting us use the school gym for the market square. Thank you to Empower, Tembec, Golden Leisure Club and Townsite office for lending us tables. Thank you to Murray Evans, Pine Falls School caretaker for his tremendous help in setting up for market square.

A very special thank you to my husband Raymond and our good friends Mel and Eileen Jaster who pitched in moving tables and chairs and cleaning the gym after it was all over. The caretaker was very impressed when he arrived Tuesday morning for school opening.

To everyone who helped make the 4P weekend a success along with the market square, thank you. A coordinator you need, but volunteers are so important.

Shirley Lavallee

**Affordable Advertising in the The Winnipeg River Echo**

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Contact our office nearest you.

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Powerview  
Phone 367-9468  
Fax 367-9974

or

100 First Street  
Lac du Bonnet  
Phone 345-9896  
Fax 345-0004

**Terry's Legacy: The Terry Fox Foundation**

This is the second in a series of three articles written in conjunction with the Town of Lac du Bonnet hosting the twenty-first annual Terry Fox Run, Sunday, September 16.

In September of 1981, barely three months after Terry Fox died of cancer, the first annual Terry Fox Run was held in his honour. Spearheading the organization of the run was Isadore Sharp, chairman and CEO of Four Seasons Hotels and Resorts. Sharp had been inspired by Terry's run, and not only helped to organize grassroots fundraising, but also encouraged corporations to become involved.

Excitement and involvement in the Terry Fox Run have continued to grow since that date. In 1988, the Terry Fox Run became a Trust, separate from the Canadian Cancer Society and eligible for charitable, tax-exempt status. The Terry Fox Foundation, which exists to this day, was established to assist with the organization and promotion of runs, both within Canada and abroad, and spread Terry's dream and his inspirational story.

The official mission encapsulates the foundation's mandate: to maintain the vision and principles of Terry Fox while raising money for cancer research through the annual Terry Fox Run, bequests and memorial donations.

To this end, as much money as possible raised by the foundation is distributed to cancer researchers through the National Cancer Institute of Canada (or an approved foreign organization, if the money is raised in another country). A small percentage is kept by the foundation for fundraising costs. This past year, however, the fundraising cost ratio dropped to 9.1%, one of the lowest ratios in Canadian charities.

The foundation has estab-

lished various policies dealing both with the run itself, and with corporate involvement. These policies are based on wishes which Terry himself gave voice to as he took the first run across Canada. First and foremost, the run is non-competitive, both in terms of athleticism and money raised. Each individual is invited to contribute as much as he or she is able and willing, and each contribution is valued. Corporate involvement is also limited. Financial donations from corporations are not solicited, and all requests to use Terry's name to sell a product or service are denied. Instead, donations which are in the form of a specific product or service required by a run (for example, T-shirts) are encouraged. Employees are also welcome to submit groups from a specific company for corporate challenge events.

The Terry Fox Foundation remains closely tied to the Fox family. Darrell Fox, Terry's younger brother who accompanied him on his run, is the national director. Terry's older



brother, Fred, is the provincial director for British Columbia and the Yukon. Betty and Rolly Fox, Terry's parents, are honorary chairpersons, and are often busy with speaking engagements. In ten foundation offices across Canada, 24 full-time employees work tirelessly to promote the run. However, the most valuable workers to the foundation are the thousands of volunteers across Canada and the world who organize or assist with local runs and help keep Terry's name alive in the fight against cancer.

*Next week: the difference your participation makes*

**BUSINESS DIRECTORY**

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at Sunflower Health & Wellness, Pine Falls

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