



Legal Deposit  
200 Vaughan Street  
Winnipeg, MB  
R2C 1T5

comp

Vol. 2, No. 19

Tuesday, October 2, 2001

\$1.00 tax included

## Food bank successfully realized

by Toni Bruneau

The Lac du Bonnet and Area Food Bank was successfully realized yesterday, Monday, October 1. Its doors are now open to meet the needs of a large number of residents in northeast Manitoba. Prior to its establishment 300 requests per year were fulfilled by the Beausejour Food Bank, from residents in Lac du Bonnet and surrounding area. It is predicted that these requests, based on Beausejour Food Bank statistics, will double with the convenience of the food bank in Lac du Bonnet.

### Hours of operation

The food bank will be open for residents to pick up food, and to drop off donations, Mondays and Thursdays from 10:00 a.m. to 12:00 noon. On the occasion of a statutory holiday, the food bank will be open the following day.

People who put forth a request at the food bank must

appear in person during hours of operation. Although people will not have to give their names, their Manitoba medical card number will be recorded to keep track of usage statistics.

Since the Lac du Bonnet Lions Club's inquiry to the Beausejour Food Bank in December of 2000 there has been a great amount of support and teamwork shown by many individuals and communities in the area. A presentation in January 2001, made by Gerald Hawranik, president of the Beausejour Food Bank, resulted in the Lac du Bonnet Knights of Columbus joining forces with the Lions and the development of a study team.

An informational meeting was held in Lac du Bonnet with representation from communities along the Winnipeg River in April. Hawranik gave an informative presentation which included poverty facts,

expected demand, statistics, policies and costs operation. At this meeting a steering committee was formed. A chairperson, secretary, treasurer, board of directors and committee leaders derived from meetings that continued throughout the summer.

### Support 'tremendous'

Denis Godin of the Lac du Bonnet Knights of Columbus, said community organizations and church groups have shown great interest. "We're getting tremendous support," he said. "There's lots of volunteers. In fact, at the moment, we've got a full slate of volunteers."

Volunteers have attended a training seminar hosted by Winnipeg Harvest. They have also signed documents to which they are sworn to confidentiality. Although the basics have been covered, future seminars will be planned to  
*See FOOD BANK/page 7*



Bev Richmond, Terry Fisher and Michelle Bordeleau were busy at the Lac du Bonnet and Area Food Bank Monday morning. This worthwhile project was realized after just ten months of planning and great volunteer effort, and is now open to serve Winnipeg River communities in northeast Manitoba.

## Planes, trains and automobiles

### Lac du Bonnet woodworker supplies world-wide clientel

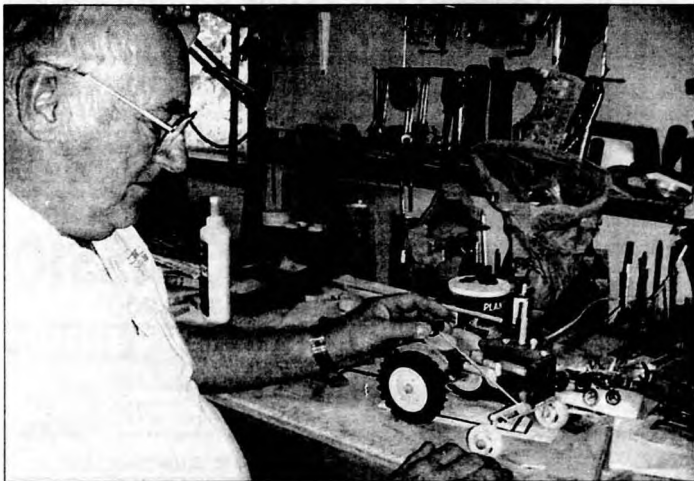
by Toni Bruneau

Planes, trains and automobiles... is just the beginning of what Karol (pronounced Carl) Fedoryshyn is able to create out of wood. Karol's talents are limitless when it comes to woodwork. A long list customers from across the world have learnt this, over a period of more than 20 years. Although Karol began his works in 1980 with a jointer and a ten inch tablesaw, he received his first saw at age six, from his father. His craftsmanship has been

featured in Better Homes and Gardens' international *Wood Magazine* publication and locally, *The Winnipeg Free Press* and *The Winnipeg Sun* and *The Carillon* to name a few.

Karol and his wife Mabel retired to the Lac du Bonnet area last year with fond memories of their years at East Braintree. Karol worked many years at the weigh scales at West Hawk near the Ontario border, and later as a carpenter for the Park's Branch at

*See FINISHED/page 2*



Karol Fedoryshyn works on his latest order, an International Farmall tractor, received from a man in Blumenort who restores antique tractors.

# Operation Impact, Saturday, October 6

# Finished products are uncanny replicas

continued from page 1

Falcon Lake. He now works out of his backyard workshop, which his grandchildren have named (with the Disney character in mind) Grumpy's Workshop.

During his year's at the weigh station, Karol supplied hundreds of longhaul drivers with custom cedar semis. He knew a lot about the rigs and studied them. Drivers who ordered his scaled down versions simply supplied photos for Karol to customize their models, creating a replica as original as its owner. They would arrive questioning whether this was the place where "the model guys work".

The cost of his trucks start at \$375 and have reached destinations as far away as Eng-

land, New Zealand, Ireland, California and Germany. His most spectacular recreation was a 56-wheel semi trailer carrying a backhoe. No matter how large or small the model, his work is authentic.

Karol's work was recently acknowledged at the Canadian Woodworking Show in Winnipeg in late September. His highway tractor with a trailer and bulldozer won second place in the novice toy making category.

Karol uses white raw cedar for his models and prefers not to use any finishes which allows the release of the wood's natural fragrance. He once complied with a request to copy a plastic model truck, complete with paint. The paint, Karol said, ate away at the glue he held his model together. It was quite disastrous.

### A long list

Numerous photo albums full of Karol's work prove the versatility of his craftsmanship. Detailed photos are the beginnings of his art and what he relies on to copy every aspect of his subject in wood. His skills are masterful when

he creates replicas of trucks, as well as cars, boats, planes and trains. He has delivered, to hundreds of satisfied customers, a long list of art including a 1932 Ford Coupe, a '57 Edsel, a Rolls Royce, Olds and Jaguar convertibles, ATVs and once used over 1000 pieces of cedar to recreate Winnipeg's Paddlewheel Queen. When asked what project took him the longest, he said... his house in East Braintree took eight years to build.

Through the years many professionals have acquired his pieces as retirements gifts. Karol has made school buses, concrete and gravel trucks, fuel tankers, bulldozers, mobile cranes, dump trucks, pipeline welders and even a septic truck. All of his automobiles

come complete with a serial number to verify its authenticity.

One of his repeat customers is the Gillam Fire Department. They order a Rolls Royce fire engine every year to be awarded with first place honors at their annual firemen's rodeo.

Karol's production doesn't stop there. There's more! He makes beds, doors, kitchen cupboards, computer desks, china cabinets, wishing wells, toys, rocking horses, money banks, night tables, bird houses, cedar chests and... a 357 Magnum Ruger?! He has made sales from as low as \$4 and up to \$1,000.

Karol spoke of an experience of an owner of an antique black powder rifle. When

looking at the original and the replica Karol created, side by side, the owner accidentally claimed the replica as his own.

For a gun collector, Karol's creations are the ultimate gift. These are something that he does use paint on. The resemblance of the finished product compared to the original is uncanny.

### Construction

Karol's construction is a spin-off of his father's techniques learned in the old country. Czechoslovakia - pegs, slotted joints, and glue, no hardware. He tries to acquire his materials as inexpensively as possible. He says working for parks had its perks. One day a picnic table, the next a model truck. While Karol

See **WORKSHOP**/page 3

Lac du Bonnet  
253 Hansen  
Road

## KATHY'S PHOTOGRAPHY SERVICE

- Passports
- Family Portraits
- Team Photos
- Custom Photographic Printing color & b/w

345-8008  
or 345-5299

# BINGO

## COMBINED ACCUMULATORS

**Bonanza**  
starting value this week  
**\$3257**

IF WIN POT STARTS AT \$200  
Add 50% of sales on Monday  
If not won, carry over total  
plus 50% of sales to Wednesday  
If not won, carry over total  
plus 50% of sales to Thursday

**Minnie Loonie**  
starting value this week  
**\$1125**

IF WIN POT STARTS AT \$200  
Add 30% of sales on Monday  
If not won, carry over total  
plus 30% of sales to Thursday

**Lucky 7**  
in 22 numbers  
**\$683**

POT PREFERRED AT \$5 BONUS  
Add one if plus 30% of sales  
carry over on Monday. If not won,  
add one & plus 30% of sales  
carry over to Thursday.  
IF WIN POT STARTS AT \$200  
in 17 numbers or less

IN CASE OF DISCREPANCY, THE LATTER WILL PREVAIL  
FOR UPDATES CALL 345-8825

### Knights of Columbus

Lac du Bonnet  
Community Centre  
Specials 7:00 p.m. Lot Lic. 584  
Every Monday Evening

Bonus Line - \$541.00\*  
Star - 1297.00\*  
Loonie Pot - 1671.00\*  
Toonie Pot - 1940.00\*  
Special "Y" - 278.00\*  
Jackpot Strip - 144.00\*Poker Flush - 144.00\*

FOR UPDATES CALL 345-8619

### Lakera Ski Club

Lac du Bonnet  
Community Centre  
Specials 7:00 p.m.  
Every Thursday Evening Lot Lic. 874

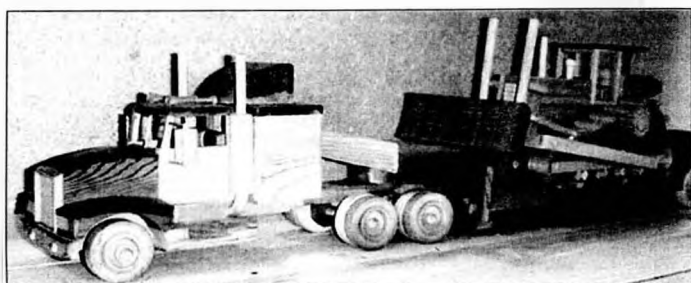
Bonus Line - \$3221.00  
Star - 365.00  
Loonie Pot - 92.00  
Poker Flush - 7093.00  
Special "Y" - 2004.00

FOR UPDATES CALL 345-6197

### Royal Canadian Legion #164

Lac du Bonnet  
Legion Hall  
Specials 7:00 p.m.  
Every Wednesday Evening Lot Lic. 463

Bonus Line - \$350.00  
Star - 962.00  
Lucky 7 - 764.00  
Full House - 169.00  
48 numbers - 169.00  
Poker Flush - 427.00  
\$1000 - 238.00  
Mini Loonie - 238.00  
#1 Loonie - 2782.00  
#2 Loonie - 133.00  
Jackpot Strip - 133.00



Karol Fedoryshyn's novice toy making entry at the Canadian Woodworking Show in Winnipeg - a highway tractor, trailer and bulldozer won second place honors.

**Leo Boulanger**  
CUSTOM HAULING

Sand - Gravel - Crushed Limestone  
Top Soil - Screen Soil

Leo 345-8726 Cell 268-5383  
Lac du Bonnet

**PINEVIEW RECREATION ASSOCIATION**  
**ANNUAL GENERAL MEETING**  
**TUESDAY, OCTOBER 2**  
7:00 p.m., Pine Falls Curling Club

**DON'T BE DISAPPOINTED!**  
8th ANNUAL PINE FALLS INTERNATIONAL  
**WALLEYE CLASSIC**  
OCTOBER 6 & 7, 2001  
**FILLING UP FAST! REGISTER NOW!**

**\$25,000**  
In Cash & Prizes  
**\$10,000 1st Place**

**REGISTER EARLY**  
AT PAPERTOWN - FRONT DESK  
or CLARK'S CORNER

Based on **110 Entries**

FOR INFORMATION CALL RAYMOND HOUSTON 204-367-8533

Publisher  
Valerie Anderson

Sales/Production/  
Office Manager  
Toni Bruneau

Production/Art/Design  
Lori Pachkowsky

**SUBSCRIPTIONS**  
Local Rate: \$34.20  
National & Urban Rate: \$39.90  
Foreign Rate: \$102.60  
(prices include PST & GST)

3rd class mail #1763487  
(Postage paid in Pine Falls)

P.O. Box 550, Pine Falls, MB ROE 1M0  
56 Art Street, Powersview, MB  
e-mail: theecho@granite.mb.ca

Powersview Office Ph: 367-9468 Fax: 367-9974  
Lac du Bonnet Office Ph: 345-9896 Fax: 345-0004

The  
Winnipeg  
River  
**Echo**

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

# New owners at Sonny's Chicken House

by V. Anderson

Donna and Tony Lo purchased and officially took possession of Sonny's Chicken House on September 25.

Donna and husband Tony said they were looking at small communities in which to establish a business. "When we came to Pine Falls and saw Sonny's, we felt that this was the place that we wanted to live and work," said Donna.

"The decision was very fast. My husband and I think that this is a good community everyone is so nice and friendly. We had many visitors so far just drop by and welcome us to the community. One lady dropped by to say she had a daughter about the same age as mine and the

girls went out to play and they had a great time."

The Lo's have two children a daughter Eva who is nine and a son Leon who is five-years-old.

The Lo's previously had a Chinese restaurant in Hamiota, Manitoba called T & D's Restaurant.

"We like the restaurant business," said Donna. "Once we decided to purchase Sonny's Chicken House we sold our restaurant in Hamiota to my brother. My husband, children and I like the change very much and we are very happy here."

The menu at Sonny's is going to change somewhat. They will still sell Sonny's Chicken and most things on the original menu, however there will be many new addi-

tions. Fine Chinese cuisine will be available. The Chinese menu will not be ready until approximately the end of October. The Lo's are still waiting for some of their new equipment to arrive.

They are keeping the name Sonny's Chicken House with the addition of fine Chinese cuisine, Sonny's Chicken House and Fine Chinese Cousine. The new menu will have popular Chinese dishes such as honey and garlic chicken balls, shrimp dishes, veal dishes, dry breaded ribs, vegetable dishes, barbecue pork and rice dishes. The restaurant hours of operation will be from Sunday to Thursday 9:00 a.m. to 11:00 p.m. and Friday and Saturday from 9:00 a.m. to 12:00 midnight.



Tony and Donna Lo, along with their children Leon and Eva, are the newest addition to the Pine Falls community, as owners of Sonny's Chicken House and Fine Chinese Cuisine.

# Workshop is stocked

continued from page 2

worked at Falcon Lake the Parks Branch engaged in replacing all of its picnic tables. Karol just collected and hauled away all of the cut up scrap tables.

Karol's workshop is fully stocked with stacks of recycled wood. He also likes to keep an inventory of parts. A lot of his projects require identical parts so Karol mass produces things like radiators, mirrors and mudflaps. There are also carefully separated containers full of unpainted golf tees for air horns, hardwood plugs and buttons for headlights and wooden drapery rings for exhaust pipes, that he buys ready made for

his models. His preferred materials are cedar and pine, but has done beautiful work with maple as well.

The first place Karol had his work on display was at Timberline Gifts at Falcon Lake, owned by Sylvia Kuzyk. The majority of his orders come from referred customers, repeat customers and word of mouth.

Anyone interested in what Karol can do or anyone needing more information, can contact him in Lac du Bonnet at 345-6658.

**The Blue Door**  
 Custom Wallpapering & Window Treatments  
 Decorate your home using our fine collection of wallcoverings, companion fabrics and borders.  
 Maryann Katowich  
 Ring (204) 348-7705  
 wallpaper • painted woodwork • window treatments • upholstery • fabrics & more

**Need Paving?**  
 The end of the season is coming soon  
**ECR Construction**  
 Asphalt Paving  
 Commercial/Residential  
 Call Randy for a Free Estimate  
 Days: 204-871-2102 Evenings 204-243-2417

**SS Sok's-Service**  
 NORCO DISTRIBUTOR

✓ BICYCLES  
 ✓ ROOFING  
 ✓ RENOVATIONS  
 ✓ REPAIRS

Gord Sokoloski  
 Telephone 367-2660

**Linda's Hair Designs**  
 71 Second Street  
 Lac du Bonnet  
 345-8294

- ✓ Family Hair Care
- ✓ Tanning
- ✓ Manicures
- ✓ Ear Piercing
- ✓ Facial Waxing

**FLOOR STORE**  
 We offer quality sales and service of major brand name floor coverings

- Carpet and vinyls
- Expert guaranteed installation
- Carpet re-stretches and repairs
- Free estimates
- Residential and commercial
- Years of experience
- Serving the entire Eastman region

**DAVIDSON INSTALLATIONS LTD.**  
 Highway 313, Lac du Bonnet  
 2 km east of Winnipeg River Bridge  
**Phone 345-8077**

## Magistrate/Justice of the Peace

A magistrate is needed to provide judicial services in the Sagkeeng/Pine Falls/Powerview area.

If you are a responsible and respected resident of the Sagkeeng/Pine Falls/Powerview area, you may apply for the position of magistrate.

If selected, you will act independently and apply the law to make important decisions that affect the people of your community.

The Chief Judge of the Provincial Court of Manitoba will determine your responsibilities. Among your duties, you may swear documents, set fines on guilty pleas for specific offences, receive search warrant applications and decide on the custody of people accused of committing offences. You will also need to be able to keep complete records and submit them regularly.

You will work in rotation with another magistrate. You should be fluent in both Ojibway and English.

We will provide you with training before you begin your duties as well as continuing education and support during your appointment. After your introductory training (2 sessions) you will need to be available to attend these seminars each year.

Judicial appointments are made by the Lieutenant Governor in Council, on the recommendation of the Chief Judge of the Provincial Court and the Minister of Justice.

This is primarily a volunteer appointment but each month, while active, you will receive a minimum of \$75.00 per month.

You can request an application form and information on eligibility by contacting:

**Judicial Services**  
 Manitoba Justice - Courts Division  
 2nd Floor, 408 York Avenue  
 Winnipeg, Manitoba R3C 0P9  
 (204) 945-5654

Application forms may also be available from the local detachment of the RCMP, Sagkeeng First Nation Band Office, Village of Powerview and the Selkirk Court Centre.

You must apply by October 15, 2001.



# Casper Lanes is ready...

## New bowling season, starts with new lanes

by V. Anderson

Casper Lanes renovations are complete and are now open for business. Casper Lanes is located downstairs of the Chateau Video in Pine Falls. Over the summer the renovations were being done by owners Ken and Rose Funk. The bowling alley now has four refinished lanes, new chairs, and is also designed for glow in the dark bowling. The lanes have been treated with a covering and under black lights the lanes become luminous.

"We have lots of glow in the dark products like necklaces, bracelets, earrings,

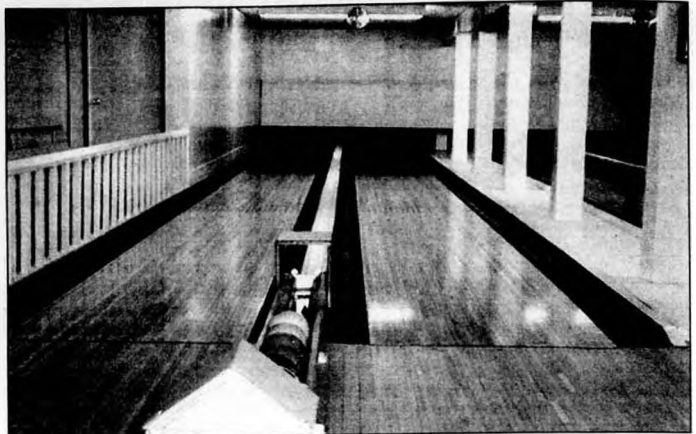
glow sticks and glow candles," said Rose. Another variation to regular bowling is crazy bowling. This is a special game that is designed to bring lots of laughs to the participants.

The costs for using the lanes are very reasonable. There is also special packages one can purchase. Bowlers can book lanes by the hour or they can book all four lanes at once and have a private gatherings.

"We get people in here that want to celebrate their birthday and play bowling together with all of their friends. We have a special area where they can have cake and ice cream," said Rose. There are school packages also available for students and teachers.

The regular bowling league starts in approximately two weeks. There will be senior bowling and regular league. If you are interested in either contact the bowling alley and they will put you in touch with the league coordinator. The Chateau Video and Casper Lanes are open seven days per week from 11:00 a.m. to 10:00 p.m..

To book your bowling or rent your next movie VHS or DVD call 367-8362.



Bowling lanes are refinished and ready for the new season at Casper Lanes.

## Pine Falls Legion news

by Sharon Mignon

We hope everyone enjoyed the terrific summer we had and are now ready to get back into the swing of things. Our Legion darts league will hold a fun night tonight, Tuesday, October 2 at 7:30 p.m. Anyone who is interested in joining our darts league can enter their name at our clubrooms or contact Claude Cusson at home 367-9918 or at work 367-5286, Marcel Guay 367-8794 or Ron Head 367-2103. The league starts October 9.

Our early bird membership campaign is in effect until November 30. Any members paying their legion dues by this date will be entered in our early bird draw and the winner will have their dues refunded. If we can get 50% of our branch membership to pay their dues by this date, we will

receive an early bird award from Command. So be sure and pay your dues by November 30. An early bird draw is also held for ladies auxiliary members who pay their dues by November 30. Any 'snow birds' please be sure and pay your dues before you head down south. All dues can be paid at our Legion clubrooms.

We had a great turnout at our Legion Week activities and appreciate it extended to all who participated. For our next event, we are holding a Legion fun golf tournament Saturday, October 6. Entry fee includes your golf fees, prizes and a turkey supper held at our clubrooms. Tickets are also available for those who wish to attend the supper only. Please sign up for the tournament at the Legion.

Effective October 1, Janet

Rideout has assumed the position of bar manager at our clubrooms. Any 'beefs and bouquets' can be directed to Janet. She will also look after any bookings for our clubrooms. We wish her every success in her new position and know that she will do an excellent job in seeing that things run smoothly.

Our October meeting will be held Wednesday, October 10 at 7:30 p.m. due to our clubrooms being used for the fishing derby October 11. Please make note of this change.

**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  
Pu 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

*Happy Hour Every Day*  
**All Members & Guests Welcome**

Email us at  
theecho@granite.mb.ca

**Birchwood Buzzy** BIRCHWOOD MOTOR HOTEL  
Traverse Bay, 756-2596

MONDAY ..... STEAK NIGHT  
TUESDAY ..... PICKEREL NIGHT  
WEDNESDAY ..... PASTA NIGHT  
THURSDAY ..... CHICKEN NIGHT

**THE BAR...**  
Mon. to Thurs.  
11:00 a.m. to 1:00 a.m.  
Fri. & Sat. 11:00 a.m. to 2:00 a.m.  
Closed on Sunday

MONDAY - Canadian Tire Money is Par in the Bar  
TUESDAY - Karaoke & Birthday Draw  
WEDNESDAY - Steak & Brew  
THURSDAY - Ribs, Meat Draw, Pool Tourney  
FRIDAY - Hot Wings

**DINING ROOM...**  
Mon. to Thurs.  
9:00 a.m. to 8:00 p.m.  
Fri. & Sat. 9:00 a.m. to 9:00 p.m.  
Sun. 9:00 a.m. to 2:00 p.m.

Thanksgiving Weekend  
Friday & Saturday  
In the Dining Room

**OPEN MONDAY OCTOBER 8**  
Thanksgiving Day!

ATM Banking  Licensed Family Dining Room  Beverage Room  
Cold Beer Vendor  Licensed Outdoor Patio  Sand Volleyball  
Horseshoe Pitch  Canada Select Recommended Accommodations  
Video Lotto Terminals  Basketball Court  Fax & Photocopy Services

WEDDINGS - ANNIVERSARIES - BANQUETS  
RETIREMENTS - MEETINGS, ETC.  
at the **GREAT FALLS COMMUNITY HALL**  
Contact Hall Manager 367-2998  
**RENTAL FEES:**  
\$400 plus bartending \$117 = \$517 (\$250 damage deposit)

**SOBERING FUNERAL CHAPEL**

Our family serving your family

Doug & Marlene Sobering  
Steven Sobering

Phone 24 Hours  
Manitoba Toll Free:  
1-877-776-2220

CANADIAN INDEPENDENT

**RON'S BACKHOE SERVICE**

Septic Tanks & Fields  
Waterlines - Driveways  
Grey Water Pits - Holding Tanks  
Sand - Gravel - Top Soil  
Limestone

Phone anytime **345-8724**

**CAT IN A BOX ENTERPRISES**

CONSTRUCTION & CARPENTRY SERVICES Certified Blue Maxx Foundation Supplier & Installation

Steve Lyons  
345-8987

Box 1266  
Lac du Bonnet  
Manitoba

**NEWS TIPS?**

Call The Echo  
367-9468  
or 345-9896

## Welcome back from summer holidays

The staff at the Katrina Rae Day Care Centre would like to welcome the children back from their summer holidays. We were glad to hear they had a good summer and are ready to come back.

We would also like to welcome two new Canada World Youth Students, who will be here until the end of November. Their names are Elizabeth-Anne Belanger from Ottawa and Sylvia Dzieczek from Poland. The children really enjoy having them around. They will be heading back to Poland and they said the day care will certainly be mentioned back over there.

The day care would also like to introduce ourselves. We

work as a team to make the day care a good place for your children and future children to come.

We will start with: the board of directors - Laurie Guimond (Jynx), Kay Courchene, Charlene Courchene and Vera Bruyere; director and supervisor of the centre is Denyse Smith; preschool (20 children) - Perry Bruyere, Diane Houston; toddler's (14 children) - Dianne Bruyere, Rod Pakoo Jr., Larry Wassaykeesic; infants (9 babies) - Crystal Henderson Corrine Bruyere, Glenn Pakoo; rotating sub at the centre is Cindy Courchene; Desiree Gilbert is on leave; and our cook and janitor is Marie Eaglestick.



Children ready for another exciting year at Katrina Rae Day Care Centre.

### Learning Together

Education - We teach them their ABC's, numbers, sharing, and respecting each other and staff.

The children have different themes of the week like back to school, fall and Thanksgiv-

ing. This way they don't get bored.

We take them out on nature walks. They really enjoy looking out for insects, flowers and the birds flying above. We teach them to respect them as well.

We also intend to start a short Ojibwe program. We have three staff members who know some of the language. They will be teaching things

like numbers, names of animals and commands like 'ambe oma' (come here).

When our children need to work off some energy, we take them to our playground, 'the park' as they prefer to call it.

We would also like to take this time to say thank you or meegwetch to the bingo players who come out and support the day care bingo every Thursday night.

## Mentorship: the power of one... the impact on many!

Scientifically, a bee is too heavy to fly. It's not aerodynamic enough; its wings are too short. Why does it still fly you ask? Because nobody told him he couldn't. Too many times roadblocks are set up in some children's lives that prevent them from being all they can be. These are discouraging times for all of us, but you can change that for one child.

For newcomers to Pinawa

and Lac du Bonnet, New Friends Community Mentorship Inc. promotes positive relationships between children and adults, which foster confidence, competence and caring. We ask for a time commitment of three hours per week for a school year to help a lonely child.

These children don't need your money. They need your time. Do you like to hike, walk

a pet, read, do wood working projects, crafts, cook, sew, participate in indoor or outdoor sports, play a musical instrument, etc.? Why not teach your skills to a child and you'll both benefit. Our mentors range in age from 30 to 76 and the mentees from seven to 14.

New friends... fun! They go together. Call 345-2867 or 753-2406.

**The Lakeview**  
**STEAKHOUSE**  
in beautiful downtown Lac du Bonnet  
57 Park Avenue, Lac du Bonnet  
Phone 345-8661

**OPEN SUNDAY**

**BEVERAGE ROOM & VENDOR OPEN SUNDAY**  
12:00 noon to 9:00 p.m.  
**STEAK PIT OPEN SUNDAY**  
4:00 to 8:00 p.m.

## Klassen wins big!

Susan Klassen of Lac du Bonnet recently won the Regional Cablesystems grand prize of a KVF Kawasaki all terrain vehicle. The prize is valued at approximately \$8,000. Klassen's name was drawn recently in a computer generated random selection of over 50,000 names of cable subscribers and general entrants.

The grand prize draw was the feature of Regional's summer promotion throughout July and August. Reginal teamed up with Canadian Kawasaki Motors to bring the promotion to residents in 320 communities throughout western Canada.

Klassen was thrilled with winning the grand prize and noted her children and grandchildren will make great use of the new ATV. General Manager, VP of Regional Cablesystems Western Division, Fred Hosker said, "It's really nice to see a long time, loyal customer win a prize like this, it sounds like Mrs. Klassen and her family will have a lot of fun with this new machine."

A formal presentation will be made in a few weeks when delivery and arrangements can be confirmed.

Regional Cablesystems Inc. provides cable television and telecommunications services to non-metropolitan markets in seven provinces, including Manitoba.

## Manitoba

### NOTICE OF ALTERATION TO ENVIRONMENT ACT PROPOSAL

Manitoba Conservation has received a Notice of Alteration to a Proposal filed pursuant to the Manitoba Environment Act from the following operation and invites public participation in the review process:

**RURAL MUNICIPALITY OF ALEXANDER - CURE WASTEWATER TREATMENT LAGOON - REVISED PROPOSAL (File: 3629.00)**

A Notice of Alteration has been filed by Cochrane Engineering Ltd. on behalf of the Rural Municipality of Alexander to alter the Proposal for the construction and operation of a wastewater treatment lagoon designed to accommodate wastewater from the North Shore Winnipeg River area including Chevrefils, Dufour Trailer Park and Cure Trailer Park. The proposed site for construction of the lagoon has been altered. The lagoon will be located on the east side of River Lot 50 in Township 18, Range 10 1 P.M. The treated wastewater will be discharged twice annually between June 15 and November 1 to the Winnipeg River.

Anyone likely to be affected by the above operation and who wishes to make a representation either for or against the alteration should contact the Department, in writing or by E-mail (shurland@gov.mb.ca), not later than OCTOBER 31, 2001. Upon receipt of any notification, the Department may request a public hearing to be held and the concerned persons will be notified. Further information is available from the Public Registries located at 123 Main St. (Union Station), Main Floor, Winnipeg; the Centennial Public Library, 251 Donald St., Winnipeg; and the Allard Library, 14 Base Caron, St. Georges; or by contacting Siobhan Burland at 945-7012.

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

**Environmental Approvals** Toll Free 1-800-282-8069  
Fax (204) 945-5229  
Internet <http://www.gov.mb.ca/environ>

## Saint-Georges School news

Students and staff celebrated the fête d'accueil Thursday, September 27. After attending mass, the students were treated to a free meal prepared on our new barbecue. Our chef, Mrs. Elise Zolinski, was kept busy preparing dozens of hamburgers. We began the afternoon program with the theme song sung by the Grade 2 and 3 students. Then, it was time for outdoor games. Sarah

and Justina, our two guest student leaders, organized parachute activities and a basketball free throw competition. Mr. Lacroix organized volleyball games between the staff and students, as well as soccer baseball for the younger students. The lovely weather only added to the joy experienced during this special beginning of the school year celebration.

## Nouvelles de l'École communautaire Saint-Georges

Le jeudi 27 juin a eu lieu notre fête d'accueil. Le tout a débuté avec la messe suivie d'un dîner préparé avec notre nouveau barbecue. Mme Elise Zolinski était le chef qui avait la tâche de préparer plusieurs dizaines de hamburger pour les élèves, le personnel et les invités. La première activité de l'après-midi était l'interprétation du chant thème par la classe de la deuxième et troisième années. Ensuite,

c'était le temps des jeux au plein air. Nos monitrices invitées, Sarah et Justina, ont organisé des activités avec parachute et un concours de lancer de basketball. M. Lacroix a organisé les joutes de volleyball au plein air entre le personnel et les élèves suivies d'un jeu de soccer baseball pour les plus petits. La belle température n'a fait que rendre cette fête joyeuse encore plus agréable.



Jeu de parachute à la Fête d'accueil.

## How much money? \$58,500... that's how much!

October is the month that the Pine Falls and District United Appeal Fund holds its annual fundraising campaign. This is the month that dedicated volunteers will be approaching individuals and businesses in the area to donate to organizations that help others.

These organizations need help in making life better for people who are afflicted with any variety of conditions - Alzheimer's Society, Arthritis Society, CNIB, Canadian Cancer Society, Canadian Mental Health, Canadian Red Cross, Epilepsy Manitoba, Kidney

Foundation, Manitoba Heart and Stroke Foundation, Multiple Sclerosis, Muscular Dystrophy, Salvation Army and the Society of Manitobans with Disabilities

All moneys collected are directed to the Manitoba branch of the organizations. Last year each received \$4,500 from our appeal fund for a total of \$58,800 heading out to help other people.

In addition to the canvassing one month out of the year, money is raised through payroll deductions at the Pine Falls Paper Company (PFPC) and the Pine Falls and District

Hospital. In the year 2000, these employees managed to contribute a whopping \$35,000. And the PFPC donated a generous \$15,000.

If you are already on a payroll deduction plan, please let the canvasser know. If not, please find it in your heart to contribute. Remember, a once-a-year contribution will reach 13 charities. Every little bit helps those who have less than us. If you have any questions or have not been approached by a canvasser, you can contact Leah at 367-2462. Thank you for your support.

**Allan Holm Agencies**  
 AUTOPAC PHOTO LICENCES  
 INSURANCE All Types  
 HOURS: Monday to Friday 8:30 a.m. to 6:00 p.m. Saturday 9:00 a.m. to 4:00 p.m. 2nd Street and McArthur, Lac du Bonnet  
 Bus. 345-8607 Res. 345-2377

1ST STREET, LAC DU BONNET 345-6294  
**Casey's MOTOR INN** Specials  
 MONDAY 3 pce. Chicken Dinner Evening, \$5.95  
 TUESDAY Lunch Hour Special 1 pce of Pizza and glass of pop \$3.75  
 WEDNESDAY & THURSDAY Free 2 L Pop with 20 pce. Chester Fried Chicken  
 FRIDAY Fresh Pickeral Feast Special  
 SATURDAY Special Steak Night & Seniors Discount Night  
 SENIORS RECEIVE 20% OFF MEALS AND FREE GLASS OF BUBBLY  
 THURSDAY - DJ DYNAMIC SOUND  
**DJ - DYNAMIC SOUND**  
 THURSDAY, FRIDAY & SATURDAY, OCTOBER 4, 5 & 6  
 DANCER WEDNESDAY BIG MEAT DRAW & CASH DRAW SATURDAY  
 Dine In or Take Out CHESTER FRIED CHICKEN

**2001 4x4 TRUCK RAFFLE**  
 Sagkeeng Anicinabe High School  
 will be raffling off a  
**1993 F250 4x4 Ext. Cab**  
 351, V8, fully safetied and restored with 66,000 kilometres  
**WIN ME!**  
**TICKETS \$10.00 EACH or THREE for \$20.00**  
 Draw Date: October 26, 2001  
 For more information, please feel free to contact Kelly Fontaine at the Sagkeeng Anicinabe High School 367-2243.  
**TICKETS AVAILABLE AT:**  
 Pine Falls Service Centre, Papineau Motors, Boney's True Value, Teeny Boppers, Ed & Terry's Gas Bar, Clark's Corner, Northern Convenience Store (Fort Alexander), and Broadlands Restaurant/Convenience Store

# Food bank will serve northeast Manitoba

*continued from page 1*

keep current and educate volunteers further on nutritional information and food value.

Some of these volunteers were busy organizing and cleaning this past weekend, and shelves were being stocked on Monday. Although donations of food items have been generous, it is emphasized that this is the area in which donations are most required.

Donations of non-perishables like soups, cereal, baby food and the ever popular Kraft Dinner have been plenty, but now produce, frozen food, home canned jams, jellies, fruits and perishable foods can also be accepted, and are very much appreciated. The premises of the new food bank now houses sufficient shelving, fridges and freezers to store food items necessary for balanced menu planning.

The rental agreement was

signed with the Town of Lac du Bonnet in July for 645 square feet of space at the youth centre (west entrance of old curling club) on McArthur Avenue. It is estimated that operation costs will be approximately \$1,000 per month. That includes rent, utilities, telephone and purchasing groceries not donated.

"We based this budget on what Beausejour's budget is," said Godin. "We're talking about \$12,000 a year of operation costs." A letter was recently distributed to all municipalities, local government districts and service organizations in the area. It requested an annual commitment of \$450 to cover one month rent, which came into effect September 1.

Godin said, "We've had quite a few positive replies. We haven't had a no yet." The challenge for the food bank commit-

tee now is sustaining a steady cash flow and receiving continuous donations of food. Donation containers and food boxes have been placed at various locations and churches throughout surrounding communities. Any contributions are greatly appreciated.

Without the hard work of the board members and all the communities in the area pulling together this would not have come together so quickly.

An open house and grand opening will be taking place in the future, although a date has not yet been set.

Communities that the Lac du Bonnet and Area Food Bank will serve include Whitemouth, River Hills, Seven Sisters, Pinawa, Lac du Bonnet, Great Falls, St. Georges, Manigotagan, Bissett, Powerview, Pine Falls and Fort Alexander.



The shelves at the Lac du Bonnet and Area Food Bank are being filled with generous donations of non-perishable items. The food bank is, however, now equipped with refrigerators and freezers, and able to accept frozen and perishable food items.

## It's the Law Claims against your estate

by Gerald Hawranik, Q.C.

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.

If your will fails to provide adequate support and maintenance for your dependents, they can apply to the courts to obtain an order against your estate for continued support. The legislation for this support is contained within the Dependents Relief Act.

The order for maintenance and support may be made from income or capital in the estate and could be paid out as follows:

- a monthly or annual amount for a limited or an indefinite time, or until a specific age, or event such as marriage;
- a lump sum to be held in trust;
- property to be held in trust for the dependent for a limited or indefinite period of time;
- possession of specified property for life or a specified time;
- any other way the court considers appropriate.

If an order is granted, it overrides the instructions in your will and can restrict the distribution of the estate.

A claim can be made against your estate by your spouse. If you did not leave them a benefit in your estate equal to at least what they would receive if you separated or divorced, then your spouse can apply for a great proportion of your estate.

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.*

## Making our roads safer Graduated Driver Licensing

**S**tudies show that novice drivers are more than three times as likely to get into an accident as more experienced drivers. Graduated Driver Licensing (GDL) will require new drivers to obtain their licence in stages, lowering their risk of an accident and allowing them to gain

- Beginning October 1st, 2001 existing or new learner licence holders, probationary drivers, and motorcycle instruction permit holders are not allowed to drive with any alcohol in their blood.
- Beginning April 1st, 2002 anyone applying for a first-time learner licence, or motorcycle instruction permit, has to wait for nine months before taking a road test, and will be subject to all GDL rules once the program is fully implemented in 2003.

Graduated Driver Licensing. Creating safer drivers and safer roads.

For more details, call the Driver and Vehicle Licensing Information Line at (204) 945-6850 or visit [www.gov.mb.ca/tgs](http://www.gov.mb.ca/tgs)



## What is quality time anyway?

by Mary Ann Haddad

The season has come where as parents we will struggle with our busy schedules trying to juggle children's sports, recreational activities, responsibilities at home and work. Any one of these can be a full time job in keeping up with the demand on time. A common theme is that most parents in single or dual income households, long for more time with their children.

A recent study by Ellen Galinsky, by the Families and Work Institute and author of *Ask*

*the Children*, found that children who spend more time with parents view them more positively. But the study also revealed that many kids feel that the time they do spend with their parents is rushed and hectic. Unfortunately, the stress of trying to integrate parenting and household duties or work often spills over into the way parents interact with their youngsters. Often when we are torn between demands we may not have paid attention to what we are like when we are with our children.

*Quantity or Quality* - some experts have argued that the amount of time children spend with their parents isn't really that important, instead, what matters most is the 'quality of their time together'. This could be further discussed and would be dependent upon the value your child might put on 'amount of time spent'. Children who do feel and do spend more time with their mom and dad will feel that their parents are truly putting family first. The children who feel this way are bound to develop a

deeper sense of security and worth.

Another way to look at quality time is change the term to *focused time*, which would give meaning to time spent with the child resolving or dealing with a problem, example a cranky child dealing with issue in school, or teaching your child how to stop fighting or cope with a situation. The point is to be able to give your child your full, focused attention, no matter what you might be doing together. That's truly what your child wants - and needs, the most.

How do you achieve focused time now that you know what you are striving for the question or challenge will be is how do you get it? While reducing your hours at work may not be an option, there may be other ways you can achieve to maximize and enrich the time you have with your child. An example is take the time spent with them in the car - running errands, chauffeuring them to games, practices, shopping picking them up from friends - this time can be used as an opportunity for bonding and attachment.

This may feel like, and often considered as, wasted time, but it need not be the case. Children have so much to talk about and trying to find time to tell their story at times is limited without being interrupted by telephone and chores. Another time maybe supper time, by encouraging your child to be involved, they can help you measure, pour and stir and set the table this is time spent together during an important time of the day. This may not work with every child and every occasion.



Value those small moments with your child, by giving them your full, focused attention, no matter what you're doing together. That's what they crave most. Whether through routine activities or more intimate moments such as private talks, these can reap big rewards. Even the smallest gesture on your part - one that lets your youngster know you care and you think they are special - will mean more than you might think. You child may not come right out and tell you but chances are they will show you in all sort of other ways.

There's a lot you can do to make whatever time you have with your children richer and more memorable. The simple things like putting special notes in the lunch box, special little hugs, sharing a bedtime story, talking in the car, spontaneous pillow fight, listening attentively as your child tells you what happened at school. These are small things we can all make time no matter how busy we might be. It's these small, truly focused time that will be most important, because they show our child that we are connected to them and care about them deeply.

## Ask your Pharmacist Fitness for the health of it

More than half of Canadian men and women are physically inactive. Thirty percent of middle aged women have trouble walking a mile, carrying groceries or climbing stairs. Inactive people have a higher risk of heart disease, diabetes, colon cancer, breast cancer, obesity and osteoporosis. Tens of thousands of lives each year could be saved if people got off the couch and onto their feet.

How much exercise would it take to change this? Just 30 minutes of exercise on most days would make the difference. This does not need to be a structured exercise program but includes walking, dancing,

mowing the lawn and gardening as well as cycling, swimming, aerobics and the other traditional exercises. It is necessary however to exercise at moderate intensity, a brisk walk rather than a stroll.

### Exercise and disease prevention

**Arthritis:** exercise can improve your quality of life if you have arthritis. Aerobic exercise has been shown to have better results than strength training but both will give some improvement. Regular moderate exercise can reduce joint swelling and pain and increase mobility.

**Breast cancer:** recent studies have shown that physical

activity reduced the risk of breast cancer. While the mode of action is unclear, women who are active for 30 minutes on most days had a significantly lower risk of breast cancer.

**Colon cancer:** exercise may reduce the risk of colon cancer by moving the materials through the gastro-intestinal tract more quickly. This means that any carcinogens will be in contact with the intestinal lining for a shorter time. It does not seem to matter which kind of activity you do. The total energy expended seems to be the most important factor.

...continued next week

# TRY YOUR DRUGSTORE

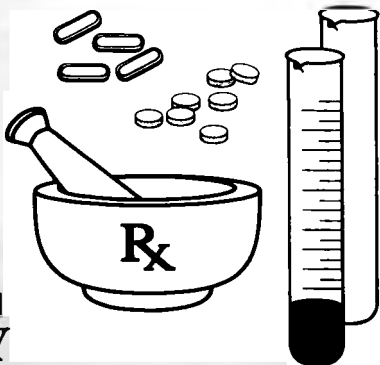
# first

- Pharmaceuticals
- First Aid Supplies
- Hair Products
- Health & Beauty
- Stationary
- Greeting Cards
- Lottery Centre
- Gifts

## PINE PHARMACY

Open Monday to Saturday, 9:30 a.m. to 5:30 p.m.

### 367-2611



DISPENSARY

### 367-2517

## Community harvest celebration

Wings of Power is inviting the community to come and help celebrate the community garden harvest by joining in with us this Thursday. The gathering will be from 4:30 to 6:30 p.m. and will provide an opportunity to share the bounty from our garden and yours. If you have those extra cucumber, tomatoes, carrots, zucchini etc. that you have had enough of and not sure what else to do with, this is your chance to share with someone else. We will have a food sharing for people to help themselves.

We will have a light meal of jumble chili, a special ABC

soup, bannock, dessert and refreshments. This is a fun time to share and break bread. There will also be a little bit of entertainment with a local magician and guitar playing. Bring along your instruments and join in.

This is a very casual occasion that will also provide an opportunity to share in discussion on community garden for next year, information on community kitchen concept and food sharing.

We look forward to seeing you and joining in the celebration of harvest. Wings of Power is located at 39 Pine Street, Pine Falls.

[theecho@granite.mb.ca](mailto:theecho@granite.mb.ca)

## Life is a do-it-yourself project

An elderly carpenter was ready to retire. He told his employer-contractor of his plans to leave the house building business and live a more leisurely life with his wife enjoying his extended family. He would miss the paycheck, but he needed to retire. They could get by.

The contractor was sorry to see his good worker go and asked if he could build just one more house as a personal favor. The carpenter said yes, but in time it was easy to see that his heart was not in his work. He resorted to shoddy workmanship and used inferior materials. It was an un-

fortunate way to end his career.

When the carpenter finished his work and the builder came to inspect the house, the contractor handed the front-door key to the carpenter. "This is your house," he said, "my gift to you."

What a shock! What a

## ECHOES FROM THE Heart

shame! If he had only known he was building his own house, he would have done it all so differently. Now he had to live in the home he had built none too well.

So it is with us. We build our lives in a distracted way, reacting rather than acting, willing to put up less than the best. At important points we do not give the job our best effort. Then with a shock we look at the situation we have created and find that we are now living in the house we have built. If we had realized, we would have done it differently.

Think of yourself as the carpenter. Think about your house. Each day you hammer a nail, place a board, or erect a wall. Build wisely. It is the only life you will ever build. Even if you live it for only one day more, that day deserves to be lived graciously and with dignity. The plaque on the wall says, "Life is a do-it-yourself project."

Who could say it more clearly? Your life today is the result of your attitudes and choices in the past. Your life tomorrow will be the result of your attitudes and the choices you make today.

## A thing called stigma

Stigma... what does it mean? The most common answer to this question is, "wasn't there a movie about that?" Of course referring to the movie, Stigmata. Fortunately they are two different concepts. Stigma is all about disrespect. It is using disrespectful language towards those who have a mental illness or a disability.

How many times have we seen people with mental illness portrayed in movies as being the character who goes around murdering everyone else with that person being referred to as schizophrenic? Unfortunately there are too many instances to count. These frequent portrayals have caused a glitch in the understanding of mental illness. Mental illness is too often thought of as violent, and the

person with the mental illness is seen as stupid or out of their mind.

Now it's time for a reality check. What is mental illness really about? Well, it is not about violence. If you put all those with a mental illness in a separate town from all the supposedly 'normal' individuals, the crime-rate likely would stay the same in both places. Those with a mental illness are more likely to harm themselves than anybody else. As for intellect, well, it seems as though many of those with a mental illness have a higher intelligence quotient (IQ) than the general population.

So what can we do about all of the stigma in the world? Well, when we hear others use language such as, psycho, schizo-

phrenic and stupid when referring to someone with a mental illness, we have the power to speak up. Let others know that it is hurtful to be called names such as these, for it works to define the person. Teach them that someone with schizophrenia does not want to be defined by their illness, but would much rather be defined by their personality, which is not affected by the mental illness. We don't define someone who has cancer by calling them cancerous, so why should it be any different with mental illness?

For more information on mental illness, or to see an outreach worker, please contact Julia at 444-2793 (Oakbank) or 367-5417 (Pine Falls on Thursdays).

## Volunteering is a family affair

### Cornerstone

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

This year, in honour of International Year of the Volunteer, Family Service Canada and our member agencies are focussing on the role families play as volunteers, both formally and informally, in their communities. Our theme, *Volunteering is a family affair. Connect with kindness!*, provides a framework for families to think about their strengths and resources and direct those assets outward to their communities and neighbourhoods.

Every family has strengths and skills. Every family has something to offer. As a family, you do many things together. You share chores, help with homework, listen to and encourage each other and have fun. You also do things together for others. As a family volunteer, you can prepare for National Family Week and Thanksgiving by involving yourself in any num-

ber of suggested activities.

**Operation Cuddle Blanket:** Wouldn't you like to make a difference in a child's life? Why not make a Cuddle Blanket? Individual and small groups can create soft, comforting, child-size blankets for emergency, medical and family-serving personnel to use in ambulances, hospitals, shelters, police cars, so that children in emergency situations feel warm and protected. The recipients keep the blankets. Get your family and community involved - faith organizations, quilting clubs, senior centres, schools and craft groups.

**Sock It to Me!** Families can put together a shoebox or a pair of socks for distribution to New York disaster recipients, shelters, missions or community centres for new Canadians. Buy or knit a pair of large wool socks. Stuff one sock into the

toes of the other. Now, gather together new travel-size containers of shampoo, conditioner, bar soap, hand and body lotion, toothpaste, toothbrush, comb, deodorant (or whatever specialized items you have collected). Stuff these items into the sock. Tie the open end of the sock closed with a bright ribbon or hair elastic. Mittens, gloves, toques and plastic baggies can also be used.

Another idea is to fill a shoebox with small toys, arts and craft supplies, games and small books. Wash anything you can. Kids can decorate the box so it looks real special.

Other worthy endeavors include reading to children at a local library, visiting a senior's home or donating toys or clothing to a local shelter.

Your theme, *Volunteering is a family affair. Connect with kindness!* Challenge the family next door, your colleagues at work, members of your car pool. Get involved and get others involved!

### Lac du Bonnet Community Billboard

**PACE 7-1375:** meets first Tuesday of the month, Chicken Chef, Powerview meeting room  
**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 345-2651  
**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 At-Home Group** Thursdays 7:30 p.m. Lac du Bonnet District Health Centre, 89 McIntosh Call Teri 345-8712  
**Lakeshore At-Home Group** Thursdays, 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 in 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  
**Town Rivers Seniors Resource Council Inc.** Call Pat at the Lac du Bonnet office, Health Centre at 345-1227 or 348-4610. Services: driver escort, life-line personal response system, friendly visitors, fee-for-service hands help  
**Pioneer Club** Meets first Monday of month 9:30 a.m., Pioneer Club  
**RM of Lac du Bonnet Council** Meetings second Tuesday of each month 10:00 a.m. and fourth Tuesday of every month 6:00 p.m.  
**Alzheimer Society Theresa Conroy**, Whittemouth 348-3505, Lac du Bonnet, Pine Falls, Victoria Beach, Pinawa, Beausejour, Whittemouth, Oakbank, Head-Joshville  
**Little Day Buddies Nursery School** Tuesdays, Wednesdays and Fridays 9:00 a.m. to 12:00 noon, 12:30 to 3:30 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 Karlowksi, 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 Ronntree 367-8615, church 345-2357  
Sunday 11:30 a.m. - worship; 11:30 a.m. - first and third Sunday of each month, holy eucharist

# Lac du Bonnet RCMP detachment report



The following constitutes the Lac du Bonnet RCMP report for the period of September 20 to 28.

**September 20:** A report was received of a possibly impaired driver on PR 520. Police patrolled PR 520 and PR 211 and in Pinawa, however, did not locate the vehicle in question.

A report was received of a suspicious vehicle behind a business in Lac du Bonnet. Police attended after the

search for the impaired driver, but no vehicle was located around the business.

A report was received of an intrusion alarm at a residence at Cape Coppermine. Police attended and found it to be false.

A report was received of a pack falling off a vehicle driving on McArthur Avenue, and the owner observing it being picked up by a light colored SUV.

A report was received of

open liquor in a vehicle at Lakeside Park. Police attended and found an adult male present with three underage subjects. The adult male was charged for supplying liquor to minors and issued a 24-hour licence suspension after a warning resulted from the roadside screening device. The three minors were all charged with minor consumption.

**September 21:** A report was received of an intrusion alarm at a residence at Cape Coppermine. This was found to be false.

A report was received of a

shoplifter at a business in Lac du Bonnet. Police attended and the items in question were recovered. The adult male subject agreed to do work for the business in lieu of a court appearance.

A report was received of the theft of a fibreglass fishing rod and open face Shakespeare reel from the back of a truck.

A report was received from a location on Lake Avenue of threatening voices being heard out on the street. Police patrolled the area, but no one was located.

A report was received of a

flashlight being shone through a window of a residence on Edward Crescent. Police attended the area, but no one was located.

A report was received of lights being broken at the end of a driveway on Mascanow Drive.

A report was received of a 14-year-old female having run away from her residence at Seven Sisters and taken her mother's vehicle. No indication as to where she went.

A report was received of  
*See LdB RCMP/page 12*

## Pine Falls Community Billboard

**Fort Alexander Health Centre:** Diabetes Clinic 9:30 a.m. to 3:30 p.m. every Tuesday. Blood sugar check, nutritional counselling, phone 367-2208.

**PACE 7-1375:** meets first Tuesday of the month, Chicken Chef, Powerview meeting room.

**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.

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

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

**PAA:** meeting first Tuesday of each month at 7:00 p.m.

**Village of Powerview:** meets second Tuesday of each month.

**Winnipeg River Senior Service Inc.:** Coordinator Tina Polischuk, Pine Falls Health Complex, phone 367-9128, 9:00 a.m. to 3:00 p.m. Monday to Friday.

**Services:** transportation, home maintenance, foot care, volunteer help, info.

**Family Care Giver Support Group:** at the United Church, Pine Falls, last Thursday of the month 7:00 p.m.

**AA & Al-Anon - The Beaches family group:** Thursday 8:00 p.m., Senior Scene, Victoria Beach, 1 Atch Rd. 756-8018 or 756-2101.

**Happy Tots Day Care 367-2611:** board meetings last Monday of each month 7:00 p.m. at the daycare.

**Senior Scene Inc. #1 Atch Rd., Victoria Beach:** General meetings second Tuesday of the month, 756-6468 for more info.

**Mental Illness Support Group:** meets second Wednesday of the month 7:00 p.m. Wings of Power office.

**Beaches HELP Centre (seniors service):** 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.**

**Call The Echo 367-9468 to list your community event FREE OF CHARGE**

## 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. Rev. the Rev. Brian Rountree. Sunday Service at 9:00 a.m.

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

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

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

**TRINITY EVANGELICAL LUTHERAN CHURCH:** Thalberg, 1 mile east and 1 mile south of Junction #12 and #304. St. John's Evangelical Lutheran Church, Greenwald on Hwy. #12, 1 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, Scantierbury, 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:** #8 Glendale Avenue, Grand Marais. Mass or community service 11:30 a.m. first Sunday of November to last Sunday of April. May through October mass 10:00 a.m. Sunday.

**SAGKEENG CHRISTIAN FELLOWSHIP CHURCH - Lloyd Guimond (Pastor):** Sagkeeng South Shore, service Thursday 7:30 p.m. and Sunday 2:00 p.m.

**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.**

# Winnipeg River RCMP detachment report



## Detachment summary

Operation Impact 2001 is a program targeting road safety this Thanksgiving weekend. Starting Saturday, October 6 police services across Canada will participate in an enforcement initiative focused on the non-seat belt wearer, intersection infractions and the impaired driver. This type of enforcement is a commitment to making the roads safer and targets those who are leading to needless death and injury.

**Fact:** Alcohol is a factor in one of every three drivers killed.

Impaired driving is Canada's number one criminal cause of death and injury. The senseless act takes the lives of 1,100 Canadians every year - that works out to three lives every day.

**Fact:** Four of every ten vehicle occupants killed in

crashes are unbelted.

The most effective way to save your life is to buckle up. Ten percent of Canadians do not wear their seatbelts, this 10% accounts for 40% of those killed in car crashes. People can improve their chances of survival in a vehicle crash as much as 50% simply by wearing a seat belt.

**Fact:** One in four fatalities occurs in intersection-related crashes.

A small group of motorists continue to ignore traffic signals and signs. These actions continue to put not only their lives but lives of many at risk.

During this Thanksgiving holiday weekend, join your local police service as they work together with your community to make our roads safe.

## Report

Attempted break and enter to Pine Falls Fire Department along with mischief to loader

parked behind hall, sand placed in gas tank.

Fourteen and a half foot Vanguard boat and 50 horsepower motor stolen from Grand Beach.

Cottage fire Traverse Bay. Attempted break and enter to Bostrum's store in Manigotagan. Other local businesses also vandalized.

Assault on school property at Hollow Water. One young offender charged.

Theft of firewood from Silver Falls.

Two cottage break and enters at Traverse Bay.

Two spousal assaults this week. Both suspects arrested, one of whom was remanded into custody.

Two individuals charged with impaired driving.

Vehicle reported stolen from Grand Marais area. Another stolen vehicle recovered off Highway 11.

# Alliance scores victory as justice minister agrees to split Bill C-15

The Canadian Alliance scored an important victory on behalf of Canadians when Justice Minister Anne McLellan agreed to split Bill C-15, says Official Opposition House Leader John Reynolds and Official Opposition Justice Critic Vic Toews.

"The Canadian Alliance has been calling on this government for months to remove the sections of Bill C-15 dealing with animal cruelty and firearms registration," stated Mr. Toews. "Now we can get

down to the business of protecting children from sexual predators on the Internet. We are on the record as having supported that section of C-15 from day one."

The Minister agreed to split the bill into two sections today after receiving a letter yesterday from all four Opposition parties, pledging that if the bill were split into two sections, they would help to expeditiously pass the less contentious sections, including the one that would protect chil-

dren from sexual predators on the Internet.

"The Government has played politics long enough," stated Mr. Reynolds. "We appreciate the Minister's acknowledgement that the protection of children is too important to be used as a political tool. She has confirmed this by splitting Bill C-15 to be examined in two stages in the Justice Committee. The Canadian Alliance thanks the government for this move to finally protect children."

## Are you ready? Canadian police services are!

### Operation Impact, Saturday, October 6

Every year, car crashes kill almost 3,000 people and injure 220,000 more across Canada. Tragically, many of these deaths and injuries could have been easily avoided.

The most effective way to save your life is to buckle up. Ten percent of Canadians do not wear their seatbelts. Sadly, they account for four out of ten people killed in car crashes. People can improve their chances of survival in a vehicle crash by as much as 50% simply by wearing a seat belt.

Impaired driving is the leading criminal cause of death in Canada. The greatest threat to public safety is the impaired driver. 1,100 people are killed each year in crashes involving

drinking drivers.

On Saturday, October 6, 2001 officers from over 220 police services will be out in communities throughout Canada to raise awareness about these facts and to drive home these important safety messages.

A small group of motorists fails to understand or chooses to ignore the great dangers of high-risk driving. They continue to drink and drive and refuse to buckle up. They continue to put their lives and the lives of others at risk. This must stop!

*Operation Impact* is a 24-hour national, coast to coast traffic safety and enforcement program, presented in partner-

ship with the Canadian Association of Chiefs of Police and the Police Services of Canada.

Canada's entire police community is involved in educating the public about the dangers of high risk, illegal driving habits. Police officers will be out working on Saturday, October 6 in your community. Please support them by buckling up and by not drinking and driving.

During this Thanksgiving holiday weekend, join Canada's police services as they work together with communities across Canada to make our roads safe. From neighbourhood streets to national highways, help *Operation Impact* make Canada's roads the saf-

est in the world for the year 2001.

Ninety percent of Canadians wear their seat belt. The 10% who do not buckle up account for 40% of vehicle occupants killed. The increased risk of not wearing a seat belt

is obvious.

Non-use of seat belts among fatally injured vehicle occupants is equally prevalent in urban and rural areas (40%).

Three out of four impaired drivers who die in night time crashes are unbelted.

## Lac du Bonnet Regional Library

Time to turn another calendar page! October is the season of Thanksgiving! The beauty of the season with the changing colors is in sharp contrast with the horrifying events of the past few weeks. The challenge is to be thankful in spite of circumstances.

Why do leaves turn red? Paging through some of the beautiful fall magazines we find this tidbit of information in *Harrowsmith Country Life*...

"The brilliant red of autumn foliage is caused by the presence of a pigment called anthocyanin, which results from the accumulation of sugars and tannins in the leaf. Some species have more pigment than others, but even in the same tree, shades of scarlet can vary from year to year, from branch to branch. Much depends on the weather. The best conditions for a brilliant show are sunny days that trigger the manufacture of sugars in the leaf, followed by crisp, cool nights under 7°C, which prevent the sugars from flowing to other parts of the tree. The south side of a tree often displays more color than another that receives less sunshine".

Check out the magazines on our shelves for more facts and information. *Family Fun* features 14 cute and easy costumes for Halloween and soup and bread suppers that will have your kids asking for more. Read an article about First Lady Laura Bush in *Ladies' Home Journal* entitled *What I Learned as a teacher*. *Birds and Blooms* tells about "saving plants from ole man winter" and answers readers' questions about birds and gardening. And the list goes on...

Some of the new books on our shelves deal with health and fitness - a topic for all seasons. *The Harry Workbook* by Les Carter, Ph.D. and Frank Minirth, M.B. outlines 12 steps to anxiety-free living. *Body for Life* by Bill Phillips gives straightforward information about exercise, nutrition and living with strength. Another couple of titles deals with pregnancy, breast cancer, diet and nutrition and food remedies for various health concerns. The Canadian Health Network online is another resource for any health questions. Got a question - visit the library for an answer.

## Recreation ramblings

by Michelle Chudd, Recreation Director  
Winnipeg River Recreation District, 345-8816  
Email: [recomm@granite.mb.ca](mailto:recomm@granite.mb.ca)

Everybody wants to know what is the latest update with the Royal Winnipeg Ballet program - well here goes!

We will be having registration Saturday, October 6 from 10:00 a.m. to 12:00 noon at the Lac du Bonnet Senior School. You will have a chance to meet the instructor and check out some dance clothing. The first dance class will take place the following Saturday, October 13. If you are unable to come to registration, please call the rec office at 345-8816 or 753-2639 and I can get an application form to you. We will be accepting registrations up until the end of October. This program is for boys and girls, age four years and up - children, teens and adults too! Classes include: pre-ballet, ballet and jazz. I have registration forms in circulation that state the registration fee, however this may change depending on how many people sign up (it may be lower) and 50% of the registration fee is due November 10.

**American sign language** (Signing Naturally 101): This course will begin your journey on learning American sign language conversational skills. Excellent skill for family and friends of the deaf, as well as all service-oriented businesses. Course skills will be extremely beneficial to future education at college or university in ASL interpreter courses. This ten week (40 hour) course will run Monday and Wednesday, October 10 to

December 19 from 7:00 to 9:00 p.m. at Lac du Bonnet Senior School Room 5. To register contact the rec office.

**Highland dance:** we have a local instructor willing to teach Highland dance classes. If you are interested in signing up - contact the rec office today!

**Boxercise starts this week:** You want exercise - this is the class for you! Wednesdays, starting October 3 from 6:15 to 7:15 p.m. at Pinawa Community Centre, running for ten weeks. Please register in advance. Sign up today for this exciting, energizing exercise program or come out to the first evening and register.

**Step aerobics:** Monday and Wednesday evenings in Lac du Bonnet with Penny Larish from 7:00 to 8:00 p.m. at Lac du Bonnet Senior School gym. ten more weeks so it's not too late to sign up.

**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 20 from 1:00 to 3:00 p.m. at Lac du Bonnet Senior School.

**Art in the a.m.:** beginner drawing classes with Brenda McKenzie in Pinawa. Advanced lessons will also be given to those with prior instruction. Tuesdays, October 9 to November 6 from 9:30 to 11:30 a.m. at Pinawa Secondary School art room.

**Creative writing:** Gerry Beirne is back providing this six week course focusing on fiction, non-fiction and poetry. The class will run Tuesdays, October 16 to November 30 from 9:15 a.m. to 11:15 a.m. at Lac du Bonnet Senior School theatre.

**Eastern Region Women's Institute fall seminar: Women On the Move - Monday, October 15** is a one day seminar from 9:00 a.m. to 3:00 p.m. at the Pioneer Club in Lac du Bonnet. Sessions include organ donation, entrepreneurship, Lac du Bonnet and Area Food Bank and beeswax candle crafts. For more information or to register contact Rosie Boel at 345-2848.

### 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 an 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.

Located in the  
Fort Alexander Health Centre  
367-2208

### 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, October 3**  
Soup, liver and onions, gravy, hashbrowns, green beans, strawberry short cake.

**Friday, October 5**  
Soup, roast turkey, mashed potatoes, gravy, mixed vegetables, stuffing, pumpkin pie.

**Monday, October 8**  
CLOSED FOR  
THANKSGIVING

# Lac du Bonnet RCMP detachment report



*continued from page 10*  
nails having been scattered on the roadway at the corner of Hrincescu and Tinant Road.

A report was received of partying going on at the beach area near Auglen Park. Police attended and dispersed the party goers.

A report was received of a single vehicle accident on PR 317 just west of PTH 11. Police attended and found that a blown tire had caused the vehicle to go into the ditch. No injuries.

**September 22:** A report was received of an adult male and an adult female fighting outside a residence at Pinawa. Police attended and arrested the adult male who was intoxicated. A charge of assault will be laid as a result of the investigation.

A report was received of a vehicle squealing tires on Oak Street in Lac du Bonnet.

A report was received from Southwood Bay of two dogs being poisoned.

**September 23:** A report was received of an adult male backing into another parked vehicle and then departing the scene without exchanging particulars with the driver of the other vehicle.

**September 24:** A report was received of a van stopped on PR 317 approximately eight miles west of Lac du Bonnet. The caller advised that he had to swerve around the van to avoid a collision. Police at-

tended the area, however no van was located.

A report was received of the theft of a paint pole from outside a residence on Fifth Street in Lac du Bonnet.

A report was received of an intrusion alarm at a location on Mascanow Drive. Found to be false.

A report was received of a family staying overnight in a camper at Mike Krouk Road and PTH 11, and concern expressed for their well being. Police patrolled the area, however the vehicle in question was gone.

A report was received of a suspicious vehicle driving through Still Cove on a nightly basis. Investigation revealed that the subject was checking on a cottage in the area.

A report was received from Winkler Police Department that an adult male who was residing in Lac du Bonnet was wanted on a warrant from that point for obtaining lodging by fraud. The subject was located, arrested and subsequently released on a recognizance with cash bail.

**September 25:** A report was received of a number of youth at Memorial Park possibly trying to damage some newly planted trees. Police attended and found that there had been no damage.

A report was received of an intrusion alarm at a location on Pine Ridge Drive. Police attended and found same to be

false.

A report was received of trespassing on private property on two occasions. This took place at a location along Bird River.

**September 26:** A report was received of a bear eating garbage outside a residence in Pinawa. Police patrolled, however the bear had departed.

A report was received of a

single vehicle roll-over accident on PR 214. The single female occupant received non life-threatening injuries, however was transported to Winnipeg via ambulance.

**September 27:** A report was received of an adult male assaulting the children who were residing with him at his residence in Lac du Bonnet.

The subject was subsequently arrested and released with conditions of no contact.

A report was received of an injury roll-over accident on PTH 11 north of McArthur Falls. The two adult male occupants received non life-threatening injuries.

## More of on the road again

by Phil Cyr

On July 11, my trip began and I was on Canada 3000 bound for Vancouver and due to arrive around 7:00 p.m. My son Martin was picking me up and we stopped at Harbor Air for a beer and something to eat. While we were eating we sat watching float planes landing and taking off. It's a thing Martin and I like to take in. He still keeps himself quite busy. He is still involved with wild rice, Maple syrup markets to Europe and added to that a franchise called Mud Jacking, (it's equipment to lift and straighten out concrete slabs etc.).

I stayed with Martin for three days before heading out to Victoria where my youngest son Kevin lives and works for the Coast Guard. Having just moved to a park model home, means work for dad, with the help of my cousin Ray Coulombe, we assembled a closed in deck ten by 25 feet working from 9:00 a.m. to 9:00 pm. for four days, it was time for a holiday.

Ray and I drove up to Port Alberni to his home. We swam, drank beer, and enjoyed some nice warm sun. We also visited my brother Joe. Joe and his wife Yole have a beautiful home with a gorgeous back yard of flowers, trees and more. Joe with his

two sons visited us in Pine Falls for one week this past summer. While they were here we also spent a day or so at the Bird Lake cabin.

While passing through Nanaimo I stopped in to see uncle Alex Cyr and his wife Evelyn. He is now 81-years-old the last of the original Cyr clan back in the days of Tin Town. Alex and his good wife Evelyn enjoy life together. Uncle Alex lived here prior to the war years. Alex is an avid golfer and entertainer of sorts. I have yet to beat him at a game of golf. He is the last remaining brother of my late father Howard Cyr.

While in Port Alberni, Sid Brewster and his wife drove up one afternoon. I also took a motorcycle trip to see our cousin Lil. It was about an hour's drive away. I also saw my sister in law Clare. She is a widow of my late brother Norm, who passed away a few years ago. My stay with Ray was very relaxing.

I then flew to Calgary, then Edmonton, where I was supposed to have been picked up by my brother Lloyd, somehow there was a mix-up and I was finally picked up by my nephew Wade. I stayed at my nephews for a couple of days. My brother Lloyd and I headed for Rocky Mountain House Alberta for my grandsons wedding. He is the

third son of my daughter Maureen Sim and Harry who used to work here for the Hudson Bay, he now is the manager of co-op store in rocky. The wedding was well thought out, a nice supper, bar and dancing. My niece Hope Lawry (Groves) attended. She lives in Calgary with husband Ron, together they have three grown children, and a beautiful home on Pump Hill Road. Ron is involved in oil drilling.

Driving to Rocky we travelled to and stopped at Lloyds daughter's. Dalyce, Lloyds daughter, and husband Percy have a son Micheal who is now 17-years-old. They live on a farm feeding cattle. She tells me moving the herd of 700 takes some doing. With practice she has taught them to move as soon as they see her on a bicycle moving them a few hundred yards to a new part of the feeding area. Dalyce also runs a bed and breakfast on their other farm. The house is fixed up quite nice, always very neat.

My daughter Maureen drove us to Calgary where son Shawn and family were flying back east on Friday, and I was dropped off at niece Hopes for an overnight stay. Hope drove me to the Calgary airport. It's good to be back home.

The  
Winnipeg  
River **Echo**

*Is your subscription due?*

*To renew, drop in for a visit  
at our office nearest you.*

**One Year Subscription  
One Low Price**

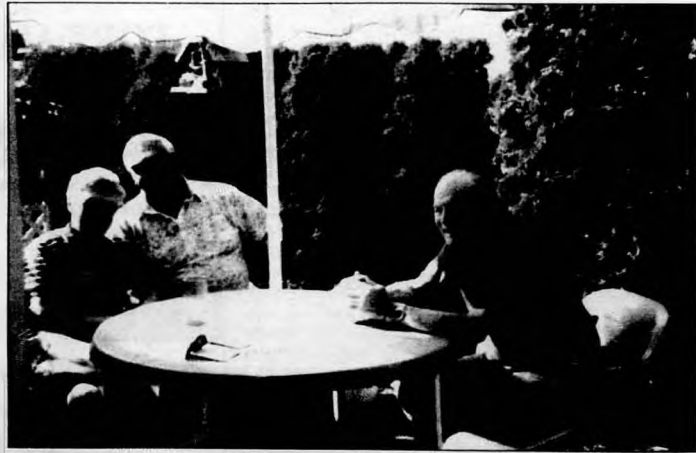
**\$30.00** plus \$2.10 PST  
& \$2.10 GST

56 Art Street, Powerview  
Phone 367-9468, Fax 367-9974

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

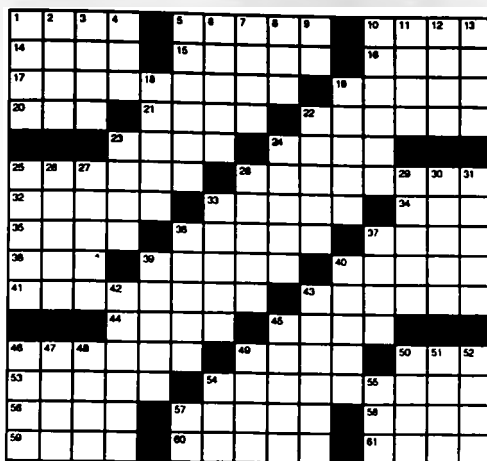
Box 550, Pine Falls, MB  
R0E 1M0

E-mail: theecho@granite.mb.ca



Left to right: Evelyn Cyr, Ray Coulombe and Alex Cyr.

# WEEKLY CROSSWORD



**ACROSS**

- 1. Crazy
- 5. Layered rock
- 10. Deck member
- 14. Declare openly
- 15. Anxious
- 16. African Lily
- 17. Failed to care for

- 19. Self-respect
- 20. Bitter vetch
- 21. Coarse grass
- 22. Caressed
- 23. Rolls of paper money
- 24. Painful
- 25. Bring up-to-date
- 28. Befuddle
- 32. By one's self
- 33. Bathroom item

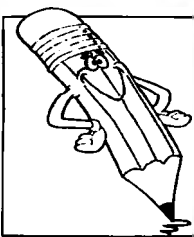
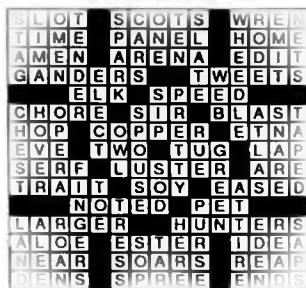
- 34. Lyricist Gershwin
- 35. Decimal points
- 36. Grass cutter
- 37. Excited
- 38. Gorilla
- 39. Planted
- 40. Easy movement
- 41. Felt offended
- 43. Covered
- 44. Swing around
- 45. Steals
- 46. Urgent request
- 49. Prepare road surface
- 50. Observed
- 53. Jail (sl.)
- 54. Deep respect
- 56. Camping shelter
- 57. Metric quart
- 58. Puncture with horns
- 59. Impudent talk
- 60. One who acts for another
- 61. Had debts

- 12. Travelled as a passenger
- 13. Act
- 18. Rub out
- 19. Danger
- 22. Strength
- 23. Emerges victoriously
- 24. Worked with stitches
- 25. Speed detector
- 26. Flee to marry
- 27. Chooses by ballot
- 28. Lowered head
- 29. Numeral from 0 to 9
- 30. Wash away
- 31. Acted violently
- 33. Tall structure
- 36. Traveller's lodging
- 37. Cry of despair
- 39. Move stealthily
- 40. Not drunk
- 42. Happenings
- 43. Disguised
- 45. Blackbird
- 46. Deeds
- 47. Appeal
- 48. Fasteners
- 49. Baseball's \_\_\_\_\_ Rose
- 50. White flakes
- 51. Land measure
- 52. Undesirable plant
- 54. Eighteen wheeler
- 55. Self-esteem
- 57. Sixth note

**DOWN**

- 1. Narrow street
- 2. Above
- 3. Toothed wheels
- 4. Night bird
- 5. Withdraw formally
- 6. Dislikes
- 7. Matured
- 8. Directed
- 9. Stammer
- 10. Monopoly group
- 11. Came to earth

**LAST WEEK'S ANSWERS**



## CRYPTIC PUZZLE

"BCFAQH GCBAFH BPCJE KZPLH; WJGZP  
JWZFC TAFARHC ERCS."

—XZHCOR XZQGCPE

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**

HE WOULD MAKE A LOVELY CORPSE.

—CHARLES DICKENS

## WEEKLY ECHO HOROSCOPE

for the week of  
October 1 to October 7

**Aries – March 21 to April 20**



Tempestuous and unpredictable. You could be your own worst enemy if you don't slow down and think. Try to avoid flights of fancy even though they generate enthusiasm and excitement with others. Take advice from an older person to heart.

**Taurus – April 21 to May 21**



You could find yourself influenced by people you generally wouldn't associate with. Instead of reacting quickly and illogically, give yourself plenty of time to sort out the situation.

**Gemini – May 22 to June 21**



People-oriented Capricorn may find him herself in an interesting social situation. Take your talents seriously. A stranger you recently met could become a true friend and collaborator as you try to put those talents to the test.

**Cancer – June 22 to July 22**



Your critical-thinking skills may be put to good use as you attempt to decipher what is really going on behind the scenes with a loved one. Try not to jump to conclusions. Going to an art exhibit may inspire you.

**Leo – July 23 to August 23**



You may be more interested in getting the job done quickly than in getting it done right. Be careful. Starting an investment portfolio at this time could be a good move, if you do the necessary research.

**Virgo – August 24 to September 22**



Thoughts of searching for a job in a more creative field may be consuming. Associating too much with family members could drain your energy. Take care of business quickly and remain focused on the big picture.

**Libra – September 23 to October 23**



Things are not as they seem. Your tendency to demand too much change in too short of time may be straining your relationship. Too often you jump into things without considering others' feelings.

**Scorpio – October 24 to November 22**



This week may seem like a continuous lesson in learning about the people you are closest to at work. Try to be a good student. You may cross paths with an old friend. Don't let old differences get in the way.

**Sagittarius – November 23 to December 21**



Pay attention on the homefront. A lack of communication could land you in hot water with your partner. Listen carefully. What appears to be a straightforward conversation may have a hidden meaning. Analyze it.

**Capricorn – December 22 to January 20**



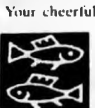
Take the phone off the hook. Too many people are asking for favors or assistance taking personal time away from you. Making a healthy choice could be as easy as eating more fruit. Your wit could prove to be the saving grace at work.

**Aquarius – January 21 to February 18**



Ever-prepared Taurus may need to get a jump on holiday shopping. Look before you buy. Do not let your life be a series of missed opportunities. Get over the fears which could hold you back professionally.

**Pisces – February 19 to March 20**



Your cheerful mood may make people wonder what you're up to this week. You can't help but be happy. Everything is going smoothly at home and at work. While your energy is at an all-time high, avoid making insensitive comments.

## Echo Classifieds

### Affordable Advertising

# The Winnipeg River Echo

### CLASSIFIEDS

REALTY - FOR SALE  
WANTED - FOR RENT

SERVICES  
HELP WANTED  
CARDS OF THANKS  
IN MEMORIAM  
LOST & FOUND  
EMPLOYMENT

## \$4.50

for the first 25 words  
15¢ per  
additional word

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

**Contact  
our office  
nearest you**

56 Art Street  
Powerview

**Phone  
367-9468  
Fax  
367-9974**

100 First Street  
Lac du Bonnet

**Phone  
345-9896  
Fax  
345-0004**

Mail to: Box 550  
Pine Falls, MB  
R0E 1M0



**For Sale**  
1992 Ford F150 4x4 - 302 AT, power windows, power locks, lots of chrome, loaded int. and ext., 4 new tires, short box and box liner, tinted glass, dual muffler, 178,000 hwy. km., woman owner, phone evenings 345-8063. 19-25

**For Sale**  
1974 mobile home - 14 x 60, includes 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. 19-25

**For Rent**  
Roofing/lawn sweeper - 4 bundles brown roofing, \$8.50 each, 1 lot - cash; also Craftsman 38" lawn sweeper, in Pine Falls, ph. 367-8425. 19-25

**For Sale**  
Smith Corona Word Processor / Electronic Typewriter - Flip-up screen to view type, store, retrieve, edit, copy, correct, spellcheck, word erase, print, owner's manual, \$80. Phone 754-2969. 19-15

**For Rent**  
Winter in Weslaco, Texas! For rent top of the line one bdrm. mobile home, fully furnished, in a 55-plus park, pool, hot tub, all facilities, 10 minutes to Mexico, \$700 US per month 754-2969. 19-15

**For Rent**  
Apartment for rent in St. Georges - available immediately, for more info please call 367-8244 or 367-8268. 19-15

**For Rent**  
Apartment 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. 19-25

**For Rent**  
House for rent - 2 bdrm. house, fully furnished, Victoria Beach area, call 756-2575 or call 791-7979. 19-25

**For Sale or Rent**  
In Powerview - commercial, residential property, Lot 23, Highway 11, 3 bdrm. home with business in front of building, house has been painted inside and out and all hardwood floors have been redone. For sale at \$85,000, for rent at \$850. For more information call Marlene at 367-2398. 19-25

**For Sale or Rent**  
House for sale or rent - 2 bedroom house for rent or sale in the Powerview area. Call 367-8232. 19-15

**Dance Classes**  
Professional Dance Instruction - Children's dance classes will again be offered this year. Ages from three to 13 years. Anyone interested call Dena at 367-4372. 19-25

**Wanted**  
Golf clubs - set of ladies' left-handed golf clubs wanted, ph. 345-8090. 19-15

**Miscellaneous**  
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.



**Four Generations of Family**  
Great-grandma Florence Robert, grandmother Gisele Lawrence, mother Amanda Lawrence, son Logan Lawrence.

### VILLAGE OF POWerview

#### NOTICE OF BOARD OF REVISION

Public Notice is hereby given that the Real and Personal Property Assessment Rolls of the Village of Powerview for the year 2002 have been deposited in the Municipal Office and will remain open to public inspection during normal office hours. Applications for revisions may be made in accordance with Sections 42 and 43 of the Assessment Act:

**APPLICATION FOR REVISION:**  
42(1) A person in whose name property has been assessed, a mortgagee in possession of property under subsection 114(1) of the Real Property Act, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, or an assessor, may make application for the revision of an assessment roll with respect to:

- a) liability to taxation;
- b) amount of an assessed value;
- c) classification of property; or
- d) a refusal by an assessor to amend the assessment roll under Subsection 13(2) of the Municipal Assessment Act.

**APPLICATION FOR REQUIREMENTS:**  
43(1) An application for revision must:

- a) be made in writing;
- b) set out the roll number and legal description of the assessable property for which a revision is sought;
- c) state the grounds in which the application is based, and d) be filed by
  - 1) delivering or causing it to be delivered to: Board of Revision  
c/o Village of Powerview  
P.O. Box 220, Powerview, MB R0E 1P0

or 2) serving it upon the secretary at least 15 days before the scheduled sitting of the Board.

**The last day to file such a complaint is October 30, 2001 before 4:30 p.m.**

The Board of Revision for the Village of Powerview will convene in the council chambers, #32 - PTH #11, Powerview, Manitoba at 7:00 p.m. Thursday, November 15, 2001 in order to consider applications for the revision of the 2002 Assessment Rolls of the Village of Powerview.

Prior to filing an appeal, you are encouraged to discuss the matter with the Provincial Assessment Branch in Selkirk at 204-785-5137.

Date at Powerview, Manitoba this 1st day of October, 2001.  
J.M. Thevenot, CMMA, Administrator  
Village of Powerview



**Winnipeg Regional Health Authority**  
in affiliation with the  
**North Eastman Health Association Inc.**  
**Telehealth Site Coordinator**  
for Pine Falls

Part-time (.5 FTE) Permanent Position

With the establishment of the Aboriginal Human Resources Initiative and through forging a partnership with the Aboriginal community, the Winnipeg Regional Health Authority is committed to increasing the representation of further information regarding the Aboriginal Human Resources Initiative, contact Ms. Katherine Morrisseau-Sinclair, Director, Aboriginal Human Resources Initiative. **Aboriginal people are encouraged to apply.**

**A project to establish a Telemedicine System in Manitoba is being undertaken by the Winnipeg Regional Health Authority and Regional Health Authorities in Manitoba. This project will establish and co-ordinate the on-going provision of medical consulting and education services to rural and northern communities through the use of telecommunication systems.**

The Telehealth Coordinators ensures quick response to user needs and is the primary clinical support person for the specialist linking to a patient. As such, they must ensure that the technology is functioning adequately, that any records required by the specialist are available at either location. The incumbent will also ensure compliance with all Network policies and protocols and ensure staff using the telehealth system are trained on use of equipment and protocol.

- Qualifications:**
- Experience assisting physicians with examinations.
  - Minimum three (3) years clinical experience.
  - Knowledge of the requirements for scheduling medical consultations.
  - Ability to organize and assist in presenting CME, CNE, and staff and patient education programs.
  - Ability to anticipate and initiate solutions to emerging telehealth needs.

**Salary:** Commensurate with experience.  
Interested applicants are invited to submit a resume by **October 10th by 4:30 p.m. to:**

Human Resources Officer  
Lac du Bonnet District Health Centre,  
Box 1030, Lac du Bonnet, MB R0E 1A0  
Fax: 204-345-8609 or Email: ckarklin@neha.mb.ca

WRHA/NEHA wishes to thank all applicants expressing interest in this competition. Only those selected for an interview will be contacted.

# Beat the rush: winterize your vehicle now

by Paul Allen

Beat the rush: winterize your vehicle now for cold weather to come. Remember to include a winter travel kit in the trunk, too.

It won't be long now before the sound of leaves crunching under foot is muffled by a blanket of white. And whether that taste of winter comes as a few gentle flakes or several inches of heavy wet snow, we can usually count on seeing some of the white stuff by the end of the month.

It seems that all of nature is busily preparing for this chilly eventuality: squirrels are gathering nuts, geese are flying south and clever humans are making sure their vehicles are ship-shape and ready for winter driving!

Whether you're a city or a rural driver, the checklist is the same. Make an appointment with your mechanic (the earlier, the better, so you can beat the rush) and have them make sure the following are all in good working order: ignition system, battery and lights, fuel and cooling systems, heater and exhaust systems, brakes, wipers and defroster, anti-freeze, oil (winter grade) and other lubricants, tires

Checking the heater and exhaust systems is extremely important. If they're not sound, toxic carbon monoxide could seep into your vehicle. Because it's odourless and in-

visible, you aren't likely to know it's there, and odds are good you're not going to have a window open to clear it out.

Make sure your windshield washer reservoir is filled with an antifreeze washer fluid, and consider investing in a set of winter wiper blades. You might not think this is important now, but imagine this: A big truck blasts by you, dumping a spray of mucky snow on your windshield. You turn on your worn-down summer wipers, and watch helplessly as they create a nice mud-pie smear across your windshield. You hit another button to squirt out some washer fluid (which is water, since you didn't change it), and freeze your mud-pie solid. Not only is this not fun, it's not safe, either.

You then want to look at your tires. Ideally, a set of winter snow tires is the most effective for our Manitoba winters. But if you do choose to stick with an all-season radial, make sure it is properly inflated with a good tread. Whichever you choose, don't mix tires: put the same kind on

all four wheels. If you're not replacing your tires, have an expert check the tread, and make sure they're properly inflated.

## Seasonal travel kit

Think you're finished? Not quite. Now that your car is winterized, consider winterizing your trunk with a seasonal travel kit.

Even if most of your winter driving occurs between home and the grocery store, you should have the following at hand: extension cord, kitty litter for traction, small snow shovel, jumper cables, ice scraper and snow brush, extra gloves, flashlight, spare tire (inflated, please!), first aid kit, extra washer fluid and paper towels.

For highway or rural driving you should also carry extra clothing, blankets, an emergency food pack, an axe, matches and a candle in a deep can. A cellphone is another item that can be extremely handy if you find yourself stranded on the side of a road. And if you're heading into very remote areas and

backcountry, you would be wise to include a tow cable, flares and a fire extinguisher, too.

Once you're done, you can relax and enjoy those remaining golden days of autumn secure in the knowledge that your vehicle is ready to face whatever the upcoming Manitoba winter throws your way.

Paul Allen is Road Safety Manager for Manitoba Public Insurance. He would like to hear from you: e-mail [pallen@mpi.mb.ca](mailto:pallen@mpi.mb.ca); mail to Room 824, 234 Donald Street, Box 6300, Winnipeg, MB R3C 4A4.

For more information about road safety, visit MPI's Web site at [www.mpi.mb.ca](http://www.mpi.mb.ca).

## Member Service Representative

South Interlake Credit Union is one of the largest multi-branch credit unions in Manitoba and is in search of the best people who want a great future with an excellent organization

Pine Falls Branch  
Part-Time with full benefits package

You are a bright, confident individual with experience in selling value added products and services. You possess a genuine talent to positively respond to our member inquiries and have experience in basic mathematical skills and data entry. You show enthusiasm to learn and are looking for a future with a great company. Explore this opportunity by submitting a resume by October 9th, 2001 to:

Linda Monforton  
Manager Human Resources  
South Interlake Credit Union  
233 Main Street, Selkirk, MB R1A 1S1  
Ph: (204) 785-7644 Fax: (204) 785-7649  
Email: [lmmonfortan@sicu.mb.ca](mailto:lmmonfortan@sicu.mb.ca)  
[www.sicu.mb.ca](http://www.sicu.mb.ca)

We thank all applicants for their interest but only those selected for interviews will be contacted. Applicants who have submitted resumes previous to this advertisement need not apply again.



## Certificate Program

BEGINNING OCTOBER 22

PINE FALLS RED RIVER COLLEGE

Red River College - Gimli Campus in conjunction with Empower Education Centre is offering the Receptionist/Office Clerk Certificate program beginning October 22 in Pine Falls. The program is open to full-time and part-time students. Class size is limited so don't miss this opportunity to study locally.

Employment Insurance and Income Assistance recipients may be eligible for financial assistance.  
To register or for more information call  
**RED RIVER COLLEGE**  
Gimli Campus 204-642-5496

## RURAL MUNICIPALITY OF LAC DU BONNET Transfer Station ATTENDANTS REQUIRED

FOR THE PR #313 & PROPOSED PR#214 SITES

The Rural Municipality of Lac du Bonnet invites applications for part time positions of Transfer Station Gate Attendants at the #313 and proposed #214 Transfer Station Sites.

- To unlock the transfer station site and be present at the gate during the hours of operation.
- To keep the site locked at all times when not in operation.
- To direct vehicles as to where waste is to be deposited.
- To uphold RM of Lac du Bonnet Waste By-Law #13-00.

This is a unionized position with a minimum rate of \$8.20 per hour.

The proposed hours of operation and By-Law #13-00 are available at the Municipal Office situated on PR #317, between the hours of 9:00 a.m. and 4:30 p.m. Monday to Friday. Further information may be obtained by calling 345-2619.

Applications with accompanying resumes should be submitted in sealed envelopes and clearly marked "Applicant". The deadline for applications is 4:30 p.m. Friday, October 5, 2001.

Marlene Watson, Chief Administrative Officer  
RURAL MUNICIPALITY OF LAC DU BONNET  
Box 100, Lac du Bonnet, MB R0E 1A0

## Lac du Bonnet and Area Food Bank thanks...

Acknowledgement is due to: United Steel Workers of America-Tanco Local 7499; Lac du Bonnet Catholic Ladies one month rent; Lac du Bonnet Knights of Columbus one month rent and 18 aprons; Robert Kost painting and donating the signage; Town of Lac du Bonnet for renovating the space and putting up the signs; monetary donations - Royal Canadian Fellowship; Pinawa Lutheran Church, Great Falls Women's Institute, Royal Canadian Legion - Pine Falls, Donna Tschetter; Atomic Energy of Canada equipment; Milner Ridge Corrections two hogs; Campbell's cutting and wrapping the pork; Terry Fisher volunteer co-ordinator; all who have given money in the money jars at financial institutions and businesses; all who have given food donations.

## BUSINESS DIRECTORY

### SUBWAY

98 Third Street, Lac du Bonnet  
Phone 345-6100  
OPEN 9 a.m.-11 p.m. DAILY  
Open till 1 a.m. on Weekends

[theecho@granite.mb.ca](mailto:theecho@granite.mb.ca)

### KAY

INSURANCE AGENCIES LTD.  
Robert D. (Bob) McKay  
Business and Personal Insurance Planning  
#1 Park Avenue, Lac du Bonnet  
Residential, Commercial  
Farm, Life, Disability  
Investments  
345-8196  
Toll free 1-888-345-8196

### The Winnipeg River Echo

QUESTIONS?  
COMMENTS?  
CONCERNS?

Contact our office nearest you  
345-9896 or 367-9468

Email us  
[theecho@granite.mb.ca](mailto:theecho@granite.mb.ca)

m a g k  
Financial Solutions Ltd.  
Steve Kulyk  
Financial Advisor  
Office located on top of Pine Falls Post Office 367-4244  
Winnipeg Toll Free 1-888-665-0649  
Serving Pine Falls and surrounding areas since 1995

## BELL EXPRESSVU™

DD's Audio Video Services Ltd.  
POWER 97.5 FM - CKY-5 - CKND - CBC  
from Winnipeg. The List goes on...  
For further information call Don at  
**204-367-8323**

For All Your Grocery & Clothing Needs

**PINE FALLS**  
367-2372

**PORT ALEXANDER**  
367-4216



**DAVE'S NEW & USED FURNITURE**

JVC - HOTPOINT - GE - BUNLER - BERTA BEDDING

"For the Best Quality New & Used Furniture & Appliances... Call us First!"

**367-2460**

21 Art Street, Powerview  
Mon. to Fri. 10 am - 5 pm - Sat. 10 am - 3 pm

**Country Concepts**

Ladies Wear & Accessories

**367-2248**

Located at Pine Falls Post Office Building

**Rusty Nail Tavern**

Cold Beer Vendor

Located at the Powerview Hotel on Art Street, Powerview

**367-4317**



**KC POWER PRODUCTS**

Phone/Fax 204-367-9168  
White Mud Falls

Your All Season Service Centre

- SERVICE
- PARTS
- CLOTHING
- ACCESSORIES



**BRYAN M. DAIEN**

**Denturist**

**Celebrating 15 years in business**

Complete/Partial Dentures  
Repairs while you wait  
Relines (one hour)  
Extractions/Restorations Arranged  
**SENIORS DISCOUNT**

**ON-SITE LAB**

37 Third St. S. Beausejour

District Health Centre  
Lac du Bonnet  
2nd and 4th Tuesday of each month  
**268-3488**

**Sunrise Bakery**

Powerview



**NEW Edible Image CAKES**

**STORE HOURS**  
Tuesday to Friday  
8:00 a.m. to 6:00 p.m.  
Saturday  
8:00 a.m. to 5:30 p.m.

Don't be disappointed  
Order ahead  
**367-8019**

**POWERVIEW FABRICS**

- Fabric
- Craft Supplies
- Sewing Machines
- Classes

**367-8438**

**The Lakeview STEAKHOUSE**

57 Park Avenue, Lac du Bonnet  
Phone 345-8661

**PINE FALLS SERVICE CENTRE**

Monday to Saturday  
8:00 a.m. to 12:00 midnight  
Sunday 8:00 a.m. to 12:00 midnight

**SUBWAY**

Subway open 7 days a week  
from 10:00 a.m. to 11:30 p.m.

**367-8803**

**Kevin McDonald**

**LEVINE, LEVENE & TADMAN**  
Barristers & Solicitors

Lac du Bonnet every Tuesday  
at Allan Holm Agencies  
28 McArthur Avenue  
11:00 a.m. to 1:00 p.m.

Powerview every Tuesday  
at Powerview Agencies  
3:00 to 7:00 p.m.

Lac du Bonnet 345-8479  
Powerview 367-4455-8150  
or Winnipeg 1-204-957-6208

**Esser Chiropractic Health Centre**

Corner of PTH 11 and Church Street (beside Papineau Motors)

- ◆ Autopac
- ◆ Blue Cross
- ◆ Veteran's Affairs
- ◆ Worker's Compensation

**Phone 367-4858**

No referral required Please call for appointment


Enjoy dual satellite reception.

Available at

**DAVE'S NEW & USED FURNITURE**

21 Art Street, Powerview, MB

Contact  
**Dave or Warren 367-2460**



The shape of the future.

**Great Falls Foods**

Highway 11, Great Falls  
**367-2976**

**OPEN 7 DAYS A WEEK**

See us for your custom cutting and smoking needs, both domestic and wild meat, or supplies for home use.

Having a Social Function?  
Call us to look after everything for you  
Ask us about delivery

**The House of Quality**

**Pine Falls Physiotherapy**

- Acupuncture
- Orthotics
- Back/neck pain
- Sports and work injuries

Jenny Terrio Baturin — *Celesté Basson*

Doctor's referral not required  
Direct billing to Blue Cross, DVA, MPIC, WCB

Phone/Fax 204-367-4811  
Pine Falls Health Complex, 37 Maple Street  
Box B32, Pine Falls, MB R0E 1M0

MacDonald Brown

**Rentals**

Hillside Beach  
756-8184

**DR. ARNOLD ANDERSON**

**LAB ON SITE**

**Optometrist**

Contact Lenses and Eyeglass Fittings

**MANITOU LODGE PINE FALLS**

**367-2390**

Monday - Friday 9:00 a.m. - 5:00 p.m.  
Open noon hours  
Tuesday, Wednesday, Friday

Examinations done on Thursday

TRY YOUR DRUGSTORE *first*

**PINE PHARMACY**

Open Monday to Saturday  
9:30 a.m. to 5:30 p.m.

**367-2611**

**DISPENSARY**  
**367-2517**



TO BOOK THIS SPACE CALL

The Winnipeg River **Echo**

Powerview 367-9468  
Lac du Bonnet 345-9888

Windshield Replacement & Repair  
All Your Auto Body Needs  
Courtesy Care

**powerfalls AUTO BODY**

Box 187  
Powerview, MB  
R0E 1P0

Phone 367-2877  
Fax 367-2336

Sean Papineau / Pat Patouquin



**DENIS LABOSSIÈRE**

**LAWYER**

Every Second Tuesday  
at St. Georges  
Community Centre

**CALL 925-1900**  
for appointment

**Papertown Motor Inn**

Modern Rooms  
Deluxe Jacuzzi Rooms  
Licensed Family Dining Room  
Banquet Facilities  
VLTs, Beer Store

Home of **ECHOES**  
Night Club

**367-2261**

1 Mile East of Pine Falls, Hwy. 304 & 11

**BIRCHWOOD MOTOR HOTEL**

- 6 Modern Units
- Dining Room
- Beverage Room
- Meeting Rooms
- Fully Licensed

Traverse Bay  
**756-2596**

**OPEN YEAR ROUND**

**DAVID BULLMAN**

**GENERAL CONTRACTING**  
Commercial & Residential

- New Home Construction • Carpentry
- Concrete Work • Window Replacement • Vinyl Siding
- Aluminum Soffit & Facia • Plumbing • Roofing, etc.

"No Job Too Big or Small" Over 30 Years Experience in Building Construction

**268-3465 or 367-2763**



**DARREL J. TARRANT**

**CHARTERED ACCOUNTANT**

Full Time office at Powerview Agencies, Highway 11  
Ph. 367-9193, Fax 367-8616

New location at Shoreline Realty  
at McArthur Avenue and Second Street, Lac du Bonnet  
Wednesdays and by appointment, Ph. 345-9771

Personal Income Tax Planning and Preparation  
Corporate/Business Accounting  
Financial Statements, Audits, Tax Planning and Compliance

**KEN'S EAVESTROUGHING**

**KEN DANWICH**  
204-756-2709 or 204-754-7015

**4 INCH - 5 INCH**  
CONTINUOUS EAVESTROUGHING  
FASSICA - SOFFIT - PRE-PAINTED COLORS  
**FREE ESTIMATES**



**Catch & Release MOTEL**

Omer & Theresa Dubé

Highway 304 North,  
just over the dam

FULLY EQUIPPED  
KITCHENETTES

Daily & Weekly Rates  
Phone 204-367-9991  
Fax 204-367-9988

**Clark's Corner**

DOMO Service Station

Convenience Store  
Restaurant

Chester Fried Chicken

**367-2238**

Located at corner of Highways 11 and 304



**Broadlands Mall**

Convenience Store/Gas

Movie Rentals  
Open Daily 7 am - 11 pm

Restaurant  
Daily Specials  
Open 6 am - 10 pm

**367-4484**

**Manitou Lodge**

Coachroom Restaurant & Lounge  
Open 7:00 a.m. to 10:00 p.m.

**367-2252**

Wood Stone Baked  
TAKE OUT PIZZA  
Thick Crust or The Classic Coachroom Crust

