

The  
Winnipeg  
River

# Echo



comp.  
Legal Deposit  
200 Vaughan Street  
Winnipeg, MB  
R3C1T5

Vol. 2, No. 20

Tuesday, October 9, 2001

\$1.00 tax included

## Eighty-one boats at Voyageurs' eighth annual Walleye Classic

by V. Anderson

The St. Georges Voyageurs hosted another great Pine Falls International Walleye Classic this past weekend. There were 81 boats entered into this years tournament.

For the second consecutive year the Duane Hell and Arlene Sternat team from Minaki, Ontario took first spot for their weekend weigh-in of 41.99 pounds, 16.51 pounds shy of their number one weight last year, 58.5. This dynamic duo won \$7200 in cash for first place and a 12 foot Lund Boat for winning the mixed category. When receiving their prize they were asked the all important question. What's the secret to your success?

"I can't believe it myself. I'm not sure we have any one secret. We look for the fish, find the fish, if they are not biting we move on to the next find as fast as we can. We would like to thank everyone in Pine Falls. You put on a really good weekend. Everyone is invited to the Paradise Cove in Minaki if they want to come fishing, and I am sure we will be back here next year and we will see you all then," said Duane.

Out of the top five spots this



year, three of the winning teams were mixed couples. Second place went to local team Ray Fawcett and Danny Powell for their weigh-in of 41.45 pounds and received a cheque for \$3100 for their efforts.

"The Voyageurs Walleye Classic just keeps getting better and better every year. It has been a pleasure to be part of your derby. Thank you all so much," said Fawcett.

Third spot went to a Winnipeg father and son team Jack  
See EIGHTH/page 3

*The start of the St. Georges Voyageurs' eighth annual Pine Falls International Walleye Classic last weekend was delayed for one and a half hours due to heavy fog Saturday morning.*

*Arlen Sternat and Duane Hell of Minaki capture first place and top weight in the mixed couple category, for the second time in a row at this year's Walleye Classic. These fish weighed in at 9.53 and 11.47 lbs.*



## Children deliver gesture of good faith

by V. Anderson

Tuesday morning *The Echo* received a call in regards to two young people in our community who displayed an act sincere of kindness.

This past Saturday, as a Thanksgiving gesture of good faith, Annette Boulet who is eight years old and her brother David, six, went to Sunny Wood Manor in Pine Falls with a handful of change. Annette Vincent who works within the recreation department at the manor met the youngsters and asked what

they wanted to do with their money.

"We want to give the money to our seniors, so they might buy a treat or have a little fun," they replied.

Annette and David had raised the money entertaining that day, and thoughtfully and unselfishly passed the money along to Vincent at the manor. After further investigating to find out what kind of entertaining was involved, it was found out that the brother and sister team got together at their grandparents home of Marcel

and Margaret Pitre in Pine Falls. The two young entertainers set up a stage area with three chairs for their audience. Two chairs were for their grandparents and one was for their dog Maxi. They made tickets to sell and seeing that they had such a small audience they decided to cut the tickets in half a sell them again after intermission for re-entry to the show.

Annette and her brother went on to perform their show, which had Annette playing the piano and singing and her lit-

tle brother playing the drums.

"It was fun to watch, David ended every song with a round on the cymbals, just like a band would do, it was just great. We really enjoyed the performance," said grandpa Marcel.

At intermission the two youngsters went upstairs to prepare a light lunch which consisted of orange slices, ju jubes and refreshments for their guests. However, by the time their audience came to have their refreshments all the ju jubes were mysteriously gone. Hmm! At the end of the

show the two children thanked their grandparents and told them they would be back next week for perhaps another show.

"If we would have known they were going to go to the manor we would have given a little more money," said Marcel.

"What a pleasure it was to see two young children be so generous and thoughtful. What a priceless gift of kindness," said Vincent.

"All of us at the manor thank them both very much".

# NESA soccer play-off jamboree

The North Eastman Soccer Association (NESA) held a soccer play-off jamboree for all kids/youth soccer teams September 29 and 30. The jamboree was put on in conjunction with the Canadian Soccer Association. All players received hotdogs and juice, and fun packs for the younger players and contests/prizes for the older kids. The weather was beautiful and the sportsmanship shown by all was phenomenal.

**Results:** Sprockets Division (age seven and eight) Sagkeeng Stars defeated Beaches Bandits 2-1 in an exciting close match. Stars won with a late goal knocked in the goal off a defender.

Mavericks Division (age nine and ten) Sagkeeng Hawks defeated Winnipeg River Raptors 2-0. Raptors beat the Hawks once and took the final to a second game. Sagkeeng put in two

late goals to win the title.

U-14 Division (under 14) Pine View Stinger defeated Winnipeg River Rebels 4-2. The underdogs all year, Stingers, improved dramatically this season and competed to win this best of three series.

In the match up between the

RCMP and the Powerview varsity boys team which was held this past Friday the varsity team were the victory winners. The rumour is that the principal of the school who plays goalkeeper for the RCMP team lost a bet... a bet which may see him and possi-

bly some of the RCMP male members strutting down the halls of Powerview School in pretty dresses real soon.

As for the women's, the Orange Krush women's team defeated the Blue Angels in a best of three series to win the Women's Division this year.

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<p><b>Bonanza</b> starting value this week <b>\$3739</b> IF WIN POT STARTS AT \$999 Add 50% of sales on Monday. If not won, carry over total plus 50% of sales to Wednesday. If not won, carry over total plus 50% of sales to Thursday.</p>	<p><b>Minnie Loonie</b> starting value this week <b>\$1306</b> IF WIN POT STARTS AT \$298 Add 30% of sales on Monday. If not won, carry over total plus 30% of sales to Thursday.</p>	<p><b>Lucky 7</b> <b>\$853</b> in 25 numbers POT FREEZES AT 25 NUMBERS Add one # plus 30% of sales carry over on Monday. If not won, add one # plus 30% of sales carry over to Thursday. IF WIN POT STARTS AT \$298 in 17 numbers or less</p>
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<p><b>Knights of Columbus</b> Lac du Bonnet Community Centre Specials 7:00 p.m. Lot. Lic. 564 Every Monday Evening</p>	<p>Bonus Line - \$592.00* Star - 1353.00* Loonie Pot - 1782.00* Toonie Pot - 2041.00* Special "Y" - 376.00* Jackpot Strip - 48.00* Poker Flush - 192.00*</p>
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<p><b>Lakers Ski Club</b> Lac du Bonnet Community Centre Specials 7:00 p.m. Every Thursday Evening Lot. Lic. 874</p>	<p>Bonus Line - \$3288.00 Star - 50.00 Loonie Pot - 188.00 Poker Flush - 7161.00 Special "Y" -</p>
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<p><b>Royal Canadian Legion #164</b> Lac du Bonnet Legion Hall Specials 7:00 p.m. Every Wednesday Evening Lot. Lic. 452</p>	<p>Bonus Line - \$391.00 Star - 1006.00 Lucky 7 - 816.00 Poker Flush - 207.00 Mini Loonie - 475.00 #1 Loonie - 2948.00 #2 Loonie - 2948.00 Jackpot Strip - 172.00</p>
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<p>Publisher Valarie Anderson Sales/Production/ Office Manager Toni Bruneau Production/Art Design Lori Pachkowsky</p>	<p><b>SUBSCRIPTIONS</b> Local Rate: \$34.20 National &amp; Urban Rate: \$39.90 Foreign Rate: \$102.60 (prices include PST &amp; GST)</p> <p>2nd class mail #1763687 (Postage paid in Pine Falls)</p>	<p>P.O. Box 550, Pine Falls, MB ROE 1M0 56 Art Street, Powerview, MB e-mail: <a href="mailto:theecho@granite.mb.ca">theecho@granite.mb.ca</a> Powerview Office Ph: 367-9468 Fax: 367-9974 Lac du Bonnet Office Ph: 345-9896 Fax 345-0004</p>	<p>The Winnipeg River <b>Echo</b></p> <p>The Echo is an independent weekly newspaper published on Tuesdays in Pine Falls and Lac du Bonnet, Manitoba. Advertising and submission deadline is Friday at 3:00 p.m. prior to Tuesday's publication.</p>
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# Eighth annual Walleye Classic

*continued from page 1*  
and John McLaughlin whose weigh-in was 41.45 and they received \$2000. Fourth place went to the local mixed team of Bob and Pauline Vincent their weigh-in was 38.15 and they received \$1000. Fifth spot went to another mixed team Doug and Edna from the Interlake area who

shared the prize money of \$850 cash. This couple also won the Cool Under Pressure prize which landed them a 12 foot Lund Boat.

The total number of fish weighed in over the weekend was 389. The Voyageurs had approximately 25 volunteers come out to help run this weekends event. The

weekend weather was very good and only Saturday had a slow start because of heavy fog in the area. Boats were delayed for about one and a half hours.

The organizers hosted a great weekend and the wind-up dinner at the Paupertown was enjoyed by all.

Other lucky winners

of the derby were Tom Macnair and Lynn Johnson who won the Big Catch of the Day for their fish that weighed 13.71 pounds and received \$250 on day one.

Day two, the team Price and MacRae won the Big Catch of the Day for their fish weigh-in of 12.86 and also received \$250.

The early bird draw went to Buss and Krawchuk and they received a paid entry into the 2002 Walleye Classic.

The winners of the calcutta were Denten Normand and Omer Dube and they went home with \$626.25.

Winner's of the fund-raising tickets were Marlene Sunduk who was

lucky enough to win two of the three prizes awarded. Sunduk won second and third prizes, a floater jacket and a GPS system. Jack McLaughlin won first prize, a Neidermayer Knife.

For a detailed list of winners and weights visit the Voyageurs website at [vnorth@virtualnorth.com/walleye/](mailto:vnorth@virtualnorth.com/walleye/).



Local team Ray Fawcett and Donny Powell received a cheque in the amount of \$3,100 for capturing second place at this year's Walleye Classic with a two-weigh in of 41.45 pounds.



Father and son team of Jack and John McLaughlin were awarded \$2,000 for their third place finish, weighing in at 41.15 pounds.



Husband and wife team Bob and Pauline Vincent took fourth spot in this year's tournament. They weighed in at 38.15 pounds which earned them \$1,000.

## Protect your child against hepatitis B

Free immunization for students in grade four

### What is hepatitis B?

Hepatitis B is a serious illness that can cause permanent liver damage, cancer and sometimes death. It's caused by a virus that is 100 times more infectious than the AIDS virus. Many people with hepatitis B do not know they have it, so they can unknowingly pass it on to others.

### How is it spread?

Hepatitis B is spread when blood or body fluids from an infected person get into another person's body through a cut or break in the skin. Sharing toothbrushes or razors, using unsterilized equipment for body piercing or tattoos, or having unprotected sex are among the ways that people become infected with hepatitis B. A person who has hepatitis B can pass it on to others who live in the same household.

### Why should I immunize my child now?

Most new cases of hepatitis B occur among teenagers and young adults. That's why it's important to protect children by immunizing them before they risk coming into contact with the virus. The vaccine also works best in young children.

### Is the vaccine safe?

The hepatitis B vaccine has been safely used in Canada for over 17 years and is considered one of the safest vaccines used today. It is not made from blood products or living viruses.

### When can I get my child immunized?

In most parts of Manitoba, the first dose of the three-dose hepatitis B vaccine series will be offered in October or November. Contact your school or regional health authority for details about the timing of the program in your area.

### More information?

If you have questions about hepatitis B immunization, contact:

- your doctor;
- your local public health unit; or
- Health Links (788-8200 in Winnipeg or toll-free 1-888-315-9257).

Or check our Web site:  
[www.gov.mb.ca/health](http://www.gov.mb.ca/health)

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# Support services to seniors enhances quality of life



Christine Polischuk, Winnipeg River Senior Service, call 367-9128

The St. Georges Meal Program, along with Services to Seniors, hosted a fall supper at the St. Georges Parish September 29. Ninety people enjoyed a roast beef dinner. Entertainment by Michelle Hansen, Kelly Palmer and Dan Polischuk was enjoyed by all. This event could not have been a success without the entertainers, all the volunteers and our wonderful cook Marcell Coss.

Support Services to Seniors is aimed at mobilizing communities to support the senior population in their own effort to maintain independent living status with dignity and respect. Services are supplementary to that provided by self, formal

and informal caregivers. Support services can be in the form of a community resource council or a congregate meal program. Some of the services provided by the resource council include the following.

- 1) Personal supports: foot care, mobility aids, meals;
- 2) Outreach: friendly visiting, telechecks, lifeline, support groups, home visits;
- 3) Information: completing forms, translate/interpret letters, health fairs, newsletters, advocacy, general information and referral;
- 4) Transportation: handivan;
- 5) Home maintenance: cleaning, laundry, yard work and odd jobs.

In an average month 970 sen-

iors in north Eastman access the above services to enhance their quality of life as they 'age in place'. Congregate meal programs provide an average of 750 well balanced nutritious meals per month in several communities throughout the region in a setting that promotes social interaction and delicious home cooked meals.

This would not be possible if it were not for the hard work, desire and determination of the

40 volunteers in the region that make up the four volunteer boards in the north Eastman region. This year, the International Year of the Volunteer, we should pay special tribute to these giving individuals who play an integral role in creating healthy and sustainable communities. You are special people who deserve to be recognized.

Any person 55 years of age or older is welcome to attend either meal program in the com-

munities of Powerview or St. Georges. Meals are provided Monday, Wednesday and Friday. For more information call Silver Haven in Powerview 367-4620 or 367-8447 or the St. Georges Meal Program at 367-8808.

If you are interested in volunteering, Sunnywood Manor would love to hear from you. Please call the recreation department at 367-5420 or stop by any time.

## Beausejour Hospital, primary health care centre opens

The Beausejour Hospital and Primary Health Care Centre officially opened its doors Friday, October 5, following \$11.2 million in new construction and renovations that consolidate a range of health services in one easily accessible location.

"This project significantly upgrades the facility to help deliver quality care in an efficient and well-designed building," said Health Minister Dave Chomiak. "The facility not only accommodates acute care services but amalgamates other support health programs such as diabetic education and nutrition counselling in one location easily accessible by local residents."

The newly constructed and renovated hospital accommodates 30 acute care beds, a state-of-the-art operating suite, an emergency room treatment area and diagnostic departments. Outpatient services that were provided elsewhere in the community because of lack of space, will become part of the hospital. These services include physiotherapy, occupational therapy, public health, mental health and audiology.

Jim Hayes, CEO of the

North Eastman RHA commented, "I know the residents of Beausejour and surrounding communities are looking forward to accessing the range of services that will be available at the centre." He added, "Our staff also appreciate the opportunity serve in this very functional and progressive work environment."

The new facility services approximately 6,400 local residents in Beausejour, Lac du Bonnet and the rural municipalities of Brokenhead and Springfield. The project began in 1999 to replace an outdated and aging building.

"Capital projects such as this one support our long-term efforts to ensure we have skilled health professionals working with the best possible equipment in well-designed facilities to provide high quality health care for Manitobans," noted Chomiak.

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## Authors visit local schools on Words on Wheels Tour

submitted  
Students at Powerview School were fortunate to have had the opportunity to listen to four authors from the *Words on Wheels Tour*, October 1. The tour features aboriginal authors from Canada.

Marilyn Dumont and Gregory Scofield presented to our highschool students. A hushed audience were mesmerized by their words. Following the presentation student authors in the school had the chance to meet with Marilyn and Gregory for a discuss about writing and the ups and downs of creating works.

The students were thrilled with this opportunity and both Marilyn and Gregory commented on the value and excitement generated by this sharing session.

The Kindergarten to Grade 8 students were delighted by

the stories of authors Joran Wheeler and Michael Kusugak. Students wrote about these presentations and their words describe it best.

**Robble Berthelette:** Yesterday I was very excited for the authors to come. When they came I listened, they started to talk. Jordan said he got his ideas from things that happened to his family and made a story from them. The first story he made was in Grade 3. Jordan told *Chuck in the City* and *Just a Walk*. Jordan has a family in Sagkeeng. Jordan also told us a very funny story about his daughter.

Michael is also an author. Michael showed us five books and read two of them to us. The books were called *Hagatha and the Ugly Black Thing* and *Who Wants Rocks*. When Michael was small he said he always asked his grandma to tell him

stories. Michael can make really good string pictures like a fox, a whale and a polar bear.

**Joel Gogo:** They "really put a clear image in my head... they were both worthwhile to hear."

**Elizabeth Fraser:** "... they were spectacular!"

**Hannah Palamer:** "They were great stories that made you laugh and were interesting!"

**Sean Raymond:** "I really liked Jordan Wheeler because... I had to think about what was going to happen next... I really enjoyed Michael Kusugak stories... the sound of the language he was talking."

**Julien Gravel:** "Michael Kusugak made me visualize the story... he tells his story with lots of great expression."

**Tomas Fontaine:** "I liked the way they both used sound effects and the way they used



Michael Kusugak talks with Powerview students during the Words on Wheels Tour.

their hands."

**Myles Whitford:** "They're great authors and did a great job... These authors are the best... I couldn't sleep very well because they were so good. I think they're my favorite authors. Some day I will write a book and maybe someone will like my book as much as I liked their books."

## Powerview School's Athlete of the Week

The Powerview cross-country team competed in Belair, Wednesday, October 3. The result was a second place finish for the junior varsity girls and a first place finish for the varsity boys. Out of 300 runners from Zone 13 running five kilometres, these were the boys results: Jason Dahl sixth, Greg Watling seventh, Ryan Bird tenth, Remi Dupont fourteenth, Daniel Dupont 17th and Dan Abrahamson 29th.

Congratulations to the varsity boys' team who have been selected as Powerview School's Athletes of the Week, October 8 to 12.



Powerview School's varsity boys cross-country team.

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#### MANDATORY SITE VIEWING 2002 TREE PLANTING CONTRACTS

The Province of Manitoba, Forestry Branch will be inviting tenders during the spring of 2002 for tree planting contracts on Crown Lands. Viewing of the sites is **mandatory in order to submit a bid**. All transportation, including the use of off road vehicles is the responsibility of the prospective bidders.

Prospective bidders must meet contract level requirements and must supply all equipment, tools, labour, transportation and operating supplies.

Inclement weather may force cancellations or alternative viewing dates.

Contact 204-945-5977.

*All numbers are approximate and subject to change depending on availability.*

#### VIEWING SCHEDULE

NW Region	-The Pas Provincial Bldg.	8:30 a.m.	-October 22, 2001
Western	-Mafeking District Office	9:00 a.m.	-October 23, 2001
Eastern	-Lac du Bonnet Regional Office	8:30 a.m.	-October 25, 2001
S Eastern	-Woodridge Inn	8:30 a.m.	-October 26, 2001

Tenders are invited for the following contracts:

#### LEVEL 2 (150,001 - 300,000 trees)

Contract	No. of Seedlings	Type	Site
W-2-2002	204,000	current container	prepared/unprepared
E-1-2002	300,000	container	prepared/unprepared

#### LEVEL 3 (300,001 - 600,000 trees)

Contract	No. of Seedlings	Type	Site
ES-1-2002	460,000	container	prepared (bracke)
W-1-2002	460,000	o/w container	prepared/unprepared
NW-1-2002	306,900	current o/w container	prepared

Lowest or any tender not necessarily accepted.

Manitoba Conservation



# Choosing an executor It's the Law

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.*

Your executor is the person responsible for settling your estate after your death. It can be a difficult job, and should be left in the hands of someone capable of performing the required tasks. It is always recommended that you appoint someone who is familiar with the nature of your assets and someone you can trust.

An executor must be 18

years of age or older and is often a friend or relative. Non-residents of Canada may be appointed, but they may be required to furnish security to the court. It is recommended that your executor is a Manitoba resident if possible.

The executor is entitled to fair and reasonable compensation for the work done in settling an estate. Executors who live out of province may be required to be compensated for traveling time and travel expenses incurred to administer an estate. When deciding whom to name as executor, the following factors should be considered:

- 1) The size, complexity and value of your estate;
- 2) The time frame involved to administer the estate — some

estates, particularly those that involve trusts for infant children, may require a commitment for several years;

3) Whether the person you are considering appointing is able and willing to accept the position;

4) Whether you wish to have your personal or business affairs handed by someone close to you or by an unrelated person, financial institution or trust company.

You can appoint more than one person to act as executor. It is recommended that a second choice be appointed in the event that your first choice predeceases you or decides not to in fact become your executor.

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.*

# PF Health Auxiliary welcomes new faces

submitted by the  
Pine Falls Health Auxiliary

Fall usually means the start of many activities in the average household and we are no different. We look ahead to a season of very worthwhile activities which hopefully make life easier for friends and neighbors who are ill or in need of acute care.

First off, we will be holding our quilt raffle in December again this year. We received great support last year and Margie Nault was our happy recipient. Both quilts were made by Olive Iwanick. We'd like to extend appreciation for her help with the raffle as well as all the knitters, crafts and bakers, for their time and talent. Come in and check out our gift cupboard in the main lobby of the hospital. Your support is greatly appreciated.

Our booth and bake sale at the 4P was very successful thanks to the support of the community. The Trehart family continue to service our drink machines in the hospital for which we are very grateful as this is an important fundraiser. We also continue to sell recycled cards in and about town.

A little note to let everyone know where all the funds are used. This past year, furniture was purchased for the adult day care facility. All patients in the hospital and personal care home are given flowers every Christmas morning as well. This is our way of brightening their holiday. We also

give both nurses' stations flowers as a thank you and to also brighten their days. This year's New Year's baby received a hand knit sweater set.

Over the past ten years our auxiliary has given over \$117,000 to the local hospital, personal care home and to the wellness of all the area people. A few items that have been purchased include televisions, hospital beds, chairs, pumps as well as the family room in the hospital being furnished and decorated by the auxiliary.

Our fall canvas is being organized and we need help. Our meetings will be posted in *The Echo* and will be held in the hospital meeting room. We need new faces, ideas and energy. We are in need of volunteers and are open to new ideas and activities should you have two hours a month to spare.

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

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Dr. A.C.W. Maré and Dr. W. Oelofse  
of **Blue Water Medical Group**  
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shall be joining the  
Medical Practice effective  
October 9, 2001

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**FORETHOUGHT FUNERAL PLANNING**

# Measures to combat terrorism financing announced

After sustained pressure since the spring, the Canadian Alliance scored an important victory on behalf of Canadians in the fight against terrorism within our borders, says Official Opposition Justice Critic Vic Toews. Finance Minister Paul Martin introduced new regulations to suppress terrorist financing in Canada today.

"The Canadian Alliance has

been calling on this government for months to give Canadian authorities the regulations they need to be able to freeze and seize terrorist assets," stated Toews. "Previously, this Liberal government could only commit to weak legislation that takes away the tax-free charitable status of terrorist organizations."

Toews continued, "The Ca-

nadian Alliance has been looking forward to specific, concrete steps in the fight against terrorism from this government for three weeks. It is unfortunate that it took this long for the Liberals to make their first move in this important battle."

Despite a United Nations resolution passed last year that called on nations to "...freeze

without delay funds and other financial assets of Osama bin Laden and individuals and entities associated with him", there has been no evidence that the Liberal government has actually frozen a single dime of terrorist funds in Canada, said Toews. This is in stark contrast to the statements of the Government of Great

Britain, indicating that over \$88 million in terrorist funds have been frozen in that country.

"We are still waiting for the Government to use these regulations to freeze terrorist assets," added Toews. "Until then, can Canadians be confident that their safety and security are really a priority for this Liberal government?"



## Revised Notice of Public Hearing

### Applicant: The Manitoba Public Insurance Corporation

**APPLICANT:** The Manitoba Public Insurance Corporation (the Corporation) is making a revised application to The Public Utilities Board (the Board) for approval of the Corporation's 2002 base rates and premiums charged for compulsory driver and vehicle insurance. The application is being filed pursuant to The Crown Corporations Public Review and Accountability Act and The Public Utilities Board Act.

#### RATE IMPACT:

The Corporation is requesting approval for basic Autopec rates effective March 1, 2002, which incorporate revenue changes in each major use category as outlined below but leave overall premium revenue unchanged. This is revised from its June 6th, 2001 application in which the Corporation applied for an overall reduction in premium revenue of 1.2%.

The changes shown below compare the proposed 2002 base rates to the 2001 base rates, excluding the one-time 16.6% discount.

The 2001/2002 one-time surplus discount of 16.6% is ending, and therefore premium payments will again be in accordance with the base rates, as approved.

Major Use	Number of Vehicles	Increase/Decrease
Private Passenger	616,175	0.0%
Commercial	46,686	11.0%
Public	8,365	-6.3%
Motorcycles	7,208	-15.0%
Trailers	95,083	-15.7%
Off-Road	26,476	-13.8%
OVERALL	800,983	0.0%

With no increase in overall revenue and other adjustments as shown above, the base rate for 47.8% of the vehicle population will be unchanged or decrease.

The overall impact of rate adjustments on the total vehicle population will be as follows:

- 362,587, or 45.3% of vehicles will receive a rate decrease. Most decreases will be less than \$50;
- 20,453, or 2.6% of vehicles will receive no change in rate;
- 223,805, or 27.9% of vehicles will receive a rate increase of up to \$20;
- 145,641, or 18.2% of vehicles will receive an increase between \$20 and \$50;
- 40,090, or 5.0% of vehicles will receive an increase between \$50 and \$100; and,
- 8,607, or 1.1% of vehicles will receive an increase greater than \$100.

The actual change in an individual's premium will vary depending on the owner's claim experience, driving record, insurance use, territory and vehicle rate group. The cumulative effect of these variations on individual rates will all fall within the dollar amounts described above.

No changes are proposed to fleet rebates and surcharges, existing driver's licence premiums or accident surcharges, existing time payment fees or existing service and transaction fees.

#### PARTICULARS OF THE APPLICATION:

The following rate adjustments are proposed for policies issued between March 1, 2002 and February 28, 2003.

- Experience-based rate increases and decreases to individual classes ranging between +15% and -15%.
- Classification offset changes ranging between -1.4% and + 9.4%, to achieve revenue neutrality from the changes to vehicle rate groups.
- Lower rates for off-road vehicles and most trailers through a reduction in the allocation of operating costs to these classes.

#### CLASSIFICATION CHANGES, AS ESTABLISHED BY THE CORPORATION:

##### Change in Farm Use

The Farming All Purpose Passenger category will be eliminated. Passenger vehicles, which previously would have been registered in this category, will be placed in the All Purpose passenger vehicle category instead. This change will not increase rates for the affected ratepayers.

#### Farm Passenger Vehicle

The Farm Passenger Vehicle category is being redefined to make its definition more consistent with that of farm trucks as defined in the Highway Traffic Act. This change will not increase rates for the affected ratepayers.

For full particulars, interested parties should examine the Corporation's application, testimony and supporting materials at the Corporation's offices, or at the Board's office.

Interested parties who wish to obtain copies of the application should contact:

Manitoba Public Insurance  
Attention: Rick Sloan  
8th Floor, 234 Donald Street  
Winnipeg, Manitoba R3C 4A4  
Telephone: 985-7335 (collect calls accepted)

#### RATE VARIATION:

Rates for services by The Manitoba Public Insurance Corporation shall be reviewed by The Public Utilities Board under The Public Utilities Board Act and no change in rates for services shall be made and no new rates for services shall be introduced without the approval of The Public Utilities Board. Rates for services means in the case of The Manitoba Public Insurance Corporation, rate bases and premiums charged for compulsory driver and vehicle insurance provided by that Corporation. Upon any application to it, the Board may make an Order granting the whole or part only of the application or may grant such further or other relief in addition to or in substitution for that applied for, as fully and in all respects as if the application had been for such partial, further or other relief.

#### HEARING:

The Board will hold a public hearing at the Public Utilities Board Hearing Room, 4<sup>th</sup> Floor, 330 Portage Avenue, Winnipeg, MB, commencing at 9:00 a.m., October 15, 2001.

#### PROCEDURE:

The Board's Draft Rules of Practice and Procedure will apply to the conduct of the General Rate Hearing. Copies of this document are available upon request to the Board by writing to the Secretary or by calling 945-2638 (Winnipeg) or toll free 1 (866) 854-3898.

#### PARTICIPATION:

For the purpose of this hearing, intervenors shall be persons, firms or corporations wishing to participate in the examination of witnesses, or to provide evidence, or to make submissions and final argument. Intervenors are requested to notify the Board of their intention to do so by applying to the Secretary of the Board immediately.

Copies of such notices should also be sent to the Corporation's Counsel:

Kevin M. McCulloch  
Vice President, Corporate Legal  
General Counsel and Corporate Secretary  
Manitoba Public Insurance  
912 - 234 Donald Street  
Winnipeg, Manitoba R3C 4A4  
Telephone: 985-7383

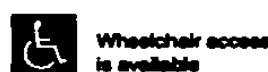
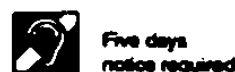
Those parties wishing to submit a brief or to express comments to the Board, but who do not wish to participate in the entire proceeding, are known as presenters. They should advise the Secretary of the Board immediately of their intention to appear at the public hearing.

#### INTERVENORS COSTS:

Intervenors may be entitled to financial assistance. Board Order No. 163/87 dated November 12, 1987 provides for the procedure for the award of costs to intervenors and Board's guidelines for an award of costs. Parties who may wish to make an application for costs should review this Order and obtain a copy of it from the Secretary.

DATED this 3<sup>rd</sup> day of October, 2001.

G. O. Barron  
Secretary  
The Public Utilities Board





## What's happening at Wings

Nastiya Mileuska are the two young ladies on work placement at Wings of Power. They decided to make the community harvest their community project. We had 16 youth set up at a variety of workstations washing, cutting, preparing and cooking food. It was amazing how much got accomplished in three hours.

There were several donations made to the garden harvest with lots of tomatoes, carrots, beets and zucchini still available to share. Don't hesitate to come in and help yourself.

**Stay and play:** Tuesday and Thursday afternoons, 1:30 to 4:00 p.m. This is an opportunity to take a break in your daily routine, for moms to get together and share. A time for fun and play for children to play with others. We look forward to your suggestions in making this time interesting for you.

**Drop-in:** Monday to Friday 9:30 a.m. to 12:00 noon. Drop-in is time you can stop in to shop at the store, visit with friends, sit down and talk with our outreach staff find out what's happening in the community and at Wings.

**Blue Water mobile prenatal team drop-in:** Friday afternoons 1:30 p.m. This is an opportunity for moms-to-be to get the information they feel

they need to prepare them for the birth and care of their new baby. It's also a time to socialize, share ideas and enjoy a healthy snack in a informal,

fun and supportive setting.

**Yoga:** Relax, renew and heal Wednesday evening 7:00 to 9:00 p.m. Yoga classes provide and opportunity of re-

laxation and to learn mediation techniques. Classes are being offered by Ken Philips. If you would like to register please call 367-4390.

by Geraldine Dandeneau

For more information on any of the activities or events please call 367-9641.

### Community harvest celebration

We are pleased to say that our harvest celebration was a great success and we hope to make this annual event at harvest time. The harvest supper consisted of jumbo chili, ABC soup and the variety of cakes and breads. Heather Hanson made and donated the excellent bannock. This all would not have been possible without the hard work from the staff, but especially, the combined efforts and great help from the Canada World Youth.

Canada World Youth as part of their community involvement are required to select and arrange participation in community development through their work placement site. Genieueve Vachon and



Canada World Youth pitched in for the community harvest at Wings of Power last week.

## Ask your Pharmacist Fitness for the health of it

### Exercise and disease prevention

**Heart disease:** One study showed that women who walked three or more hours per week at a brisk pace, had a 35% lower risk of heart disease. Aerobic exercise boosts the supply of oxygen to the heart, it expands the existing arteries and creates tiny new blood vessels to supply oxygen to the

heart muscle. It makes the heart a bigger and better pump. Low or moderate intensity aerobic exercise for 30 minutes three times a week can lower blood pressure.

**Diabetes:** Aerobic exercise improves carbohydrate metabolism by increasing insulin sensitivity. This means that your body is better able to use the insulin produced after a meal. Studies have shown that women who walked three hours a week had a 40% lower risk of diabetes than sedentary women and that unfit men were three times as likely to develop diabetes than fit men. Type 2 diabetes has been called a disease of inactivity.

**Enlarged prostate:** One study showed that men who walked two to three hours a week had a 25% less chance of benign prostatic hyperplasia (enlarged prostate) than men

who seldom walked.

**Osteoporosis:** The more fit the person, the denser the bone and the greater the muscle mass. As osteoporosis is a thinning of the bones, the denser they are to start with the better. Great muscle mass means that someone is less likely to fall. Strength training has been shown to increase bone density in middle aged women.

Women who are using estrogen hormone replacement therapy gain more bone density if they exercise. Weight bearing aerobic exercise is also very important in the prevent of osteoporosis. This includes all exercises that require to be on your feet. It does not include swimming or cycling.

Some experts believe that the exercises that require changes in direction like dancing are the best.

*continued next week*

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367-2611



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# Happy Tots Place welcomes the season

by Kathie Duff

The Happy Tots Place welcomes autumn as a beautiful and colourful season. Both staff and children are happy that the weather is staying warm so we can enjoy the outdoors in our playground, go for walks around town, and to our local park 'the village green'.

Staff are reminded daily of the colder weather approaching as bears keep their stomachs full feasting in our outside garbage bin at night.

With returning families as well as some new families presently using out centre, our daily enrolment is quite high. The Happy Tots Place applied for a grant requesting for more

space as our license now allows us to care for 28 children per day, four of whom are infants (ages 12 months to two years) and 24 of whom are preschoolers (ages two to six years). Unfortunately, we did not obtain this grant, but we are able to try again next year.

We now have approximately 11 two-year-olds, so this makes for quite an eventful and exciting day, as we are continually potty training children throughout the day. These children are developing and growing from being an infant in a smaller group setting to exploring and expressing themselves with their peers, while finding their own iden-

tity.

The Happy Tots Place is pleased to meet the ratio of trained staff. Recently we had a returning staff join our team (Beatrice Henderson), for a total out of 11 staff, five are trained as Early Childhood Educators II or III. All staff here at our centre, hold current first aid/infant child adult CPR certificates.

Themes for September included: *fall/autumn, farm animals, homes and dinosaurs.*

During the week of September 10 to 14 *Farm Week*, we had a visit from a 'real live horse'! Suzanne Shultz, (one of our staff members) brought one of her horses to show the

children, and they were totally amazed! Thank you Suzanne for bringing your horse, and we also would like to thank Suzanne and Marc Guimond for finding us a tire tube to fit our 'jumperoo'. The children enjoy it immensely!

I will close with this month's themes: *Thanksgiving* October 1 to 5; *babies* October 8 to 12; *textures* October 15 to 19; *Halloween* October 22 to 26; *Halloween and safety* October 29 to November 2.

Have a happy Thanksgiving and a ghoulish time for Halloween!

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345-8008 or 345-5299

## You remind me of an angel

### ECHOES FROM THE Heart

Barefoot and dirty, the girl just sat and watched the people go by. She never tried to speak, she never said a word. Many people passed, but never did one person stop.

Just so happens the next day I decided to go back to the park, curious if the little girl would still be there.

Right in the very spot as she was yesterday she sat perched up high, with the saddest look in her eyes. Today I was to make my own move and walk over to the little girl. As we all know a park full of strange people is not a place for young children to play.

As I began walking towards her I could see the back of the little girl's dress indicated a deformity. I figured that was the reason the people just passed by and made no effort to help. As I got closer, the little girl slightly lowered her eyes to avoid my intent stare. I could see the shape of her back more clearly. It was grotesquely shaped in a humped over form. I smiled to let her know it was okay, I was there to help, to talk.

I sat down beside her and opened with a simple hello. The little girl acted shocked and stammered a 'hi' after a long stare into my eyes. I smiled and she shyly smiled back. We talked 'til darkness fell and the park was completely empty. Everyone was gone and we were alone. I asked the girl why she was so

sad. The little girl looked at me and with a sad face said "Because I'm different".

I immediately said "that you are!" and smiled. The little girl acted even sadder, she said, "I know".

"Little girl," I said, "you remind me of an angel, she stood to her feet, and said, "Really?"

"Yes, ma'am, you're like a little guardian angel sent to watch over all those people walking by." She nodded her head yes and smiled, and with that she spread her wings and

said with a twinkle in her eye, "I am."

I was speechless, sure I was seeing things. She said, "And since you thought of someone other than yourself, my job here is done."

Immediately I stood to my feet and said, "Wait, so why did no one stop to help an angel?" She looked at me and smiled, "You're the only one who could see me, and you believe it in your heart." And she was gone. And with that my life was changed dramatically.

So, when you think you're all you have, remember, there is an angel always watching over you.

Everyone of your friends is an angel in their own

- Author Unknown

**50th Anniversary Supper**

*Notre Dame du Laus Parish*

**Sunday, October 21**  
5:00pm

*Powerview Parish Hall*

**Tickets \$12.00**

Tickets available from  
Chick Desautels 367-2369  
Morris Desautels 367-2549  
Powerview Parish 367-2700

*Please come & join the celebration!*

Catered by Bostrom

### 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 Ateah Road, 756-8018 or 756-2101.

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

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

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

**Beaches HELP Centre (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 10:00 a.m. (English); Stead - Sunday 12:00 noon.

**PINE FALLS UNITED CHURCH:** Sunday service 11:00 a.m. Bonita E. Garrett, Minister. Church 367-2633 or Cell 754-7220. Everyone Welcome.

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

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

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

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

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

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

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

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

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

**ST. THERESA R.C. MISSION** 88 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.

# The SAD facts about seasonal affective disorder

## Mental Illness Awareness Week - October 8 to 12, 2001

submitted by Ron Dyck, outreach worker  
Mood Disorders Association of Manitoba  
Eastman Mental Health Self-Help Service 1-800-263-1460

With the passing of summer comes the return to the routine of life. Summer vacations and long days in the summer sun are behind us. Ahead are shorter days, cool nights and seemingly endless months of school or work. The thought is enough to depress anyone, and many people will experience the 'winter blues'.

But some of us will experience more severe bouts of feeling down all the time. Seasonal Affective Disorder, also known as SAD, is a form of depression with symptoms appearing in late

autumn, persisting through the winter months and clearing up spontaneously in spring or early summer. Recognizing SAD is important because specific treatment is available to manage the symptoms of this illness.

The symptoms of SAD are similar to other forms of depression, including disturbances in sleep, appetite, energy levels, ability to concentrate, feelings of self-worth and thoughts of suicide. Persons dealing with SAD complain of oversleeping, increased appetite, carbohydrate cravings, overeating and

weight gains. They often experience a lack of energy and spend much of their spare time lying in bed or on the couch. The worst time of the day for SAD people is often the morning because they have great difficulty waking up. They may also struggle with concentration and loss of interest in usual activities, and this may lead to occupational and interpersonal difficulties.

It has long been known that sunlight, as it peaks and ebbs over the year, affects the seasonal activities of animals, such as hibernation and reproductive cycles. Humans, apparently, are no exception. Researchers have traced the cause of SAD to the lack of bright sunlight during the fall and winter months. The bright light somehow impacts brain chemistry, although the exact means by which sufferers are effected is not known. SAD is more common in northern countries because the winter days become shorter as one goes further north.

As the lack of exposure to sunlight is the cause of SAD, research has shown that many patients with SAD improve with exposure to bright, artificial light (light therapy). Patients generally respond within a week or so after exposure to full spectrum light for as little as 30 minutes a day. Simply changing the lamps in a room will not produce sufficient or the right type of light. Safe and portable light boxes are available commercially for rent or purchase.

Other treatments for SAD, as other forms of depression, include antidepressant medication. Counselling may also be helpful. People with milder symptoms may be helped by spending more time outdoors and exercising regularly. If you feel you may be suffering from seasonal affective disorder or depression, it is important to seek the assistance of your family doctor. Your doctor will confirm that you are suffering from depression and may make a referral to a psychiatrist or to your

community mental health service.

A less common form of a seasonal affective disorder is known as summer depression, occurring typically in late spring or early summer.

Other means of helping yourself when dealing with SAD include developing a healthy seasonal lifestyle. Be aware of your sensitivity to changes in temperature and sunlight. Try to increase your exposure to natural light by spending more time outdoors or working near a window. Take winter vacations (I wish). Make exercise an important part of your weekly routine. Manage your stress and know your limitations. Make certain you get sufficient rest and eat a healthy diet. Join a support group in your community for persons dealing with a depressive disorder.

The important thing to understand about all forms of depression is that there is hope and effective help. You do not need to suffer alone.

## Lac du Bonnet Community Billboard

**St. Luke's Day:** Healing service and eucharist, guest preacher Rev. Ralph Baxter will be at St. John's Anglican Church, Lac du Bonnet October 18 at 7:00 p.m.

**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. 345-2653.

**Great Falls Women's Institute** meets first Wednesday each month 7:00 p.m. Great Falls Hall, Pat 367-2586, Leone 367-8569.

**Ladies' Auxiliary Royal Canadian Legion Branch #164** meets first Tuesday of each month 7:30 p.m. Legion Hall.

**LdB Committee on Family Violence and Abuse** meets second Tuesday of every month 7:00 p.m. Contact person 345-2664.

**Royal Canadian Legion Branch #164** general meetings third Tuesday of each month 7:30 p.m. Legion Hall. Horticultural Society meets second Tuesday of every month 7:00 p.m., Centennial School.

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

**Lakeshore AI-e-Teen 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 McDermott, Pinawa. Doreen 753-8357.

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

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

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

**New to town? Drop in to the Craft Basket** on Second Street and pick up your Welcome to Lac du Bonnet gift, courtesy of the Chamber of Commerce.

**Two Rivers Seniors Resource Council Inc.** 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 handy helpers.

**Pioneer Club** Meets first Monday of month 9:30 a.m., Pioneer Club.

**RM of Lac du Bonnet Council** Meetings second Tuesday of each month 10:00 a.m. and fourth Tuesday of every month 6:00 p.m.

**Alzheimer Society** Theresa Conroy, Whitemouth 348-3505; Lac du Bonnet, Pine Falls, Victoria Beach, Pinawa, Beausejour, Whitemouth, Oakbank, Hadashville.

**Little Day Buddies Nursery School** 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.

## 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 Kalleen Karlowky, 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 Roubtree 367-8615, church 345-2357

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

## Les P'tits Loups news

by Gisèle Avanthay

Another year has just begun with my little friends at the St. Georges mini school program. I will give you an aperçu of what happens in our mini school program. We offer a francisation program for children who speak little or no French. The program is given all in French. This might seem scary for some parents who wonder how their children will learn and understand what the teacher is saying. It is really amazing, but they do. I use a lot of sign language actions, and also visual aids. Children also understand a lot by the

tone of voice used. I also understand what the children are saying so repeat what they say in French.

Children learn a lot of French through songs and games, so we do a lot of these. They love to dress in play clothes and imitate their moms and dads.

They develop their gross motor skills on our play structure and different organized activities. Their fine motor skills are developed through crafts, paintings and drawings. We are equipped with many educational toys which your

child will love. We also have a program called Paul and Suzanne, a series of stories, geared to capture your child's interest. Each theme consists of parts of the body, clothing, movements, nutrition, family, weather, colors, emotions, space and moments of the day.

Your child will learn how to interact with other children, learn to share and play. He will grow proud of his accomplishments, and through these become more confident and ready for kindergarten, and have acquired enough French to fit into a French program.

### 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 10**  
Soup, pork cutlets, noodles in cheese sauce, peas and carrots, ice cream.

**Friday, October 12**  
Coleslaw, meatloaf, baked potatoes, gravy, brussel sprouts, apple crisp.

**Monday, October 15**  
Soup, beef stew with dumplings, tapioca pudding.

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

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

Located in the  
**Fort Alexander Health Centre**  
367-2208

# A fun, energizing exercise program for you!

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

**Boxercise on Wednesdays:** New to the area Kim Ogron has a fun, energizing exercise program for you! Kim's karate background proves to be an knock out combination with this weekly program!

A question to the already signed up boxercisers... have you been practicing your moves? And have you been telling all of your friends about the class? Why? Because they can still register! Bring a buddy on Wednesday night and get them hooked too (they too can enjoy the physical and social benefits of recreation). The class runs for nine more weeks, every Wednesday, from 6:15 to 7:15 p.m. at the Pinawa Community Centre.

P.S. There is a chance that we may be able to offer two days of boxercise (as long as

the facility can squeeze us into the schedule). Stay tuned... and yes, Kim is interested in offering this program again in the New Year!

**Fastball for youth:** The North Eastman area is looking at trying to get fastball for youth back into the sports scene. If you are interested in playing contact Allister Courchene at 367-4411.

**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.

**Royal Winnipeg Ballet:** The first dance class will take place Saturday, October 13. If you were 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, four years and up... children, teens and adults too! Courses include pre-ballet, ballet and jazz classes. Classes are one hour in length 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.

**Belly dancing:** We need to know are you in or out for this one day workshop! Sign up today and learn how to 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. You can register the first day too!

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

## Outdated canning techniques

### Cornerstone

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

#### Oven canning

Never sterilize, heat or process mason jars in an oven.

Glass is a poor conductor of heat and therefore heats unevenly by dry oven air. Mason jars are not Pyrex glass; fluctuations in oven heat can weaken them and result in breakage.

Heat penetration in dry oven air is not as efficient as heating filled jars in boiling water or steam, as in a boiling water or pressure canner.

Heating filled jars in an oven may dry out the sealing compound on the underside of the SNAP Lid and result in seal failure. The sealing compound in a SNAP Lid is designed to soften and mould itself to the jar rim in a moist heat environment.

Oven canning is unsafe for all foods since heat penetration is not uniform throughout the jar. Also, oven temperatures fluctuate and cannot easily be controlled like the boiling temperature of water. Oven processing usually results in under-processed food in the centre of the jar and over-processed food around the outer surfaces of the jar. Under-processed home canned products are unsafe.

Sterilize, heat and process your mason jars either in a boiling water canner or a pressure canner. These are the only two safe home canning methods recommended by North American food authorities.

#### Lid application

Changes in lid design and sealing compounds have led to new and improved application techniques for ensuring tight seals to guard against food spoilage.

In past years, instructions for zinc lids as well as metal bands, used with rubber rings and glass lids, dictated that lids be twisted on very tightly or be applied very firmly and then backed off (reversed) a quarter turn. Other out-moded techniques required that bands be retightened after processing or that jars be inverted after closing or processing.

All of these lid application techniques are outdated! Used with today's two-piece metal lids, these techniques can cause seal failure. These outdated techniques simply do not work successfully with two-piece metal home canning lids made and sold in Canada and the United States. Always follow the manufacturer's recommen-

dations for use of a product.

#### Grandmother's recipes

General home canning guidelines were updated in the late 1980s to meet today's standards of quality and safety. Home canning recipes or books published prior to 1988, may contain outdated information which could affect the safety of the end result. For this reason, we suggest using a reputable canning guide published after 1989.

#### Microwave canning

Potentially unsafe devices have been marketed for canning food in a microwave oven. These devices have not been shown to destroy all bacteria present in the food nor do they heat uniformly. Problems may also occur with food siphoning out of the jars and lid failures. Do not use these devices to can food at home.

#### Vacuum sealing

Some kitchen appliances can create a vacuum in a mason jar without heat treatment. Since there is no heat treatment to destroy spoilage micro-organisms and botulism bacteria, these organisms can grow under the vacuum seal. Vacuum sealing devices are not safe substitutes for proper heat processing in mason jars. If you wish to use vacuum sealers with canning jars, use them only for dry ingredients and non-perishable staples.

## Library Corner

### Lac du Bonnet Regional Library

Are you finding a bit more time to read these days? The fall yard work is almost done, and you have been thinking of checking out the new books at the library... right?

Well, we don't think you will be disappointed because the choice is endless. We are putting out several new paperbacks each week - westerns, thrillers, mysteries, romance, science fiction, fantasy and suspense and adventure novels. Take your pick! Try a new author.

*The Rapture of Canaan* is written by Sheri Reynolds, "the newest and most exciting voice to emerge in contemporary southern fiction".

We have *Oscar and Lucinda* (winner of the 1988 Booker Prize) by Peter Carey.

The Daily Telegraph reports this is "a little like the best Australian movie ever made, except that it is a magnificent novel in its own right".

Author Perri O'Shaughnessy takes the courtroom thriller to breathtaking new heights in *Move to Strike* - suspenseful, entertaining reading.

Donna Fletcher Crow brings a lifetime love of English literature and history to her work, which has earned her awards from both secular and religious organizations. *Glastonbury - the novel of Christian England* is a magnificent saga of indomitable faith and compelling history. May we add that this is a big, thick book of 849 pages - are you needing a challenge?

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# Maximize your income tax deductions with portfolio losses before end of year

by Kurt Rosentreter  
CA, CFP, CIMA, TEP, FMA  
Kurt Rosentreter, CA, CFP, CIMA, TEP is one of Canada's most respected experts on personal wealth management. He is co-founder of a billion dollar investment advisory practice, a national best selling author on tax smart investing, Vice Chair of the Canadian Association of Financial Planners, and currently is vice president, Wealth Management of a national financial services firm in Toronto. His new book, 'Rosentreter's Rules', will be in book stores in fall 2001.

No one would dispute that it has been a volatile year in the stock market. It's been hard to make money in 2001, and many investors are facing serious losses for the year on their stock and equity mutual fund holdings. Taking a long term multi-year view to your portfolio will hopefully turn your short term losses into long term gains, but in the meantime here are some tax planning techniques to "ease the pain" from your 2001 losses:

First, let's understand how capital gains and losses are taxed. Generally when you buy a stock or a mutual fund, if it rises in price over time, the

proceeds on sale less the cost equals a capital gain (or a capital loss if sold for less than cost). Thanks to recent federal budgets, now only one half of a capital gain is taxable. The taxable one half is added to your tax return in the year of sale of the investment and then taxed at your marginal tax rate as part of your total income. In the case of a capital loss, you cannot deduct capital losses against your regular income - instead they are netted against any capital gains incurred during the same year, and only the net capital gains are taxable. If you have no capital gains to net against, the capital losses can be carried forward or carried back and applied against gains from future or past years. More on that later.

When you calculate a capital gain or loss, note that the number used for the cost is not simply the original cost. You also need to add any transaction fees you incurred to buy/sell the investment, and you need to add any taxable distributions of income that you may have earned from a mutual fund over the years and reinvested. This makes tracking of a mutual fund cost base rather tricky, since you have to keep track of the many mutual

fund distributions incurred over time - failing to factor them into your capital gain/loss calculation can result in a missed tax planning opportunity and excess taxation.

It is important to note that the discussions of tax planning around capital losses in this article are only relevant for investments owned in non-RRSP or RRIF accounts. Unfortunately, if you own equity investments within your RRSP or RRIF you cannot benefit from the use of tax losses since the entire RRSP or RRIF is a tax deferred vehicle. The losses simply cannot be used. Often it makes more sense to hold some of your equity investments outside of an RRSP or RRIF to preserve access to capital losses should you need to.

December 31 is an important date for investors interested in portfolio tax planning. Since Canadians file a tax return based on the previous calendar year of taxable activity,

taking advantage of tax losses to reduce taxable income must be done by December 31. Everyone should get into the habit of reviewing their portfolio each December for opportunities to crystallize tax losses and reduce their taxable capital gains for the year. If you do have capital losses (like this year!) note that you can offset capital gains for the same year, or you can carry the losses back three years or forward indefinitely. This means that if you have losses for 2001 but maybe no gains to offset, you can re-file your 2000, 1999 or 1998 personal tax returns and apply this year's losses against previous gains (using Federal form T1A). CCRA (formerly Revenue Canada) will re-assess your past tax returns and apply the new losses and send you a refund cheque. You can pick any of the three years to carry the loss back to, however it generally makes sense to go back to the third previous year

since that year will not be accessible next year. Looking forward if you have no gains in the past three years or currently, you can "store" the capital loss from this year for the future and apply it against future gains. There is a carry forward schedule you should complete as part of your personal tax return this year to do that.

I'm out of time for this week, and we've only scratched the surface of capital losses. Part two next time.

The information herein is of a general nature and is provided with the understanding that it may not be relied upon as, nor considered to be, the rendering of tax, legal, accounting, or professional advice. Readers should consult their own professional advisors for advice based on their specific circumstances before taking any action. If you have any questions or would like further information on this topic please contact the writer directly at [info@kurtrosentreter.com](mailto:info@kurtrosentreter.com).

## Think you can force yourself to stay awake? Think again

by Paul Allen

Dead tired: lack of sleep can be fatal behind the wheel. Rolling down the window or turning up the radio isn't enough.

Everyone at one time or another has experienced the effects of fatigue: distraction, loss of alertness and an impaired ability to perform tasks requiring attention. Now, this may not be hazardous if you're experiencing fatigue on a beach at Club Med but it can be dangerous - even fatal - when you're driving.

On average, 155 fatigued drivers are involved in crashes each year in this province. Between 1991 and 1996, drowsy driving proved fatal for 23 Manitobans.

There is considerable debate about the actual scope of the problem of crashes due to sleepiness or fatigue. Current estimates are based on police recording, which may not always be accurate because there is no way of testing whether a driver is impaired due to fatigue.

### Dead tired

Fatigue related crashes tend to occur more often on highways

and roadways where speed limits are higher. Add to that a sleeping driver with no opportunity to attempt a corrective manoeuvre and you can see why these crashes so often result in death or serious injury.

While Manitoba crash data reveals that those most at risk for sleeping behind the wheel are young people under the age of 25, fatigue can affect anyone at any time. Young people, commercial drivers, people with medical conditions or undiagnosed sleep disorders, vacation and business travelers and shift workers are at particular risk. As well, drivers who are sleep deprived, take medication that increases sleepiness, drink alcohol, or drive alone or on long, rural roads are also susceptible to fatigue-related crashes.

In a random telephone survey conducted on behalf of Manitoba Public Insurance last summer, 63 per cent of drivers reported having driven drowsy within the previous year - up 10 per cent from the number who reported driving drowsy in 1998. Over 2 per cent of respondents said that drowsiness or falling asleep at the wheel had

resulted in an accident.

### Sleep not voluntary

Think you can force yourself to stay awake? Think again. Sleep is not voluntary. If you're drowsy, you can fall asleep and never even know it. And you can't tell how long you've been asleep. When you're driving, being asleep for even a few seconds can kill you or someone else.

Turning up the radio and opening the windows aren't going to work for more than a minute or two. Coffee can be a short-term stimulant, but it only prevents sleepiness for a half hour or so, and it doesn't work at all if you're a regular coffee drinker.

So, what can you do to avoid becoming over tired on the road? Get plenty of rest before you head out. Bring a friend to talk to and share the driving. It's also a good idea to stretch your legs and get some fresh air every couple of hours. And lastly, use cruise control sparingly, since it can make you feel more like you're guiding your favourite chair down Route 66 than really driving.

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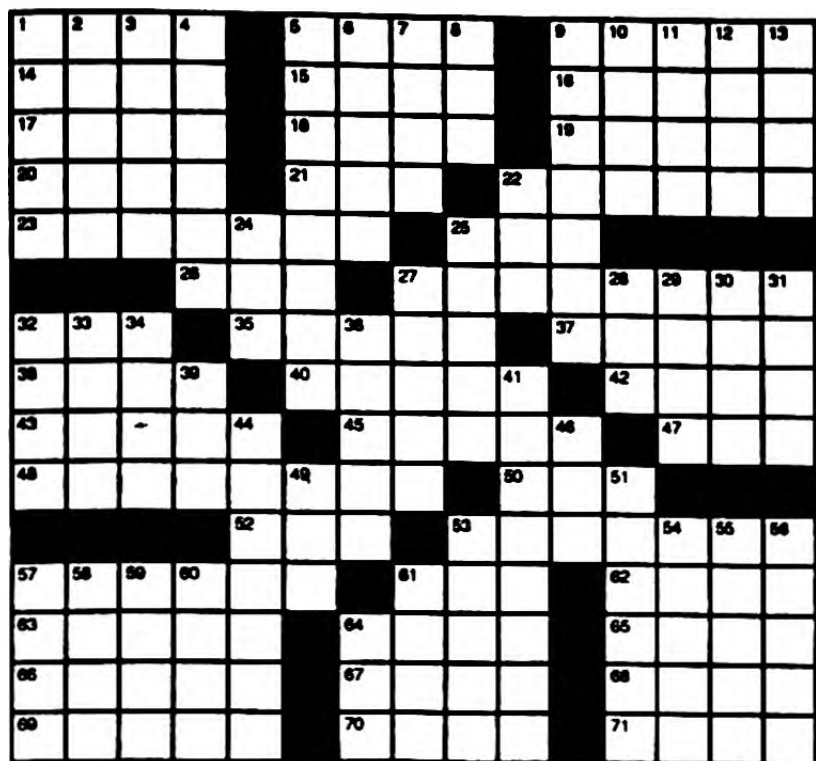
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Email us at [theecho@granite.mb.ca](mailto:theecho@granite.mb.ca)

# WEEKLY CROSSWORD

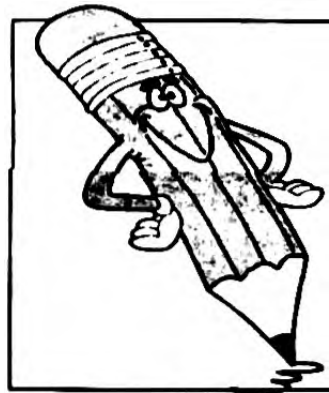
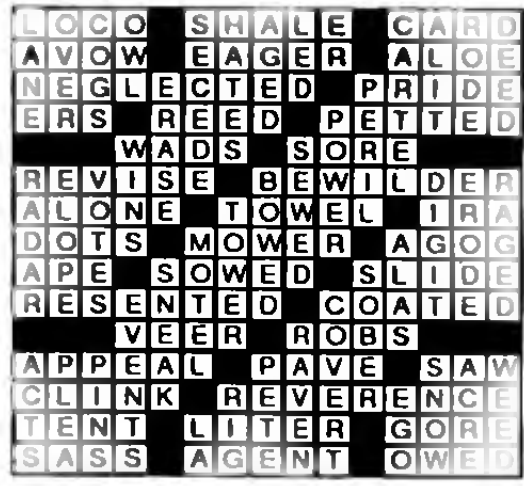


- |                        |                          |                             |
|------------------------|--------------------------|-----------------------------|
| 35. Follow             | 10. Toward shelter       | 39. Years of life           |
| 37. Whole sum          | 11. Measure of distance  | 41. Shrivelled from drought |
| 38. Opera melody       | 12. Level                | 44. Sloped                  |
| 40. Tossed             | 13. Matched groups       | 46. Hint                    |
| 42. Bull (Sp.)         | 22. Pod legume           | 49. Mined material          |
| 43. Grasping device    | 24. Orb of sight         | 51. Hard glazed rolls       |
| 45. Savoury jelly      | 25. Slumber              | 53. Selected                |
| 47. Fishing seine      | 27. Handbag              | 54. Aviator                 |
| 48. Pronghorn          | 28. Small child          | 55. Escape                  |
| 50. Vat                | 29. Famed English school | 56. Refresh                 |
| 52. Exist              | 30. Very uncommon        | 57. Spar                    |
| 53. Not as expensive   | 31. Narrow opening       | 58. Singing voice           |
| 57. Of the sea         | 32. Facts and figures    | 59. Civil disturbance       |
| 61. Definite article   | 33. Common metal         | 60. _____ of Capri          |
| 62. Donate             | 34. Make coins           | 61. Ripped                  |
| 63. Awash              | 36. Form                 | 64. Writing tool            |
| 64. Needy              |                          |                             |
| 65. Ardor              |                          |                             |
| 66. Shoulder wrap      |                          |                             |
| 67. Scottish Gaelic    |                          |                             |
| 68. Vein of ore        |                          |                             |
| 69. Lugged laboriously |                          |                             |
| 70. Have want of       |                          |                             |
| 71. Mulligan _____     |                          |                             |

- ACROSS**
- 1. Lath
  - 5. Rome
  - 9. Domesticates
  - 14. Book leaf
  - 15. Heroic poem
  - 16. Oily fruit
  - 17. Frosts
  - 18. Hard wind
  - 19. Rent again
  - 20. Hire a building
  - 21. Sort
  - 22. Primps
  - 23. Regards highly
  - 25. Observe
  - 26. Colouring matter
  - 27. Flower pots
  - 32. Indistinct

- DOWN**
- 1. Steeple
  - 2. Ties through eyelets
  - 3. Representative
  - 4. Tried out
  - 5. Military unit
  - 6. Iridescent gems
  - 7. Dairy drink
  - 8. High card
  - 9. Raging flood

**LAST WEEK'S ANSWERS**



## CRYPTIC PUZZLE

"Q WQJIG VQZXNG XP DRA QL  
KQHNXXH WKQTKL."  
-BFWL DFIHXL

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**

GENIUS BEGINS GREAT WORKS; LABOR ALONE FINISHES THEM.  
- JOSEPH JOUBERT


# WEEKLY ECHO HOROSCOPE

for the week of  
October 8 to October 14


**Aries - March 21 to April 20**  
Renting a cabin for the weekend could help ease tension. It may be time to simplify household routines. While you generally like to interact with people, you could find their intensity draining.




**Taurus - April 21 to May 21**  
A hectic set of events this week may just be temporary. Restrain your emotions. It's not worth making a big fuss about. Writing down short-term goals may improve your mind-set.



**Gemini - May 22 to June 21**  
Self-discipline may be at an all time high. A family member may make some big demands on your time that you don't really appreciate. Be patient and kind, even if it means biting your tongue and burying resentment.



**Cancer - June 22 to July 22**  
Hidden meanings seem to jump out of everything you say or do. It's time to be introspective and get to the root of what's really bothering you. Friendship has fringe benefits, particularly when it comes to social outings.



**Leo - July 23 to August 23**  
Your need to be organized and efficient could hit a new high at work. Making do with a half-hearted effort by a coworker is not your style. Be assertive. You may find working on an intricate puzzle or craft project the best way to ease stress.



**Virgo - August 24 to September 22**  
If you are not sure what's expected of you, ask clear, direct questions - don't assume. Use extreme caution when engaged in a substantive conversation. If you don't, you may have to pay the price.




**Libra - September 23 to October 23**  
Diligence at work may pay off big! You have worked hard and deserve recognition. Don't let a coworker's bad attitude anger you. Try your best to overlook it. This could be the best time to leave an already unstable relationship.




**Scorpio - October 24 to November 22**  
It seems as if your life is becoming a soap opera. Outlandish problems and situations appear out of nowhere. Do not allow yourself to be sidetracked by this nonsense. Keep a sense of humor.




**Sagittarius - November 23 to December 21**  
Take time to recharge. When you return, mingling with movers and shakers shouldn't be nearly as nerve-racking. Assert yourself. Don't sweat the small things. A friend may share a deep, dark secret. Be supportive.




**Capricorn - December 22 to January 20**  
Try not to become dependent; it may lead to a habit that is hard to break. Asking questions could open new doors at work. A superior finds your curiosity and sensitivity to be a good match.



**Aquarius - January 21 to February 18**  
Make an alternative budget immediately. It could help stave off an impending financial disaster. You may want to turn your hobby into an extra source of income. You have the drive to get through trying times.



**Pisces - February 19 to March 20**  
If you can't take credit for your own success, you may prevent yourself from succeeding in the future. Bolster self-esteem. A close friend or family member may snap at you about money. Take it in stride.



## Echo Classifieds

**Mobile home** - includes attached insulated porch 10 x 16 ft. \$1,000 OBO; 10 x 16 ft. treated wood deck with benches; call 367-4330 20

**Apartment for rent in St. Georges** - available immediately, for more info please call 367-8244 or 367-8268. 18-21

**House for rent** - 2 bdrm. house, fully furnished, Victoria Beach area, call 756-2575 or cell 791-7979. 19-21

**House for sale or rent** - 2 bedroom house for rent or sale in the Powerview area. Call 367-8232. 17-TFN

**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. 19-21

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

### SHOP THE Echo CLASSIFIEDS

Deadline for advertising.  
Friday 3:00 p.m.

Thank you to all the businesses who stepped up to accommodate all my customers on such short notice: Papertown, Manitou Lodge, Catch & Release Motel, The Birchwood and Drifters.

To Jerry Chartier and Chris Powers, thank you very much.

Special thanks to Dan and Cathy Good, Gary and Lorraine and girls for taking such good care of my oldtimer 'Hup'.

Thank you to Omer and Lucille Vincent for taking care of my much valued guiding customers; to Bill and Judy Johnston for always being there; and to my family and friends and those who stopped by or called - you know who you are.

As we say on the North Shore, Kitchi Meegwetich.

Leon Bouvier  
Blue Waters Inn and  
Guide Service



**NOELLA 'CAMIE' WILLIAMS**

Noella 'Camie' B. Williams (Cameron) passed away peacefully at the Moosomin Union Hospital on October 2, 2001 at the age of 85. Camie was born December 25, 1915 in Nanaimo, British Columbia, the youngest daughter of George and Jane (Cheney) Cameron. While still very young they moved to Vanderhoof, BC where she grew up working on the farm and going to school. In 1939 Camie graduated from the Royal Columbian Hospital School of Nursing in New Westminster, BC and began her career in Princeton. In early 1944 she heard of the need for nurses in the mining camps of Ecuador and decided it would be an adventure worth taking. It was there she met and married her husband Clarence 'Dibs' Williams on September 6, 1944 and started her family. Her marriage to a 'miner' took her to a variety of places including Nickel Plate, BC (1950), Yellowknife, NWT (1955), Monterrey, Mexico (1956), and Lac du

Bonnet, MB (1967).

Lac du Bonnet was 'home' for nearly 30 years until her husband fell ill and they moved to Kamloops to be near their two older children. Following her husband's death in 1996, Camie moved to Rocanville, home of her youngest son, preferring its small town atmosphere. Camie made many life long friends in the places she lived and has friends scattered throughout the world. She was a quiet, caring person, helping many people she knew in many ways and was the first source of medical help in times of need. Her presence here on earth will be dearly missed by all who knew her.

Camie was predeceased by her husband Clarence "Dibs" Thomas Williams, her sisters Jean Cameron and Katherine Turner. Camie is survived by her three loving children Pat (Heinz) Ehlbeck and Ron Williams of Kamloops, BC and George (Darlene) Williams of Rocanville, SK; her seven grandchildren Beverly and Mark Ehlbeck, Steven Eriksen, Jennifer and Nicholas Williams, Daniel and Joy-Anne Williams; and her three great-grandchildren Charlene and Trevor Ehlbeck-Smith and Emily Ehlbeck.

A service in celebration of her life will be held at Green Acres Memorial Gardens in Winnipeg on October 13, 2001 at 2:00 p.m.

May she rest eternally in the peaceful arms of God our Father.

### Belated Happy Birthday Wishes T.J.

Friday, October 5, 2001  
*Where's the Otter?*



We see you got more than the shore this time.

Best wishes,  
Trouble and Mom Trouble

**In Memory of  
Margaret Richardson**  
Devoted Board Member  
*Time may pass and fade away,  
But silent thoughts and memories stay,  
It is only with the heart that one can see rightly,  
What is essential is invisible to the eye.*  
Missed and remembered  
by the Winnipeg River  
Senior Services  
board of director and staff

### The Rural Municipality of Alexander

## PUBLIC NOTICE

### BOARD OF REVISION NOVEMBER 21, 2001

Notice is hereby given that the real property assessment roll of the Rural Municipality of Alexander for the year 2002 has been deposited at the Municipal Office and will remain open to the inspection of all person between the hours of 8:30 a.m. and 4:30 p.m. Monday to Friday. Applications for revision may be made in accordance with sections 42 and 43 of the Assessment Act.

The Board of Revision will sit to hear complaints and revise the said assessment roll, Wednesday, **November 21, 2001 at 4:00 p.m.**, at the Municipal Office, #16 on PTH #11 St. Georges, Manitoba

#### APPLICATION FOR REVISION

42(1) A person in whose name property has been assessed, a mortgagee in possession of property under section

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 the assessor may make application for the revision of an assessment roll with respect to:

- (a) liability to taxation;
- (b) set out the roll number and legal description of the assessable property for which a revision is sought;
- (c) state the grounds on which the application is based; and
- (d) be filed by delivering it or causing it to be delivered to:

BOARD OF REVISION  
THE RURAL MUNICIPALITY OF ALEXANDER  
P.O. BOX 100  
ST. GEORGES, MANITOBA R0E 1V0

or serving it upon the secretary at the Administration Office at #16, PTH #11 St. Georges, Manitoba at least 15 days (no later than Tuesday, November 6, 2001 at 4:30 p.m.) before the scheduled sitting date of the Board of Revision.

DATED AT ST. GEORGES, MANITOBA THIS 25th DAY OF SEPTEMBER A.D. 2001.

ROSE-MARIE BLANCHETTE  
SECRETARY - BOARD OF REVISION  
RURAL MUNICIPALITY OF ALEXANDER

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# Lac du Bonnet RCMP detachment report



The following constitutes the Lac du Bonnet RCMP report for the period of September 28 to October 4.

**September 28:** A report was received of a hit and run to a vehicle parked in the Legion parking lot in Lac du Bonnet.

A report was received of an attempted break and enter to a residence on Scott Crescent. A screen was removed from a window.

A report was received of a personal distress alarm being activated. This was found to be a false alarm.

A report was received of a single vehicle roll over along PR 214. Investigation revealed that the vehicle had struck a deer and then rolled over. The driver and lone occupant, an adult female, received non life-

threatening injuries and was transported to Winnipeg via ambulance.

**September 29:** A report was received of shots being heard close to a residence on Bilan Road. DNR patrolled the area but did not locate the source of the shooting.

**September 30:** A report was received of an intrusion alarm at the highschool in Pinawa. Police attended and found same to be false.

A report was received of an unidentified adult male fishing and parking on private property near the Pinawa boat launch. When approached by the owner of the property, the male in question made a number of threats towards the owner.

A report was received of youth throwing eggs and po-

tatoes at a residence on Lake Avenue.

A report was received of a personal distress alarm at Bonny Vista Lodge. Found to be false.

A report was received of a fire at the garbage dump at Pointe du Bois. Assistance was provided in locating DNR to unlock the gate to the dump.

A report was received of an impaired driver in the Elma area. Police patrolled in an attempt to locate the driver and came upon the vehicle in a field just off PTH 11 in the RM of Whitemouth. The vehicle had rolled and the driver was noted to be badly injured. The ambulance attended and transported the subject, who expired a short time later from his injuries.

**October 1:** A report was

received of an attempted theft of gas from tanks at a location along PTH 11 in the RM of Whitemouth. The subjects were scared off by an employee who resides on the property. Culprits were driving an ATV and a dirt bike.

A report was received of a dog getting out of a fence and attacking another dog in Auglen Park.

A report was received of a bicycle being damaged with an axe in Pinawa. The culprit was identified and will be paying for the damages.

A report was received of an adult female driving in a reckless manner in Lac du Bonnet and threatening two underage females with a vehicle.

A report was received of an adult female going with two adult males to Winnipeg, and concern being expressed for her well being. It was subsequently ascertained that she was fine.

**October 2:** A report was received from a resident of Lac du Bonnet of theft from the residence by the complainant's daughter and two friends.

A report was received of an underage male being assaulted by his foster-parent at a location in the RM of Alexander.

Follow up was done by Child and Family Services and it was learned that no assault had taken place.

A report was received from Pinawa of an on going property dispute between two adult males, one of whom pushed the other while holding a hammer. No charges resulted from the incident.

**October 3:** A report was received from an adult male being assaulted on two occasions by subjects who came to his residence.

A report was received of an intrusion alarm at a location on Elsie Street in the RM of Lac du Bonnet. Police attended and found that this was a false alarm.

**October 4:** A report was received from Bonny Vista Lodge of an intoxicated adult male threatening his spouse. Police attended and warned the subject as per the wishes of the complainant.

A report was received of cows being on PTH 11. Police attended and assisted the owners to get the cattle back into the pasture. It was also learned that the gate in question had been unlawfully opened, which let the cattle out.

# Winnipeg River RCMP detachment report



The winter season is coming up on us so please take care, slow down and drive carefully. For road conditions you may call the provincial highway number at 945-3704.

Two young offenders charged with a break and enter at Manigotagan.

Police recovered one stolen

vehicle this week.

There were seven reports of break and enters to cottages.

Two assaults took place with one individual being charged.

One vandalism to a vehicle was reported and two motor vehicle accidents.

One impaired driving charge was issued.

The Albert Beach area was hit by culprits overnight with numerous break and enters to cottages. Presently under investigation. If anyone saw anything suspicious please contact the Powerview RCMP.

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