



The Winnipeg River Echo

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First place finishes at world class marathon

by Toni Bruneau

Two veteran athletes from our area came home winners after travelling south of the border to compete in a 26.2 mile marathon Thanksgiving weekend.

Leon Clegg and Jim Cooke participated at Minneapolis' annual Twin Cities Marathon October 7. Both runners placed first in their age category.

This year was the twentieth anniversary of the Twin Cities run which saw approximately 6,500 participants in the marathon and another 2000 in the 10 mile event. This particular marathon attracts world class runners with top prize money of \$20,000 for the overall male and female winners. Monetary prizes are also awarded for

masters, age division winners and top wheelers, \$180,000 in total.

This year's event saw participants from as far away as Poland, Kenya, Brazil, Alaska, and New Mexico with five of the top six spots going to runners from Russia.

Clegg, who lives just south of Lac du Bonnet, said, "They get a lot of very good runners because the prize money is quite high." Clegg finished with a time of 2:57, which gave him the first place spot in the 55 to 59 age category. His time, only 42 minutes from the overall winner's 2:15.

Clegg said he has participated at this competition for the past 12 years, missing only a couple years due to a slight injury. This year was not his



Leon Clegg (#10) and Jim Cooke (#8) participate in the Timex Series at Thompson, one of the many events included in their running resumes.

first win at the marathon, he also won top honors when he competed in the 50 to 54 age

category. Cooke, of Manigotagan, participated in the 60-64 age

category placing first with 3:07. He said, "I wasn't very
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Powerview to ban off road vehicles

by Charles Norman

Three and four-wheeled off road vehicles and dirt bikes will be banned in Powerview.

Powerview Mayor Henry Ostrowski said the village council has been getting complaints for many years. He said council had discussed banning snowmobiles seven or eight years ago, but complaints became more serious, and more frequent two or three years ago with the advent of high speed four wheelers and dirt bikes.

Mayor Ostrowski said the Masqwa Club had attended council meetings and had promised that the club would be po-

licing snowmobile users. Council told them that snowmobiles would not come under the new by-law this year providing they "obeyed the rules."

Ostrowski said the village was not able to make the same arrangements with clubs for other off-road vehicles - hence the by-law.

"Dirt bikes and quads are doing a great deal of damage and their riders have a total disregard for property and noise," he said.

He spoke of one dirt bike riding along a ditch and jumping a cross road higher than his truck.

Ostrowski said the new by-law is not aimed at those people who use off road vehicles for work, either to get to work, or for snow clearing, for example. He said the by-law would not be enforced unless the user was making a nuisance of himself.

Anyone prosecuted under the by-law can face fines of up to \$1,000 or six months in jail, or both.

The by-law passed first reading last Tuesday. It will go to second and third reading and become law at the Village's next council meeting November 13.

Four First Nations share in new casino

by Charles Norman

Hollow Water, Poplar River, Pauingassi and Brokenhead First Nations will share in a new Casino to be built on Brokenhead Ojibway Nation territory on Highway 59. Land clearing has already begun, but construction will not get underway until the spring of next year.

The 18,500 square foot facility will include a casino with 30 gaming tables and 300 slot machines, a restaurant and lounge. It will open in the spring of 2003. A 50-room hotel and an outdoor entertainment center are to be included in future developments.

The estimated cost of the project is \$18.9 million. It is expected to provide jobs for up to 400 people during construction. When the project is operational it will employ 250.

Projections are for annual revenues to be around \$20 million with profits in the order of \$3 to \$4 million a year. Seventy percent of profits will be allocated to economic devel-

opment projects of the four partners - 27.5% will go to a trust fund for the benefit of all Manitoba first nations, and 2.5% to an aboriginal addictions foundation.

The provincial government will maintain overall control of the casino and Manitoba Lotteries' rules and regulations must be adhered to. The province will be able to audit the casino at any time.

Hollow Water First Nation Chief Larry Barker said he is not a gambler himself, but as long as people are going to gamble the revenue might as well go to a good cause. He said the money would be used where it can be useful to the community. He specifically mentioned reducing the backlog on housing and helping out with under funded programs such as home care. He said Hollow Water band members will be involved in the construction of the casino, and will participate in the long-term jobs involved in operating the casino.



Powerview RCMP seize an un-registered off road vehicle last week in Powerview.

US neighbors win Canadian Walleye Championship

by Tom Bruneau

Outdoor Canada has rated it the number two fishing tournament of its kind in Canada. It's the Canadian Walleye Championship held annually at Pine Falls.

Last weekend, 66 pair of enthusiastic anglers competed for their share of over \$75,000 in cash and prizes up for grabs.

Sean Westman and Dave Ohakowski from the United

States were this year's big winners collecting \$20,000 for their efforts. Day one's catch of 23.38 pounds was followed by 23.98 pounds on day two, for a first place finish of 47.36 pounds.

"This is the best fishing trip I've ever had," said Ohakowski.

Revealing their technique he said, "We just used jigs and shiners. We mainly fished at Devil's Island in about 11 feet of water."

Although the fishing was quite slow this year, Sean Westman said it was the, "greatest fishing experience I have ever had."

Tournament organizer Kim Wilson of Broadlands Mall agreed that the numbers of fish caught were down and suggested a number of contributing factors. The lack of current resulting from a restricted flow at the dam and the current water temperature are not favorable to the walleye.

The number two weight was just shy of a pound from the first place finish at 46.46 pounds. Dan Stier and Brian Ney of South Dakota, collected 22.42 and 24.04 pounds, increasing their

standing to second place from third spot at last year's tournament. They received a boat, motor and trailer.

Todd Macy and Randy Finch took home \$5,000 for their third place finish. This American team weighed in 20.80 pounds on day one, and capped it off with 24.41 on day two.

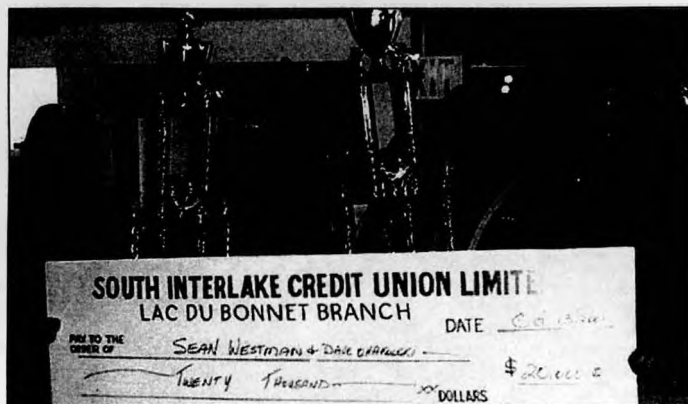
The tournament's fourth place finish earned \$4,000 and local bragging rights. Don Powell and Ray Fawcett brought in a total of 37.03 pounds, with the highest single day total of 24.50 on day one followed by 12.53 on day two. Their fourth place finish was preceded by a second place standing at the St. Georges Voyageurs annual International Walleye Classic the previous weekend with 41.45 pounds.

Fifth place and a payout of \$3,000 went to Frank Christianson and Roy Christianson for 20.48 day one and 16.42 day two, totaling 36.91 pounds.

This year's tournament saw an increase in the number of prizes and trophies distributed from the top 15 to top 20 teams.

There were also two prizes awarded for the big one, on day one and day two. Kent Christianson and Corey Ney received \$570 as well as a rod and reel package for their 12.99 pounder, and Sean Westman and Dave Ohakowski reeled in a 13.73 walleye to claim the same on day two.

See CANADIAN/page 15



Brian Ryall of South Interlake Credit Union (left) presents Sean Westman and Dave Ohakowski their \$20,000 cheque for their efforts at this year's Canadian Walleye Championship. Tournament organizer Kim Wilson (centre) and tournament announcer Al Parenteau (right) also participate in the presentation.

BINGO

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The
Winnipeg
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Echo

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Great Falls WI host to Eastern Region fall seminar

by Toni Bruneau

The Eastern Region Women's Institute fall seminar was hosted by the Great Falls Women's Institute this past Monday in Lac du Bonnet. The event was well attended with almost half of the entire region's membership attending.

The Eastern Region involves seven local districts stretching from the US border at Emerson, north to and including the Great Falls Women's Institute, and from the Ontario border west to the Woodmore and Dominion City area.

The seminar featured a variety of interesting presentations following the theme of *Women on the Move*.

Tom McDougall of Lac du Bonnet offered valuable and inspiring information on or-

gan donation. He shared his experience as a kidney recipient and how it changed his life. He asked everyone to think about organ donation and to consider giving the gift of life.

"I can't emphasize enough to make sure that your family is aware of your wishes," he said. Signing your driver's license or donor card is not effective if these documents are missing in the case of an untimely death. It could be the difference between life and death for another person. McDougall's presentation was extremely thought provoking and produced many questions from his captive audience.

Val Jackson was next in the line-up of guest speakers. Jackson and her husband own and operate Aspen

Acres Reindeer Farm in Beausejour. Jackson's maturity as an entrepreneur was humorously portrayed through the trials and tribulations shared in her presentation. Countless memorable venues resulted in the surrender of the couple's plan 'to make millions'. Jackson said they really enjoy what they do now. "This is where the money doesn't matter." Being able to pay the bills and enjoy yourself at the same time is what's important.

Home Economist Marilyn Zarecki discussed entrepreneurship as well. Zarecki shared facts and statistics about the number of women entrepreneurs across Canada and gave updates on some particular businesses within the eastern region.

Cliff Zarecki, president of the Lac du Bonnet and Area Food Bank joined the group in the afternoon. His presentation involved the accomplishments of many in estab-

lishing the Lac du Bonnet and Area Food Bank.

Liz Chongva attended with more of a casual agenda. Chongva owns Candlefare and talked a little about how she got started before distributing her supplies and leading the group in creating a hand-rolled beeswax candle craft.

International organization

Although there are many women's institutes in Manitoba, the relationship of this organization stretches across Canada and the world. The

See *WOMEN'S* page 7



Tom McDougall was one of the guest speakers at the Eastern Region Women's Institute fall seminar.

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Powerview park construction underway

by V. Anderson

Construction began last week on the new anniversary park in Powerview. The new park will be located on Highway 11 in Powerview. The Village of Powerview has been working in conjunction with the 50th anniversary committee in order to construct a community park.

The process began approximately one year ago when the committee was established to help celebrate and commemorate the 50th anniversary of the Village of Powerview. When planning various events and projects for the anniversary year, one of the objectives was to enhance town beautification, the final outcome was a project to build a park in the community. Through various meetings and planning stages the committee also partnered with Manitoba Hydro, as this year is also their

50th anniversary in Powerview. Others joining in the project are Manitoba Model Forest and the Tembec Paper Group - Pine Falls Operations.

Committee members are Beverly Dube and Danny Gelin as co-chairs, Yvette Gelin, Gordon and Dorinda Watson, Ted and Cheryl Pichor, Yolande Fenez, and Frank Thibideau.

The park designs were done by Dean Spearman, land architect with Shelmerdine Ltd. Also overseeing the project is Vanessa Watson who works with the Pine Falls Technical Services. Raymond Garand is doing all the ground work and David Kembal is working on-site with the committee and Manitoba Hydro.

The new park will have many features. There will be a parking area near the east boundary of the park. It is adequate for 11



Construction on the new park for Powerview is slated for completion in the spring of 2002.

cars including two wheelchair spaces. It has been divided into two sections to reduce its perceived size. Planter buffers will exist on the east and west boundaries. The buffer on the west makes use of the existing right of way. There will be a formal water fountain area which is intended to be visible from the highway. A dedication area is located as one leaves the parking area. An observation area is going to be added also. The concept is that this feature would be

reminiscent of a dam which would fit into the concept of the park. Two walks are planned. An upper walk and a lower walk. The upper walk goes around the upper portion of the site starting at the dedication area, passing through the formal fountain, and informal picnic area to the observation area, and then back to the dedication area.

This will be the main circulation for the site. There will be benches set out throughout the park. The lower walk is an informal path that goes down the slope and follows the river across the north edge of the site. There will be 125 trees added, 300 shrubs and 200 perennials. The park will be completed by the spring of 2002.

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First place finishes at world class marathon

continued from page 1

happy with the time." He is competitive but is in it for the participation aspect as well. "It's not the end of the world. You go in and do the best you can." He enjoys the challenge and has run in the Minneapolis race five times.

Cooke started running over 20 years ago to keep in shape after his soccer playing days came to an end. It has now become a way of life he said, "It keeps you healthy. I enjoy it." He says that staying in shape allows him to compete.

Running for both men is a daily experience, although special training for an event of

this magnitude is required. Clegg takes one day off per week from his running schedule. "I run usually between four and eight miles but then once every two weeks I run about 20 to 23 miles," he said this helps to develop endurance.

"I haven't really slowed down too much... I've run a little faster when I was younger but I've been running for 18 or 19 years."

Because Cooke runs on a daily basis he says, "when you go into a normal race you go into it as an after thought almost," in the case of a marathon, "you have to prepare

more differently and rest afterwards."

The Twin Cities Marathon is quite sophisticated, according to Clegg. A computer chip is attached to the running shoe laces of each participant. These chips are programmed to the runners' assigned numbers and register after the chip crosses a mat at different points in the race. When there are 8,500 people lined up when the gun goes off, you may not reach the starting line for a minute or so. This sys-

tem provides a very accurate start and finish reading for each individual.

Cooke agrees that this is "probably one of the most competitive marathons in the world," but admits there's not really any money in it for guys like us."

The running resumes of these two men include many high profile events in the marathon circuit, including the Boston Marathon and the Manitoba Marathon. The Timex

Series Races, which are a variety of distances in different communities is also on their list of accomplished first place finishes.

Although the running season has come to an end both men say they continue to stay active during the winter. Clegg still runs during the winter as well as participating in local curling events. Cooke, who is a snowbird, enjoys running and golf down south during the winter months.

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Words on Wheels Tour inspirational experience

Dear Editor:

On Monday, October 1, the students of Sagkeeng Regional Campus hosted the first ever Words on Wheels. There were four aboriginal authors who came out. They were, Marilyn Dumont of Alberta, Gregory Scofield of Manitoba, Michael Kusagak of Nunavut, and Jordan Wheeler of Saskatchewan.

The afternoon started with the authors and students sharing a moose meat stew and

bannock. It was cooked by the students. There was muskeego tea and rose hips tea. They really enjoyed it. This gave the students a bit of time to meet and get to know the authors.

After supper, the authors read and explained their works. It was very entertaining.

My favourite was Gregory Scofield. His stories were very interesting. He could sure put on a good Cree accent.

The students worked hard to host this event. The authors were very friendly and nice to meet. It's nice to see an Anicinabe make a good name for him/herself. It was an inspiration to me and the class. I would pay to go see them again. This is just my opinion. I was the master of ceremonies. I thoroughly enjoyed it. I hope that this kind of thing happens again soon.

Leslie (Cook) Swampy



Marilyn Dumont of Alberta was one of the authors involved with the Words of Wheels Tour that visited Sagkeeng and Powerview October 1.

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Very inspirational and emotional

Dear Editor:

On October 1, words came alive in Sagkeeng.

Words on Wheels, the nation's first aboriginal writers tour, was hosted by the Sagkeeng Regional Campus. This venue was very inspirational and emotional for all of us.

On behalf of the students of

SRC, we wish to thank Brandon University Teacher Education Program, Manitoba Arts Council, Winnipeg International Writers Festival, Tembec and Sagkeeng Anicinabay for their support.

If you missed this event, you missed a really big show. Myrelene Ranville

'Wonderful experience'

To the Editor:

I had a wonderful experience with the Aboriginal writers. It was a revelation to know that there are aboriginal writers out there. It is a gift to be able to write. This event showed me that anybody can get ahead in life and to be positive. The writers were an inspiration for me. I'm glad that Sagkeeng has its own writer. Her name is Myrelene Ranville and she is my instructor.

Wow! Leslie Swampy did the introductions for our guests. The first one was a lady

from Alberta. Her name is Marilyn Dumont. The second speaker was Gregory Scofield from Portage, Manitoba. The third one was Michael Kusagak. He lives 300 miles north of Churchill. The fourth one was Jordan Wheeler from Winnipeg. These writers revealed how they were inspired to write. They drew from their backgrounds and earlier experiences in life. I hope we see them again soon.

Thank you,
Arlene Guimond
of Sagkeeng.

Choosing a lawyer

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 lawyer acts as your counsel in legal matters. As a member of the Law Society of Manitoba, a lawyer is bound by a standard of professional conduct that seeks to enforce standards of practice, reliability and integrity in the profession.

Statistics indicate that a person consults with a lawyer an average of once every seven years. It may involve representation when purchasing or selling a home, mortgage refinancing, wills, estates, civil or criminal litigation or other matters. Whatever the reason, it is comforting to know that your lawyer will be there when you need him or her. If you want to develop a long term

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If you don't know any lawyers, check with relatives, friends and neighbors for recommendations. Since you in fact are the lawyer's employer, interview them to determine whether they can help you with your particular legal problem or question.

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

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

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Women's Institute an advocate for a range of issues important to women

continued from page 3

Great Falls Women's Institute is part of a world-wide

organization. Their mission statement states that it is 'an established organization

which helps women develop as partners in their families and leaders in their communities and businesses'.

The experiences shared between Women's Institute members are not only educational and social, but gratifying as well. The Great Falls Women's Institute is involved in efforts to improve the quality of life for many. Examples of the support shown by the institute include assisting with donations to the Christmas hamper fund and to the purchase of playground equipment at Great Falls as well as an annual bursary. Charitable organizations receive annual donations and just recently, with the disasters in the United States, a donation to the Red Cross was made.

The women's institute is an advocate for a range of issues important to women. Many members are frequently asked to serve on provincial and national committees to share their knowledge. Annual meetings with the premier and cabinet members are held to debate temporary problems and offer ideas and solutions. These members play an important role in relaying and discussing the concerns and issues of women across the prov-

ince whether it be child care, improving mental health or strengthening the farming industry.

The Great Falls Women's Institute meets the first Thursday of every month.

Any woman in the surrounding area can become a member. Contact Leonne Pommer, president of the Great Falls Women's Institute at 367-8569.



Val Jackson of Aspen Acres Reindeer Farm shared her experiences as an entrepreneur.

Christmas Hamper committee meeting

Fall is once again upon us, and thoughts begin to turn towards winter activities, including Christmas. As such, the Lac du Bonnet and District Christmas Hamper committee will be holding its annual organizational meeting at the Lac du Bonnet town office at 7:00 p.m. Wednesday, October 17.

Through the efforts of a number of volunteers and the generosity of the community, 52 hampers were prepared and

delivered to 96 adults and 73 children in 2000.

There is always a need in the community for hampers at Christmas time, and the organizational meeting will formulate plans for the 2001 campaign, so that no one goes without.

All interested individuals and organizations are invited to attend this meeting. The support of the entire community is vital to the committee's success.

PINE FALLS LEGION BRANCH #64

HALLOWEEN PARTY!

SATURDAY, OCTOBER 27

Costumes Optional 7:00 p.m. to 1:00 a.m.

PRIZES

NO ADMISSION

FINGER FOOD AVAILABLE

QUESTIONS? COMMENTS? CONCERNS?

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by Geraldine Dandeneau

Eating well during pregnancy is mom's way of giving her unborn baby the best start in life, even before that baby makes its entrance into the world. It's also a wonderful opportunity for mom to take a good look at her diet. There is no better time to sit up and take notice of food choices; to eat by design, not simply by habit.

What then constitutes a healthy diet during pregnancy? Is it so very different from a healthy diet aimed at the non-pregnant population? Though there are certain nutrients that require special attention during pregnancy, the basic rules of healthy eating are the same for everyone and follow the recommendations set out in *Canada's Food Guide to Healthy Eating*.

One of the main messages promoted by *Canada's Food Guide* is variety. In a practical sense, this means choosing, on

Eating right for a healthy baby

a daily basis, different foods from within each of the four food groups (grain products, vegetables and fruit, milk products and meat and alternatives). Eating three meals and including snacks throughout the day will provide baby with a steady supply of nutrients. Including three or more foods groups at each meal will avoid deficiencies in any one food group. It is important to keep in mind that different foods offer different nutrients. We require, in fact, about 50 nutrients every day. In the special circumstance of pregnancy, these nutrients form the raw materials that combine together to build a healthy baby. Choosing different foods from within each of the food groups is not only an enjoyable way to meet nutrient requirements, but will provide a pool of nutrients from which the developing baby will benefit.

Grain products include foods such as cereal, bread, rice, pasta and anything made from flour, i.e. baked goods. They contribute carbohydrate, B-vitamins, iron and folic acid to the diet. Choose some of the whole-grain varieties to provide much-needed fibre and include grain products at every meal.

Vegetables and fruits are powerhouses of vitamins, minerals and fibre. The varied col-

ours of vegetables and fruits are markers for different nutrients, so eat a rainbow of coloured produce for maximum nutrition. Including vegetables and fruit in some form at every meal and snack with ensure that you are meeting the recommendation for at least five servings of this food group.

Milk products are excellent sources of calcium and Vitamin D. Since mothers' need for calcium increases with pregnancy, this is one food group that must not be overlooked. Choosing three to four servings of milk products every day will provide the necessary calcium for both mom and baby. Including a full eight ounce glass of milk with every meal is an easy solution for maximizing calcium intake, but other milk products such as

cheese and yogurt are also good choices.

Meat and alternatives provide protein and iron and include such diverse foods as meat, chicken, fish, eggs, legumes (dried peas, beans and lentils), tofu and nuts. Including two to three servings every day will meet the recommendations for this very important food group.

Two nutrients that require special attention during pregnancy are iron and folic acid. It is recommended that a supplement of both nutrients be included as part of a healthy pregnancy plan.

A healthy pregnancy outcome is dependent on a number of factors, not the least of which is diet. Adopting healthy eating habits during pregnancy

sets the stage for the birth of a healthy baby. Maintaining these habits and encouraging healthy eating throughout childhood and adolescence helps to foster a lifetime commitment to healthy eating, the benefits of which cannot be overstated.

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

Ask your Pharmacist Fitness for the health of it

Falls and fractures: Women who did strength training at home (it is not necessary to go to the gym for this) had fewer falls. This exercise improves muscle strength, gait, balance and reaction time.

Improved quality of life: Participating in a regular exercise program will have a very positive impact on your quality of life and your general

well being.

Sleep: 30 to 40 minutes of walking or low impact aerobics four times a week will improve the quality, duration and ease of fall asleep.

Immune system: Exercise makes the immune system work better and may reduce the number of upper respiratory infections you have.

Anxiety and depression: Exercise can reduce anxiety and depression. Active people often have a much more positive outlook. This may be due to the release of natural opiates.

Here's how

Aerobic exercise: includes brisk walking, jogging, cycling, swimming and cross country skiing. It releases energy by using oxygen. Aerobic exercise is continuous, rhythmic and requires more endurance than power.

Strength training: includes weight lifting. This exercise is short and intense and requires more power and coordination and less endurance. Strength training does not have

to involve going to the gym and developing large muscles. It is never too late to start strength training (it has even been done in nursing homes). Most seniors have a low fitness level in both types of exercise.

Overweight people can be fit: Obesity and fitness are two different things, although they are both risk factors for many diseases. It is possible to be overweight and also be fit although most overweight people are also unfit. One recent study showed that overweight men who were fit had a much lower risk of dying than overweight men who were unfit. So, if you are overweight, do not be discouraged. You can still start a fitness program, reduce your risk of disease, and improve your general well being. You will lose some weight when you start your fitness program, but exercise is generally a slow way to lose weight. Cutting back on calories is still the only healthy way to lose weight.

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CANADIAN INDEPENDENT

Tom Landa and the Paperboys ready to roll

by Brent Stokes

With a wild blend of Celtic, bluegrass, Latin and roots pop, Tom Landa and the Paperboys have been tearing up stages all over North America. Formed in Vancouver in 1992 by Tom Landa, the group is extremely well traveled with 16 coast-to-coast tours under their belt. The six-member group has become very well known, attracting over 10,000 to sign up for their bi-monthly newsletter,

as well as receiving thousands of hits on their website (<http://www.paperboys.com>) each week. Best known for their performances at folk festivals, clubs and theatres, the Paperboys bring an extremely high energy level as well as musical talent to the stage.

The Paperboys' ability to mix different genres of music, coupled with their excellent songwriting skills has earned them recognition at the inter-

national level. The band received a Juno and a West Coast Music Award for their second album, *Molinos*, which revealed the band's high energy and musical talent. The first single on the album wound up on a Seattle radio station's live compilation CD which included works from artists including Sarah McLachlan, Ben Harper and the Indigo Girls. Extremely independent, the group has accomplished all



this without video play, outside management or the aid of a major record label.

Tom Landa and the Paperboys will perform Friday, Oc-

tober 19 at 8:00 p.m. at the Pinawa Community Center. For more ticket information contact Cathy Harding 753-2767.

Don't hope, decide!

ECHOES FROM THE Heart

While waiting to pick up a friend at the airport in Portland, Oregon, I had one of those life-changing experiences that you hear other people talk about - the kind that sneaks up on you unexpectedly. This one occurred a mere two feet away from me.

Straining to locate my friend among the passengers deplaning through the jet way, I noticed a man coming toward me carrying two light bags. He stopped right next to me to greet his family.

First he motioned to his youngest son (maybe six-years-old) as he laid down his bags. They gave each other a long, loving hug. As they separated enough to look in each other's face, I heard the father say, "It's so good to see you, son. I missed you so much!" His son smiled somewhat shyly, averted his eyes and replied softly, "Me too, Dad!"

Then the man stood up, gazed in the eyes of his oldest son (maybe nine or ten) and while cupping his son's face in his hands said, "You're already quite the young man. I love you very much, Zach!" They too hugged a most loving, tender hug.

While this was happening, a baby girl (perhaps one or one-and-a-half) was squirming excitedly in her mother's arms, never once taking her little eyes off the wonderful sight of her returning father. The man said, "Hi, baby girl!" as he gently took the child from her mother. He quickly kissed her face all over and then held her close to his chest while rocking her from side to side. The little girl instantly relaxed and simply laid her head on his shoulder, motionless in pure contentment.

After several moments, he handed his daughter to his oldest son and declared, "I've saved the best for last!" and proceeded to give his wife the longest, most passionate kiss I ever remember seeing. He

gazed into her eyes for several seconds and then silently mouthed, "I love you so much!" They stared at each other's eyes, beaming big smiles at one another, while holding both hands.

For an instant they reminded me of newlyweds, but I knew by the age of their kids that they couldn't possibly be. I puzzled about it for a moment then realized how totally engrossed I was in the wonderful display of unconditional love not more than an arm's length away from me. I suddenly felt uncomfortable, as if I was invading something sacred, but was amazed to hear my own voice nervously ask, "Wow! How long have you two been married?"

"Been together 14 years total, married 12 of those," he replied, without breaking his gaze from his lovely wife's face. "Well then, how long have you been away?" I asked. The man finally turned and looked at me, still beaming his joyous

smile. "Two whole days!"

Two days? I was stunned. By the intensity of the greeting, I had assumed he'd been gone for at least several weeks - if not months. I know my expression betrayed me.

I said almost offhandedly, hoping to end my intrusion with some semblance of grace (and to get back to searching for my friend), "I hope my marriage is still that passionate after 12 years!"

The man suddenly stopped smiling.

He looked me straight in the eye, and with forcefulness that burned right into my soul, he told me something that left me a different person. He told me, "Don't hope, friend... decide!" Then he flashed me his wonderful smile again, shook my hand and said, "God bless!"

With that, he and his family turned and strode away together. I was still watching that exceptional man and his special family walk just out of sight when my friend came up to me and asked, "What 'cha looking at?"

Without hesitating, and with a curious sense of certainty, I replied, "My future!"

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 6:30 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.

AAA: 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 day-care.

Senior Scene Inc. #1 Ateah Rd., Victoria Beach: General meetings second Tuesday of the month, 756-8468 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 10:00 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. Benita 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: Thalbreg, 1 mile east and 1 mile south of Junction #12 and #104. 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, Scantoberbury, on Hwy #59.

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

ST. ALEXANDER B.C. CHURCH: located at 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.

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 Bestrom

Changes to improve Seniors Directorate



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

Diane McGifford, Minister Responsible for Seniors, is pleased to officially welcome Jim Hamilton as the Seniors Directorate's executive director. Hamilton brings new energy and ideas, along with a vast knowledge and experience in recreation and wellness. One of his many new fall projects include working with directorate staff and public agencies to expand the directorate's reach more broadly across the province.

Hamilton's previous role as director of the provincial government's recreation and wellness promotion branch has enhanced his understanding of

the significant role that healthy, active living plays in improving quality of life. He is committed to and enthusiastic about helping seniors live healthy active lifestyles which allow them to live as independently as possible, for as long as possible.

The members of the Manitoba Council on Aging come from diverse backgrounds - education, pharmacy, health care, the arts, recreation, agriculture and business. Council's new chair, Murray Smith, is a retired educator and public school administrator. He is an activist and humanitarian committed to en-

hancing the lives of seniors and he is well qualified to head the council. Their goal is to increase their initiatives in finding and creating stronger links with the public agencies and seniors, particularly in rural areas. They will be talking to seniors across the province through an improved consultation process. Better communica-

tion with seniors will help improve the development of government policy.

October is Seniors and Elders Month

Our seniors and elders are a valuable resource for all of us and we celebrate their contributions to the quality of life in Manitoba. Did you know that seniors volunteer more than any other demographic?

Seniors bring their wisdom and resources to enhance Manitoba communities and seniors who volunteer are reported as being happier and healthier in their later years.

The Manitoba Seniors Guide provides information on seniors programs and services. If you would like a copy please call the office and we would be happy to drop off to you.

Happy Birthday Winnie The Pooh!!

Library Allard Book Nook



During the First World War, troops from Winnipeg were being transported to eastern Canada, on their way to Europe. When the train stopped at White River, Ontario, Lt. Harry Colebourn bought a small black bear cub for \$20 from the hunter who had killed its mother. He named her Winnie, or Winnie for short, after his hometown.

Winnie became the mascot of the Second Canadian Infantry Brigade and went to Britain with the unit. When the Brigade was posted to the battlefields of France, Winnie went to live at the London Zoo. Winnie was a popular attraction at the zoo until his death in 1934.

The bear was also very popular with Christopher Robin, son of author A.A. Milne. He often spent time inside the cage with it. The bear was Christopher Robin's inspiration for calling his own teddy

bear Winnie... Winnie the Pooh.

A.A. Milne started to write a series of books about Winnie the Pooh, his son Christopher Robin, and their friends in the 100-Acre-Wood. Eeyore, Piglet, Tigger, Kanga and Roo were also based on stuffed animals belonging to Christopher Robin. Rabbit and Owl were based on animals that lived in the area surrounding Milne's country home.

Winnie the Pooh was published on October 14, 1926 and has since become a very popular household name, adored by children and adults alike.

To help celebrate Pooh's 75th birthday, we had a Pooh Day at the library Friday, October 12. Pooh's birthday party started with story-time. The small group of party guests enjoyed hearing Carrie Pelouquin read to them about some of Pooh's misadventures. She even had

them bouncing up and down like Tigger!

After watching a few episodes of *The New Adventures of Winnie the Pooh* on video, the guests were ready for birthday cake. On the cake was a picture of Winnie the Pooh's tree house with Mr. Sanders written over the door, just like in the storybooks. Some of the guests bravely sang *Happy Birthday to Pooh!*

The party ended with the guests picking up their goody bags before they left. Everyone had a good time and went home happy.

What a great way to celebrate that silly old bear's birthday!!

Wanted: community-minded, hard working individuals to sit on the Library Allard board

Wanted: community-minded, hard working individuals to sit on the Library Allard board.

Library Allard is looking for two people, one resident of the RM of Alexander and one resident of Pine Falls, to fill the vacant seats on the board. The board is looking for people who have an interest in the library, are willing to attend and participate at board meetings, and advocate for the library within their communities. Anyone interested in filling one of these vacancies please come down to the library or call 367-8443.

Storytime

Wings of Power and Library Allard are teaming up for a weekly story-time. Storytime will be held at 1:30 p.m. Wednesday afternoon at Library Allard, starting October 24.

Everyone is welcome to attend - whether you come with a child or not!! Share the joy of reading

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, Leonie 367-8569.

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

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

Royal Canadian Legion Branch #164 general meetings third Tuesday of each month 7:30 p.m. Legion Hall

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

St. John's ACW meets first Monday of every month 1:30 p.m., parish hall.

Lakeshore At-Age Group Thursday 7:30 p.m. Lac du Bonnet District Health Centre, 89 McIntosh. Call Teri 345-8712.

Lakeshore At-a-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 345-2819, Ron 753-8403.

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

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

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

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

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

Two Rivers Seniors Resource Council Inc. Call Pat at the Lac du Bonnet office, Health Centre at 345-1227 or 345-4610. 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, Whittemouth 348-3505. Lac du Bonnet, Pine Falls, Victoria Beach, Pinawa, Beausjour, Whittemouth, Oakbank, Hadash-ville.

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

Church 345-8654, office 345-2919

Sunday: 11:00 a.m. - worship service

NOTRE DAME CATHOLIC CHURCH

Father Richard Machura, 345-2900

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

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

ST. JOHN'S ANGLICAN CHURCH

Rev. Brian Ronntree 367-8615, church 345-2357

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

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

Creative writing this week! Library Corner

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

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

Date change this week for boxercise: due to Pinawa Secondary volleyball matches Wednesday, October 17, the boxercise class for this week will be Thursday, October 18, from 6:15 to 7:45 p.m.... and, at the moment, we can only secure one evening a week at the

Pinawa Community Centre, so it looks like our second night may not happen until January (watch for an update on this).

Ballet classes: The first dance class took place this past Saturday and there is still room for more registrations - please call the rec office at 345-8816 or 753-2639. This program is for boys and girls four years and up, children, teens and adults too! Courses include the pre-ballet, ballet and jazz classes. Classes are one hour in length and 50% of the registration fee is due November 10. The lessons run as follows: creative movement 10:00 to

10:45 a.m., pre-ballet 11:00 a.m. to 12:00 noon, ballet 12:00 noon to 1:00 p.m., jazz 1:00 to 2:00 p.m. and adult jazz 2:00 to 3:00 p.m. All classes are held at the Lac du Bonnet Senior School gym.

American sign language 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.

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.

Lac du Bonnet Regional Library

It's time to talk about our preschooler's storytime again. Join us at the library every Thursday morning at 10:30 a.m. for great stories and a light snack. We are pleased to have another couple of story readers volunteer their time and energy to this program. Thanks so much! Your children will enjoy the selection of stories, old and new, that another longtime volunteer, Laurie Burnside, loves to choose for us! Laurie has helped out at the library every Wednesday for the past nine years, and we appreciate her cheerful, helpful ways (and all of the hugs we get).

A few new books for our preschoolers include these movie-tie-in titles: *Theodore and the Whale* from the Theodore Tugboat television series created by Andrew Cochran; Disney's *The Lion King*; Disney's Atlantis *The Lost Empire - The Search Begins*, and *Welcome to My World*; and Disney's *A Bug's Life*.

A Winnie the Pooh First Reader by Isabel Gains is a perfect title for the season - *Pooh's Leaf Pile*.

Another title for preschool to Grade 1 level is *It's Too Windy!* by Hans Wilhelm. *Froggy Gets Dressed* by Jonathan London is a fun read for the youngsters. Instead of

sleeping all winter, young Froggy decides to dress himself and go out to play in the snow. This is a tedious job because he keeps on forgetting something, and has to get undressed again in order to put something on underneath. When he's finally fully dressed for the cold outdoors, he's too tired to play!

A couple of craft books that the kids might enjoy this fall include: *Making Candles* by Judy Ann Sadler; *Dolls Kids Can Make* by Sheila McGraw; and *Pioneer Recipes* by Bobbie Kalman and Lynda Hale. Make the library your place to find great ideas for things to do, and improve your reading in the process.

Looking ahead, a bit to Christmas giving - may we suggest you support our library fundraiser? We are selling a porcelain ornament trio by Avon, deadline for orders is November 14. We have a set on display at the library.

Looking ahead a bit further, we will be telling you more about Canadian Children's Book Week coming up in November, and our annual children's Christmas bazaar in early December. In the meantime, take time to read and enjoy the privilege of having a well stocked library in your community.

Agassiz Hort news

by Carol Clegg

Each October Agassiz Horticultural Society holds a pot luck dinner to wind up another season of gardening. This year members prepared their ethnic specialties for all to enjoy. Forty members and guests attended this special evening, some of them proudly showing off the costumes of their heritage. Some brought objects from their particular culture for display. Others showed photographs of their gardens. Conversation was lively as all these treasured items were admired.

A short business meeting followed the dinner. All joined in a hearty vote of thanks to the committee. Elfriede Jacobucci, Emma Hrychany, and Irene Zigariski, for a very pleasant evening.

November is election month and all executive positions are vacant. Mary Yakem and Connie Grantham are working to put together a slate of officers.

Mary Bruchanski reminded members that November is also our Christmas craft session. All in attendance were given a list of supplies to bring for creating some new Christmas ornaments. Anyone requiring the list should call Mary Bruchanski or Carol Clegg.

It's early to start talking about the spring garden seminar, but it takes a few months to work on the program. Dorothy Kerr offered to contact the Winnipeg Orchid Society regarding speakers. Any suggestions for the program are always welcome.

It's also time to start thinking about the Manitoba Horticultural Association convention to be held at the Mennonite Heritage Museum in Steinbach in February. Agassiz is in the same district as Steinbach, and will be assisting with the convention. Carol Clegg, MHA regional director, will be attending a board meeting in Neepawa October 17 and 18 to finalize the convention program. Members who plan to register for the convention should notify our secretary at the November or December meeting.

The Agassiz directors and flower show workers met in September at Mary Yakem's home to review the proceedings and prize list and make

recommendations for next year's show. A committee will be meeting shortly to come up with new floral arrangement ideas to challenge all our competitive arrangers. Due to popular request, some traditional sections are being restored to the hobby craft class. Although many societies have abandoned flower shows, in Lac du Bonnet, the Agassiz show continues to be a successful and well attended summer event.

Spirited entertaining Cornerstone

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

Spirited Entertaining, a new 16 page full colour recipe book in English and French, is being coordinated by Manitoba Agriculture and Food for the Manitoba producer organizations representing beef, canola, chicken, eggs, milk, pork and turkey. This will be the third publication in this series for this group. The first joint publication *Panorama* produced in 1999, was created to celebrate the Pan Am Games, and the second *MillenniYUM* was published in 2000 to celebrate the millennium and received Canada Millennium Partnership Program funding.

Manitoba Liquor Mart's, impressed by *Panorama* and *MillenniYUM*, indicated in the

fall of 2000 that they would like to partner with the producer associations in the production of a third recipe book. Liquor Mart's wanted a resource that paired food with beverages in order to educate consumers about complementary flavours and to encourage moderation. The producer associations needed another funding partner to create a third publication of the caliber of the previous two, but sensitive to potential concern about the liquor connection, each association had the project approved by their board of directors before the project went forward.

Manitoba regional cuisine

A new trend is catching

on in Winnipeg restaurants - Manitoba regional cuisine. Recently, seven charter restaurants formed a Cuisine Tourism Council in an effort to enhance the tourism potential of regional cuisine. Certain criteria must be met by qualifying restaurants. These criteria focus on using basic Manitoba products, making an effort to substitute Manitoba products for imported, and offering a minimum of three dishes using indigenous foods.

Chefs and restaurant owners have indicated the need for a directory of available local food products. Relevant data will be collected and compiled in an easy-to-use directory for busy chefs.

If you are a producer and would like to market your product directly to certain Winnipeg and area restaurants, please give me a call at 268-6015.

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 17
Salad, chicken kiev, rice, stir fry vegetables, jello.
Friday, October 19
Soup, pizza (bacon, cheese, tomato, mushroom, green pepper), cherry cheese cake.
Monday, October 15
Soup, chicken legs, hashbrowns, carrots, fruit flan.

The **Echo**

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

Don't fall victim to fraud



Your voice in Ottawa

Vic Toews, MP for Provencher

No one wants to be a victim of crime. To avoid becoming victims, most of us take steps to ensure that our homes are secure. We are careful to lock our cars and resist the temptation during those cold winter months to keep them running while we pop into a grocery store to pick up a few items. We warn our children to be

careful of strangers and we take steps to stay away from places and situations that might put us, or our loved ones, at risk.

Taking precautions to avoid crime is important. However, even though Canadians are careful to take steps to protect themselves and their property, every year thousands fall prey to clever criminals. Through fraudulent schemes that mis-

represent or conceal the truth, these criminals persuade their victims to turn over their cash and other valuables.

Fraud is a crime that costs billions of dollars each year. Fraudulent schemes often involve phony draws or contests, fake investment opportunities, home renovation scams and a variety of phone frauds. It is estimated that deceptive telemarketing contests or investments alone rob Canadians of \$40 million a year.

Unfortunately, seniors are often the prime targets of

fraudulent schemes. The National Advisory Council on Aging advises that seniors are victimized for a number of reasons. Seniors belong to a generation given to trust and fair dealing. Most seniors are honest and polite, finding it hard to terminate a telephone conversation, even if they are not interested. Seniors are also generous and so may be susceptible to a criminal soliciting contributions for what appears to be a worthy cause. In addition, many seniors live alone and often don't have anyone to readily provide them with advice about an opportunity that seems "too good to be true".

All too often these opportunities really are too good to be true and result in individuals losing thousands of dollars to fraudulent schemes. However, there are a number of things to look for that will reduce our chances of becoming a victim of these charming and friendly thieves. Some of the warning signs to pay attention to include:

You have to send money before receiving a 'prize' to cover delivery or other costs;

You are told that 'its your last chance' or ' the offer ends today';

You are required to provide cash only or cash in advance;

The caller claims to be investigating a banking problem or asks for private financial information;

You are approached with requests for money right after a death in the family or where there has been a widely reported tragedy.

Whenever you are approached either in person or by

telephone by someone who you think might be involved in trying to defraud you, terminate the conversation immediately and contact your local police department. If you have been the victim of a fraud make sure that the police are provided with the details of the scam so that they can investigate and prosecute those responsible. Your willingness to step forward immediately to report these crimes is important in preventing your friends, neighbours and family from being victimized.

Effective laws, diligent enforcement and stiff sentences, along with prevention, are essential to deter these criminals.

As your Member of Parliament, I am concerned about the lenient punishment that many of these criminals receive when they are apprehended. The sentences handed down by the courts often appear to be simply a cost of "doing business" for the criminal and do not take into account the hardship that many victims suffer when they lose their savings, possessions or even a home. I will continue to work with you to ensure that our Parliament and our legal system are responsive to the devastating effects of these crimes.

Please feel free to contact my office if you have any concerns or issues you would like to discuss. You may contact me toll free at 1-866-333-1933 or at 204-326-9889. You may write me at Box 2470, Steinbach, MB R0A 2A0, by fax 204-346-9874 or by e-mail toews.v1@mts.net. Please feel free to check out my website at www.victoews.com.

Lac du Bonnet RCMP detachment report



The following constitutes the police report for the Lac du Bonnet detachment for the period of October 4 to 11.

October 4: A report was received of an adult male being assaulted by another adult male at a business in Lac du Bonnet. Police attended and arrested the subject in question, and subsequently released him for a court appearance.

October 5: A report was received via Beausejour detachment from a resident of Winnipeg of being tail-gated by a female driver on PTH #44 in the vicinity of Seddon's Corner. The complainant in the matter wanted the driver in question contacted and warned regarding her driving habits.

A report was received from a location on Mascanow Drive in the area, possibly connected with goose hunting.

October 6: A report was received from Brereton Lake of a break and enter to a cottage, which took place in September. At the time the owner was unsure if entry had been gained, however, when the phone bill was received it was noted that calls had been made.

A report was received from the Riverside Trailer Camp of a window broken out of a cabana at a trailer.

A report was received of two alarms at the high school in Pinawa. Both were found to be false alarms.

A report was received of a new Chev extended cab pick-up squealing tires on Lake Avenue. No licence number obtained at the time.

A report was received of a vehicle catching fire while being operated on Aberdeen in Pinawa. Police and fire depart-

ment attended and the fire was extinguished. No injuries.

A report was received of a patient being out of control at Pinawa Hospital. Police attended and the patient was taken via ambulance to Winnipeg with police escort.

October 7: A report was received of a possible break and enter at a residence on Scott Crescent. Police attended and found no evidence of any offence.

As a result of a checkstop conducted at Seddon's Corner, police had occasion to stop a vehicle on PTH 44 west of Seddon's and found that same was being operated with stolen licence plates. The vehicle itself was unregistered and was towed. The adult male driver was released on a promise to appear for court.

October 8: A report was received from a location in the RM of Lac du Bonnet of a possibly impaired driver who was apparently driving north on PTH 11. Police patrolled and located the vehicle in question at a residence in Great Falls, however, did not find anyone around the residence.

October 9: A report was received of an adult male missing from the Milner Ridge Correctional Centre. The subject has last been seen just after 11:00 p.m. and was noted missing just after midnight. An extensive search of the area failed to turn up the subject, who has been charged with escaping lawful custody and a warrant for arrest issued.

A report was received of an underage female being inappropriately touched by an adult male at a residence near Great Falls.

A report was received of a

vehicle being keyed and having holes burned into the front seats while parked in the parking lot of the Lac du Bonnet Community Centre.

A request was received to check on subjects at Pinawa as the telephone had been disconnected and the caller was concerned for the well-being of the individuals in question. Police attended and found that all was in order.

A report was received of an intrusion alarm on Edward Crescent. Police attended and found all to be in order.

A report was received of two trucks driving in the park on Lake Avenue. No license numbers available and vehicles gone when police patrolled the area.

October 10: A report was received of a vehicle having a red substance sprayed onto it while parked at the Lac du Bonnet Senior School.

A report was received of a for sale sign being stolen and other signs vandalized at the corner of Anderson Road and PR 315.

October 11: A report was received of an intrusion alarm at a business in Pinawa. Police attended and found that it was a false alarm.

Winnipeg River RCMP detachment report



Two reports of assault occurred through the week with one male subject being charged.

Four break and enters (two businesses) again computer equipment being taken, all four are still under investigation.

Two impaired drivers were charged.

One report of a missing youth who was located and returned home.

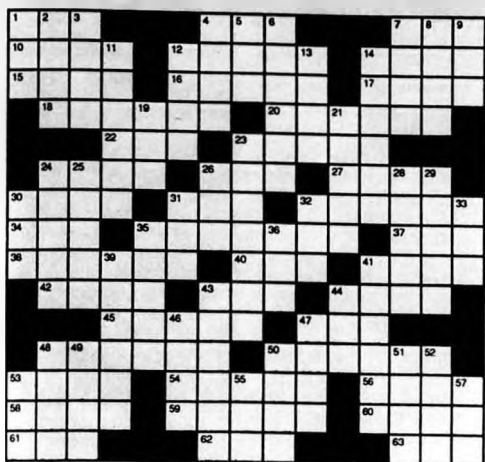
One vehicle was stolen and one set of motor vehicle plates. Several calls of assistance

to the general public for loud parties and intoxicated persons causing a disturbance.

Remember if you see a crime happen and wish to remain anonymous please call Crime Stoppers at 1-800-782-8477.

CALL
CRIME STOPPERS
 1-800-782-8477

WEEKLY CROSSWORD



- 31. In favour of
- 32. Religious discourse
- 34. High rugged peak
- 35. Endangers
- 37. Dined
- 38. Depended
- 40. Obtained
- 41. Took wing
- 42. Dispatched
- 43. Kettle
- 44. Crease
- 45. Evil spirit
- 47. Blemish
- 48. Prayer
- 50. Rows of hills
- 53. Jagged stuff
- 54. Own up to
- 56. Dutch cheese
- 58. Singing voice
- 59. Tantalize
- 60. Roofing stone
- 61. Add colour
- 62. Cereal grain
- 63. Decimal number

ACROSS

- 1. High card
- 4. Seed container
- 7. Route
- 10. Very unusual
- 12. Hard winds
- 14. Trim off
- 15. Unholy

- 16. Representative
- 17. Social insects
- 18. Salad vegetable
- 20. Vale
- 22. Compass point
- 23. Extreme danger
- 24. Farm building
- 26. Pavement topping
- 27. The majority of
- 30. Bottle tops

DOWN

- 1. Exist
- 2. Grotto
- 3. Ireland
- 4. Book leaf
- 5. Bravo!
- 6. Capital of Colorado
- 7. Subside
- 8. Showily creative
- 9. Indeed!

LAST WEEK'S ANSWERS



CRYPTIC PUZZLE

"PQT HDFA GFLJT XQTKT ZRJJZZ
JHBTZ ITYHKT XHKS OZ OD
PQT COJPOHDLKA."

-MOCLF ZLZZHDD

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

A HAPPY FAMILY IS BUT AN EARLIER HEAVEN.

-JOHN BOWRING

WEEKLY ECHO HOROSCOPE

for the week of
October 15 to October 21

Aries - March 21 to April 20

A desire to know more about your family tree may fascinate and perplex you at the same time. Usually, you find puzzles frustrating. But tracing your roots may help you overcome that mental block. Re-discover a classic book.



Taurus - April 21 to May 21

This could be a good time to make a big change to your appearance. Realize your potential. It may be more powerful than you thought. Observe the behavior of other people and try to determine their motives.



Gemini - May 22 to June 21

Do not let a change throw you off course; remain flexible. You tend to wear your feelings on your sleeve. That could make you easy prey for people who know which buttons to push. Don't allow so-called friends to send you into emotional orbit.



Cancer - June 22 to July 22

Visiting an ailing friend or relative this week leads to questions about your own mortality. Remain upbeat and positive. After all, laughter is the best medicine. Your spiritual foresight will become heightened.



Leo - July 23 to August 23

The possibility of a family or class reunion piques your interest and curiosity. You might want to use this opportunity as a chance to re-new old acquaintances. A former admirer may reappear.



Virgo - August 24 to September 22

If you do not know what you are aiming for, how will you know when you hit the target? Running away will not solve problems. You may need to sit down with a financial advisor to get spending habits back on track.



Libra - September 23 to October 23

Experience joy in giving to others. While the holiday season is still a few months off, a friend may require a pick-me-up gift now! Don't be surprised if you hear sharp words from a boss. Take it as constructive criticism.



Scorpio - October 24 to November 22

Arguing logic may be one of your favorite pastimes. However, your family's patience is wearing thin. If you want to gain their respect, you may need to listen to an older person's tried but true wisdom.



Sagittarius - November 23 to December 21

Family squabbles make you laugh aloud. Negotiating a settlement lands you in the middle of the problem rather than outside of it. Let them work it out. Accept the things you can't change.



Capricorn - December 22 to January 20

When was the last time you read a book for enjoyment? If it has been awhile, you may be putting in too much time at work. Try to scale back your work hours. A boss could be more supportive than originally thought.



Aquarius - January 21 to February 18

Your physical appearance could affect your attitude sending a negative message. Instead, focus on the positives. You shouldn't have to dig too deep to find them. A close friend may inspire you to take better care of yourself.



Pisces - February 19 to March 20

You may find yourself drawn to the mysteries of aromatherapy or homeopathy to help soothe a recurring health problem. Facing problems head-on isn't generally your nature. Sticking your head in the sand this time could have severe consequences.



HELP WANTED

Casey's Inn

requires full time or part time experienced and dependable restaurant waitress. Also full time experienced cook.

Contact Bill or Trish at 345-6294

MEETING OCTOBER 23, 2001 — 7:30 p.m. at RM OF ALEXANDER

Presentation of preliminary "VISION/PLAN 2001" for Wards II, III and IV of the Rural Municipality of Alexander. Prepared by Gaboury Préfontaine Perry architect.e.s

Presentation/map of the TRANS CANADA TRAIL from Great Falls to Highway 304.

All residents, group, organizations are welcome to attend.

For more information please call the St. Georges Community Economic Development Corp at 367-9970.

RECONTRE le 23 octobre 2001 a 19h:30 au bureau de la Municipalité

Présentation préliminaire "VISION/PLAN 2001" pour les quartiers II, III et IV de la Municipalité rurale d'Alexandre. Préparé par Gaboury Préfontaine Perry architect.e.s.

Présentation/plan de la TRANS CANADA TRAIL de Great Falls a la grande route 304.

Tous les résidents, groupes, et organisations sont le bienvenue.

Pour plus d'information appelez nous au bureau du développement économique de Saint-Georges au 367-9970.

Want to Start Your Own Business!

Self-Employment Program

- You are presently receiving employment insurance (E.I.) benefits
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- You have received maternity or parental benefits in the last 60 months

If you are unemployed, and if any of these situations apply to you and you have a viable business idea, please join us for an information session

Self-Employment Assistance Program

Call to register for an information session! 345-8691

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Phone 367-9468, Fax 367-9974

Monday to Friday 9:00 a.m. to 4:00 p.m.

100 First Street, Lac du Bonnet

Phone 345-9896, Fax 345-0004

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Box 550, Pine Falls, MB R0E 1M0

theecho@granite.mb.ca

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.

Fire-sole driver – one season old, tailor made Fire-Sole driver, 10 degree bubble grafit shaft, asking \$300, paid \$600 last September, call Shack at 367-8982

Piano – Heighmen stand-up piano (made in Germany), good condition, best offer, call 367-2124.

Tractor – Bear Cat II Steiger tractor, 3208 V8 Cat deisel, call 345-6516 or 345-8027.

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.



It's time to kick up your heels, Cowgirl!

Happy 18th Red #21

NEWS TIPS?

The Winnipeg River Echo Phone 345-9896 or 367-9468

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:

- liability to taxation;
- set out the roll number and legal description of the assessable property for which a revision is sought;
- state the grounds on which the application is based; and
- 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



CALL THE TEAM
GRACE KOST - REG BLACK
KATHY BOLLANGER
345-2121

1 Park Avenue, Lac du Bonnet
www.century21suncountry.com



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SHOP THE
Echo
CLASSIFIEDS
DEADLINE

Friday 3:00 p.m.

Canadian Walleye Championship

continued from page 2

This year the lowest weight of a fish caught also

received an award, it went to Randy Barderson and Gary MaKenzie for 2.36 pounds.

Cool under pressure is an award for the largest placement advance from day one to day two. Andrew Klopak and Albert Trudeau jumped 23 spots by adding 16.49 pounds on day two to their 7.50 day one total.

The festivities began Thursday night, October 11 at the Royal Canadian Legion Pine Falls Branch #64. Prior to the rules and regulation review, both the Canadian and American national athletes were heard recognizing

the one month anniversary of the terrorist attacks on our neighbors south of the border.

Wilson said that the support from residents, businesses in the community and surround area was instrumental to the success of the tournament, "I have to say it was excellent. If we didn't have the support from the businesses and the major sponsors it wouldn't have happened." He also acknowledged the dedication and

hard work of all the volunteers who played an important role in making the tournament a success.

Wilson said that plans for next year's tournament are already in the works and that it will be capped at 80 boats. As of press time there had been 30 registrations received already. For information on the Canadian Walleye Championship call Kim Wilson at 367-4665 or 367-8442.



Brian Ney and Dan Stier received a boat, motor and trailer package and trophies for their second place finish, climbing one spot from last year's championship finish when they came in third.



Todd Macy and Randy Finch came in third and received \$5,000 and trophies at this year's Canadian Walleye Championship.



Ray Fawcett and Don Powell accept a cheque for \$4,000 and plaques for their fourth place finish at this year's Canadian Walleye Championship from Brian Ryall of South Interlake Credit Union (back left), tournament announcer Al Parenteau and tournament organizer Kim Wilson.

BUSINESS DIRECTORY

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The Winnipeg River Echo

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Located at the Powerview Hotel on Art Street, Powerview

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

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367-8803

Kevin McDonald
LEVINE, LEVENE & TADMAN
 Barristers & Solicitors

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 at Allan Helm Agencies
 28 McArthur Avenue
 11:00 a.m. to 1:00 p.m.

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

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