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The Winnipeg River Echo

Vol. 2, No. 22

Tuesday, October 23, 2001

\$1.00 tax included

Down town Lac du Bonnet evacuated

At approximately 4:15 a.m. this past Saturday, October 20 an employee at Casey's Motor Inn was alerted to loud voices in the alley immediately south of the premises on First Street in Lac du Bonnet. When he looked out the second floor

window he witnessed a white sports car pushing a wooden receptacle used to store the hotel's garbage. It is assumed that the driver of the vehicle did not realize that located between the garbage bin and the hotel, was a 1000 pound propane tank.

Three or four individuals, including one female, were believed to be at the location of the vehicle.

According to the witness, the vehicle deliberately attempted to push over the bin once the vehicle made contact with it.

The employee then went to investigate the damage and instantly realized the existing dangers when he heard a hissing noise coming from the tank. The witness immediately pulled the fire alarms in the hotel, contacted RCMP and the fire department then proceeded to evacuate the building. Five people were in the building at the time.

Within 15 minutes of the valves being severed, the witness said fumes were so bad inside the building that it was difficult to speak. Manitoba Hydro was contacted shortly after to disconnect power in that section of town.

Just after 8:00 a.m. Mayor of Lac du Bonnet Glen Hirst declared a state of emergency.

In liquid form, the gas began to leach into the ground

surrounding the hotel and travelled into the downtown area and into the sewer lines causing potential for explosions.

Residences and businesses on First and Second Street as well as Johnson Avenue (the riverfront) were evacuated. No vehicle or pedestrian traffic was allowed in the area until 5:00 p.m.

The Emergency Measures Organization, RCMP, the Fire Marshal's Office, Department of Natural Resources' Dangerous Goods, Lac du Bonnet Fire Department, Superior Gas' Liquid Propane Gas Emergency Response team, Manitoba Hydro, Town of Lac du Bonnet public works and the Department of Energy and Mining were involved in handling this emergency.

The Pine Falls Fire Department
See PROPANE/page 11



Emergency vehicles and personnel blocked pedestrian and vehicle traffic on streets of downtown Lac du Bonnet until 5:00 p.m. last Saturday.

Negotiations re-open on amalgamation

by Charles Norman

Negotiations between Tembec and Powerview over the amalgamation of Powerview and Pine Falls (a Tembec company town) came to an abrupt halt last year when Powerview pointed out that Pine Falls' infrastructure had been neglected over the last few years and insisted that Tembec assume responsibility for bringing the town up to standard before any amalgamation took place. A figure of \$8 million was reported to be the cost of putting Pine Falls into an "as-new" condition (in-

frastructure covers sewer, water, and roads etc.).

Tembec's response was to set up a Pine Falls advisory council to run the town as a quasi-municipal government, collecting service fees instead of taxes. The advisory council decided to "go-it-alone" and applied to the Department of Northern Affairs for incorporation under the Northern Affairs Act.

Pine Falls does not meet the requirements of incorporation under Northern Affairs. Communities with a large enough tax base to be self-sustaining

are required to incorporate under the Municipal Affairs Act. The problem is that this act requires that a newly incorporating municipality have at least 1,000 residents. Pine Falls has only 750.

As a result Pine Falls cannot incorporate on its own. Tembec has two choices, either negotiate with an adjoining municipality or continue to operate Pine Falls as a company owned town. When Frank Dottori bought the mill he announced that Tembec had no interest in being in the mu-

See NEGOTIATIONS/page 2

\$60,000 theft from Hillside Power Products

Powerview' RCMP report that they are currently investigating a break enter and theft that occurred between the hours of 12:00 midnight and 7:00 a.m. Wednesday, October 17, 2001.

The following items were stolen from Hillside Power Products, located on Highway 59 at Traverse Bay Manitoba: 2001 Polaris Skidoo 600 Edge X; 2001 Polaris; Skidoo 800 XC SP red; 2002 Polaris Skidoo 600 XC SP red; 2001 Polaris 4 Wheeler Scrambler red; 2001 Polaris Sportsman 500CC 4 Wheeler green; 2002 Polaris Sportsman 400CC 4 Wheeler

red; 2002 Polaris Sportsman 700CC 4 Wheeler grey; and 2001 Polaris Sportsman 4 Wheeler green.

The total value of the goods stolen exceeds \$60,000. Culprits gained entry by cutting through a fenced compound. RCMP Forensic experts attended the scene and a number of items were seized by police. If you have any information regarding this crime, please call Powerview detachment investigator Constable J. Martin 367-8782 or 367-2222 or Crime Stoppers 1-800-782-8477.

Activities of the 'brain dead'

by Toni Bruneau

The Rural Municipality of Lac du Bonnet would like to send a message to a minority group of gun owners who also happen to be vandals and thieves. A number of road signs have been damaged, and more seriously... stolen from roadways in the municipality.

The damage to the signs occurred when these individuals took it upon themselves to use the signs for target practice. Some signs, shot full of holes, are no longer legible and pose a serious safety hazard as well as an expense to the taxpayer.

"You've got to be brain dead to have nothing better to do than to ride around and

destroy public property," said Lac du Bonnet Reeve Dorothy Boznianin. "They are giving legitimate hunters a very bad name."

The people responsible Boznianin said are also, "endangering the lives of people driving on the roads." It is not only an unnecessary expense to the taxpayer, but the lives of people using these roads are in danger with the absence of particular signs.

The expense to the taxpayer is around \$100 per replacement when you include wages, fuel, posts, brackets and the sign itself. RM Public Works Supervisor Albert Hildebrandt said the situation is irritating and time consuming. He also explained the

danger at an intersection where a checkerboard sign was stolen.

"The thing is that particular corner is quite dangerous. It's a dead end sign. There's actually no warning for somebody coming down that road in the dark and that's a bad spot. It's a big, deep ditch there."

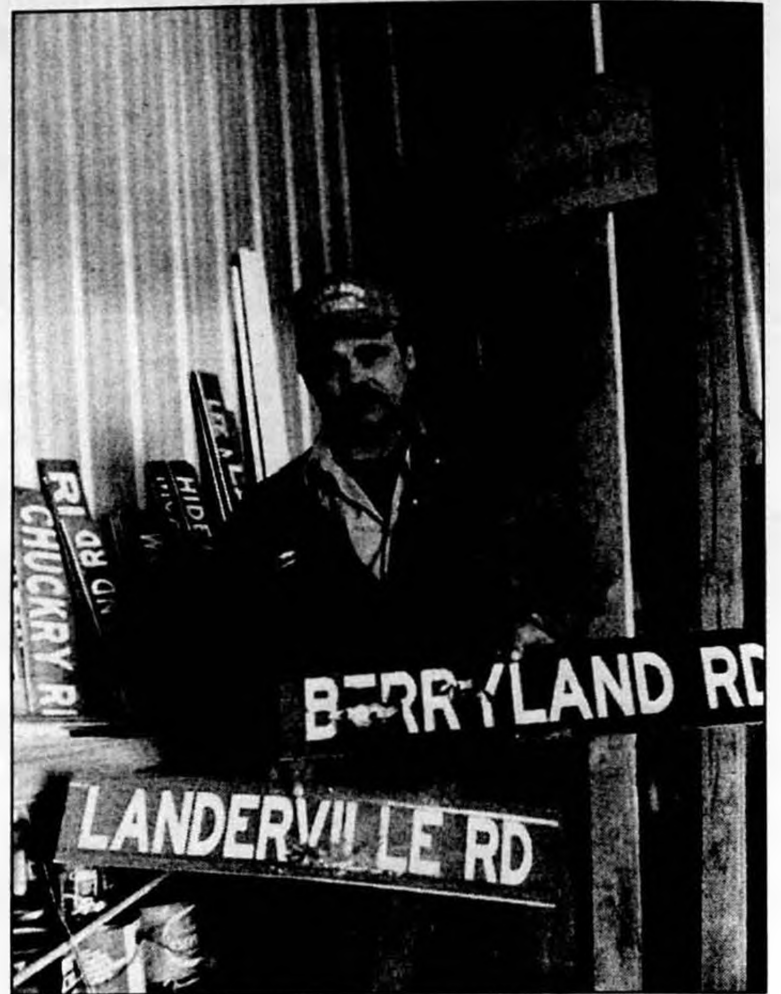
Hildebrandt said it was a local resident who made them aware that the sign was missing. It is impossible for public works employees to patrol the entire municipality day and night looking for damage. The RM has an excess of 600 miles of road to maintain.

"There are a few idiots in every crowd I'm afraid," said Hildebrandt. He himself has hunted with a lot of people over a lot of years. He doesn't understand the sport in firing at signs and compared it to shooting fish in a barrel.

"I've never had the urge to shoot a sign or an insulator. Just never thought that was real sporting. Most of the people I think that do that, are actually not what I would even classify as hunters."

Anyone witnessing any such actions is encouraged to report it to the RCMP.

Lac du Bonnet RCMP Staff Sergeant Mel Mitchell said the ramifications of such acts



Assistant Foreman for the Rural Municipality of Lac du Bonnet, Butch Fiebelkorn shows roads signs that have been damaged by thoughtless gun owners.

could be quite serious. There is a potential for criminal charges if somebody was injured or lost their life as a result of these actions. Depending on the circumstances charges could range from mis-

chief to property and discharging a firearm from a road, to criminal negligence and dangerous use of a firearm, with penalties of significant fines, being prohibited to possess a firearm, and jail time.

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<p>Royal Canadian Legion #164 Lac du Bonnet Legion Hall Specials 7:00 p.m. Every Wednesday Evening Lot Lic. 463</p>	<p>Bonus Line - \$ 488.00 Star - 1115.00 Lucky 7 - 849.00 Full House 49 numbers \$1000 Poker Flush - 295.00 Mini Loonie - 598.00 #1 Loonie - 185.00 #2 Loonie - 3380.00 Jackpot Strip - 262.00</p>
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Anthrax doesn't dampen customer appreciation day

by Toni Bruneau

Canada Post's Lac du Bonnet facility held their annual customer appreciation day Monday, October 22. Custom-

ers were treated to coffee and dainties and good conversation was shared throughout the day. The anthrax anxiety experienced by postal workers in

the United States and the public in general, was definitely not apparent, although the affects have been felt closer to
See COOL/page 4

Negotiations re-open on amalgamation

continued from page 1

municipal business and gave a deadline of a year for Pine Falls to incorporate. That deadline has long passed. A new deadline is reported to have been set for the end of this year. Special projects manager Al Duff is negotiating on behalf of Tembec.

There are two adjoining municipalities, The Village of Powerview and the Rural Municipality of Alexander. Given the option of joining one or the other, but not the option to "go-

it-alone" Pine Falls voted, by a substantial margin, to join Powerview. The vote was held prior to the setting up of the advisory council and prior to the original opening of negotiations with Powerview.

The \$8 million is still part of the negotiations, but not all of it is required right away, and municipal grants of up to two thirds of capital costs are available for infrastructure improvements, but the Powerview council is determined that the cost of infrastructure

repairs will be met one way or another and that the people of Pine Falls, (or Powerview) will not suffer as a result of the amalgamation. Any money raised for infrastructure would be allocated to a Pine Falls Infrastructure Reserve Fund and would, by law, be limited to covering the cost of Pine Falls infrastructure repairs.

There are several advantages to amalgamation. A community of 1,500 people would have more clout when dealing with the government. More grants would be available outside those for infrastructure.



Senior Assistant Julie Hughes at the Canada Post's Lac du Bonnet facility displays some of the products available and on display during customer appreciation day October 22.

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Athlete of the Week

Valerie Wesley

The athlete of the week for the varsity girls volleyball team is Valerie Wesley. She is a very balanced all-around player and works very hard in games and practices.

Valerie is a 'wicked' spiker and server and plays in one of our 'power' positions. This individual is not scared to dive for balls spiked at her from the opposition and has good 'set' sense when blocking, tipping, etc.

Valerie rarely misses practices and games and is always smiling and gets along well with others.

She had a very good week in her games from October 15 to 17. She was picked as our all-star player in games against Wanipigow and Pinawa.

Keep on smiling, Val! Keep up the great effort. Love those dives!



Powerview School Athlete of the Week Valerie Wesley

Cool down, relax, think

continued from page 3

Local mail distribution was not interrupted last week, but services at Canada Post's mail processing plant in Winnipeg were halted for approximately 18 hours. The incident set the plant back approximately 24 hours with distribution to rural depots.

The incident involved a powdery substance found in a locker room which was reported as suspicious. Normal procedures were followed which resulted in the police, fire department and a hazardous material team being called in. The events began at approximately 6:15 p.m. Monday, October 15 and progressed to include the evacuation of the building later that evening.

After investigation, it was reported that authorities determined the substance to be cornstarch and employees were allowed back into the building.

No mail was processed Monday and by the next night they had double the load of mail for processing. By Wednesday night the plant was basically back to normal.

Canada Post Media and Community Affairs Manager Brian Garagan said this is the first time the processing plant

has experienced a shut down of this magnitude.

"We've had threats of bombs but over the years... we've had a couple hours of shut down but nothing like this," he said.

"There have been many incidents across the country," he said, "not only with Canada Post but with other organizations and none of them have been proved to be positive."

Although the likelihood of an anthrax threat in Canada is weak, "We're going to maintain our vigilance," said Garagan. There have been no cases of anthrax exposure in Canada for well over a decade and the risk remains remote.

He also emphasized that we have to get on with living and working at the same time. His message to the public is "just to cool down, relax, think more rationally," but to be aware and be alert, and don't panic.

The incidents which have been experienced in Winnipeg are very frustrating according to Garagan. "Not knowing whether this was or this was not dangerous," is what is deemed the most stressful.

Canada Post has, for years, had a care and handling of suspicious items program which covers a cross section of potential dangers including bombs and poisons.

"We had just started in fact,

Monday morning, giving our first updated session with anthrax in Winnipeg," said Garagan. Almost immediately after the incident that afternoon, he said the program was increased and now every single facility in his region has been updated on the care and handling of suspicious items including the anthrax information.

Garagan feels that some of the same information provided to employees should be shared with the public.

"Common sense has to prevail," he said.

"Don't open a letter or parcel if it is something that you would normally not get or you wouldn't expect... or if it something unusual," he gave examples of no return address or a foreign address, or simply a strange odor.

Panic is within everyone right now and Garagan said, "It doesn't have to be." If an item is found to be suspicious it should be brought to the attention of the RCMP, not returned to Canada Post. This would be 'counter productive'. The RCMP will tell you what to do. The best thing to do is to isolate the item, investigate it and if you feel a serious concern contact RCMP. Washing your hands will reduce if not eliminate the possibility of infection if it is in fact an anthrax powder.

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New owners at Saffie's

by Charles Norman

Saffie's General Store at Albert Beach has been sold. The new owners, Gerry and Diane McGhie (and

Stephanie, 7) took over from Bev Urschatz Friday, October 19. Bev Urschatz had owned the store for about seven years.

Until a month or so ago the McGhies lived in Lac la Biche about two hours northwest of Edmonton where they managed a trailer court. When they decided to go into business for themselves they chose Manitoba to be close to family. Diane was raised in Winnipeg and has a brother and sister-in-law living in the city.

They will not be making many changes.

"Bev has done a good job and we want to maintain that," Diane said. Gerry said they would however, be increasing shelf space. The name will not change. Both of them said they really love the people here, and found them very friendly. Perhaps its because they themselves like people - and it shows.

Stephanie is attending Powerview School in French immersion.

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In Southern Manitoba, \$267.4 million in bonds went toward such projects as building the new Kleefeld School, a three class-room addition at Killarney School, an expanded gymnasium at Forrest Elementary and supporting the Brandon General Hospital.

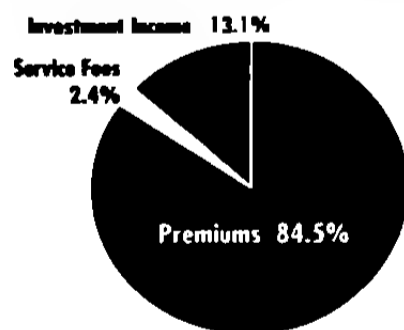
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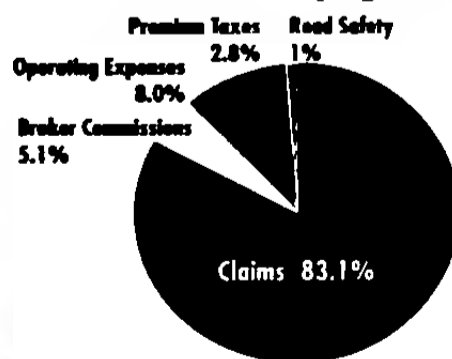
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Acsion Industries unveils innovative nuclear technology equipment

Pinawa-based Acsion Industries is a step closer to becoming a major player in the aerospace manufacturing sector through the purchase of equipment used for repairing and manufacturing composite parts for aerospace and automotive customers.

Industry, Trade and Mines Minister MaryAnn Mihychuk and Anita Neville, MP for Winnipeg South Centre, on behalf of Ron J. Duhamel,

Minister of Veterans Affairs and Secretary of State (Western Economic Diversification) joined Acsion staff last Friday in Pinawa, to view first-hand the new accelerator that will more than triple the company's ability to process composite materials.

"For more than three years, Acsion Industries moved new technology from the research and development phase to the commercial realm and they

now have emerged as one of Manitoba's most innovative companies," Mihychuk said. "Today's commissioning of the new accelerator allows Acsion to continue with their innovative work."

"To secure our continued success in the 21st Century, Canadians must be among the first to generate new knowledge and put it to use," said Minister Duhamel. "Acsion, is a recognized world leader in the field of industrial electron beam technologies, and through this upgrading they will maintain their market lead."

"Acsion has always had aggressive growth plans and we need to expand our service business to meet these plans. Purchasing a new accelerator is the next step to grow Acsion," said Chris Saunders, President of Acsion. "Our continuing partnership with both Minister Mihychuk and Minister Duhamel has been key for us and our staff are excited about growing in Pinawa and the Eastman region. We also appreciate the support that we have received from the local communities and Atomic Energy of Canada Limited."

Mihychuk said the new equipment enables Acsion to apply its unique technology

to a number of commercial uses such as producing and repairing composite and plastic components for aircraft and space vehicles. The technology has several other potential uses in industries such as textile manufacturing, health care and agri-business.

The new Canadian-built accelerator was purchased, in part, with \$750,000 from the federal and provincial governments as part of the Whiteshell Economic Development agreement. The prov-

ince's contribution is a \$375,000 repayable Manitoba Industrial Opportunities Program (MIOP) loan.

Acsion Industries was started in January 1998 to commercialize their proprietary accelerator-based technologies. Today, Acsion is considered a world expert in electron beam technologies. The company is currently in the process of obtaining federal certification to repair damaged composite aircraft components.

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Toews welcomes anti-terrorism bill Expresses concern at shortcomings

Vic Toews, Senior Justice Critic for the Canadian Alliance, recently welcomed the introduction of long-needed anti-terrorism legislation in the House of Commons. The bill reflects many recommendations made by the Canadian Alliance, such as naming of terrorist organizations, ratification of the United Nations *International Convention on the Suppression of Terrorist Financing*, and banning fundraising activities in support of terrorism.

"The bill that is being tabled is an important step forward and it certainly reflects many of the issues that the Canadian Alliance has been raising. Unfortunately, it took the very tragic events of September 11th to convince the Liberal government to move on this issue," said Toews.

Toews stated that the Canadian Alliance will be pointing out any shortcomings in this legislation in the coming days, noting that the bill does not ban membership in terrorist organizations. It also fails to deny parole to terrorists convicted of multiple murders. Toews also remarked that the legislation will be of little value if the Liberals do not provide adequate resources to our front line forces in the fight against terrorism.

The legislation also does nothing to address the perception of Canada as a safe haven for criminals. Toews said, "The Canadian Alliance has called on the government to put in place laws to ensure that terrorists are extradited promptly and without reservation to countries that respect the rule of law. This bill fails to address this serious concern."

Toews concluded, "All Canadians are entitled to live in peace and security. The government has taken some important steps today, and although we will be considering the provisions of this bill very carefully, it is imperative that this legislation moves forward as quickly as possible".

Leo Boulanger

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Keenan to represent Canada at Miss Model of the World 2001



Danielle Keenan

Canada's representative for Miss Model of the World 2001 has been named, and she is Danielle Keenan of Lac du Bonnet. Danielle will represent our great nation in this most prestigious of modelling pageants. Danielle is not a novice when it comes to pageants; she is a former Miss Teen Manitoba and

was a finalist in the 2001 Miss Teen Canada International pageant. Danielle hopes to expand her portfolio and possibly work out of the country, and this title will definitely be a step in the right direction.

The Miss Model of the World - Canada pageant is in its second year of production. Christine Boyer of Pageants North in Ontario runs it, along with many other national titles. She selected a unique approach to choose this year's winner: actual stage pageants are quite expensive, she says, and in the first few years it is very hard to find delegates. Instead, delegates were asked to send in three photos, answer a questionnaire, and complete a written interview over the internet. These pictures and answers were posted and the public was then asked to vote for their favorite delegates whom they

wanted to represent Canada. This was 50% of the final score. The interview was the other portion. Miss Model of the World is a combination of beauty, talent, personality and poise. Delegates at the international finals enjoy a week filled with touring, publicity, rehearsals and fun. The competition is in Germany in November.

Danielle will enjoy a full year's reign promoting the title, herself and the organization. She will travel around Canada and dedicate her year to charities. Her platform as Miss Teen Manitoba was Eating Disorders Awareness and Prevention, which she will continue to promote. Her focus, however, will shift to promoting positive self-image and the hazards of peer pressure. She will do so by speaking to students around the country. She will also be raising funds

to travel to the world finals in Germany. Danielle is available to do appearances all over the country. If you have an event

you would like Danielle to attend, please feel free to contact Christine Boyer of Pageants North at 705-461-3472.

Illegal trap injures feline

A resident of Lac du Bonnet attended the Lac du Bonnet RCMP detachment office October 18, with a cat and a leg trap. He noticed the cat crawling out from under his steps with the trap attached to its leg. Upon inspection the cat's leg was broken and the animal control officer was called, as the owner of the cat was unknown.

Traps of this type are ille-

gal and constitute a criminal offence under the Criminal Code of Canada of cruelty to animals. This cat was someone's pet and it is felt someone may have taken it upon themselves to trap skunks. The Town of Lac du Bonnet and Department of Natural Resources have proper humane traps for skunk control and will provide same upon request.

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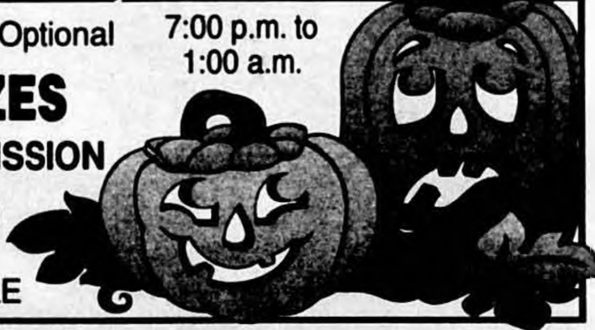
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PINE FALLS OPERATION

- ◆ Input to the development of a Draft 2002 Operating and Renewal Plan
- ◆ Input to the development of a Draft 2003 -2005 Interim Forest Stewardship Plan
- ◆ A Joint Venture Partnership with local First Nations in the development of a Forest Stewardship Company and a Sawmill Company.

DATES & LOCATIONS: Coffee and Dainties will be served

Monday, November 5	Seymourville Community Hall Seymourville, 7:00 p.m. - 9:00 p.m.
Tuesday, November 13	Manitou Lodge Pine Falls 7:00 p.m. - 9:00 p.m.
Wednesday, November 14	Lac du Bonnet Community Hall Lac du Bonnet 7:00 p.m. - 9:00 p.m.
Thursday, November 15	Place Louis Riel Winnipeg 7:00 p.m. - 9:00 p.m.
Monday, November 19	Riverton Community Hall Riverton 7:00 p.m. - 9:00 p.m.
Tuesday, November 20	Ukrainian National Home Fisher Branch 7:00 p.m. - 9:00 p.m.
Wednesday, November 21	Gypsumville Memorial Hall Gypsumville 7:00 p.m. - 9:00 p.m.
Thursday, November 22	Bissett Community Hall Bissett 7:00 p.m. - 9:00 p.m.

Taking another look at stress

by Mary Ann Haddad

"Achieve a balance in your life today, and you will enjoy harmony in the future" Let's take another look at what is stress? Here is a summary of the meaning of STRESS.

'S' stands for survival - that we are stuck with the fight or flight reaction as a natural biological action is both fortunate and unfortunate. Fortunate because it saves lives, unfortunate because it can diminish the quality of our lives by making us too tense in situations that are not life threatening.

We know that we are alive by being able to respond. Our response to life has three phases - first we are alarmed by the new stress, then we adapt to it, and

when we can no longer cope with the frequency or intensity of the situation, we become exhausted. In order to prevent burnout, all we need to do is increase our adaptive energy and reduce our tension by relaxing the muscles of our body and the thought in our mind. We can relate this to the photographer adjusting the camera lens. We can learn to cope better with events, when we fail to do so we have unwanted tension building up within ourselves.

'T' stands for tension - we feel it in our bodies when our muscles tense up like spring, particularly in our feet, hands, neck and face. Monitor and ease the build up of tension in these areas throughout the day. We feel it in the mind as anxiety. Remember the words of

Mark Twain, "I have suffered many disasters that never come to pass", and that FEAR too often stands for 'false evidence appearing real'. Try to reduce your physical and mental tension by learning how to relax.

'R' is for relaxation - the relaxation we want is a deep sense of physical and mental ease not dependent on a socially relaxed environment, somewhere comfortable such as a bed or sofa. We should try to carry this relaxation into our activities. We have forgotten how to relax. Work hard, play hard - die hard. The more over stimulated we become, the harder it becomes to relax and as a result we lose our sensitivity. By rediscovering how to relax, we regain our inner calm. When we

can't be still, we burn an incredible amount of energy.

'E' is for energy - we need energy to burn or you burn out. When we meet the energy demands of life, you can cope well and enjoy it, because everything seems to fall in place. Events and circumstances in life are expressions of energy. Try to raise your energy and elevate your life. Move away from situations that might cause disasters and drain you of your positive energy: physically - work out, exercise, to the gym, be involved in activities; emotionally - stay lovingly detached; mentally - practise dynamic stillness, peaceful calm. Regenerate your energy by becoming still inside.

'S' is for stillness - practise the technique of dynamic stillness every day. Witness your thoughts. Honor and respect your inner self through this practise. There is truth in the saying 'Silence is golden'. Carry this stillness or peacefulness into your activities, nurture it and preserve it by further practise. In an uncertain world the only real serenity you will find is in the stillness inside yourself.

'S' is for self - we have a responsibility to cope with life. It's a great time to be around, so we can make better use of our lives. As we learn to be more relaxed and increase your adaptive energy, we can afford to laugh at ourselves a little and not take life so seriously. As we walk this path



we will find our true self, and discover that the journey is destination.

'S' also stands for smile! Have a stimulating life! Consider yourself to be in the eye of the storm, contemplate the times you achieved something without struggle, without going to war with everything and everyone. Thank of the occasions when things come easily and you had the time to savor them. So often after struggle we have neither the energy nor the time to enjoy our gains. Think of the 'lucky' breaks you had the times people honored you, the times amazing coincidences occurred in your life. These are affirmations that you are heading in the right direction. If however, it's always been a battle and little bliss has come your way, then don't worry. It just may be time to adjust the lens on the camera.

Ask your Pharmacist Fitness for the health of it

Exercise to stay young

As we age we start to find that there are limitations to what we can do physically. People who are unfit start to develop limitations 20 to 25 years earlier than fit people. We also lose some of our muscle mass as we get older. Women at age 40 and men at age 60 start to lose six to eight percent of their muscle mass per decade. After two months of strength training exercise (40 minutes three times a week

including stretching and warm up) women gained one decade's worth of muscle loss and men two decades.

How much exercise?

A low fitness level is the level at which someone exercises for less than 30 minutes on most days. A moderate fitness level would be achieved by someone who was moderately active for 30 minutes on most days. This could be walking briskly for two miles daily. A high fitness level would be exercising for over 30 minutes

daily at a high intensity level.

Health Canada and the Canadian Society for Exercise Physiology suggest that we should build up to 60 minutes a day of moderate activity.

While it takes 10 to 12 weeks to improve your fitness level as measured in the gym, your healthy will start to improve after your first brisk walk. You are never too old to start.

Remember it is important to check with your physician before starting an exercise program.

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ECHOES FROM THE **Heart**

One day, when I was a freshman in high school, I saw a kid from my class was walking home from school. His name was Kyle. It looked like he was carrying all of his books. I thought to myself, "Why would anyone bring home all his books on a Friday? He must really be a nerd."

I had quite a weekend planned (parties and a football game with my friends tomorrow afternoon), so I shrugged my shoulders and went on. As I was walking, I saw a bunch of kids running toward him. They ran at him, knocking all his books out of his arms and tripping him so he landed in the dirt.

His glasses went flying, and I saw them land in the grass about ten feet from him. He looked up and I saw this terrible sadness in his eyes. My heart went out to him. So, I jogged over to him and as he crawled around looking for his glasses, and I saw a tear in his eye.

As I handed him his glasses, I said, "Those guys are jerks. They really should get lives."

He looked at me and said, "Hey thanks!" There was a big smile on his face. It was one

of those smiles that showed real gratitude. I helped him pick up his books, and asked him where he lived.

As it turned out, he lived near me, so I asked him why I had never seen him before. He said he had gone to private school before now. I would have never hung out with a private school kid before.

We talked all the way home, and I carried his books. He turned out to be a pretty cool kid. I asked him if he wanted to play football on Saturday with me and my friends. He said yes. We hung all weekend and the more I got to know Kyle, the more I liked him. And my friends thought the same of him.

Monday morning came, and there was Kyle with the huge stack of books again. I stopped him and said, "Damn boy, you are gonna really build some serious muscles with this pile of books everyday!" He just laughed and handed me half the books.

Over the next four years, Kyle and I became best friends. When we were seniors, we began to think about college. Kyle decided on Georgetown, and I was going

to Duke. I knew that we would always be friends, that the miles would never be a problem. He was going to be a doctor, and I was going for business on a football scholarship.

Kyle was valedictorian of our class. I teased him all the time about being a nerd. He had to prepare a speech for graduation. I was so glad it wasn't me having to get up there and speak.

Graduation day, I saw Kyle. He looked great. He was one of those guys that really found himself during high school. He filled out and actually looked good in glasses. He had more dates than me and all the girls loved him! Boy, sometimes I was jealous.

Today was one of those days. I could see that he was nervous about his speech. So, I smacked him on the back and said, "Hey, big guy, you'll be great!" He looked at me with one of those looks (the really grateful one) and smiled.

"Thanks," he said. As he started his speech, he cleared his throat, and began.

"Graduation is a time to thank those who helped you make it through those tough years. Your parents, your teachers, your siblings, maybe a coach... but mostly your friends. I am here to tell all of you that being a friend to someone is the best gift you can give them. I am going to

tell you a story."

I just looked at my friend with disbelief as he told the story of the first day we met. He had planned to kill himself over the weekend. He talked of how he had cleaned out his locker so his Mom wouldn't have to do it later and was carrying his stuff home. He looked hard at me and gave me a little smile.

"Thankfully, I was saved. My friend saved me from doing the unspeakable." I heard

the gasp go through the crowd as this handsome, popular boy told us all about his weakest moment. I saw his Mom and dad looking at me and smiling that same grateful smile. Not until that moment did I realize it's depth.

Never underestimate the power of your actions. With one small gesture you can change a person's life. For better or for worse.

- author unknown

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 Rd., 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 Rect., 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 #8 Glendale Avenue, Grand Marais. Mass or community service 11:30 a.m. first Sunday of November to last Sunday of April. May through October mass 10:00 a.m. Sunday.

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

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

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

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Do I need to make a will?

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.

This is a question that I am frequently asked. Some clients are under the impression that the Intestate Succession Act of Manitoba adequately covers the distribution of your assets in the event of your passing with-

out a will. In some cases, this is true, but in the majority of cases, it is not. Every time I am asked the question I am reminded of a true fact situation that occurred a number of years ago.

Jack and Jenny owned a large farm which they farmed with Bill, their only child. When Bill turned 30, they decided to transfer all their farm assets to him and retire in town in a senior's home. Bill continued farming, and two years later married Shirley. Three months later Bill and Shirley were

in a tragic motor vehicle accident. Bill was killed instantly and Shirley died a few days later in the hospital. Bill and Shirley never made a will.

Under the Intestate Succession Act, Bill's farm went to Shirley, who survived him, and when Shirley died only a few days later, the entire farm went to Shirley's parents.

Bill's parents who had worked their lifetime to acquire the farming assets, lost their farm to their daughter-in-law's parents! This is only one result that can happen if you rely entirely on the Intestate Succession Act instead of making a will.

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.

MP Vic Toews appointed to national security committee

Vic Toews, MP for Provencher and Justice Critic for the Canadian Alliance, has been appointed to an all-party sub-committee on national security struck last week in the House of Commons.

The sub-committee will oversee the operations of the Canadian Security Intelligence Committee (CSIS), the Communications Security Establishment (CSE) and the intelligence divisions of the Defence and Foreign Affairs Departments.

Kevin Sorenson, the Solicitor General Critic for the Canadian Alliance, will serve with Toews on the sub-committee.

"I feel honoured to be asked to serve on this committee," said Toews. "In a time when the national security needs of Canadians are taking on a greater priority, parliamentarians must ensure that the intelligence gathering agencies of the government are properly overseen."

Toews noted that this is

one area of government that is currently not being scrutinized, and said, "Especially in light of the new funding that is expected for CSIS and the CSE, Canadians must be assured that this money is being spent appropriately".

The sub-committee is also expected to debate the idea of creating a new, separate foreign intelligence agency for Canada. "There are several indications that the Canadian government must increase its ability to gather foreign intelligence in order to confront the terrorist threats that have recently emerged," said Toews.

"The work that is being done in Parliament now in terms of national security will have a significant effect on Canadians in the months and years to come. I am looking forward to taking on this new responsibility, and working with all members of the House to ensure that all Canadians are provided with the protection they deserve," concluded Toews.

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 Al-Aeon Group Thursday 7:30 p.m. Lac du Bonnet District Health Centre, 89 McIntosh. Call Teri 345-8712.
Lakeshore Al-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 345-2839, Ron 753-8403.
Ladies A.A. Meetings Thursdays 1:00 p.m., 18 McDermot, Pinawa. Doreen 753-8357.
Battered Women's Crisis Line 1-800-362-3344.
Lac du Bonnet Health Centre Auxiliary meets fourth Thursday of the month, Health Centre 1:30 p.m.
Lac du Bonnet Wildlife Association temporarily meets at the call of the chair. Call Peter 345-6190 for information.
New to town? Drop in to the Craft Basket on Second Street and pick up your Welcome to Lac du Bonnet gift, courtesy of the Chamber of Commerce.
Two Rivers Seniors Resource Council Inc. 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, 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 345-1958
 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 345-8664, office 345-2919
 Sunday: 11:00 a.m. - worship service
NOTRE DAME CATHOLIC CHURCH
 Father Richard Macbarr, 345-2900
 Lac du Bonnet: 5:00 p.m. - Saturday mass; 11:00 a.m. Sunday mass
 Pinawa (senior school): 9:15 a.m. - Sunday mass
ST. JOHN'S ANGLICAN CHURCH
 Rev. Brian Rountree 367-8615, church 345-2357
 Sunday: 11:30 a.m. - worship; 11:30 a.m. - first and third Sunday of each month, holy eucharist.

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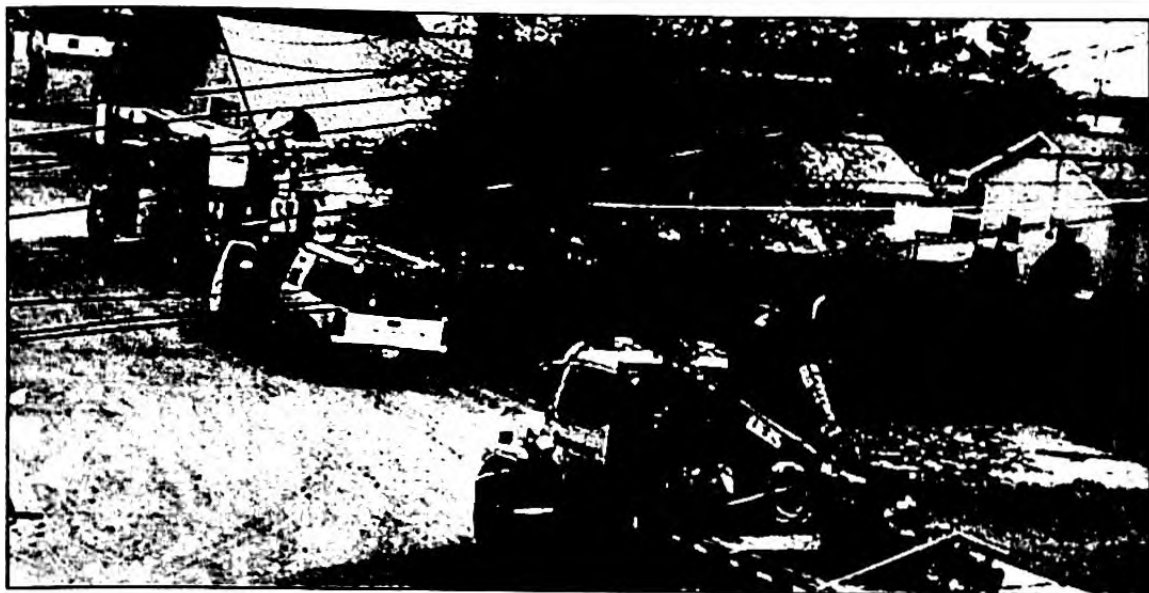
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Manitoba Hydro and Super Gas' Liquid Propane Gas Emergency Response Team were two of the many emergency departments called in to assist in the propane leak at Casey's Inn.

Propane leak causes LdB evacuation

ment also assisted with their hazardous materials truck, equipped with explosion proof fans and ducting.

The Department of Labor was scheduled to attend the scene and advise of recommendations Monday, October 22.

Charges

Although investigation is continuing RCMP have charged 33-year-old Robert Scott Richards, of Pointe du Bois, with dangerous operation of a motor vehicle, mischief over \$5,000 and failure to remain at the scene of an accident. He has been released on his own recognizance and is scheduled to appear in court December 11 in Lac du Bonnet.

Victims Services Coordinator Sue Sterling scheduled a meeting for Monday, October 22 to advise everyone involved of the situation at Casey's Inn and to provide an update as to the investigation.

Potential

Lac du Bonnet Fire Department Captain Craig Hanton said, "Our main concern was to the east towards the river."

Readings produced elevated levels of propane in the area of The Royal Bank, Carnation Corner and the Pioneer Club, including the condominiums and residences along the river.

Test monitors "at one point were getting 25% readings back there," he said. The lower explosion level limit is 2.5% but after a certain level is exceeded the possibility of explosion diminishes because the gas is too saturated. But because there was so

much fluctuation in the readings there was always a danger of the explosion level being reached. A door opening, causing ventilation or even a draft outside could create the precise explosion level if the gas was ignited.

"The potential for explosion initially was right at the scene," Hanton said. But because propane is a heavier-than-air gas and travels, it sits in pockets, crawlspaces and low to the ground and any spark in the area could have sent a series of flames back to the source.

It was quite a process Hanton said, and without the support of the provincial departments, "we wouldn't have been able to handle it."

Casey's re-opening

Fans were installed at

Casey's Saturday and ran all night. Readings were taken in the building Sunday and again Monday and eventually produced consistent readings of 0%.

The hydro has since been turned back on but Bill Juba, owner of Casey's Inn, said he didn't know when they would be reopening.

There have been room cancellations because the restaurant is not open and Juba couldn't say when the propane tank would be replaced so that they could open. They also have to deal with all the spoiled food stored in the refrigerators and freezers.

"It's a horrible mess," he said, but added there might be a possibility of the beverage room and vendor being open this weekend.

Library Corner

Lac du Bonnet Regional Library

Uncover a Mystery is the theme of this year's Canadian Children's Book Week November 3 to 10. What is more exciting than getting wrapped up in a great story and unraveling a mystery? The element of mystery in a book is what keeps children turning pages and unable to put a book down. Mystery books invite children to use problem solving and investigative skills. Canadian children's authors and illustrators are masters at weaving suspenseful mystery tales that will keep readers of all ages guessing.

We are planning to host our annual Family Storytime Thursday, November 8, with stories, games and activities that will help us to uncover a few mysteries. Our displays will introduce you to many Canadian children's authors and mystery titles for all ages! Please mark your calendar... and bring the family to storynight!

Speaking of calendars - we are assisting with the sale of the Lac du Bonnet Community Centre's beautiful cash calendars. Keep track of community events in 2002, and enjoy the pictures that take you back in time - ask about purchasing your calendar the next time you visit the library.

'Trick or Treat?' What is your child wearing for Halloween? Check our display for costume and face painting ideas. For scary, or not-so-scary stories to read to your youngsters we suggest the following: *It's Pumpkin Time!* by Zoe Hall; *Oh, Brother! Someone's Afraid of the Dark!* by Betty Birney; *Pumpkin Faces* (a glow in the dark book) by Emma Rose; *In a Scary Old House* (a life the flap book) by Harriet Ziefert; *The Happy Trick-or-Treaters* by Mary Packard; and *On Halloween Night* by Ferida Wolff and Dolores Kozielski.

The rec scene

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

Creative writing: Gerry Beime is back providing this six week course focusing on fiction, non-fiction and poetry. The class will run Tuesdays until 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!

Hallwalking: Are you finding it a little too chilly to walk outside? Don't like walking in the evenings when it is so dark out? I have the place for you! Every Monday to Friday from 4:30 to 8:30 p.m. there is hallwalking at the Lac du Bonnet Senior School hallways. No need to sign up, just drop on by! School closed Halloween night.

Ballet classes: We've had two great classes so far 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.

Step aerobics: Still running every Monday and Wednesday night from 7:00 to 8:00 p.m. at the Lac du Bonnet Senior School gym.

Craft sale: Don't miss the 21st annual Christmas craft sale Saturday, November 17 from 10:00 a.m. to 4:00 p.m. at the Lac du Bonnet Community Centre. The homemade food kitchen returns for a third straight year!

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 24
Soup, roast beef, mashed potatoes, peas and carrots, banana pudding.

Friday, October 26
Coleslaw, shepherds pie, brussel sprouts, blueberry flan cake.

Monday, October 29
Soup, roast turkey, mashed potatoes, stuffing, gravy, green beans, fruit cocktail.

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



Debt paid in full!

A debt owed by Principal Paul Magnon was paid in full recently.

A match between the Powerview varsity boys soccer team and the Powerview RCMP soccer team October 5 (which Magnon plays goalie), saw victory for the group of energetic youth.

Losing this match also meant losing a bet with the

Principal Paul Magnon.

stakes being... Magnon wearing a dress to work.

Being a man of his word,

and good natured, Magnon arrived at work in his lovely frilly attire much to the

amusement of not only the boys varsity team, but the whole school.



Powerview varsity boys soccer team.

CALL
CRIME STOPPERS
 1-800-782-8477

Lac du Bonnet RCMP detachment report



The following constitutes the Lac du Bonnet RCMP detachment report for the period of October 11 to 19.

October 11: A report was received from a resident of Beausejour of his estranged common-law wife not providing him access to his son as per the conditions of a court order.

October 12: A report was received from Pinawa of a vehicle being run into a damaged by a hit and run driver while parked on Dalhousie.

A report was received from Pinawa of a quantity of gasoline siphoned from a tank in a truck while parked at the youth centre.

A report was received of a fight in progress in the lane behind Second Street in Lac du Bonnet. Police attended and the fight was over and all were gone, however, it was subsequently learned that it was between an adult male and an underage male.

A report was received of a bear in a garage on Lake Avenue. Police attended and found that the bear had moved to a bird feeder at a different location on Lake. DNR subsequently attended and dealt with the bear.

October 13: A report was received of an adult male being at a residence at White Mud Falls in the RM of Alexander in contravention of a recognizance, and that he had also assaulted an adult female at the same location. Police attended the residence on two occasions and on the second occasion located the subject hiding in the crawl space of the residence. He was arrested, charged, and escorted in custody to the remand centre.

A report was received of a vehicle backing up into another at the corner of First Street and Park in Lac du Bonnet.

October 14: A report was received of a suspicious person in the vicinity of the condos on Johnson in Lac du Bonnet. Police patrolled the area, however, the subject was not located.

A report was received from Great Falls of an adult male threatening an adult female. Shortly after the first call was received, the adult male in question called to advise that the adult female in question was being sexually assaulted. Police attended and found that no sexual assault had taken place. The adult male in question was arrested for the threats and for being drunk in public, and lodged to sober up. No charges as per the wishes of the subject who was threatened.

A report was received of an intrusion alarm at the Pinawa highschool. Police found that this was a false alarm.

A report was received of a stray dog at a location on Cedar Street in Lac du Bonnet. Police attended as the dog catcher was not available. Dog described as a golden retriever, border collie mix and quite young. Subsequently turned over to the dog catcher.

A report was received from a residence on Lake Avenue in Lac du Bonnet, of having a pane of glass broken by a rock.

October 15: A report was received from a business in Lac du Bonnet of a worthless cheque having come back from a bank in Ontario. The subject who passed the cheque produced a Mastercard from New York

which has been found to be cancelled.

October 16: A report was received from a resident of Lac du Bonnet, hearing what sounded like a gunshot in the vicinity of Leslie Avenue. Police patrolled the area, but did not ascertain the source of the sound, nor were any further calls received.

A resident in the RM of Lac du Bonnet brought a letter to the detachment which involved a South African scam, and in which the person receiving the letter is asked to provide bank account details in order to receive the share of a large amount of money. This is similar to the more familiar Nigerian scam letters which have circulated in the area and which are also fraudulent.

A report was received from the Lac du Bonnet Senior School of underage males apparently being caught with a small quantity of hash.

A black bicycle (Blacktusk make) was turned in as found property after having been found behind a business in Lac du Bonnet.

A report was received of a suspicious vehicle in the Whiteshell Provincial Park. The vehicle was

last seen heading north towards Seven Sisters. Police patrols did not locate a vehicle matching the description.

October 17: A report was received of a break and enter in progress at a residence on Leslie Avenue. Police attended, however, could not find any evidence of an offence having taken place.

A request was received to check at a cottage at Grausdin Pointe to ascertain if a subject was at that location in order to pass on an urgent family message. Police checked the location, but no one present.

A report was received of an intrusion alarm at a business on Second Street in Lac du Bonnet. Police attended and found that it was a false alarm.

A report was received of a phone line being cut at a residence on Poplar Avenue in Great Falls, and an adult male having been seen leaving the property.

October 18: A report was received of a cat being found with its leg caught in a leg-hold trap in Lac du Bonnet.

Police stopped a vehicle in Lac du Bonnet which contained four underage females. Investigation revealed that a paint ball gun was

in the vehicle and had been used to shoot at one or more signs. The youths in question were taken home to their parents and the gun in question was destroyed as per the wishes of the father of the owner of same.

A report was received of a group of suspicious looking youth hanging around at the corner of Park Avenue and Cedar Street. Police patrolled the area, but the youth in question had departed.

A report was received from Great Falls of a battery being stolen from a truck parked at a residence on Poplar Avenue.

A report was received of a motor vehicle accident at the corner of PTH 11 and Tinant Road. Police attended and ascertained that there were no injuries.

A report was received of cattle being at large on Bruneau Road. Police attended along with the owners of the cattle and same were rounded up.

A report was received of break and enters to two cottages on Lee River Crescent. The culprits had keys to one of the premises, and identities of both are known.

Winnipeg River RCMP detachment report



Five reports of assault occurred throughout the week with two male subjects being charged.

Seven break and enters, three are still under investigation.

Two impaired drivers were charged.

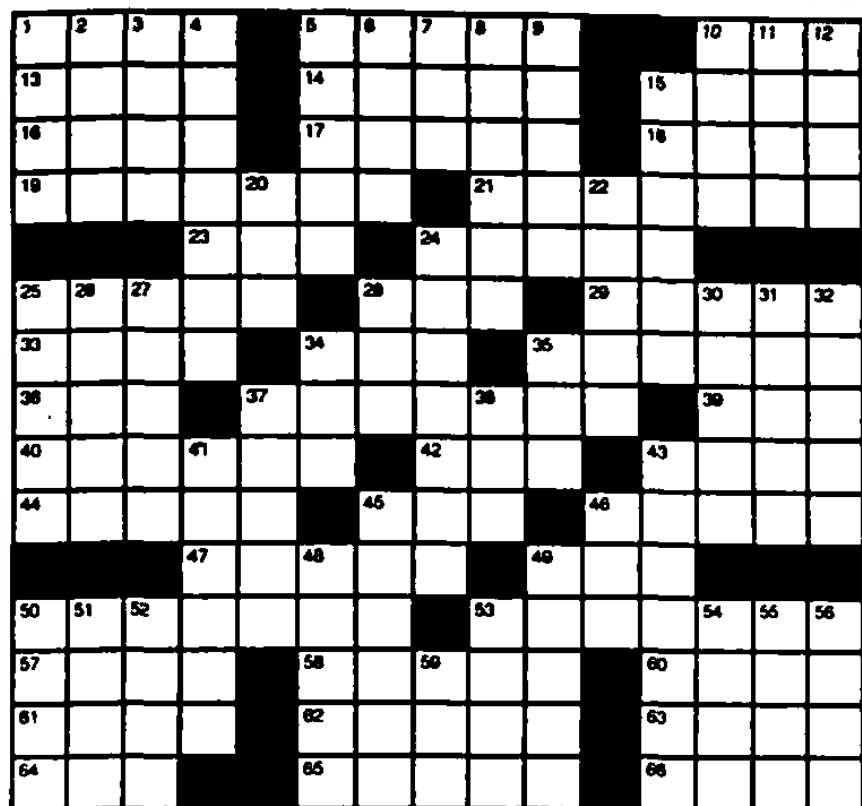
Three stolen vehicles were recovered, however damages to the vehicle were write off condition.

Again, numerous calls of assistance to the general public for loud parties, arguments and intoxicated persons causing a dis-

turbance.

Remember, if you witness a crime taking place and wish to make a report and remain anonymous please call Crime Stoppers at 1-800-782-8477.

WEEKLY CROSSWORD



ACROSS

- 1. Crate
- 5. Knife part
- 10. Mothers
- 13. Shortening
- 14. Was consumed
- 15. _____ Alto, California
- 16. Prayer ending

- 17. Capable
- 18. Sedan
- 19. Infuriates
- 21. Lecture
- 23. Follows ems
- 24. Fashion
- 25. Medial
- 28. Belonging to
- 29. Furious
- 33. Ewes' mates

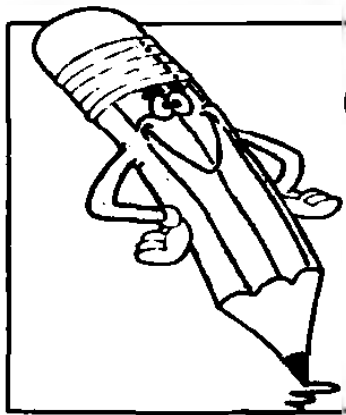
- 34. _____ in it
- 35. Menu choice
- 36. Actress Gabor
- 37. Audiences
- 39. Professional org. for Celts
- 40. Tried out
- 42. "_____ Little Indians"
- 43. German river
- 44. Defunct car
- 45. Singer Torne
- 46. Brother of Chin and namesakes
- 47. Light yellow
- 49. Precedes take and place
- 50. Estimated
- 53. Chooses
- 57. Poker stake
- 58. Utopian
- 60. Genuine
- 61. Was dishonest
- 62. Stare at
- 63. Actress _____ Ellen
- 64. City map abbrs.
- 65. Weir
- 66. Catch sight of

DOWN

- 1. Wander
- 2. _____ mater
- 3. Sow
- 4. Meditates
- 5. Lima and soya
- 6. Young men
- 7. Dined

- 8. Train stations
- 9. Register
- 10. Hawaiian island
- 11. Choir voice
- 12. Right away
- 15. Copyright
- 20. Complete
- 22. King and Alda
- 24. Beginner
- 25. Mountain crest
- 26. Gestured with hand
- 27. Gather together
- 28. Composer Gershwin
- 30. Sort out
- 31. Turncoat
- 32. Time periods
- 34. Senator Kennedy
- 35. Sea eagle
- 37. Ship parts
- 38. Slippery water creature
- 41. Aggravated
- 43. See
- 45. Interfere
- 46. Trouble
- 48. Light brown
- 49. Riot
- 50. Girls
- 51. Group
- 52. French summers
- 53. Indian dress
- 54. Letters
- 55. Heavy protector
- 56. Assassinate
- 58. Sense organ

LAST WEEK'S ANSWERS



CRYPTIC PUZZLE

"SISU PM ZNBOS NU WTS QPRTW
WQEGH ZNBVV RSW OBU NISO
PM ZNB CBLW LPW WTSQS."

-YEQH WFEPU

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

Last Week's Solution

THE ONLY PLACE WHERE SUCCESS
COMES BEFORE WORK IS IN THE
DICTIONARY.

- VIDAL SASSOON

WEEKLY ECHO HOROSCOPE

for the week of
October 22 to October 28

Aries - March 21 to April 20



Believe in yourself. Promote others' causes while leading your own quest for success. If you start working together and fight on the same side, you may just find some solutions to an old problem.

Taurus - April 21 to May 21



Your independent spirit will help you find a perfect plan for success. At work, keep productive and focused. It may be time to look for errors on your credit history. Maintain a professional demeanor.

Gemini - May 22 to June 21



Have the courage to admit what you have done is wrong. If more than one person is mad at you, consider the possibility that you are too demanding. Approach your boss about a four-day work week. He/she will likely approve.

Cancer - June 22 to July 22



You may find yourself becoming disorganized and running late for appointments. This is the right time to start a list of things that need to be done. Do not allow others to make you feel guilty about acquiring wealth.

Leo - July 23 to August 23



Excitement in the neighborhood could result in you being called a gossip. Do not pass off facts unless you have investigated them personally. You may be reluctant to talk about your latest business venture with a stranger.

Virgo - August 24 to September 22



Do not let thought-out plans be derailed by someone who thinks he/she knows it all. A financial feud could result from a simple error in math. Avoid pointing fingers. You may find solace in poetry.

Libra - September 23 to October 23



Communication with a loved one is a two-way street. You need to commit to being honest and open. At work you will likely take on a new project since it may help make your dreams come true.

Scorpio - October 24 to November 22



It is better not to put up a fight over such a trivial matter. Learn to pick your battles more wisely. People may view you as too permissive. You could be using this as a crutch so others will.

Sagittarius - November 23 to December 21



A night out on the town may be just what you need to rejuvenate your soul. A tense situation with a close friend should be put to rest by now. A young person is crying out for reassurance that he/she is loved and valued.

Capricorn - December 22 to January 20



You may offer great comfort to people who are going through a tragedy just by being there for them. If you stand firm under pressure in the workplace, you could be viewed as a role model. Trust your intuition.

Aquarius - January 21 to February 18



A loyal friend will not speak badly of you. Remember his/her dedication for future reference. At home, the more you expect from a situation, the more you may get. Family priorities take precedence.

Pisces - February 19 to March 20



Everything seems to bring you happiness this week! A successful presentation at work may bring kudos. Learn to accept compliments graciously. A family financial difficulty could finally be resolved.

Echo Classifieds

Car Stereo - Legacy car stereo w/ cd player, 100 W, brand new, call 367-9511. 22-1x

Piano - Heightmen stand-up piano, good condition, best offer, call 367-2124. 22-1x

Tractor - Bear Cat II Steiger tractor, 3208 V8 Cat deisel, call 345-6516 or 345-8027. 21-2x

Porch/deck - Insulated 10x16 porch and treated wood deck with benches, both to be attached to mobile home, \$1000 OBO, call 367-4330. 22-TFN

Fire-sole driver - one season old, tailor made Fire-Sole driver, 10 degree bubble grafite shaft, asking \$300, paid \$600 last September, call Shack at 367-8982. 21-2x

Fishing lures - make your own one piece wooden, trolling and casting lures and save big \$\$\$, Test proven. Send a self-addressed stamped envelope to Box 39007 - 1025 McPhillips Street, Winnipeg, Manitoba R2X 3B3. 22-2x

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. 11-TFN

Yard sale - outside door, alarm system, fabric, art prints. 116 Bilan Street, Lac du Bonnet, October 26 and 27. Phone 345-9622. 22-1x

In Powerview - rent to own: commercial residential property. Spacious 3 bdrm. home with business in front. House has been repainted inside and out, hardwood floors in living room and kitchen. Large treed lot. For more info call Marlene 367-2398. 22-TFN

Volunteers - volunteers needed for the Can-Am Bear Cross Country Race held February 23, 2002. Call Maurice Lavoie, race director at 367-8665. 22-1x

MARCEL VINCENT - In loving memory of our dear husband and father, Marcel Vincent, who passed away October 25, 1998.

*Leaves and flowers may wither,
The golden sun may set,
But the hearts that loved you dearly,
Are the ones that don't forget.*

Forever in our hearts,
Anita, Cory,
Natalie, Darren

MARCEL VINCENT - In loving memory of Marcel Vincent, who passed away October 25, 1998.

*Loving and kind in all his ways,
Upright and just to the end of his days,
Sincere and kind in heart and mind,
What a beautiful memory he left behind.*

Sadly missed
and remembered by
Richard, Lil and families

Thank you to family and friends for all their best wishes. Our surprise party was great.

Thank you to our daughter Lonnie, son Garnet, Clair and Janet for the great job on getting everyone together and everyone for helping. Thanks to Bostrums for the great meal and Neil Boulet for the fantastic music. Our evening will always be remembered with fondness.

Thank you to Ryan Cyr and Steven Kulyk for the speeches, which took us back to fond memories and times. We will never forget.

We will never forget any of our past and present staff and the closeness we felt to each and every one of you. Clair, who has been with us for 23 years, and kept Sonny on his toes, and the great music Janet loved to hear first thing in the morning, thank you. You will always remain in our hearts as a part of our family.

Also, thank you to George Harbottle for his kinds words and friendship.

And finally to our customers, thanks for your continued support throughout the years, we really appreciated it.

Thank you to the coffee drinkers who loyally, every morning, came in for their morning coffee and kept Sonny laughing with their jokes and good humor. And thanks to George Dodds for his method on helping Sonny catch the bears every year and Sonny who never gave up trying.

The smiles and laughter all of you gave him every day, he will not forget, for you will always remain a part of his life. Thanks everyone for everything. We will never forget any of you.

Good luck and best wishes to the new owners. They are wonderful people and we are sure you will welcome them as you did us.

Love,
Marcia and Sonny

The Winnipeg River Echo

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Not all in your head, migraine sufferer turns to pelvic girdle

Victoria chartered accountant Mark Holland has a 15-year history of debilitating migraine headaches that he'd like to leave behind and he's taken an unorthodox route to freedom from pain that involves realigning his pelvic girdle.

Holland, a genial, health-conscious 45-year-old was highly skeptical last January but is now a believer.

"This has got to do with relieving the tensions that starts in the lower pelvis and snakes up the back to the right side of the head. I would never have believed that anything to do with massage therapy would have any effect on my migraines."

The man behind the method, registered massage therapist Noel Frayne, is the first to admit that patients find the treatment strange. "Of course. Wouldn't you?" he asks.

"The hardest thing is trying to convince people that this is going to do anything for them."

Most days now, usually while eating or writing in his journal, Holland will sit on a chair and perform simple leg-bending exercises taught by Frayne in order to reinforce the ten massage therapy sessions at \$50 each that helped release long pent-up tensions.

At first, the leg exercises were "very uncomfortable," he recalls.

"Now I can do it for long periods of time." The upshot is that instead of the sickening migraines he frequently experienced, he has had two or three "shadow" headaches that do not grab hold and his last real headache on January 31. The cost is "nothing" compared to lost time as a self-employed professional downed by migraine, he adds. I started to get one April 10 and went to Noel and he took it away right away. (Before

that) I didn't get one for over two months, which was great."

He attributed the latest shadow headache to easing off on he chair exercises.

Holland doesn't believe in pharmaceutical remedies, especially after the serious reactions his sister had to them. He had some temporary success with chiropractic but came up short with traditional Chinese medicine.

Frayne, who runs the Victoria Headache Clinic, has been working on his "Frayne Chain Pattern" for 13 years, which he says can also alleviate other chronic pain such as TMJ, back, neck and shoulder pain.

The one thing that stands out in virtually everyone of 1,100 patients he has seen since 1993: A misaligned pelvic girdle that leaves the left hip rotated slightly backward and sitting higher than the right. It's something he believes goes back to development in the womb.

And until the pelvis is corrected in some people with pain, the body's "innate postural balancing influences" will continue to compensate by perpetuating the pattern of muscle tension as the body tries to adapt to the misalignment he says.

His approach counteracts the asymmetry that sends tensions from the left buttock, to the left low back, to the right mid back and between the shoulder blades on the left, to the back of the neck on the right to the front of the neck on the left.

"If you do everything but correct the pelvis, you're pumping air into a leaking tire," he says.

"Instead of doing a snap crackle and pop type of an adjustment, I show my patients how to let gravity and time retrain the pelvis."

By doing daily exercises for about an hour, "they're basi-

cally reprogramming the pelvis to line up and stay line up." On average, patients can find relief after five to eight visits in which the misalignment is corrected, he says.

Legal secretary Vikki Cupido has suffered from headaches since age 17 and also has found relief. She hopes the good results lasts.

Penny Whitfield, a school district employee involved in several car accidents, credits Frayne with alleviating "99 per cent" of her back and neck pain and the resultant headaches. Previously she spent thousands of dollars on all kinds of therapy and found no relief.

"This is so amazing. I'm just so eager for other people to be out of pain and misery. The leg dropping exercise is to the key to a lot of the problems. It just realigns the whole back and keeps you realigned."

Meanwhile, Frayne is not making a lot of headway spreading the news. Even the Migraine Association of Canada has not responded to information that he sent them.

He has developed a workshop on the modality accredited by the College of Massage Therapists of B.C. but of 45 other RMYs he has taught the procedure to, only two or three are using it: "If you're used to doing something your way, then this is quite a radical departure from what they might have been doing before," he explains. And the procedure doesn't keep patients coming back for more.

Dr. Brian Dixon-Warren, head of the alternative therapies committee of the B.C. Medical Association, just can't wrap his mind around this particular therapy.

"Our understanding is that there is no known medical basis for this connection between so-called malalignments of the pelvis and headaches. That just does not exist."

Variations in normal posture are very wide and many people have a slight difference in leg length, which can account for pelvic asymmetry, he says.

Dixon-Warren surmises the placebo effect is at work, both in the strong belief of therapist and patient that the treatment will work, the power of touch and in the "ritual" of repeating the exercises at home.

Victoria neurologist Alexander Moll is open-minded about the approach.

"There's always going to be people who suffer conditions who find a treatment outside the norm which is effective and they're often good advocates for that. I think people are quite keen to (try) things which don't involve pills. And if you don't want to take pills, then you've got to look for these other things and chances are that, if you're lucky, you may find something. But it may be along search."

But he believes the therapy would apply to muscle tension headaches by promoting good alignment more so than to true migraine.

Good posture and alignment could potentially have "a

mild beneficial effect" on managing migraine.

"But it won't cure it because you can't change their genes... It's possible and conceivable that this could help eliminate one trigger."

Lee Moss, a member of the local Heads Up Migraine Support and Management Group, tried Frayne's treatment a few years ago. "It did seem to make me feel better for a short while, however, I couldn't really afford to keep it up. And soon after that I got pregnant and my migraines have been much better since the baby was born."

The idea doesn't sound far-fetched to Moss.

"I've had migraines for 22 years and I have heard maybe 50 different theories as to what causes them, and I have personally 50 different trigger and I do know that posture is one. So I can totally see where hip misalignment could cause muscle strain all the way up and cause a whole bunch of different problems."

Noel Frayne will address the migraine group's meeting at the Eric Martin pavilion at Royal Jubilee Hospital.

Taken from the Victoria Times, by Katherine Dedina, Times Columnist, British Columbia

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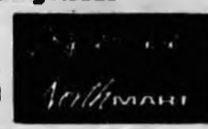
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