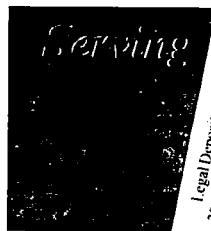


The
Winnipeg
River

Echo

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Vol. 2, No. 43

April 2, 2002

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Easter bunny hops into town

Easter Sunday proved to be an exciting day for some who were fortunate enough to spot a certain long eared fuzzy friend who shows up once a year.

The Easter bunny was seen hopping around town bringing joy and big smiles to all the kids who he visited. Once again he shared his treasured treats of chocolate eggs and candy. Kids faces were lit up with big smiles as they ran around the bunny.

One little tyke gratefully accepted his treats and ran home as fast as he could so he could share his spectacular find with his family, and tell them of his spotting the Easter Bunny. This special bunny deserves a pat on the back and a huge thanks for his kind efforts of sharing joy and happiness with others.

History of Daylight Savings Time

Daylight Savings is a plan by which all clocks are set ahead by one hour. But no change is made in the usual clock time of peoples activities. As a result, the day's work begins an hour earlier for everybody. Benjamin Franklin first proposed daylight saving in 1784. The British used it

during World War I to save fuel. The United States tried the plan in 1918. Clocks were moved up an hour on the last Sunday in March and turned back the last Sunday in October. City workers liked the saving of daylight. It gave them a longer recreation period before dark. But farmers opposed the

law, saying that it upset their work schedule. Congress repealed the law in 1919 but many cities and states continued to use it. The plan came into use again in the 1940's and many cities now use it. Clocks are usually turned back on the last Sunday in October.



Manitobans invited to sign book of condolences following the death of the Queen Mother

Press Release

Premier Gary Doer has offered condolences on behalf of Manitobans to the Queen and members of the Royal Family following the death of Her Majesty Queen Elizabeth, The Queen Mother.

"The Queen Mother has been a favourite royal in Manitoba since her first visit here in 1939, two years after her coronation. Her famous comments after the Luftwaffe decimated a wing of Buckingham Palace—"Now we can look the East End in the face"—displayed the signature grit and grace that endeared her to Manitobans and Commonwealth citizens all over the world," said Doer. "I invite Manitobans to pay their last respects by signing a book of condolence at the Legislative Building."

The public may write their messages between 8 a.m. and 8 p.m. every day until further notice. The book will be forwarded to the Royal Family.

The Queen Mother is a descendant of the Royal House of Scotland and is the widow of King George VI and the mother of Queen Elizabeth II.

The Queen Mother last visited Canada in 1989 on the 50th anniversary of her first visit to this country.

"Just a few weeks ago, we mourned the death of one of her daughters, Princess Margaret. In October, we will welcome Queen Elizabeth during the 50th anniversary of her ascension to the throne. So, as we mourn the loss of the Queen Mother, our warm relationship continues with the members of the Royal Family."



BINGO

COMBINED ACCUMULATORS

<p>Bonanza starting value this week \$900</p> <p><small>IF WIN POT STARTS AT \$800</small> Add 50% of sales on Monday. If not won, carry over total.</p> <p><small>IF WIN POT STARTS AT \$200</small> Add 30% of sales to Wednesday. If not won, carry over total plus 50% of sales to Thursday.</p>	<p>Minnie Loonie starting value this week \$4037</p> <p><small>IF WIN POT STARTS AT \$200</small> Add 30% of sales on Monday. If not won, carry over total plus 30% of sales to Thursday.</p>	<p>Lucky 7 in 20 numbers \$780</p> <p><small>POT FROZEN AT 20 NUMBERS</small> Add one # plus 30% of sales carry over on Monday. If not won, add one # plus 30% of sales carry over to Thursday.</p> <p><small>IF WIN POT STARTS AT \$200</small> in 17 numbers or less</p>
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IN CASE OF DISCREPANCY, THE LATTER WILL PREVAIL

FOR UPDATES CALL 345-8825

Knights of Columbus	Bonus Line - \$407.00*
Lac du Bonnet	Star - 230.00**
Community Centre	Loonie Pot - 00**
Specials 7:00 p.m. <small>Lot Lic. 594</small>	Toonie Pot - 247.00**
Every Monday Evening	Special "Y" - 837.00**
	Jackpot Strip - 213.00**
	Poker Flush - 1324.00**

FOR UPDATES CALL 345-8619

Lakers Ski Club	Bonus Line - \$887.00
Lac du Bonnet	Star - 304.00
Community Centre	Loonie Pot - 131.00
Specials 7:00 p.m.	Poker Flush - 8784.00
Every Thursday Evening <small>Lot Lic. 874</small>	Special "Y" - 83.00

FOR UPDATES CALL 345-6197

Royal Canadian Legion #164	Bonus Line - \$1552.00
Lac du Bonnet	Star - 00
Legion Hall	Lucky 7 - 474.00
Specials 7:00 p.m.	Poker Flush - 557.00
Every Wednesday Evening <small>Lot Lic. 463</small>	Mini Loonie - 1993.00
	#1 Loonie - 171.00
	#2 Loonie - 352.00
	Jackpot Strip - 00



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<p>Publisher Valerie Anderson Writers Charles Norman, Shawn Tester, Cindy Kellendonk Office Linda Malo Production/Art Design Lori Pachkowsky</p>	<p>SUBSCRIPTIONS Local Rate: \$34.20 National & Urban Rate: \$39.90 Foreign Rate: \$102.60 (prices include PST & GST)</p> <p style="font-size: x-small;">2nd class mail #1763AN? (Postage paid in Pine Falls)</p>
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<p>P.O. Box 550, Pine Falls, MB R0E 1M0 56 Art Street, Powerview, MB e-mail: theecho@mb.sympatico.ca</p> <p>Powerview Office Ph: 367-9468 Fax: 367-9974</p>	<p>The Winnipeg River</p> <h1 style="margin: 0;">Echo</h1> <p style="font-size: x-small;">The Echo is an independent weekly newspaper published on Tuesdays in Pine Falls and Lac du Bonnet, Manitoba. Advertising and submission deadline is Friday at 3:00 p.m. prior to Tuesday's publication.</p>
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4P Festival celebrates 25 years

Volunteers Needed

by V. Anderson

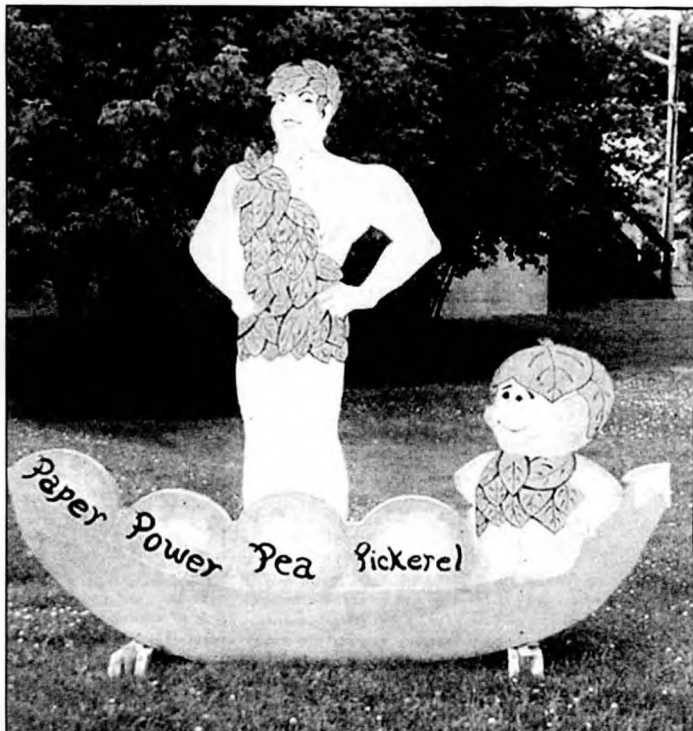
This year the 4P Festival will be celebrating their 25th anniversary. We are looking for community members to come forth and lend a hand with this year's events. Some ideas that have been presented are: Fair Grounds, Slo-pitch Tournament, Friday Night Jamboree (under the big tent) Family Pickeral Fry, Parade, Fireworks, Kids day in the Park, Market Square, Ol' Kings Western Days, Pickeral Derby, Car Derby, Mud Bogging, Dirt Bike Races, Hydro Tours, Mill Tours, Kick Boxing. As you can see there are many ideas and lots of work is needed to make this year a great success.

We are looking for volunteers to attend a meeting to start the planning of events. The meeting is slated to be held on April 11, 2002 at Powerview School at 6:00 p.m..

There are suggestions on the table right now in regards to what events people would

like to see during the Labour Day Weekend. The Friday night Jamboree was very popular last year and it is hoped that we can do this once again. The 4P Committee is looking for volunteer's who want to head up certain functions and volunteer's who just want to come and lend a hand for a few hours over the weekend. We will need help with the market square, the skatepark, the baseball tournament, the fireworks, the parade and many more events.

Last year we had a lot of people approach various committee members and say they would be willing to help out this year. So now is the time to start thinking about how you can help out your community festival. It takes many people to orchestrate a festival of this size and we need you to get involved. Call the Winnipeg River Echo and ask for Valarie or Lori at 367-9468 for further details. Hope to see you all there!



4P Festival

NEEDS YOUR HELP

We are looking for Volunteers to help with various events and to form a committee.

Please call 367-9468 if you are interested.

It takes the whole community to make the 4P weekend a success!



Aug. 29 to Sept. 2

Trans Canada Fitness Opens New Location

by Shawn Tester

Roger Bruneau first turned his love of fitness and body building into a business in Lac du Bonnet in 1997 with the opening of the first Trans Canada Fitness Centre. He then expanded Trans Canada into Pinawa in August of 1998. After acquiring property on the corner of Hwy 11 and Minnewawa Street two years ago and he began plans to consolidate the two businesses in a more complete and centrally located facility. A cold winter of construction and hard work has culminated in this beautiful new 3000 square foot facility opening on April 1st.

Bruneau has been active in the fitness industry for 20 years now. He has trained and studied under some of the best instructors in Canada, the United States and Europe on such topics as fitness theory,

anatomy, biomechanics, the older active adult, resistance training for adolescents and nutrition. Roger has been a fitness competitor from 1981-1989.

A full complement of fitness equipment includes brand names such as Pulse, Global and Life Cycle. There is also a tanning bed to help get a start on that bronze glow that we all love. The typical participant works out 2-3 times per week, but many are choosing to make their fitness workout part of a daily routine. Clients of Trans Canada Fitness can enlist expert help to construct a personal fitness and nutrition plan tailored help them achieve their goals. "sometimes I see people working very hard, but not working in the right way. That can be very ineffective" says Roger. "Proper nutrition to help repair and grow mus-

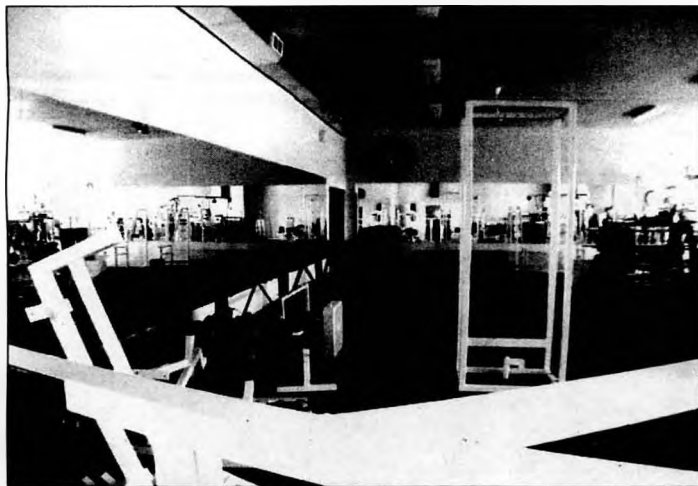


cle tissue, and knowledge of how to work out will achieve results. After that, it is a mat-

ter of dedication, and you will achieve your fitness goals".

Trans Canada Fitness will

be open for business April 1st. Call 345-2549, for your start on a new, fit you!



Laughter, is the best medicine

Courtesy of Reader's Digest
www.readersdigest.ca
-by Loree Baker

While our contractor, Bob, was busy in the living room, my two year old son, Steven, took the claw side of a hammer and gouged the new plaster around the dining-room window. Then, while Bob was fixing that, Steven escaped from the playpen and used a screwdriver on the wallboard around the living room bay window. I was dis-

tressed, but Bob was great. "I have kids of my own," he explained.

I disarmed Steven again and got him settled. When Bob and I finished the repairs we turned around and saw Steven, standing on a chair, chocolate smeared all over his face. "Steven!" I cried, "What are you into now?"

"My lunch," Bob answered ruefully.

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QUESTIONS?
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www.sicu.mb.ca

South Interlake
Credit Union Limited

Wake up and small the refuge

by Cindy Kellendonk

Remember sometime around 1991, the Provincial Government put forth a mandate to address all landfill sites that did not meet environmental regulations to be closed. Each responsible authority (municipality, village, town or LGD) was given sufficient time to assess and determine new options for their waste management sites if they fell short of the regulations by the year 2001. Depending on a variety of factors like population growth = volume, soil type and location to name a few, options meant either an upgrade of the existing site or

construction of a new landfill or transfer site.

The new regulatory landfills still meant burying the bulk of the garbage, albeit in a controlled and environmentally responsible way. Transfer sites meant a temporary location for storage of waste for eventual transport to an established environmental controlled landfill. Whatever plan was developed; each municipality faced a significant mandatory cost for meeting these regulations.

The Rural Municipality of Lac du Bonnet chose the transfer site concept using the expected rate of growth as one

of the key factors. This concept is expected to leave less of a problem for future generations in the region to inevitably deal with. While the Town of Lac du Bonnet joined forces with the LGD of Pinawa to build a new landfill site, the LGD of Alexander upgraded their existing landfill to meet the new regulations.

Hoping to address the problem of an ever-increasing volume of solid waste, each initiative has made recycling a primary focus. For example, at the Lac du Bonnet transfer site, a wagon for recyclables is made available by Environmental Options, a local company who manages this type of material. There is also a section allocated at the site for reusable furniture and other household items. Cottagers enjoy collecting treasures like old stoves, couches, bed frames and other things for their vacation home. But in spite of these types of efforts, municipalities have found waste management was, and still is a frustrating and expensive problem.

For example, the RM of Lac du Bonnet pays for every

ounce of waste that is transported. According to Marlene Watson, - LDB's Chief Administrative Officer - waste related costs have increased from roughly \$32,000.00 per year to \$152,000.00, the bulk stemming from the volume of waste. That cost reflects at least 50% of materials that should be recycled.

"Wow", I thought, that's a lot of cash. So I went to the transfer station to check it out for myself. In anticipation of my visit, the fellows who manage the transfer site surveyed 15 large garbage bags and determined that 75% of the contents were recyclable. They were very accommodat-

See WAKE UP/page 10



Lac Du Bonnet and Area Food Bank News

The food Bank received 3 sows from the Brightstone colony, 2 hogs from Bob Brincheski, 1 sow from Whiteshell colony for a total

of 1,450 pounds of meat. All was wrapped by Gabe Arbez at Dancy's facility in Lac Du Bonnet.

Gail Davey is the new Food Volunteer Co-ordinator.

We would like to inform people that we will initiate the "Grow a Row" campaign again this year. We especially want to encourage people to

grow root vegetables such as carrots, potatoes, onions and beets.

The Food Bank will promote "Tin for the Bin" in the July 1st parade. The Food Bank will also have a float in the parade.

An Annual General Meeting will be held in October with the election of officers.

Report from Legislature

Thank you very much for electing me in Lac du Bonnet Constituency. I will work hard for you to ensure that the interests in the Constituency are well looked after. I knocked on as many doors as possible during the campaign but due to time constraints, I could not speak to all constituents. I campaigned in all 55 polls in Lac du Bonnet Constitu-



ency. After consulting with most of the Municipal councils, many small businesses, farmers and residents of the Constituency, I identified many of the issues and concerns for the area. Some of the issues and concerns included Economic Development, the Amalgamation of School Divisions, Drainage, Health Care Services, Education, and Infrastructure Development such as roads, water and sewer services and Internet capabilities. I ex-

pect to champion these issues and concerns for constituents until the next general election. If you have any questions, please contact me at my Constituency Office in Beausjour at 724 Park Avenue at 268-4664.

When the Legislature is not in session I will keep regular hours every Friday at the Constituency Office. Most other days of the week, my Executive Assistant will be pleased to serve you.

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Lac du Bonnet Legion #164

WEEKLY ACTIVITIES

Open Monday to Saturday 10:00 a.m. to 10:00 p.m.

MONDAY
Table Top Curling 6:30 p.m. - Lounge

TUESDAY
Cribbage 7:00 p.m. - Lounge

WEDNESDAY
Po Ke No 2:30 p.m. - Lounge
Bingo 7:00 p.m. - Hall

THURSDAY
Darts 7:00 p.m. - Lounge

FRIDAY
Bingo 7:00 p.m. - Lounge

SATURDAY
Meat Draw 2:30 p.m. - Lounge

Happy Hour Every Day
All Members & Guests Welcome

Thank you from the Lac du Bonnet & Area Food Bank

A special thank you goes out to the following:

- Seven Sisters Baptist Church - 707 pounds of food
- Ross United Church, Whitemouth - 300 pounds of food
- Lac du Bonnet Lions (seniors dinner Christmas Party donations) \$135.00
- Steve Button - \$ donation
- Lutheran Church of the Cross \$223.02 plus chairs used in the Food Bank
- Pinawa Christian Fellowship Church - \$250.00
- Seven Sister's Stores (money jars) \$30.58
- Mrs. Lucci's Lac du Bonnet \$500.00
- RM of Lac du Bonnet \$50.00
- Pinawa Hamper & Interfaith Committee \$500.00
- AECL Professional Firefighters Association Local F-160, \$1200.00
- Joe & Rose Sloboda - \$ donation
- Roger Dutton - \$ donation
- Michael & Helen Tomlinson - \$ donation
- Bob Brincheski - 2 hogs
- Brightstone Colony - 3 sows
- Whiteshell Colony - 1 sow
- Gabe Arbez-cutting meat (hogs & sows)
- Dancy's Store (facility used for cutting meat)
- Snowpals Poker Derby - food donation
- All the people who have given money in the money jars, given food donations, and any other people I may not be aware of - but you will be thanked in the next ad on July 1, 2002.

The following food items are always needed:
Fresh milk, pork and beans, canned stews, kraft dinner, canned fruit and vegetables, instant pudding, canned pasta and pasta sauce, salmon and tuna.

⊕ Kids ⊕ Youth ⊕ Women ⊕ Men
North Eastman

Soccer Registration
2002 Season - Spring/Fall

Tuesday, April 2, Pine Falls School 6:30-8:30pm
Wednesday, April 3, Powerview School 6:30-8:30pm
Thursday, April 4, Sagkeeng Multiplex 6:30-8:30pm

Cost ranges from \$35 - \$50

Ages 4+ (born in 97 or earlier)
After the above dates, a \$10 late registration fee (per family) will apply. A late registration fee has been set to accommodate late registrations.
Monday, April 8, Powerview Arena 6:30-8:30pm

Adults:
We will take team names/rosters only at Regular Nights and determine if there is enough interest for adult teams.

Myralene Ranville invited to Italy

by Charles Norman

Sagkeeng author Myralene Ranville has been invited to Italy for the Bologna Children's Book Fair being held this year from April 10 to 13.

The Bologna Children's Book Fair is the world's premier children's book fair. It brings together children's book publishers from around the world to buy and sell publishing rights for books from other countries for publication in their own country. It is the most likely place for an author to reach to find foreign language markets.

Ranville's book *Tex*, deals with an English fox terrier,

Tex, whose brothers and sisters all become champions, but Tex does not make the grade, at least, not to the standards of Kennel Club judges. He ends up in the dog pound facing being put down. He is saved when an Ojibway woman adopts him.

The Vatican deems the book an educational parable, which could increase the book's chances of finding a Latin American Market.

The cost of going to Bologna, for air fare, hotel and meal expenses is about \$2,700. Ranville is looking for funding to assist her in making the trip.



Myralene Ranville with her book, *Tex* that she will be taking to a Children's Book Fair in Bologna, Italy

New Friends News

by Barbara Sabanski

The primary role of a Mentor is to be a friend to a youth between the ages of 6 and 14 years, who will benefit from the attention and guidance of a caring adult. The Mentors are asked to spend time each week with their Mentees and commit to at least one school year to this relationship. However, every month all the Mentors and Mentees gather for a group activity. This is a great way for the members to know who their counterparts are, share information and experiences and generally have fun.

Since program start up in September, some of these activities have been: a Halloween costume party at Centennial School in Lac du Bonnet, Christmas dinner at the Subway and making and taking home ceramic gifts from The

Studio in Lac du Bonnet, Christmas Concert in Pinawa, Glow Bowling and dinner at the Teen Centre in Lac du Bonnet, attending the EMCA Patsy Kline concert in Pinawa, volunteering at the Ice Fishing Derby in Lac du Bonnet, volunteering at Mrs. Lucci's Second Hand Store in Lac du Bonnet. This month you'll see our group gathering at the Pinawa Heritage Sundial on April 26, followed by a tour of the suspension bridge. We will end the evening at the Pinawa Teen Centre to enjoy a light meal prepared for us by the Pinawa youth. What better way to get our towns working and having fun together!

For more information on how You can make a difference in the life of one child, please call 345-2867 or 753-2406. A child is waiting!

NEWS TIPS? 367-9468

Winnipeg River
Little League Baseball
 •Volunteer •Coaches •Helpers
MEETING
 April 3rd at 8:00 p.m.
 at the Pine Falls Legion

Library Corner

Lac du Bonnet Regional Library



Get set for Kindergarten! Is your child looking forward to starting school in the fall. Rosemary Wells helps youngsters get ready to read, and to add, subtract, count, and more in her "Timothy Goes to School" series. "Her books are designed to introduce and reinforce concepts taught in kindergarten in an active, engaging way."

An interesting statistic courtesy of the National Crime Prevention Council, 1996 is that "Starting school ready to learn is the best predictor of high school graduation." The link between literacy and health issues has also been well documented. We are so fortunate to have such well stocked library shelves in a rural area, we cannot help but repeat how important it is to bring your child to the library and encourage a love of reading! Some of the children's books new to our shelves are the following:

"Ten Seeds" by Ruth Brown is a wonderful new counting book with a difference! Kids will enjoy the gardening countdown - from the planting of ten seeds and watching their progress. It's interesting to see what becomes of each one!

Two new Caillou books are worth investigating- Caillou Sleeps Over and Caillou is Sick. There is always a first time for these experiences and sometimes a not-so-brave youngster needs some reassurance!

Kids love crafts! We have a new title in the "Kids Can Do It" series. This one is all about "Making Picture Frames" by Linda Hendry and Lisa Rebnord. You can use everything from sticks and stones to jar lids and dough art to create a beautiful and unique picture frame. Your child's school picture in a new frame will make a lovely gift for a grandparent!

A special video that was

donated to the library concerns children with food allergies. "This video is designed to show children that they are not alone in having food allergies and to discuss the feelings that go along with having them. It combines the animated story of this peanut-allergic elephant with interviews of children who have food allergies." Watch this informative video with your child. Even if he does not have allergies, he will be better able to understand what it is like to be different.

A book for parents - about children - called "365 Manners kids should know" was written by Sheryl Eberly. It "gives clever and insightful advice for the myriad of situations where consideration counts, but is sometimes forgotten." It includes games, activities, and other fun ways to help children learn etiquette. Don't be embarrassed by your children's behaviour - learn practical ways to teach basic manners.

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Vic Toews, MP for Provencher

We are all indebted to police officers, correctional officers, firefighters, and emergency medical workers for their faithful and determined service to society. While, no doubt, front line emergency workers commit to serve the public with the knowledge that they are putting their own lives and safety at risk, it is the duty of Parliamentarians to protect them from unnecessary harm and to facilitate the performance of their duties through effective legislation.

The recent shootings of four police officers underscores the urgent need to protect our front line men and women. Just last month, a 28-year-old police officer was shot near Cornwall, Ontario; his bullet-resistant vest saved him during a shootout that left one person dead after a car was stopped for a traffic violation. Montreal Constable Benoit L'Ecuyer, 29, was shot and killed during a chase with a speeding car on Feb. 28, 2002. RCMP Constable Mike Templeton, 30, survived after he was shot in the face while

attempting to pull over a suspected stolen vehicle near Oakville, Manitoba, Feb. 22, 2002. RCMP Constable Dennis Strongquill, 52, was fatally shot after pursuing a stolen car in Russell, Manitoba on Dec. 20, 2001.

In many of these tragic cases, the suspects involved were either out on parole, or wanted for parole violations. Unfortunately, although our police have warned us that criminals are committing increasingly more violent and aggressive acts against police and law-abiding citizens, the top law enforcement officer in Canada, Lawrence MacAulay, has been sending them back out on the street faster than

ever. It is for this reason that my colleagues and I in the Canadian Alliance have continued to pressure the Solicitor General to end the "Club-Fed" style prisons and to keep these dangerous criminals behind bars.

Police officers are constantly in the line of fire, but paramedics, emergency room nurses and doctors, as well as Good Samaritans are also often at risk when they come to the aid of people in need. For example, under current law if a person accidentally or deliberately exposes a front line emergency worker or Good Samaritan to his or her bodily fluids, they are not required to give a blood test that would indicate to the worker what kind of risk he or she had been exposed to. Because of the lengthy incubation period for some blood-borne diseases, and the refusal of some patients and criminal suspects to offer a blood sample for testing, many emergency workers are forced to take a dangerous drug cocktail and spend months wondering if they have been infected for such diseases and Hepatitis and HIV because of their good deeds.

A bill that my colleagues and I have long supported, C-217, would allow a judge to order the taking of a blood sample from the person who had exposed the emergency worker.

Just recently, the House of Commons Justice Committee on which I serve heard witnesses from the Canadian Police Association, the Ontario Police Association, individual police officers, the International Association of Firefighters, and the Paramedic Association on the benefits

that this legislation would bring. It has now been referred to Canada's provincial Attorneys General to resolve federal-provincial jurisdiction and privacy issues. I would urge our provincial Attorney's General to support the goal of passing this bill into law before more workers and Good Samaritans suffer needlessly.

Firefighters are also in need of increased protection. One of my Canadian Alliance colleagues from British Columbia, Gurmant Grewal, recently introduced an initiative that would expand the definition of first-degree murder to include the death of a firefighter acting in the line of duty in the case of deliberate arson. This would allow Parliament to emphasize the seriousness of such a destructive crime, provide a significant disincentive to those who would commit such acts, and give firefighters additional protection in their dangerous occupation.

Police officers, correctional firefighters, and emergency medical workers provide invaluable services to our society. While their lives are neither more nor less valuable than those of ordinary citizens, the nature of their professions require an increased level of protection. It is important to acknowledge their service by enshrining this protection in law.

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 or in Altona at 204-324-9709 or in Lac du Bonnet at 204-345-9762. You may write me at Box 2470, Steinbach, MB R0A 2A0, by fax at 204-346-9874 or by e-mail at toews.v@mts.net

Recreation Ramblings

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

Self hypnoist for personal development make-up class

Due to Easter Monday, the make up class for that day will be on Tuesday, April 2/02 at the LdBSS Library at 7:30pm.

Minor baseball

Anyone ages 6 to 15 years of age interested in playing Baseball can contact Elgin Smith at 345 8047.

TBall and Soccer update

Children ages 4 and Up can register for this program and will be divided into their own group if numbers permit.

Scholarship

Applications are now being accepted for the Manitoba

Foundation of Sport Scholarship. Applications may be obtained on the Sport Manitoba website at www.sport.mb.ca Application deadline is April 30/02. Scholarships for students going into 1st year university as well as those entering 2nd year in 2002-2003.

Wednesday night slo-pitch league in LdB

Haven't played for a while? Not into the mixed league? Wanna go out and play ball with other women? Here's your chance. For more info contact Connie Dancyt.

Soccer for kids registration - you can still register

Spring is coming soon and for children ages 5 and up that means SOCCER!. Forms may be picked up at Elementary Schools and the Rec offices. 2 adult coaches per team required! For more info contact the Rec office at 345 8816/753 2639.

Cardio Kick Boxing - now running

Kim Ogren has an awesome program going and you too, can be a part of it! This session will commence on April 3 to June 26 (Wednesdays 6:15 - 7:15 p.m. and Sundays from 5:30 - 6:30 p.m., at the Pinawa Community Centre) we have CARDIO KICK BOXING. Interested? Call the Rec office to sign up! Drop in fee also available. And remember, when Kim loses count when you're out exercising with her

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It's the Law

by Gerald Hawranik, Q.C.

How the laws have changed

Gerald C. Hawranik, Q.C. 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.

Laws are constantly changing. In Canada, enacted laws are generally made by each Provincial Legislature, and by the Federal Government. In addition, all Canadian Courts make new laws when they make decisions on cases. Many people are not aware that Courts make law, but in fact, most laws to which we are subject are in fact Judge-made laws.

Laws have changed a great deal over time. On November 25, 1908, Winnipeg police arrested five men for playing cards and checkers on Sunday (shocking). We often think that Marijuana is a relatively new

drug and it is a relatively new law that prohibits its use, but on November 18, 1925, high school students were reported to be using marijuana found growing wild in Kansas. Did you know that failing to tether your horse and allowing your sheep to run unrestrained in the streets of downtown Saskatoon are still serious offences? Even though technology and societies have changed, obviously some laws have not changed.

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.

Pine Falls Golf Club news

submitted

The new golf season is fast upon us. Local enthusiasts are eagerly awaiting the green grass and can already hear the click of a solid hit "right down the middle."

Pine Falls Golf Club is proud to announce our new management team. Carol Hutchison is our new Manager of Golf Services and will be in the pro shop as soon as

weather permits. Carol has a solid record of business experience and dealing with customers. Her aim is to ensure that golfing on our lovely course will be a first-class experience every time you play.

Karl Hutchison will be returning as Superintendent and will continue to maintain the course in the condition to which members and visitors have come to expect or he will

be in deep trouble.

The club is also very pleased to announce that our new Food and Beverage Service Manager is Verna Edmonds. Verna intends to make our clubhouse a "must stop" destination for good food, good service and Verna promises that our customers will not go away disappointed. Our clubhouse will be open as soon as weather permits.

Ask your Pharmacist

Cholesterol and heart disease

If you have high blood cholesterol, you are more likely to have a heart attack or stroke.

What is Cholesterol?

Cholesterol is a waxy fat substance that is present in your blood and in your body's cells. Your body needs cholesterol to work properly. But too much can cause fatty deposits (plaque) to build up on your arteries and block the flow of blood. If arteries are blocked, a heart attack or stroke can occur.

Most (80%) of the cholesterol in your body is made by the liver. The rest comes from cholesterol in foods you eat. Only foods with animal fat (e.g. meat, seafood, cheese)

contain cholesterol. Foods from plants (e.g. fruits, vegetables, grains, nuts) do not.

How can cholesterol be both "good" and "bad"?

Lipoproteins carry cholesterol through your blood. There are two types: low density lipoproteins (LDL) and high density lipoproteins (HDL). LDL is the "bad" cholesterol because it clogs up your arteries. HDL is "good" because it takes the bad cholesterol away from blood vessels.

Understanding cholesterol levels

You want the level of your good cholesterol to be high and your bad cholesterol to be low. You can't feel it if your LDL-cholesterol is high - you'll need a blood test to measure it.

How can I control my cholesterol?

Diet is the key! Your liver makes cholesterol from all the fats you eat. It is important that you reduce the total amount of fat you eat not just foods with

cholesterol.

Eat a low fat diet (no more than 30% of daily calories) eat less meat and saturated fats. Cook with little or no fat, choose low fat foods.

Eat more vegetables, fruits, whole grains, cereals and legumes.

Lose weight if you are overweight - extra weight can lower your HDL.

If you smoke, quit - smoking increases LDL and decreases HDL levels.

Cholesterol-lowering medications

For some people, changing what they eat and staying active are not always enough. Your doctor might prescribe a medicine to lower cholesterol. Discuss with your doctor and pharmacist how to take it and what side effects you might expect. Medicines work best with a healthy lifestyle - you will still need to follow a low fat diet and stay active.

For further information contact your local pharmacy.

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Pine Falls Celebration 2002

by: Iris Rountree

Celebration 2002: 75 years of papermaking, and more! is really going to happen! The essentials are in place, and now we can look at refining, developing and getting involved. Remember, everyone who cares to come will be welcome here during those days, and inquires are coming in from around the world.

Celebration 2002 has been noted with the companies Branch of Consumer Affairs Department. That means we are recognized as a non-profit organization (non-profits receive notation business names get registered) We have applied to Manitoba Culture Heritage and Tourism for a grant to begin "collecting our history." When the idea for the Celebration arose, people were

quick to offer photos and other print material for electronic scanning. This means that permanent record of precious images and records will be available in the future. If the proposal is accepted, there will be funding to try to collect this memorabilia in a deliberate way, to catalogue and organize it. We expect to hear from government in a month or so. If we are successful, then a small committee will have to be struck to support the work of the project over the summer. That's one volunteer opportunity to think about.

Community members have responded to the concepts of saving the historic photographs, and we thank among others Lorne Finkbeiner, Donald Sharpe, Bill and

See PINE FALLS/page 11



One of the early trains in Pine Falls.

You can renew old acquaintances at Celebration 2002



by George Bayly

Here it is February and the August

celebration and reunion is about six months away. The word will be spreading quickly to former residents across the country and as a result we hope to see old friends with whom we once worked or attended school. I'm sure that you, like myself, have lost track of many former residents of the area, and are hoping that they will hear of the summer festivities and show up for the celebration.

Here, in no particular order, are more names that I have thought of during the past few weeks. Whatever happened to Anita Horvath, Teddy and

Pamela French, Mr. George Sadler, teacher and Pine Falls School Principal during the 40s and 50s, David Miller, George and Muriel Morris who lived at the Bayly house for several months, Con Howe, former Company Forester, RaeAnn Gretsinger, Murray Munsie, Art Ganchow who became a bush pilot in the Eastman Region, Roland Cyr, Julia and Mary Dudka, Ethel Hoffman, high school teacher in the 40s and 50s, Richard and Merle (Gardiner) Craig, Sandy Sellers whose Father Frank was the High School basketball coach in the late 40s and early 50s, Andy, Lorna, and Eileen Allison (Tom's brother and sisters), Helen Shutze, and Janice Nixon whose father was the Town Fire Chief.

Where are Doug and Ian Lauchlan, sons of Scotty and Laura Lauchlan? Ian and I played many a game of street hockey under the street lights on Cedar street. Whatever happened to Judy Bundy, daughter of Mr. and Mrs. D. Bundy, Mr. and Mrs. Charlie Metherell and son Ian, Barry Simpson, Billy Patterson, Ron Rowe, son of the late Art Land, former Pine Falls Golf Pro and championship winner.

Brock Bartlett, after retiring as Woods manager in 1986, moved with wife Lenore to their retirement home at Sundridge, Ontario, but we are not certain as to the whereabouts of their three sons, David, Gordon, and Tommy. And where are the Laporte girls, Marie, Elaine, and Lorraine? Danny Mundy, son of Mr. Cy

Mundy, another former Woods Manager, was the lead guitarist and singer of our local Rock n' Roll band in the 60s. We hear that he lives up in northern Manitoba. Don Munro (Mill Manager 1966 - 1978) and wife Nora had seven children: Pat, David, Marg, Audrey, Jean, Clark, and Susan. Maybe we'll see them this summer.

Many engineers have passed through the town over the years, some staying only for a year or two. Some names I remember are Bruce Ede, John Gerrie, who was one of my bosses when I worked in the lab, Al Chisholm, Denis Hosfield and Mr. and Mrs. Jack Williams who had two children, Andy and Nancy. Mr. Jim Papoe was assistant Mill Manager during the 1960s.

Iris Rountree had a call from Mrs. Clara Bracken to tell her that son Jack was living and working in Revelstoke, BC. It's nice to get those updates and hopefully we'll get more of them. My old schoolfriend, Laird Irvine, the son of the late Mr. and Mrs. John Irvine, is the town Administrator in McBride, BC. His father was the Employment Supervisor for the Paper Company for many years and his grandfather was C.C. Irvine, Abitibi's first Mill manager in Pine Falls from 1926 to 1945.

Lime people in the Winnipeg River area have already donated old photographs, which will be added to those which are being gathered for the creation of a digital collection of historical photographs. Keep up the good work!

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ECHOES FROM THE **Heart** Marbles

by Author Unknown
During the waning years of the depression in a small southeastern Idaho community, I used to stop by Brother Miller's roadside stand for farm-fresh produce as the season made it available. Food and money were still extremely scarce and bartering was used, extensively.

One particular day Brother Miller was bagging some early potatoes for me. I noticed a small boy, delicate of bone and

feature, ragged but clean, hungrily appraising a basket of freshly picked greenpeas. I paid for my potatoes but was also drawn to the display of fresh green peas. I am a pushover for creamed peas and new potatoes. Pondering the peas I couldn't help overhearing the conversation between Brother Miller and the ragged boy next to me.

"Hello Barry, how are you today?"
"H'lo, Mr. Miller. Fine,

thank ya. Jus' admirin' them peas - sure look good."

"They are good, Barry. How's your Ma?"

"Fine. Gittin' stronger alla'time."

"Good. Anything I can help you with?"

"No, Sir. Jus' admirin' them peas."

"Would you like to take some home?"

"No, Sir. Got nuthin' to pay for 'em with."

"Well, what have you to trade me for some of those peas?"

"All I got's my prize aggie - best law around here."

"Is that right? Let me see it."

"Here 'tis. She's a dandy."

"I can see that. Hmmm, only thing is this one is blue and I sort of go for red. Do you have a red one like this at home?"

"Not 'zackley -- but, almost."

"Tell you what. Take this sack of peas home with you and next trip this way let me look at that red law."

"Sure will. Thanks, Mr. Miller."

Mrs. Miller, who had been standing nearby, came over to help me. With a smile she said:

"There are two other boys like him in our community -- all three are in very poor circum-

stances. Jim just loves to bargain with them for peas, apples, tomatoes or whatever. When they come back with their red marbles, and they always do, he decides he doesn't like red after all and he sends them home with a bag of produce for a green marble or an orange one, perhaps."

I left the stand, smiling to myself, impressed with this man. A short time later I moved to Utah but I never forgot the story of this man and the boys -- and their bartering.

Several years went by each more rapid than the previous one. Just recently I had occasion to visit some old friends in that Idaho community and while I was there learned that Brother Miller had died.

They were having his viewing that evening and knowing my friends wanted to go, I agreed to accompany them.

Upon our arrival at the mortuary we fell into line to meet the relatives of the deceased and to offer whatever words of comfort we could. Ahead of us in line were three young men. One was in an army uniform and the other two wore short haircuts, dark suits and white shirts obviously potential or returned Mormon missionaries.

They approached Sister

Miller, standing smiling and composed, by her husband's casket. Each of the young men hugged her, kissed her on the cheek, spoke briefly with her and moved on to the casket. Her misty light blue eyes followed them as, one by one, each young man stopped briefly and placed his own warm hand over the cold pale hand in the casket.

Each left the mortuary, awkwardly, wiping his eyes. Our turn came to meet Sister Miller. I told her who I was and mentioned the story she had told me about the marbles. Eyes glistening she took my hand and led me to the casket.

"This is an amazing coincidence," she said. "Those three young men, that just left, were the boys I told you about. They just told me how they appreciated the things Jim 'traded' them. Now, at last, when Jim could not change his mind about color or size...they came to pay their debt."

We've never had a great deal of the wealth of this world," she confided, "but, right now, Jim would consider himself the richest man in Idaho." With loving gentleness she lifted the lifeless fingers of her deceased husband. Resting underneath were three, magnificently shiny, red marbles.

Lac du Bonnet Community Billboard

Health Concerns? Guest speakers on homeopathy and ear candling, Monday, December 3, 7:00 p.m. in Lac du Bonnet. Call 268-3235 to book your seat.

Cooking for better health: Lose weight, gain energy and prevent illness. Classes begin for every five people registered. Cindy Reimann, certified in nutrition, call 268-2168.

Lac du Bonnet Pioneer Club Bake Sale: Saturday, November 24, 10:00 a.m. to 12:00 noon.

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

Silt 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 the 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 All-Asia Group Thursday 7:30 p.m. Lac du Bonnet District Health Centre, 89 McInosh. Call Teri 345-8712.

Lakeshore All-Teen Group For further information, Phone Kathie 367-8237 (evenings), Vickie 345-6520 (days).

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 Seafarers Resource Council Inc. Call Pat at the Lac du Bonnet office, Health Centre at 345-1227 or 348-4610. Services: driver escort, lifeline 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, Beausejour, Whittemouth, Oakbank, Hadashville.

Little Day Beddies 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.

Agassiz Horticultural Society meeting every 2nd Tuesday of the month, except January, July & August. Centennial School, 7:00 p.m. All gardeners welcome.

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/office 345-8654

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

NOIRE DAME CATHOLIC CHURCH

Father Richard Macburn, 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 Rountrie 367-8615, church 345-2357

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

Wake up and smell the refuge

from page 5

ing in my refuge-seeking venture and led me to the solid waste bin where I found that in fact, more than 50% of recycling material was thrown in with solid waste. There was even one large bag where someone had actually gone to the effort of separating soft drink cans, but threw it in with the household waste anyway. With all the information and advertising about recycling these past years, I was truly surprised to learn how much

is still not being done.

So I went out and spoke to a number of residents to get their view on the matter. I found that few it seems are happy with the changes and quite eagerly expressed their disapproval of the increased waste management costs. Interestingly, most of those who held this view did little, if any recycling. I discovered many hold a common perception of "I pay enough taxes, don't expect me to do their jobs too." In more rural areas, many resi-

dents felt justified in that since they did not have the benefit of roadside pickup service, they did not believe they were required to participate in any form of recycling.

The residents I spoke to who do recycle, make it an ongoing effort to be environmentally responsible and are relatively happy with the changes. In fact, the only significant dissatisfaction amongst the "recyclers" was that they would like to see stronger enforcement of recycling initiatives. All however, were pleased with the fact that when they arrive at the gate, they see a clean facility where they no longer choke on the smell or have to bat away wind whipped refuge.

Whatever economies or reasons drove each municipality to their new waste management practices, the bottom line is that they were obligated to address a serious issue generated by each member of the community.

The fact is, recycling doesn't cost, it saves money. To date, the residents of Lac du Bonnet are one of the few rural municipalities left who enjoy a limit free system. But beware; unless residents take more ownership of their garbage and recycle, they could be facing an additional fee if an imposed bag limit is exceeded. And you know what, the only ones to blame will be themselves.

Next week, follow up with what you can do to recycle.

Winnipeg River

Little League Baseball

REGISTRATION

April 9 & 11
6:00 p.m. 8:00 p.m.
at Powerview Arena

\$30 per player

Ages 4, 5, & 6 - T-Ball League
Ages 7 - Toss Ball League
Ages 8 & 9 - Mosquito
Ages 10 & 11 - Mosquito
Ages 12 & 13 - Mosquito
Ages 14 & 15 - Mosquito
Ages 16 & 17 - Mosquito

Rec Report



by Jay Seymour - Rec Director
367-9142, email: pineview@hotmail.com

Archery The Winnipeg

River Bowhunters will be giving introductory archery lessons for adults starting in April. An intermediate program for those archers that have their own equipment will also be held on the same night.

Sessions will be held on Tuesdays and Thursdays starting April 4th. 7:00 p.m. for adult beginners and 8:00 p.m. for Intermediate

The club would like to invite all former members and archers in the area to a "tune up your equipment session". Bring your old equipment and have it tuned up, repaired and properly fitted. If you would like to receive some shooting tips or instruction we have two Canadian Champions and fully certified coaches in the club that can help you out. Tune up sessions will be every Tuesday and Thursday in April starting at 9:00 p.m. The Winnipeg

River Bowhunters have one of the best archery facilities in the province. For more info call Tom Paukovic at 367-8798.

Pool exercises

Mornings 9:00 a.m.-1:00 p.m. Monday to Friday, Evenings 4:00-9:00 p.m. Sunday to Thursday, please phone the papertown for more info

Proposal Writing class

March 28 at the Powerview school open to any youth (12-29) sponsored by the Métis youth of Manitoba call Jeremy Carlson at 367-2123

Yoga

Relax, Renew, and Heal with Yoga Classes begin Wednesday March 27, 7:30-9:00 p.m teacher: Ken Phillips call him at 367-4390.

Baseball

Registration takes place on April 9&11 at the Powerview arena from 6:00 p.m. to 8:00 p.m. baseball umpire clinic is April 20 for more info please call me at the rec office.

Great Gray Owl

Many owl sightings are once again being called into the *Echo*. We have even had Snowy Owl sightings reported.

The Great Gray Owl is the largest owl in North America. It has been known to be over 33 inches (84 cm) long from its head to its tail. This massive owl has a large round head with an enormous pale facial disc. Surrounding its yellow eyes are concentric circles. Its beak is light, and it has a black chin spot just above two white feathered mustaches. It lacks ear tufts. This owl's head and back are mottled gray with brown. Underneath, it is barred dusky gray.

Having a very deep call, the Great Gray Owl makes an irregular series of booming whoops each one lower in pitch. Its call sometimes sounds like whooo, hoo, hoo. Occasionally this owl also makes a single deep whoo.

This raptor lays 2 to 5 white eggs in an abandoned nest. It will usually use a hawk's or crow's nest, and it prefers to

be at the top of a tall pine tree or on a cliff side.

The Great Gray Owl is a Northern raptor found in the taigas, but it does not usually go as far north as the Hawk Owl. This large raptor lives in the bogs and forests of Canada.

This owl has commonly been seen from Alaska to Ontario Canada. It has also been found from British Columbia to the Western United States, but this raptor stays at high elevations in the Sierra Nevada and Rocky mountain ranges. The Great Gray Owl likes the

cold and therefore stays in the far North or at high elevations.

Typically hunting during late afternoon, the Great Gray Owl searches alpine meadows, conifer forests, and bogs for prey. variety of animals from mammals to avians.

Like most northern owls the Great Gray has a remarkably small body surrounded by a deep mass of feathers. In fact, it is these feathers that provide the owl with insulation and protects the owl from the harsh cold. This raptor, like the Hawk Owl, is well suited for its rugged frigid environment.



Pine Falls Celebrations

from page 9

Marion Sharpe, Bob Seguin, Anne Cavers, Clayton Farmer, Janice Knutson, and even John Beatty from Vancouver Island. Scanning is on hold for the moment but will resume soon, we expect. Remember, someone's photos of stages of development of their home, or a public building, are actually history.

The showcase event will be the dinner and dance on Saturday evening, August 3 and the Pine Falls Ol' Kings deserve mega thanks for their willingness to completely manage this event. They offered their experience, skill and service to give visitors and local folks an excellent evening. They have arranged for the band Free Ride to provide music that bridges generations of popular music, and we can count on a wonderful evening. Dianne Bostrom of Manigotogan has agreed to cater the buffet dinner. We have arranged for a professional photographer to attend, and she will take photo-portraits for a reasonable fee.

The Golden Leisure Club will be the site of registration on Thursday evening and Friday during the day, and the members will provide refreshments during that time. On Saturday, the Pine Falls United Church will offer a place for people to drop in for a chat and

a sit down, not far from the market mall (convened by Dee Sparrow) and Walk Through Time at the school. Planners appreciate the willingness of these groups to provide a hospitable setting for visiting, and more.

The Ol' Kings, Golden Leisure Club and United Church are groups already involved. Dee Sparrow, George "Joe" Bayly, Karen Taylor, Marilyn Manson King, Neil Shave, Bill & Monique Earle and others have committed to help in different ways. If we want to see more activities, then more people are welcome to participate.

Room remains for broadening the range of activities for the weekend, limited only by the degree of participation the community wishes. If someone would like to see children's events, that is possible. What any concept needs is people who can see themselves engaging the cooperation of some friends to plan. Iris Rountree and people at the Townsite will be happy to work with groups who want to see their ideas become part of the weekend.

Here is a menu for potential added activities. All they need is keen people to "motor" them. "Build, Bail & Sail" novelty regatta, Show & Shine for cars, boats, motorcycles, costume party for the children,

Old-time woods, camp skill competitions, Baseball/slo pitch tournament, Swimming Carnival, Gospel Jamboree, Old fashioned, dress-up garden party (wear hat and gloves), Build a paper bridge competition, Resurrect the Kindergarten Rhythm Band, Map the town-who lived in every house, choose a decade(dress the theme), and Fashion Parade from the decades(who still has poodle skirts).

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Winnipeg River RCMP detachment report



March 16: Powerview R.C.M.P. were called to a domestic dispute in Powerview. Members attended no assault took place and argument was settled.

March 17: The Band Constable from Little Black River requested assistance from Powerview R.C.M.P. as he was attending at a residence and someone was intoxicated and causing problems. The call was later cancelled as the person had gone to bed.

At 7:27 a.m. a female from Seymourville called stating her 19 year old son had punched a hole in the wall when drinking with friends. She initially wanted him removed but decided against it as he settled down and was going to bed.

A mother from Hollow Water called at 5:25 a.m. stating her 14 year old daughter had been assaulted. Member attended and the male that had hit her was arrested and

charged.

Call received at 8:03 a.m. from a female at a party stating she had just been assaulted. Members attended and the male was arrested at the party.

At 8:05 a.m. a female from Fort Alexander called stating her husband had just assaulted her. Members attended but husband was gone. He was later located, arrested and charged.

Call received at 7:00 p.m. regarding two fishermen who were late coming home from Wallace Lake. They were located and were all fine.

At 7:40 p.m. a resident from Pine Falls called stating his home had been broken into and culprits had stolen some liquor.

March 19: An employee of Tembec attended our office to report a hit and run while he was parked at the wood lot.

If anyone is aware of this incident, please advise our office.

March 20: Call received at 7:00 p.m. from a male stating another male was threatening to beat him up. He wanted members to speak with the other male. Members attended and spoke with him. No charges laid.

March 21: Members assisted Child and Family Services in notifying the parents that CFS would be apprehending their 12 year old daughter. At 5:20 p.m. call received from someone in the Town-site that a dog was trying to bite her. Members attended and spoke with the owner.

March 22: At 1:40 p.m. R.C.M.P. were advised of a car on fire at the corner Hwy 59 & 11. It was the delivery man for the Winnipeg Sun Newspaper. The Victoria Beach Fire Department attended and extinguished the fire.

At 9:45 call

received from a mom that her 15 year old daughter had not returned home. Members attended at the residence she was at and returned her home.

March 23: At 4:00 a.m. call received from a male that he had been assaulted while at a party and he doesn't know who assaulted him. File is still under investigation.

At 7:30 a.m. alarm received at the Pine Falls Liquor Store. A male was lodged at 4:03 p.m. for Breach of Peace.

March 25: At 9:00 a.m. a gentleman from 17 Mardrey Bay called stating his cottage had been broken into. All valuables had been removed prior to locking up for the winter, therefore nothing appeared to have been stolen.

At 11:00 p.m. another call from a resident in Pine Falls regarding a Break Enter and

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 756-2586.
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.
P.A.A.: 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 Service: transportation, home maintenance, first care, volunteer help, info.
Family Care Giver Support Group: at the United Church, Pine Falls, last Thursday of the month 7:00 p.m.
AA & Al-Anon - The Beaches family group: Thursday 8:00 p.m., Senior Scene, Victoria Beach, 1 Atch Road 756-8018 or 756-2101.
Happy Tots Day Care 367-2601: board meetings last Monday of each month 7:00 p.m. at the daycare
Senior Scene Inc. #1 Atch Rd., Victoria Beach: General meetings second Tuesday of the month, 756-6468 for more info.
Mental Illness Support Group: meets second Wednesday of the month 7:00 p.m. Wings of Power office.
Beaches HELP Centre (seniors service): 756-6471, Wednesday 1:00 to 4:00 p.m., Friday 10:00 a.m. to 1:00 p.m.
Powerview Parent Advisory Council: meets first Thursday of every month
Great Falls Hall workers - Tuesdays and Thursdays: from 10:00 to 11:00 a.m.
Pine Falls Library: open 3:00 p.m. to 5:00 p.m. Monday and Thursday.

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

Winnipeg River Church Services

NOTRE DAME DU LAUS: Powerview - Saturday evening 7:30 p.m. (English), Sunday 10:00 a.m. (English); Stead - Sunday 12:00 noon.
EINE FALLS UNITED CHURCH: Sunday service 11:00 a.m. Bonita E. Garrett, Minister, Church 367-2633 or Cell 754-7220. Everyone Welcome.
EINE FALLS ANGLICAN CHURCH OF THE ADVENT: Ph 367-8347 Rector, the Rev. Brian Rountree. Sunday Service at 9:00 a.m.
ST. THERESA'S: Masses at Notre Dame du Laus.
ST. GEORGES: Mass Sunday at 8:00 a.m. and 10:00 a.m.
ST. JUDE'S ANGLICAN CHURCH: Grand Marais, Holy Eucharist - second and fourth Sundays, 11:00 a.m. Morning prayer 11:00 a.m. - first, third and fifth Sundays.
TRINITY EVANGELICAL LUTHERAN CHURCH: Thalberg, 1 mile east and 1 mile south of Junction #12 and #304. St. John's Evangelical Lutheran Church, Greenwood on Hwy. #12, 1/2 mile 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, Scantisbury, 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 10:00 a.m.
ST. THERESA R.C. MISSION: 88 Glenvale Avenue, Grand Marais. Mass 12:00 noon 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 Gowdy for information 367-2531.

Lac du Bonnet RCMP report



March 22
 a report of a two vehicle non-injury motor vehicle accident on Harbourview in the R.M. of Lac du Bonnet. Both vehicles had gone their separate ways subsequent to the accident.

A report of an adult male being at a location in Whitemouth while his estranged spouse was present, in contravention of a Court Order.

A report of a black duffle bag containing clothing and children's toys being lost in the Lac du Bonnet area.

March 23
 A report of an adult male having left a store in the Town of Lac du Bonnet without paying for an item. The identity of the subject was confirmed and follow-up was done by the Police.

A report was received of a breach of the peace at a residence on Elm Street in the Town of Lac du Bonnet. Police attended and arrested an

adult male and lodged him to sober up.

A report from a resident of the R.M. of Lac du Bonnet of receiving threats over the telephone from a resident of Selkirk.

March 24
 A report of an injured moose along PR 315 in the R.M. of Alexander. Police attended and dispatched the animal.

A report was received of a Motion Detector having been activated at a business in the R.M. of Lac du Bonnet. Police attended and found all to be secure.

March 26
 A report was received from a resident of the R.M. of Lac du Bonnet receiving a series of hang-up telephone calls.

A report from Great Falls of an adult male having assaulted an adult female and being in possession of two knives. The subject was arrested while driving on PTH #11 in the R.M. of Lac du Bonnet and subsequently released for court.

March 27

A report of an unknown subject opening the skirting on the crawl-space of a cottage on Otter Drive in the R.M. of Alexander, allowing the pipes to freeze. This took place since the 1st of February.

A report was received of an audible alarm sounding at a business premises in the R.M. of Lac du Bonnet, with an orange coloured vehicle noted to be driving away. Police responded and ascertained that there had not been a break and enter.

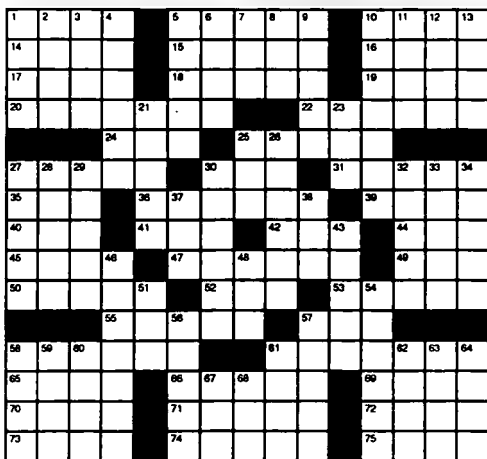
March 28

A report was received from a resident of the R.M. of Lac du Bonnet of having received a request over the Internet to forward banking information to the Republic of Benin. This is a scam which is similar to the more well known "Nigerian Scam" letter and is to be avoided at all costs. Information should never be supplied on such a request.

If you have any information and want to remain anonymous to any of the above crimes, please call CRIMESTOPPERS at 1-800-782-8477

CRIME STOPPERS

WEEKLY CROSSWORD



- 41. Allow
 - 42. Help
 - 44. Witticism
 - 45. ___the Red
 - 47. Cleaning tool
 - 49. Mao___Tung
 - 50. Nut
 - 52. Digit
 - 53. Pale
 - 55. Heaped
 - 57. Investigation agency
 - 58. Not male
 - 61. Slavery
 - 65. Bedouin
 - 66. ___High Dam
 - 69. Trickle
 - 70. Little brook
 - 71. River in France
 - 72. Rule the page
 - 73. Allot
 - 74. Strong tasting
 - 75. Alleviate
- 9. Cloth for jeans
 - 10. Kindles
 - 11. Margarine
 - 12. Mae ___
 - 13. Picnic pests
 - 21. Of the nose
 - 23. Not bright
 - 25. Summer drink
 - 26. Give
 - 27. Wool producers
 - 28. Riches
 - 29. Storage room
 - 30. Shrewd
 - 32. Profoundness
 - 33. Entertain
 - 34. Bedding
 - 37. ___of roses
 - 38. Cravat
 - 43. Draw off
 - 46. Competent
 - 48. Grass
 - 51. Nothing
 - 54. Cowboy's seat
 - 56. Smallest amount
 - 57. ___ Island, NY
 - 58. Agricultural land
 - 59. Cleveland's lake
 - 60. Ale
 - 61. Big ___ theory
 - 62. Operatic solo
 - 63. Cotton seed removers
 - 64. Fencing sword
 - 67. Large body of water
 - 68. Be victorious

ACROSS

- 1. Mormon State
- 5. Subdued attackers
- 10. Mid-West state
- 14. Irritate
- 15. Make happy
- 16. ___Campbell, singer
- 17. Toothed wheel
- 18. Ran again
- 19. Bird's home
- 20. Fundamental
- 22. Nincompoops
- 24. Wide inlet
- 25. Confess
- 27. Kills
- 30. Fuss
- 31. Reward
- 35. Crude house
- 36. Not present
- 39. Large truck
- 40. Outer (comb.)

DOWN

- 1. Egg on
- 2. Knots
- 3. Cry of sorrow
- 4. At this moment
- 5. Forgiveness
- 6. Toward shelter
- 7. Auto
- 8. Airport information (abbr.)

ECHO Trivia

• There are more than 2,500 mushroom varieties grown in the world today.

• The stepped sides of the mammoth pyramids were once smooth and not climbable. They were originally covered with a casing of fine, dressed limestone. Over the eons, the casing stones were stripped off the pyramids and used for other building projects.

• Margaret Higgins Sanger, the birth-control pioneer, was one of eleven children.

LAST WEEK'S ANSWERS



CRYPTIC PUZZLE

X AYB XCV CZ A DU UYYE QZEEZF; RGA
 PXBF SYBFU RBGDUZ APZ PZXBA YH
 X VPDJF.

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

THOSE WHO WEEP RECOVER MORE QUICKLY THAN THOSE WHO SMILE.

- JEAN GIRAUDOUX

WEEKLY ECHO HOROSCOPE

for the week of April 1 to April 7

Aries - March 21 to April 20

You need to look for ways to save your time and energy. Organizing ideas and goals is a first step. And you have to get rid of that extra baggage you're dragging around. It's bringing you down and affecting the way you treat others.



Taurus - April 21 to May 21

You may be at work physically, but your mind is off in a tropical paradise. Hey, why not plan to really go there? You have vacation time saved, use it. You deserve it. Tempers may flare at home this week, so watch what you say.



Gemini - May 22 to June 21

A close friend could be headed for trouble. Be a good friend and lend him/her your support. If he/she asks for advice, be helpful, but don't lecture. A special occasion at work could be very valuable to you, but just remember to be yourself.



Cancer - June 22 to July 22

You just may be surprised with some financial support from an unlikely source. First, use the money wisely. Then make sure you understand the reasoning behind the support, and don't take for granted that more is on the way.



Leo - July 23 to August 23

Yes, it's your favorite time of year... tax time. If you've kept good records, it shouldn't be a problem to get those forms done. If your records are in disarray, you need professional help. Call right now for an appointment. April 15 is almost here.



Virgo - August 24 to September 22

Have fun and romance been in short supply for you recently? This is the week to do something about it! Why not plan a special evening for a special person? Start with a romantic dinner. Then go to a movie or an art gallery opening.



Libra - September 23 to October 23

Every year, you let your taxes go to the last minute. You've done it again, haven't you? Don't you think it's time for you to break this pattern? Old habits die hard, but you can set new goals for yourself and stick to them.



Scorpio - October 24 to November 22

It's time to stand firm and say "No!" to some extra work. Just because someone else didn't meet expectations and deadlines, that shouldn't mean you have to pick up the slack. Be prepared to deal with a no-win situation at home.



Sagittarius - November 23 to December 21

Just remember, once you get your taxes done, you can celebrate! That should be incentive enough for you not to wait until April 15. Get them done today. Plan something for Saturday. It's been awhile since you've gotten together with friends.



Capricorn - December 22 to January 20

This week, changes are in the cards for you. But there is good news. Those changes should help you keep your mind off problems at home. Don't back off your new exercise regime. It will help you feel better about yourself and those around you.



Aquarius - January 21 to February 18

Have you finished your taxes or have an appointment with an accountant? You had better get on it. Make it your goal to get a head start on tax season next year. Don't forget that you promised a close friend some help this weekend.



Pisces - February 19 to March 20

Tax time approacheth. Are you ready? In your best interest and for your own peace of mind, it would be best if you didn't wait until the last minute this year. Get going and get your taxes done. Family time is important this week.



Echo Classifieds

For Rent

Apartments for Rent - One bedroom apartment for rent in Powerview. New paint, new carpet, new counter top, preferably a non-smoker, for rental application call 367-4922 after 6:00 p.m. 25-TFN

House for Rent - Large Lot, many trees, 3 Bedroom house, 1 mile South of Lac du Bonnet. "Grass cutting" included in rent price. Call 345-8733. 23-TFN

Commercial Space for rent, for more information call Peter at the Manitou Lodge at 367-2252. 21-14

Miscellaneous

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

For Sale

St Georges - 2 Bedroom single level dwelling in St. Georges, 677 sq. ft. Exterior and roof recently renovated, appliances included, asking \$35,000 OBO, call 367-8634 or 367-8522. 24-TFN

House for Sale - 1144 sq. ft. double lot. Spacious 3 Bedroom bungalow, completely remodeled, (1999) central vac, new windows, carpets, cupboards, all new appliances, fridge, stove, washer/dryer, dishwasher. To view call 367-4922 or 367-4137. 23-TFN

Snowmobiles - 1997 Arctic Cat ZR440, Can Am X-country racer, only 297 miles, race ready, mint condition, \$4500 Firm, Call 268-1450 ask for Peter. 26-TFN

16 Maple Street, Pine Falls, 2 storey, approximately 1500 sq. ft. 3 Bedrooms, 1 1/2 bath, fireplace, large family room, covered deck, fenced back yard, double garage, large corner lot, priced to sell \$89,900. Call 345-9788. 42-34

1997 Nissan Maxima SE, Loaded, power heated leather seats, Bose CD stereo, 3.0 Ltr, V6, Bra, Excellent Condition, \$16,500, owner needs a truck. Call Steve at 367-9572. 43-14

Province releases findings on Northern transportation access

New Strategies to Address Remote Community Access Issues

New strategies to promote economic development and address the unique transportation needs of several Northern Manitoba communities were announced today by Transportation and Government Services Minister Steve Ashton.

The strategies are the result of public consultations held in Pikwitonei, Thicket Portage, Shamattawa, York Landing, Ilford and Pukatawagan in 2001 as part of the province's Northern Development Strategy. These consultations looked at affordable options for improving access to northern and remote communities not accessible by all-weather roads.

The short-term strategies reflect the individual transportation needs of each community. They include upgrading existing winter and forestry roads, exploring enhanced rail and ferry services, constructing new roads and building permanent bridges at key river crossings. A major recommen-

dation resulting from the consultations was to realign some winter roads in preparation for future all-weather road construction.

"Many of our northern communities do not have reliable access to our transportation network and are left out of potential social and economic development opportunities," said Ashton. "We sought community input to arrive at cost-effective long-term and short-term solutions to their transportation concerns. The increasing unreliability of winter roads due to global climate change means we need to consider options sooner rather than later. These recommendations provide some viable strategies that may meet community needs."

The long-term recommendations suggest the construction of all-weather roads, where feasible, to provide the greatest transportation and economic benefits to the communities. The province will be reviewing the existing winter road system to incorporate proposed routes for all-weather roads, reducing costs

on the future construction of permanent roads. This includes undertaking route selection and functional design studies for some of the communities.

Preliminary studies show that the lack of all-weather highways results in significantly higher transportation costs. This leads to a lower quality of life and health, and higher living costs for remote communities compared to those connected to the provincial highway system.

There are currently 37 communities in Manitoba with approximately 34,000 residents lacking all-weather road access. These communities rely on various combinations of air, marine, rail and winter road services.

"While these short-term strategies will greatly improve community access, Manitoba's pursuit of permanent routes must continue over the long term with the support of adequate federal funding to offset our resource shortages," said Ashton.

Further information or copies of the report are available by contacting Dave Barham, Manitoba Transportation and Government Services, 204-945-3678.

Is your subscription due?
Renew Today!
ONLY \$30.00/plus tax
 56 Art Street, Powerview
Powerview PHONE 367-9468, FAX 367-9974

RM of Alexander PUBLIC HEARING NOTICE

PUBLIC NOTICE is hereby given pursuant to subsection 162(2) of the Municipal Act that the Council of the R.M. of Alexander intends to present its financial plan for the fiscal year 2002 at a public hearing in the Council Chambers of the R.M. of Alexander on the 22nd day of April, 2002 at 11:00 a.m. Council will hear any person who wishes to make a representation, ask questions, or register an objection to the financial plan, as provided.

A copy of the financial plan is available for review and may be examined by any person during the regular office hours of the Municipality at #16 on Highway #11 in St. Georges, Manitoba.

Dated this 26th day of March, 2002.

R.M. Blanchette
 Chief Administrative Officer
 R.M. of Alexander

Grand Pines Golf Course PUBLIC NOTICE

Public Notice is hereby given that Grand Pines Golf Course intends to conduct the following pesticide control program during the 2002 season between April 15 and November 15.

1. to control weeds - Par 3 and Round-Up
2. to control diseases to turf - Par Ex 12-2-12, Quintozene wp, Daconil 2787, Rovral green, and Alette WDG.

The public may send written submission within 15 days of the publication of this notice to:

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

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, April 3:
 Soup, swiss steak, mashed potatoes, green beans, boiled raisin cake.

Friday, April 5:
 Soup, tuna casserole, mixed vegetables, banana cream pie.

Monday, April 8:
 Soup, cranberry chicken cutlet, rice, celery and carrots, pudding.

Winnipeg River Echo

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Call us at 367-9468
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DEADLINE FOR CLASSIFIED ADVERTISING FRIDAY 3:00 P.M.
 Your community newspaper

Easter warmed over Recreation

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

It's happened again. The Easter Bunny has gone back into hibernation and refused to package up all of the leftover hard-cooked eggs, roasted ham, and fancy breads to take with him. What are you going to do with all of those leftover bits and pieces from yesterday's Easter feast? Following are some suggestions:

Eggs
 It's no surprise that hard-cooked eggs would lead off the list of Easter leftovers. What family doesn't have at least a dozen pastel-colored Easter eggs rolling around the refrigerator? Thankfully, there are dozens of recipes (and they aren't all potato salad!) that call for hard-cooked eggs! Try a spinach salad, strata or deviled eggs.

Bread
 Feeling overwhelmed by the overflowing breadbox? Let me introduce you to your new best friends: crostini and creative croutons. Crostini is oven-toasted and seasoned

bread that goes perfectly with either a hearty bowl of soup, vegetable salsa, or a spontaneous dip! Croutons made out of traditional breads top a salad beautifully, while crumbled croutons made out of sweet breads (hot cross bun leftovers, anyone?) are excellent for sprinkling over ice cream or for laying a pie crust's crunchy foundation. You can also try making a good old-fashioned bread pudding.

Potatoes
 If you're lucky enough to have leftover potatoes, you are in for a treat. Hashbrowns, potato bread and potato soup will be a treat for the whole family.

Try this:
Easter Leftovers Casserole
 "This recipe combines leftover ham and mashed potatoes with cheese, garlic, and vegetables to make a delicious casserole the whole family will love."

- Ingredients**
- 12 potatoes, cubed
 - 1/2 cup milk
 - 2 cups cooked ham, cubed
 - 1 clove garlic, minced
 - 1 (10.75 ounce) can condensed cream of mushroom soup
 - 6 tablespoons butter, divided
 - 1 egg
 - 1 teaspoon dried parsley
 - 1 cup Cheddar cheese, shredded

- Directions**
- 1 Bring a large pot of salted water to a boil. Add potatoes and cook until tender, about 20 minutes. Drain and mash with 1/4 cup of the butter and milk.
 - 2 Preheat oven to 350 degrees F (175 degrees C).
 - 3 Combine mashed potatoes, ham, garlic, mushroom soup, butter, egg and parsley in mixing bowl. Transfer mixture to greased casserole dish and bake for 20 minutes. Sprinkle with cheddar cheese and bake an additional 15 minutes or until cheese is melted.

Serves 6.
 Cook Time: 35 minutes.

Ramblings

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

from page 7
 and she asks you how many you've done... the right answer is always 20.

Recreational fishing league for youth

This local program, for youth ages 9-15 years is sponsored by the Lac du Bonnet Wildlife Association. Season runs from May 20 to June 24, 1 day per week. For more information contact the Rec office at 345 8816 or 753 2639. Opportunities for a LdB and Pinawa Program. This program is run in conjunction with the Manitoba Wildlife Federation and Manitoba Conservation (Fisheries Branch).

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? Roads a little bit icy? I have the place for you! Every Monday to Friday from 4:30 - 8:30pm there is Hallwalking in the LdB Senior School hallways. No need to sign up - just drop on by! (School closed on Halloween night). And in PINAWA you can walk the quad around the Library/Community Centre at Pinawa Secondary School weekdays from 3:35 p.m. - 8:00 p.m.

RWB - Lac du Bonnet Satellite program recital update

The date of our recital, marking the end to our "rookie season" of the Royal Winnipeg Ballet Satellite Program will be on Saturday, April 20 from 1:00 - 3:00 p.m. at the Lac du Bonnet Senior School Gym.

RCMP Report

from page 12
 Theft.

March 26: At 9:10 p.m. members assisted Lac du Bonnet Detachment on a domestic dispute in Great Falls.

At 2:00 p.m. police received a call that her two foster boys had run away. They were later located by her niece.

A house fire in Seymourville occurred at 8:30 p.m. Everyone escaped without injuries. Cause of fire was electrical.

Information received at 11:00 p.m. regarding drugs being transported. Members stop vehicle on Hwy 59 and two males were charged for Possession of a Controlled Substance.

March 28: At 8:30 a.m. a report of mischief was received to the Pine Falls School.

9:00 a.m. Report of a Break Enter and Theft in Powerview. Culprits stole two cell phones out of vehicles which were

parked in the garage. 9:30 a.m. report of mischief to three vehicles parked at a garage.

Police request that if you have any information that might assist police with any of the above noted incidents, or any other criminal matter, you are asked to call the Winnipeg River Detachment of the R.C.M.P. at either 367-2222 or 754-2300. If you would like to remain anonymous you can call Manitoba Crime Stoppers toll free at 1-800-782-8477

NEWS TIPS - 367-9468

BUSINESS DIRECTORY

LIBERTY TAX SERVICE
 Income Tax Services
 Bookkeeping Services
 Open Monday - Friday, 9-5
Sandi Duval
 Franchise Owner
 23 Pine Falls Ave. Pine Falls

Your business Here.
 Call 367-9468

SUBWAY
 98 Third Street, Lac du Bonnet
 Phone: 345 6100
 NEW WINTER HOURS:
 OPEN Sunday to Thursday 9 a.m. to 9 p.m.
 Friday to Saturday 9 a.m. to 11 p.m.

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 Denise Fenez
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 Powerview, MB R0E 1M0
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 toll free: 1-866-269-8099
 email: dfenez@mts.net

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 Powerview - phone 367-9468, fax 367-9974
 Box 550, Pine Falls, MB R0E 1M0

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\$4.50
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DD's Audio Video Services Ltd.
 Get Bell ExpressVu... digital satellite for television viewing and internet connection or
 For business... get DirecWay for fast 2-Way High Speed Internet using no phone lines.
Contact Don at 367-8323
dishman@sympatico.ca

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Mon to Fri. 10 am - 5 pm - Sat. 10 am - 3 pm

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