

The
Winnipeg
River

Echo



Serials Dept.
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Winnipeg, MB
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Vol. 3, No. 1

September 24, 2002

\$1.00 tax included

The bears came back

The female bear and her three cubs that were immobilized, tagged, and shipped to Sandy River as reported in last week's *Echo* have returned to Pine Falls.

Conservation Officer Farrah Anderson said they had travelled forty miles in four days. She said that while it was reasonable for an adult bear to travel that fast it was very unusual for a bear with three cubs to be able to move that quickly. She suspected that the bear had a den somewhere in the Pine Falls area and needed to get back. She was concerned that they would need more food to make up for the energy used on the journey and the fact that they must have had very little time to eat on the way.

The family of four, with pink tags on their ears, was seen in the area of the Pine Falls Hospital Sunday, and behind the Anglican church on Monday. On Monday, Anderson tried to get them to move out of town with a noise maker and a fire cracker. The - very loud - noise maker certainly startled them. Two of the cubs, very rapidly, climbed one tree and the mother and the third cub scrambled up another. After a lengthy wait for the bears to climb down the fire cracker persuaded them to move on. They passed between some houses, across the Village Green and into the brush towards the golf course.

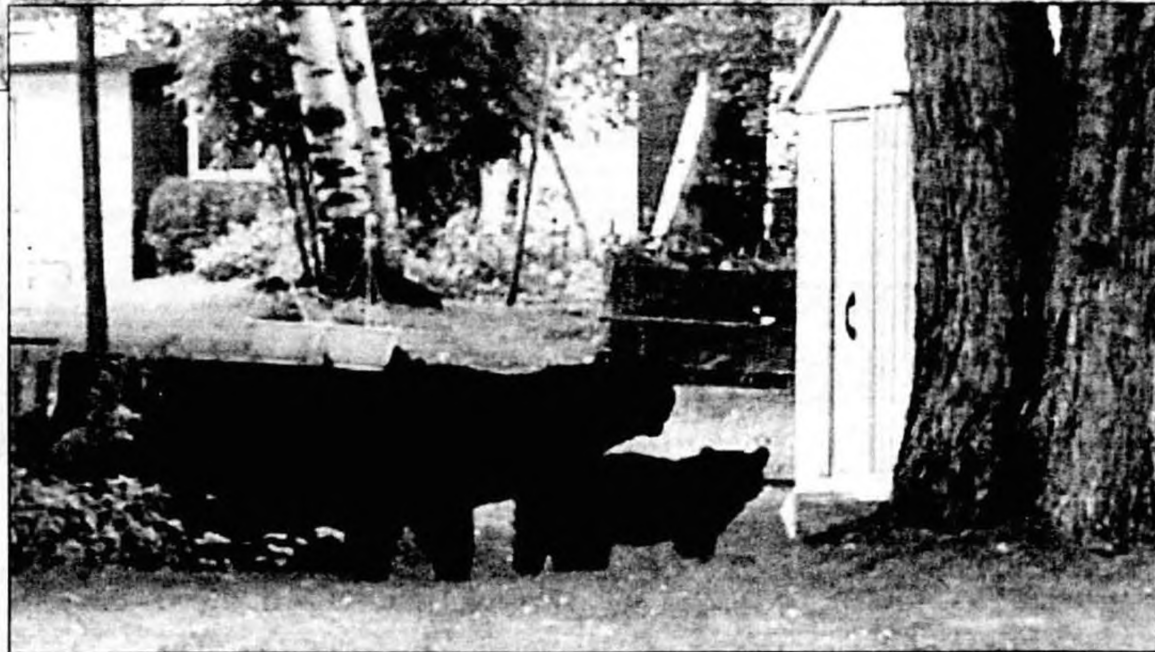
Commenting on the need for caution around bears, (On



Top: After a forty mile trek, this little cub still has enough energy to climb a tree.

Right: Mother bear with one of her three cubs. The tags on the ears are clearly visible.

Saturday an Ambulance worker outside the ambulance headquarters was seen feeding a cub by hand), Anderson said, "unfortunately many people don't realize they are still wild animals and have to be treated with respect".



Election 2002

Ian Cyr running for Mayor of Powerview

Powerview Mayor Henry Ostrowski will not win an uncontested race in next months municipal elections. Ian Cyr will be challenging him this time around.

Ostrowski won by acclamation four years ago.

Cyr said many people had asked him to run. He said it is an important time for the community with the joining with

Pine Falls. Commenting on the wide range of options for municipal government in the region, he said the people themselves should decide. "Right now everybody is in the dark." He said "Give the people all the information they need and let them decide."

"I'm looking to the future." He said. "I'm looking at ten years from now. If we don't do something soon we are

going to get stuck in a rut."

So far, Alan Tardiff is not running for council this year. Two challengers council, Michelle Bruneau and Bev Dube, have announced their intention to run. At least one other person has taken out nomination papers.

Doug Neal going for R.M. Reeve

This week Doug Neal will be checking to see how much

support he has in a bid for the position of Reeve of the RM of Alexander.

Neal said he did not like the way the hog barn or Grand Beach Entertainment issues were handled. He said the council is not open and accessible and that he thought that the council had not done all they can in lobbying to get school taxes taken off property.

No elections in Pine Falls

Pine Falls Administrator, Angela Enright told *The Echo* Monday that there would be no elections for council this year.

She said that according to the Municipal Act Advisory Committees do not have to have elections until they have served a full term (ie four years).

Motorcycle Derby Fund-raiser

Coordinator's Maurice Lavoie and Brad Fountain got together to organize a motorcycle derby fund-raiser in support of Angel Bouvier-Sveistrup on Saturday, September 21.

This past year Angel who is from St. Georges, Manitoba was diagnosed with Leukemia, and an extensive treatment is being given to Angel to help her combat this disease. The people in her immediate and surrounding communities have come together to lend Angel and her family their support and prayers for her recovery.

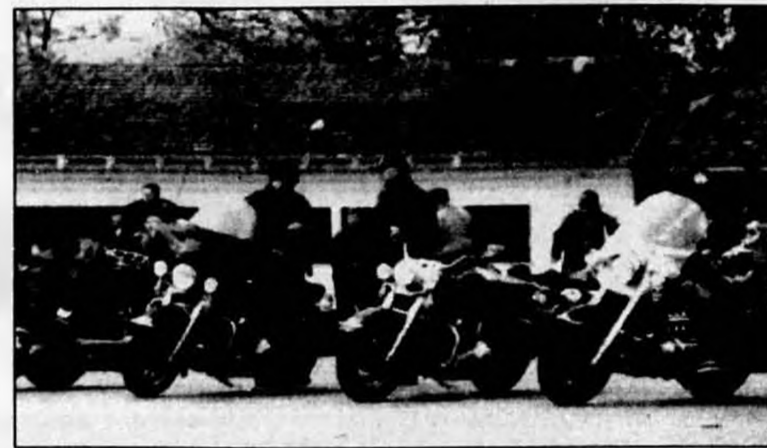
The derby had thirty one motorcycles and approximately 45 riders. There were sixty one poker hands purchased and played in the derby.

The derby run started in Powerview and riders met at Clark's Corner and rode to the beaches, check stopped at the Birchwood, and went on towards Selkirk and check stopped at Skinner's, then on towards Beausejour to Seddon's Corner, then through to Pinawa, and then homeward bound back to Powerview. The route was about 250 kilometres in total.

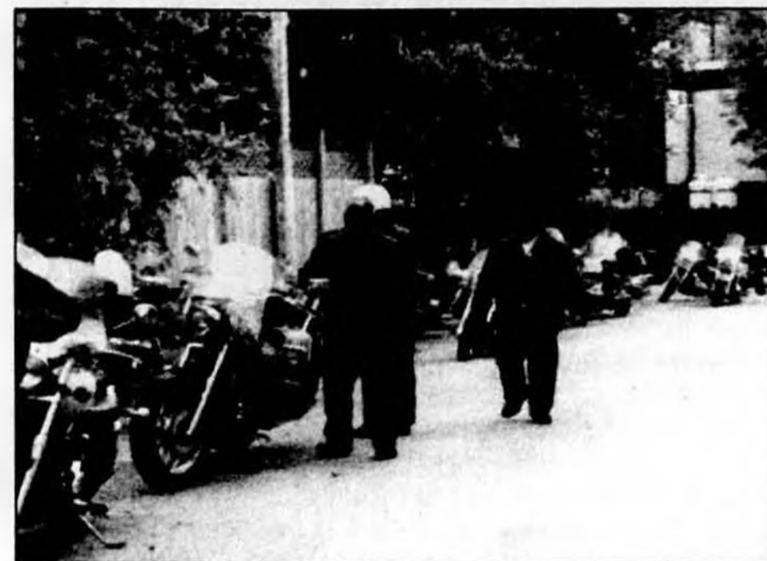
Paul Barnard who was a silent rider, won first place with a poker hand of four Kings, and won \$250. Willie Lavoie, who was a rider came in second and won \$130 for his hand of three queens. Bill Lavalle came in third and won \$100 for his hand of three nines. Winner's of the derby generously donated their winnings

back into the fund-raising pot. At the check stop in Pinawa, the hotel owners conducted a raffle and raised \$130. Hats off to the winners, the participants and volunteers who so generously gave of their time and money.

A total of \$1,249.60 was raised and will be donated to the Angel Bouvier-Sveistrup fund. "The weather was not the best, but despite the rain and hail we had a good turnout and the event was a real success," said Lavoie. "Bridgette Lavoie one of the riders deserves a special mention for jumping back on her saddle after a spill on the highway due to it being covered with hail. Everybody had a good time and enjoyed being able to lend a helping hand."



Derby participants arrive at the second checkpoint at Skinner's in Lockport



First checkpoint was set up at the Birchwood Motor Inn

Pine Falls Badminton Club

2002-03 season begins on Wednesday, September 25
Where: Pine Falls School Gym (use entrance by the pool)
When: Wednesday and Sunday Evenings
Time: 7:00pm to 9:00pm
Who: Ages 14 to Silver Tipped Seniors
Cost: \$25.00 per person or \$45.00 per couple
Instruction: Free - available upon request.
More information: Ginette Vincent 367-8244
Leitha Fraser 367-8247.
All new players are welcome - come out and give it a try!
All regular players welcome back.



Sewage spill into Red River impacts Lake Winnipeg

Release
The Red River sewage spill reported today will add to Lake Winnipeg's problems. Few Manitobans fully realize the extent to which Lake Winnipeg has changed over the last decade. There have been dramatic increases in phytoplankton and algal blooms in the last few years. Winnipeg's Red River flow

directly impacts the lake. "Where is the province?" asks Jon Gerrard, Liberal Leader of the Manitoba Liberal Party. "There needs to be a better provincial approach to ensuring that all municipalities including the City of Winnipeg are doing a better job of managing its river systems. So far the province has had a hands-off approach to the City of

Winnipeg. There needs to be legally enforceable standards. Manitoba is behind North Dakota, Alberta and Saskatchewan when it comes to setting standards and enforcement." Jon Gerrard said, "There has been wide spread concern about hog farms and septic fields and yet when the City of Winnipeg has a massive spill of raw sewage in the Red River there has been a complete failure of the province to get involved to ensure that these major problems don't occur."

I am concerned about Manitoba's waterways and that is precisely one of the reasons why I have invited Robert F. Kennedy Jr. to come to Winnipeg next week. As a member of Riverkeepers and an eloquent spokesman for the environment, Kennedy can help us to find better solutions to the stewardship of our rivers and lakes in Manitoba. Kennedy will be speaking at the Fairmont in Winnipeg on Wednesday September 25, 2002.

BINGO

COMBINED ACCUMULATOR

Bonanza \$13801 Add 50% of sales on Monday. If not won, carry over total plus 50% of sales to Thursday.
starting value this week IF YOU PLAY STARTS AT \$200
IN CASE OF DISCREPANCY, THE LATTER WILL PREVAIL
FOR UPDATES CALL 345-8619

Lakers Ski Club Bonus Line - \$450.00
Lac du Bonnet Star - 300.00
Community Centre Loonie Pot - 472.00
Warm-Ups 7:00 p.m. Poker Flush - 10788.00
Special "Y" - 91.00

Mini Loonie \$1209 Lucky 7 \$1831
starting value this week IF YOU PLAY STARTS AT \$200
FOR UPDATES CALL 345-6197

Royal Canadian Legion #164 Bonus Line - \$2981.00
Lac du Bonnet Star - 900.00
Legion Hall Lucky 7 - 855.00
Specials 7:00 p.m. Full House - 689.00
Every Monday Evening \$1000 Mini Loonie - 774.00
Lot. Lic. 453 #1 Loonie - 00
Jackpot Strip - 3158.00
208.00

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Senior League Bowling

Membership \$15.00 per year

Anyone 45 and over can join the Golden Leisure Club for Senior's afternoon bowling.

Contact A. McIntyre before October 6th at 367-2695

P.O. Box 550, Pine Falls, MB ROE 1M0
56 Art Street, Powerview, MB
e-mail: theecho@mb.sympatico.ca
Powerview Office Ph: 367-9468 Fax: 367-9974

The Winnipeg River Echo

The Echo is an independent weekly newspaper published on Tuesdays in Pine Falls and Lac du Bonnet, Manitoba. Advertising and submission deadline is Friday at 3:00 p.m. prior to Tuesday's publication.

Country Mouse Scrapbooker expands into new facility

by Shawn Tester

Over the summer Ardelle Holden, owner of Country Mouse Scrapbooking, moved her business into a new spacious location. Not too far though, the nicely renovated building is still a lovely drive down Riverland road for those who were already familiar with the previous set-up. Three large worktables and lots of tools and supplies, inspiration and information await the avid scrapbooker-or the red faced owner of a big box of photos. There is a new lesson-called the "Hot Topic" for each week.

The cost to come down to use the facility, complete with tools and expert advice is \$5.00 per day-or, if you have a big project on the go, you may

buy a membership for \$25.00 and the facility, tools and help are yours, free for the year. There is even a kitchen, should you like to bring your lunch.

The Country Mouse has yet another format for your fantastic photographic endeavors to come to fruition. The Clippity Crop Workshop. This is a 10 hour group retreat style day compete with pot luck dinner. The date for the first of these is Saturday, Sept. 28th. Call 345-2726 to book space! The country Mouse is open Friday to Monday, 1:00 till 9:00 p.m., including all statutory holidays except Christmas.

The country Mouse Says, "Scrapbooking has 0% calories, 0% guilt, gives 100% self-satisfaction and reaches 100% spousal approval."



Ardelle Holden Owner of Country Mouse Scrapbooking in her new workshop.

Pine Falls Legion News

by Sharon Mignon

We have had a very busy summer with the Pine Falls celebrations, the 4P Festival, our yearly Legion Golf Tournament, the Leo Tardiff Memorial Golf Tournament and Legion week activities. Our Darts Club will be starting another season shortly. Phone the Legion 367-2718 or stop by to register. Watch for other events.

Our kitchen has been especially busy with pig roasts, roast beef dinners and our Friday lunches. Our manageress, Janet Rideout has done a great job with the Friday lunches but first and foremost, Janet is our Bar Manageress. Our clubrooms and bar service is our main source of income and we are all pleased with the job she

is doing.

Our Friday lunches has become too much extra work for Janet. Therefore, to continue our lunches we must have volunteers. If you, along with one or two other members could prepare and serve a lunch one every six to eight weeks, please offer your help. The Legion will provide all the supplies. Phone in your individual names to Rubena Mignon at 367-9234 (leave a message if out) or contact our Legion clubrooms at 367-2718 and we will team you up with other members.

Our Legion clubrooms are small but are certainly important to the town and area. We have a hard working and concerned President, Cde. Cliff Rideout. We can all thank the Ridouts

sincerely for the good job they are doing. Let's all work together in supporting their efforts, supporting each other and keeping Pine Falls Branch #64 on top.

Membership is now open in the branch and Auxiliary to anyone who is interested in becoming a member. Application forms are available in our clubrooms. We hold our branch

meetings the second Thursday of the month at 7:30 p.m. However, our October meeting will be held on Wednesday, October 9th for this occasion only. Our Ladies Auxiliary meets the third

Thursday of the month at 7:30 p.m. Our annual meeting is November 14th at which time there will be election of officers. Please attend our meetings. Your input is more important.

Celebrate a Crowning Achievement

You're Invited to a Once-in-a-Lifetime Event

On Tuesday, October 8, Her Majesty Queen Elizabeth II is visiting Winnipeg to celebrate her Golden Jubilee. Join your fellow Manitobans as we help Her Majesty mark this historic occasion.

A Royal Welcome at The Forks

The festivities begin at 3:30 p.m. The Queen and The Duke of Edinburgh arrive at The Forks at 4:00 p.m. Bring your friends and family and give the Royal couple a warm Manitoba welcome. Watch with pride as youngsters from every corner of our great province provide the entertainment.

Celebrate a Golden Moment at the Manitoba Legislative Building

From 7:00 p.m. to 8:00 p.m., you're invited to take part in the largest celebration ever to take place on the Legislative grounds. A star-studded lineup of Manitoba's best-loved entertainers including the Winnipeg Symphony Orchestra and the Royal Winnipeg Ballet will perform under the stars, and Her Majesty The Queen will officially rededicate the Golden Boy amidst an electrifying display of fireworks.

It's all fun and it's all free
Come early and bring the whole family.

Manitoba

Anicinabe School

Is pleased to introduce
Our new Grade 1 - Teacher,



Ms. Carol Guimond

Carol is a recent Graduate of Brandon University and is looking forward to working with the children of Sagkeeng.

Another title for Pine Falls Muay Thai

This past weekend Trisha "Thrasher" Samons travelled to Calgary to fight for a WKA Canadian Lightweight Muay Thai Title. The fight took place Saturday September 14th at the Palace Nite Club in Calgary, Alberta.

Trisha faced Jade Irwin of British Columbia, who defeated two Pine Falls fighters a couple years ago. Since that time Irwin has gone on to gain credentials as a fighter, including this years Golden Gloves Championship.

Samons has worked hard as

well for the last couple of years. She has done well considering she has fought the top ranked Superwelterweights in Canada, even though she is a Lightweight. Samons approached the fight with confidence because of the experience with heavier opponents, including the Superwelterweight Muay Thai Champion, Raylene Kellock who Samons fought on a TSN show.

The fight lived up to the hype, and was an action packed five rounds. Irwin

landed some good high kicks to Samons head, but Samons landed more kicks and knees to the body and legs of Irwin. When it was all said and done, Samons was declared the WKA Lightweight Muay Thai Champ.

Considering the size of our community and the facilities available for training, and having the number of champions we do in Pine Falls is nothing less than astonishing. Congratulations to Trisha Samons and the Muay Thai Club in Pine Falls.



Trisha Samons won the WKA Lightweight Muay Thai Championship

Girl Guides & Brownies

submitted

It's that time of year when all the local clubs are starting up again. I want to remind you about Sparks, Brownies and Girl Guides. We have had a number of girls join this organization in the past and would like to see our old members return for another year. Girl Guides and its other units (Sparks ages 5 and 6, Brownies ages 7 and 8, Girl Guides 9 to 12, and Pathfinders 13 to 15) are the largest female organization in the world.

We offer fun and educational opportunities for girls. Brownies first meeting is October 3rd, at 3:50 p.m. Sparks

meet on the same day at 6:00 p.m. Girl Guides meet September 30th at 3:45 p.m. at the Powerview Catholic Church. We encourage parents to accompany their daughters to the first meeting, especially for the younger girls in sparks and Brownies.

A parent who can fill in forms at the first meeting must accompany girls who wish to join. There is a membership fee and it will include weekly dues. Girl Guides is an uniformed organization. This means that the girls are re-

quired to wear a uniform that can be ordered through our catalogue (see your leader at first meeting for one) or at the Guide store in Winnipeg. The price of a complete uniform is approximately \$40. We are also requesting that if you have a sparks, Brownies, or Girl Guide uniform at home and do not need it any more please drop in to our first meeting to see if anyone wishes to purchase it or if you wish to donate the uniform. For more information call Leila Spiers/Brownie Leader at 367-4300 or 345-4228.

Pine Falls Men's golf wind-up

by V. Anderson

This years men's wind-up saw 19-2 men teams take to the course to compete in a Ryder Cup Format for this years top spot. Despite rainy weather, windy conditions and a twenty minute rain delay, the tournament turned out

to be a great time for all who participated.

Winner's of this years Championship Flight were the team of Fritz Kemball and Jay Garand who shot a 106 to take top honours. Second in the Championship Flight was Marc Nolin and Lawrence Abraham with a 107. Third was the team of

Greg Smith and Gabe Boulet who shot a 108. Winner's of the First Flight was the team of Bill McGuire and Joe Smith with a score of 112. Second were Ed McMullen and Kelly Sharpe with a 112. Third was Ken Cyr and Rene Chevrefils with a 113. Second Flight winner's were Jack Shwaluk and Cy Nimchuk with a score of 118. Second was the team of Denten Normand and Gary Richardson with a 118. Third was Ray Lavallee and Guy Hutchison also with a 118.



Championship Flight Winners - Jay Garand and Fritz Kemball



Winners for the 1st Flight Bill McGuire and Joe Smith

"The weather conditions didn't dampen things, we came to golf and have a good time, and this wind-up has always been just that, a really good time," said Normand. "Player's enjoyed a fun round of golf, the course is in very good condition and the food

and hospitality was outstanding. Guy Borlase did a great job hosting this years wind-up."

On Sunday September 29, 2002 there will be a 18 hole Texas Scramble being held at the Pine Falls Golf Club, please call for details.



2nd Flight Winners - Jack Shwaluk and Cy Nimchuk

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Developing a long-term plan for Manitoba's transportation system
Public Workshop 2020 - Manitoba's Transport Vision
Manitoba Transportation and Government Services is holding a public workshop to help plan the future of Manitoba's transportation system. The public is encouraged to take part.
The next workshop will be held in:
Pine Falls Papertown Motor Inn Tuesday, October 1
The workshop will take place from 5:00 p.m. to 8:30 p.m. A light meal will be provided.
To confirm your attendance, please call toll-free 1-866-844-2020 or e-mail 2020@ndlea.com. If you would like to submit a written submission, please send it c/o 2020 Steering Committee, 111-93 Lombard Ave., Wpg. MB, R3B 3B1.
To learn more about transportation issues affecting our province, please visit www.gov.mb.ca/tgs/2020transport

Plastic wrap over microwaved food

Marilyn Zarecki, Home Economist

I received this email and thought I would share it with you.

As a seventh grade student, Claire Nelson learned that di(ethylhexyl)adepate (DEHA), considered a carcinogen, is found in plastic wrap. She also learned that the FDA had never studied the effect of microwave cooking on plastic-wrapped food. Claire began to wonder: "Can cancer-causing particles seep into food covered with household plastic wrap while it is being microwaved?" Three years later, with encouragement from her high school science teacher, Claire set out to test what the FDA had not. Although she had an idea for studying the effect of microwave radiation on plastic-wrapped food, she did not have the equipment. Eventually, Jon Wilkes at the National Center for Toxicological Research in Jefferson, Arkansas, agreed to help her. The research center,

which is affiliated with the FDA, let her use its facilities to perform her experiments, which involved microwaving plastic wrap in virgin olive oil. Claire tested four different plastic wraps and "found not just the carcinogens but also xenoestrogen was migrating [into the oil]...." Xenoestrogens are linked to low sperm counts in men and to breast cancer in women. Throughout her junior and senior years, Claire made a couple of trips each week to the research center, which was 25 miles from her home, to work on her experiment. An article in Options reported that "her analysis found that DEHA was migrating into the oil at between 200 parts and 500 parts per million. The FDA standard is 0.05 parts per billion." Her summarized results have been published in science journals. Claire Nelson received the American Chemical Society's top science prize for students during her junior year and fourth place at the International Science and Engineering Fair (Fort Worth

Texas) as a senior. "Carcinogens — At 10,000,000 Times FDA Limits" Options May 2000. Published by People Against Cancer, 515-972-4444.

On Channel 2 (Huntsville, AL) they had a Dr. Edward Fujimoto from Castle Hospital on the program. He is the manager of the Wellness Program at the hospital. He was talking about dioxins and how bad they are for us. He said that we should not be heating our food in the microwave using plastic containers. This applies to foods that contain fat. He said that the

combination of fat, high heat and plastics releases dioxins into the food and ultimately into the cells of the body. Dioxins are carcinogens and highly toxic to the cells of our bodies. Instead, he recommends using glass, Corning Ware, or ceramic containers for heating food. You get the same results without the dioxins. So such things as TV dinners, and soups, etc., should be removed from the container and heated in something else. Paper isn't bad but you don't know what is in the paper. Just safer to use tempered glass,

Corning Ware, etc. He said we might remember when some of the fast food restaurants moved away from the foam containers to paper. The dioxin problem is one of the reasons. Pass this on to your friends....To add to this: Saran wrap placed over foods as they are nuked with the high heat, actually drips poisonous toxins into the food. Use paper towel instead.

Get a Grip on Stress - 5 week series in Oakbank on Wednesdays, October 2, 9, 16, 23 & 30, now has 14 people registered. The maximum is 25. Call Marilyn Zarecki for a registration form.

Library Corner

Lac du Bonnet Regional Library



Our review of the alphabet now takes us to the letter "B". Check our displays for older fiction titles such as "When Dreams Come True" by Emma Blair; "A bit of Yesterday" by Aleata E. Blythe; "Luna" by Sharon Butala; "Midwives" by Chris Bohjalian; "Contrary Blues" by John Billheimer; "The Vor Game" by Lois McMaster Bujold; "War Brides" by Lois Battle; and "Refiner's Fire" by Sylvia Bambola to name just a few. Some non-fiction authors you might also enjoy are M.N. Bunker - "Handwriting Analysis"; Erma Bombeck - Motherhood The Second Oldest Profession; June Budgen - The Book of Garnishes; Margaret

Bemister - Thirty Indian Legends of Canada; Douglas Bartrum - Garden Vegetables all Year Round" and Nancy Birnes - Cheaper & Better (Homemade Alternatives to Storebought Goods). These titles sure cover a variety of topics and writing styles. Take a break from your regular reading habits and delve into a book unlike any you've read before.

Our Fall Supper is now just a delectable memory - if you missed out on this one, you will have to wait until next September. Thanks so much to all who helped at the supper or contributed grocery items, and to those who purchased tickets for themselves and

friends. We hope you enjoyed the meal and the company of friends and neighbours at this special event.

Every Thursday morning is special at the library - we continue into the Fall season of Storytime for Pre-schoolers! Our volunteer story readers really enjoy interacting with the youngsters and are back for another season of stories and snacks.

Are you a member of our library? Or is your membership inactive? Just a reminder to keep your library membership updated. Visit the library as often as you can - new material (books, videos, audios) is regularly added to the collection.

Lac du Bonnet and Area Food Bank

The board met on September 5, 2002 in the Catholic Church basement.

Violet Enns reported she will contact people who received seeds in the spring, to see whether there is any produce to be delivered to the food bank.

Marilyn reported there was a float representing the Food Bank in the July 1st parade. There was \$275.00 collected on the parade route plus many food items. Thank you to everyone for supporting this worthwhile cause.

The board accepted with regret, the resignation of Joy Funk, who is moving to Winnipeg. We will truly miss Joy as she has been a faithful and hardworking member of the board.

The Annual General Meeting has been scheduled for Wednesday, October 30 at 7:00pm at the Catholic Church basement. Larry McIntosh, of Peak of the Market, will be the guest speaker at the beginning of the meeting at 7:00. Everyone is more than welcome to attend! Cliff and Denuis will examine all Food Bank statistics for our first year of operation as of October 1, 2001.

These will be discussed at the AGM.

Cliff and Denis will meet to form a nomination committee.

The board is preparing for

a fundraising campaign.

The meeting adjourned at 5:40pm

Next meeting is scheduled for October 16, 2002 AT 5:00PM.

Papertown
NITE Motor Inn PRESENTS
FTR
 FLESH TONEROCKETS

September 26, 27 & 28
THURSDAY, FRIDAY & SATURDAY

LADIES NITE IS BACK
 Every Thursday Night
 Happy Hour from 8pm-2am

GRAND PRIZE
 To Be Announced

COME CHECK OUT OUR NEW LUNCH & DINNER MENU
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DAMIEN POITRAS
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Talk to us about our:

- Mature High School Diploma
- Computer & Business Courses
- Red River College Courses
- Dual Credits - *New*
- Prior Learning Assessment - *New*
- On-line courses available - *New*



Register at:

Agassiz Adult Education Centre
 536 Park Avenue, Beauséjour, MB
 Phone: (204) 268-4832

New Directions School
 40 Park Avenue, Lac du Bonnet, MB
 Phone: (204) 345-2867

Empower Education Centre
 701 St. Paul's, MB
 Phone: (204) 672-2445

Recreation Ramblings

by Suzanne Lussler, Recreation Program Coordinator
Winnipeg River Recreation District, 345-8816/753-2639
Email: reccomm@granite.mb.ca

Royal Winnipeg Ballet Satellite Program starts this Weekend!

Ballet's back and it's bringing along Creative movement, Pre-Ballet and Jazz classes as well! Classes will run Saturdays from Sept. 28th - April/03 in LdBSS gym for children ages 3 and up. Miss Chantalle has received her Associate status so she is also able to exam students at the end of the season if they so wish! Class times will be as follows: Creative Movement 9:45 a.m.

Senior Creative Movement 10:30am

Pre-Ballet 11:15am

Ballet 12:15pm

Jazz Kids 1:15pm

Jazz Teens and Adults 2:15pm

Rhythmic Gymnastics - 12 week program

This fun classes gives girls age 4-6 a wonderful opportunity to learn skills and find joy in recreation. Classes will be on Tuesdays starting Sept. 24

- December 10 from 6:15 - 7:00 p.m. at F.W. Gilbert School. For more information, please contact the Rec. Office at 753-2639. Fee: \$40.

Aprons and Tux

Chef Josef from Jennifer's Restaurant will be cooking a Christmas meal on Friday Dec. 6th from 6:00-10:00 p.m. at LdBSS. Class is FULL!!!

DeLuca's Cooking

Italian cooking at its finest. Come watch as Tony DeLuca and crew cook up a storm on Oct. 21st from 6:00-9:00 p.m. at Pinawa Secondary School Home Ec Room.

Cardio-Kickboxing

Ok people - if you are looking to get into shape, feel great and have lots of energy - then Kim's Cardio Kickbox class is the ticket! In Pinawa at the Community Centre on Wednesday from 6:15 - 7:15 p.m. and Sunday nights from 5:30 - 6:30 p.m. the gym and Lac du Bonnet on Monday nights from 6:00-7:00 p.m. in

LdBSS gym. Please contact the Rec. Office for more information. Classes are running now! Drop in fee also available.

Hip Hop this Tuesday!

Do you wanna dance? Kids' Hip Hop will be offered on Tuesdays from 6:00-7:00 p.m. for youth ages 6-12 in Centennial gym in Lac du Bonnet. Eddie Miller's XBX Dance Company will be instructing a second class for teens and adults (13 and up) running from 7:00-8:00 p.m., Sept. 24th - Nov. 26th. Eddie has been out to our area before for our Girls Club and our Girls On the Move day...his company is so energetic they make you really want to dance!

Tap Cancelled

Due to low enrollment this program has been cancelled.

Highland Dancing location Change

Tara Lotz will be teaching this traditional dance style on

Wednesday nights in Pinawa. Start time will be pushed back one week to October 2. For ages 5 and up - yes, adults too. Please contact the Recreation Office at 753-2639 for more information.

Therapeutic Stretching - limited spots

Do you have a sore back? Shoulder? Muscle? Looking for a way to work a muscle or feel relief from tight muscles? Doug and Jean Stevenson are offering a four-month course to do exactly that! Please contact the Rec. Office for more information. Starting on Thursday, Oct. 3 running for 10 weeks from 7:00-8:00 p.m. at LdB Senior School Gym. Pre-resistance exercises, warm-up, and light resistance exercises.

Engine Chatter

Ever complained about your vehicle not working right? Have you ever had a breakdown and had no clue what to do? Find some wet liquid underneath your car on the driveway - wonder if it was serious or not? Darren Worona and Jill Augustine will answer these question as well as teach the basics of car care and gives

you the confidence to deal with the "what ifs". Held on October 7th from 7:00 - 9:00 p.m. at Worona's in Lac du Bonnet. P.S. you get a goodie bag too!

How to talk so kids will listen and listen so kids will talk

Six Wednesdays, starting Oct. 9 from 7:00-9:30 p.m. at Gilbert Gym in Pinawa. No Fee. Pre-registration required by September 30. For more info call Janet at 753 2116 or Karen McDougall at 345 1214.

3M NCCP theory courses

Beausejour will be hosting a Level 2 NCCP Theory Course on September 27 - 29. To register contact Bruce at 268 7567. Steinbach will be hosting a Level 1 Theory course on Oct. 4-6 for more info contact Moni at 346 6217.

Arena/Curling Rink operation courses

October 7-11 at St. Norbert Community Centre. For more info contact Eastman Regional office of Culture, Heritage and Tourism at 268 6018.

Terry Fox

Thanks to everyone that participated, volunteered or pledged for our Lac du Bonnet and Pinawa events.

NEWS TIPS?

Call the Echo at 367-9468

Great Falls Tuesday Nite
BINGO
Great Falls Hall 7:30pm

Mini Loonie:	\$0.00
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Thirty \$20 bills have been marked and randomly placed in each of our ATMs. The bills are marked with a small sticker that says, "You have won! See your local SICU branch for details." When brought into the branch, this sticker may be redeemed for a great prize from South Interlake Credit Union. Each prize winner will then be entered to win our grand prize, 'One Year Free From Service Charges!' Once all prizes have been distributed, the grand prize draw will take place.

Use your local ATM and win! South Interlake Credit Union has ATMs in the following locations: Beausejour, Lac du Bonnet (drive-thru and in-branch), Pinawa, Selkirk (drive-thru and in-branch), Teulon, Teulon Red River Co-op, Stonewall and Pine Falls.

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Ask Your Pharmacist Head Lice

What are head lice?

Head lice (Pediculus capitis) belong to the insect family. They are 1-2 mm long, greyish white in colour, and have no wings. Their strong legs and claws enable them to hold onto the strands of hair. The female lives about 30 days, and lays six to twelve eggs or nits per day. The nits are attached to the hair with a glue-like substance and hatch in about 10 days. To survive the adult louse feeds on the blood of its host. It needs a temperature of 30 degrees Celsius and can only live for 24 to 48 hours at room temperature. Usually the first sign of infestation is a severe itching caused by the saliva and feces of the lice. **Head lice are not a disgrace and are not a sign of uncleanliness.**

How do you get head lice?

Lice are transmitted through close contact. They spread very rapidly in elementary schools and in daycare centres where the children work and play in close contact. They may also be transmitted by sharing such items as combs, brushes, towels, headphones, and hats, as well as by sharing coat racks or lockers.

How do I know if my child has head lice? The earliest and most common sign of lice is a persistent itch. This may be accompanied by a rash on the scalp. Check the scalp for redness. If you find a rash confirm that it is lice by looking for the nits. These look like dandruff on the hair shaft close to the scalp. Unlike dandruff they are not easily removed.

The best place to look is behind the ears and at the nape of the neck as this is where the lice usually go first.

What should I do if my child has head lice? There are no successful home remedies for getting rid of head lice. These must be dealt with by using a special shampoo available from your pharmacy. Your pharmacist can help you to select the shampoo or conditioner that is best for you, and can explain the correct procedure for using it. It is very important to use the

shampoo or conditioner exactly as directed as they only work if they come in direct contact with the lice or nits. Sometimes a second treatment one week later is necessary in case any nits were missed. Be sure to use this second treatment if it is recommended or else your child could become reinfected.

How can I prevent my child from becoming reinfected? It is important to notify those who come in contact with your child so that they can treat themselves if necessary. Combs and brushes should

be disinfected in hot water (60 degrees Celsius) water or dry cleaned. Anything that cannot be washed or dry cleaned should be sealed in a plastic bag for two weeks and then washed normally.

Mattresses, care seats etc. can be treated with insecticide spray.

Remember that head lice is not a disgrace but a nuisance that must be dealt with properly to prevent reinfestation. Products used to treat head lice are available only from your pharmacist so Just Ask!

Environmental Corner

by Brian Kotak



Model Forest, Tembec, Duck Lake Ski Club, Pine Falls School Join Forces

A unique project funded through the Manitoba Model Forest Community Opportunities Fund and Tembec has brought together these two organizations with the Duck Lake Ski Club and the Grades 7&8 Science class of the Pine Falls School to improve recreational and educational experiences along the Duck Lake ski trail.

Part of the funding will be

used to upgrade the infrastructure of the ski trail system. This includes installation of trail junction signs, picnic tables, a ski rack and a new out-house at the chalet, and upgrades to the chalet itself. A map sign showing the trail system from a birds eye view will be set up at the beginning of the trail, close to the hospital in Pine Falls.

The second component of the project is directed to educating trail users about the ecology of the forest in which the trail system winds. With the help of Tembec's Environment Director and teacher Leitha Fraser, students of the Grade 7&8 science class have already been out in the forest

this autumn collecting information on the ecology, plants and animals found in the forests surrounding Pine Falls. This information will be used to develop interpretive signs that will be located in the different forest types found along the ski trail. A trail brochure is also being produced and will contain a map of the trail system and information about the different forest types along the trail.

The project will not only improve the ski trail system, but will involve the students in a community project and increase the forest knowledge of the students and the ski trail users. All of the work is expected to be complete by the end of this winter.

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Get a grip on RSI (Repetitive Strain Injury)

Prevention can save pain and even job loss, physiotherapists advise

submitted by Jenny Terrio-Baturin or Pine Falls Physiotherapy

Today repetitive strain injury causes thousands of work related injuries annually - and that number is sure to rise, physiotherapists warn, as more and more Canadians become rooted to the spot at computer all day, repeating the same hand/arm motions.

More and more executive assistants and other workers are coming to see their physiotherapists as their best advisor when it comes to workplace health in general - and to beating RSI in particular.

What is RSI, exactly? Repetitive strain injury is what its name implies: an injury caused by working in a fixed position, with only a very limited amount of movement, for long periods of time. RSI can affect any part of the upper body and can strike not only office workers, but also anyone with busy hands: musicians, assembly line workers,

hairstylists and butchers. Injuries are compounded by the application of force and by hard work surfaces, vibration and certain hand tools.

Untreated, the effects of RSI can be devastating. Some sufferers need constant medication for pain relief or resort to repeated surgery. RSI includes job-related carpal tunnel syndrome (an injury involving a crucial nerve in the hand) and also tendinitis (inflammation of a tendon in the elbow area).

Fortunately, over recent years, physiotherapists have devised tests to identify exactly which tissues are affected, where and why - and have developed treatments to prevent and to relieve RSI.

Today, virtually everyone in any modern office operates a computer and employees at all levels are spending more and more hours at their workstations. Down sizing and the fear of down sizing are taking a toll, with many more employees eager to work overtime. Small wonder that RSI has become and "epidemic".

Nevertheless, physiotherapists agree that there are three easy steps anyone can take

which will go a long way towards preventing a RSI. These steps are, first, correcting posture; second taking regular rest breaks; and third, exercising.

Posture. Sit tall. Be sure your back is firmly supported. The farther forward you lean without support, the faster you may develop back problems. Keep shoulders relaxed, hips and knees at the same height, arms at desk level and feet flat on the floor or on a footrest. Keep wrists straight, if necessary using a wrist rest or perhaps a folded towel, so your hands aren't held too high or

at an awkward angle. Rest breaks aren't a luxury. "Rest breaks don't mean leisurely hours in the cafeteria."

But breaks of a few minutes after two hours or so of using hands, with relaxation exercises, can help prevent over-use injuries. Stretching and other exercises. Athletes and dancers prepare their bodies for maximum performance, and so should anyone else at high risk for RSI. It won't help if you just copy what a nearby colleague is doing, however. Some exercises can do more

harm than good, particularly any exercise that hurts! A physiotherapist will ask about your own particular work pattern, your work station and your lifestyle in general before recommending specific exercises for you.

If your job taxes your arms and hands, don't ignore early warning signs such as weakness of grip, numbness and/or pain. RSI can be tackled, treated, and best of all, avoided. It's in your hands. For more information, contact your local physiotherapist.

Blue Water District Stroke Symposium



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

Wednesday, October 2nd at 1:00pm at the Golden Leisure Club in Pine Falls the Blue Water District Stroke Symposium will be held. Topics to be covered include: A Physician explaining "what exactly is a stroke". A Pharmacist discussing medication and the purpose. A RN describing what happens at the hospital.

and the various services it provides. Call Tina at 3678-9128 to register. Brought to you by Pine Falls Health Complex Rehab Department (Shaun Newfeldt and Kathy Dugard) also the Winnipeg River Senior Service.

Winnipeg River DANCE REGISTRATION
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The North Eastman Regional Parent-Child Centre Coalition is accepting one-time applications for funding initiatives that support programming for families and children from birth to 5 years with a focus on

PARENTING, NUTRITION, COMMUNITY CAPACITY BUILDING AND/OR LITERACY
in the North Eastman Region

Priority will be given to groups working in partnerships within their communities.

To obtain an information package, complete with application form and funding criteria
Phone 268-6025
DEADLINE for receipt of application is October 15, 2002.

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Saturday, October 5
Mass at 7:30 pm
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An evening of song, testimony and healing prayer.

Lac du Bonnet RCMP Report



September 13:
A report of the theft of a blue Cardinal Mountain Bike from a yard at a residence on Grey in Pinawa.
A request from a resident of Pinawa to assist the subject in obtaining a protection order, and to keep a number of firearms at the detachment for safe-keeping.
A report from a location on the Pinawa Channel in the RM of Lac du Bonnet of two males on a Personal Watercraft which sank and the males left. The watercraft subsequently came to the surface and was taken for safe keeping by the subject who called to advise the detachment.

A report of non-injury motor vehicle accident on PR 313 at Urban Road in the RM of Lac du Bonnet. Vehicle in question was towed out.
A report of a number of break and enters at Brereton Lake in the Whiteshell Provincial Park. This is in addition to a number of previous reports. A personal watercraft and a boat had been reported stolen but were located at different locations.
A report of youth involved in a fight at the park on Lake Ave. in Lac du Bonnet. Police attended and found that it was a game of football taking place.
A report from a residence of the town of Lac du Bonnet of vehicles squealing tires on the

street.
September 14:
A report of an under age female coming home in Pinawa in an intoxicated condition, and that youth are apparently drinking on the trails behind the Teen Centre.
A report of an adult male assaulting an under age female in Whitemouth between 1998 and 2001.
A report of suspicious males at Riverside Camp in the RM of Lac du Bonnet. Police attended and patrolled the area, however, the group was gone.
September 15:
A report of a 911 hang up call, which police investigated and determined to be an under age male using the phone inappropriately. Took place at a location in the RM of Lac du Bonnet.
A report of a white paddle boat c/w a built in cooler, live well, removable seats, 2 rods/reels and 2 life jackets being stolen from a location on Anderson in the RM of Alexander.

Police patrolled at the area, but not vehicles were located.
A report of damage to MTS property in the vicinity of Riverside camp in the RM of Lac du Bonnet.
A report from a resident of Great Falls of an under age male being bitten by a stray cat.
A report of a mother bear and two cubs on the north side of Lac du Bonnet. Police and DNR attended, however, the bears had departed.
September 16:
A report of three overdue campers at Gem Lake in Nopiming Park. Matter was determined to have taken place in Winnipeg River detachment area, and an aircraft was sent to the area from Silver Falls. Police had occasion to check an adult male hitch hiking on the wrong side of #11 in the RM of Lac du Bonnet, and found that he was subject to a Warrant from Edmonton City Police. Edmonton did not want him arrested.
A report of a 16' fibreglass boat having been found partially submerged and apparently stripped of equipment and markings on the west side of an island near Tall Timber Lodge in the RM of Alexander. Recovered by police and appears to have been stolen and dumped at the location in

question.
A report of two vehicles being operated in a careless manner in the Town of Lac du Bonnet. No license plates were obtained, however, same were described as a red Tracker and a beige Chrysler. Patrols did not locate vehicles matching this description.
A report of an assault at the Milner Ridge Correction Centre. Police investigated and found that one inmate had apparently brushed by another. Matter handled in house.
September 16:
A report of a Bayliner Fibreglassboat, blue and white in colour, with an inboard motor and trailer, was stolen from the yard of a residence on PR 502 in the RM of Lac du Bonnet. Took place during the day while the owners were away.
A report of a vehicle being backed up in the wrong direction on Second Street in the town of Lac du Bonnet and an adult male yelling at a number of youth in the area.
A report of two vehicles in Lac du Bonnet being driven and crab apples being thrown from same at other vehicles.

Lac du Bonnet Community Billboard

Health Concerns? 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.
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 the month 7:30 p.m. Legion Hall.
LdB Committee on Family Violence and Abuse meets second Tuesday of each 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-Ages Group Thursday 7:30 p.m. Lac du Bonnet District Health Centre, 89 Melnoish. 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 Tod 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, Hadashville.
Little Day Buddies Nursery School Tuesdays, Wednesdays and Fridays 9:00 a.m. to 12:00 noon, 12:30 to 3:30 p.m., Lac du Bonnet Community Centre. Janice 345-8979.
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 345-8454
Sunday: 11:00 a.m. - worship service
NOTRE DAME CATHOLIC CHURCH
Father Richard Macnara, 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 367-8415, church 345-2357
Sunday: 11:30 a.m. - worship; 11:30 a.m. - first and third Sunday of each month, holy eucharist.

Report from Legislature



by Gerald Hawranik, M.L.A. Lac du Bonnet Constituency

Social Events

Over the last month since the Legislature session ended for the summer, I have been kept busy with fairs, festivals and other social events throughout the Constituency. Parades are very popular events throughout the Constituency and I have attended parades in Lac du Bonnet, Pinawa, Pine Falls/Powerview, Beausejour and Whitemouth. The quality of these parades is excellent and because of this, at many of the parades, thousands of people line up to watch. I spent more than \$1,000.00 over the summer simply for candy for the children watching the parades. All the fairs and festivals in the Constituency were very well attended. Fairs and festivals are necessary in our communities because they build pride in our communities. What is amazing is the efforts of all the volunteers in

our communities. Volunteers are truly the lifeblood of our communities - they literally spend hundreds of hours for the benefit of our communities. Our volunteers give our communities an identity and the identity they give our communities is one of generosity, compassion and community spirit. Congratulations and thank you to all our volunteers for making our communities a better place to live, to work and to raise our children.
In addition to the fairs, festivals and parades, I attended many other celebrations, such as the 75th Anniversary of Papermaking in Pine Falls, ribbon cuttings for new and expanded businesses throughout the Constituency, Heritage Days in Whitemouth and in Beausejour, the opening of the TransCanada Trail through Pinawa and the dedication of the suspension bridge in Pinawa, the Shades of the Past

car show in Beausejour, the opening ceremonies for Anniversary Park in Powerview and the recognition ceremony and dinner for athletes from Sagkeeng who participated in the 2002 North American Indigenous Games, only to name a few.
Pamela and I took the opportunity in the middle of all these events to canoe the Seagrim Lake canoe route in Nopiming Provincial Park for 3 days in August. It was a nice change of pace - an opportunity to get back in touch with nature, away from the phones for a few days.
If you have any questions regarding this article or any other issues in the Constituency, please feel free to contact me at 268-4664, write to me at P.O. Box 490, Beausejour, Manitoba, R0E 0C0, e-mail me at gerald@geraldhawranik.mb.ca or visit my website at www.geraldhawranik.com.

The Seven Teachings

Grade 4F from Anicinabe School with their teacher Wanda Fontaine will submit write-ups on each of the seven teachings. If you want to learn about these teachings watch for them in further issues.

Love

by Dylan Hope
Love is the first teaching. Love is about caring and sharing. Love is so important, love is carried by the eagle. Love is cool, love is awesome. Love is good, we love our parents. We love the world. We love Jesus. Love is nice. We love the school. I love myself.

by Tara
Love is carried by the eagle. Love is one of the most important things in the world. Love carries beauty. The golden eagle is golden. Love is the first teaching in the seven teachings. God made love. Mother Nature made life. Love made me nice.

by Cecilia
Love is cool. Love is fun. Love is sharing. Love is Caring. Love is beautiful. Love is nice. Love is respectable. Love is awesome. Love is admiring.

Love is kissing. Love is loving up. Love is hugging. Love is friendship. Love is cute. Love is loving. Love is boy-friends and girl friends. Love is thankful.

I love my family with all my heart. I love my girlfriends Faith and Esther. I love Jesus and God. I love my teacher. I love my pets. I love everybody.

by Tyler Guimond
Love is the first of the seven teachings. Love is carried by the eagle. I love my school. I love my family. You always love the Creator and yourself. I help my friends. Love is fantastic. I love my baby sister. I love my toys. I love Mother Nature. Love is awesome. Love is thankful. Love is nice.

by Karl Guimond
I love my puppy and dogs. I love cats and kittens. I love cubs, bears and animals. I love my mom and dad. I love to eat and play. I love to play soccer. I love playing on the internet.

by Lexie Jay Fontaine
Love is the first teaching of the seven teachings. I love my family. We love our animals. We love our body. We love our

teachers. We love our school. We love our plants. We love our land. We love our books. We love our toys. Love is forever.

by Brenton Daniels
Love is cool. Love is beautiful. Love is awesome. Love is fantastic. Love is fun. Love is sharing. Love is nice. Love is respect. Love is kissing. Love is loving up. Love is caring love is cute. Love is loving. Love is boyfriends and girlfriends. Love is thankful is forever. Love is friendship.

by Obe
I love God, Creator, Mother Nature and Jesus. Love comes from the eagle from the seven teachings. Love comes from the hearts. I love my grandparents, mom, dad and brother and sisters. I love what is given to me.

by Keri Buboire
Love is about caring and sharing. Love is about loving your family. Love is the seven teachings. Love is carried by the eagle. Love yourself and the animals and the creator. Love the trees and love Mother Nature. I love to play football.

And I love my whole family. I love my grannie and my grandpa. I love my teacher and I love my aunts and uncles. I love my cousins and friends. And I love to have races.

by Mr. Courchene
Love is cool. Love is fun. Love is sharing. Love is Caring. Love is beautiful. Love is nice. Love is respectable. Love is awesome. Love is admiring. Love is kissing. Love is loving up. Love is hugging. Love is friendship. Love is cute. Love is loving. Love is boy-friends and girl friends. Love is thankful.
I love my family. I love my class. I love my teacher. I love myself. I love my cousins. I love my aunts and uncles. I love my world.

by Laura Christy Mal Whitesell
The beautiful eagle carries love. I love my family, my friends, my grammas, grandpas, sisters, brother, aunts, uncles, cousins and especially my mommy, my step dad and my real dad. I love Mother Earth. Creator, the trees, eagles, earth and the elders. Always love the elders cause they respect us very much. That is why you have to love the elders. I love elders. I love vis-

iting the old folks home cause they are so lonely by themselves and so respectful of the kids and adults. That is why I say love is forever, love is good, love is forever.

by Chaney Swampy
Love is an eagle's body. My auntie Bev sang about love. Love is like loving your family. Love is loving others. Love is everybody's hearts and souls. But love is not in everybody's heart like some people.
L is for Love.
O is for other's.
V is for Valentine's.
E is for Easter egg.
O is for our love.
T is for thank you.
H is for home sweet home.
E is for eggs.
R is for Roley Courchene S is for sunshine.

by Adam Courchene
I love God, the Creator, Mother Nature, and Jesus.
I love play Yu-Gi-Oh.com. I love playing with my puppy Ninja. I love playing baseball. I love to play golf on the internet. I love to be on any kind of website. I love to see eagles fly in the sky. I love to see birds fly. The eagle is an animal about love. You will know how to know the seven teachings.

See THE SEVEN/ page 15

Bissett's 16th Annual Golden Sports & Derby Days

Bissett's 16th annual Golden Sports & Derby Days which was held August 3 to 5, was once again a great success!

The first tagged fish was caught by Kurt Wilcott of Pine Falls for a total of \$550.

The second tagged fish was caught by Kevin Yewchyn of Bissett for a total of \$350.

The third tagged fish caught was by Henry Funk of Grunthal for a total of \$300.

Other tagged fish were caught by:

Danny Monias of Hollow Water \$100.00, Guy Blanchette of Steinbach \$100.00, Brian Hallet of Bissett \$100.00, Neil Williams of Winnipeg \$100.00, Ron Loewen of Blumert \$100.00, Kevin Yewchyn of Bissett \$50.00 and Steve Yewchyn of Bissett \$50.00.

Thank You!
We would like to take this opportunity to thank the sponsors listed, as well as everyone who helped organize, prepare for, worked at, volunteered, donated prizes, made monetary donations for the fireworks display and participated in the
The Bissett Development Corporation Grand Prize \$5000 tagged fish was not caught.
Next year's Grand Prize tag will be \$5500
Bissett's 16th Annual Golden Sports & Derby Days

Sponsors:

Adrian Tire - Lac Du Bonnet, Grandpa George's-Hollow Water, Pine Falls Paper Company- Pine Falls, Bissett Community Council, Harmony Gold (Canada) Inc. Bissett, Powerview Agencies-Powerview, Bissett Development Corporation, Horizon International Distributors-Winnipeg, Powerview Auto Supply-Powerview, Bissett Development Corporation, Hotel San Antonio- Bissett Fish Caught, Pro Hardware-Pine Falls, Bissett Hall Committee, Manitoba Model Forest- Pine Falls Fish Caught, Ray-Ann Transport-Powerview, Bissett Mixed Curling Club, Midway Foods- Powerview, Relay Auto-Lac Du Bonnet, Bissett Sports and Recreation, Millennium Mechanical Contractors-Bissett, R&H Shindruk-Bissett, Blue Water Aviation-Bissett, Mr. Pic's -Powerview, Royal Bank- Pine Falls Fish Caught, Bob's Septic Service-Wanipigow, Nemco Oil- Winnipeg, San Gold Resources-Bissett, Border Outposts-Bissett, Northern Wings Bed & Breakfast-Bissett Fish Caught, South Interlake Credit Union-Pine Falls Fish Caught, Boy Scout's of America-Bissett Base, N & K Trucking- Bissett, Ste Croix Cycle and Marine- Pine Falls, Broadlands Mall- Pine Falls, M. Osadchuk Transport- Winnipeg, Superior Propane- Winnipeg, Clinton Spence-Bissett, Osis Building Supplies-Powerview, Treeland Nurseries- Steinbach, Dec's Service- Bissett, Papertown Motor Inn- Powerview, W. Zirk Lumber- Bissett, Dowling Insurance- Winnipeg, Pine Falls Auto Service-Pine Falls, Winnipeg River Echo- Pine Falls, Fishing Lake Lodge- Bissett Fish Caught, Pine Pharmacy-Pine Falls, Wynne Mining Services-Bissett, Gene Keenan & Sons- Lac Du Bonnet, Wynne's Place- Bissett.

Bissett Business Association & Bissett Sports & Recreation Committee

Anicinabe Community School celebrates 25 years

submitted

Anicinabe Community School officially opened Saturday, September 10, 1977. Built at a cost of \$1.7 million the shiny, new facility was funded by Indian Affairs. The new school is built on the north shore section of the reserve on land allocated by Philip Joseph Fontaine. Fort Alexander is split geographically into the north shore and south shore sections by the Winnipeg River where it enters Lake Winnipeg at the base of Traverse Bay.

After years of Indian Affairs' indifference to the grievances of the north shore residents over the deteriorating conditions of the old three-building school facility, the band leadership took the initiative to close down the school citing health hazards reasons. The band then proceeded to concert the situation into a public issue, exposing it to the press media with the intent of putting Indian Affairs on the defensive and without excuse to respond immedi-



Official Ribbon Cutting Ceremony of the Anicinabe Community School twenty five years ago

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 Atand: Tuesday: 10:30 a.m. to 5:00 p.m. Wednesday and Thursday 1:00 to 5:00 p.m. and 6:30 to 8:00 p.m. Friday 1:00 to 5:00 p.m. Saturday 10:30 a.m. to 4:00 p.m.

Beaches Library: Tuesday 1:00 to 5:00 p.m., Thursday 4:00 to 8:00 p.m., Saturday 10:00 a.m. to 2:00 p.m.

Knights of Columbus: meetings every second Tuesday of the month 7:30 p.m. Powerview Church basement.

Silver Haven Club: cribbage every fourth and fifth Monday 1:30 p.m., whist every Thursday 1:30 p.m.

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

Cottage Country Business Assoc.: meets first Monday of the month 7:00 p.m. October through May, phone 756-2596

Alcoholics Anonymous: Sunrise Group meetings every Monday, Wednesday and Friday 7:30 p.m. to 8:30 p.m., last Friday of the month open to the public, at St. Georges Catholic Church basement.

Pine Falls Legion: meetings held second Thursday of the month 7:30 p.m. Legion, meat raffles held at Legion on Fridays 4:30 to 5:30 p.m.

Pine Falls Masonic Lodge #154: meets second Friday of every month, Pine Falls United Church, except January and February

Badminton: Pine Falls School gym, Sunday and Wednesday nights 7:00 to 10:00 p.m.

Powerview garbage pickup every Wednesday, recyclable pickup first and third Thursday of each month.

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

Village of Powerview: meets second Tuesday of each month.

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

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

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

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

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

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

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

Beaches HELP Centre (seniors service) 756-6471, Wednesday 1:00 to 4:00 p.m., Friday 10:00 a.m. to 1:00 p.m.

Powerview Parent Advisory Council: meets first Thursday of every month.

Great Falls Hall workers - Tuesdays and Thursdays from 10:00 to 11:00 a.m.

Pine Falls Library open 3:00 p.m. to 5:00 p.m. Monday and Thursday.

Foster Homes Open your heart and home to a foster child, foster homes needed in Pine Falls and surrounding area, call Debby at 268-6158

Winnipeg River Church Services

NOTRE DAME DU LAUS: Powerview 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. Sunday School, September 8 at 11:00 am, everyone welcome

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

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

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

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

TRINITY EVANGELICAL LUTHERAN CHURCH Thalberg, 1 mile east and 1 mile south of Junction #12 and #304. St. John's Evangelical Lutheran Church, Greenwald on Hwy. #12, 1/4 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, Scamterbury, 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 Gandy for information, 367-2531.

ately. Fort Alexander not only got a new school, but received the unprecedented control over its construction (hiring of architects, development of plans/specification, and ensuring work for the unemployed in the reserve community) and the funds pertaining to it.

At the opening ceremonies, appreciation and tribute were paid to the following: Philip "Buddy" Fontaine, for his leadership while Chief of the Band in his efforts of improving the Fort Alexander community and for adopting the bargaining negotiator position with Indian Affairs:

Dr. Pitamber "Peter" Geer, a local physician of Pine Falls Hospital, recruited by the band administration to present his findings on the intolerable conditions of the old school-he not only supported the band's case but actually strengthened it thereby forcing Indian Affairs to heed to the band's demands immediately:

Bill Thomas, Regional Director General and a native

who originally and strongly agreed to the urgent request of the band despite Ottawa officials overruling his recommendations year after year:

Lastly, the community support, manifested through petitions, letters of concerns, and band meetings, served an important function of preventing Indian Affairs from portraying the situation wrongly: their considerable deliberations and efforts of working together truly makes the new Anicinabe community School a community-supported school.

The official opening ceremonies and banquet was attended by 300 local residents and guests. Now a decade later.... Anicinabe Community School celebrates 25 years of educating community children. Anicinabe Community School is currently the N-4 elementary school in Sagkeeng's three-school system. It has a student population of approximately 270 students and a staff of 44 teachers and teacher aides. Many of the current

staff were former students of the school. Education at Anicinabe Community School involves native community participation and control, a culturally based curriculum, and the encouragement of student self-awareness, confidence and pride.

In celebration of 25 years of schooling, a community feast will be held on Friday, October 4, 2002 at 12:00 noon at the School. The feast will also be an opportunity to pay tribute to the hard work of the Chief and Council. The community is very grateful for dedication and energy put forth by its leaders-Chief-Lawrence Morrisseau, Councillors - Felix Fontaine, Pat Cook, Louis Bruyere, and Paul Guimond. The time and effort displayed by these men resulted in an educational system that has enriched the lives of not only their children but of future generations. The school would like to extend a warm welcome to the community to attend the event.

The Winnipeg River **Echo**

Commercial Printing

- Letterheads
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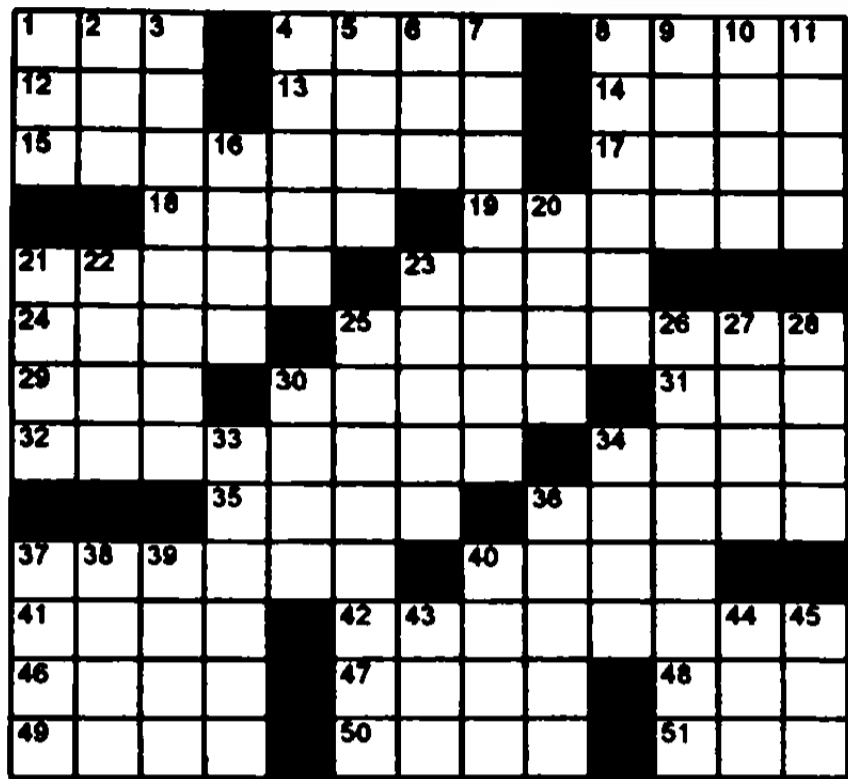
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Advertising Deadline **FRIDAY, 3:00 P.M.**

The Winnipeg River Echo
367-9468
Fax 367-9974
Box 550, Pine Falls,
MB R0E 1M0

WEEKLY CROSSWORD



ACROSS

- 1. River
- 4. Forcible impact
- 8. Cold sea mist
- 12. Joint impairment (abbr.)
- 13. Jaguarundi
- 14. Ye ____ Curiosity Shoppe
- 15. Guidebook for travellers
- 17. Ditch
- 18. Adam ____
- 19. Ear cavity
- 21. Hazy
- 23. Drive ____
- 24. Hint
- 25. Expelling

DOWN

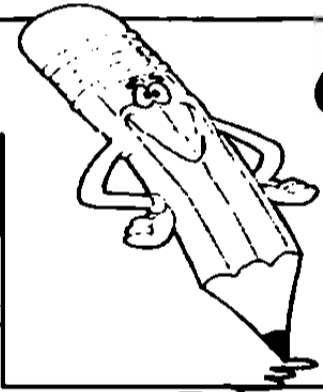
- 1. Flax refuse
- 2. Currency pact (abbr.)
- 3. Having polar problem
- 4. Needing mowing
- 5. Zulu regiment
- 6. Roses ____ red
- 7. Italian nobleman
- 8. Water plant
- 9. Actor Baldwin
- 10. Wife of Lamech
- 11. Rockfish
- 16. Astronaut Slayton
- 20. Killer Whale
- 21. Strike beaker
- 22. 1052
- 23. Dutch vessel
- 25. Fortify
- 26. Insulated container (2 words)
- 27. Patricia of Hud
- 28. Very strong wind
- 30. Ape
- 33. Injury
- 34. East Indian ox
- 36. Trap
- 37. Admen up north (abbr.)
- 38. Licentious revelry
- 39. Boundary (Scot.)
- 40. Ghost (comb. form)
- 43. Belgian city
- 44. Measure
- 45. ____ of Love

- 29. Bourg's department
- 30. Commander of David's army
- 31. Presidential advisors (abbr.)
- 32. Docile
- 34. Pert. to earth
- 35. Bible giant
- 36. Recurring series
- 37. Consign
- 40. Measure
- 41. Zone
- 42. Undiplomatic
- 46. King of Amalek
- 47. Not clerical
- 48. So (Scot.)
- 49. English point
- 50. Eskimo settlement
- 51. Chinese pagoda

- 10. Wife of Lamech
- 11. Rockfish
- 16. Astronaut Slayton
- 20. Killer Whale
- 21. Strike beaker
- 22. 1052
- 23. Dutch vessel
- 25. Fortify
- 26. Insulated container (2 words)
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- 38. Licentious revelry
- 39. Boundary (Scot.)
- 40. Ghost (comb. form)
- 43. Belgian city
- 44. Measure
- 45. ____ of Love

LAST WEEK'S ANSWERS



CRYPTIC PUZZLE

ZBY DXF ZGHH XF GHGJKXFZ LM
 NGXPQ ZB DKXNOG RKGK KG
 ZXSGM BYZ KLM PLFGN'M DHYT
 DXNP.

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

IF YOU TICKLE A MULE HE MAY LIKE IT
 BUT YOU WILL GET A FAR BIGGER KICK
 OUT OF IT.

WEEKLY ECHO HOROSCOPE

for the week of Sept. 23 to Sept. 29



ARIES (Mar. 21- April 20)
 Family responsibilities are mounting. Do your job and don't ask for favors. Travel will be favorable and bring you the greatest rewards. Authority figures may be less than accommodating if you have done something deceitful.



TAURUS (Apr. 21- may 21)
 You may not get your facts correct this week; double-check before making any statements. Attend to things that you should have done last week. Romance will develop through work related activities. Stick to your own projects and by the end of the week you'll shine.



GEMINI (May 22-June 21)
 You can sell your ideas to those who have the money to back them. Pamper yourself for a change. Try to include the one you love in your plans this week.



CANCER (June 22-July 22)
 Your ability to ferret out secret information will lead you to an inside scoop on an amazing financial deal. It is best not to upset the apple cart if you learn information that may damage a colleague's reputation. You may have a problem with coworkers if you try to tell them what to do. Take time to catch up on overdue correspondence.



LEO (July 23-Aug 22)
 You may want to take a serious look at your goals and objectives. You may find yourself in a predicament with family members. Arguments could prevail. You need to do your own thing and work on making yourself the best you can be.



VIRGO (Aug. 23 -Sept. 23)
 You may be tempted to spend too much on entertainment or luxury items. Do not let in-laws upset you. Sudden changes regarding friendships are likely to occur if you have tried to change others. You may want to get involved in some kind of creative group.



LIBRA (Sept. 24 -Oct. 23)
 Be an observer before getting involved. Money can be made if you use your ingenuity. You can enjoy the company of others and come in contact with an ideal mate, if you get out and mingle. Cutbacks at work will be a cause for worry.



SCORPIO (Oct. 24 - Nov. 22)
 Unfortunately, your personal life may suffer from a lack spare time. Plan to do things with your faithful pet or with youngsters who have interesting hobbies. Changes in your home may be disruptive and upsetting. You can get good solid advice from relatives or close friends you trust.



SAGITTARIUS (Nov. 23 -Dec. 21)
 Romance could be exciting if you are spontaneous. False information from someone trying to start problems is likely. Love could develop at social events that are work relate. You can make money if you concentrate on producing services or goods that will make domestic chores easier.



CAPRICORN (Dec 22.- Jan. 20)
 You may be confused regarding your love life. Make arrangements to meet friends at your local dance club. Take care of any dealings with government agencies. You're on the right track and you can make money if you are willing to go out on a limb.



AQUARIUS (Jan. 21 -Feb. 19)
 It might be best to spend time fixing up your premises and making changes that will be appreciated. Your outgoing, aggressive nature will attract someone you've been eager to meet. You should be able to get involved in an interesting proposition this week. You will be erratic and quite likely to make personal mistakes.



PISCES (Feb. 20-Mar. 20)
 Love can be yours if you get out and about. Your creative ideas must be put to good use. Get the red tape and the unwanted paperwork out of the way. Think of starting a new business or emotional partnership.

Echo Classifieds

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.

Apartments for Rent - One bedroom apartment for rent in St. Georges, available immediately, call 367-8244.

Victoria Beach - 3 bedroom, 2 bathroom house for rent in Victoria Beach. Comes with washer/dryer, fridge/stove, non smoker, no pets, call 756-3780.

Powerview - Upper level duplex for rent, 1200 sq. ft., 3 bedroom upper level, parking. 12 Dupont Street, Powerview, washer/dryer hook-up. \$425 plus utilities. Available October 1, 2002, reference required, please call 1-204-883-2709.

House for Rent or Sale in Pine Falls: 2 storey, 3 bedroom, insulated detached garage, approximately 1200 sq. ft. call Scott at 367-5317 (days) or 367-2164 (after 6:00pm).

1986 - 250 Big Red, with reverse, \$1700.00 firm, please call 367-9449.

For Sale - Used lumber and kitchen cupboards in Pine Falls, 367-8425.

For Sale - 55 Plus Condo - Open House - 1:00pm to 3:00pm, Saturday, September 28, Unit #1, 12 Baie Caron North, St. Georges. 2 bedroom, river frontage in ST. Georges, Includes garage and sun deck, for appointment to view call Y. Dimock at 367-2665 or Phil Cyr at 367-2643.

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.

Great Falls Christmas Craft Sale. Vendors needed for craft sale to be held, Saturday November 23rd, 2002, from 10am to 4 pm, at the Great Falls Hall. Table rental is \$20.00, plus a donation to the silent auction, canteen available, non-smoking hall. For more information please call-Pat@367-2998.

Accommodations wanted. Great Falls, Lac du Bonnet, and Pine Falls area. House, cottage, rooms, room & meals for an approximate five month period, please call 204-229-4669 or leave your name and phone number at 367-9468.



Chevrefils-Oman

Ronald and Annette Chevrefils, are pleased to announce the engagement of their daughter Coleen, to Michael Oman son of Forrest and Noella Oman. A June 2003 wedding is being planned.



Tami Macs and Seth Bilcowski of Bissett, MB are proud to announce their engagement and forthcoming wedding. A winter wedding is planned for January 2003 in the Dominican, with a spring social to follow in Bissett, MB.

A big thank you to our children, Kristin, Shanley, and Callie and anyone involved in helping the girls for a most memorable surprise 25th Anniversary Party. It was exciting to see so many people and to receive greetings from those who couldn't attend. Thank you for the wonderful gifts and your treasured friendship. It will be remembered for many years to come. What a great time!
Larry & Sharon Teetaert

Leonard Hagberg



Leonard Hagberg died peacefully on September 21, 2002 in the Beausejour Hospital. A graveside service will be held at the Victoria Beach Cemetery on Saturday, September 28, 2002 at 11:00 a.m.
*Gone to be with his beloved Margaret.
Rest in peace dear Len.*

**UNDER THE PLANNING ACT
NOTICE OF PUBLIC HEARING
REGARDING BY-LAW 13/02**

The Council of the Rural Municipality of Alexander under the authority of The Planning Act will hold a PUBLIC HEARING at the office of the Municipality at St. Georges, Manitoba on the 8th day of objections from any persons who wish to make them in respect of By-law number 13/02 to amend the R.M. Of Alexander Zoning By-Law number 08/98 as amended.

A copy of the above noted By-law of the Rural Municipality of Alexander and supporting material may be inspected by any person during regular office hours from 8:30 a.m. To 4:30 p.m. Monday to Friday at the office of the Municipality at St. Georges Manitoba.

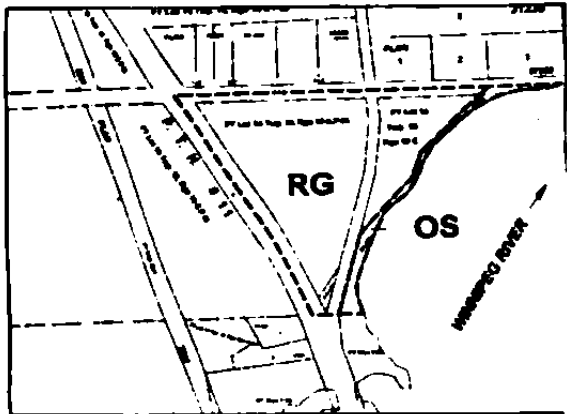
(1) The general intent of By-law 13/02 of the Rural Municipality of Alexander is to amend Zoning By-law Map 7-0 in order that the areas described as follows:

(a) Part River Lot 14, Township 18, Range 10 E.P.M. And part Road Plan 2403 (to be closed)

And shown outlined by a heavy broken line on Appendix "A", attached hereto, presently zoned "A40" Limited Agriculture be hereby re-zoned to "RG" General Residential.

(b) Pt. Water Storage Plan 5165

And shown outlined by a heavy broken line on Appendix "A", attached hereto, presently zoned "A40" Limited Agriculture be hereby re-zoned to "OS" Open Space.



Appendix "A"

Attached to By-law number 13/02 of the Rural Municipality of Alexander amending Map 7-0 of By-law 8/98 being the Rural Municipality of Alexander Zoning By-law as amended.

Legend:

RG "RG" General Residential Zone
OS "OS" Open Space Shoreland Zone
--- Limits of area affected

August 15, 2002
Scale 1" = 400'
MANITOBA
INTERGOVERNMENTAL AFFAIRS
Org. Number 600-58-228

Sunrise School Division

Creating New Learning Opportunities, Each and Every Day!

Substitute Teachers

Qualified teachers are invited to apply for substitute teaching in the English and the French Immersion areas throughout Sunrise School Division during the current school year.

Letters of application and resumes should be submitted by September 30th, 2002 to:

Mr. Duane Brothers
Assistant Superintendent - Human Resources
Sunrise School Division
Box 1206, Beausejour, MB R0E 0C0

Phone: 1-204-268-6500
Fax: 1-204-268-4149

**Notice of Meeting and Election of Officer
ECOLE POWERVIEW SCHOOL
PARENT ADVISORY COUNCIL**

**ANNUAL
MEETING**

**October 3, 2002 at 7:00pm
Powerview School Library**

Please make an effort to attend. This is a very important meeting and is a wonderful opportunity to become more involved in your child's education. Meetings are held on the first Thursday of every month.

**House for Sale
St. Georges**

1 1/2 storey,
3 Bedroom house for
Sale or Rent, located
in St. Georges.
Call 367-2620.

**THE RURAL
MUNICIPALITY OF
LAC DU BONNET**

**#313 TRANSER
STATION**

**Disposal site winter hours,
effective October 1, 2002.**

Monday	1:00p.m. - 5:00p.m.
Tuesday	9:00a.m. - 12:00 noon
Wednesday	1:00p.m. - 5:00p.m.
Thursday	1:00p.m. - 6:00p.m.
Friday	1:00p.m. - 5:00p.m.
Saturday	10:00a.m. - 5:00p.m.
Sunday	1:00p.m. - 6:00p.m.

Mariene Watson
Chief Administrative Office
Rural Municipality of
Lac du Bonnet

Lac du Bonnet RCMP Report

from page 10

A report of a two vehicle non-injury motor vehicle accident on Homestead Road in the RM of Whitemouth. Vehicles towed.

A request to accompany the Building Inspector on an inspection in Pinawa to keep the peace. Same done and no problems encountered.

A report of vehicles not stopping at the stop signs at the three way stop at Burrows and Willis in Pinawa. Police to pay extra attention to this corner during patrols.

A report of a student at Whitemouth School making fake IDs. Investigation was done at a residence in the RM of Whitemouth, and fake IDs and applicable software were seized.

September 18:

A report of a shop lifter at a business in the town of Lac du Bonnet. A report was subsequently received that the individual in question had been turned over to the Lac du Bonnet Senior School Principal and no police action was required.

A pair of glasses were turned in as found property. Same were found on McArthur Ave. in front of Centennial School.

A report of a white vehicle with blue racing stripes was doing brake stands and squeal-

ing tires on Bruneau Road in the RM of Lac du Bonnet. No licence plate was obtained, however, police subsequently stopped the vehicle in question.

A report from a location in Lac du Bonnet of a school bus from out of town being harassed by local youth. Police attended and obtained details of the time, however, the bus wanted to get on its way and no further info was available at the time.

A report from Pinawa of a tail light on a vehicle having been damaged by what appeared to be a shot from a pellet gun. September 19:

A report of the theft of six outboard motors from the float base at Silver Falls in the RM of Alexander.

A report of an under age female having run away from her residence in the town of Lac du Bonnet. She was located at a residence in the RM of Lac du Bonnet.

A report of a trailer at Tall Timber Lodge in the RM of Alexander having been broken into, with alcohol and food having been taken. September 20:

A report of a vehicle in the ditch along PR 211 in the LGD of Pinawa. Police attended and no one was around, and vehicle was towed.

from page 11

by Faith Fontaine
Love is beautiful. Love is awesome. Love is like respect. Love is caring. Love is fun. Love is cool. Love is nice. Love is sharing. Love is admiring. Love is kissing. Love is loving up. Love is hugging. Love is friendship. Love is cute. Love is loving. Love is about girlfriends and boyfriends. Love is thankful. Love is the first teaching.

by Jacques

Love is in the seven teachings and it is the first. Love is what you have to do. And love is the eagle. Love is to have one another. And what you have to do is to love yourself. And love Jesus. And also you should love your family.

by Kaitlyn Letander

I love my mom and my dad. I love the pretty eagles. I love God. God is my life. I love the trees. I love the Creator. I love

Jesus. I love Mother Nature. I love the birds. I love the nice people. I love the grass. I love the fish. I love my teacher. I love my friends. I love my school. I love the animals. I love my puppies. I love my home. I love my family. I love my life. I love my class. I love my clothes. I love my shoes. I love my feed. I love my body. I love the house. I love the plants. I love the water. I love to visit people. I love it when I have visitors. I love the earth.

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Of the aforesaid Local Authority, for the term of four (4) years expiring November 1, 2006.

All nominations shall be made in writing and shall be signed by at least twenty-five electors, or NOT less than 1 percent of the electors (whichever is the lesser) of the authority or ward (as the case may be), but in all cases by at least two electors. Each nomination shall be accompanied by a written acceptance thereof by the candidate and also by the candidate's declaration of qualification duly signed and attested.

Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

Nomination papers may be obtained upon application at the Village of Powerview Office, #32 - P.T.H. No. 11, Powerview.

Dated at Powerview in the Province of Manitoba, this 3rd day of September A.D. Of 2002.

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