

# The Winnipeg River Echo

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## Blades lead series 3-1

The Blades are on the brink of something very special in this year's Manitoba Junior Hockey League playoffs. We think that it is safe to say that without a doubt that this year is a resounding success by any team's standards. We just need to maintain our focus and be prepared for a desperate Winnipeg South Blues squad.

The 400+ Blades fans at last night's 6-1 victory were treated to a display of the kind of hockey that wins games in the playoffs. Not only did the Blades take control offensively and defensively, we also did not lose our cool and retaliate to the cheap stuff that the Blues initiated. The players worked past a lot of stick-work, rabbit-punches and Greco-Roman wrestling on their way to convincing the fans that the Blades are for real.

The Blues now find themselves in a position that we were in during our semi-final series against Winkler. Down 3 games to one and needing to win a game on the road to keep their hopes alive, the Blues are expected to throw everything they have at the Blades tomorrow night at the Multiplex. The players know that any team that can knock off an offensive power-house like the Steelers is capable of playing some excellent hockey.

We know that Head Coach Billy Keane (brother to Colorado Avalanche's Mike Keane) will be employing every motivating tactic that he can get his hands on to try and extend the series. However, if we play the type of hockey that the coaching staff knows we are capable of then the fans will be part of a memorable evening that adds to the history of sporting success in our region.



**PINE FALLS AREA**  
Toronto representative Judy Robbins drops the puck at centre ice for players Chelsea Nault (right) of the Pineview Saints and Amanda Nolin (left) of the St. Adolphe Hawks at the official opening ceremonies of the PeeWee Girls Hockey Provincials held this past weekend at the Pine Falls Arena. See Story/page 5

## Mixed Bonspiel measures up

by Jim Hampshire

While curling clubs across the province continue to struggle in order fill their bonspiel schedules, the Lac du Bonnet Curling Club is cruising to their most successful season ever.

This past weekend the local curling club hosted the annual Mixed Bonspiel, with a complete compliment of 44 teams, but rather than accept any personal credit, second-year organizer Tim Boyer points to local sponsors and

the large volunteer staff for the continued success of the event.

"We know we are doing something right when half the teams entered this year come from out of town," Boyer said following the event. "We have excellent sponsors year in and year out, and it's because of their support than we can attract the team numbers that we do."

Boyer reports that the entry fees are split down the middle, with half going to prizes and

the remainder spent on the banquet. This year Boyer says he was able to allocate over \$4 thousand to the prize pool, which does well to impresses first-time participants and keeps the regular teams coming back each year.

"It makes sense that large participation translates to a large prize pool," Boyer explained. "But sponsors like Home Hardware and True Value give us exceptional bargains, so the prize pool stretches a lot further."

Curling Club P resident Gord Karklin is especially pleased with the bonspiel turnouts this year, adding that the continued support each week goes a long way to help

the community as a whole. "The curling executive couldn't be happier with this past season," Karklin offered.

See MIXED/page 4



First Event winners Gene Lazaruk, Susan Lazaruk, Sheldon Gesell and Joanne Gesell.

**Southeast Blades vs. Winnipeg South Blues**



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# A coach can't please everyone

We wonder why there are no Volunteers in this area for the children. No one is brave enough to try and meet the needs of some parents, no one is good enough. Parents have to complain about everyone.

Marc Nolin is a person we know, who has lived here his entire life. As a volunteer Marc Nolin, our girls' hockey coach, put his neck on the line for the team.

Parents who voted Marc to coach their children are the same parents who are complaining. Parents who knew

his coaching skills knew the way that he was going to be coaching.

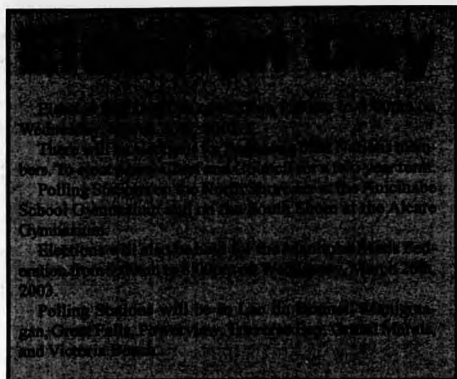
He brought our girls from ground level to scoring and winning games. Every coach will raise their voice from time to time. The same parents that have made Marc feel unappreciated are the same parents who attended only a couple of games throughout the season. Thanks to these parents the girls will lose their coach.

I don't blame Mr.Nolin for packing it in. He is a great coach who somehow got this

group of girls motivated enough to win games. I hope I see these parents that talked so poorly about our coach, out of their houses and out on the ice next year. See if they put in half the effort that Mr.Nolin gave.

Extended to you Mr.Nolin, we as the rest of this small community would like to properly thank you for all your time, effort and the compassion that you showed our girls. We are sad and disappointed to see you give it up.

Sincerely yours,  
concerned hockey parents



## Unification Group Meeting update

### Press Release

The Unification Group met Thursday, March 6th, 2003 with the selected independent consultants Robert Brown and Roger Dennis of RLB Consulting.

Mr. Brown and Mr. Dennis provided the group with a project schedule outlining the points to be covered in the merger analysis.

Some important milestones include:

1) A baseline history of the operations of Powerview and Pine Falls to be completed by late March or early April.

2) Infrastructure review of Pine Falls and Powerview-going through March.  
3) Discussions with various government departments (Education, Justice, Intergovernmental Affairs) regarding the merger ongoing through March.

4) Report on Merger Analysis- expected approximately mid-May.

The consultants also discussed the need to keep the public informed of our process. Suggestions were made regarding newsletters, newspaper articles, open house and public meetings. The committee will formulate a Public Information Plan.

Public responses to the Unification Group Questionnaire are still welcome and valued as there is no time limit on your input.

Watch for future updates from the Unification Group.

## Girls Hockey Tournament

I've been a Hockey Canada Official for 41 years, and the Provincial PeeWee girls hockey tournament in Pine Falls was number one. A big thank you goes to Marc Nolin and his ladies and gentlemen who worked very hard to make

sure everything was right.

I think the whole area should give Marc and his volunteers a big hand because this weekend really put Pine Falls and Powerview on the map. In all the tournaments I have been an official in, this was the most

professionally run.

I was to express my personal thanks.

The highlight for the area residents is when the Pineview Girls won a bronze medal.

Shack

# BINGO

FOR UPDATES CALL 345-6197

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Lac du Bonnet	Full House	Star - 2534.00
Legion Hall	49 numbers	Lucky 7 - 320.00
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<b>Every Monday Evening</b>	Lot. Lic. 463	Mimi Loonie - 184.00
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Special "Y" - 1643.00	
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FOR UPDATES CALL 345-8619

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Loonie Pot: \$247.00
Bonus Line: 1472.00
Full House: 525.00
In 51 numbers

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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.

# Underground Research Lab seeks new life

by Jim Hampshire

Some might call it a brainstorming session while others might see it as a last ditch effort. Either way, employees and management at the Underground Research Lab near Lac du Bonnet aren't ready to throw in the towel just yet.

Last week the Minister of Industry Trade and Mines, MaryAnn Mihychuk, met with URL officials to discuss possible options, which would allow the URL to continue functioning as a privately funded facility. The research site was given notice last month that Ontario Power Generation was pulling its lucrative funding contract at the end of

June, which would lead to full scale shutdown and the loss of more than 60 direct and indirect jobs. Mihychuk conceded that the provincial government was caught off guard by the announced closure but she added that the province is pressuring Ottawa for more time, or at least until new funding is made available.

"We've already sent a letter to (Natural Resources Minister) Herb Dhaliwal's office, asking that the layoff process be delayed," Mihychuk told URL employees last Thursday. "This is a facility that is on the leading edge and it seems premature to shutdown this site." Mihychuk referred to the URL closure announce-

ment as a betrayal by the federal government, adding that the facility could be self-sustaining if given the opportunity.

"The feds have an obligation to continue funding this site in some regard," she said. "At the very least they owe us the time to check out our options."

Tanco Mine Manager Bill Ferguson was also on hand for the meeting, and he noted that the URL would be an ideal location for a training program, geared for the mining industry. He told the gathering that a new influx of young skilled miners will be needed as the vast majority of the workforce is approaching retirement age. He

noted that the need for an independent training facility is long overdue and the repercussions are being felt worldwide.

"There have been more than 5,000 miners killed in China alone over the last year, and those are just the ones we know about," Ferguson reported. "Training and safety programs are constantly under the microscope and the need for a proper training program is urgent." URL management pointed out that the facility already has most of the necessary infrastructure at ground level, but more importantly, the site contains a vertical shaft, which drops to a depth of 443 metres, with additional tunnels and test rooms at various

levels. Local government officials say they are helping to promote the site at every opportunity but fear that the recent closure announcement was a marketing setback. "The rumor got out that we are done and we might miss a lucrative opportunity in the meantime," Pinawa councillor Blair

Skinner noted.

Mihychuk left the meeting with a promise to put the provincial money crunchers to work on business plan but said that timeframe was tight. "There's no doubt that any plan has to be fast-tracked," Mihychuk concluded. "This has to be dealt with as a high priority as we know that the closure is imminent."



MaryAnne Mihychuk spoke with management and employees at the Underground Research Lab last Thursday.

## Wilderness adventures arrive Wednesday

by George Bayly and Dean McLeod

During the summer of 2002, two young adventurers, David Freeman and Eric Frost set out in their canoes to begin the first leg of a two-part journey which retraced the historic fur trade route from Thunder Bay, Ontario to Cumberland House in Northern Saskatchewan. Thunder Bay, originally named Fort William by the Hudson's Bay Company in 1805, is the location where the Kaministiquia River flows into Lake Superior. These modern day explorers followed the river routes to Rainy Lake, the Rainy River to Lake of the Woods, and then paddled down the Winnipeg River past Pine Falls to Lake Winnipeg. It was the month of October when they found themselves on the unwelcoming shores of Lake Winnipeg on Travers Bay where wind and newly forming ice ended the season's canoe travel. After a three month lay-over, they recruited new huskies and in February of 2003 they began the second part of the adventure by trekking from Cumberland House to Pine Falls. Equipped with snowshoes, satellite phone, solar powered laptops, a titanium stove, and canvas tent, these two hardy adventurers snowshoed 600 kilometers over sometimes merciless trails pulling toboggans filled with supplies. On Wednesday, March 26th, the town of Pine Falls will be welcome sight for these two young men who have endured the hardships of the winter trail by travelling

on foot for two months.

What could one achieve by such an undertaking? Apparently they wouldn't want to disappoint their friends! Hundreds of elementary and middle school students in Canada and the U.S. sit in their classrooms and share that wilderness adventure with David and Eric who earn a living by taking these wilderness trips. Maintaining their at wildernessclassroom.com, from tent heated by a woodstove while outside the temperature is -42 degrees C, can be challenging to say the least. Posting "notes from the trail" historical information, videos, photos, and hosting on-line

chat rooms is what brings the experience alive for young students who follows these intrepid trekkers via the internet. You can go to [www.wildernessclassroom.com](http://www.wildernessclassroom.com), and click on the "Bimaadagaako Adventure" to check up on their progress.

Other extension trips undertaken by Dave and Eric have included paddling the entire length of the Mississippi River and spending six weeks during winter in the wilderness of Minnesota and Ontario. Through the website, students have been with them every step of the way on

this virtual field trip, learning history, geography, natural science, and human relations. Between trips they visit sponsoring schools where they meet students and teachers in person, share their experiences, display equipment, and discuss the challenges of winter tripping.

Dave and Eric will be in town for a day or two and hopefully town folk will turn out to greet them at a welcoming reception. The date and time will be announced in the Winnipeg River Echo. Come out and meet these hardy travelers, extend a warm hand, and learn first-hand what it took to really enjoy that winter weather!!

## Win a Free Massage!

Answer this survey and it drop off at:  
**Through the Arbour**

Pine Plaza, Pine Falls, (204) 367-2141

1. Have you ever had a professional Massage? Yes , No
2. Do you have insurance coverage for massage therapy? Yes , No
3. How many years must an RMT study before being certified? 1/2 , 1 , 2
4. Do you ever have sore or aching muscles? Yes , No
5. Do you suffer from stress, tension, or sleep disorders? Yes , No
6. Do you know anyone who benefits from massage therapy? Yes , No
7. May we add your name to our mailing List? Yes , No

If you would like your name entered into the draw, please complete the following:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_

Survey forms available at the shop. Draw date: April 12/03

**Green!**  
**Team!**

**Summer Employment Opportunities**

If you are looking for a fulfilling job this summer, and are between the ages of 16 and 24, register for an opportunity today.

### Conservation Green Team

If working in one of Manitoba's provincial parks appeals to you, apply to Conservation Green Team. A number of challenging positions are available from general maintenance duties to assisting with wildlife, forestry, dutch elm disease, fisheries, water and environment disciplines. Interpretive assistant positions are also available to help deliver campfire talks and amphitheatre programs and/or provide information at interpretive centres or museums. Apply at your local Manitoba Conservation district office.

Positions available: May 20 to August 22, and July 2 to August 22.

### Hometown Green Team

Employment with this program includes positions with municipal/civic governments, Northern Affairs Community Councils, conservation districts, Chambers of Commerce, tourism oriented heritage groups, private tourist operations and non-profit organizations in rural Manitoba.

Apply at participating municipal/community offices and/or register on-line at [www.studentjobs.gov.mb.ca](http://www.studentjobs.gov.mb.ca)

Positions available: June 1 to August 31

For further information on:

Conservation Green Team  
1-800-282-8069, ext 7182

Hometown Green Team  
1-800-282-8069, ext 0901





## Sewage lift station overflows to river

by Charles Norman

A pumping problem at a Wanipigow sewage lift station has resulted in raw sewage overflowing to the Wanipigow River for more than two months.

The problem has been compounded by the fact that the Wanipigow First Nation does not have the expertise to identify the cause of the problem nor the money to hire specialist help. Phone calls to provincial and federal government agencies have resulted in comments like "that's not in my jurisdiction". While the reserve tried to get help the overflow continued.

Wanipigow now has the help it need, and the problem is being worked on today, (Monday, March 24). It appears that one of the two submersible flight pumps failed. The lower flow caused sedimentation resulting in the plugging of the other pump. Subsequent vibration resulted in a broken mounting bracket that is now being repaired.

The sewage spill is downstream of the community's water intake.

## Mixed Bonspiel measures up

from front page

"These sold-out events allow us to make money over and above our budget, and in turn we are able to donate the profits to the community centre. It's a win-win situation for everyone."

Karklin reports that the Mixed Bonspiel is one of the more profitable spiels of the year, especially when it comes to bar receipts.

"It seems as though the mixed spiel is a more social affair, where couples come out to curl and then remain to enjoy the lounge facilities," he explained. "We had an excellent weekend in that regard and we had a number of compliments on the ice conditions, so it was a great weekend all around."

After four days of curling, the Gene Lazaruk team from Pine Falls claimed the First Event, while the Lac du Bonnet team skipped by Murray Neufeld took the Second Event honors. In the Third Event, the Justin Richter rink from Beausejour narrowly beat the Cliff Veilleux team from Lac du Bonnet to take top honors in that category.

Tim Boyer reports that after two years, he will have to turn the organizational duties over to a new volunteer as he will be making a career move that will take him out of the province.



The Lac du Bonnet rink of Murray Neufeld, Bryce Stogran, Shawn Stogran and Brenda Neufeld took the top spot in the Second Event



The Beausejour team of Justin Richter, Karenklien, Wes Hafichuk and Teresa Gmiterek squeezed by the Cliff Veilleux rink to win the Third Event

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### MANITOBA MODEL FOREST INC. COMMUNITY OPPORTUNITIES FUND



The Manitoba Model Forest supported by the Canadian Forest Service has established a fund to support local Model Forest area communities and organizations with projects that will improve local environment or socio-economic conditions. Preference will be given to projects involving youth.

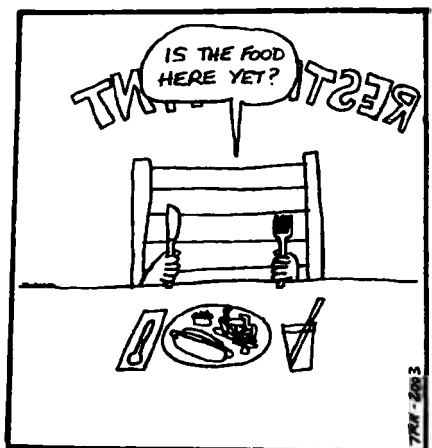
A limited number of funding grants of up to \$10,000 will be awarded this spring.

Background information, eligibility criteria, and application forms are available from the Manitoba Model Forest.

Contact Bev Dubé at Tel 367-5232, fax 367-8897, e-mail [bdube@mb.sympatico.ca](mailto:bdube@mb.sympatico.ca) or dropby our office in Pine Falls Monday to Friday during working hours.

The deadline for applications is April 30, 2003 @ 12:00 Noon.

**\*\*Interested applicants are encouraged to attend an information and instruction session at Chicken Chef/Mr. Pic's on Hwy 304 in Powerview April 11, 2003 @ 1:30 p.m.**



Is your business family-friendly?



**FAMILY-FRIENDLY BUSINESS AWARDS** to be presented at the Building Bright Beginnings Forum, May 8, 2003, at the Sun-Gro Centre in Beausejour.

## Pineview girls take Bronze

The Pineview Girls Peeewe Hockey Team won the Bronze medal at the Provincial Hockey Championship held this past weekend at the Pine Falls arena.

The Pineview Peeewe Girls Hockey Team, coached by Marc Nolin and Mike Oman, stayed committed through a season of hard work, disappointments, shelling scores, crucial injuries and the growing pains of a first year team. In this provincial tournament

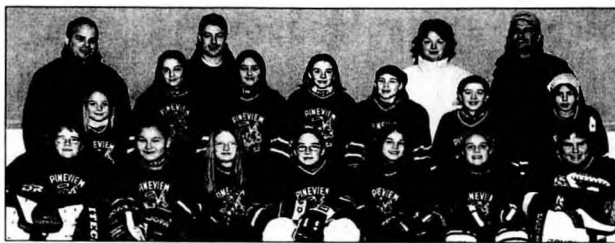
everything came together for the girls and with great home town support they finished their season on an unthinkable high. The team had more wins in this tournament than they did in their entire season! Very sweet.

The Pineview team hosted this Peeewe Girls Hockey Provincials. For many people living in the area it was the first time they had ever seen girls' hockey. From the crowds' reaction to the

games it is fair to say that the people were impressed.

As an event, the Peeewe Girls Hockey Provincials was a great success, one that brought people together to show their support and appreciation for the talent and character of our youth.

Thanks go out to many individuals,



Pineview Girls Peeewe Hockey Club - Bronze medalists at the Provincial Hockey Championship held this past weekend at Pine Falls arena. Missing - Kayla Breton

organizations and businesses for their contributions towards the tourna-

ment. Detailed information and photos of the Peeewe Girls Hockey Provincials

will be in the NEXT edition of the Echo.

## News from the Sagkeeng Junior High School



Brandon Zellers' team took home the Gold medal at the Provincial Hockey Tournament held in Pine Falls.



Hawks finished second this past weekend in the Girls Hockey Tournament

Sagkeeng Jr. High had our winter carnival on Friday, March 14<sup>th</sup>. We started the day off with a pancake & sausage breakfast at the school. We then proceeded to the Sagkeeng Arena Multiplex for the day's activities. We spent the majority of the day outdoors as it turned out to be sunny and warm. The students had a fun filled day with many activities for them to do. Outdoor activities included: smooch racing, log sawing, weiner

roast with hot chocolate & snow sculpturing. The snow sculptures included a tepee, a leprechaun hat, a pot of gold, a turtle and a peace sign. Inside the arena we had a balloon bust and a show with Inch the Clown for all students Nursery, Kindergarten and the gr. 5 - 8's. We also had face painting throughout the day with some students from our local university campus. A big thank you goes out to Amanda Courchene,



Myrna Bruyere and Sharon Richards who volunteered their time to help out.

dents winning twice in a row. This was enjoyed by all who participated.

There was a sponge puck hockey game and a tug of war that had the students challenging the staff. Staff were victorious in the sponge hockey game but were soundly defeated by the students in the tug of war with the stu-

Spring is here!!!! This is the last week of school before spring break. The last day of classes for students of the Sagkeeng Jr. High will be Thursday, March 27, 2003 and they will return on Tuesday, April 8<sup>th</sup>.



**On March 26, 2003**

**VOTE**

Cynthia Bunn for

**X CHIEF**



Let us join hands, to meet the challenge of a common vision, to seek without fear, good governance for the betterment of our community.

Let us walk together to create bonds that will inspire and guide us to reach out to one another and share in this mission of 'Peace, order and Good Governance'

**"Ask not what your community can do for you, but what you can do for your community!"**

Excerpt from JFK Inaugural speech of 1963

**On March 26, 2003**

**VOTE**

Neil Guimond for

**X COUNCILOR**



Together we can make changes for the best interest of our community.

Let us continue the process of restoring local control of Management and Administration from Indian and Northern Affairs Canada.

Together we must lobby all governments and corporate entities for extra funding that is rightfully ours, from our resources of our own lands.

**Peace,  
Order and  
Good Governance.**

**ELECT**

Marilyn M. Courchene for

**X COUNCIL MEMBER**



SAGKEENG TREATY 1 NATION TERRITORY

**On March 26th  
VOTE for "CHANGE"**

- Proven Strong Leadership
- Promote healing with in our Youth
- Compliment our community
- Ensure "Treaties" Protect us
- Challenger against Indian Affairs/B.D.O.
- Women's Advocate

*"We need a balance within our community and we need to put Sagkeeng at the forefront of issues once again"*

\* Candidate for Prime Minister - Sheila Copps stated "Go for it, Marilyn"

Contact 367-4666 Supported by - Smokin Tipi

# You can't be serious



by Jim Hampshire

In a daring effort to prove I possess some degree of gardening skills, this week's column contains extra amounts of fertilizer.

How's that different from any other week, you ask? Today I'm using words like "fertilizer" instead of the usual "crap."

In fact gardening season is just around the corner, which is likely the reason why The Echo editor contacted me personally and asked that I share some important horticultural expertise with the novice gardener. Now I'm not usually one to boast but when it comes to gardening skills, you might have noticed that I did spell "horticultural expertise" correctly. Beyond that, I doubt I'd be able to grow moss in the Brazilian Rainforest. So let's begin then!

After some extensive research, whereby I read every elementary school "Green Team" article I could get my hands on, I discovered that one evergreen tree can remove 29 pounds of carbon dioxide from the atmosphere annually. I have a hunch this is a good thing. This may not seem like a lot at first glance but it takes a line of cars,

## Spreading the fertilizer

11,000 miles long, to spew 29 pounds of emissions each year. Furthermore, a recent study shows that one acre of trees has the ability to remove 13 tons of nasty particles and other pollutants from the atmosphere on an annual basis.

Based on this information, I recommend that every car owner take the initiative and plant a mature evergreen in the trunk of their car. Okay, there could be problems. I doubt the front wheels would ever touch pavement again, but if we downsize the project a bit - maybe start with a nice fern garden, sprinkled with a few perennials? Come to think of it, hatchback owners have ample room for a lovely vegetable garden and that would help to cut down trips to the market! Then again, if you're not terribly anxious to dump a load of topsoil into the trunk of your Taurus, you can still plant an old-fashioned vegetable garden right in your backyard. Now I know a lot of first time gardeners are hesitant and feel they don't have the necessary experience or equipment to turn the sod and create sizable garden plot behind the house, but fortunately, your neighbor does! Yes, you can also enjoy the

recreational benefits of a backyard garden by simply borrowing your neighbor's "Roto-Tiller!"

Now I must caution you that this mechanical device is a little tricky to use at first but if you follow some simple directions, I'm confident you'll complete the ground-breaking process with limited injury. First, your neighbor will show off a little as he smoothly guides the

Roto-Tiller into your backyard, and it's important you don't let his calm execution lull you into a false sense of security. Now, assuming that the motor is operating at a higher RPM, grab the handles with a firm grip and slowly squeeze the pulley lever on the right handlebar. You'll notice the mechanical tines propel the tiller across the lawn at an amazing clip! Whoops! Watch out for the birdbath! By now you should be thoroughly tangled in the thick undergrowth of your prize-winning sculpted hedge as the tiller tries to chew through the natural divider and

escape to continue the carnage in your neighbor's yard. This is par for the course for first time operators so don't be discouraged. Simply wrestle the tiller around and return through the gaping hole in the hedge and take aim at your neighbor, who by now, is running away as if his life depended on it. It might take a while but eventually you'll catch him, at which point you can offer him a hundred bucks to operate the damn machine for you! Before you know it, a nicely trimmed backyard garden awaits. This time for a neighbor with a green thumb!

## Lac du Bonnet Super Cities Walk set to go

Lac du Bonnet, MB: On the last Sunday of April every year, Lac du Bonnet residents can look out their windows and see their friends and neighbours out for an afternoon walk. This doesn't sound unusual, expect that there is a crowd of over 100 passing by at the same time!

It's the Super Cities Walk, now in its 7th year in Lac du Bonnet. This event is an MS Society of Canada, Manitoba Division fund-raiser to support national research into the cause and cure for MS and to raise money to fund programs

and services for Manitobans living with multiple sclerosis. In 2002, 101 Lac du Bonnet Walkers raised \$22,000.

"We have great community support," said Jeanne Lussier, who along with her husband Phil coordinates the events. "Many local businesses sponsor us, and we have close to 100 volunteers who come out to help things run smoothly."

Participants may choose from a 5 km or 10 km route, both wheelchair accessible. A light lunch is offered at the start a delicious pork roast and

salad are served after the Walk. Entertainment is provided by music man Jesse James Music and a silent auction consisting of items donated by local businesses is held.

The walk begins at 1:00 p.m. at the Lac du Bonnet Arena. Registration is now underway. Brochures are available throughout Lac du Bonnet and you can register at the Town Office. You may also register on-line at [www.supercitieswalk.com](http://www.supercitieswalk.com). For more information about the Walk, call (204)345-9601

# North Eastman Youth JOB FAIR

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The Winnipeg River Resource Centre at:

Lac du Bonnet Community Centre  
March 25, 2003, from 9:30am to 7:00pm

## OBJECTIVE

To foster hope in our community by bringing  
employees & employers together!  
Hope to see you there!

Canada



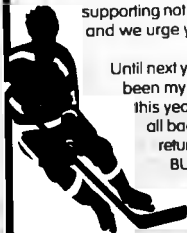
### "Thank You"

The Lac du Bonnet Blues (players, executive) would like to give a big "Thank You" to all our fans for their great support this past season. Without you, playing would not have been as much fun as it was.

To our bench helpers, Mike Cox, Timmy Friesen- thanks alot. To our faithful door workers- Connie Dancyt, a big thank you. To our timekeepers- Via Stample and Dennis Duprat, also a big thank you. Thanks also to "The Echo" and "The Leader" for printing the Blues write ups at no cost.

And of course a big "Thank you" to our sponsors. RG Landscaping, Dancyt's Food, Pinawa Lawn Doctor, Lakeview Hotel, Trans Canada Fitness, Jeff Seifried Painting, Casey's Inn, True Value Hardware, Campbell's Family Foods, Hometown Big Way Foods, Arsenault Trucking, Chicken Chef, House of Seifried, Papertown Motor Inn, Renes Septic Tank, Rons Backhoe Service, Drifter's Inn, United Steelworkers (Anacol, Woody's Service, Subway, South Interlake Credit Union and our two local governments, The Town of Lac du Bonnet, and the Rural Municipality of Lac du Bonnet.

Remember these are your local businesses supporting not only hockey, but other causes as well, and we urge you to please support them.



Until next year in closing I would like to say it has been my privilege to manage the hockey club this year and we look forward to seeing you all back at the Arena next year as the Blues return to the ice to take care of: UNFINISHED BUSINESS!

Curtis Dancyt, MGR  
Lac du Bonnet Blues Hockey Club

# Chisholm rink takes top spot

The Pine Falls Curling Club hosted their annual mixed curling bonspiel this past weekend. There were 20 teams entered. Curling fans saw teams vie for top spot and got to enjoy some great curling over the weekend.

Bob Chisholm/skip, Natalie Chisholm/third, Jamie McMullen/second, and Ginette McMullen/lead beat out the Vince Rodych/skip, Lori Rodych/third, Neil Boulette, Kristen Boulette/lead in a 7 to 3 victory in the A-event finals.

B-event was won by Jeff Pluchinski/skip, Fay Berthelette/third, Lenord

Bethelette/second, and Melinda Pluchinski/lead in a closely played match with a 7 to 5 win over Jack Bonekamp/skip, Kim Bonekamp/third, Richard Chevereff/second and Colleen Wileman/lead.

C-event was won by Pauline Vincent/skip, Jackie Prowse/third, Rob Officer/second, and Dawn Nault/lead in a very close game that saw Vincent hit and roll to the button to score a big two points to take the win of 8 to 7 over Jeff Balness/skip, Beryl Davidson/third, Dustin Davidson/second, and Angie Hampshire/lead.

On Saturday night curlers



Winners of the Pine Falls Mixed Bonspiel (left to right) Third - Natalie Chisholm, second - Jamie McMullen, Lead - Ginette McMullen, Skip - Bob Chisholm

got to enjoy a wonderful meal catered by Bostrom's. After dinner the skills competition began. The games consisted of a hit and roll, a raise, and a draw to the button. This years winner's were Bob Chisholm, and second place was won by Fay Berthelette. Another game that had everyone laughing with delight was the, Poultry in Motion game, which features curlers tossing a 15 pound turkey down the ice and seeing who can draw closest to the button. The game proved to be harder than one thought, which was fun to see and spectator's cheered as Pauline Vincent who skillfully played her toss, ended up closest to the button for the win.



C-Side Winners (left to right) Lead - Dawn Nault, Second - Rob Officer, Third - Jackie Prowse, Skip - Pauline Vincent



B-Side winners (left to right) Skip - Jeff Pluchinski, Lead - Melinda Pluchinski, Third - Fay Berthelette, Second - Leonard Berthelette

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Call Ron 667-8173 or 793-4893

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- You have received maternity or parental benefits in the last 60 months

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# Practitioner of Herbal Medicine

We now have a fully qualified practitioner of Herbal Medicine in Pine Falls. Kristine A. Phillips (soon to add MNIMH to her name) has completed a four year program in Herbal Medicine. It included studies in pathology, physiology, anatomy, materia medica, pharmacology, mental health, gynecology, geriatrics and much more. The course was mainly correspondence, however there were 500 hours of supervised clinical practice and year end written exams including the final practical exam done in England in front of a panel. She started her training at the "Dominion Herbal College" in Vancouver, where she completed the first three years of the program. Her final year was with the "College of Phytotherapy" in East Sussex, England. This institution was the founder of the program as taught at "Dominion Herbal College". Kristine points out that these two colleges had slightly different approaches towards the

application of Herbal Medicine. This fact only helped her as, where one college may have been less particular about a certain aspect, the training at the other helped to fill the gap.

Herbal Medicine is one of the most ancient forms of health care. This knowledge has been passed down for many generations, and is currently experiencing a new found acceptance by society. There has also been much research in recent years as to the effectiveness of certain herbal remedies. It must be noted here that many of our prescription medications are herbal in origin such as digoxin from the foxglove plant (*Digitalis purpurea*) and acetylsalicylic acid which is a synthetic reproduction of salicylic acid found in the bark of the Willow tree (*Salix alba*). One of the benefits of herbal remedies, when compared to it's pharmaceutical counterpart is the synergy of all the constituents of the plant. In many cases the pharmaceutical has been refined

and broken down into it's most basic component, losing some of the effectiveness inherent in the whole plant. One of the proofs of this is the adaptogenic nature of some herbs. This means that for certain conditions the herb can help when there is either an excess or an insufficiency in a certain area or function. Hawthorn (*Crateagus oxyacantha*) is an excellent example, it can help with both high or low blood pressure as well as many heart concerns (it is one of the main ingredients of Strauss Heart Drops).

An initial consultation will take between one and two hours, with notes being taken on the clients full medical history to get a complete picture of the individuals health. Treatment will include herbs, but also diet and lifestyle suggestions will be made. This is due to the wholistic view of herbalism with symptoms not generally being treated on their own. Behind every symptom there is a cause, and the role



Kristine Phillips, Practitioner of Herbal Medicine

of the herbalist is to identify the root of the problem. Common root problems include stress, high toxin levels, poor nutrition and a weakened immune system. There are many herbs that can help the body regain its balance and this is often all that is needed to eliminate the initial symptoms.

Herbal medicine is not a replacement for Doctor care. They have the knowledge and resources of many years of university and that of a huge health care system run by local and national governments. The herbal practitioner may

help in many instances where there is not an impending or life threatening emergency. We don't always need a Doctor to tell us that we have a cold! Herbal remedies may often help where there are chronic conditions such as sinus problems, migraine headaches, menopause, PMS, low libido, heartburn, and on and on goes the list.

Kristine will be in the store on Wednesday afternoons to answer questions. For more information, or to book an appointment call Through the Arbour 367-2141.

# Recreation Ramblings

by Michelle Chudd, Recreation Director  
Winnipeg River Recreation District, 345-8816/753-2639  
Email: reccomm@granite.mb.ca

**Spring-A-Ling things**  
Ok - if you haven't seen the green machine of recreation to do's this Spring...read on. One important piece of advice is to pre-register which not only includes giving your name and phone number but your registration fee as well. A lot of programs have a cap on the number of participants so do not delay and register now. Call the Rec office at 345 8816 or 753 2639, drop in to our office in the LdB Senior School or the Community Centre in Pinawa or mail in your form.

**Tai Chi**  
In case you haven't heard we have a Spring session lined up with Mike Quinn providing the instruction. Tuesdays, April 8 - May 27 from 7:00-8:00pm at Gilbert Gym in Pinawa.

**Funky Hip Hop for Teens and Adults**

Another session being offered for you moonwalkers! Mondays, April 14 to June 9 from 7:00-8:00pm at Centennial Gym in LdB.

**Funky Hip Hop for Youth**  
Do you still wanna dance? You can! Tuesdays, April 15 - June 10 from 6:00-7:00pm and 7:00-8:00pm at Centennial

**Gym in LdB.**  
Cardio Kickboxing Spring Session

Ok, so Kim O. likes to throw in a lot of skipping sequences into her program. The workouts are still awesome! Our Spring session will put up right after the Winter one...Mondays and Fridays from 6:00-7:00pm at Centennial Gym in LdB and Wednesdays from 6:15 - 7:15pm at Pinawa Community Centre from April 21 to June 20.

**Run Clinic**  
Andrew, from the Running Room will be out in our area to give a FREE!!! Running clinic on Saturday, April 19 from 9:30 - 1:30am.

**Big Fat Greek Cooking Class**  
The movie was great...the cooking class is even better with the Greek Market coming out to do this one evening session on Tuesday, May 6 from 6:00-9:00pm in the Home Ec Room in Pinawa Secondary School.

**Youth Recreational Fishing League**

Ok - so this one if a little further down the line (fishing line, get it). Nonetheless - we still need to inform potential participants and potential vol-

unteer coaches that the program runs May 19 to June 23. Call the Rec office for details.

**Agassiz Horticultural Society Calendar/AGASSIZ HORTICULTURAL SOCIETY CALENDAR**

April 6 is a Garden Seminar from 9:00am - 4:00pm at Pioneer Club. Register by April 1<sup>st</sup>. For more info call 345 8520 or 345 2616. April 8 is regular meeting at Centennial School at 7pm on Medicinal Plants and Traditional Healing.

**March is family month**  
The Pinawa Early Childhood Development Committee has an exciting line-up for you!  
**Activity # 2:** Rhythmic Gymnastics and Yoga for Kids on Tuesday, March 25 from 6:30 - 7:30pm at Gilbert Gym  
**Activity #3:** Family Jam Can Curling on Sunday, March 30 at Pinawa Arena.

**Eastman Juried Art Show**  
The Eastman Juried Art show will take place May 8-11 in Steinbach. Application forms may be picked up at the Recreation office.

**Facility Diploma Courses**  
Arena/Curling Rink Level 2 and Pool courses are being held April 7 to April 11 at the St. Norbert Community Centre. For more information call 750 0058.

# Sagkeeng Anicinabe High School news

Here are the final results from the badminton playoffs held over twelve days of competition during the last three weeks. School administration and teachers, based on attitude, attendance, and behaviour, will make the final decision as to which players represent the school in the upcoming tournament on April 14 - 16. The top six players in each category were as follows:

- |                       |                       |
|-----------------------|-----------------------|
| Girls Singles         | Boys Singles          |
| Arien Courchene 7-0   | Adam Bruyere 7-0      |
| Maya Bruyere 6-2      | Troy Fontaine 9-1     |
| Melissa Fontaine 5-3  | Isaiah Morrisseau 8-2 |
| Alice Swampy 5-3      | Bryan Twoheart 5-2    |
| Carolyn Courchene 4-3 | Adam Prince 7-4       |
| Tanis Courchene 4-4   | Chris Bellegarde 6-5  |

On April 10, the Chemistry and Biology classes will be travelling to Winnipeg for a Science Fair at Southeast College. The date for in-class mid-term exams is April 7. Be prepared!

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# What I learned about The Seven Teachings

by: Grade 4f Anicinabe Community School

I learned a lot about all seven teachings. The whole world has the seven teachings. But only the Anicinabe talk about the seven teachings, my teacher is proud of me when I finish my seven teachings work. Truth is like telling the truth when you don't do your homework. And when you broke the window while playing baseball.

by: Faith Fontaine

I learned to be respectful. I learned to be humble. I learned to love one another. I learned to use my gift that God gave me. I learned about the eagle, the bear, the buffalo, the wolf, the sable, the beaver and the turtle.

by: Soaring Eagle (Bret Daniels)

I learned the seven teachings from my teacher. The seven teachings are love, respect, honesty, courage, humility, wisdom, and truth. I learned about the eagle, the bear, the buffalo, the wolf, the sable, the beaver and the turtle.

by: Adam Courchene

I had a dream about the seven teachings. I was by the bridge. I jumped off the bridge. Before I hit the water I stopped. I saw all of the seven teachings dancing by my head. Then I saw the seven ancestors looking at me. Then I saw my granny Alva. She was my best granny. Then I saw a soaring eagle. Then the eagle dropped a feather in my hair and I turned into an Indian.

by: Tara Beaulieu (Whitewolf)

I learned that each teaching is carried by an animal. I learned that the turtle was the fastest animal in the spirit world. I learned that the eagle carries love, buffalo carries respect, bear carries courage,

sable carries honesty, beaver carries wisdom, wolf carries humility, and the turtle carries truth.

by: Kari Guimond

Truth is carried by the turtle. Truth is not lying. Truth is being nice and caring. Love respect, honesty, courage, wisdom, and humility are the truth. And to know truth is to know the Creator. Don't tell lies to elders if you did something bad.

by: Esther Courchene

Truth is when you are sad and don't want to tell and you look happy and you tell the truth. Truth is from the seven teachings, the truth.

by: Obe Courchene

Truth is all the seven teachings. Truth is carried by the turtle. Truth is that you can't tell lies to your parents about stealing money and stealing stuff. Truth carries all the seven teachings are love, courage, respect, honesty, humility, wisdom, and truth.

by: Adam Courchene

Truth is carried by the turtle. Truth is the last teaching. Truth means I know the seven teachings and they are called, love, respect, courage, honesty, wisdom, and truth and they are carried by the seven animal, and they are called the

eagle, buffalo, bear, sable, beaver, wolf and turtle. In the spirit world the turtle is the fastest animal. Truth is using your gifts and your spirit name. Love is carried by the eagle. Respect is carried by the sable. Wisdom is carried by the beaver. Humility is carried by the wolf. Truth is carried by the turtle.

by: Kari Guimond

When you tell the truth sometimes it hurts some people cause they didn't know cause you didn't tell that person. If you don't like them or if you talk about them when they're not around. Truth is carried by the turtle. It is good to tell the truth. The seven teachings is the truth.

by: Kaitlyn Letander

Truth is all the seven teachings. Truth is carried by the turtle. The turtle is fastest animal in the spirit world. Truth means to not tell lies. Truth means it is not good to tell lies.

by: Soaring Eagle (Bret Daniels)

Truth is all of the seven teachings. Truth is carried by the turtle. Truth is to be honest about your feelings. Truth is love, respect, honesty, courage, wisdom, and humility.

by: Little Black Bear

Truth is carried by the tur-

The Creator is the seven teachings.

by: Heather Twoheart

Truth is carried by the turtle. Truth is the last teaching. Truth is being wise. Truth is all the seven teachings. Truth is being wise. Truth is all the seven teachings. Truth is telling the truth. Truth is having courage. Truth is using your gifts and spirit name.

by: Baby Bear Guimond

Truth is carried by the turtle. Truth is all of the seven teachings. The turtle is the fastest animal in the spirit world. Truth is to tell the truth. Tell the truth about feelings.

by: Silverwolf Keri Buhoine


Truth is when you break something you have to say I did it. And truth is one of the seven teachings. And truth is carried by the turtle. And truth is when you're mad or sad you tell someone. And truth is when you don't lie to your parents.

by: Jacques Pacey

Truth is carried by the tur-

See *WHAT*/page 15

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## THANK YOU

To ALL the Volunteers who so generously gave of their time and energy and to the sponsors of the Western Canadian Blind Curling Championships. The W.B.C.C. Held March 12-16 at L.d.B. Curling Club was a huge success due to YOUR INVOLVEMENT!

Please accept our apologies if we missed anyone it was not intentional. Let us know and we will acknowledge the donation.

<ul style="list-style-type: none"> <li>Tantalum Mining Corp / Cabot Foundation</li> <li>Worona Brothers Ltd.</li> <li>2003 Ford World Curling Championships</li> <li>Asham Curling Supplies</li> <li>Lac du Bonnet Curling Club</li> <li>Lakers Water Ski Club</li> <li>Mrs. Lucci's &amp; Volunteers</li> <li>Lac du Bonnet True Value Hardware</li> <li>The Leader</li> <li>Furgale Industries Ltd.</li> <li>Manitoba Community Support Programs</li> <li>Sport Manitoba</li> <li>Rural Municipality of Lac du Bonnet</li> <li>Town of Lac du Bonnet</li> <li>Molson Canada</li> <li>Earl's Restaurant Ltd.</li> <li>McGowan Curling Aids</li> </ul>	<ul style="list-style-type: none"> <li>Gold Line Mississauga, ON</li> <li>Curlers Caddy</li> <li>Shoreline Realty</li> <li>Campbell's</li> <li>Kay Insurance Agencies</li> <li>Lowry's MFG &amp; Sales</li> <li>Glenn Howard Inn</li> <li>River Town Restaurant</li> <li>Lakeview</li> <li>Ralph Brincheski</li> <li>Trail End Camp &amp; Outfitters</li> <li>Manitoba Moose Hockey Club</li> <li>Century 21/Sun Country Realty</li> <li>Bob &amp; Linda McKay</li> <li>Clark &amp; Ivy Hicks</li> <li>Don &amp; Rose Hendrickson</li> <li>Blaine &amp; Shirley Johnson</li> <li>Univ. Of Man. (Lady Bison) Volleyball</li> </ul>	<ul style="list-style-type: none"> <li>Team Canada Volleyball</li> <li>Manitoba Lotteries Corp</li> <li>L.d.B. Community Centre</li> <li>L.d.B. Bowling Lanes</li> <li>Manitoba Liquor Control Commission</li> <li>Manitoba Pork Council</li> <li>Investors Group</li> <li>A.E.C.L.</li> <li>Manitoba Hydro</li> <li>Rogers AT &amp; T Wireless</li> <li>Casey's Motor Inn</li> <li>Ingham Pharmacy Ltd.</li> <li>South Interlake Credit Union</li> <li>Gary Gumphrich, Accountant</li> <li>Royal Bank of Canada</li> <li>Subway</li> <li>Easy Air Products</li> <li>Touch Down Manitoba</li> <li>Winnipeg Blue Bombers</li> </ul>	<ul style="list-style-type: none"> <li>Winnipeg Goldeyes</li> <li>Canada Post</li> <li>Toronto Maple Leafs</li> <li>Drifters Inn, Shell &amp; Restaurant</li> <li>Pepsi</li> <li>C.N.I.B.</li> <li>Blue Cross</li> <li>Carnation Corner</li> <li>Crocus Investment Fund</li> <li>Manitoba Curling Association</li> <li>Canadian Council of the Blind</li> <li>Conservation Manitoba</li> <li>Prairie's Wholesale Ltd.</li> <li>Old Dutch</li> <li>LdB Leos</li> </ul>
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**THANKS FOR YOUR SUPPORT**  
Lions Club of Lac du Bonnet

# Lac du Bonnet RCMP Report



Lac du Bonnet Police Report for the periods of March 12th to the 20th, 2003

**March 12**  
An individual reported his hubcaps stolen while his vehicle was parked at the Pinawa Arena.

**March 13**  
A person called to advise that while at the Community Center in Lac du Bonnet someone had keyed his vehicle while it was parked there for a few hours.

**March 14**  
Several youths were warned about hanging around the lift station across from the high school. No trespassing signs are posted.

Police became aware of a

dog biting incident that happened two weeks prior. The owner has been contracted and made aware of his responsibilities.

Police served documents in Pinawa for a law firm from Winnipeg.

Another car owner reported damage to his vehicle from a previous reported incident of persons throwing items at passing cars. The matter is still being investigated.

A missing youth was reported to be on a bus headed to Lac du Bonnet. The person was located in Winnipeg.

**March 15**  
Cpl. Stu Evans of the RCMP Whitemouth represented all of us at the NHL

Legends Hockey Game. The RCMP team lost in a valiant effort and last report is that Cpl. Evans represented us well or so we were told.

An individual reported losing his wallet in Lac du Bonnet. He later recovered same.

Police assisted Pinawa Hospital in looking for a person who was attending suffering from chest pains. He later walked into the hospital on his own.

Police attend a camp at Breton Lake on a possible reported break and enter. Mater is being looked into.

**March 16**  
Police received a call concerning a woman riding a horse in the Maple Creek Road area and passing motorist spooked one of her horses.

Police received a call from land owner in Lac du Bonnet of a neighbor dumping dog

faeces on his property. Police attended to the Lac du Bonnet arena after reported assault took place concerning some fans at a hockey game.

**March 17**  
In the early morning hours police received a call concerning an assault in the RM of Lac du Bonnet. The complainant later changed her mind.

A report of a workplace accident was looked into in the RM of Lac du Bonnet. Workplace Health and Safety are looking into same.

Police received two reports of snowmobile accidents that were not reported previously. On involved minor injuries.

**March 18**  
A complaint was taken from the Molsen area of a youth driving imprudently on a dirt bike.

Police received a call concerning an assault between

some youths in Pinawa.

An inmate walked away from Milner Ridge Correctional Center. The fanout system was utilized to alert local residents and members from this office and Whitemouth instituted a ground search. The individual was located in Beausejour later on.

**March 19**  
Manitoba Hydro reported damage to one of their vehicles parked in their compound at Great Falls.

Police received a call from a Pinawa residents about a string of Christmas lights sticking out of the snow in Pinawa.

An inmate from Milner Ridge was declared unlawfully at while on a temporary absence in Winnipeg. He was located the same day by Winnipeg Police Service.

## 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 268-6116 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 Al-Anon Group** Thursday 7:30 p.m. Lac du Bonnet District Health Centre, 89 McIntosh. Call Teri 345-8712.

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

## Lac du Bonnet Church Directory

**ABUNDANT LIFE CHAPEL**  
Pastor Jake Doell, church 345-2934, home 345-9766

Sunday: 11:00 a.m. - morning worship; 6:30 p.m. - Upper Room.

**LUTHERAN CHURCH OF THE CROSS**  
Church/office 345-8654

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

**NOTRE DAME CATHOLIC CHURCH**  
Father Richard Mackawa, 345-2996

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

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

**ST. JOHN'S ANGLICAN CHURCH**  
Rev. Brian Rountree 367-8615, church 345-2357

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

**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** 1-800-362-1344

**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, 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 RCMP Need your help

### CRIME STOPPERS

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

The RCMP Detachment of Lac du Bonnet would like your assistance in solving the following offence: Sometime between February 22, 2003 to March 6, 2003 four cottages were broken into in the Auglen Park area in the Rural Municipality of Alexander. Police believe that the same assailants committed all four Break and Enter's as all four crime scenes were very similar. The assailants would force their way into the cottage via smashing the window or door. At each of the cottages the assailants vandalized the interior and stole only a few items. Stolen items include: a VCR, Playstation, Telescope, Snowmobile

helmet, Ceremonial knives, Collectors coins, a bear skin rug, and a pair of speakers.

If anyone has been in the Auglen Park area (PR 315 near Trapper's) at that time or has heard anything about any suspicious vehicles or person please contact Lac du Bonnet RCMP at (204 345-6311) or please contact Crimestoppers.

Crimestoppers will pay up to \$2,000.00 in cash for information leading to an arrest in this or any other unsolved crime in Manitoba. Callers never have to reveal their identity and Crime Stoppers does not subscribe to caller ID.

The Winnipeg River

# Echo

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## Toi, Moi, et la Mère Oie

What a wonderful experience it was for the mothers and children to get together to learn nursery rhymes and songs in the St. Georges school gym. The mothers and children bonded with each other as they danced, laughed and hugged. The children loved to watch their mothers pretend to hop like rabbits and do the chicken dance. We met for 10 consecutive weeks and with each session shared a delicious

snack. Toi, Moi, et la Mère Oie will take place again next year. I hope to see you there..

### Toi, Moi, et la Mère Oie

Quelle belle expérience que c'était pour les mamans des enfants de 0 à 4 ans de venir se rencontrer pour connaître et partager les joies des comptines, des chansons et des comptes ensemble à l'école de St. Georges. Les

mamans dansaient et riaient avec leurs petits et leur donnaient de belles carresses en sautant avec eux dans leurs bras. Les petits aimaient voir leurs mères et autre amis sauter comme des lapins et faire comme des poules. Nous nous sommes rencontrés pendant 10 semaines et pendant chaque session nous avons partagé un délicieux goûter. Toi, Moi, et la Mère Oie recommencera l'automne prochain.



## Les P'tits Loups

All is going well in the St. Georges mini school. Presently we are learning about Fairy Tales and the forest. The children have made all kinds of different crafts to go along with the themes such as a little brick house in which they have placed the three little pigs which resemble more dogs and cats. They decorated a tree with green wool and it is beautiful; It looks like a weeping willow. They made small little bird nests which they placed in the tree. The children love to paint at the easels and play downstairs in the gym.

If anyone wishes to register their child please contact Gisele at 367-2704 or Natalie 367-9519

### Les P'tits Loups

Ça va bien chez les P'tits loups. Présentement nous sommes en train d'étudier les contes de fées et la forêt. Nous avons fait plein de choses tel que Bébé ours, la maison de brique des trois petits cochons ainsi que les petits cochons sauf que les cochons ressemblent plus à des chiens et des petits chats. Nous avons décoré un arbre avec de la

laine verte qui donne à l'arbre l'apparence d'un Saule. Dans l'arbre nous avons placé des petits nids que nous avons fait avec de la pâte à modeler. Les enfants aiment beaucoup peindre et jouer dans le gymnase.

Si il y en a qui veulent inscrire leur enfant à la prématernelle, veuillez contacter : Gisele Avanthay au 367-2704 ou Natalie au 367-9519



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345-9114

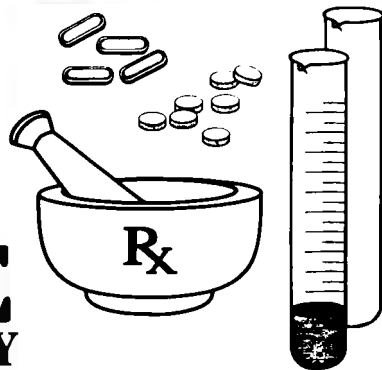
MTS

345-9114

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367-2611

367-2517

# Winnipeg River RCMP Report



**Advisory: Introducing the RCMP TASER GUN!**

A piece of advice if you were wondering what 50,000 volts penetrating through your body feels like. Remain curious because this new weapon can immobilize you for at least 30 seconds. That's enough time for an RCMP officer to gain control of a suspect and cuff them.

The RCMP throughout Manitoba will have all its members trained by the end of March, 2003 in the use of this weapon. This M26 Advanced Taser offers officers a less lethal use of force to gain control over suspects of crime. It emits an electrical pulse for approximately five seconds into the suspect allowing officers to gain control without using physical force.

The RCMP Winnipeg River Detachment which includes Powerview and Grand Marais community offices is now fully trained in the use of the Taser Gun

**Stolen Items Alert** - we remind local pawn shops to be on the look out for items coming in for pawn or cash. A sim-

ple phone call to the detachment prevents crime from happening, overloading our court system and helping the communities in resolving issues.

**March 17:**  
A Pine Falls resident awoke to find all his wheel covers missing off his vehicle and made a complaint to Police.

The band office at Sagkeeng First Nation was the victim of a theft. Culprits took a Computer and Satellite Transmitter in the incident.

A vehicle was vandalized at the Papertown Parking Lot. The front left windshield was cracked sometime during the evening.

A call of a suspicious vehicle on Broadlands Road had police stop two local residents who happened to be collecting beer cans off the road and ditch. No action was necessary in this incident.

Police assisted Selkirk RCMP after receiving a call of a possible impaired driver on Highway 59 travelling at a high rate of speed travelling & swerving all over the road.

A good Samaritan dropped off a drivers licence and ID

that was found on Highway 304. The owner was contacted and the items returned.

Police responded to a call of a possible impaired driver in Powerview on Highway 11. The vehicle was stopped and the male driver was sight seeing and not paying attention to his driving.

**March 18:**  
Members attended a residence on the North Shore of Fort Alexander. A male subject was causing problems and intoxicated. Upon arrival of police though the subject in question had left on his own.

Police are investigating a report of a vehicle being taken without the owners consent in Little Black River. The vehicle was recovered in this incident at another location and the owner advised.

A dispute at Sagkeeng Junior High School had police attend their location. Threats had been uttered to staff by a student. The matter was resolved without police assistance internally by School authorities.

A student altercation at Powerview School was resolved internally by School staff. Police were notified should a similar situation arise again and their assistance required.

An investigation into three cottage break, enter and thefts at Albert Beach continues. Items taken are still to be determined by all three cottage owners.

A vehicle was located on the Rock Quarry Road burn. Members attended and after checking the vehicle found it had been stolen from Winnipeg. Winnipeg Police Service were advised and the vehicle towed.

Police are investigating a spousal assault which occurred near Little Black River. one male was charged in the incident. Investigation continues.

**March 19:**  
A government building in the RM of Alexander was the victim of mischief. Culprits broke a window in the incident.

**Police** were advised of an abandoned vehicle in Belair Forest. Investigation continues.

A call from Pine Falls have police investigating a report of threats being uttered.

**March 20:**  
Information received had Police attend a location on the North Shore in search of a male subject wanted on an outstanding Warrant of Arrest. The male subject had fled the residence and a patrol of the area was made but the suspect was not located. Investigation continues.

A report of an elderly gentleman seeming disoriented and confused had police attend a location in Pine Falls. Police located the man and gave him a ride home. No further action was necessary.

Police lodged one male after receiving a complaint that this individual was seen staggering and wandering on Highway 11. The male was extremely intoxicated and released when sober.

## 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 T-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.

**Kelights 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, meet 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.

**Recreations:** 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 Wednesday 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 Aitch 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 Aitch 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.

**Weight Watchers Meeting:** Every Thursday - weigh in at 4:45 to 5:30pm. -call Dolores for info. at 367-2945.

**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.

**Suicide Ladies Ensemble:** meets every Thursday from 7:00 to 9:00pm at the Pine Falls United Church.

**Child Health Clinics -** will be provided by area Public Health Nurse every Thursday afternoon at the Pine Falls Complex, Community Health Office.



## Your voice in Ottawa

**Vic Toews, MP for Provencher**

In the wake of the terrorist attacks of September 11, 2001 and with the ongoing concerns about future terrorist attacks in North America, the federal Minister of Immigration has proposed that all Canadian citizens be issued with a system of national identification cards. These cards would include the fingerprints and retina scan of every Canadian. The Canadian Alliance has concluded that this proposal raises more concerns than it resolves.

A national identification card could very likely set the stage for abuse. As the Canadian Privacy Commissioner, George Radwanski, stated in his annual report to Parliament: "If someone intrudes on our privacy - by peering into our home, going through the personal things in our office desk, reading over our shoulder on a bus or airplane, or eavesdropping on our conversation - we feel uncomfortable, even violated. Imagine, then, how we will feel if it becomes routine for bureaucrats, police officers and other agents of the state to paw through all the details of our lives: where and when we

travel, and with whom; who are the friends and acquaintances with whom we have telephone conversations or e-mail correspondence; what we are interested in reading or researching; where we like to go and what we like to do."

Canadian Alliance Member of Parliament John Reynolds summarized his concerns over this proposed database registry in a speech to Parliament, stating, "the Liberals hate the idea of a DNA database for criminals, they hate the idea of a database for sex offenders, they hate the idea of putting biometrics on permanent resident's card. Now they love the idea of making every living Canadian citizen carry a personal identity card. The Liberal party wants to track every single honest Canadian but makes no effort to control the criminal element."

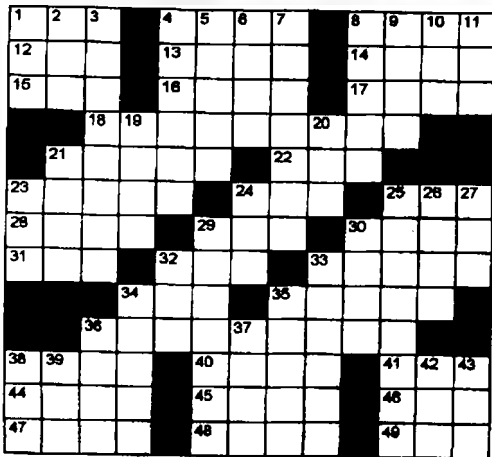
This government's track record is one of utter incompetence when it comes to the administration of important programs. The millions spent on advertising contracts, for little or no work, the debacle in HRDC grants, the over \$1

billion dollars spent to register rifles and shotguns, the HRDC big brother database which had to be dismantled when it was accidentally discovered, and the five million unaccounted for social insurance numbers all serve to illustrate that this is not a government that is either capable or trustworthy enough to require each and every citizen to have a comprehensive identity card.

Why should we be confident that the Liberal government could handle this identification card system any better than its other databases? While we must keep an open mind to new ways of dealing with threats to our society, we should also remember this government's track record on dealing with programs involving the collection of personal data and move with caution.

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 in Steinbach at 1-866-333-1933 or 204-326-9889, 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 [toewsvl@mtns.net](mailto:toewsvl@mtns.net)

# WEEKLY CROSSWORD



- 28. Cain's victim
- 29. Sum charged
- 30. August (Fr.)
- 31. Lyons river
- 32. Shropshire boy
- 33. Indian lentil
- 34. Beatles: The \_\_\_\_\_ Four
- 35. Mexican tree
- 36. Universe as a whole
- 38. Gaucho rope
- 40. Upanishad
- 41. Washington DC airport code
- 44. Lifeless (comb. form)
- 45. Pheasant
- 46. Arrest (slang)
- 47. Electric flux symbols
- 48. Quartz grains
- 49. Ancient Syrian kingdom

- 7. Arrowroot
- 8. Pen
- 9. Swiss river
- 10. Athletes' org. (abbr.)
- 11. Literary monogram
- 19. Concealed (comb. form)
- 20. Aircraft landing system (abbr.)
- 21. Grease (comb. form)
- 23. Chinese pagoda
- 24. \_\_\_\_\_ up
- 25. Wild pennyroyal (2 wds)
- 26. Poisonous tree
- 27. Belgian city
- 29. Cloths
- 30. Armenian river
- 32. Resin
- 33. On deck
- 34. Orthopedist (abbr.)
- 35. Prickly (comb. form)
- 36. 1052
- 37. Workman's safety agency (abbr.)
- 38. Plant growth hormone (abbr.)
- 39. Passe (abbr.)
- 42. Dentists' org. (abbr.)
- 43. Flooring woods (abbr.)

**ACROSS**

- 1. Start of MGM's motto
- 4. Bric-a-\_\_\_\_\_
- 8. Monkey
- 12. Actors union (inits.)
- 13. Cry of disbelief (2 wds)
- 14. Hungarian city
- 15. Lawyers' org. (inits.)
- 16. Asiatic shrub
- 17. Odyssey heggar
- 18. Clergy group
- 21. Favoured
- 22. To (Scot.)
- 23. Pronged
- 24. British chemist (abbr.)
- 25. Type of auditor (abbr.)

**DOWN**

- 1. Narrow shoe width
- 2. Insurgent, briefly
- 3. Finnish-American architect Eero
- 4. Cropped
- 5. Rod (comb. form)
- 6. Vessel (comb. form)

**LAST WEEK'S ANSWERS**



## CRYPTIC PUZZLE

Q WTY IOLKSA OGOIFAZQYC OYWOMA  
AOFMATAQSY

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

**Last Week's Solution**

A MAN CAN'T BE TOO CAREFUL IN THE CHOICE OF HIS ENEMIES.

## WEEKLY ECHO HOROSCOPE for the week of March 25 to March 31

**ARIES (Mar. 21- April 20)**



Your ability to deal with others will help you accomplish your goals. Have a heart-to-heart talk with family and find out what the problems are. A new you could help your attitude. Social events will be favorable.

**TAURUS (Apr. 21- may 21)**



Your high energy, original ideas, and excellent memory will aid your accomplishments. Rewards for past good deeds will be yours. This will not be the day to lend money to friends or family. You may have difficulties with foreigners.

**GEMINI (May 22-June 21)**



Be sure to question any detail that you feel could leave you in a precarious position at a later date. Be prepared to jump quickly if you wish to stay in the forefront of your industry this week. Having your own business is a good idea. Work quietly on your own and you will forge ahead.

**CANCER (June 22-July 22)**



You may not be as well received in group endeavors if you try to force your will on others. You can have quite the romantic ad venture if you take time to get to know your mate all over again. Stand up and propose your ideas, and you'll be surprised how many people will follow you. You will meet a person who may turn out to be more than just a friend.

**LEO (July 23-Aug 22)**



If you haven't already, consider starting your own business. You can get ahead if you play your cards right. Romantic opportunities will be plentiful if you go out with friends. You will get great satisfaction from your efforts.

**VIRGO (Aug. 23 -Sept. 23)**



Find out if your friends have other commitments, so plans will not be ruined. Your dedication and fortitude when dealing with humanitarian groups will enhance your reputation. Get more involved in group efforts at work. Don't let your health suffer because of abuse.

**LIBRA (Sept. 24 -Oct. 23)**



Use your better judgment before you sign up for a costly venture. Your mate will enjoy helping out. Much knowledge can be obtained through the experiences you have. An older member of your family may help left you with a pressing situation.

**SCORPIO (Oct. 24 - Nov. 22)**



New emotional connections can be made through business contacts. You must avoid gossip and focus on what you have to do. Look out for those wanting to push you into a disagreement. Do things that involve children.

**SAGITTARIUS (Nov. 23 -Dec. 21)**



Be careful not to get involved in other people's personal affairs. You are able to make changes in your home that will be favorable to all involved. Get involved in worthwhile endeavors and meet new friends. New romantic partners may attend a function that puts you in the limelight.



**CAPRICORN (Dec 22- Jan. 20)**

You will have the discipline to make changes you feel are necessary. You will find your vitality is lowered. Arguments could prevail. Dig deep, ferret out any hidden concerns be fore you sign your life away



**AQUARIUS (Jan. 21 -Feb. 19)**

Voice your opinions and contribute to the debate. Take a close look at contracts and agreements that have been offered to you. Don't make any rash decisions that may affect friendships. Use your charm, but don't be phony.



**PISCES (Feb. 20-Mar. 20)**

Things at home may be somewhat rocky. Limitation could set in if you've been spending too much. Attend seminars that will bring you in contact with the right people. Money can be made if your are willing to take a chance.

# Echo Classifieds

**For Sale**



**House for Sale** - 1388 sq. ft. Split Level Home with 3 bedrooms, 2 baths, Island Kitchen with Lots of cupboard space, 2x6 walls with electric heat. Double attached insulated garage on 152 acres, approximately 1.5 acre yard, co-op water, near Great Falls, asking \$120,000, phone 367-9175.

**For Sale**



1100 sq. ft., 2 Bedroom Bungalow in Great Falls. Semi-Finished full Basement with extra Bedroom. NEW; FA Furnace, woodstove, shingles, eaves trough, fascia, windows. 18x12 sundeck, 2 porches, garage. Full service, low Taxes, \$57000 private sale, call 367-9049.

**For Sale**

**House for Sale**-by owner, 1248 sq. ft. bungalow, 1248 sq. ft. finished basement, 5BR, 3 baths, F/A electric furnace, HRV, Central Air, new carpet & Lino., Polar Windows, 26x26 double garage, 8x16 shed, beautifully treed yard, close to school, immaculate condition, F, S, D/W, Blinds includes, 28 Louise Street, Powerview, call 2 04-367-8045.

**Come & Go Tea**



**Happy 55th Anniversary Severe & Therese Vincent** We wish to invite friends and family to a Come and Go Tea at the Manitou Lodge on Saturday, April 5, 2003, from 2:00 to 4:00pm, everyone welcome.

**Come & Go Tea**

A come and go tea in honour of Anne Lavallee's 90th Birthday will be held on Saturday, March 29, 2003, from 1:00 to 3:00pm at the Winnipeg River Manor, everyone welcome.

Call us at 367-9468 to place your ad in the Echo Classifieds!

**House for Sale** - 16 Maple St.

Pine Falls, 2 storey, 3 bedroom, finished basement, fireplace in living room, insulated double garage, fenced yard, owners very motivated, \$75,000, call 345-9788 or 345-4233.

**House for Sale**- Located in Powerview, 26 Laura St, 2200 sq. ft., 4 bedrooms, call 345-8250.

**House for Sale** - St. Georges, cozy 2BR home, completely furnished, F, S, W, D, DF, LR, BR, DR too much to list! Recent reno's. Nice yard and area, \$42,000. Please call 367-2837 or 782-1672 for detailed info.

**Spring Seminar**

**Agassiz Horticultural Society** - presents **April 6th**. Annual Spring Seminar, 9:00am to 4:00pm at the Pioneer Club, Lac du Bonnet. Four speakers: Door Prizes. \$15.00 registration (includes lunch). Registers by April 1st by calling Marjorie at 345-8520 or Irene at 345-2616. **April 8th:** Don Cardinal will speak on Medicinal Plants and Traditional Healing at 7:00pm at the Lac du Bonnet Centennial School.

**For Rent**

**House for rent** - in Powerview call 367-8232 or 345-4307.

**For Rent**

**Woodland Place/Dale Haven Apartments**, available April 1st - 1 & 2 bedroom apartments for rent, utilities and parking included, coin laundry, very clean and well maintained, call after 6:00 p.m. 367-4922.

**Employment Opportunity**

**Wanted Septic Truck Driver** for Eastshore of Lake Winnipeg and surrounding communities. License must have clean abstract and have air brake endorsement. Wages to start \$10.00 per hour/40 hours per week including weekends. Should have experience driving large truck. Phone 756-2460 for further information.

**Miscellaneous**

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

## Townsite of Pine Falls PUBLIC NOTICE

Public Notice is hereby given by that the Townsite of Pine Falls intends to conduct a herbicide control program during 2003, as necessary.

To control noxious weeds and plant disease by using Killex/Par III/Daconil/Truban within the town. The projected dates of application will be from May 20 to September 30.

To control mosquitos Malathion. The proposed dates of application will be from June 1 to August 30.

All the herbicides used and procedures followed will be according to federally approved label recommendations and Manitoba Department of Agriculture weed control recommendations.

The public may send written submissions, within 15 days of the publication of this notice to Manitoba Conservation, 123 Main Street, Suite 160, Winnipeg, MB R3C 1A5

Angela Enright, Chief Administrative Officer  
Townsite of Pine Falls

## Sagkeeng First Nation Members

The Sagkeeng Post Secondary Education Program is accepting applications for the 2003-2004 Academic Year.

Please submit applications by April 15, 2003:

Sagkeeng Education Authority  
Box 1610  
Pine Falls, Manitoba  
ROE 1M0

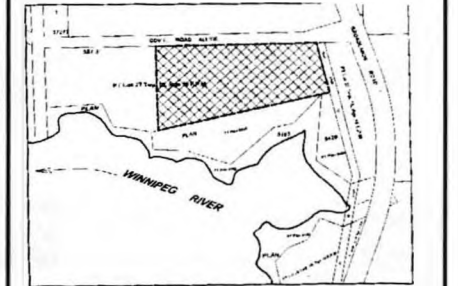


For applications call Franklin or Norma at 1-204-367-2287 or toll free 1-800-201-3505.

## UNDER THE PLANNING ACT NOTICE OF PUBLIC HEARING REGARDING BY-LAW 48/03

The Board of the Winnipeg River Planning District under the authority of the Planning Act will hold a PUBLIC HEARING at the RM of Alexander Administration Office on April 15, 2003 at 6:30 p.m. at which time and place the Board will receive representations from any persons who wish to make them in respect of the following amendment to By-Law number 14/90 as amended, and known as the Winnipeg River Planning District Development plan as amended. A copy of the following amendment 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 Winnipeg River Planning District located in the RM of Alexander Administration Building in St. Georges, Manitoba. Copies may be made and extracts taken therefrom, upon request. For additional information please contact Jim Norrie, Secretary-Treasurer, Winnipeg River Planning District, Phone (204) 367-6170.

- (1) **Appendix E**, being part of the Winnipeg River Planning District Development Plan as amended, is hereby further amended as follows:  
Part River Lot 27, Township 18, Range 10 E.P.M.;  
and shown outlined by a heavy broken line on Appendix "A" attached hereto, presently designated "Rural and Agricultural Areas" be hereby re-designated "Rural Residential".



**Schedule "A"**  
Attached to By-law No. 48-03 of the Winnipeg River Planning District Amending Appendix C, as amended, of By-Law 14/90 being The Winnipeg River Planning District Development Plan As amended.

**LEGEND:**  
Rural Residential Areas  
Limits of area affected

Scale 1"=400'  
MANITOBA  
Inter-governmental Affairs  
Date: January 13, 2003  
Doc. No. 600-70-189

**In Memoriam**

In loving memory of  
**"Babe" Pachkowsky,**  
a dear father and  
grandfather.

God looked upon his garden and found an empty space. Then he looked down upon the earth and saw your tired face. He put his arms around you, and lifted you to rest. God's garden must be beautiful for he only takes the best. He saw the road was getting rough, and the hills were hard to climb. He closed your weary eyes and whispered "Peace be Thine". It broke our hearts to lose you, but you did not go alone, for part of us went with you. To God's garden, your new home. Your presence we miss, your memory we treasure. Love you always, forgetting you never.

Cam, Cheryl, Stephanie,  
Brendan, Aaron,  
Grant, Lori, Drake,  
Dezi, Michelle, Chad,  
Kyle & Jeremy

**Card of thanks**

**Guay**

Our family would like to thank our relatives and friends for their support and kindness after the passing of our son Jacques on March 10th. Our heartfelt appreciation to all who paid mass, sent flowers, food and messages of sympathy. Your spirit of love and support have touched us all.

Robert, Madeleine & family

**Employment  
DENTAL  
HYGIENIST**

Powerview Dental is seeking a Full Time Dental Hygienist. Excellent working environment, above average wage. Call Powerview Dental Centre at 367-2815

**What I learned about The Seven Teachings**

from page 9

tle and it is carried by love and by the seven teachings. I think truth is when you tell the truth and when you respect someone and I hope people respected others like Keri and Adam when people are talking they jump around like jumping beans.

by: Larissa Bunn

Truth is carried by the turtle. Truth has all of the seven teachings. The turtle is the fastest in the spirit world. Truth has love, respect, honesty, and humility. Truth is to

know the Creator. To know truth is to love, respect, wisdom, and courage. The animals are to show respect of the Creator. The Creator is to watch down on us that we have these teachings. We all know about the seven teachings.

by: Whitwolf (Tara Beaulieu)

When you tell the truth sometimes it hurts some people cause they didn't know cause you didn't tell that person. If you don't like them or if you talk about them they are not around. In the seven teachings the turtle is the fast one out of all of them.

by: Lexie Fontaine

I learned the teachings can teach you a lot about the spirit world. The animals are the turtle, bear, eagle, beaver, sabb, and wolf. The turtle is the fastest animal in the spirit world.

If you know the seven teachings and if you want to know more you might get dreams and the grandfathers and grandmothers can come and talk to you. The bear Clan is the largest clan. According to tradition, this clan decides from war chiefs, and warriors who were known for their thick black hair which never whitened, even in old age.

by: Heather Twoheart

Love is carried by the eagle. Respect is carried by the buffalo. Courage is carried by the bear. Honesty is carried by the sabb. Wisdom is carried by the beaver. Humility is carried by the wolf. Truth is carried by the turtle. I learned the seven teachings and I learned what animal carries it. So when I have kids I'll teach them the seven teachings too.

by: Christina Swampy

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**Friday, March 28:**  
Salad, barbecue pork chops, oven roast potatoes, broccoli casserole, jello

**Monday, March 31:**  
Salad, salisbury steak, mashed potatoes, corn, date squares.

**Wednesday, April 2:**  
Soup, roast turkey, mashed potatoes, stuffing, celery and carrots, fruit cocktail.



**Sunrise School Division**  
Please be advised

**Meeting rescheduled**

The regular Board Meeting of Sunrise School Division scheduled for Tuesday, April 1, 2003 has been canceled and rescheduled to **Tuesday, April 8, 2003** at 7:30 p.m.

At Beausejour Elementary School

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