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Winnipeg  
River

# Echo

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Vol. 3, No. 20 May 20, 2003

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## Rain helps to reverse fire hazard

by Jim Hampshire

The weekend weather might have dampened outdoor activity for residents across the region but the moisture was a welcome sight for more than 500 fire fighters, battling the wild fires across the province.

Environment Canada reports that 45 mm of rain fell across most regions of southern Manitoba on Sunday, reducing the extreme forest fire hazard issued by conservation officials prior to the long weekend. Fire restriction were put in place in all provincial parks and campgrounds on Thursday last week, but those restrictions were lifted during the weekend after steady rain settled into the southern regions of Manitoba.

Conservation officials report that crews battled more than 300 forest fires so far this spring, which is three times the average to date in a normal year. Prior to the weekend rain the province enlisted 31 helicopters and 27 water bombers to help contain forest fires

burning across Manitoba but those numbers have been reduced to 23 helicopters and 11 water bombers that are still active since the weekend soaking.

Conservation wildfire manager, Bob Enns, reports that the forest fire hazard rating has been reduced from extreme to low, due to the moisture the region received over the weekend, and he adds that the situation should continue to stabilize in the coming weeks.

"An important factor concerning the rain over the weekend was that it was able to penetrate the soil and help to green the forests," Enns said following the long weekend. "A green leafy forest is a benefit as it helps to provide a buffer against small fires, as opposed to the tinder dry conditions prior to leafing."

Enns says the extended rains not only helped to extinguish some of the existing fires in southern Manitoba, but they were especially welcome as fire officials brace for the



Conservation officials report that 305 forest fires have consumed 21,000 hectares of land so far this spring, including the 300 acre blaze of two weeks ago just east of Lac du Bonnet

upcoming thunderstorm season in June.

"Typically a good soaking is required at this time of year to

help limit the spread of fires caused by lightning," Enns explained. "June is typically a turbulent month for lightning

strikes, and a storm with multiple strikes can consume a large area of forest in no time under dry conditions."

## Long weekend offers less lunacy

by Jim Hampshire

Lac du Bonnet RCMP say they were pleasantly surprised with a relatively quiet three days over this past long weekend. And although the detachment reports an active switchboard over the weekend, Staff Sergeant Mel Mitchell noted that the calls were not of the typical urgent nature that is usually associated with the May holiday.

"I am pleased to report that, by and large, everyone was well behaved over the weekend," he said from his detachment office. "Normally we would be busy with rowdy behavior and highway mishaps, but I suspect the weather conditions might have put a damper on things of this nature."

Mitchell reported that the

detachment received a call of a vehicle leaving the road near Blueberry Rock but damage was slight and there were no injuries. Mitchell says the bulk of the weekend calls pertained to minor infractions, dealing with speeding reports and off-road vehicle annoyances. The RCMP did report that a road block was set up over the weekend, on Sunday night, following a well-attended social.

"We did stop a lot of traffic leaving a late night hockey social and we're happy to report that we didn't find any infractions," Mitchell said. "We're finding that people are getting the message in situations like this and the weekend statistics speak for themselves. There were no major accidents on our highways."

Mitchell did report that one

24-hour suspension was issued over the weekend, during a random check stop within the Town of Lac du Bonnet. In contrast to other years, Mitchell said detachment members only responded to one complaint of rowdy behavior in Whiteshell Provincial Park.

"Some of the more serious calls dealt with cottage break-ins, which likely occurred over the winter, and the owners are just finding out on the first visit back of the season," Mitchell explained.

Mitchell also reported that detachment members will step up roadside checkpoints over the coming weekends leading into summer as the RCMP target seat belt non-compliance and driving across the region.

Election 2003  
All candidates forum

# Powerview School proud of athletes

by Nicole Boulet

Congratulations to Holly Forsyth and Raya Howard. Last month they had the opportunity to try out and make the Provincial Basketball team.

Holly will be playing on the juvenile team that consists of grade 10 and 11 girls. She will

Raya will also be playing against other provinces throughout the country.

Everyone in the communities wish you both the best of luck.

Special thanks is extended to the volunteer's and parents of all our young athlete's in our schools.

emony, a light dinner, and a silent auction, which will all be followed by a grade 7 - 12 dance.

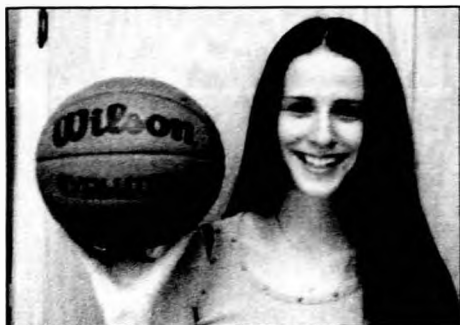
The Athletic Banquet will commence on Friday June 6th, 2003. The evening will begin at approximately 5:00 with the banquet and followed with the dance. The dance will begin at 8:00 and run until 12:00 midnight. The function is semi-formal and the tickets that are being sold will include dinner and dance.

Tickets being sold for the dance will be available to the general public and students for \$5.00 and for the Athletes (anyone who has played on a school team) the fee for tickets will be \$3.00.

Tickets will be available at



Raya Howard looks forward to the two big tournaments in Saskatchewan and Winnipeg



Holly Forsyth was very please to make the Provincial Basketball team

be practising for times a week. Two of tournaments will be in Calgary and Minnesota.

Raya will be playing on the midget team that consists of grade 8 & (9). She will be practising four times a week and competing in two big tournaments in Saskatchewan and Winnipeg.

Ecole Powerview School's Athletic Council will be holding their very first Athletic Banquet on Friday, June 6th, 2003 and you are invited.

The purpose of this banquet is to recognize athletes for their hard work, effort and dedication to sports. The evening will consist of an awards cer-

the school office or the gym office.

Please be advised that there

will be no tickets sold at the door. Purchase deadline for tickets is May 30th, 2003. so pick up your tickets early and don't be disappointed.

## The Blue Water Trail Association

### OFFICIAL OPENING

### TransCanada Trail

Sunday

May 25, 2003

Great Falls, Manitoba

12:00- 5:00 p.m.

Great Falls Hall will be open throughout the afternoon, where displays from region will be set up. Refreshments will be served

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# BINGO

FOR UPDATES CALL 345-6197

<b>Royal Canadian Legion #164</b>		Bonus Line - \$ 48.00
Lac du Bonnet	Star - 3020.00	Lucky 7 - 58.00
Legion Hall	Full House 49 numbers \$1500	Poker Flush - 514.00
Speciale 7:00 p.m.		Mini Loonie - 697.00
Every Monday Evening		#1 Loonie - 85.00
In Case of D discrepancy the Latter will Prevail		#2 Loonie - 316.00
		Jackpot Strip - 1187.00
		Bonanza - 555.00

# Lakers Ski Club BINGO

Bonus Line - \$272.00	Star - 372.00	Lucky 7 \$5563
Loonie Pot - 323.00	Poker Flush - 13,092.00	Mini Loonie \$744
Special "Y" - 2,240.00	Bonanza - 6,706.00	
Lot. Lic. 874		
Every Thursday Evening 7:00pm		
At the Lac du Bonnet Community Centre		
FOR UPDATES CALL 345-8619		

## Great Falls Tuesday Nite

# BINGO

Great Falls Hall 7:30pm

Mini Loonie:	\$384.00
Lucky 7:	173.00
Letter Y:	587.00
Poker Flush:	4088.00
Loonie Pot:	\$0.00
Bonus Line:	1912.00
Full House:	800.00
In 50 numbers	
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## WEDDINGS - ANNIVERSARIES - BANQUETS RETIREMENTS - MEETINGS, ETC.

# at the GREAT FALLS COMMUNITY HALL

Contact Hall Manager 367-2998

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Valerie Anderson

**Writers**  
Charles Norman,  
Jim Hampshire

**Production/Art/Design**  
Lori Pachkowsky

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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.

# Blue Water Trail emerges for the area

by V. Anderson

The Blue Water Trail Association invites you to their official opening of the Blue Water Trail, which is a part of the Transcanada Trail Association.

The grand opening will take place on Sunday May 25, 2003 at Great Falls

It is about living on the edge of the wilderness.

It is about an interesting past and an exciting future. These trails are designed for walking, mountain biking, cross-country skiing, and horseback riding. Snowmobilers also use portions of them.

and the remainder is underway to being almost completed.

Perserverance and dedication on the part of many volunteers have made this section of the trail possible.

Two such people are Ken Cowie who never gave up on the dream, and Ed Forysth, the project leader who organized, planned, and recruited to make this dream a reality for all of

us and future generations to enjoy.

Don't miss out, come and join the official opening of our Blue Water Trail which will be held on Sunday May 25, 2003, and see what beautiful country sides, bridges, wildlife, rivers and terrain we have for your enjoyment and exploring nature. Come by don't miss out on the fun and excitement.



Many volunteer working groups got together to help lend their efforts to creating our part of the Transcanada Trail



The Blue Water bridge that was constructed this past year



Long winding beautiful pathways are along the Blue Water Trail

Manitoba . Activities will be ongoing from 12:00 noon until 5:00 p.m.

There will be many people on hand to see this official event take place. Our members of parliament will be on site to help with the official opening. Bev Desjarlais, of the Churchill riding, Vic Toews, MP of the Provencher Riding, and Premier Gary Doer.

The Blue water Trail is about the transition between the Canadian Shield and the Prairies.

It is about the Winnipeg river and the boreal forest and the mammals, birds, and fish, that thrive there.

It is about a diverse people, their cultural heritage, and the small towns

and countryside we call home

The Blue Water Trail Association invites you and your families to come out and explore your area and take part of a new experience.

To date over 75 volunteers have constructed, cleared and chipped 5 km of trail in the Broadland and Pine Creek area.

More than \$50,000 of in kind labour and \$50,000 of material and equipment have been donated.

To date more than 40% of all trails in the Manitoba area are completed and signed with another 30% mapped in

I want to have my say

## Think about it



If you were not enumerated, your name is probably not on the Voters List.

To be a qualified voter in Manitoba, you must:

- X be a Canadian citizen
- X be 18 years of age on or before Election Day
- X have resided in Manitoba for at least 6 months immediately before Election Day

If you were missed during enumeration, a revision period is being held to allow you to add your name to the Voters List. If you are not sure if you were enumerated, check with your Returning Officer to see if your name is on the Voters List.

To be added to the Voters List, you will need your driver's licence or 2 other pieces of I.D. that together confirm your identity.

The revision is being held from 8 a.m. to 8 p.m., Wednesday, May 21, 2003 to Saturday, May 24, 2003 at your Returning Office and, in some cases, additional locations. If you are unable to come to the revision in person, a relative may apply in writing to have your name added to the Voters List. Your relative will have to show your driver's licence or 2 other pieces of I.D. that together confirm your identity.

Revision will also be held at the following additional locations:

**Selkirk**  
May 22, 2003  
Victoria Beach Seniors Centre

Having your name on the Voters List before you come to vote makes voting easier for you. For more information about revision, contact your Returning Officer listed below or consult your Voter's Guide.

### Returning Officer Names, Addresses and Phone Numbers

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Joanna York  
408 Park Ave East  
Beauséjour, MB R0E 0C0  
248-6100  
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# Missing women remembered

by Charles Norman

Sixty-two women have gone missing from Vancouver's East Side, (Vancouver's red light district). Almost all of whom were in the sex trade and most of them were heavy drug users. One of the women was only fifteen.

That was in Vancouver. What does that have to do with us? Exactly.

Here is a poem by a Vancouver sex trade worker, Sarah Devries.

*Women's body found  
beaten beyond recognition*

*You sip your coffee  
Taking a drag of your  
smoke*

*Turning the page  
Taking a bite out of your  
toast*

*Just another day  
Just another death  
Just one more thing you so  
easily forget*

*You and your soft shel-  
tered life*

*Just go on and on  
For nobody special from  
your world is gone*

*Just another day  
Just another death*

*Just another Hastings  
Street whore  
Sentenced to death*

*The judges gavel already  
fallen*

*Sentence already passed  
But you  
Just sip your coffee*

*Washing down your toast  
She was a broken down  
angel*

*A child lost with no place  
A human being in disguise  
She touched my life*

*She was somebody  
She was no whore  
She was somebody special*

*Who just lost her way  
She was somebody, fight-  
ing for life*

*Trying to survive  
A lonely lost child who  
died*

*In the night, all alone,  
scared  
Gasping for air*

Sarah Devries was adopted at one year old. Her adoptive father was a University of British Columbia professor, her mother was a nurse. She had what appears to have been an idyllic life - she had an effervescent, sparkling personality and loved to write. But when her parents were divorced, when she was just fourteen Sarah too "lost her way. She gravitated to Vancouver's east side, got involved in drugs and prostitution to pay for them. She kept on writing and was working on an alphabet book for her young daughter in April 1998 when she was murdered. Her DNA was found on a pig farm near Vancouver in August 2002. In her journal she had written; "Will they remember me when I'm gone, or would their lives just carry on."

There are sixty-one other stories like Sarah's

One of them is of Julie Young, who was born in 1967 and has been missing since



Paul Barnard with the bicycle he will be crossing Canada with to raise funds for the Missing Women's Legacy Society.



Julie Young with oldest daughter 14 years ago. Julie went missing in October 1998.

October 1998. She has two daughters, now aged 12 and 14. She is Paul Barnard's sister's sister-in-law. Paul Barnard is Tembec's manager of Special projects at the Pine Falls newsprint business.

There are many people whose lives won't "just carry on", Paul Barnard is one of them. Some of the family members and friends of the missing women have come together to form the "Missing Women's Legacy Society". The society's major objective is to set up a treatment centre where women can get treatment for drug addiction and psychological help for an extended period. The aim is to help get these women off the streets off drugs and back into a more meaningful life.

The site is in a rural setting about fifteen minutes from Maple Ridge, BC. There are three acres of land, a ten bedroom house built as a group home in the 1970's with ap-

proximately 6,000 sq. ft. of living space. The grounds offer plenty of open space for play, relaxation and privacy.

It is expected to cost a little over \$270,000 to set up the project and about \$440,000 in annual operating costs. Staff will include a registered psychologist, a registered clinical counselor, four drug and alcohol lifeskills coordinators and a resident social worker. No long-term treatment centre like this exists at present. It will only scratch the surface of the problem but the society is hoping the success of the Legacy project will encourage others to follow suit.

Eventually an endowment of close to ten million dollars will be required to ensure ongoing funding but the society is planning to raise three or four million to get started.

Paul Barnard is hoping to raise a portion of that funding by cycling across Canada to raise awareness of the issue and to raise funds for the project. He will begin in Newfoundland June 14 and end the journey in British Columbia on August 24. Every day's journey will be dedicated to one of the missing women from Vancouver's East Side. He will arrive in Beausejour June 28 and leave on August 1. The total distance is 7,200 km. He will average 131 km per day.

Anyone wanting to make a charitable contribution to the Legacy Society can mail a cheque to the Missing Women's Legacy Society, 22617 Hinch Crescent, Maple Ridge, BC. V2X 7H5. The society maintains a web site at [www.missingwomenslegacy.ca](http://www.missingwomenslegacy.ca)

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Register Early!



# Long weekend boom despite gloom

by Jim Hampshire

The weekend rain might have kept the angler off the water but on the bright side, that same moisture drove the cottage crowd into businesses throughout the Lac du Bonnet region. Luc Arcouette, owner of Trapper's at Poplar Bay reported a booming weekend with nonstop traffic in and out of his remote convenience store.

"It was a phenomenal weekend," Arcouette remarked. "What made it so perfect is that it rained just in time to ward off any potential fire problems."

Arcouette says he convinced the forest and cottage area surrounding his business would have gone up in smoke, had it not been for the weekend deluge. As an extra precaution, Arcouette even decided it would be best to hide some of his more popular stock.

"Normally I sell fireworks because it's a bit of a tradition at this time of year," he explained. "This past weekend I told all my customers that the fireworks were not for sale, even with the rain we had.

There's no way I'd let anyone burn down the bush in my backyard."

Despite the soggy conditions, Arcouette reports that most of the weekend crowd stayed through the holiday weekend, which kept him running 16 hours a day over the weekend.

"It was good to see. People might have been forced inside but as far as I could tell, they stayed and they shopped," he said.

Back in the Town of Lac du Bonnet, Pat Johnston, owner of Canadian Gusto, echoed the sentiments of Arcouette, saying that her Saturday Grand Opening was overwhelming.

"We had an excellent weekend and we managed to move a lot of stock," she noted. "With the rain and cool weather you didn't know what to expect but it was great to see the people out and mingling around the businesses in town."

Johnston says the weather might have actually added to the weekend receipts, as people were clamouring to get out of the cottage and browse the local businesses.



Owner Pat Johnston of the Canadian Gusto was very pleased with her Grand Opening this past holiday weekend

"My shop is set up across from the Farmer's Market, which is an attraction in itself," she said. "I believe the rain might have nudged some of the shoppers towards my establishment."

Johnston says her Grand

Opening date this weekend couldn't have been better planned as many cottagers were returning to Lac du Bonnet for the first time this season. She knew the weekend would be busy, but the rain might have been her big-

gest marketing tool.

"A lot of visitors commented that they might not have been in town if the weather was good enough to do yardwork," she laughed. "It's funny how things turn out."

## "Good people make a difference in government."

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Much accomplished. More to do.



**Mike Hameluck**  
Lac du Bonnet

622 Park Ave, Beausejour      9 Park Ave, Lac du Bonnet  
Ph: 268-6240 Fax: 268-2595      Ph: 345-9566  
mhameluck@today'sndp.mb.ca

Authorized by Official Agents.

Please be sure to vote • Tuesday, June 3

# You can't be serious



by Jim Hampshire

## Soaking in the Sun (or lack of it)

Okay, now I'm really convinced that somebody is messing with our weather. How else would you explain the climatic extremes over the last week?

Now before I try to answer that last question, let me take you back to last week, when you were likely at work, wishing for the arrival of the long weekend. Remember last Thursday? Sunny and mild, with temperatures in the mid-twenties. And there you were, at work, counting the hours until the long weekend, so you could get out there and enjoy some of those warm temperatures.

And what about Friday? Still not a bad day - a little windy, I

might add, but what the heck! The long weekend was just hours away and soon you'd be out on the patio, sipping a beverage that might contain a tiny umbrella. Or maybe some hops and barley. I'll leave the choice up to you.

And then came Saturday! You jumped out of bed, threw open the patio doors and leaped out onto your deck in your housecoat and bedroom slippers. The long weekend was finally here and it's time for brunch in the sun! Now obviously I wasn't there at your home for Saturday brunch, but I can still make an educated guess and say that the eggs were likely cold and soggy. I

can also guess that the weekend kind of went downhill after that.

So why is it that most every May long weekend is an experience that is best forgotten. Take last year, for instance. You may not remember this but it snowed on the Saturday of that weekend and the overnight temperature dipped to 7 below Celsius. This year we had bookend sunshine and warm temperatures on either side of the weekend, but as most campers would agree, the three-day holiday would have been better spent in a meat locker.

And it wouldn't have been so bad if the weather office had predicted this little monsoon a little sooner. As I recall, they were predicting showers through Friday night, with mixed sun and cloud on Saturday and Sunday. It wasn't until Friday evening that they ac-

tually pinpointed the weekend deluge. Which raises another question: How do these people manage to keep their jobs? As a weather predictor, these people have a 50-50 chance of being right without the latest technology and satellite imagery, so you'd think they would have some idea what the weather would be like in a day or two, especially with access to Doppler radar and the Doppler telephone system, whereby they could at least call Regina and see what storm might be coming over the horizon.

Suppose you were in the prediction business - like the stock market, for example - and you advised all your clients to invest in a new company that produces asbestos. Now based on information from the World Health Organization, which states that asbestos is a very bad thing, how long do you think it would take before your clients arrive and chase you around your office with pointy sticks.

Coincidentally, weather personnel are also in the predicting business but you don't see them running around the TV studio, fleeing campers with pointy sticks. Still, these weather people will stand in front of the camera and tell the viewing public that the low pressure system hung around longer than expected and the sunshine they predicted over the weekend was delayed until Tuesday morning. At which time you're back at work, gazing out the window, counting the hours until the weekend, when you look forward to another chance for brunch in the sun.

At this point the long range forecast calls for sunny conditions through the coming weekend, and if my own prediction is correct, my I suggest you take along rubber boots and a shower cap for your Saturday brunch in the sun.

## Not every dip below zero means frost damage

by Terry J. Buss - Ag. Rep., Beausejour District Office.

When the word frost is used in weather reports it simply indicates that the nighttime low has fallen to 0°C or lower. This does not mean that crops have suffered damage. There are a lot of factors that build into frost damage actually occurring. One thing is for sure. Every possible occurrence of frost is unique and complicated.

One point to bear in mind is that outdoor temperatures are usually measured at chest height or higher. But this is not where crop damage happens. The temperature close to

ground level could be higher or lower than what is measured on the window thermometer. Mineral soils warm up a lot slower than air throughout the day. Air temperatures peak some time in the early afternoon while mineral soil temperatures generally peak sometime in the late afternoon or even early evening. Such soils warm up slower than air and they cool down slower as well. This impacts the temperature at the soil surface. Brief nighttime dips of a few degrees below zero at chest height may mean that the temperature remained at or above

zero at the soil surface. However, prolonged nighttime drops below zero, even if only a few degrees below zero, may result in more frost damage than expected because temperatures remained cold at the soil surface. The take home message here is that this mechanism makes frost unpredictable and that the length of time nighttime temperatures dropped below zero is as important as how low the tem-

peratures actually dropped to. One caution though. Organic soils hold heat very poorly and frost occurs more frequently and is often more severe on these soils as compared to mineral soils.

Another point to bear in mind is that the crops we grow vary in their susceptibility to frost. What this is really about is growing point location. If a plant's growing point survives frost, then growth can be re-

sumed and new leaves produced. At this stage in the season cereal species hold their growing points at least partially underground. This provides shielding from frost. Leaves may be damaged but the plant has the opportunity to start again. The only exception I've seen to this is when temperatures got so cold that the soil froze and the growing point

See FROST DAMAGE PG 7

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**École Powerview School's Athletic Council**

**ATHLETIC BANQUET ON FRIDAY**

**JUNE 6TH, 2003**

École Powerview School Gym  
 Banquet: 5:00p.m.  
 Dance: 8:00-12:00a.m.  
 Everyone Welcome



Tickets are available from the school office or the gym office

**PURCHASE DEADLINE: MAY 30, 2003**

*No Banquet tickets available at the door.*

## Library Corner

### Lac du Bonnet Regional Library



May is always a special time of year - it's great to see the transformation from brown to green. The sights, the sounds, the smells of spring are so uplifting after a long winter and thoughts are turning to outdoor activities, to graduations, to weddings and to summer holidays... or perhaps to the perfect summer job! The library is still awaiting student applications for two summer positions. Please call if you would like more information and get your application to us before May 16th.

Belated Happy Mother's Day greetings! Some special reading for moms, or couples planning their wedding might include "Chicken Soup for the Romantic Soul" - inspirational stories about love and romance. Read stories about finding true love, of romantic moments, lessons in love and even "for better or for worse".

Our newest book to assist engaged couples in planning their big day is entitled "The New Book of Wedding Eti-

quette: How to Combine the Best Traditions with Today's Flair" by Kim Shaw. Many of your questions will be answered in a "refreshing, and relevant way". Who pays for what, how to word the invitations, seating, photographs, rehearsals and every other aspect of wedding planning is addressed.

Jean Pare has done it again. Her newest cookbook arrives in time for the BBQ season. Check out "Year-Round Grilling" and invite some friends over for a taste test!

"Following the successful 2002 contest, the Poetry Institute of Canada will again award over \$5,000 in cash and other prizes, to Canadian poets, in its open poetry contest for Fall 2003. The contest is open to all poets of any age. Any subject or style is acceptable and there is no entry fee." The closing date is July 30, 2003, and more particulars are available at the library - check out our bulletin board or ask at the desk.

Are you planning to travel this summer and need to brush up on your French? We recommend our new book entitled "Easy French" by Katie Daynes. This "fast-track French for Beginners" also provides internet links to help you further.

Our student assistant, Heather, is taking her French seriously and will be studying in Saskatoon this summer. Shannon and Heather are both graduating this June. We will miss them, but we know they approach tasks with whole-hearted enthusiasm and will excel in whatever they choose to pursue in the years to come. We also congratulate the cast and crew of the Senior School's latest drama on a terrific performance.

Kids and parents - Take Note! We will be offering a summer reading program during July and August. We join libraries in Winnipeg and rural Manitoba to promote our theme of "Catch a Dragon by the Tale". The tales and activities

will be a lot of fun - more information to follow shortly!

Parents are pre-schoolers are also invited to visit the Readiness Clinic for 3 & 4 year olds sponsored by the Winnipeg River Health District. This will be held at Centennial School on Wednesday, May 21st from 1:00pm to 7:00pm. Look for the library display - stop and check out the resources we have to offer.

The "long" weekend of May does not officially herald in the summer, but it does seem to be a turning point of sorts. Are you fully fit and ready to participate in all of the summer outdoor activities? If you have the time and the inclination to exercise and tone up, check out all the new videos at the library.

Take the Time Saver approach with Kathy Smith. Her workouts help you maximize calorie burning in order to break those weight loss plateaus. Weight-lifting increases bone density, improves posture and prevents osteoporosis.

Check out the "Buns of Steel" and "Arms & Abs of Steel" videos to find the workouts that will work for you. Do the Step Aerobics for weight loss plus lower body toning, or the concentrated

arms and abdominal toning exercises - Tamilee Webb or Greg Smitley will be your hosts. We have another video featuring - "Jane Fonda's Lower Body Solution" in which you can choose the workouts that match your current fitness level.

We also have a "break-through" video for people over 50! "Step by step, Ann Smith guides you through a series of gentle stretching movements for your entire body... no special equipment is needed. This is even a great workout for arthritis sufferers or people with osteoporosis." Look for the 30 minute video entitled "Stretching for Seniors".

Laughter is also good medicine... "Heartfelt and hilarious" is how this next video is described! Watch "My Big Fat Greek Wedding" for the first, second or third time.

Fresh air and exercise are the by products of most summer projects and activities: plant a garden, build a deck, mow your lawn, play baseball, ride a bike! What about fishing... is it considered exercise? Perhaps not, but you can read a book while holding a fishing rod.

## Zero means frost Damage

con't from page 6

was destroyed. With crops like peas and lentils, the growing point remains underground at the seeding depth well into June. Again, above ground growth may be damaged but the plants can survive although maturity delays and losses in yield may result. Besides a somewhat protected growing point location, canola also possesses the ability to "harden" if given the opportunity. If we step into a frost event gradually over days with nighttime temperatures getting cooler, canola can develop some resistance to frost allowing it to survive. There are limits to this and sudden, unexpected frost events can be hard on the crop because it had no time to ad-

just. Soybeans and dry beans are particularly susceptible to frost because their bring their growing points above the soil surface even as they first emerge out of the ground. Even light frosts can be devastating to these crops and they possess little ability to "harden".

Bottomline, every frost event has to be treated as unique. For crops that are very susceptible, damage is usually evident by the next morning and reseeding decisions can be made quickly. For crops that are more tolerant, patience and careful crop inspection are the orders of the day. Reseeding is costly and I've seen many mistakes made in haste.

### Summer Employment

Working opportunity at Le Musée de St-Georges Museum for 8 weeks  
Must be at least 16 years old. 40 hours per week. wages \$6.75 per hour.

Bilingual a necessity

Send your resumé to La Société Historique de St-Georges,  
Box 171, St-Georges, Manitoba, R0E 1V0

Deadline for applications, May 30, 2003 at 5:00p.m.

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If you don't want to spend another summer sweltering in heat, just,

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(Ask about our Ductless Air conditioners for those with baseboard heat, or woodstoves)

# Manitoba Youth Job Centre

by Brent Stokes

The long weekend is now over, and to many Manitobans, that means that summer has begun! While the season may not have officially started last weekend, everyone seems to think and act as if it has.

Maybe that's why there have been so many summer job offers submitted to the Centre already. I know there are students out there worrying that they won't be able to take on a job while they're still in school. Fortunately, anyone

looking to hire students realizes that school is still going on for another six weeks, and has designed their schedules accordingly.

Trust me, from someone who has been involved in the summer job hunt more than once: the longer you wait to find a job, the fewer jobs there will be to choose from. Signing up with the MYJC now can help you find a job you're interested in, that's close to home.

As a free referral service, when a job order comes in, the

first place I look is in the current registration files. If a student or youth that's registered with the Centre fits a job description, he or she gets referred to the employer. If you're not registered with the MYJC, I can't suggest you to an employer.

The registration forms themselves are a little unique. Since you're not applying for one job in particular, there is space on the forms for you to indicate what jobs you're most interested in and how far away

you are willing to travel to work. So what are you waiting for? Stop by the Centre, located in New Directions School, 40 Park Ave., Lac du Bonnet, and register with the MYJC today. If you can't make it to Lac du Bonnet, just give me a call at 345-6916 and we can work something out.

## Wasn't that a party?

Manitoba Youth Job Centres across the province wished Manitoba a Happy 133<sup>rd</sup> Birthday last Monday. Congratulations to the winners of our Birthday draw. Jason Hofer and Mike Nelson won the Golden Boy t-shirts while Sam English, Amy Ritchot and

Brent Berry took home the MB4Youth ATM card savers.

If you missed the party, don't worry, there's still time to sign the huge birthday card and offer the province some belated birthday greetings. All you trivia buffs can quiz yourselves on provincial trivia, provided by the Winnipeg River Community Futures Development Corporation. Thanks also to Northern (Pinawa) and Baking By Dawn for your assistance with the goodies.

Just four days after Manitoba Day, we held a party of a different kind: the Open House. I'll tell you more about that in next week's column.

# Recreation Ramblings

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

## LdB Swim Registration

The Rec office is now accepting registration for swim lessons at the Town Dock. The session dates are as follows: Session 1 - July 7 - 18; Session 2 - July 21 - August 1 and Session 3 - August 4 to 15. Contact the Rec office at 345 8816 for more details. Forms available at the Rec office, Centennial School, Mrs. Lucci's and the Town Office.

Bronze Medallion/Cross Update: Pinawa Pool will be offering these courses June 30 to July 11.

## 3 & 4 year old Readiness Clinic

Wednesday, May 21 from 1:00-7:00pm at Centennial School in LdB. The following professionals will be available for Consultations and Screening: speech and language staff, public health nurse, vision hearing staff, dietician, audiologist, teachers and more. For more info contact Karen at 345 1220 or Glenna at 345 1219. Organized by School District of Whiteshell, Sunrise School Division and North Eastman Health Association.

## Dance Camp (PhAT Camp)

July 28 to August 1 you will be able to learn hip hop, funky jazz, kung fu, ballet, hawaiian, creative movement, theatre and so much more in this week long camp for preschoolers up to teens. Call the rec office today to find out more info or to register.

## Junior Garden Club

Gardening is great recreation for the whole family. Agassiz Horticultural Society's Junior Garden Club offers a summer program of gardening activities for children ages 6 and up. Membership is free. Call Carol Clegg at 345 8419

or see Donna Wold at Centennial.

## Kid-Netic Energy Camp

Invent, Explore, Discover...and have a blast at the best ever Science and Engineering Camp to be held in Pinawa June 30 to July 11. Hands on activities all day, every day. Open to kids having completed grades 4, 5 & 6 in June 2003. 50:50 girls:boys

ratio. Staff are students of the University of Manitoba in Science and Engineering. Registration deadline is June 13. For a registration form contact the Rec office or see your local elementary school principal. May 21 at 7:00pm at Gilbert School in Pinawa is the Orientation night for parents to attend to hear more details on the Camp.

## Notice of Tender

La Société Historique de St-Georges Historical Society is accepting tenders for the painting of "Le Musée de St-Georges Museum" (outside the wooden part only.) Painting include, scraping, brushing and cleaning. May have to use primer, two coats of paint. Quotations must include Workers Compensation registration number. Sealed tenders marked-Museum Painting must be received no later than Friday, May 30, 2003 at 5:00p.m., at the resident of Secretary-Treasurer. For more information please contact, Jean Dupont at 367-2927. Lowest or any tenders not necessarily, accepted. Jean Dupont, Box 171, Secretary-Treasurer, St-Georges, Manitoba, R0E 1V0

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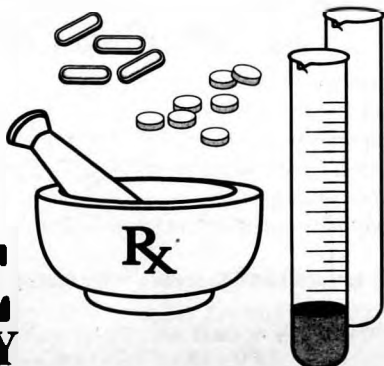
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## Sagkeeng Anicinabe High School News

Graduation time is quickly approaching. The ceremony will be held on Thursday, June 19 at the Sagkeeng Arena and the final examinations are on June 15 and 16.

The potential grads will be holding a carwash on Friday, May 2 at the Sagkeeng Arena starting at 10 a.m.

Lacrosse practices are in full swing but the final player roster has not yet been decided. The team players will be reported in a future issue. Their first game is on Monday, May 5 at McQuat Field on Rue Maginot in Windsor Park against Oak Park High School. A cheering section would be greatly appreciated.

On Friday, April 25 some grade 11's and 12's went to the Manitoba First Nations Education Resource Centre Science Fair. They were accompanied by Pam Courchene, their Sci-

ence teacher, and the fair was held in the Duckworth Centre at the University of Winnipeg.

Last week Sagkeeng Anicinabe High School won the Zone 13 North Badminton Championships for the first time in school history. Outstanding performances were recorded by Adam Bruyere, the boys singles winner, Carolyn Courchene and Maya Bruyere, the girls doubles winners, and by Arien Courchene, the runner-up girls single player.

Other excellent results were achieved by Bryan Twoheart and Troy Fontaine, third in boys doubles, and Alice Swampy, fourth in girls singles. Other team members who did not qualify for the zone tournament, but performed well, reaching the quarter-final stage of their events were Melissa Fontaine, Tanis Courchene,



The CL 215 Water Bomber in Gimli

and Chris Bellegarde. Well done and congratulations to all team members. Winning the

banner was a great achievement and a just reward for the many hours of practice that

went into preparing for this event.

## Sagkeeng Anicinabe High School's Children's Theatre Production

### A Sub Ki Shi Ace The Ittsy Bittsy Spider

by I.Iz Gray

Last week students from Sagkeeng Anicinabe High School participated in a performance tour of a children's theatre production called *A Sub Ki Shi Ace- The Ittsy Bittsy Spider*. The five puppets and the web/dream catcher used in the play were the creation of Winola Canard, a graduating grade twelve student. The original script and songs incorporate words and phrases to teach Ojibway. The songs in the play, written and performed by the students at the high school include: *Ke Nis Tu Tum?*, *I Wonder Why* and *The Web of Life*.

The songs for the play developed out of Artist in the School music residencies with musician, Dorothy Penner. Dorothy has been an artist in residency at the high school for the past four years. Creative projects prior to the children's theatre production include a CD of original music written

and performed by the high school students, *Voices of Tomorrow* and music videos for two of the students' songs, *Song for Sagkeeng* and *Mau mau gwa*.

Members of the cast are: Ryan Mazzerole, Larry Guimond, Mitch Swampy, Shawna Guimond, Marsha Bruyere, Tanya Courchene, Adam Bruyere, Winola Canard, Chris Bellegarde, Tanis Courchene, Charity Swampy, Anthony Courchene, Lydia Guimond, Katherine Fontaine

The Performance Tour for the children's theatre production, *A Sub Ki Shi Ace*:

Friday May 9<sup>th</sup> Sagkeeng Middle School

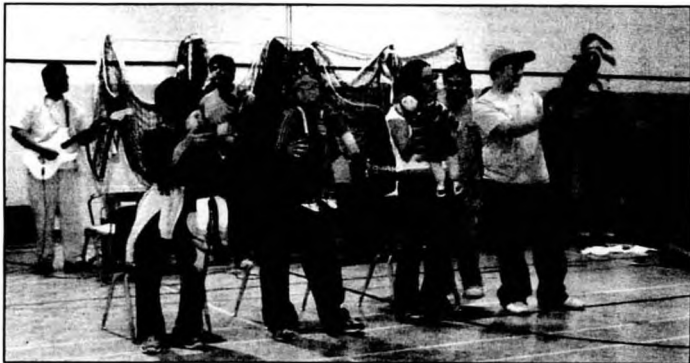
Monday May 12<sup>th</sup> Sagkeeng Anicinabe High School

Tuesday May 13<sup>th</sup> Little Black River School

Wednesday May 14<sup>th</sup> Pine Falls School

Thursday May 15<sup>th</sup> Anicinabe Community School

Tuesday May 20<sup>th</sup> Sergeant Tommy Prince School



Sagkeeng Anicinabe High School students participate in a children's theatre production call *A Sub Ki Shi Ace-The Ittsy bittsy Spider*.

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# Lac du Bonnet RCMP Report



The Lac du Bonnet Police Report for the periods of May 8th to May 15th, 2003

**May 8**  
A report was received of a suspicious vehicle at a location on Sunset Drive in the RM of Alexander. The vehicle drove to the dock and then into a private driveway. Police attended and patrolled the area, however the vehicle in question was not located. It was noted, however, that the vehicle had pulled up to a boat on a trailer, which were not secured to anything, with the possible intention of hooking onto same and stealing it.

**May 9:**  
A report of the theft of a quantity of plywood from a building site on Donken Road in the RM of Lac du Bonnet.

A report of a hit and run to a vehicle at an unknown location in the town of Lac du Bonnet.

A report from a location along the Bird River in the RM of Alexander of an off-road vehicle being operated erratically, the caller had taken the keys from the offending subject.

A report of an off-road vehicle being operated on the roadway in Lee Country Vil-

lage in the RM of Lac du Bonnet. Police attended and followed up with the parent of the offending subject as per the wishes of the complainant.

A report of a break and enter to a cottage on an island near Pinawa Bay in the RM of Lac du Bonnet.

Police, while on patrol on PR 502 in the RM of Lac du Bonnet, had occasion to check an off road vehicle being operated along the side of the roadway by an adult male. The off road vehicle was found to be unregistered, and the subject was charged accordingly.

**May 10:**  
A report of a noisy party on McDiarmid in Pinawa. Police patrolled the area, but no noise was detected.

A report of a vehicle stuck in the ditch along PTH 15 east of Ste. Rita in the RM of Reynolds. While the vehicle was at the location, a cooler and cell phone charger were stolen from same, the rear window was broken, and an attempt was made to light the gas tank on fire.

A report of drains being plugged and water turned on, which resulted in the basement flooding at a business in Pinawa.

A report was received of a break and enter to a business in the town of Lac du Bonnet, and the theft of a lawn ornament from a residence at a separate location. Police investigation resulted in three adult males being taken into custody. Two of the males were charged with the Break and Enter and with the Theft, and the third male was charged for

Breaching a Probation Order by consuming liquor.

A report of an adult male leaving a cottage in the RM of Lac du Bonnet and noted to be under the influence of alcohol. He was subsequently charged with driving while over .08, and released for court, with the customary License suspension and vehicle impoundment.

**May 11:**  
A report of a green Pontiac Grand Am having been stolen from the Great Falls Hall.

An adult male was arrested for Impaired Driving in the town of Lac du Bonnet. He was subsequently charged for Refusing the Breathalyzer, and released for Court when he was sober. License suspension issued and vehicle impounded.

A report of theft of hubcaps from a vehicle parked on Johnson in the town of Lac du Bonnet.

A report from Elma of an adult female breaking into a residence, damaging photographs, and taking the cat from the residence.

A report of the Department of Highways trailer along PTH 44 in the RM of Reynolds being broken into, and tools, the fridge, the stove and a set of steps being stolen.

A report from a location in the RM of Whitemouth of a subject trespassing on private property and releasing a number of wild boars onto the property.

A report from a location in the town of Lac du Bonnet of youth trespassing on private property and cutting trees. Police attended to find the youths in question had departed, how-

ever, it was noted that they were building a fort on private property.

A report of a door having been kicked in on a cottage at Nutimik in the Whiteshell Provincial Park. Nothing appeared to have been stolen.

A report of an injury accident involving an off-road vehicle in the area south of Seddon's Corner in the RM of Reynolds. The under age male driver had his foot injured when he ran over same with his own machine, and was transported to Beausejour Hospital. Investigation continues.

A report of horses loose on PR 313 in the RM of Lac du Bonnet. Police attended and found that same were under control.

A report of a vehicle being driven by an adult female almost hitting another vehicle in the town of Lac du Bonnet. Follow up was done with the driver in question as per the wishes of the complainant.

A report of an Intrusion Alarm at a business in Whitemouth. Police attended and found all secure.

**May 12:**  
A report of a domestic disturbance at a location near Elma in which an adult male reported that an adult female had assaulted him. The adult female attended Whitemouth Detachment to report that the adult male had assaulted her. The investigation resulted in both subjects being arrested and released for court.

## 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, 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.  
**Presatal classes:** held regularly at Lac du Bonnet. Please register with Gail 268-6106 or call your local public health nurse.  
**Lac du Bonnet Lions Club** meets the first and third Monday of each month, 7:00 p.m., LdB Community Centre.  
**Lac du Bonnet Regional Library** open Tues. and Thurs 10:30 a.m. to 4:30 p.m. and 7:00 to 8:30 p.m., Wed. and Fri. noon to 4:30 p.m.; Sat. 10:30 a.m. to 12:30 p.m., ph. 345-2653.  
**Great Falls Women's Institute** meets first Wednesday each month 7:00 p.m. Great Falls Hall. Pat 367-2586, Leone 367-8569.  
**Ladies' Auxiliary Royal Canadian Legion Branch #164** meets first Tuesday of the month 7:30 p.m. Legion Hall.  
**LdB Committee on Family Violence and Abuse** meets second Tuesday of every month 7:00 p.m. Contact person 345-2664.  
**Royal Canadian Legion Branch #164** general meetings third Tuesday of each month 7:30 p.m. Legion Hall.  
**Horticultural Society** meets second Tuesday of every month 7:00 p.m., Centennial School.  
**St. John's ACW** meets first Monday of every month 1:30 p.m., parish hall.  
**Lakeshore Al-Anon Group** Thursday 7:30 p.m. Lac du Bonnet District Health Centre, 89 McIntosh. Call Teri 345-8712.  
**Lakeshore Alka-Tena Group** Fri further information, Phone Kathic 367-8237 (evenings), Vickie 345-6520 (days).  
**Town of Lac du Bonnet Council Meetings** second and fourth Thursday of the month.  
**Lakeshore A.A. meetings** every Sunday and Tuesday 8:00 p.m. at St. John's Anglican Church, 86 McArthur. Lac du Bonnet. Last Sunday of the month open to the public Call Ted 345-2839, Ron 753-8403.  
**Ladies A.A. Meetings** Thursdays 1:00 p.m., 18 McDermot, Pinawa Doreen 753-8357.  
**Battered Women's Crisis Line** 1-800-362-3344.  
**Lac du Bonnet Health Centre Auxiliary** meets fourth Thursday of the month, Health Centre 1:30 p.m.  
**Lac du Bonnet Wildlife Association** temporarily meets at the call of the chair. Call Peter 345-6190 for information.  
**New to town?** Drop in to the Craft Basket on Second Street and pick up your Welcome to Lac du Bonnet gift, courtesy of the Chamber of Commerce.  
**Two Rivers Seniors Resource Council Inc.** Call Pat at the Lac du Bonnet office, Health Centre at 345-1227 or 348-4610. Services: driver escort, lifeline personal response system, friendly visitors, fee-for-service handy helpers.  
**Pioneer Club** Meets first Monday of month 9:30 a.m., Pioneer Club.  
**RM of Lac du Bonnet Council Meetings** second Tuesday of each month 10:00 a.m. and fourth Tuesday of every month 6:00 p.m.  
**Alzheimer Society Theresa Conroy**, 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 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 Marchara, 345-2900  
Lac du Bonnet: 9:00 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 Rowntree 367-8615, church 345-2357  
Sunday: 11:30 a.m. - worship; 11:30 a.m. - first and third Sunday of each month, holy eucharist.

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## Senior Men's Fastball begins

This past Monday a local group of 40 year or older mens's fastball players started up for the season.

Approximately 30 players showed up to being warming up for their first game are former local fastball players from the old North Eastman Fastball League.

Omer Dube team organizer was please to see the turnout

dispite the cold weather conditions.

Fastball in the area was once very popular and the majority of players that showed up for their first game are former local fastball players from the old North Eastman Fastball League.

It is hoped that more player

show up and continue to restart the enthusiasm for the game.

Even though the weather was cold and windy fans were in the bleachers cheering on their team.

For more information in regards to the fastball teams, please contact Omer Dube at 367-4210.

## Pineview Mixed Slo-pitch League

Pineview Mixed slo-pitch

League kicked off the 2003 season with 2 games at Rupert Park. Last Thursday. Simply Sagkeeng defeated the Die Hards and the Powerview Fire defeated Out of

the Blue.

The League is still looking for one more team for this season, any team interested call 367-8647.

## Team Schedule

### Wednesday May 22

6:00p.m. - Out of the Blue vs Simply Sagkeeng - Industrial

6:00p.m. - Die Hards vs Misfits- Rupert

7:15p.m. - Mohawks vs Simply Sagkeeng- Industrial

7:15p.m. - Fire vs Mustangs- Rupert

### Thursday May 23

6:00p.m. - Simply Sagkeeng vs Mustangs- Industrial

6:00p.m. - Die Hards vs Out of the Blue- Rupert

7:15p.m. - Mohawks vs Mustangs- Industrial

7:15p.m. - Fire vs Misfits- Rupert

### Monday May 26

6:45p.m. - Out of the Blue vs Misfits- Industrial

6:45p.m. - Mustangs vs Die Hards- Rupert



Pitcher, Paul Guimond, showed lots of finesse, style and speed this past Monday as a sure fire sign that the many local legends are here to play the game, and entertain the many fans.

## Cornerstone

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

### Springfield Safe Kids 2003

#### Car Seat Checks & Production Round-Up Event

Most people aren't aware that home injuries are the number one cause of death and disability among children.

Every spring, Safe Kids Canada and Johnson & Johnson join forces in a major national campaign on children's safety. This year's campaign is focusing on *Product Safety*, specifically, products used to care for children in the home.

Car Seat Checks and Product Round-Up Event will take place at the Oakbank Fire Hall (rain or shine) on Thursday, June 5, 2003, from 2:00 p.m. to 7:30 p.m.

See if your child's car seat is installed properly.

Car seats that are more than ten years old (some are only good for six years), that have been in a crash, or seats that do not have a label saying it meets Canadian Motor Vehicle Safety Standards.

Product Round-Up includes:

- Baby walkers with wheels
- Recalled playpens
- Cribs before 1986 with bars more than 6 cm or 2-3/8" apart
- Baby gates before 1990

with large diamond or "V" shaped openings that could trap your child's head.

Did You Know?

• Almost 40,000 children and youth are seen in hospital emergency departments every year due to home injuries. Another 500 die from home injuries each year. The majority of the injuries occur in children under the age of 5, who spend the greatest amount of time in the home. The main causes of deaths in homes are fires, falls, poisoning, choking, suffocation and drowning.

• The main cause of home injuries is falls.

• Suffocation is the leading cause of death from injury to children under the age of one.

• Since 1989, there have been 14 deaths and many near misses due to blind cord strangulation.

• Walkers are dangerous. They do not help babies learn to walk. In fact, children in walkers face a greater risk of injury, due to a fall downstairs, than children not using walkers.

• Latex balloons are dangerous and have caused children to suffocate. Use mylar balloons instead.

## ECHOES FROM THE

# Heart

### Marathoner wins 26.2 Luekemia Pin

In December of 1992 I was a happy husband and father of two young children. A month later, I was diagnosed with Acute Lymphoplasmic Leukemia.

After two years of chemotherapy that helped me into remission, my body was weak and lifeless. I felt as if I were a puppet who needed help to lift his arms or hold up his head.

I began to run. After six months my strength had come back. On one of my runs, one where I felt I could run forever, I decided I was going to try to run a marathon.

After telling my Dad about my plan he told me of a program that trains people to run a marathon, while raising funds for Luekemia research at the same time. So that summer,

through the Luekemia Society's Team In Training program I started to train for the Marine Corps Marathon. During mile after mile of uncertainty, the day finally came to run the marathon.

On October 27, 1996, at 8am, the cannon went off and so did I. Along with 19,000 other brave souls I started on a twenty-six and two tenths mile journey that I will never forget.

I first saw my wife Patty at the six mile mark; she seemed happy that I was still looking as if I knew what I was doing, and having a good time doing it. At mile 17, my mind was going back to those two horrible years that tried to bring my family and me down. I saw her again. The concern in her face told me she knew I was starting to struggle. I felt as if we were thinking the

same, nine more miles and these last few years will be behind us.

That thought alone pulled me forward. Mile 22, 23, slowing but going. 24, 25, then there it was. The two Jima War Memorial. I have seen nothing so grand and inspiring in my life. At 3 hours and 41 minutes after I started, I crossed what I think has to be the most fitting finish line in all of road racing!

That night the Luekemia Society gave me a pin at a post race party that simply says, "Luekemia 26.2".

If God wills, and I relapse, my cancer may once again take away my hair and my strength, maybe even my life. But it can never take away my pin, or the fact that I am a marathoner.

Is your subscription due?

Renew Today!  
ONLY \$30.00/plus tax  
56 Art Street, Powerview, PHONE 367-9468

# Winnipeg River RCMP Report



The Winnipeg River Police report for the periods of May 12 through to May 15, 2003.

**Advisory:** The spring and summer season is here and so is bicycle thefts. RCMP are

advising the public to ensure they have locking devices for bicycles or they are secured away in a garage, shed or home.

May 12  
Police attended a residence

## 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, Power-view 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 3:00 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 2:00 p.m., Saturday 10:00 a.m. to 8:00 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 756-2506

**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. Weight Watchers Meeting Every Thursday - weigh in at 4:45 to 5:30pm. --call Dolores for info at 167-2945

**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

**Sunrise 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 assessments of babies (or child's) height, weight, infant nutrition, advice, immunizations (as necessary) and any other advice you may wish, please call 367-5406 for more info.

on Fort Alexander to a call of a highly intoxicated male causing problems. The male was returned to the detachment, lodged in cells for his own safety and released in the morning when sober.

A complaint of ATV's racing along the beach at Island Beach was noted by police. Further patrols of the area are requested when members available.

A brush fire at Lester Beach had police attend with the local Fire Department. Several youth were suspected but could not be placed at the scene. The fire was extinguished with no injuries or property damages.

May 13  
A male was charged with Breaching a Court Order after police received a call of a highly intoxicated male at a residence in Little Black River. The male was banging on the doors and proceeded to throw items around the yard when police were alerted.

A theft and recovery of a lawn mower was actioned by police on Fort Alexander. Two break and enters occurred at cottages in Traverse Bay. Culprit (s) are unknown

at this time. The one cottage suffered the loss of a Television and a drill including bits. An investigation continues.

A youth was remanded into custody after an incident of assault with a weapon and an outstanding Warrant of Arrest. The youth hit another youth in a skirmish with an object. The incident occurred at Little Black River.

Police are investigating a complaint of threats involving two youth in Seymourville.

May 14  
A call of a mentally unstable youth threatening harming himself had police attend a residence at Seymourville. The youth had taken off into a wooded area when the incident was reported. Police located the youth at a relatives, escorted to the detachment and later treated at Pine Falls Hospital under the Mental Health Act.

Police attended to a complaint from Fort Alexander of a male screaming, yelling and creating problems at a residence. When police arrived the male had already fled and the household was restored to normal. No further action was necessary.

May 15

## The right to decide

### Your voice in Ottawa



Vic Toews, MP for Stouffville

On May 8<sup>th</sup>, I sponsored a motion in the House of Commons that called on members of Parliament to bring in measures to protect and reassert the will of Parliament against certain court rulings that threaten the traditional definition of marriage, grant sexual predators the right to produce and possess child pornography, and provide prisoners the right to vote.

All three of these issues are areas of the law that have traditionally been the exclusive jurisdiction of Parliament. However, under the assumed authority of the *Charter of Rights and Freedoms*, the courts have increasingly expanded their right to make political choices in substitution for the decisions of elected politicians.

While it was understood that the role of the judiciary to review and approve legislation would be expanded when the *Charter of Rights and Freedoms* was adopted as part of our constitution in 1982, it was also understood that the courts would defer to Parliament on matters of social policy. In other words, elected politicians, as the voice of the people, would continue to be

responsible for making political decisions.

Unfortunately, the line between political decisions and legal authority has become blurred as the courts have increasingly expanded their ability to make political decisions. This worrisome trend is not going unnoticed by Canadians. A new poll shows that two of three Canadians think the Supreme Court of Canada is influenced by partisan politics.

The findings are a change from other surveys in recent years, which showed that most Canadians were happy with the country's highest court. Although the survey did not probe why people think that the Supreme Court is partisan, pollster Darrel Bricker noted: "There's something bubbling under the surface of an undefined nature that comes across to people as partisanship, whether it's ideology, the nature of the decisions the court makes or how the judges are picked".

Errol Mendes, a University of Ottawa law professor, said that he is worried about the public's growing dissatisfaction with the Supreme Court because it undermines its necessary role as an in-

dependent, non-partisan institution. Mr. Mendes stated: "If I read between the lines, what is happening is that politicians are throwing hot potatoes to the courts because they don't want to deal with the issues themselves."

The first step to restore the confidence of Canadians in our Supreme Court lies with the court itself. The Court should simply refuse to rule on social policy matters and instead force elected officials to make decisions. After all, that's why we hold elections in Canada.

The second step that needs to be taken is to adopt a method of appointing judges that increases input beyond the office of the Prime Minister. Our courts should not simply be an extension of the political arm of the Prime Minister.

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 toewsv1@mts.net

Police received two complaints of bullying incidents occurring at the school in Hollow Water. The matter was dealt with by School Authorities and Parents accordingly. No further action by police was necessary. It was noted should further incidents re-occur with all parties.

A Squire Bass Electrical guitar was taken from a school on Fort Alexander. Investigation continues.

A shed was broken into in the R.M. of Alexander. A tool box and a bag of stuffed toys was stolen.

Police responded to a noise complaint on Fort Alexander. A male was advised to turn the music down at this residence. No further complaints were reported.

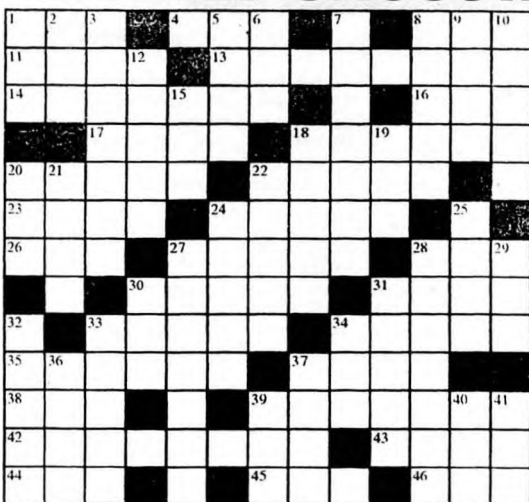
A break and enter in Little Black River is being investigated. The homeowner was away for several days when the break in occurred. It is unknown at this time what was stolen in the incident.

Police assisted in recovering a missing vehicle in Fort Alexander.

A male is charged with assault and weapons possession after he threatened his ex common law spouse. Alcohol was involved in the incident.

Two females youth were involved in an altercation. Police are still investigating the complaint.

# WEEKLY CROSSWORD



**ACROSS**

- 1. Fastener
- 4. Lyric poem
- 8. North American nation
- 11. Exclamations of surprise
- 13. Spider
- 14. Basic monetary unit of

**DOWN**

- 16. Greece
- 17. To bless
- 18. Person who camps out
- 20. Name
- 22. Elevated tract of open country
- 24. Goatlike antelope

- 26. Some
- 27. Store that sells milk products
- 28. Meadow
- 30. Agitate
- 31. Clock face
- 33. Impertinent
- 34. The sesame plant
- 35. Characteristic quality of a sound
- 37. Fresh-water fish
- 38. Room within a harem
- 39. Act of soaking
- 42. Income
- 43. Male deer
- 44. Shaggy-haired wild ox
- 45. Affirmative reply
- 46. Unit of energy

- 18. Monument
- 19. Extinct flightless bird
- 20. Two
- 21. Charged particles
- 22. Pixie
- 24. Gravy
- 25. Sturdy twilled fabric
- 27. Nonpile cotton rug of India
- 28. Striped
- 39. Malt beverage
- 30. Toxicab
- 31. Ships floors
- 32. Tale
- 33. Slap
- 34. Bleat of a sheep
- 36. Notion
- 37. Prescribed amount
- 39. Pigpen
- 40. Needlefish
- 41. Ovum

**LAST WEEK'S ANSWERS**



## CRYPTIC PUZZLE

BL ZWX WSUZ PJJREU FXJUT ZWX NKTT PJJ REU LXA

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**

LEAD ME NOT INTO TEMPTATION I CAN FIND THE WAY MYSELF

# WEEKLY ECHO HOROSCOPE

for the week of May 19 to May 25



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

Your outgoing nature will surprise others this week. You will find that money could slip through your fingers. Some situations may be blown out of proportion. Get back to the comforts of cottage or home.



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

This is probably causing upset and confusion on the home front. Groups you belong to will not only enjoy your company, but they will also share your interests. You might have some problems balancing your books. This is a turning point.



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

Don't overindulge in anyway. Control those desires to cast your fate to the wind. Organize all the responsibilities that have to be attended to and make sure everyone knows what to do. Your irritability will lead to family squabbles.



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

You may have taken on a little too much, but you will enjoy every minute of it. Broaden your horizons and look into programs that will teach you awareness and relaxation.



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

Avoid any confrontations with colleagues. Watch for empty promises that may give you false hope. You may have been too agreeable to someone who just wanted to use you. Avoid lovers who already have a relationship, even if it is a bad one.



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

Don't start any arguments unless you're prepared to accept irrevocable results. Your home environment may be hectic, which could result in emotional upset if you aren't well organized. Rest and relaxation may be required; minor health problems will prevail if you don't watch your diet. Travel will promote new romantic encounters.



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

You won't impress anyone by being overly generous. Finish off old projects before starting something new. Weigh the pros and cons and make a decision that will change the conditions you've been living under. Do not expect others to do your work.



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

Don't let children hold you back from doing things you enjoy. Education may be the answer. Try to understand their point of view. Payoff all your debts before you go out and celebrate.



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

Talk to someone with experience about budgets or consolidating debts. You can ask for favors and get sound advice from close friends or relatives. Use your inventiveness to find solutions. Get together with those you find mentally stimulating.



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

Those you work with may have little consideration for the underdog. You are best to concentrate on work. Enlist coworkers in order to get the job done on time. Finish overdue paperwork and catch up on letter writing and reading.



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

Control those desires to cast your fate to the wind. Speak of your future goals, intentions, and commitments. Your ability to ferret out secret information will lead you to an inside scoop on an amazing financial deal.



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

You will be able to catch up on overdue paper work. Romance can develop; however, it will most probably be short-lived. You may have a hidden adversary who would love to prove you wrong. You will drive your emotional partner crazy this week.

# Echo Classifieds

**For Sale**



**House for sale**- Beautiful water front home, Silver Falls. 2800 sq. ft. Tri level, Double attached garage, Three Decks, .43A Septic field, and own water line, Fireplace, many extra's. Serious inquiries only. Phone 1-204-367-8375. Very quiet area.

**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 Rent**

**Woodland Place/Dalelaven Apartments**, 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**

Class I drivers experienced in hauling gravel and pulp. Must supply driver abstract and resume. Mail to Ray -Ann Transport Ltd Box 1234, Pine Falls, MB R0E 1M0 or in person. One fourth of mile south of Clark's Corner on Hwy 11. Position to be filled for June 2, 2003

**Bridal Shower**

You are cordially invited to a Come & Go Shower in honour of **Janine Gosselin, fiancée of Craig Webb,** at the Manitou Lodge on Sunday, May 25th, 2003 at 2:00pm. For gift ideas, they are registered with Home Outfitters (www.Homeoutfitters.ca) If further information is required, please contact Bonnie Hildebrand, Aunt of the groom, at 204-253-4022.

**Birthday Greetings**



**Rheel Morissette**  
*Happy 60th Birthday*

With much love,  
your Family, and Friends

**Engagement Announcement**



**Papineau - Pangilinan**

Joy & Jeanas, together with their parents Karen and Eddy Papineau of Powerview and Edda and Cris Pangilinan of Winnipeg are pleased to announce their underwater engagement on April 8, 2003, in the Grand Cayman Islands.

**Lost & Found**

The following items were found in the area. Prescription Sunglasses-men's with case. Women's sun-glasses, Child's sun-glasses. These items were found on the road in Powerview. Gold Family Ring. For more information contact the Pine Falls Service Centre at 367-8037

**Auction Sales**

**Large Building Supply Auction for Whitemouth Home Hardware (Lumber Division) Whitemouth, MB, Saturday, May 24, 2003, at 9:00 a.m.**

Sale to be held indoors at the Whitemouth Curling Club. watch for signs. Sale consists of all lumber and building supplies including: **Forklift:** 1989 Cat "RC 60" Forklift (Diesel, Hydrostatic Trans., Dual Mast, 6000 lb. Lift, Large Tires - Exc. Cond.); **Truck and Trailer:** 1996 GMC "3500" 1 Ton 4 x 4 Diesel Crewcab Truck (Dually, Loaded, Exc. Cond., Safetied); 30' Tandem Axle Dual Wheel Gooseneck Trailer (16,000 kg. Gww - safetied); **Lumber:** Spruce 2x4 & 2x6 studs, Econo spruce 2x4x8's, Various lengths of Spruce 2x4's, 2x6's, 2x8's, 2x10's, 2x12's; Some 1x4's & 1x6's, 4x4's, Pine, 1x6, 1x10, 1x12's treated (GWW) 1x6's, 2x4's, 2x6's, 2x8's, 4x4's, 6x6's, Cedartone 2x4's, 2x6's, 2x8's, 2x10's, and 4x4's, Pwf Rough Lumber including 2x4's, 2x6's, 2x8's, 2x10's, 6x6's, and 8x8's; 3x4x8 Landscape Ties; Qty. Used Railway Ties; 6" and 7" treated fence posts; Assorted sizes and lengths of treated poles; etc. **Plywood:** 1/4"GIS, OSB Proboard Underlay, Structure Wood Underlay, Masonite; 3/8" GIS, Fir & Fir Select, OSB, Easy Panel Tan, Innerseal Grey, Pinewall Grey, Ranchwall; 7/16" OSB, 3/4" GIS, T&G OSB Flooring; Particle Board; Melamine (white & grey); **Wood Mouldings & Trim:** including Fir, Primed, Prefinished, Mahogany, Oak, and Vinyl. **Doors & Windows:** Exterior Doors, including 32" & 36" (2x4 & 2x6 frame); Interior Doors (2/0 to 3/0 sizes) including Mahogany, Oak, EZ Paint, Colonial White, Western Oak, Oak & Mahogany Bi-fold, Mirrored Doors, Wood Screen Doors, etc. 9x7, 8x10 Garage Doors, and 9x16 Wood Unfinished Garage Door: Windows (asst.d sizes) - Wood Slider & Fixed, Wood Picture, Wood Basement & Octagon, PVC Slider, Fixed & Awning, PVC Shutters; **Drywall:** Various lengths of 1/2" Drywall, Fireguard and Aquaboard; 5/8" Fireguard; **Ceiling Tiles:** Asst'd 12"x12", 2'x4' Fibreglass, 4'x4' Ceiling Panels, Qty. of Snaptrax, etc. **Concrete Supplies:** Blue Max Styrofoam 6'x48" Concrete Forms; Brick ledge & Corner Forms; Qty. of Used Plywood Concrete Forms; 10mm & 15mm Rebar; Ass'd Sona Tubes; Block Reinforcement Mesh; etc. **Alum. & Vinyl Siding Supplies:** Kaycan Alum. Vertical Siding, Kaycan D4 & D5 Vinyl Siding, Northern Star D4 & D5 Vinyl Siding, Alliance D5 Vinyl Siding, Alum. & Vinyl Soffit, Fascia, J-Channel, Sill Trim Belt Line, etc.; **Misc.:** Asst'd 20 & 25 yr. Shingles; Asst'd 50 lb. Boxes of Nails; 6'x6' & 8'x8' Garden Sheds; Asst'd Fibreglass Panels; Treated Dec Spindles; Lattice; Wood Laths; 1x4 & 1x6x40" Pallet Boards; 2x4x48" Notched Pallet Boards; Metal Stair Stringers; Swing & Slide Playsets; Spruce & Cedar Picnic Tables Kits; Bathroom Fixtures including 2 White Bathtubs, Pedestal Basin, White, Light & Dark Oak Vanity's; Medicine Cabinets; Cupboards; Shower Door etc. Asst'd Galv. Heating Duct; Fibreglass Dock Floats; 1/8"x4"x8" Fibreglass Panelling; Ass'l Wall Panelling including 4' Pine; Stucco Wire; Smaller Culverts; etc. Plus many more items too numerous to mention. **Auctioneer's Comment:** Viewing Friday, May 23rd, 9 -5 pm. Most of sale will be held indoors except for lumber and larger lots. If you are planning on building anything - **DON'T MISS THIS SALE!** For more information or detailed faxed list call Whitemouth Home Hardware (owner: Brian McDougald) Ph: 1-204-348-2638 or call:

**Capital Auctions & Appraisals,**  
Beausejour, MB  
Auctioneer: Len Pleskacz  
Ph: 1-204-268-3052

## VILLAGE OF POWERVIEW SUMMER EMPLOYMENT OPPORTUNITY

The Village of Powerview is now accepting applications for two summer employees. Detailed job descriptions can be obtained from the Municipal Office located at #32, P.T.H. #11 in Powerview. The positions available are Summer Students/General Laborers and will include various tasks as directed by the Public Works Foreman. Applicants must hold a valid driver's license and must be returning as a full time student in September. The first position will commence on June 16, 2003 for a period of ten (10) weeks and the second position will commence on July 02, 2003 for a period of 8 weeks.

Regular hours of work for the Public Works Department are Monday and Friday, 8:30 a.m. To 4:30 p.m., including 1/2 hour unpaid lunch break.

Applications will be received until Friday, June 06, 2003 at 4:00 p.m. In the Municipal Office located at #32, P.T.H. Number 11 in Powerview or mailed directly to:

Village of Powerview,  
P.O. Box 220  
Powerview, Manitoba  
R0E 1P0

J.M. Thevenot, Administrator  
Village of Powerview

Place your classifieds in the  
Winnipeg River Echo each  
week.....low rates.....high  
response...it pays to advertise.

Obituary

**ALICE LOUCKS**

(nee Johnson)

February 5, 1938 - May 14, 2003

With her family by her side, Alice passed away peacefully at the Pine Falls Health Complex on Wednesday, May 14, 2003.

Alice was born February 5, 1938 in Churchill, MB, to Reubina and Henry Johnson. Her family moved to Sheridan when she was twelve years old, and there she met Dave, while clerking in the store. Alice and Dave were married in The Pas, MB on October 7, 1957 and began their married life in Winnipeg. Their son Keith was born in Winnipeg in 1960 and after moving north, their daughter Kristine was born in 1964 in Flin Flon while they resided in Island Falls, Sask.

Alice and her family moved to Snow Lake, MB in 1966 and later to Pine Falls in 1971, where she and Dave spent the last 32 years. Alice was employed at the Royal Bank from 1980 until she retired in 1994 in order to enjoy her grandchildren. Alice was a very kind and compassionate wife, mother, grandmother, sister, auntie and friend. She was not afraid to stand up for her beliefs. Over the years, she helped many people; family, friends and strangers, being well known for her very giving nature, but unwanting of accolades.

Alice was a very active member of the Pine Falls United Church Women's Group, having held many offices over the years.

Together with Dave, they have inspired many beginners in the game of badminton as they ran the Pine Falls Badminton Club for 30 years. Many of their players have gone on to spread Alice's love of the game to other communities. Alice and Dave have represented their club at many mixed doubles events over the years. Alice also played many years of ladies doubles with Rita Kulyk, winning the right to represent the Eastman Region at the 1986 Provincial Winter Games in Flin Flon, MB.

Alice had a passion for the card game of bridge, at which she excelled. Together with partner Jean Mitchell, they won the Eastman Senior Regional Bridge Tournament held in Steinbach, MB in 1997. This moved them on to the Manitoba Provincial Tournament in Gimli, where, unfortunately, the cards did not support their good play.

Alice kept her family prepared for cold winters with her beautifully knitted mitts and socks. She was also an avid reader and a wonderful baker.

Alice is survived by her loving husband Dave of 45 years; her son Keith and his wife Claudette and their children Daniel, Alicia, Malorie, Connor and Ben of Kenora, Ont; her daughter Kristine and her husband Vince Ogradnick and their children Erikka and Aaron of The Pas, MB. Alice leaves her brothers and sisters and their families; Herb (Renate) Johnson, John (Myrna) Johnson, Gladys (Bill) Kipling, Irene (Hank) Roik, Ed (Cecile) Johnson, Louise (Jim) Houldsworth, May Metke, Art Johnson and Grace Delaronde. Alice also leaves her brothers and sisters-in-law and their families; Ed (Georgina) Loucks, Bessie (Ross) Robertson, Joyce Olson and Stephanie Du Laux. Alice will be sadly missed by all those who knew and loved her. She was predeceased by her parents, Reubina and Henry Johnson and her sister Tillie Sangster.

Without the wonderful compassionate care of Dr. Oelofse, Alice's family doctor, and the many doctors and nurses at the Pine Falls Health Complex, Alice's final days of her courageous battle with cancer would not have been so comfortable and peaceful.

A celebration of Alice's life will be held on Monday, May 19 at 11:00 a.m. at the Pine Falls United Church in Pine Falls.

In lieu of flowers, if family and friends so desire, donations may be made in Alice's memory to the Pine Falls United Church, Box 597, Pine Falls, Man. ROE 1M0

SOBERING FUNERAL CHAPEL  
& CREMATORIUM, Beausejour  
268-3510 or Man. Toll Free 1-877-776-2220.



Obituary

**Sharon Fontaine**

Oct. 21, 1949 - May 8, 2003

Sharon Fontaine, aged 53 years, a loving mother, grandmother, sister and friend. Sharon was a very strong willed, independent, loving, artistic, and knew exactly what she wanted and was never afraid to pursue it. Sharon is predeceased by her mother Jennie Fountain on April 11, 2003, her sister Margo Courcelles on March 9, 2001 and her father Douglas Fountain on June 11, 1995. She is survived by her three daughters; Nicole Linton of Brandon, Sheri Rau of Edmonton, and Genny Bratko of Brandon; seven grandchildren; also her brothers Mark Fountain (Irene), Brad Fountain (Louise), Brian Fountain (Jean), all of Powerview, and her sister Wendy Fountain of Edmonton, as well as numerous relatives and friends.

Donations in Sharon's name may be made to the Canadian Diabetes Foundation, 102-310 Broadway Avenue, Winnipeg, Mb. R3C 0S6. She will be sadly missed.

Thank you

To the Doctors and Staff at the Pine Falls Health Complex. My family and I wish to express our appreciation to, first of all, our family doctor, Dr. Oelofse, and all the other doctors and staff, who are all wonderful caring people, who helped make my wife, our mother and grandmother Alice Loucks final days so pain free and peaceful.

Words cannot fully communicate our gratefulness for your efforts at such a difficult time in our lives.

Thank you so very much.  
Dave Loucks, Keith and Kristine and Family

The Winnipeg River  
**Echo**

Independently  
owned and  
operated

Call 367-9468,  
or  
fax 367-9974  
or  
Email  
theecho@mb.sympatico.ca

NEWS TIPS?  
Call us with your  
information!

Miscellaneous

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

Casino Tip

Bear Claw Casino, Kenosee Lake, Saskatchewan, June 2, 3 & 4th, 2003. Also monthly Warrad trips, Phone 204-345-2664.

**SILVER  
HAVEN MEAL  
PROGRAM**

Open to all seniors 55 and over. You are welcome to bring a guest. All meals are \$4.50. Meals are at 12:00 noon Mondays, Wednesdays and Fridays. Your name must be put on the list the day before by calling  
**Silver Haven at 367-4620**

Wednesday,  
May 14

Soup, Ham and pineapple, baked potatoes, carrots, and Angel food cake for dessert.

Friday, May 16

Soup, Beef Pot Roast with vegetables and Yorkshire pudding, and Jelly roll for dessert

Monday, May 19

Salad, Turkey, stuffing, gravy and mashed potatoes, with mixed vegetables, and Fruit cocktail

**BUSINESS DIRECTORY**

**SUBWAY**  
98 Third Street, Lac du Bonnet  
Phone: 345-6100  
NEW WINTER HOURS:  
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St. Georges MB

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**367-4417**  
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Thursday, 10am - 7pm  
Friday, 9:30am - 3pm

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